



Article Title (English, Capitalize Each Word, Cambria, 12 pt, bold, max. 16 words)

First Author^{1*}, Second Author², Third Author³

¹Author affiliation: Department/Program, Faculty, University, City, Country

²Department of Physical Education Health and Recreation, Faculty of Sport and Health Science, Universitas Negeri Makassar, Makassar, Indonesia

³ Department of Sport Science, Faculty of Sport and Health Science, Universitas Negeri Makassar, Makassar, Indonesia

ARTICLE INFO

Keywords:

3-5 keywords

(Enter after each keyword)

Corresponding author:

First Author

E-mail address:

firstauthor@unm.ac.id

Please add the corresponding author's phone/Whatsapp number here. We will not publish your phone number; the number will solely be used for easier communication between the editorial team and the author(s).

All authors have reviewed and approved the final version of the manuscript.

<https://doi.org/10.32539/BJL.v7i3.5>

38 (to be filled by the journal)

ABSTRACT

Introduction. The abstract should be written in English with written in one paragraph using Indonesian and English with Cambria font, size 8 pt, single space as used in this template. The abstract should be divided into the following sections: Introduction, Methods, Results, Conclusions. **Methods.** The abstract contains a brief introduction, the purpose of the study, a brief explanation of the methods, results of the study, and conclusions. **Results.** The word count of the abstract should not exceed 250 words. **Conclusion.** Keywords are to be written in the left column, pressing Enter after each keyword. Three to five keywords relevant to the study may be used.

1. Introduction

The introduction must contain (sortly and consecutively) a general background and a literature review (state of the art) as the basic of the brand new research question, statements of the brand new scientific article, main research problems, and the hypothesis. In the final part of the introduction, the purpose of the article writing should be stated. They should be represented in the literature review to show the brand new of the scientific article.

2. Methods

The Methods section should explain in detail the methods used in the study, including the study design, population and sampling, sampling methods (including the sample size calculations, where applicable), variables, treatments/interventions to the subject (if experimental), measurements, and statistical analysis, in accordance to your study. The methods used in the study should be explained clearly and concisely for other researchers to follow, should they decide to conduct a similar study. If the methods are novel or have not yet entered widespread usage, please include your references.

3. Results

Results of your study may be presented as tables, graphs, and supporting images where applicable. The narration of the Results section should provide the interpretation of the results, and not merely repeating the results already available in tables or graphs. Placement of the tables and figures should be at the top or bottom of the page, as shown in the following example (Table 1).

Table and figure titles should be written in sentence case, as shown in the following examples (Figure 1).

Table 1. Sample table placement in your article

(Cambria font, 10 pt, Bold, centered. Text within table should be 10 pts or smaller.)

Variable	Groups	Pre-test (Mean $\pm$ SD)	Post-test (Mean $\pm$ SD)	Δ Change	<i>p-value*</i>
Muscle Strength (kg)	Experiment	75.4 $\pm$ 6.5	82.7 $\pm$ 5.4	$\uparrow$ 7.3	< 0.01
	Control	74.2 $\pm$ 5.9	74.8 $\pm$ 6.2	$\uparrow$ 0.6	0.27
Energy Efficiency (%)	Experiment	65.2 $\pm$ 4.3	70.8 $\pm$ 3.7	$\uparrow$ 5.6	< 0.01
	Control	63.1 $\pm$ 4.5	62.9 $\pm$ 4.1	$\downarrow$ 0.2	0.64
VO ₂ (ml/kg/min)	Experiment	42.3 $\pm$ 3.1	39.8 $\pm$ 2.8	$\downarrow$ 2.5	< 0.05
	Control	43.2 $\pm$ 3.3	43.0 $\pm$ 3.5	$\downarrow$ 0.2	0.48
Heart Rate (bpm)	Experiment	138.5 $\pm$ 10.2	132.4 $\pm$ 9.1	$\downarrow$ 6.1	< 0.05
	Control	139.1 $\pm$ 11.4	138.6 $\pm$ 10.6	$\downarrow$ 0.5	0.59

