



The Title Should be Clear, Brief, and Informative

[Cambria -14, Bold, Capitalize each Word]

Author ^{1*}, Author ², Author ³ [Cambria -11, Bold]

^{1, 2, 3} Affiliation, State, Country [Cambria -11]

* Corresponding Author: Author's Email [Cambria -10]

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Abstract

The abstract was written using the [Cambria -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.

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

How To Cite: Last Name, First Name. (Year). Article Title. *Journal of Sport Education (JOPE)*, Volume (Number), Pages. doi: <http://dx.doi.org/10.31258/jope.6.2.1-7> [Cambria-10]

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Introduction

Includes the background, rationale, and/or urgency of the research. References (relevant literature or studies) must be included in this section, along with their relevance to the justification of the research's urgency, the identification of the research problem, alternative solutions, and the chosen solution. Citation of sources within the text follows APA guidelines. For example: The research results indicate that the validity and reliability tests of the physical assessment instrument for competitive-category teenage pencak silat yielded a p-value < 0.05 (Saputro, 2025). The recency of cited materials is assessed by considering the proportion of sources from the past 10 years and prioritizing primary literature. The research problem, objectives, and significance are presented narratively in paragraphs; no specific subheadings are required. If deemed necessary, operational definitions are also written narratively. The introduction is written in Cambria-12 upright font, with 1.0 line spacing. Each paragraph begins with a 5-digit indent, or approximately 1 cm from the left edge of each column. The margins used are 2 cm on the left and right, and 2 cm on the top and bottom. [Cambria-12, 1 space]

Method

The research methods section should include the research design, setting and time frame, population and sample, sampling techniques, data measurement techniques, and data

analysis. It is recommended to use passive voice and narrative sentences rather than imperative sentences. [cambria-12, 1 space]

All equations and formulas must be cited in the text using sequential numbers in parentheses; see Equation (1) for an example. Equations or formulas must be centered and placed on a separate line with extra space above and below. Formulas must be numbered for reference, and the numbers must be sequential, enclosed in parentheses and aligned to the right margin. [cambria-12, 1 space]

$$a^2+b^2=c^2. \quad (1)$$

Results

The Results chapter should only include research findings consisting of data obtained during the study or field observations, along with the interpretation of the data analysis. This section should be presented without discussion; write it in logical sentences. Results may be presented in the form of tables, text, or figures. References to figures or tables should precede the figures or tables themselves. Figures or tables are referenced using numbers, not by using terms such as “figure above” or “figure below.” If a table is too long—spanning more than two pages—the column headers are repeated, and the table is titled “Continued from Table 1, 2, 3, and so on,” accompanied by the title of the previous table. Example: Continued from Table 1. Table title. [Cambria-12, 1 space]

Table 1. The Table Title is Written Above [Sentence case, Cambria-10]

Type	Total
A	20
B	40
C	60
D	80
E	100

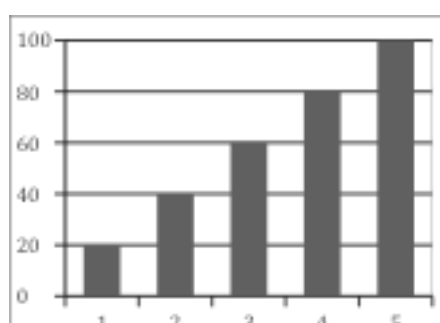


Figure 1. The Title of the Image, Diagram, or Graph is Written Below [Sentence case, Cambria-10]

Discussion

The discussion is the most important part of a scientific article. The purpose of the discussion is to address the research questions or demonstrate how the research objectives were achieved, and to interpret and analyse the results. Begin by presenting the findings. Then relate them to existing theories and previous research, explaining whether the findings support or challenge existing findings or theories. Emphasize new and important aspects.

Discuss what is written in the results section without repeating the results. Also include a discussion of the research's implications and limitations. [\[Cambria-12, 1 space\]](#)

Conclusion

Write your conclusions in this section. Keep them brief but clear. Avoid repeating too much of what was covered in the Results and Discussion sections. This section should be limited to a single paragraph. It is best to use concise sentences that are easy to implement and can be presented to the relevant parties. [\[Cambria-12, 1 space\]](#)

Acknowledgment

The acknowledgement is a form of appreciation for the contribution of an institution or an individual who is not considered as the writer for example an institution or an individual who provides the research funding (funding support) of this publication. [\[Cambria-12, 1 space\]](#)

Authors' Contributions

The Author Contributions Statement can be up to several sentences long and should briefly describe the tasks of individual authors. Please list only 2 initials for each author, without full stops, but separated by commas (e.g. AZ, VW). In the case of two authors with the same initials, please use their middle initial to differentiate between them (e.g. AXC, AYC). The Author Contributions Statement should be included at the end of the manuscript before the References. [\[Cambria-12, 1 space\]](#)

Competing Interests

The authors confirm the presence or absence of any potential conflicts of interest—financial, institutional, or personal—that could influence the conduct of this study, the analysis of data, the preparation of the manuscript, or its publication. [\[Cambria-12, 1 space\]](#)

References

It is recommended that at least 80 percent of the sources consist of national or international journal articles, with a minimum of 20 recent primary references (published within the last 10 years), cited in APA Style (American Psychological Association). Use a reference management tool such as Mendeley, Zotero, or another similar application. The text should be single-spaced, with a single space between entries in the reference list. [\[Cambria-12, 1 space\]](#)