LPPM
UNIVERSITAS PAHLAWAN TUANKU TAMBUSAI

ISSN 3164-4937
Vol.1 No.1 Page 1-5

Pijarwiyata: Jurnal Pendidikan

Title of Your Paper, Capitalize First Letter (Arial 14 Bold, space 1)

Name[1], Surname[2], Surname[3], (Arial 10 Bold, spacing 1)
[1]Affiliation, [2]Affilation (Arial 10, spacing 1)
E-mail: (Arial 10, spacing 1)

Published: Bulan, 2026

ABSTRAK
Click here and insert abstract your text. Insert an abstract of 200-300 words, giving a brief account of the most relevant aspects of the paper.
The study purpose was … Click here and insert your text. Click here and insert your text. Click here and insert your text. Click here and insert your text. Click here and insert your text. Click here and insert your text. Click here and insert your text. Click here and insert your text.
Materials and methods. Click here and insert your text. Click here and insert your text. Click here and insert your text. Click here and insert your text. Click here and insert your text. Click here and insert your text. Click here and insert your text. Click here and insert your text.
Results. Click here and insert your text. Click here and insert your text. Click here and insert your text. Click here and insert your text. Click here and insert your text. Click here and insert your text.
Conclusions. Click here and insert your text. Click here and insert your text. Click here and insert your text. Click here and insert your text. Click here and insert your text. Click here and insert your text.**(Arial 9, Spasi 1)**

Keywords: First keyword, second keyword, third keyword, forth keyword, fifth keyword **(Arial 9, Spasi 1)**

INTRODUCTION/PENDAHULUAN (Calibri bold 10, spasi 1, spacing 1)

Here introduce the paper, and put a nomenclature if necessary. The paragraphs continue from here and are only separated by headings, subheadings. Headers are bold and 12 pt. Insert an abstract of 3000 words, giving a brief account of the most relevant aspects of the paper.
Click here and insert your text. Click here and insert your text. Click here and insert your text. Click here and insert your text. Click here and insert your text. Click here and insert your text.
The study purpose was …Click here and insert your text. (**arial 10, spasi 1,15 spacing 1,15)**

MATERIALS AND METHODS/METODE PENELITIAN (arial bold 10, spasi 1, spacing 1)

Study participants

Click here and insert your text. Click here and insert your text. Click here and insert your text. Click here and insert your text. Click here and insert your text. Click here and insert your text.

Study organization

Click here and insert your text. Click here and insert your text. Click here and insert your text. Click here and insert your text. Click here and insert your text. Click here and insert your text.

Statistical analysis

Click here and insert your text. Click here and insert your text. Click here and insert your text. Click here and insert your text. Click here and insert your text. Click here and insert your text. (**arial 10, spasi 1,15 spacing 1,15)**

RESULTS / HASIL DAN PEMBAHASAN (arial bold 10, spasi 1, spacing 1)

Click here and insert your text. Click here and insert your text. Click here and insert your text. Click here and insert your text. Click here and insert your text. Click here and insert your text. (**arial 10, spasi 1,15 spacing 1,15)**

CONCLUSIONS/KESIMPULAN (arial bold 10, spasi 1, spacing 1)

Click here and insert your text. Click here and insert your text. Click here and insert your text. Click here and insert your text. Click here and insert your text. Click here and insert your text.(**arial 10, spasi 1,15 spacing 1,15)**

REFERENCES/DAFTAR PUSTAKA (arial bold 10, spasi 1, spacing 1)

Bompa, T. (2014). *Periodization Training for Sports-3rd Edition* (Third Edition). United States Of America: Human Kinetics. Retrieved from https://books.google.com/books?id=Zb7GoAEACAAJ&pgis=1

Bompa, T., & Buzzichelli, C. (2014). *Periodization Training for Sports-3rd Edition* (Third Edition). United States Of America: Human Kinetics. Retrieved from https://books.google.com/books?id=Zb7GoAEACAAJ&pgis=1

Pardilla, H. Henjilito, R. & Tort-Martorell, X. (2012). Experimentation order in factorial designs: new findings. *Journal of Applied Statistics, 39*(7), 1577–1591. https://doi.org/10.1080/02664763.2012.661706

Kamp, J. Van Der, et al. (2015). RICYDE. *Revista Internacional de Ciencias del Deporte. RICYDE*. Revista Internacional de Ciencias Del Deporte, Vol 11(39), 33. https://doi.org/10.5232/ricyde**(arial 10, spasi 1, spacing 1)**

TABLES

All tables should be numbered with Arabic numerals. Headings should be placed above tables, left justified. Leave one line space between the heading and the table. Only horizontal lines should be used within a table, to distinguish the column headings from the body of the table, and immediately above and below the table. Tables must be embedded into the text and not supplied separately. Below is an example which authors may find useful.

Table 1. An example of a table (arial 11, spacing 1)

No	Test	Terms of registration	Experimental group (n = ?)		Control group (n = ?)		Δx	t	p
			X	s	X	s			
	Test 1	Until the experiment							
		After the experiment							
	Test 2	Until the experiment							
		After the experiment							

Construction of references

References should be listed at the end of the paper in alphabetical order. Authors should ensure that every reference in the text appears in the list of references and vice versa. When the names are mentioned in the text, indicate reference citations as Pardilla and Henjilito (2020); Asilestari, Pardilla and Henjilito (2012). Authors should use APA style (see below).

Some examples of how your references should be listed are given at the end of this template in the 'References' section which will allow you to assemble your reference list according to the correct format and font size. For more than 3 authors the first 3 should be listed followed by "et al."