



Page size	Letter Portrait 8 ½ X 11
Margins	All Margins, 3 cm
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Various accessory of piriformis muscle in Japanese volleyball athlete–
[in sentence case only, except the special character that should be written in appropriate manner one, Align centre, TNR 14, 1.5 spaces, bold, 1 column on the whole]

Abbreviations should not be present in the title of manuscript. They can be used in the running title and text of manuscript. All abbreviations must be explained at first mention unless the term is better known as an abbreviation. Provide list of abbreviations alphabetically before starting the manuscript.

Name Name¹, Name Name^{2*}, Name Name³ – [In capitalize each word only, Align centre, TNR 12, 1 spaces, normal, 1 column on the whole, involved asterix * for the corresponding author]

¹Proper Affiliation – [In capitalize each word only, Align centre, TNR 12, 1 spaces, normal, 1 column on the whole]

²Proper Affiliation

³Proper Affiliation

*Corresponding email: balianatomyjournal@gmail.com – [Asterix first then write the similar text and the corresponding email, Align centre, TNR 12, 1 spaces, normal, 1 column on the whole]

ABSTRACT – [Align centre, TNR 12, 1 spaces, bold, 1 column]

A brief summary of the review topic. The abstract should include a brief introduction, a description of the hypothesis tested, the approach used to test the hypothesis, the results seen and the conclusions of the work. Limits lower than 350 words.

Background: [The line must begin with the words Background boldfaced. Align justify, TNR 12, 1 spaces, normal, 1 column]

Aim: [The line must begin with the words Aim boldfaced. Align justify, TNR 12, 1 spaces, normal, 1 column]

Methods: [The line must begin with the words Methods boldfaced. Align justify, TNR 12, 1 spaces, normal, 1 column]

Results: [The line must begin with the words Results boldfaced. Align justify, TNR 12, 1 spaces, normal, 1 column]



Conclusion: [The line must begin with the words Conclusion boldfaced. Align justify, TNR 12, 1 spaces, normal, 1 column]

--Enter 1 space--

Keywords: [Please, write no more than six keywords. Write specific keywords. The line must begin with the words Keywords boldfaced. Aligned left, TNR 12, 1 spaces, normal, 1 column]

--Enter double space--

INTRODUCTION – [The HEADING line must begin with the words INTRODUCTION boldfaced. UPPERCASE, Align left, TNR 12, 1.5 spaces, bold, 1 column]

Description of the research area, pertinent background information, and the hypotheses tested in the study should be included under this section. The introduction should provide sufficient background information such that a scientifically literate reader can understand and appreciate the experiments to be described. The introduction **MUST** include upper-text citations including references to pertinent reviews and primary scientific literature. The specific aims of the project should be identified along with a rationale for the specific experiments and other work performed. ----- [Sentence case, Align justify, TNR 12, 1.5 spaces, normal, 1 column]

METHODS – [The HEADING line must begin with the words METHODS boldfaced. UPPERCASE, Align left, TNR 12, 1.5 spaces, bold, 1 column]

This section contains appropriate method and material used in the study. The **ETHICAL CLERANCE NUMBER** should be clearly stated here. Authors should briefly augments the research concepts, time, place, equipment, procedures, data analysis, and the samples. Authors should also expressed the controlled groups and the experimental one. The methods shown here should be answered in the results section.

RESULTS/DISCUSSION – [The HEADING should be boldfaced. UPPERCASE, Align left, TNR 12, 1.5 spaces, bold, 1 column]

This section should relate the results section to current understanding of the scientific problems being investigated in the field. Description of relevant references to other work/s in the field should be included here. This section also allows you to discuss the significance of your results - i.e. does the data support the hypotheses you set out to test? This section should



end with new answers/questions that arise as a result of your work. ----- [Sentence case, Align justify, TNR 12, 1.5 spaces, normal, 1 column]

Note:

Subheadings I, e.g. ---- **Preparation of extracts** – prefer to bold in sentence case only.

Subheadings II, e.g. ---- *Cadaver embalming* – prefer to *italic* in sentence case only.

