

**Title Aligned Center, Line Spacing 1 Space, Font Size 14pt,
Font style: Bold, Capitalize Each Word**

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Abstracts: Abstracts should provide the reader with brief information about the content of the piece and should contain at least 70 and up to 200 words. Abstract must be set at 11pt font size. Abstracts are written with 1 line spacing and justified left-right with an indent of 1 centimeter from the left and right margins. Do not include table numbers, figure numbers and references in the abstract. At the bottom of the abstract there are keywords and a maximum of 5 words are made in alphabetical order. Give 1 line of 11pt before writing keywords.

Keywords: first word, second word, no abbreviations. (11pt)

INTRODUCTION (13pt)

Give it 2 line spacing 12pt above the introductory title. The introductory word in the title is written in all capital letters (UPPERCASE). Introduction includes background, current situation, problem formulation, and research objectives. The introduction is written in 12pt font size. Any words that are foreign terms must be italicized. All written in Calibri font with 1 line spacing. The first paragraph for each section is not indented. To be safer, please follow this template, don't change it, fill in/place your writing directly on this template. Changing this template may cause formatting incompatibilities.

The second and subsequent paragraphs are made by indenting the first line by 0.6 cm. We asked authors to follow the guidelines described in this example for uniformity (Brown et al., 2019). Papers in a form that technically does not match the guidelines, the editor will return it to be corrected or retyped. Once returned, the manuscript must be modified appropriately and according to the guidelines.

In the process of making a paper, it is necessary to discuss the purpose. These goals are very useful. Describe the reasons for the urgency of the research, previous studies and ideas put forward. Apart from preparing the paper, it is best to also follow the template rules provided.

Sub-Introduction 1 (12pt)

Give 1 line spacing 12pt above the title of sub-introduction 1. The word sub-introduction in the title is written with Capitalize Each Word. The contents of the sub-introduction are also written in 12pt font size. We strongly encourage authors to use this document in

preparation for the camera-ready process. Please follow the instructions carefully to make the volume look as uniform as possible (Clements & Sarama, 2020).

Please remember that all writing must be consistent and without orthographic errors. References/citations in the contents please use the American Psychological Association (APA) style, and it is advisable to use the help of programs such as Mendeley or others.

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Please remember that all writing must be consistent and without orthographic errors. References/citations in the contents please use the American Psychological Association (APA) style, and it is advisable to use the help of programs such as Mendeley or others.

Sub-Introduction 2 (12pt)

Provide 1 line spacing 12pt above from the title of sub-introduction 2. The paper should not include a literature review, but it is justified if it includes a research theoretical framework. Make sure that your paper idea is not plagiarism.

RESEARCH METHOD (13pt)

Before writing the title of the research method, provide 2 line spacing of 12pt. In this section, you are asked to explain the method, model, design, subject and location of the research you are conducting. You can also include research procedures that you carry out in a way that is easily understood by readers. Make sure the method is correct (David, Teddlie, & Reynolds, 2019). All citations listed are examples only. The Methods section should be brief, but should include sufficient technical information to enable the experiment to be repeated by a qualified reader. Only the new method should be described in detail. Citing previously published procedures in References.

Farikhah & Ariestina (2020) stated that this is an example of a writing template that will be sent to the publishing section of the Athena Journal: Physical Education and Sports Journal. Please follow the instructions as best you can so that the articles in the conference have the same writing format.

RESULTS AND DISCUSSION (13pt)

Before writing the title of the results and discussion, provide 2 line spacing of 12pt. The results of the research are descriptions based on the types of data collected according to the research method. The results and discussion must agree.

Sub Results and Discussion 1 (12pt)

Give 1 line spacing 12pt above the title of the sub-results and discussion 1. The results must include the rationale or design of the experiment and the results of the experiment. Results can be

presented in images, tables and text. Discuss the results yourself. Add definite discussions related to Images or Tables.

In the discussion there must be citations/references from the results of other studies. Compare how your research results compare with relevant research.

