

Article Title, Sentence case, Bold, & No More Than 12 Words [TNR, 16, Bold] [Written in attractive, informative, short, and clear. Should not be multiple interpretations and must be precise with the problem to be discussed. Does not contain unusual abbreviations, does not mention methods, and does not mention objects/locations]

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Abstract

Abstract was written using the [Times New Roman -10]. The distance between lines is one space. Abstract contains 150-200 words and only consists of 1 paragraph which contains objectives, methods, research results and conclusions.

Keywords: keyword 1; keyword 2; keyword 3; etc. (at least 3 keywords that contain important, specific, or representative words or phrases for this article)

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INTRODUCTION

The first part of the systematics of writing article scripts in the Bravo's: Jurnal Program Studi Pendidikan Jasmani dan Kesehatan is an introduction that contains a description of the background, urgency of the research, and research objectives. Also disclose previous research to support the novelty of the research. Articles sent to the Bravo's: Jurnal Program Studi Pendidikan Jasmani dan Kesehatan are the results of research in the field of Sports Science (Physical Education, Achievement Sports, Recreational Sports, Sports Health, Sports Coaching, Sports Biomechanics, Sports Sociology, Sports Health, and other sports science branches) that have never been published.

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The text in the manuscript is written on A4 size paper, with a 1 column format and a margin of 2.54 cm for the top, bottom, left, and right. The manuscript is written in 12pt Times New Roman, 1.5 spacing, 3pt space after heading and 6pt space before the new heading. To format a paragraph, use Microsoft Word with the template: Paragraph.

METHOD

Research method writing contains research design, place and time, population and sample, sampling technique, data measurement technique, and data analysis. We recommend using passive sentences and narrative sentences, not imperative sentences [Times New Roman -12, 1.5 spaces]

All equations and formulas must be referenced in the text using consecutive numbers in parentheses, see equation (1) as an example. The displayed equation or formula should be centered and arranged on separate lines with extra space above and below. Formulas must be numbered for reference and numbers must be sequential, with numbers enclosed in brackets and set at the right margin [Times New Roman -12, 1.5 spaces]

$$a^2+b^2=c^2$$

(1)

RESULTS

In the results section, only the results of the study are written which contain the data obtained in the study or the results of field observations along with the interpretation of data analysis. This section is described without providing a discussion, write it in logical sentences. Results can be in the form of tables, text, or images. The mention of a picture or table should precede the picture or table presented. Figures or tables are referred to using numbers, not using the words “picture above” or “picture below”. [Times New Roman -12, 1.5 spaces]

Table 1. Table title is written above the table [Sentence case, Times New Roman -12, 1 space]

Site	TiO ₂ (wt%)	Al ₂ O ₃ (wt%)	MnO (wt%)	MgO (wt%)	Na ₂ O (wt%)
GIJ	0.5	16.4	0.19	2.74	3.00
GPW	0.78	19.0	0.18	4.57	2.55
GSR	0.62	16.3	0.17	3.09	3.09
KLB	0.67	15.7	0.14	5.07	2.59
KSG	1.90	17.1	0.15	3.79	3.33
PWH	0.58	20.9	0.12	1.55	3.00
Total	0.68	17.8	0.16	3.12	2.75

DISCUSSION

Discussion is the most important part of the overall content of scientific articles. The purpose of the discussion is to answer the research problem or show how the research objectives were achieved and interpret/analyze the results. Start by presenting the findings. Then relate it to previous theories and research, whether the findings strengthen or correct existing findings/theories. Emphasize new and important aspects. Discuss what is written in

the results but do not repeat the results. Include a discussion of the research's impact and limitations. [Times New Roman -12, 1.5 spaces]

The following is an example of including images in a manuscript.

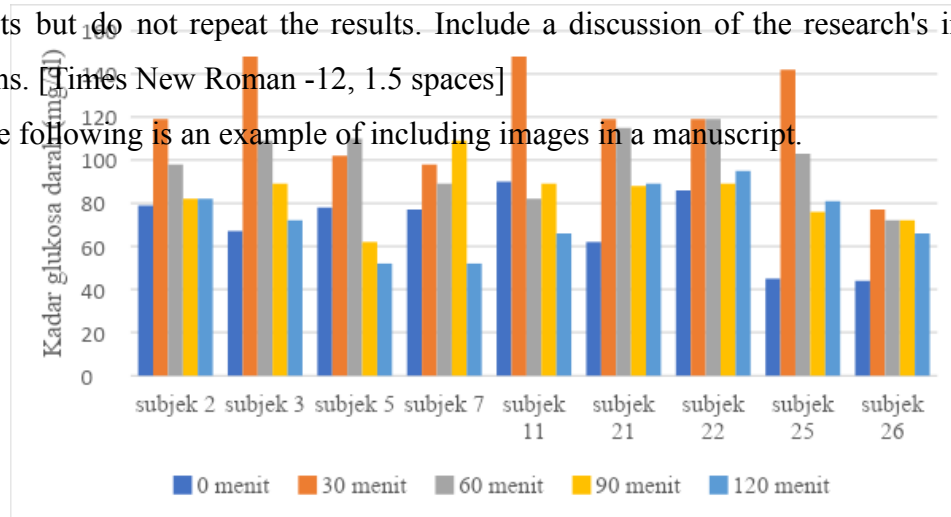


Figure 1. Image Number in Bold, Title No [Sentence case, Times New Roman -12, 1 space]

CONCLUSION

This section contains the conclusions of the research results related to the research questions. This section also contains answers to research questions. Conclusions must answer specific objectives. This section is written in essay form and does not contain numbers. In the conclusion, suggestions can be written in the form of input for the next researcher, it can also be implied recommendations from research findings.

ACKNOWLEDGMENTS

Acknowledgments may be made to the research grantor or research funder [Sentence case, Times New Roman -12, 1.5 spaces].

REFERENCES

It is recommended to use a minimum of 80 percent of international journal articles with a minimum of 20 recent primary references or the last 10 years with reference to APA Style (American Psychological Association) citations. Use the Reference Manager application, such as Zotero, Mendeley, or another paid application, the bibliography should use the application. Written in single space, the bibliography is spaced 6pt apart. [Times New Roman -12, 1 space]