



RESO

Journal of Sport Coaching, Physical Education, and Sport Science

Advancing Sport Research and Academic Excellence

Published by Program Studi Pendidikan Keperawatan Olahraga, FKIP Universitas Muhammadiyah
Makassar

Website: <https://journal.unismuh.ac.id/index.php/reso> | e-ISSN:

ARTICLE TITLE WRITTEN IN ENGLISH OR INDONESIAN: CLEAR, CONCISE, AND INFORMATIVE

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Abstract

The abstract should be written in English and consist of 150-250 words. It should briefly describe the background or purpose of the study, research method, main findings, and conclusion. The abstract must be written in one paragraph without citations, tables, figures, or uncommon abbreviations. The abstract should clearly reflect the contribution of the article to sport coaching, physical education, sport science, sports pedagogy, athlete performance, training methodology, movement learning, sports health, or innovation in sports and education.

Keywords: sport coaching; physical education; sport science; athlete performance; training methodology

Abstrak

Abstrak ditulis dalam bahasa Indonesia dengan panjang 150-250 kata. Abstrak memuat secara ringkas latar belakang atau tujuan penelitian, metode penelitian, hasil utama, dan kesimpulan. Abstrak ditulis dalam satu paragraf, tidak memuat sitasi, tabel, gambar, atau singkatan yang tidak umum. Abstrak harus menggambarkan kontribusi artikel terhadap bidang kepelatihan olahraga, pendidikan olahraga, pendidikan jasmani, sport science, pedagogi olahraga, performa atlet, metodologi latihan, pembelajaran gerak, kesehatan olahraga, atau inovasi dalam olahraga dan pendidikan.

Kata Kunci: kepelatihan olahraga; pendidikan jasmani; sport science; performa atlet; metodologi latihan

INTRODUCTION

The introduction should explain the background of the study, research gap, theoretical or empirical basis, and urgency of the research. Authors should clearly describe the problem being addressed and show how the study contributes to the development of sport coaching, physical education, sport science, or related fields. The final paragraph should clearly state the research objective or research questions.

Use relevant and up-to-date references. Authors are encouraged to use primary sources, especially scientific journal articles published within the last ten years. In-text citations must follow APA 7th edition, for example: (Bompa & Buzzichelli, 2019) or Smith et al. (2022).

METHOD

The method section should describe the research design, participants or subjects, instruments, procedures, data collection techniques, and data analysis methods. For quantitative research, explain the population, sample, sampling technique, instrument validity and reliability, and statistical analysis. For qualitative research, describe the research setting, informants, data collection procedures, data validation techniques, and data analysis process.

For experimental or intervention-based studies in sport coaching or physical education, describe the training program, duration, frequency, intensity, and evaluation procedures in sufficient detail to allow replication.

RESULTS AND DISCUSSION

The results section presents research findings clearly and systematically. Data may be presented in tables, figures, graphs, or descriptive explanations. Tables and figures should be numbered consecutively and referred to in the text.

The discussion should interpret the findings, compare them with previous studies, explain the scientific meaning of the results, and describe their implications for sport coaching, physical education, sport science, or sports practice. Avoid merely repeating the results; provide critical analysis supported by relevant literature.

Table 1. Characteristics of Research Participants

Variable	Category	Frequency	Percentage
Gender	Male	20	66.7%
Gender	Female	10	33.3%
Total	-	30	100%

Insert Figure 1 here. Ensure the figure is clear, high-resolution, and referenced in the text.

Figure 1. Research Procedure Flowchart

CONCLUSION

The conclusion should briefly answer the research objectives or research questions. It should present the main findings, scientific contribution, and practical implications of the study. Authors may also include recommendations for future research or practical application in sport coaching, physical education, or sport science.

ACKNOWLEDGMENT

This section is optional. Authors may acknowledge individuals, institutions, funding agencies, or organizations that contributed to the research or publication process. If there is no acknowledgment, this section may be omitted.

AUTHOR CONTRIBUTIONS

Author 1 contributed to conceptualization, methodology, data analysis, and manuscript writing. Author 2 contributed to data collection, literature review, and manuscript revision. Author 3 contributed to supervision, validation, and final approval of the manuscript.

CONFLICT OF INTEREST

The authors declare that there is no conflict of interest regarding the publication of this article.

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FORMATTING NOTES FOR AUTHORS

This page provides technical formatting guidance. Authors may delete this page before submission after applying the template format throughout the manuscript.

Component	Format
Paper size	A4 portrait
Margins	2.5 cm on all sides
Main font	Times New Roman, 11 pt
Line spacing	Single spacing
Text alignment	Justified for body paragraphs
Article title	14 pt, bold, centered, uppercase or title case
Author names	11 pt, bold, centered, without academic titles
Affiliations and email	10 pt, centered
Abstract and Abstrak	150-250 words each, 10 pt, justified
Keywords	3-5 phrases, separated by semicolons
Heading level 1	11 pt, bold, uppercase
Tables	Title above table; simple grid; no excessive vertical lines
Figures	Caption below figure; use high-resolution images
Citation style	APA Style 7th Edition
Reference management	Use Mendeley, Zotero, or EndNote

RECOMMENDED ARTICLE LENGTH

Manuscripts are generally recommended to contain 4,000-7,000 words, including references. Authors should ensure that the manuscript is original, free from plagiarism, and written according to scientific standards.

FOCUS AND SCOPE

RESO welcomes manuscripts in the fields of sport coaching, physical education, sport science, sports pedagogy, athlete performance, training methodology, movement learning, physical fitness, sports health, biomechanics, sports psychology, sports management, and innovation in sports and education.