Sub Results and Discussion 2 (12pt)

Provide 1 line spacing 12pt above the title of sub results and discussion 2. The discussion should be an interpretation of the results rather than a repetition of the Results. The discussion should be an interpretation of the results rather than a repetition of the results (Goos, 2019). The discussion should be an interpretation of the results rather than a repetition of the results. The discussion should be an interpretation of the results rather than a repetition of the results. The discussion should be an interpretation of the results rather than a repetition of the results.

The discussion should be an interpretation of the results rather than a repetition of the results. The discussion should be an interpretation of the results rather than a repetition of the results. The discussion should be an interpretation of the results rather than a repetition of the results. Please add a definite, valid and reliable discussion. In addition, also include references that match your explanation. Don't use broad explanations, use sentences that are appropriate to the EYD (Flinn & Mulligan, 2019). Sentences translated are sentences of beautiful composition. Don't just write.

Table (12pt)

Give 1 line spacing 12pt above the table title. Each table must be numbered with Arabic numerals (eg Table 1, Table 2) sequentially and include a caption. Tables should always have captions on them. Text using single line spacing must be centered and should not create the same table but separate on two different pages. The font size used in the table is 11pt. Table contents may not be in bold style. Table text is not allowed to be made vertically. The table does not display vertical lines. Make it 12pt line spacing at the top and bottom of the table. Examples can be seen in Table 1.

Table 1. Write a short caption above the table

Kategori	Rataan		Rataan		Rataan	
	Kelompok	<i>p</i>	Kelompok	<i>p</i>	Kelompok	<i>p</i>
	1		2		3	
F3	1,143	0,28	0,286	0,59	0,286	0,59
		5		3		3
Fz	1,143	0,28	0,067	0,79	0,067	0,79
		5		6		6

Table 1 shows that the highest p value is at Fz. Please continue the explanation. To remember that the table presented must be quoted. Tables must be typed separately from the main text. Each column in a table must have a title, and abbreviations, if necessary, must be defined in the footnotes.

Image (12pt)

Grids and details in drawings must be clearly legible and must not be written one on top of the other. Each Figure must be numbered with Arabic numerals (eg, Figure 1, Figure 2) sequentially and include. Do not present images without explanations so that they can confuse the reader. Make it 12pt line spacing at the top and bottom of the image. An example can be seen in Figure 1.

Journal title	: Athena: Physical Education and Sports Journal
Abbreviation	: Athena: Physical Education and Sports J.
Initials	: APESJ
Language	: English
Frequency	: 2 issues per year, January and July
First Published	: 2023 (Online)
DOI	: prefix 10.56773
OAI	: https://athena.id-sre.org/index.php/apesj/oai
ISSN	: 2XXX-XXXX

Picture 1. Caption about Picture

Images must be cited and provided separately from the main text. Use Arabic numerals to give all the numbers (eg Figure 1, Figure 2) in the order they appear in the text. Multipart figures should be marked with a letter (eg: a, b, c, etc.) with brackets on the figure itself. Add definite discussion related to the figure presented. Demonstrate valid and reliable analysis in your paper. The presentation of the results of data analysis is also indicated by including the appropriate references. The use of sentences in a paper that contain plagiarism is a crime. Please check your paper repeatedly to avoid plagiarism.

Reference (12pt)

This section is an explanation of references. References and citations follow the APA style (see References section). You might consider quotes (Farikhah & Ariestina, 2020), or Farikhah & Ariestina (2020). For a total of four authors, directly from the initial quotation using et al as follows (Brown et al., 2019). Meanwhile, if there are three authors, the first is written as follows (David, Teddlie, & Reynolds, 2019), while the next is written (David et al., 2019).

References must be typed with single line spacing and indentation for references that are written more than 1 line is hanging 0.6 centimeters from the left margin.

CONCLUSION (13pt)

Give 2 line spacing 12pt above from the conclusion title. The conclusion should contain confirmation of the problems that have been analyzed in the results and discussion section. Conclusions are not made in numbering. Show that the conclusion is not a repetition of the research results but the beginning of the birth of implications. We hope you find the information in this template useful in preparation for submitting your writing.

ACKNOWLEDGMENTS (13pt)

If present, it must be placed before the reference section without numbering. Post an Acknowledgment, including information about the source of any financial support received for published work.

REFERENCE (13pt)

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