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Article Title, Capital Letter at the Beginning of Sentence, Bold, & No More than 14 Words(Bookman Old Style, Font Size-16 with 1 Spacing)

(Written in Indonesian and English that is interesting, informative, concise and clear. It must not be open to multiple interpretations and must be appropriate to the problem being discussed. It must not contain unusual abbreviations, does not mention methods and does not mention objects/locations)

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(Bookman Old Style - 9)

Abstract (Indonesian)

Abstracts in Indonesian are written using Bookman Old Style 11. Single-spaced lines are used. The abstract should be 150-200 words and should consist of only one paragraph containing the objectives, methods, research results, and conclusions.

Keywords: (Times New Roman Style - 9, consisting of 3-5 words or phrases, in alphabetical order)

Abstract (English)

The second abstract in English was written using the (Bookman Old Style – 11). 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.

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INTRODUCTION

The first part of the systematics of writing an article manuscript on *Journal Sport, Physical Education and Empowerment* 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 (*novelty*). Articles sent to *Journal Sport, Physical Education and Empowerment* is a research paper in the field of Sports Science (Physical Education, Achievement Sports, Recreational Sports, Sports Health, Sports Coaching, Sports Biomechanics, Sports Sociology, Sports Health, and other branches of sports science) that has never been published.

Manuscript template *Journal Sport, Physical Education and Empowerment* This provides examples and guidelines for writers. To use template In this, the author can copy and paste documents using “*Special Paste*” and select “*Unformatted Text*”. Please do not add headers, footers, or page numbers on template this article.

Manuscripts are written on A4 paper, with a single-column format and 2.54 cm margins for the top, bottom, left, and right. Manuscripts are typed in 12pt. *Bookman Old Style*, 1.5 spacing, space after heading 3pt and the spacing before the new heading is 6pt. To format a paragraph, use Microsoft Word with the template: Paragraph.

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METHOD

The research method should include the research design, location and time, population and sample, sampling technique, data measurement technique, and data analysis. It is best to use passive voice and narrative sentences, not imperative sentences (Bookman Old Style -12, 1.5 spacing). All equations and formulas must be referred to in the text, equations or formulas displayed in the article must be centered and typed, not as images, and set on separate lines with extra space above and below as a separator. Formulas should be numbered for reference and the numbers should be consecutive, with the numbers enclosed in parentheses and set at the right margin (Bookman Old Style -12, 1.5 spacing).

RESULTS AND DISCUSSION

Results

The results section only contains the research findings, including data obtained during the research or field observations, along with an interpretation of the data analysis. This section should be presented without discussion; write it in logical sentences. Results can be in the form of tables, text, or images. Mentioning the presence of an image or table should precede the image or table itself. Figures or tables should be referred to using numbers, not using the phrases "figure above" or "figure below." (Bookman Old Style -12, 1.5 spacing).

Table 1. The table title is written above the table (*Sentence case*, Bookman Old Style -12, 1 space)

No	Interval Shoes	Category
1	90% - 100%	Very good
2	80% - 89%	Good
3	70% - 79%	Pretty good
4	55% - 69%	Not good
5	< 55%	Very bad

Discussion

The discussion is the most important part of the entire scientific article. The purpose of the discussion is to answer the research problem or show how the research objectives were achieved and to interpret/analyze the results. Begin by presenting the findings. Then, relate them to previous theories and research, and discuss whether they reinforce or correct existing findings/theories. Emphasize new and important aspects. Discuss what is written in the results without repeating them. Also include a discussion of the research's impact and limitations. (Bookman Old Style -12, 1.5 spacing).

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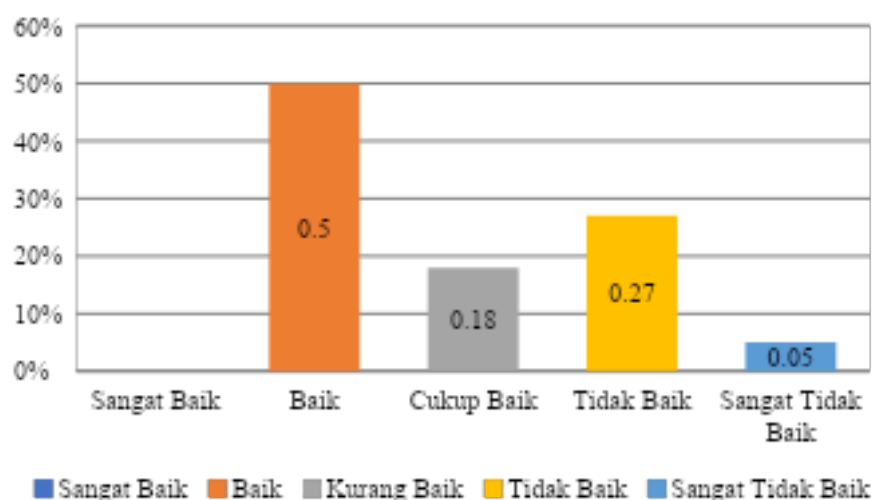


