

Title of the Paper (13pt Times New Roman, Bold, Centered)

Authors' Names (Capital, 10pt Times New Roman, centered)

Department (10pt Times New Roman, Left), University (10pt Times New Roman, Centered)
Country (Capital, 10pt Times New Roman, Centered)

Corresponding Author: email@xxx.xxx.xx (10pt Times New Roman, centered)

Abstract:

The abstract briefly describes your full article. Use doc word (Microsoft). Use a single space. Use 10pt, Times New Roman. The abstract should be informative (Identified abstract background, objectives, methods, results, and conclusions). Do not use abbreviations in the abstract. The word count in the abstract is around 250-300 words.

Keywords: - *Write your keywords (3 - 6 words)*

Introduction

The Introduction should have an element of readability/can be easily understood in general reader. Describe the proposed solutions and the state of the art of the problems to be solved according to the objectives and the relevant literature review. Don't explain too much/too deeply theoretical.

Material & methods

Materials and methods are explained in detail, informative and obligatory citations are required, e.g. on research methods used/data collection techniques/formulas etc. Insert the validity and reliability value of the instrument you are using for the measurement. Describe the data analysis technique used. Insert the research license/ethical approval number if required. Parametric or non-parametric statistical analysis should be explained by standard statistical analysis.

The substance of materials and methods can be explained specifically with the following points:

Participants

Procedure/Stages of the research/test trial/Measurement/Instruments

Data collection and Statistical analysis

Results

Results should be presented in an appropriate manner, containing descriptive research findings and inferential statistical test results. Provide an explanation of important research findings in each table and figure. 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.

Dicussion

Emphasize significant novelty aspects of research that have significant benefits/contributions from scientific topics and ensure that problems are solved with proposed hypotheses.

Explain the urgency of the research and relate it to the latest relevant research from at least the last 5 years if possible (explanation of research gaps). Identified research limitations and suggestions for further research that can be conducted.

Conclusions

Briefly explain the achievements obtained from the questions you raised in this research and the benefits that can be used by the different parties/stakeholder. In this case, you have the opportunity to affirm that this research is important and has contributed to various parties/stakeholder.

Conflicts of interest - If the authors have any conflicts of interest to declare.

Acknowledgment - If the authors have any acknowledgement to declare.

References: (APA Style 7th Edition)

References are from reputable journals indexed by Scopus/WOS and accompanied by DOIs.
Minimal 30 journal articles, if original scientific research

Minimal 70 journal articles, if systematic review/meta analyse study

Author, Title of the Paper, (year), *Journal of Sports Science*, **11**(1), pp. 70-74

Author, (year), *Title of the Book*, Publishing House,

Example:

Ilham, I., & Dimiyati, D. (2021). The Effect of Visualization, Relaxation, and Self-efficacy on the Performance of Men Speed World Record Athletes Category. *International Journal of Human Movement and Sports Sciences*, 9(1), 48-55. <https://doi.org/10.13189/saj.2021.090107>

Grgic, J., Schoenfeld, B. J., Davies, T. B., Lazinica, B., Krieger, J. W., & Pedisic, Z. (2018). Effect of resistance training frequency on gains in muscular strength: A systematic review and meta-analysis. *Sports Medicine*, 48, 1207–1220. <https://doi.org/10.1007/s40279-018-0872-x>

Mario, D. T., Komaini, A., Welis, W., Rifki, M. S., Alnedral, Ihsan, N., Ilham., Alimuddin. (2022). Slow-motion in weight training: How does it affect muscle hypertrophy in untrained young men? *Journal of Physical Education and Sport*, 22(10), 2465–2471. <https://doi.org/10.7752/jpes.2022.10314>

“The entire full paper ranges from 5000 to 8000 words or 6-12 pages”

Please, follow our guideline faithfully. Thank you and mercy for your Collaboration, cooperation, and contribution.