

Title (Times New Roman, Center, Bold, 16pt, Sentence case)

First Author^{1*}, Second Author² (Times New Roman, Center, 12pt, Sentence case)

¹Affiliate, Country (Times New Roman, 10pt)

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**Submitted: DD/MM/YEAR
DD/MM/YEAR**

Accepted: DD/MM/YEAR

Published:

Abstract

The abstract should be written as a single paragraph (150–250 words) that concisely summarizes the entire study. It begins with a brief background highlighting the research context, problem, and significance of the study, followed by a clear statement of the research objective. The methods section should describe the study design, characteristics of participants or samples, sampling techniques, data collection procedures, research instruments, and data analysis methods, including the statistical approach and software used. The results should present the main findings supported by key statistical values where applicable. The conclusion should provide a concise interpretation of the findings and their implications, ensuring alignment with the research objectives. The abstract must end with a clear statement of the study's novelty or unique contribution.

Keywords: keyword1; keyword2; keyword3; keyword4; keyword5 (maximum of 5 keywords)

INTRODUCTION (Times New Roman 12pt, bold, justified, UPPERCASE)

The introduction should provide a clear and logical foundation for the study by presenting the research background, context, and significance of the topic. It should begin with a general overview of the field, followed by a focused discussion of recent developments supported by relevant and up-to-date scientific literature, preferably from reputable international journals. Authors are expected to synthesize previous findings rather than merely listing them, in order to demonstrate a comprehensive understanding of the current state of knowledge. [Times New Roman 12pt, justified, single spaces]

The introduction must clearly identify the research gap by highlighting inconsistencies, limitations, or unresolved issues in prior studies. This gap should be explicitly stated to justify the necessity of the present research. Authors should then articulate how the study addresses this gap and why it is important from both theoretical and practical perspectives. [Times New Roman 12pt, justified, single spaces]

A distinct paragraph should be dedicated to stating the novelty or unique contribution of the study. This statement must clearly explain what differentiates the present research from existing studies and how it advances knowledge in the field. [Times New Roman 12pt, justified, single spaces]

The section should conclude with a concise statement of the research objective(s) and, where appropriate, the research hypothesis. The introduction must be written in a coherent and focused manner, avoiding unnecessary details, extensive literature reviews, or the inclusion of results and conclusions. [Times New Roman 12pt, justified, single spaces]

METHODS (Times New Roman 12pt, bold, justified, UPPERCASE)

[Times New Roman 12pt, justified, single spaces] This section should provide a clear, systematic, and reproducible description of how the study was conducted. Authors must ensure that the methodology is transparent and sufficiently detailed to allow replication. Depending on the type of manuscript, authors should structure this section accordingly as either an empirical study or a review/bibliometric study

For Empirical Research Articles, The Methods section should be organized into the following sub-sections:

Study Design and Participants (Times New Roman 12pt, bold, justified, Sentence case)

Describe the research design, population, sample size, sampling technique, inclusion and exclusion criteria, and relevant participant characteristics. [Times New Roman 12pt, justified, single spaces]

Ethical Approval (Times New Roman 12pt, bold, justified, Sentence case)

State compliance with ethical standards, including the name of the ethics committee, approval number, and informed consent procedures. [Times New Roman 12pt, justified, single spaces]

Instruments and Materials (Times New Roman 12pt, bold, justified, Sentence case)

Describe all instruments used, including validity and reliability where applicable. [Times New Roman 12pt, justified, single spaces]

Procedures (Times New Roman 12pt, bold, justified, Sentence case)

Explain the research or experimental procedures in a clear and logical sequence. [Times New Roman 10pt, justified, single spaces]

Data Analysis (Times New Roman 12pt, bold, justified, Sentence case)

Specify statistical methods, significance level (e.g., $p < 0.05$), and software used. Reporting effect size or confidence intervals is recommended. [Times New Roman 12pt, justified, single spaces]

For Review or Bibliometric Articles, The Methods section should be organized into the following sub-sections:

Study Design (Times New Roman 12pt, bold, justified, Sentence case)