Figure 1. Figure Number in Bold, Title Not [Sentence case, Bookman Old Style -12, 1 space)

CONCLUSION

This section contains the conclusions of the research results related to the research questions. It also contains answers to the research questions. The conclusions should address the specific objectives. This section is written in essay format and does not contain numbers. The conclusion can include suggestions in the form of input for future researchers, as well as recommendations based on the research findings.

THANK-YOU NOTE

Acknowledgments are a form of appreciation for the contribution of institutions or individuals who are not considered authors, for example institutions or individuals who provided research funds (funding support) for this publication.

AUTHOR CONTRIBUTION STATEMENT

The Author Contribution Statement can be several sentences long and should briefly describe the work of each author. Please list only two initials for each author, without periods, but separated by commas (e.g., AH, AT). If two authors have the same initials, please use their middle initials to distinguish them (e.g., RRT, RAT). The Author Contribution Statement should be included at the end of the manuscript before the References.

AI DISCLOSURE STATEMENT

The author used [TOOL/SERVICE NAME] during the preparation of this work for [REASON]. After using the tool/service, the author thoroughly reviewed and edited the content as needed and takes full responsibility for the content of the publication. The author declares that this research was compiled, researched, written, and edited without the aid of artificial intelligence (AI) techniques.

BIBLIOGRAPHY

The bibliography should be structured consistently according to standard citation techniques. To maintain this consistency, the use of reference management applications such as Zotero, Mendeley, or other paid software is highly recommended for citations, in-text references, and the final bibliography. The minimum level of plagiarism in referenced sources is 20%, as evidenced by the results of the Turnitin tool. The bibliography should be single-spaced, with a single space between each entry (Bookman Old Style -12, single space). The article should cite at least 30 sources that

are up-to-date within the last 10 years. An example of a reference format for a bibliography is provided below.

Journal Articles:

Diani, R., Yuberti, & Syarlisjisman, M. R. (2018). Web-enhanced course based on problem-based learning (PBL): Development of interactive learning media for basic physics II. *Al-BiRuNi Scientific Journal of Physics Education*, 7(1), 105–116. <https://doi.org/10.24042/jipfalbiruni.v7i1.2849>

Book:

Sugiyono. (2011). *Educational research methodology*. Alfabeta.

Book of Articles (edited/edited books):

Prasad, A. S. *Clinical and biochemical spectrum of zinc deficiency in human subjects*, In: A. S. Prasad, Ed., *Clinical, biochemical and nutritional aspects of trace elements*, Alan R. Liss, Inc., New York, 1982, pp. 5-15.

Seminar Proceedings:

Saregar, A. (2016). The effectiveness of physics learning with the learning cycle model and the contextual teaching learning (CTL) model on the learning outcomes of class XI students at SMA Negeri 1 Karya Pinggawa Krui Pesisir Barat. *Mathematic, Science, and Education National Conference (MSENC)* (pp. 49-54). Faculty of Engineering, UIN Raden Intan Lampung.

Published Thesis/Dissertation/Dissertation:

Wahyuni, S. Y. (2009). *Development of independent competency tests based on computer: Improving students' self-efficacy* (Doctoral dissertation). University Name

Unpublished Thesis/Dissertation/Dissertation:

Kuntoro, T. H. (2007). *Development training curriculum Internship at Vocational High School: A study based on the business world* (Unpublished Doctoral dissertation/ Unpublished master's thesis nation/). Program Postgraduate UNNES, Semarang.

Internet Source:

Honeycutt, L. (2011, Maret). *Communication and design course*. Retrieved from <http://dcr.rpi.edu/commdesign/class1.html>.

Rules / Regulations:

Ministry of Education and Culture. (2013). *Minister of Education and Culture Regulation Number 66 of 2013 concerning assessment standards*. Jakarta: Department of Education and Culture.

SHORT PROFILE

A short profile consists of a narrative outlining the author's birth details, educational background from undergraduate degree (S1) to the highest level completed including major and year of graduation, as well as their current employment or activities. (Bookman Old Style -12, 1.5 spacing)