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Title (Capitalize Each Word, Fonts 12-Tahoma-Bold, 14 Word)

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ABSTRACT (Maximum 150 words)

Background: Write down the background/context of the research along with the research gaps.

Purpose: Write down the purpose of the research conducted

Methods: Describe the methods used in the study.

Results: An overview of the results of the research conducted

Conclusion: A brief explanation or key points about the answers to the research questions or research objectives

KEYWORD: Education; performance; health (Minimum 3 words, maximum 5 words)

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INTRODUCTION

Manuscripts are written in English with Tahoma font size 11, 1 spacing, and justify. Paper size: A4: Margin (Top: 3 cm, Bottom: 2 cm, Left: 3 cm, Right: 2 cm), with 6000-7000 words in .doc/.docx format (Abstract and references are included). Then, it is not allowed to use footnotes in the article. The maximum percentage of similarity is 25% (Turnitin).

The introduction consists of the background or reasons for the research, supporting theories from several kinds of literature that become a clear theoretical basis, the formulation of the problem, and the purpose of the research.

The introduction is written in one chapter without subtitles. All presentations in the article are written in essay form, so no numeric and alphabetical format separates

chapters/sections or marks new chapters/sections. For that, if there are parts of the article content that require numbering or bullet lists, make them into flowing paragraphs as follows: (1) one, (2) two, and (3) three.

METHOD

The research method in the article text describes the research design, participants/respondents/research samples, research time and location, research instruments, research procedures, data collection, and data analysis.

The research results table is required to use calculations with the help of applications/software (such as: SPSS, Jamovi, Smart PLS, SEM AMOS, NVivo, AtlasTi, and others).

RESULT

Research results are presented in the form of graphs, tables, or descriptive. Analysis and interpretation of these results is required before being discussed. Tables are written in the middle or at the end of each research result/obtainability description text. If the width of the Table is not enough to be written in half a page, it can be written in a full page. Table titles are written from left to center, all words begin with a capital letter, except conjunctions. If more than one line is written in single space. As an example, can be seen in Table 1.

Table 1.
Style and Function

No.	Nama Style	Function
1.	Style A	aaaaa
2.	Style A	aaaaa
3.	Style A	aaaaa
4.	Style A	aaaaa
5.	Style A	aaaaa
	And etc..	

The results are in the form of images, or data that is made of images/schemes/graphics/diagrams/their equivalent, the presentation also follows the existing rules; title or image name is placed below the image, from the left, and spaced 1 space from the image. If more than 1 line, each line is single spaced. For example, it can be seen in Figure 1.



Figure 1. Style

DISCUSSIONS

The discussion is focused on relating the data and the results of the analysis to the problem or research objectives and the broader theoretical context. It is also possible that the discussion is the answer to the question of why such facts are found in the data.

The discussion is written attached to the data discussed. The discussion is endeavored not to be separated from the data discussed.

CONCLUSION

Conclusions can be generalized findings according to research problems, can also be in the form of recommendations for the next step.

REFERENCE

The bibliography consists of at least 25 reference sources, 80% of references MUST include citation sources from articles in journals with a minimum of 60% are international journals (15 references). Maximum referral sources for the last 10 years. The tolerance limit for references that are more than 10 years old is only 8 references; with a note, these references must be unique/the main reference/the only source in a field of science.

The bibliography is sorted alphabetically, without serial numbers, and is not separated between books, online, and other sources. Authors are required to use the Mendeley application in compiling a bibliography. The bibliography is written using the **APA 7th Edition** citation system, **Tahoma, 11 fonts, Spacing 1**. See the following examples of technical provisions for writing a bibliography (**Use Mendeley/ZOTERO/ENDNOTE Software**):

Book

Kotler, P., & Keller, K.L. (2012). *Marketing Management*. New York: Prentice Hall.

E-Book

Kotler, P., & Keller, K.L. (2012). *Marketing Management*. Accessed from: <http://www.amazon.com>.

Article from the website with author

Simmons, B. (2015, January 9). The tale of two Flaccos. Accessed from: <http://grantland.com/the-triangle/the-tale-of-two-flaccos/>

Article from website without author

Teen posed as doctor at West Palm Beach hospital: police. (2015, January 16). Accessed from: <http://www.nbcmiami.com/news/local/Teen-Posed-as-Doctor-at-West-Palm-Beach-Hospital-Police-288810831.html>

Printed Journal

Nevin, A. (1990). The Changing of Teacher Education Special Education. *Teacher Education and Special Education: The Journal of the Teacher Education Division of the Council for Exceptional Children*, 13(3-4), 147-148.

Online Journal

Jameson, J. (2013). E-Leadership in Higher Education: The Fifth "Age" of Educational Technology Research. *British Journal of Educational Technology*, 44(6), 889-915. doi: 10.1111/bjet.12103

Interview Report

Marino, B. (2014, 18 Octobers). Personal Interview.

Printed Encyclopedia

Kammen, C., & Wilson, A.H. (2012). Monuments. In *Encyclopedia of local history*. (pp. 363-364) Lanham, MD: AltaMira Press.

Printer Newspaper

Rosenberg, G. (1997, March 31). Electronic discovery proves an effective legal weapon. *The New York Times*, p. D5.

Online Newspaper

Rosenberg, G. (1997, March 31). Electronic discovery proves an effective legal weapon. *The New York Times*, Accessed from: <http://www.nytimes.com>

Printed Magazine

Tumulty, K. (2006, April). Should they stay or should they go? *Time*, 167(15), 3-40.

Online Magazine

Tumulty, K. (2006, April). Should they stay or should they go? *Time*, 167(15) Accessed from: <http://content.time.com/time/magazine/article/0,9171,1179361,00.html>

Only filled by authors from Indonesia (Hanya diisi oleh author dari Indonesia)

Judul Penelitian (dalam Bahasa Indonesia)

ABSTRAK (Maksimal 150 kata)

Latar belakang: Tuliskan latar belakang/konteks penelitian beserta kesenjangan penelitiannya.

Tujuan: Tuliskan tujuan penelitian yang dilakukan

Metode: Jelaskan metode yang digunakan dalam penelitian ini.

Hasil: Gambaran umum hasil penelitian yang dilakukan

Kesimpulan: Penjelasan singkat atau poin-poin penting tentang jawaban pertanyaan penelitian atau tujuan penelitian

KATA KUNCI: Pendidikan; performa; kesehatan (Minimal 3 kata, maksimal 5 kata)

AUTHOR IDENTITY

Photo (3x4 cm) (Formal/informal)	Author Name (with Title)	Affiliation
	Dr. Neppublisher, S.Or, M.Pd., M.I.Kom	Sports Coaching Department Faculty of Sport Science Universitas Negeri Padang ORDCID ID: 0000-0002-5920-5348 Scopus ID: 57224833417 (It's optional) Sinta ID: 6043238 (Especially for Indonesian authors) Research interests: Sports Communication and Sports Psychology
		Departement: Faculty: University: ORDCID ID: Scopus ID: (It's optional) Sinta ID: (Especially for Indonesian authors) (It's optional) Research interest:
		Departement: Faculty: University: ORDCID ID: Scopus ID: (It's optional) Sinta ID: (Especially for Indonesian authors) (It's optional) Research interest: