JIAS
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Article

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Keywords:
first keyword, second keyword, third keyword, max. 6 keywords.

Abstract

Abstract must be written in a single paragraph. It should be between 200 – 300 words long and should highlight each major part of the full paper. It should NOT be an excerpt of the full paper. Among other things, it should contain (1) the purpose of the research/problem statement/research objectives; (2) methods used – scope, population and sampling procedures, sample size, duration of the study; (3) major findings; (4) conclusion/implication. The abstract should stand on its own without references to outside sources or to the main paper. Please ensure that the abstract has been proofread and does not contain any spelling, grammatical or more importantly, scientific errors. Keywords should be written in the format shown below. [*Georgia 10, justified, single space*]

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INTRODUCTION

Introduction should be brief and indicates aim of the study and the essential background information. This should clearly state the hypothesis or purpose statement, how and why the purpose or hypothesis was developed and why the author deems it important. New paragraph: use this style when you need to begin a new paragraph. All manuscripts should be prepared according to the Publication Manual of the American Psychological Association 6th ed. (American Psychological Association [APA], 2010). *[Georgia 12, justified, 1.5 space]*

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METHODS

Research method contains research design, place and time, population and sample, sampling technique, data measurement technique, and data analysis. It is better to use passive sentences and narrative sentences, not imperative sentences. *[Georgia 12, justified, 1.5 space]*

Equation and Formula

All equations and formulas must be referred to in the text using orderly numbers in brackets; see equation (1), for example. The equation or formula displayed should be centered and arranged in a separate line with an extra room above and under. They should be given a number for reference, and the number should be sequent, with the number in brackets and placed on the right margin.

$$\frac{a}{b} \neq \frac{b}{a} \quad (1)$$

RESULTS & DISCUSSION

The research data should be suitable with statistical analysis explained in the methods section and included in this section. In this part, the same data/ information given in a table must not be repeated in a figure, or vice versa. Tables and Figures should be self explanatory and not be acceptable to repeat extensively the numerals from tables into text as well as give lengthy and unnecessary explanations of the Tables and Figures.

The table title is written in a title case with subtitles in each column. It should be simple, not complicated, showing the table's presence in the text (e.g., see Table 1) without the vertical line and written above the table.

Table 1. Note of Table Should Always Positioned Above the Table

Variable Value	Vital Capacity (VC)	Cardiorespiratory Fitness (CRF)
Maximum	3.90	47.10
Minimum	1.70	34.70
Mean	2.83	41.09
Std. Deviation	0.55	3.44
Median	2.80	40.80
Variance	0.30	11.83

The title of the figure should be placed under the figure and written in Georgia 10pt.

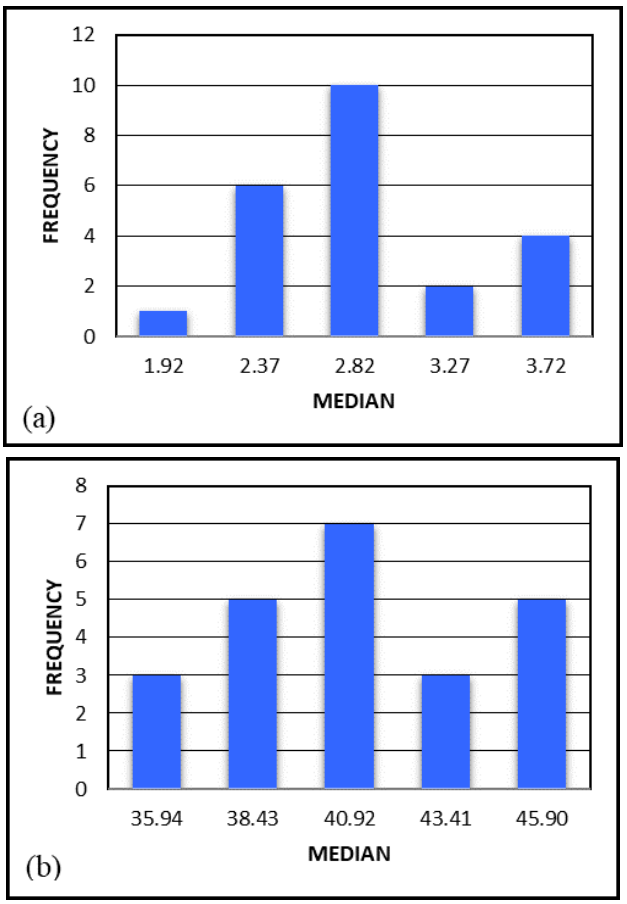


Fig. 1. Histogram of the of the (a) Frequency of VC, (b) Frequency of CRF

Furthermore, discussion should relate the results section to current understanding of the scientific problems being investigated in the field. The discussion section provides an opportunity to critically assess the findings of other studies.

CONCLUSION

The conclusion section contains answers to research questions. Conclusions must address specific objectives. This section is written in essay form and does not contain numbers.

ACKNOWLEDGEMENT (if applicable)

All authors who need to express gratitude to people/groups of people/organizations/institutions for their support so that research can be carried out properly, please write it in this section.

REFERENCES

All citations referred into the manuscript must be registered in this section. The reference list must contain references derived from textbooks and scientific journal articles. Each manuscript contains at least 10 (ten) resources and the writing is sorted alphabetically. References are written in the American Psychological Association (APA) 6th Edition format. It is recommended to use bibliography management applications such as Mendeley, Zotero, and Endnote.

Primary *references (Journals):*

Prima, A., Kridasuwarso, B., and Setiakarnawijaya, Y. (2020). Latihan fleksibilitas statis bagi persendian ekstremitas inferior lansia. *Jurnal SPORTIF: Jurnal Penelitian Pembelajaran*, 6 (1), 1-14. https://doi.org/10.29407/js_unpgri.v6i1.13555

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Astrand, P.-O. and Rodhal, K. (1986). *Textbook of Work Physiology: Physiological Bases of Exercise 3rd ed*. New York: McGraw-Hill.

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Prima, A. Setiakarnawijaya, Y., and Fajar, F. (2018). Correlation of vital capacity to fitness level: related to health of juvenile soccer athletes. *Proceedings of International Conference on Technology and Social Science*, 1-7.

Thesis/Dissertation:

Prima, A. (2020). Model Maintenance Fleksibilitas Bagi Lansia. *Thesis*. Program Pendidikan Olahraga Universitas Negeri Jakarta.