



Type of article (Original Research, Review, Case Report, Short Communication)

Title or article (Letter on 1st, less than 14 words, Calibri 14, bold)

Author's full name (cal. 12, followed by the affiliation and corresponding symbols)

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1. Introduction

The manuscript should be no longer than 2000-3000 words, and the combined figures and tables should not exceed 4. The manuscript should be prepared in a single column, single-spaced, with sufficient margins (2 cm) for editorial and proofreader's marks. 12 pt Cal. font should be used throughout, and all pages should be numbered consecutively. The introduction consists of background and objective. Use APA 7 for citations and references.

2. Discussion

Tables and figures must be mentioned in sentences; using the international System of Units (SI). The table uses Cal letters. 10 follows the following format:

Table 2. Heart Rate Data

Heart rate (beats/minute)	Treatment	Control	p-values
T0	74,70 ± 3,45	72,80 ± 3,21.	0,146
T1	63.58 ± 2.79	65.32 ± 2.79	0.470
T2	58.20 ± 2.97	67.00 ± 3.08	0.000*

Description: HR data is shown as the mean ± SD; Shapiro-Wilk, Mann Whitney-U, or independent t-test, * significant

The image is placed in the center, following the following format:



Figure 1. Example of figure format

Citations of published literature in the text should be given in the APA (American Psychological Association) 7 Style. Use EndNote, Mendeley, or Zotero for management and formatting. The sources cited in the text must be listed alphabetically in the reference list and vice versa. To insert a citation in the text, include the author's surname and year of publication.

One author : (Field, 2005) or Field (2005)

Two authors : (Gass & Varonis, 1984) or Gass and Varonis (1984)

Three and more : (Tremblay et al., 2010) or Tremblay et al. (2010)

To cite two or more works together, arrange the in-text citations alphabetically in the same order in which they appear in the reference list. The following examples of citations include more than one work in the same parenthesis.

(Derryberry & Reed, 2005a, 2005b; Rothbart, 2003a, 2003b)

(Field, 2005; Gass & Varonis, 1984; Norris-Shortle et al., 2006; Tremblay et al., 2010)

3. Conclusion

Conclusions answer the problems and research objectives. The implications of the research results can also be added. Moreover, the prospect of developing research results and application prospects of further studies can also be added.

4. Acknowledgements (optional)

The author thanks the sponsor and financial support.

5. Conflict of interest

All authors declare no conflict of interest.

6. References

Use an international journal and proceed only as references, APA 7 style. At least 50% of references do not exceed five years of publication, are relevant, and 10% self-citation is allowed. The minimum number of references is 30 manuscripts (original research), 60 manuscripts (review), and 25 manuscripts (Case Report and Short Communication). If available, include the DOI or URL.