

Title

Author Names¹, Author Names²

¹⁾*institution name, city, country*

²⁾*institution name, city, country*

Abstract. Times New Roman, 11 pt, Justified, maximum 300 words

Keywords: Times New Roman, 11 pt, Italic, Justified, maximum 6 words

1. Introduction

The formatting rules refer to the type, size, and style of the fonts used in the different parts of the article, the spaces between lines and paragraphs, the indents at the beginning of individual paragraphs, etc.

2. Formatting the title of the article

2.1. Formatting the title

The font of the title should be Times New Roman, size 14 pt, centered, and bold.

2.2. Formatting the list of authors

Information about the authors should be aligned to the right. For each author, a first and last name are written. The font size is 12 pt, and the style is bold. If the article has more than one author, the names are separated by a comma. After the author's name, a superscript with a number is placed, which will indicate his place of work.

2.3. Formatting the place of work of the authors

The paragraphs for the place of work of the authors include the name of the institution, the city (when it is not part of the name of the institution itself), and the country (without indicating academic and other titles). If the authors have different places of work, they are listed separately, one below the other. If two authors have the same place of work, it is not repeated, but the same index is used for both. The font size for the place of work is 12 pt, and the style is right-aligned and italic.

2.4. Abstract and keywords

The paragraphs for the abstract and keywords should be formatted with a font size of 11 pt and aligned on both sides (Justify). The abstract includes a clear statement of the objectives of the study, a brief overview of the methods used, the most important results, and a conclusion. The word "Abstract" is in bold, and "Keywords" is in italics. The rest of the text is in normal style. Keywords are listed, separated by semicolons, and are in lowercase (unless they include names). There is no semicolon after the last keyword. Keywords should correspond to the content of the article to the maximum extent and be no more than six.

2. Formatting the sections of the article

Text - Times New Roman, 12 pt.

The text of the article is structured into separate sections, separated by their own short titles, with a clear indication of the differences in their hierarchy. The standard structure of a scientific article includes **Introduction** (presents the topic and provides the necessary context/literature

review; formulates the research question, hypothesis or purpose of the study); **Methodology** (describes in detail how the study was conducted, includes information about the instruments, procedures, data collection and analysis); **Results** (presents the collected data objectively and includes text, tables and figures); **Discussion** (interprets the results, compares them with other studies and indicates the limitations of the study) and **Conclusion/s** (summarizes the most important findings and their significance and may suggest directions for future research).

The title of each section should be 12 pt font size, bold style. The main text in the sections is 12 pt font size. It is permissible to divide a section into subsections. If there are any, their title should be 12 pt font size and bold style.

4. Figures and tables

Figures (illustrations) are presented in a format that allows processing and corrections with programs widely used for similar purposes. As an exception, when the volume of the figures is large and does not allow placement in the main text, their place in the text must be indicated - Fig. 1, Fig. 2, etc. The title of the figure is 12 pt font size and centered. The text “Figure” and the number following it should be in bold and separated from the figure title by one space. The text of the figure title should be in normal style. The numbering and titles of the figures should be placed below them (Fig. 1).

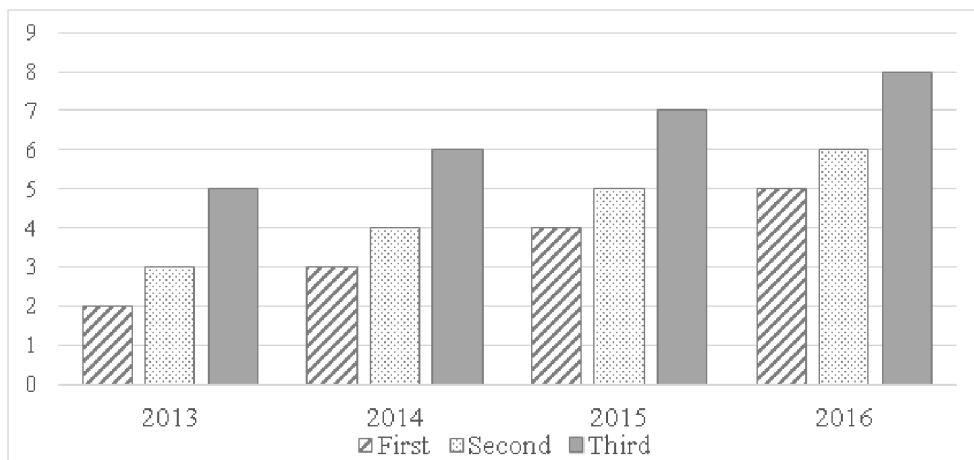


Figure 1. Title

Source: Times New Roman, 10 pt, Italic, Centered

If possible, the figures should be made using graphics programs (CorelDRAW, Adobe Illustrator, Adobe Photoshop) or Excel. The titles of the figures should not be included in the image. The text and figure captions should be large enough to read when printed on paper. Photographs and scanned images should be in separate files of good quality (at least 300 dpi), preferably in JPG, JPEG, PNG or TIFF format.

Numerical data expressing functional dependencies between quantities or variables should be presented in a table. Text tables make it difficult to print and read articles, so their use is not recommended. Tables are prepared in Word or Excel. Table titles are formatted in the same way as figures, but are placed above the table. Necessary explanations are given below it, indicated by the appropriate symbols/characters (Table 1).

Table 1. Title

	Text in the table – Times New Roman, 10 pt, Single line spacing		

Source: Times New Roman, 10 pt, Italic, Centered

5. Notes and Literature

Any reference or citation to a source that has not been peer-reviewed should be added in the Notes section, which is located before the References section. Notes may include comments, cited documents from archives, laws, educational documentation, Internet sources, and are written only in the language of the main text of the manuscript. Notes are listed in a numbered list. Their location is marked in the text of the article with Arabic numerals as superscripts.

Scientific sources are included in an unnumbered list in the References section. Citation of literary sources should be in accordance with the Harvard system and APA Style 7th Edition (2020). For several articles by the same author(s), the articles are arranged in chronological order, from the earliest to the most recent. Literary sources are arranged alphabetically by the surname of the first author. Sources in Cyrillic are listed in the literature using transliteration or translation. It is recommended to include the DOI (if available) for each source. Journal titles are presented in full, written in italics.

In the main text, there should be a reference to each source that is listed in the literature used and vice versa. In the template we will refer to (Aliverti, 2025; Kaloferova, 2024; Raleigh, 2021; Smith & Kays, 2022; Warmenhoven et al., 2025; Yilli & Turgut, 2025).

Acknowledgement

1. Example note. A superscript is placed in the text.

REFERENCES

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Warmenhoven, J., Menaspà, P., Borg, D. N., Vazire, S., White, N., Sainani, K., Nimphius, S., Coutts, A. J., & Impellizzeri, F. M. (2025). Sports Metaresearch: An Emerging Discipline of Sport Science and Medicine. *Sports medicine*, 55(4), 845–856. <https://doi.org/10.1007/s40279-025-02181-x>.

Yilli, S. & Turgut, E. (2025). Competitive swimming and shoulder adaptations: The role of stroke specialty in adolescent swimmers. *Physical Therapy in Sport*, 74, 1-8. <https://doi.org/10.1016/j.ptsp.2025.04.008>.

6. The end of the article

A list of authors is given at the end of the article. The data on the author(s) are indicated in English with a font size of 12 pt and include full names, academic title and scientific degree, place of work (including university, institute), city and country, personal ID of the author (WoS Researcher ID, Scopus Author ID, ORCID iD), work postal address, and e-mail address.

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