

Title Research

(Max 12 words, Center, Palatino Linotype 14, Spasi 1,5)

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ABSTRACT

The abstract be in one paragraph written in Indonesian and English. Palatino Linotype, 9 pt space 1. Abstract in 200-250 words, followed by 3-5 keywords. **Background of the Problem:** Identify the existing research problem and explain why the problem is important to study. **Research Objectives:** State the purpose of the study clearly and in detail. **Methods:** Provide an outline of the research methods and data used in this paper. Explain how you conducted this study. Again, avoid unnecessary content and do not make any speculations. **Findings/Results:** List the empirical findings and write a discussion in one or two sentences. **Conclusion:** Present the main conclusions of the study and relate them back to the research objectives. Discuss the implications of your findings in the context of previous research or field practice. Explain the contribution of your research to the understanding or resolution of the problem at hand. Recommend new areas for future research.

Keywords : xxx; xxx; xxx

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Authors' Contribution: a – Study Design; b – Data Collection; c – Statistical Analysis; d – Manuscript Preparation; e – Funds Collection



Introduction

This guideline provides guidance for preparing a paper for the Buana Pedagogi Olahraga journal guide. The manuscript is written in Palatino Linotype font size 12, single-spaced, aligned left and right, one page one side and on A4 paper (210 mm x 297 mm) with a top margin of 1 cm, bottom margin of 1 cm, left and right 1 and 1 cm (Utamayasa & Mardhika, 2024) (Fernandez-Rio et al., 2020).

Manuscripts that include graphic content and tables must be between 4-10 pages long. Manuscripts are written in Indonesian. The title of the article must be short and informative and should not exceed 12 words. Keywords are written after the abstract. The first letter is written in capital letters and the article is numbered with Arabic numerals. The structure of the manuscript includes Introduction, Research Methods, Results and Discussion, Conclusions and Bibliography. The use of abbreviations is permitted, but abbreviations must be written completely and clearly when mentioned for the first time and written in brackets. Foreign terms/words or regional words must be italicized. Notations must be concise and clear and written in accordance with standard writing style. Symbols/signs must be clear and distinguishable, such as the use of the number 1 and the letter l (also the number 0 and the letter O).

Example of a **table 1. of students' physical condition abilities.**

Name		Pre test			Post test			p
Ady	VR+G	3.12	±	0.43	3.33	±	0.45	3.23
	G	3.67		0.56	3.78		0.54	0.023
	T	3.20		0.67	4.05		0.66	0.023
Ari	VR+G	3.02		0.45	3.87		0.43	0.56
	G	2.70		0.44	3.43		0.54	0.243
	T	3.01		0.66	3.02		0.67	0.012**

Figure 1. Fitness Activities

Method

Contains the type of research, time and place of research, objectives/targets, research subjects, procedures, instruments and data analysis techniques and other things related to the research method. Targets, research subjects, procedures, data and instruments, and data collection techniques, as well as data analysis techniques and other things related to the research method can be written in sub-chapters, with sub-subheadings.

Results and Discussion

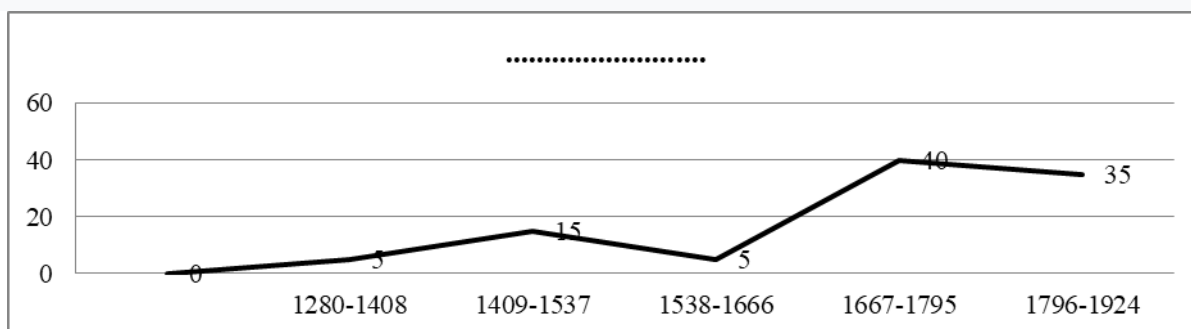
Discussion of the research results and testing of the research results are described theoretically, qualitatively or quantitatively. The results and discussion consist of subparagraphs written with Arabic numerals. Must be numbered sequentially according to the order of appearance. Each figure and table needs a short title placed above the table and below the figure. Tables and figures are made in black and white without a background image.

Table 2. Student Ability Score

No.	Physical Comonent Aspects	Score

The results in the form of images, or data made in the form of images/schemes/graphs/diagrams/simultaneously, the presentation also follows the applicable rules; the title or name of the image is placed below the image, from the left, and is given a space of 1 space (minimum 12) from the image. If more than 1 line, between

lines is given a single space, or at least 12. For example, it can be seen in the following graph 1.



Graph 1. Physical improvement of students

The discussion contains the results of research findings and scientific discussions. Write down the scientific findings obtained from the results of research that has been conducted but must be supported by adequate data. The scientific findings referred to here are not the research data obtained. Scientific findings must be explained scientifically including: What are the scientific findings obtained? Why did it happen? Why is the variable tendency like that? All of these questions must be explained scientifically, not only descriptively, if necessary supported by adequate scientific basic phenomena. In addition, it is also necessary to explain the comparison with the research results of other researchers with almost the same topic.

Conclusion

The conclusion describes the answer to the hypothesis and/or research objectives or scientific findings obtained. The conclusion does not contain repetition of results and discussions, but rather a summary of the findings as expected in the objectives or hypotheses. If necessary, at the end of the conclusion, things that will be done related to further ideas from the research can also be written. Also add research limitations and recommendations for further research.

Acknowledgements

Acknowledgements to people/institutions who helped conduct the research or funded it.

Conflict of Interest

Clearly explain whether there are any conflicts of interest related to the reported research.

References

All references referred to in the article text must be listed in the Bibliography section. The Bibliography must contain reference references from primary sources (scientific journals and amounting to at least 80% of the total bibliography) published in the last 10 (ten) years. The number of bibliography sources is at least 15. Writing a Bibliography should use a reference management application such as Mendeley, End Note, Zotero, or others. The writing format used in the Engineering journal is in accordance with the APA 7th Edition format (American Psychological Association). Written in single space (or at least 12pt), between references is given 1 space. Some examples of how to write references in the Bibliography are given below.

A. Example If It Came From The Text Book

Kenney, W. L., & Wilmore, J. H. (2021). *Physiology of sport and exercise* (7th ed.). Human Kinetics.

B. Of The Journal

- Bishop, D., Girard, O., & Mendez-Villanueva, A. (2021). Repeated-sprint ability—Part II: Recommendations for training. *Sports Medicine*, 51(1), 59–67. <https://doi.org/10.1007/s40279-020-01390-4>
- Bourdon, P. C., Cardinale, M., Murray, A., Gastin, P., Kellmann, M., Varley, M. C., ... & Cable, N. T. (2020). Monitoring athlete training loads: Consensus statement. *International Journal of Sports Physiology and Performance*, 15(2), 30–50. <https://doi.org/10.1123/ijsp.2019-0477>
- Birrer, D., Röthlin, P., & Morgan, G. (2021). Mindfulness to enhance athletic performance: Theoretical considerations and possible impact mechanisms. *Mindfulness*, 12, 279–293. <https://doi.org/10.1007/s12671-020-01472-1>