Title of the Paper

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Author's Contribution
A – Conceptualization
B – Methodology
C – Software
D – Validation
E - Formal analysis
F – Investigation
G – Resources
H - Data Curation
I - Writing - Original Draft
J - Writing - Review & Editing
K – Visualization
L – Supervision
M - Project administration
N - Funding acquisition

Example:

First Author's Name	: A,B,F
Second Author's Name	: A,B,D,F
Third Author's Name	: C,D,F
Fourth Author's Name	: C-F
Fifth Author's Name	: C,D,F

Abstract
Background: Research background.
Objectives: The purpose of the research.
Methods: Research design, participants/sample, sampling technique, data collection technique, research instrument, data analysis technique.

Results: Research results and interpretation of data analysis.
Conclusion: Research findings.
Keywords: first keyword, second keyword, third keyword.

Introduction

The introduction introduces the main topic. The background or introduction answers why the research or study was carried out (the urgency of the study), what previous researchers did or scientific articles that are currently being developed, the novelty of the research (novelty), what is the purpose of writing this article, and what contribution can be conveyed on the results of these findings. [Book Antiqua 12pt, justified, 1.5 spaces]

Methods

Study Design and Participants

Describe the study design used and the participants involved, and how many. Sampling techniques also need to be described to also describe the number of samples. Sample categories also need to be described, including mean age, average height, average weight, and average body mass index (according to the type of research). Authors must certify that the experiments reported in the manuscript were conducted in accordance with the ethical standards of the Declaration of Helsinki and that participants signed a consent form. [Book Antiqua 12pt, justified, 1.5 spaces]

Ethical approval statement

The study received approval from the ethical committee at the XXX with the assigned approval number XXX. [Book Antiqua 12pt, justified, 1.5 spaces]

Research Instruments

Describe the types of instruments used in collecting research data. If it is a questionnaire/questionnaire, it is also necessary to explain how many and who the validators are. Several other instruments are suggested to demonstrate the value of validity and reliability. [Book Antiqua T 12pt, justified, 1.5 spaces]

Data Analysis

The data analysis technique used must also be described, and whether an application is used. [Book Antiqua 12pt, justified, 1.5 spaces]

Results

Research results are presented in the form of graphs, tables, or descriptive. Analysis and interpretation of these results are required before they are discussed. The table is written in the middle or at the end of each descriptive text of research results/acquisitions. If the width of the table is not enough to be written in half a page, it can be written on a full page. Table titles are written from left to right; all words are capitalised, except for conjunctions. If more than one line is written in single spacing. For example, it can be seen in Table 1.

Table 1. The Style and Its Function ← 10 pt

No.	Name of Style	Function
1.	JK_Title	Title
2.	JK_Author	Author
3.	JK_Abstract Body	Abstract
4.	JK_Abstract Title	Abstract Title
5.	JK_Abstract Keyword	Keyword

6.	JK_Heading 1	Subtitle 1
7.	JK_Body	Paragraph
8.	JK_Picture Capture	Figure Title
9.	JK_Table Capture	Table Title
10.	JK_Reference	List of References

The result is in the form of an image or data made by drawings/schematics/graphics/diagrams/the like. The presentation also follows the existing rules; The title or name of the image is placed below the image, from the left, and is spaced 1 space apart from the image. If there is more than 1 line, the lines are single-spaced. For example, it can be seen in Figure 1.

