



**TYPE THE TITLE OF YOUR MANUSCRIPT HERE: SPECIFIC,
CONCISE, MAX 15 WORDS**

(Times New Roman 14, Bold, Center)

First Author¹, Second Author², Third Author^{3*}

(Times New Roman 12, Bold, Center)

1Department, Faculty, University, City, Country

2Department, Faculty, University, City, Country

(Times New Roman 11, Italic, Center)

Correspondence Email: author@email.com

ABSTRACT

Article Info:

Received: dd mm yyyy

Revised: dd mm yyyy

Accepted: dd mm yyyy

Online: dd mm yyyy

Keywords:

Keyword 1; Keyword

2; Keyword 3;

Keyword 4 (Min 3,

Max 5)

The abstract should be a single paragraph of **200–250 words**. It must follow the structured format implicitly: (1) **Background/Objective**: Briefly state the main problem and purpose. (2) **Methods**: Describe participants, design, and instruments. (3) **Results**: State main findings with specific data. (4) **Conclusion**: Summarize the implication. Do not include citations.



INTRODUCTION

(*Times New Roman 12, Justified*) The introduction should be conceptualized as a "Funnel" structure (moving from general to specific). Authors should avoid extensive and unfocused literature reviews. Instead, follow this flow: **Background:** Start with the general context or the broad problem area. **State of the Art:** Summarize current knowledge and key relevant studies from the last 10 years. **Gap Analysis:** This is the most critical part. Explicitly state what is missing in the previous studies (e.g., "*However, no study has investigated...*" or "*Previous research focused on X, but limited information is available on Y...*"). **Novelty & Urgency:** Explain why this research is important to fill that gap. **Objective:** End the introduction with a clear, single sentence stating the specific objective of the study.

METHODS

State the specific design used (e.g., *Pre-test Post-test Control Group Design, Cross-sectional Survey, Classroom Action Research, or Phenomenological Qualitative Study*).

Participants and Sampling

Describe the population and the sample in detail.

- **Demographics:** Include age (Mean $\pm$ SD), gender distribution, height, weight (if relevant to biomechanics), and skill level.
- **Sampling Technique:** How were they recruited? (e.g., purposive sampling, random cluster sampling).
- **Ethical Statement (MANDATORY):** You must state that the study protocol was approved by an Ethics Committee (include IRB Number if available) or that Written Informed Consent was obtained from participants/parents.

Instruments and Apparatus

Describe the tools used for data collection.

- **For Surveys:** Mention the name of the questionnaire, number of items, and the result of Validity (r-value) and Reliability (Cronbach's Alpha) tests.
- **For Experiments/Biomechanics:** Specify the equipment brand, model, and sampling rate (e.g., *Force Plate Kistler 9287BA at 1000 Hz*).
- **For Qualitative:** Describe the interview protocol or observation checklist.

Procedures / Data Collection

Describe the step-by-step process of data collection.

- **Intervention (For Experiment/Action Research Classroom):** Detail the training program or teaching model given to the experimental group vs. the control group.



- **Protocol:** How was the test performed? (e.g., "Participants performed 3 trials, and the best score was recorded").

Data Analysis

Describe the statistical or thematic analysis used.

- Mention the software used (e.g., SPSS 26.0, NVivo 12).
- State the specific tests (e.g., *Independent T-test*, *ANOVA*, *Pearson Product Moment*).
- State the significance level used (usually $p < 0.05$).

RESULTS

This section presents the findings objectively without interpretation. Use text to describe the main trends or significant differences found in the data. Do not repeat every single number from the table in the text; highlight only the most important findings.

Tables & Figures

Must be self-explanatory. Refer to every table/figure in the text (e.g., "As shown in Table 1...").

Table 1. Title of the Table

Variable	Mean (M)	SD	Min	Max
Approach Velocity (m/s)	8.45	0.32	7.90	8.95
Knee Angle at Take-off (°)	165.40	4.20	158.50	172.10
Contact Time (s)	0.14	0.02	0.11	0.18

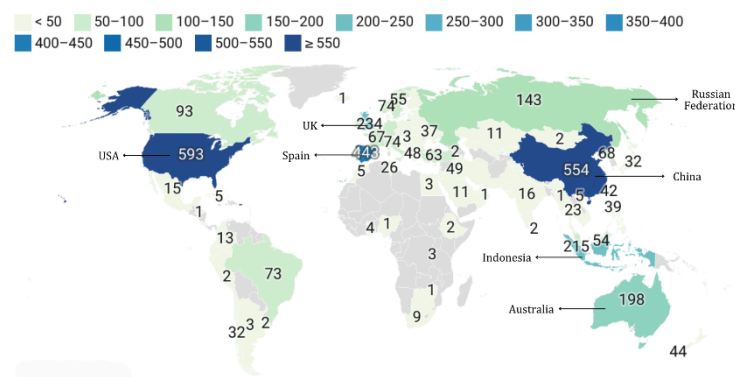


Figure 1. Title of the Figure



DISCUSSION

The discussion is the most important part of your manuscript. Do not just restate the results. Follow this structure: **Main Finding:** Start by answering the research objective based on your results. **Comparison:** Compare your findings with previous studies. Use phrases like: *"This finding aligns with Smith (2020) who stated..."* or *"Contrastingly, this study differs from..."*. **Mechanism/Explanation:** Explain WHY the results occurred. Use theories (Biomechanics, Physiology, Pedagogy, or Psychology) to explain the phenomenon. **Implication:** What is the practical value of this finding for coaches, teachers, or policymakers? **Limitation:** Acknowledge the weaknesses of the study (e.g., small sample size, limited duration).

CONCLUSION

Provide a concise answer to the research objective. Do not summarize the analysis process. Include a brief recommendation for future research or practical application. No citations in this section.

ACKNOWLEDGMENTS

Acknowledge anyone who contributed to the research but does not meet the criteria for authorship (e.g., language editor, lab assistant).

FUNDING STATEMENT

Clearly state the source of funding. If no funding was received, state: *"This research received no external funding."*

CONFLICT OF INTEREST

Authors must declare any conflicts of interest. If none, state: *"The authors declare no conflict of interest."*

REFERENCES

Minimum 20 references for Original Research and 40 references for Systematic Review. 80% must be from journals published in the last 10 years. Use of Mendeley/Zotero is MANDATORY. Follow APA 7th Edition style.

Example: Author, A. A. (Year). Title of article. *Journal Name*, Vol(No), pp-pp.
<https://doi.org/...>