



Manuscript Writing Guidelines ← 15 Calisto MT Bold 15 Words Maximum

First Author¹ *, Second Author² ← 11 pt bold

¹First Author Affiliation. Affiliation Address, Country. ← 11 pt

² Second Author Affiliation. Affiliation Address, Country. ← 11 pt

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Received: (manuscript submission date); Revised: (manuscript revision date); Accepted: (manuscript acceptance date)

Abstract: Abstract written using Time New Roman - 10 single spacing. Abstract contains research background, research aim/purpose, method, reseach results, conclusion, and implication; written in 1 paragraph, using past tense sentences, between 200 to 300 words.

Keywords: one or more word(s) or phrase(s), that it's important, specific, or representative for the article.

How to Cite: Author, F., & Author, S. (2023). SHOOTING Manuscript Writing Guidelines. *SHOOTING*, X(Y), 1-3. doi:
<https://doi.org/10.31960/shooting.vxix.x>



INTRODUCTION

The introduction is written in Calisto MT-11, with single space and justified. Each paragraph begins with a word that protrudes 5 digits, or about 1 cm from the left edge of each column. Introduction begins with identification of the problem that describes the research gap, urgency, and novelty, followed by the objective of the study.

The introduction is a little different from the short and concise abstract. The reader needs to know the background to your research and, most importantly, why your research is important in this context. What critical question does your research address? Why should the reader be interested?

The purpose of the Introduction is to stimulate the reader's interest and to provide pertinent background information necessary to understand the rest of the paper. You must summarize the problem to be addressed, give background on the subject, discuss previous research on the topic, and explain exactly what the paper will address, why, and how. A good thing to avoid is making your introduction into a minireview. There is a huge amount of literature out there, but as a scientist you should be able to pick out the things that are most relevant to your work and explain why. This shows an editor/reviewer/reader that you really understand your area of research and that you can get straight to the most important issues.

Keep your Introduction to be very concise, well structured, and inclusive of all the information needed to follow the development of your findings. Do not over-burden the



reader by making the introduction too long. Get to the key parts other paper sooner rather than later.

Tips:

1. Begin the Introduction by providing a concise background account of the problem studied.
2. State the objective of the investigation. Your research objective is the most important part of the introduction.
3. Establish the significance of your work: Why was there a need to conduct the study?
4. Introduce the reader to the pertinent literature. Do not give a full history of the topic. Only quote previous work having direct bearing on the present problem.
5. Clearly state your hypothesis, the variables investigated, and concisely summarize the methods used.
6. Define any abbreviations or specialized/regional terms.
7. Provide a concise discussion of the results and findings of other studies so the reader understands the big picture.
8. Describe some of the major findings presented in your manuscript and explain how they contribute to the larger field of research.
9. State the principal conclusions derived from your results.
10. Identify any questions left unanswered and any new questions generated by your study.

Be concise and aware of who will be reading your manuscript and make sure the Introduction is directed to that audience. Move from general to specific; from the problem in the real world to the literature to your research. Last, please avoid to make a sub section in Introduction.

METHODS

In the Methods section, you clearly explain how you conducted your research to: (1) allow the reader to evaluate the work done and (2) allow others to replicate your research. You should describe exactly what you did: what and how the experiments were run, what, how much, how often, where, when, and why equipment and materials were used. The key consideration is to ensure that sufficient detail is given to verify your findings and to allow replication of the study. You must maintain a balance between brevity (you can't explain every technical issue) and completeness (you need to provide sufficient detail so that the reader knows what happened).

Tips:

1. Define the population and sampling method;
2. Describe the instrumentation;
3. Describe the procedures and if relevant, the time frame;
4. Describe the analysis plan;
5. Describe any approaches to ensure validity and reliability;
6. State the assumptions used;
7. Describe the statistical tests and comparisons made; usual statistical methods should be used without comment; more advanced or unusual methods may require literature citations, and;
8. Describe the scope and/or limitations of the methodology you used.

In Sport, Health science and education, it is important to always provide enough information to enable other researchers to adopt or replicate your methodology. This information is especially important when a new method has been developed or an innovative use of an existing method, and finally, avoid creating sub-sections in the Methods.

RESULT AND DISCUSSION

Research results can be presented in graphical, tabular, or descriptive form. Analysis and interpretation of these results is required before they are discussed.

