



Al-Noor Journal for Physical
and Sport Science

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Paper Title (Size10)

Given Name Surname ¹ Given Name Surname. ²

Dept. name of organization (of Affiliation), name of organization (of Affiliation), City, ZIP Code, Country (Size10)

Article information

Article history:

Keywords:

Xxxx
Xxxx
Xxxx
Xxxx
Xxxx

Correspondence:

Name
Email

Abstract

The abstract is a brief summary of the research paper written in one continuous paragraph without headings. It usually contains between 150 and 250 words and provides a concise overview of the research topic, objectives, methodology, main results, and conclusion. The abstract is commonly written using Times New Roman font with a size of 10pt for the text. The text is generally aligned using Justify formatting, and the line spacing may be single or 1.5 depending on the research template requirements.

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Authors' Guidelines for Manuscript
Preparation (JNPSS)

1. Manuscript Structure

The manuscript must include the following sections:

- Title
- Abstract
- Keywords
- Highlights
- Introduction
- Materials and Methods

- Results
- Discussion
- Conclusion
- Acknowledgements
- Conflict of Interest
- References

1.1 Title

- Maximum length: **17 words**
- Avoid:
 - Abbreviations

- City/country names
- Vague terms
- Authors whose native language is Arabic must provide an **Arabic translation** of the title.

1.2 Abstract

- Length: **150–250 words**
- Must summarize: objectives, methods, findings, conclusions
- Do not include:
 - Citations
 - Undefined abbreviations
- Arabic-speaking authors must provide an **Arabic abstract**.

1.3 Keywords

- Provide **3–5 keywords**
- List alphabetically
- Separate by semicolons
- Avoid repeating words from the title and avoid abbreviations.

1.4 Highlights (Mandatory)

Provide **3–5 bullet points** that concisely reflect the main findings of the manuscript.

1.5 Introduction

Briefly present the background and clearly state the aim of the study.

1.6 Materials and Methods

Provide sufficient methodological detail to allow replication. Use standard units and specify statistical tools/software used.

1.7 Results

Present findings clearly with supporting data.

- Avoid repeating data already shown in tables/figures
- Number tables and figures sequentially as they appear.

1.8 Discussion

Interpret and contextualize findings with relevant references. Do not repeat the Results section.

1.9 Conclusion

State the main discoveries and significance clearly. Do not include citations.

1.10 Acknowledgements

Include contributions, funding sources (including grant amounts), and supporting institutions.

1.11 Conflict of Interest

Include one of the following statements:

Standard statement:

“The authors declare no conflict of interest regarding the publication and/or funding of this manuscript.”

1.12 References

References must be:

- Numbered consecutively in the order they appear in the text
- Manually formatted (no automated software)
- Journal titles abbreviated according to the List of Journals Indexed for Vancouver
- Include DOI or URL when available
- Personal communications/unpublished data should not be cited

3. Example References

1. Journal Article:

Wanjul P, Mourya P, Gangad L. Future directions of AI in pharma: Innovation in pharmaceutical industry. *Intern J Multidisciplinary Res.* 2023;5(3):1–11. doi.org/10.36948/ijfmr.2023.v05i03.3098.

2. Book:

Wanamaker BP, Pettes CL. *Applied Pharmacology for the Veterinary Technician*. 1st ed. Philadelphia: WB Saunders Company; 1996. 372 p.

3. Book Chapter:

Chabala JC, Miller MW. Chemistry of antiprotozoal agents. In: Campbell WC, Rew RS, editors. *Chemotherapy of Parasitic Diseases*. New York: Plenum Press; 1986. p. 25–85.

4. PhD Dissertation:

Zhao C. *Development of nanoelectrospray and application to protein research and drug discovery* [PhD dissertation]. Buffalo: State University of New York at Buffalo; 2005. 276 p.

5. Master's Thesis:

Roguskie JM. *The role of Pseudomonas aeruginosa 1244 pilin glycan in*

virulence [Master's thesis]. Pittsburgh: Duquesne University; 2005. 111 p.

4. Tables

- Insert tables within the manuscript text (not at the end).
- Label sequentially (Table 1, Table 2, etc.).
- Provide descriptive captions above each table.
- If reusing data, cite the original source.

xxxx	xxxx	xxxx
xxxx		
xxxx		
xxxx		
xxxx		
xxxx		

5. Figures

- Embed figures in the manuscript.
- Resolution: **200–300 dpi**
- Captions should appear below each figure.
- Do not punctuate captions.
- If reusing figures, provide proper citations.

6. Submission Checklist

Before submission, ensure:

- Compliance with JNPSS formatting and structure
- Spell-check and grammar-check completed
- All authors approved the final version
- Journal ethics policies reviewed (plagiarism, misconduct)
- Corresponding author and contributors registered on the journal website
- Biographical and contact details included in the manuscript file