Specify the type of review (systematic, scoping, or bibliometric) and its objective. [Times New Roman 12pt, justified, single spaces]

Data Sources and Search Strategy (Times New Roman 12pt, bold, justified, Sentence case)

Describe the databases used, search keywords, Boolean operators, and time range of the search. [Times New Roman 12pt, justified, single spaces]

Inclusion and Exclusion Criteria (Times New Roman 12pt, bold, justified, Sentence case)

Clearly define criteria for selecting or excluding studies. [Times New Roman 12pt, justified, single spaces]

Study Selection Process (Times New Roman 12pt, bold, justified, Sentence case)

Explain the screening process. The use of a PRISMA flow diagram is recommended. [Times New Roman 12pt, justified, single spaces]

Data Extraction and Analysis (Times New Roman 12pt, bold, justified, Sentence case)

Describe how data were extracted and analyzed. For bibliometric studies, include indicators such as citation analysis, co-authorship, and keyword co-occurrence, along with the software used. [Times New Roman 12pt, justified, single spaces]

Data Visualization (if applicable) (Times New Roman 12pt, bold, justified, Sentence case)

Explain the visualization methods, such as network mapping or clustering techniques.

RESULTS AND DISCUSSION (Times New Roman 12pt, bold, justified, UPPERCASE)

This section presents the main findings of the study along with their scientific interpretation. Authors may present the results and discussion in a combined section or as two separate sections (Results and Discussion), depending on the study design and journal preference.

The Results subsection should present the research findings clearly and systematically, using tables, figures, and concise descriptive text. Only processed and meaningful data should be reported, while raw data must not be included. Authors are required to present key statistical results, including measures such as mean \pm standard deviation, p-values, confidence intervals, and, where appropriate, effect sizes.

Tables and figures must be relevant, clearly labeled, and properly integrated into the text. Each table and figure should be numbered sequentially and referred to in the manuscript. Table titles should be placed above the table, while figure captions should be placed below the figure, both aligned to the left. Tables should use minimal formatting, avoiding excessive vertical lines, and figures must be of high resolution to ensure readability. The presentation of results should remain objective and must not include interpretation or discussion.

The Discussion subsection should provide a critical interpretation of the findings in relation to the research objectives, hypotheses, and existing literature. Authors must explain the meaning and significance of the results and demonstrate how the findings contribute to the advancement of knowledge in the field. These findings provide a novel insight into the underlying mechanisms and relationships within the studied context, offering a meaningful contribution to the existing body of knowledge.

The discussion should integrate current findings with previous studies, highlighting similarities, differences, and possible explanations based on theoretical or empirical perspectives. Authors are encouraged to emphasize the scientific contribution of the study, including its practical and theoretical implications.

This subsection should also address the limitations of the study, such as sample size, methodological constraints, or potential sources of bias. In addition, authors should provide clear recommendations for future research and identify unresolved issues that warrant further investigation. The discussion must avoid repeating the results and instead focus on interpretation, synthesis, and contribution.

Table 1. Title ← 10 pt

Bold	Bold	Bold	Bold	Bold
Bold	1,01	1,01	1,01	1,01
Bold	1,01	1,01	1,01	1,01
Bold	1,01	1,01	1,01	1,01

Note.

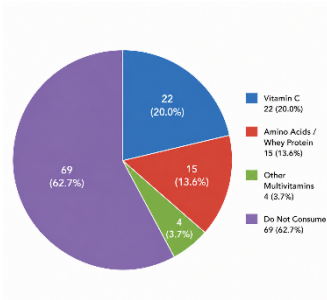


Figure 1. Title ← 10 pt

CONCLUSION (Times New Roman 12pt, bold, justified, UPPERCASE)

The conclusion should provide a clear and concise synthesis of the main findings in direct relation to the research objectives. It must highlight the key results without merely repeating the data presented in the Results section. Authors should emphasize the scientific contribution and significance of the study, particularly how the findings advance current knowledge or practice in the field. [Times New Roman 12pt, justified, single spaces]

The conclusion should also briefly outline the practical and/or theoretical implications of the findings. Where appropriate, authors may include concise recommendations for application or future research directions based on the results. The section must be written in a focused and coherent manner, avoiding unnecessary elaboration or the introduction of new data. [Times New Roman 12pt, justified, single spaces]