*Paired sample t-test

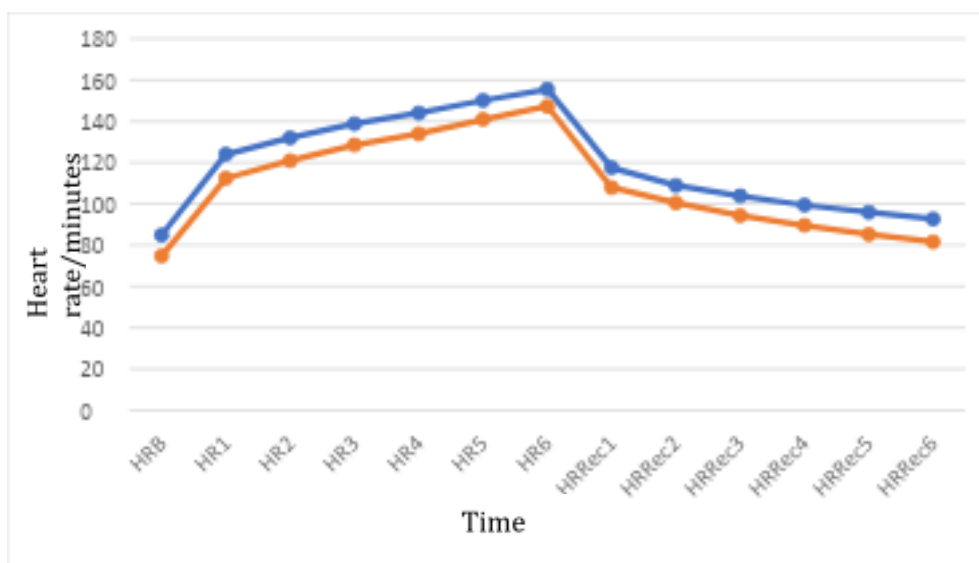


Figure 1. Sample figure placement

(Cambria, 10 pt, Bold, centered and sentence case.)

4. Discussion

This section discusses the main findings of the study, novel findings, and the results of the study in general. Authors may compare their findings to existing literature and previous studies, providing a logically sound explanation why the findings are similar to or different from existing data.

In this section, authors need to explain the strengths and limitations of the study. This may help future research to be developed and conducted in the needed direction, in accordance with existing literature and the current findings.

5. Conclusion

This concludes the main findings of your study, which answers the research question or the aim of the study. Future research suggestions may be added at the end of the paragraph.

6. Author Contribution

A.B. and B.C. carried out the experiment. A.B. wrote the manuscript with support from C.D.. D.E. and E.F. collected the XYZ data sample. F.G. and G.H. helped supervise the project. G.H. and H.I. conceived the original idea. H.I. supervised the project.

7. Acknowledgements

You may thank your collaborators, sponsors, and other institutions/parties contributing to your research here.

8. References

A minimum of 15 references is required for one article, 85% of which should be of journal articles from the past 10 years. The citation style used in the Journal of Physical Education, Sport, and Human Performance (JPESHP) is Vancouver superscript, and DOI identifiers should be appended where applicable.

Please use a citation manager (Mendeley) to manage your citations and ensure the citation style is correct. Articles containing references written manually without using a citation manager will be returned to the authors for revision before the review phase.

Citation examples are as follows.

1. Booth FW, Roberts CK, Laye MJ. Lack of Exercise Is a Major Cause of Chronic Diseases. In: Comprehensive Physiology [Internet]. Wiley; 2012. p. 1143–211. Available from: <https://onlinelibrary.wiley.com/doi/10.1002/cphy.c110025>

If the authors of your reference are more than 6 people, the first 6 names are given, followed by et al.

2. Wang L, Qin W, Zhou Y, Chen B, Zhao X, Zhao H, et al. Transforming growth factor β plays an important role in enhancing wound healing by topical application of Povidone-iodine. Sci Rep. 2017; (March): 1–8. doi: 10.1038/s41598-017-01116-5.

Citing from books:

3. Coker, C. A. (2017). Motor learning and control for practitioners. New York: Routledge.