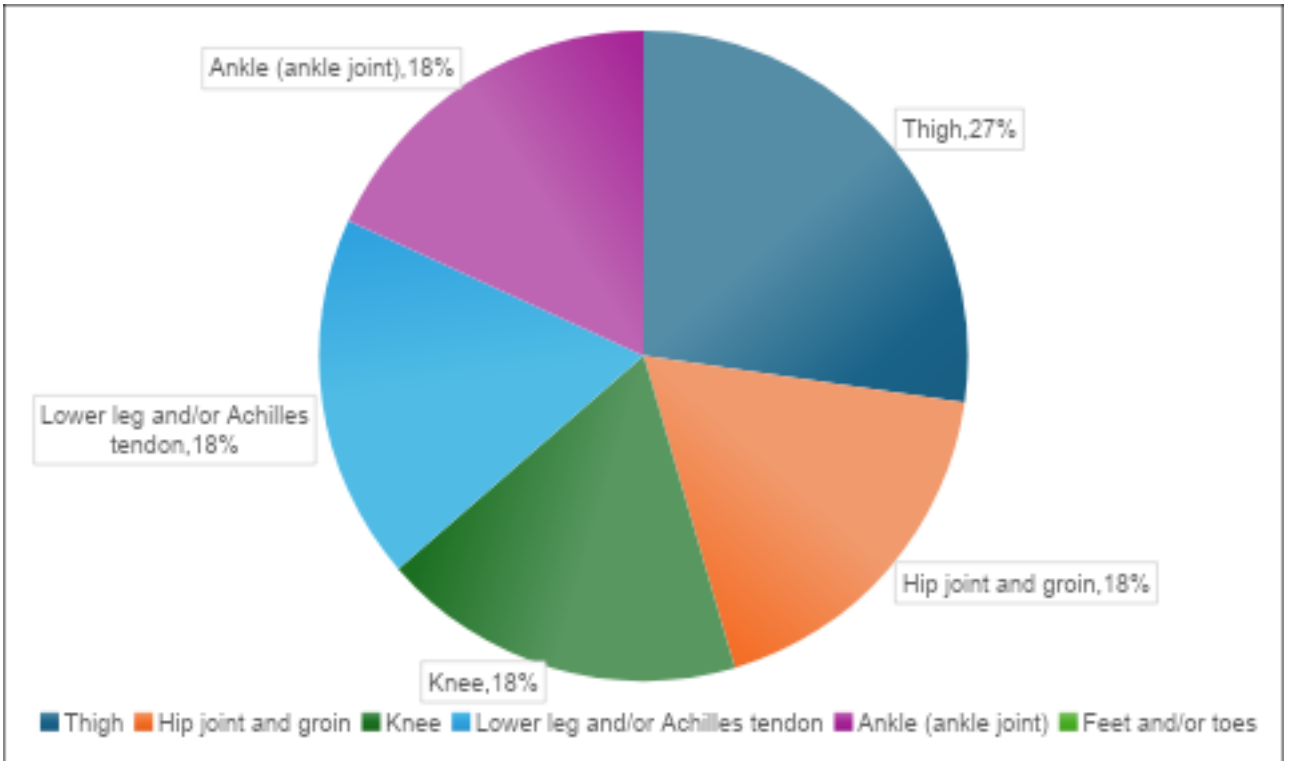


Figure 1. Distribution of the injured lower extremity ← 10 pt

Discussion

This section also needs to discuss the relationship between the findings and the basic concepts or hypotheses made earlier. The author should also disclose whether any arguments are needed regarding the work of other researchers. Describe only new and important aspects of this study. Do not repeat all the information from the results section or any of the above.

This section consists of information about What/How the data presented is produced; no raw data should be in the article. Write down the implications made by the work related to the theory or application. Research limitations also need to be added; for example, the lack of participants or questionnaires contained in the Google Form, which causes problems for participants related to the internet network. Write down new or unsolved problems for future research. [Book Antiqua 12pt, justified, 1.5 spaces]

Conclusion

Conclusions can generalise the findings according to the research problem; they can also be recommendations for the next step. [Book Antiqua 12pt, justified, 1.5 spaces]

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If this research does not receive funding or sponsorship from any party, the author may state: "This research received no external funding."
If this research receives funding or sponsorship, the author should state the name of the funding institution, grant number, and other relevant information, for example: "This research was funded by [Name of Funding Institution], Grant Number [XXXX]. [Book Antiqua 12pt, justified, 1.5 spaces].

Conflict of Interest
If the research does not have a conflict of interest with any party, the author can fill in the sentence, "The author hereby declares that this research is free from conflicts of interest with any party". [Book Antiqua 12pt, justified, 1.5 spaces].

AI Disclosure Statement
"During the preparation of this manuscript, the authors used [insert AI tool name (version, and developer)] for [provide a clear description of the purposes and the extent of its use]. All AI-generated outputs were critically reviewed and thoroughly edited by the authors to ensure factual accuracy, clarity of expression, and compliance with academic standards. The authors take full responsibility for the integrity and content of this manuscript." [Book Antiqua 12pt, justified, 1.5 spaces].

Data Availability Statement
"The data that support the findings of this study are available from the corresponding author upon reasonable request, subject to [specify any conditions, e.g., a data sharing agreement, ethical approvals]." [Book Antiqua 12pt, justified, 1.5 spaces].

References
Articles are expected to use at least 20 of the most recent primary references. The compilation of citations and bibliography must strictly follow the APA Style (American Psychological Association) 7th Edition. To maintain consistency of reference, citation, and bibliography, we recommend using a Reference Manager application, such as Zotero, Mendeley, or other paid applications. Written in single space, the bibliography is spaced 1 space. The following is an example of writing a bibliography according to APA 7th Edition.

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Li, C., Kevin Kam, W. K., & Zhang, M. (2019). Physical Education Teachers' Behaviours and Intentions of Integrating STEM Education in Teaching. *The Physical Educator*, 76(4), 1086–1101. https://doi.org/10.18666/tpe-2019-v76-i4-9104

Yang, D., Oh, E. S., & Wang, Y. (2020). Hybrid physical education teaching and curriculum design based on a voice-interactive artificial intelligence educational robot. *Sustainability (Switzerland)*, 12(19), 1–14. https://doi.org/10.3390/su12198000

Books:

Darisman, E. K., Prasetiyo, R., & Bayu, W. I. (2021). *Belajar Psikologi Olahraga: Sebuah Teori dan Aplikasi dalam Olahraga*. Jakad Media Publishing.

Proceedings:

Sudarso, Djawa, B., Wisnu, H., Prabowo, S. A., Al Ardha, M. A., & Prakoso, B. B. (2019). Physical Education Teacher's Quality Based on the Indonesian National Standards. *1st International Conference on Education, Social Sciences and Humanities*, 824–829. https://doi.org/10.2991/icesshum-19.2019.129

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Astle, A. M. (2014). *Sport development plan, programme and practice: a case study of the planned intervention by New Zealand cricket into cricket in New Zealand: a thesis presented in partial fulfilment of the requirements for the degree of Doctor of Philosophy, School of Management, College of Business, Massey University, Palmerston North, New Zealand* (Doctoral dissertation, Massey University).

Althuwaini, M. F. (2018). *Investigating the integration of the Sport Education model and the Athletics Challenges approach in the teaching of athletics in one Kuwaiti middle school* (Doctoral dissertation, University of Southampton).