



THE TITLE OF THE ARTICLE IS WRITTEN IN CAPITAL LETTERS WITH THE PERPETUA TYPE, FONT 11 BOLD, MAXIMUM 15 WORDS

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Article Info

Abstract

Keywords:

In this keyword contains two or more important, specific or representative

250-300 words and consists of only one paragraph. In this abstract contains briefly the Objectives, Methods, and Research Results / Articles / Study Theory raised. It is not recommended to place references in this abstract

Abstracts section is written in English using Perpetua (11). The abstract contains a maximum of





1. Introduction (Perpetua 11 bold)

In the introduction, we briefly discuss the background of the problem, the purpose and purpose as well as a review of the literature that corroborates the article using Font 11 perpetua writing. Contains background, rationale, and/or urgency of the research. References (relevant literature or research), need to be included in this section, related to the justification of the urgency of the research, the emergence of research problems, alternative solutions, and the chosen solutions. The up-to-date study material must refer to the source of the last 10 years. The problems and objectives, as well as the usefulness of the research written narratively in paragraphs, do not need to be given special subheadings.

2. Materials and Methods (Perpetua 11 bold)

In the Research Methodology section, we discuss what methods are used in this research, the type of research, samples, and data analysis techniques, as well as the time and place of the research. In addition, data analysis instruments and techniques and other matters related to the way the research is written using Perpetua Font 11.

3. Results (Perpetua 11 bold)

In the Results section, it discusses the results of the research presented in the form of graphs, tables, or descriptives. The results of the research are described in detail and detail that can be easily understood by the reader. The title of the table is written at the top of the middle position. Example table:

Table 1. Research results

No	Variable	Measureme	Information
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1.	
2.	

The results in the form of pictures or photos are written in the middle or at the end of each research text. If the width of the diagram/schematic/graphic/similar is not possible to write on half a page, it can be written on a full page. The title is written at the bottom of the middle position. Also include the source of the image or photo. Example picture:



Figure 1. Journal of Sports Technology
 (Source: Sporttechno, 2022)

4. Discussion (Perpetua 11 bold)

The discussion was focused on the data of research results associated with the problems raised. Try not to include tables/pictures/graphs/diagrams in the discussion written with Perpetua 11. The discussion focused on the relationship of the data and the results of its analysis with the problem or purpose of the research and the broader theoretical context. It can also be an answer to the question of why facts such as in the data are found. The discussion is written attached to the data discussed. The discussion is tried not to be separate from the data discussed.

5. Conclusion (Perpetua 11 bold)

In this section, we discuss the main points that are the conclusions of the research results. The conclusion is written in the form of a paragraph without using a bulleted list. Conclusions can be generalizations of findings according to

research problems, and provide recommendations for the next step.

Declaration of Competing Interest

Be able to mention if there is a conflict of interest

References (Perpetua II bold)

Articles are expected to use a minimum of 25 recent primary references (last 10 years). The preparation of citations and bibliographies must follow the APA Style (American Psychological Association). To maintain consistency in the way you refer, cite and bibliography, you should use an application such as Zotero, Mendeley, or other applications. Written in a single space, between bibliographies is spaced 1 space. Here's an example of a bibliography:

Alimuddin, A., & Dahlan, F. (2020). The Development of Soft Ball Sport Through Toss Ball Training in The Athlete Soft Ball. *ACTIVE: Journal of Physical Education, Sport, Health and Recreation*, 9(1), 38–41.

Houlihan, B., & Malcolm, D. (Eds.). (2015). *Sport and society: a student introduction*. Sage.

Khairunnisa, A., Dinata, W. W., Rifki, M. S., Komaini, A., Igoresky, A., Asman, A., & Nazri, S. B. M. (2024). Enhancing free throw basketball shooting ability in female basketball players through imagery and concentration exercises. *Journal of Physical Education and Sport*, 24(6), 1426-1433.