TABLES

- Tables must be concise and cited consecutively using Arabic numerals in the text (Table 1, Table 2...etc.). The title of the table should clearly indicate the nature of the contents and sufficient detail should be included in the footnote to facilitate interpretation without reference to the text. Use horizontal rules only.
- Tables should be self-contained and complement, not duplicate, information contained in the text. They should be supplied as editable files, not pasted as images.
- Legends should be concise but comprehensive – the table, legend, and footnotes must be understandable without reference to the text.
- Table captions should be included at the main text.
- All abbreviations must be defined below the tables. The symbols: †, ‡, §, ¶, should be used (in that order) and *, **, *** should be reserved for *p*-values. Statistical measures such as SD or SEM should be identified in the headings.
- Example:

Table 1. The characteristic of mandibular angles. ----- [Sentence case, Align center, TNR 12, 1.5 spaces, normal, 1 column]

Data	Mean ± SD	p-value
Angulation		
30°	23 ± 2.4	0.015*
45°	30 ± 2.8	0.201
Width	60 cm ± 1.8	0.023*

Note: *significant at $p < 0.05$ by independent t-test; SD = standard of deviation; p=probability.

Main table ----- [Sentence case, adjustable aligning, TNR 12, 1.5 spaces, normal; If the table is over than 1 page, they could be ordered as attractive as possible, without diminish the data values]

The note below the table ----- [Sentence case, Align left, TNR 10, 1 spaces, normal, 1 column]

FIGURES



- Photographs, drawings, diagrams and charts should be clear, easily legible and cited consecutively using Arabic numerals in the text (Figure 1, Figure 2...etc.). Please supply figures 1.5 to 2 times the size at which they will be finally reproduced. For line work, submit black-ink drawings of professional quality. Micrographs or other glossy photographs must be of the highest quality. Use standard symbols: ○, ●, ×, □, ■, △, ▲.
- If a figure comprises more than one glossy photograph, these should be marked A, B, C...etc. Figure legends should be marked clearly with their correspond letters. Legends should contain sufficient detail to permit figure interpretation without reference to the text. Scale markers should be indicated in the photographs. Color plates are also welcome. The choice of cover art illustration will be made by the Editor.
- Notify bellowing criteria:
 - a. **Are all figures included in your submission as separate files or in a single PDF/Word document/LaTeX suite?**
 - b. **Do all figures have an accompanying legend that describes the content and explains any abbreviations or symbols?**
 - c. **Are all figures cited in the main text of your article?**
 - d. **Are all words or symbols in your figures large enough for easy reading by your audience?**
 - e. **Are all figures saved in an acceptable file type?**
 - f. **Is each individual figure file less than 10 MB?**
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- Figures for final production should be submitted as electronic files and hard copy so that the editorial office can ensure that the output of electronic files matches the hardcopy. Please pay particular attention to the guidelines below.
- The editorial office cannot undertake preparation of manuscripts and illustrations not conforming to journal style.
- Manuscripts of insufficient quality will be returned immediately without refereeing.
- A high standard of illustration (both line and photo) is an editorial priority.
- All illustrations should be prepared for printing to fit 80 x 240 mm (column width) or 169 mm by up to 240 mm (full page) size. It is preferred that the full-page length is not used and that authors keep in mind that the caption will be placed underneath the figure.



- In the event that full-page length is necessary for plates, captions will have to appear on adjacent pages.
- Compound figures with more than one micrograph or photo should be referred by a single figure reference (e.g. Figure 1), and individual parts should be labeled with capitalized letters in the lower left-hand corner.
- Lettering should be of a sans-serif type (i.e. fonts without serifs such as Arial) with a minimum published size of 4.2 mm (12 pt).
- Descriptive labeling in the figures should be clearly readable, and all lettering should have a minimum published size of 6 pt (2.1 mm) for labeling items on photographs or in line art is recommended and a maximum size of 10 pt is suggested.
- Use a scale bar to indicate magnifications and place in the lower right corner if possible.
- Computer prepared photographic images must be at a minimum of 300 dpi at the final publication size. Lower resolution will result in pixilation and poor quality images. These should be submitted as JPEG, TIFF or PPT files, but encapsulated postscript (EPS) format is also acceptable.
- Computer drawn figures are accepted provided they are of high quality. Please note that graphs produced by many statistic packages are rarely adequate. In particular, letter quality on axes and captions are often poor. Such figures should be exported into an accepted graphics package and lettering rendered using a text function.
- Authors should note that **.dot, .bmp, and .pat fills** should be avoided.
- Do not use postscript fill patterns as these are often based on bit map patterns that result in screening patterns during final reproduction.
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- **For graphs, Excel graphs are also acceptable. Note that vertical axes must all be at the same scale especially where the paper compares between them. Otherwise they should be produced as separate figures. Avoid 3D plots when presenting 2D data.**



Example of excel graph

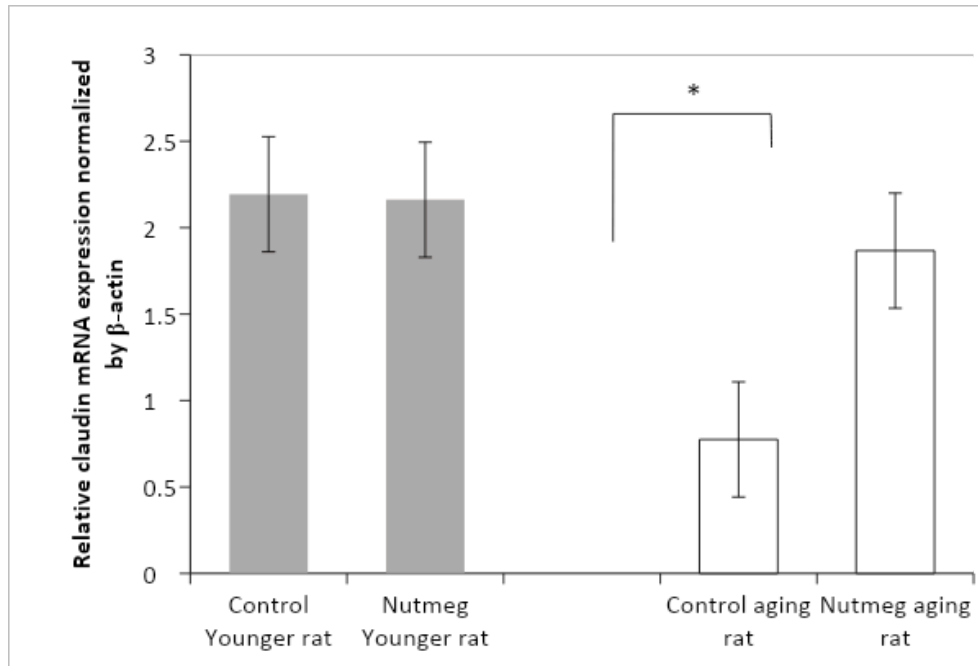


Figure 1. Relative claudin mRNA expression normalized by β -actin. Grey-colored bar showed relative claudin mRNA expression insignificantly between control and nutmeg in younger group. White-colored bar showed relative claudin mRNA expression significantly in nutmeg higher than the control within aging group. *Note: *significant at $p=0.00002$ by paired t -test.* ----- [Sentence case, Align justify, TNR 12, 1.5 spaces, normal, 1 column; If there is/are statement of note/symbols, the *italic* style is preferable]

Example of photograph (min. 300 dpi/clearly readable)

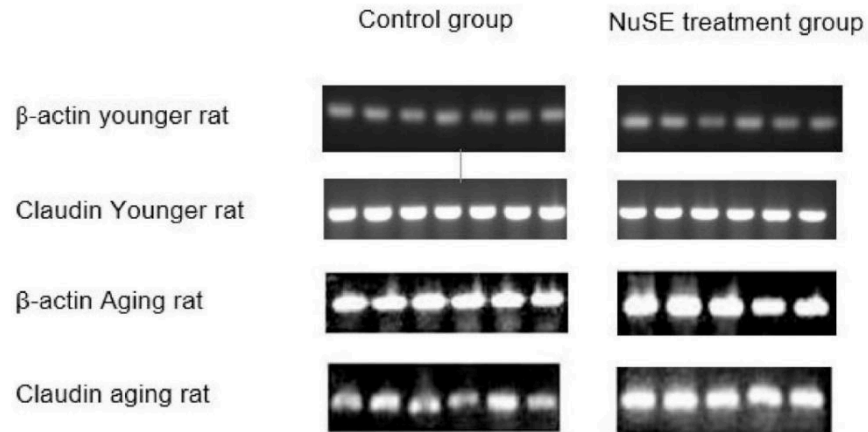


Figure 2. The results of mRNA gel electrophoresis regarding with the claudin expression ----- [Sentence case, Align center (short caption/title, TNR 12, 1.5 spaces, normal, 1 column; If there is/are statement of note/symbols, the *italic* style is preferable]

Example of one's copyright works

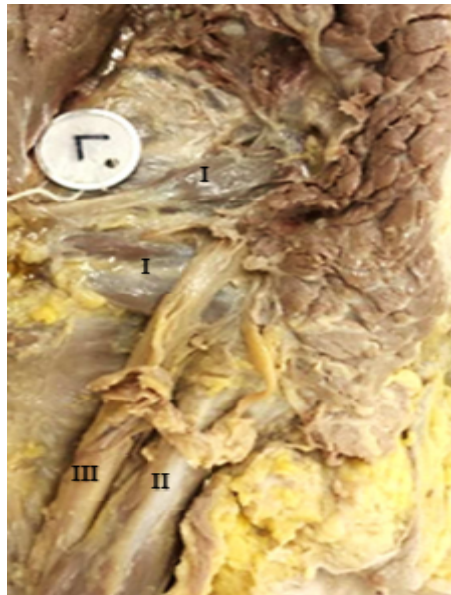


Figure 3. Schiatic nerve (*Permission of Lewis et al., 2016*)⁶ ----- [Sentence case, Align center (short caption/title, TNR 12, 1.5 spaces, normal, 1 column; the permission statement should be *italic*; citation number is written as superscript letter]



CONCLUSION – [The HEADING line must begin with the words CONCLUSION boldfaced. UPPERCASE, Align left, TNR 12, 1.5 spaces, bold, 1 column]

This section should relate the conclusion section to current understanding of the scientific problems ----- [Sentence case, Align justify, TNR 12, 1.5 spaces, normal, 1 column]

LIMITATION – [The HEADING line must begin with the words LIMITATION boldfaced. UPPERCASE, Align left, TNR 12, 1.5 spaces, bold, 1 column]

This section should describe the limited sources, limited references, limited equipment, limited time, limited procedures, etc. that could be developed by another researchers to meet the advance perspective or findings. ----- [Sentence case, Align justify, TNR 12, 1.5 spaces, normal, 1 column]

DISCLOSURES – [The HEADING line must begin with the words DISCLOSURES boldfaced. UPPERCASE, Align left, TNR 12, 1.5 spaces, bold, 1 column]

Statement of:

- a. Is/are there financial support(s) or relationship(s) between author(s) and any organizations that related to this article?
- b. Is/are there conflict of interest(s) between author(s) and either any organizations or personal that could pose any conflict of interests on this article?

----- [Sentence case, Align justify, TNR 12, 1.5 spaces, normal, 1 column]

ACKNOWLEDGMENTS – [The HEADING line must begin with the words ACKNOWLEDGMENTS boldfaced. UPPERCASE, Align left, TNR 12, 1.5 spaces, bold, 1 column]

This is a brief section crediting the people who have helped make your manuscript possible and who aided you in your work but are not part of the authorship. Please mention all applicable grants and other funding that supported your work. Limits of 100 words. ----- [Sentence case, Align justify, TNR 12, 1.5 spaces, normal, 1 column]



AUTHOR CONTRIBUTION – [The HEADING line must begin with the words AUTHOR CONTRIBUTION boldfaced. UPPERCASE, Align left, TNR 12, 1.5 spaces, bold, 1 column]

Example:

I Made Mundra has contribution in the idea, structure, editing, and measurements, while Gede Wirata has contribution in analytical process, data sinthesis, and format. -----
[Sentence case, Align justify, TNR 12, 1.5 spaces, normal, 1 column]

REFERENCES – [The HEADING line must begin with the words REFERENCES boldfaced. UPPERCASE, Align left, TNR 12, 1.5 spaces, bold, 1 column]

- AMA style guideline
[<https://drive.google.com/file/d/1sqJ49IzavU1FP8O4BMLSKC9ajQQgDGNx/view?usp=sharing>]
- References should be *numbered* consecutively in the order in which they are first mentioned in the text (not in alphabetic order).
- Identify *references in text*, tables, and legends by Arabic numerals in superscript without square bracket after the *punctuation marks*.
- *References cited only* in tables or figure legends should be numbered in accordance with the sequence established by the first.
- Identification in the text of the particular table or figure. Use the style of the examples below, which are based on the formats used by the AMA.
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- Use complete name of the journal for non-indexed journals.
- Avoid using abstracts as references.
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- Avoid citing a "personal communication" unless it provides essential information not available from a public source, in which case the name of the person and date of communication should be cited in parentheses in the text. The commonly cited types of references are shown here, for other types of references such as newspaper items please refer to ICMJE.