ACKNOWLEDGMENTS (Times New Roman 12pt, bold, justified, UPPERCASE)

The acknowledgments section is used to express gratitude to individuals, institutions, or organizations that have contributed to the completion of the research. This may include those who provided technical assistance, academic support, or funding. Authors should clearly mention the names of contributors and funding sources, if applicable. [Times New Roman 12pt, justified, single spaces]

CONFLICT OF INTEREST (Times New Roman 12pt, bold, justified, UPPERCASE)

Authors must clearly state whether there are any conflicts of interest related to the reported research. If no conflict of interest exists, the following statement should be included: “The author hereby declares that this research is free from conflicts of interest with any party.” [Times New Roman 12pt, justified, single spaces]

AUTHOR'S CONTRIBUTION (Times New Roman 12pt, bold, justified, UPPERCASE)

The author contributions section describes the role of each author in the research process. Contributions may include study design, concept development, data collection, data analysis, interpretation of results, manuscript preparation, and final editing. One author may contribute to more than one role. Each author's name should be followed by the corresponding letter(s) representing their contributions. [Times New Roman 12pt, justified, single spaces]

FUNDING/SPONSORSHIP (Times New Roman 12pt, bold, justified, UPPERCASE)

This section should clearly state the source of financial support for the research. Authors must mention the name of the funding institution, grant number (if applicable), and any relevant sponsorship information. If the research did not receive any specific funding, authors should include the statement: "This research received no specific grant from any funding agency in the public, commercial, or not-for-profit sectors." [Times New Roman 12pt, justified, single spaces]

REFERENCES (Times New Roman 12pt, bold, justified, UPPERCASE)

All references cited in the text must be listed in the References section. The reference list should primarily consist of recent primary sources, such as scientific journal articles, with at least 80% of the total references derived from reputable international journals published within the last 10 years. The minimum number of references is 20. Authors must use the APA Style (American Psychological Association) 7th Edition for all citations and references. Each reference entry must use a **hanging indent format**, in which the first line is aligned to the left margin and subsequent lines are indented (approximately 0.5 inch or 1.27 cm). This format should be applied consistently to all references. To ensure consistency and accuracy, authors are strongly encouraged to use reference management software such as Mendeley, EndNote, Zotero, or similar applications. The reference list should be written in single spacing, with one space between each reference entry. All references must be arranged alphabetically according to the authors' names. Examples of reference formatting according to APA 7th Edition are provided below.

Journal Article

Sulaiman, T., & Ismail, Z. (2020). The effect of physical activity on cardiovascular endurance in young adults. *Journal of Sports Science*, 12(2), 45–53. <https://doi.org/10.1234/jss.v12i2.5678>

Book

Creswell, J. W., & Creswell, J. D. (2018). *Research design: Qualitative, quantitative, and mixed methods approaches* (5th ed.). SAGE Publications.

Edited Book Chapter

Smith, J. A. (2019). Exercise physiology in modern training. In R. Brown & L. Green (Eds.), *Advances in sports science* (pp. 25–40). Springer. https://doi.org/10.1007/978-3-030-12345-6_2

Conference Proceeding

Rahman, A., & Putri, D. (2021). The impact of high-intensity interval training on VO2 max. In Proceedings of the International Conference on Sports Science (pp. 112–118). Atlantis Press. <https://doi.org/10.2991/assehr.k.210203.025>

Website / Report

World Health Organization. (2020). Guidelines on physical activity and sedentary behaviour. <https://www.who.int/publications/i/item/9789240015128>

Thesis / Dissertation

Pratama, R. (2022). The effect of resistance training on muscle strength in athletes (Master's thesis, Universitas Indonesia). UI Repository.

Creswell, J. W., & Creswell, J. D. (2018). Research design: Qualitative, quantitative, and mixed methods approaches (5th ed.). SAGE Publications.

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World Health Organization. (2020). Guidelines on physical activity and sedentary behaviour. <https://www.who.int/publications/i/item/9789240015128>