

Title of the Paper (14pt Times New Roman, Bold, Center)

Authors Names¹Authors Names², dst.....(Capital, 10pt Times New Roman, centered)

¹Department, University, Country (Capital, 10pt Times New Roman, center)

²Department, University, Country (Capital, 10pt Times New Roman, center)

Dst.....

Email author corresponding: (10pt Times New Roman, centered)

Abstract:

This is a sample of the format of your full paper. Use Word for Windows (Microsoft) (or equivalent Word Processor with exactly the same "printing results") Use single space. Use 10pt, Times New Roman. The abstract should be informative. Please follow the structure below.

Background:

Aims:

Methods:

Result:

Conclusion:

Keywords: *Keyword 1, Keyword 2, Keyword 3, Keyword 4, Keyword 5*

Introduction

Introduction should be comprehensible to the general reader. Give a clear statement of the purpose of the paper and provide relevant context to support the basis for the paper and the significance of the work. Please follow the structure below. 12 TNR, Space 1, Justify.

Background of the study:

Literature review:

Gap analysis:

Rationale of the study:

Purpose or Hypotheses of the study:

Material & Methods

Material & methods provide sufficient information in the text or by reference to other work to permit the submitted work to be repeated without the need to communicate with the authors. Relevant validity and reliability data should be provided for critical methods. State the type of statistical tests used. Include the number of observations and the statistical findings when appropriate. Parametric and nonparametric statistics must be used as appropriate. 12 TNR, Space 1, Justify.

The main contents which are to be presented:

Research Design:

Participant: Population and the methods of sampling Instrumentation (sample of questions, scoring method, and psychometric properties (validity and reliability):



Instrument:

Procedures:

Analysis plan (describe statistical tests and the comparisons made; ordinary statistical methods should be used without comment; advanced or unusual methods may require a literature citation):

Scope and/or limitations of the methodology you used:

Manuscript can use the STROBE method for observational studies, SRQR for qualitative studies, PRISMA for reviews, CARE for case reports, CONSORT for clinical trials (Recommendations)

Results

Results should be presented precisely and should not contain material that is appropriate in the discussion. Units, quantities, and formulas should be expressed according to the International System (SI units). All measurements should be given in metric units.

Figures and Tables should be numbered as follows: Fig.1, Fig.2, ... etc Table 1, Table 2,etc.

The bold lines must be included.

Results:

Discussion:

Implications:

Research contribution:

Limitations:

Suggestions:

Table 1..... (Reference, 2025)

C	Average Score	Criteria
Display Aspect	4,41	Very good
Aspects of Material / Content	4,43	Very good
Learning Aspects	4,41	Very good
Average	4,416	Very good

Conclusions

Or logical consequence. Your conclusion is your chance to have the last word on the subject. The conclusion allows you to have the final say on the issues you have raised in your paper, to summarize your thoughts, to demonstrate the importance of your ideas, and to propel your reader to a new view of the subject. It is also your opportunity to make a good final impression and to end on a positive note.

Acknowledgment

The acknowledgement is a form of appreciation for the contribution of an institution or an individual who is not considered as the writer for example an institution or an individual who provides the research funding (funding support) of this publication.

Author Contribution Statement

The Author Contributions Statement can be up to several sentences long and should briefly describe the tasks of individual authors. Please list only 2 initials for each author, without full stops, but separated by commas (e.g. JC, JS). In the case of two authors with the same initials, please use their middle initial to differentiate between them (e.g. REW, RSW). The Author Contributions Statement should be included at the end of the manuscript before the References.

AI Disclosure Statement

The author used [TOOL/SERVICE NAME] during the preparation of this work for [REASON]. After using the tool/service, the author thoroughly reviewed and edited the content as needed and takes full responsibility for the content of the publication. The authors declare that this research was prepared, researched, written, and edited without the aid of artificial intelligence (AI) techniques.

Conflicts Of Interest

The authors confirm the presence or absence of any potential conflicts of interest financial, institutional, or personal that could influence the conduct of this study, the analysis of data, the preparation of the manuscript, or its publication.

References: (APA Style)

Journal

Ittaqwa., Purnomo, T. J., Afifa, W. N., & Keilbart, P. (2025). VO₂max research: *Endurance capacity levels of pencak silat martial artists*. *Journal of Sports and Physical Activity*, 1(1), 47-58. <https://doi.org/10.64268/jospa.v1i1.7>

Thank you for your cooperation and contribution.