Tables are written in the middle or at the end of each text description of research results/objectives. If the width of the table is not enough to be written in half a page, it can be written on a full page. The title of the table is written from the left centered, all words begin with uppercase letters, except conjunctions. If more than one line is written in single space (see Table 1).

Tabel 1. The Style and Its Function ← 10 pt

No.	Name of Style	Function
1.	JK_Title	Title
2.	JK_Author	Author
3.	JK_AbstractBody	Abstract
4.	JK_AbstractTitle	Abstract Title
5.	JK_AbstractKeyword	Keyword
6.	JK_Heading 1	Subtitle 1
7.	JK_Body	Paragraph
8.	JK_Picture Capture	Figure Title
9.	JK_Table Capture	Table Title
10.	JK_Reference	List of References
	And more	

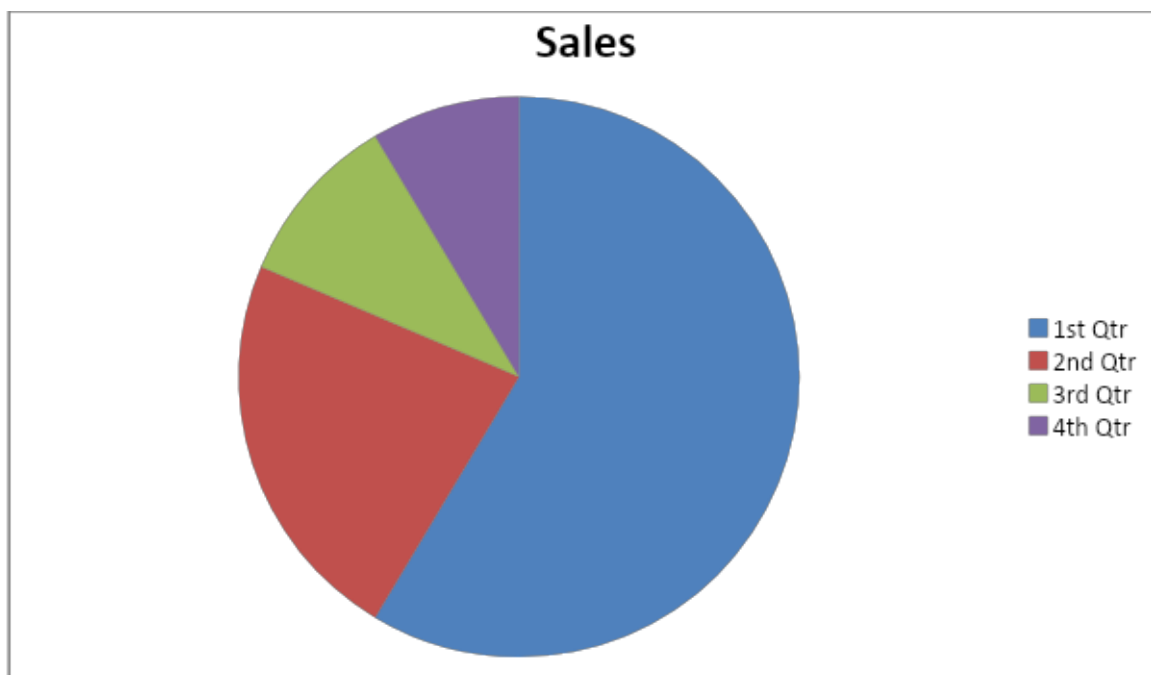


Figure 1. Styles in Manuscript Template ← 10 pt

Results in the form of images, or data made into images/ schemes/ graphics/ diagrams/ etc. presented in figure that the title or name is placed below the figure, from the left, and spaced single-space from the figure. If there is more than one line, write in a single space between lines (see Figure 1).

The discussion focuses on linking the data and the results of its analysis with the problem or research objectives and the broader theoretical context. It can also be an answer to the question of why facts are found as in the data. The discussion is written attached to the data discussed. The discussion should not be separated from the data discussed.

CONCLUSION

The conclusion can be a generalization of findings according to the research problem. The conclusion should not simply repeat the results, but should conclude the finding in the study. Conclusions can also be linked to the research objectives. In this section, it is necessary to write down future research and the contribution of research in scientific development.

REFERENCES

Articles should use at least 30 recent primary references (high-impact-factor international references recommended). The writing of citations and references must follow APA Style (American Psychological Association 7th Edition). To maintain consistency in the way of referencing, citation and bibliography should use reference manager applications, such as Zotero, Mendeley, or other applications - written in single space.