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*Corresponding Author: email@address.com (Times New Roman, 7 pt, Align left)

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Abstract (Times New Roman, 9 pt, Single Spacing, Bold, Justified)
The abstract should briefly describe:
Purpose of the study:
Materials and methods:
Results:
Conclusions:
The abstract it should be written in clear and concise English, and should not exceed 250 words. Avoid citations and abbreviations in the abstract unless absolutely necessary.
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TITLE OF THE ARTICLE (Times New Roman, 14 pt, Bold, Justified)

Author Name[1]*, Author Name[2], Author Name[3]
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Introduction

The introduction should provide background information related to the variables used, the reasons for conducting the research, and a brief review of relevant literature. (Times New Roman, 11 pt, 1.5 Spacing, Justified).

The Present Study

This section explains the novelty statement. Furthermore, in this section, the author must outline the purpose of the research. In addition, the author can add research hypotheses.

Materials and Methods

The materials and methods section should provide sufficient detail to enable other researchers to replicate the study and build upon the published findings. Please note that submitting your manuscript implies a commitment to make all materials, data, computer code, and protocols related to the publication accessible to readers. Any limitations on the availability of materials or information must be disclosed at the submission stage. New methods and protocols should be described comprehensively, while established methods may be outlined briefly and supported by appropriate citations. (Times New Roman, 11 pt, 1.5 Spacing, Justified).

Study Design

Describe the research design and approach used in the study (quantitative (e.g., experimental, correlational), qualitative (e.g., phenomenological, case study), review study (systematic literature review, scoping review), bibliometrics or mixed methods (e.g., exploratory sequential, exploratory sequential design, triangulated concurrent design).

Sample Size Calculation and Participants

In this section, the author must explain in detail including: sample size (G*Power analysis), participant characteristics, and inclusion criteria. In addition, this section must also describe the permit letter from the local University Ethics Committee (approval code: 01/06/IJTEPES/2026) and studies involving humans must outline a statement of the principles of the Declaration of Helsinki (2013).

Instruments/Test/Assessment/Measure

In this section, the author should detail the instruments, tests, assessments, or measurements used in the research. Furthermore, the reliability of each instrument should be explained.

Procedures

In this section, the author describes the procedures for conducting research, including the location, month, and year of the study. Furthermore, this section should also include

information on the number of meetings (the time frame) during the research.

Program intervention

In this section, the author must provide an explanation regarding the intervention program (specifically for experimental and mixed method research) including those related to training/teaching activities, the total number of meetings (e.g. 14 weeks), how many sessions per week (e.g. 3 sessions/week) and an explanation regarding the use of duration, sets, reps and rest duration.

Statistical analysis

In this section, explain in detail the software used to analyze the data in the study. For example: analysis conducted to find the mean (X) ± standard deviation (SD), reliability testing, data normality (Shapiro-Wilks), and analysis to test the hypothesis.

Results

Present the research findings clearly and systematically. Use tables and figures where appropriate. Avoid interpretation in this section. All tables should be cited in the main text as Table 1, etc. (Times New Roman, 11 pt, 1.5 Spacing, Justified).

Table 1.

Title of the Table (Times New Roman, 10 pt)

Variables assessed	Experimental group (n = 35) X ± Std. Dev	Control Group (n = 35) X ± Std. Dev
Age [years]	Data 1	Data 1
Height [cm]	Data 2	Data 2
Weight [kg]	Data 3	Data 3
Body mass index [kg/m^2]	Data 4	Data 4
Gender	Frequency (%)	Frequency (%)
Male	Data 5	Data 5
Female	Data 6	Data 6
Grade	Frequency (%)	Frequency (%)
First year	Data 7	Data 7
Second year	Data 8	Data 8
Third year	Data 9	Data 9

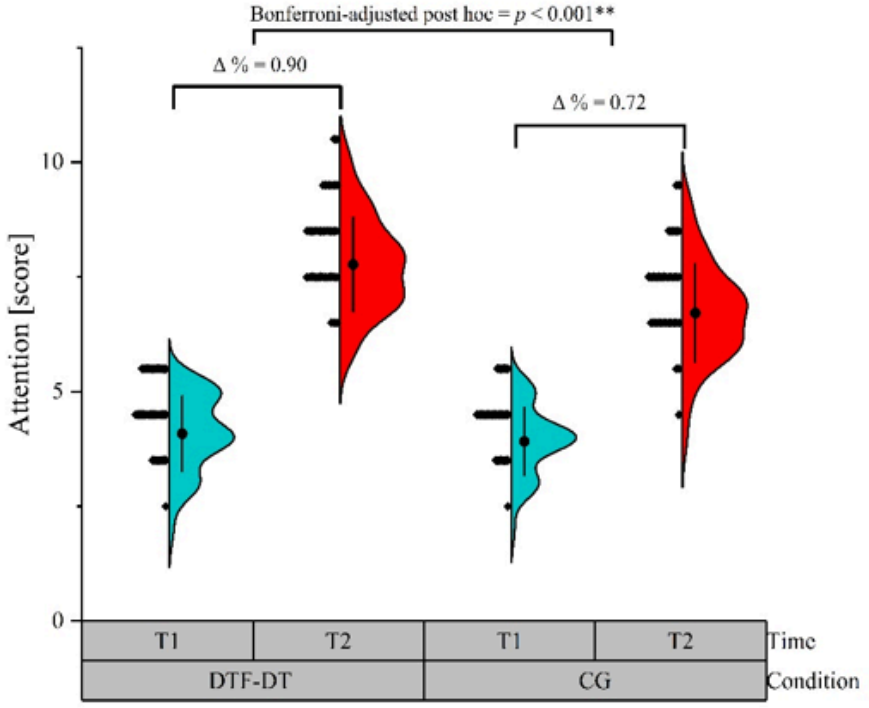


Figure 1.
Title of the Table (Times New Roman, 10 pt, Bold, Justified). All figures should be cited in the main text as Figure 1, etc.

Discussion

Interpret the results and relate them to previous studies. Discuss theoretical and practical implications, limitations of the study, and potential directions for future research. (Times New Roman, 11 pt, 1.5 Spacing, Justified).

Conclusion

Summarize the main findings and contributions of the study. Avoid repeating results verbatim. Provide recommendations if applicable. (Times New Roman, 11 pt, 1.5 Spacing, Justified).

Acknowledgements

In this section, you may acknowledge any support that is not included in the author's contribution or funding sections. This may cover administrative assistance, technical support, or in-kind contributions such as materials used in the research. If generative artificial intelligence (GenAI) was used—for example, to generate text, data, graphics, or to assist in study design, data collection, analysis, or interpretation—please include the following statement: "During the preparation of this manuscript/study, the author(s) used [tool name, version information] for [description of use]. The authors have reviewed and edited the output and take full responsibility for the content of this publication. (Times New Roman, 11 pt, 1.5 Spacing,

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Author Contributions

For research articles with multiple authors, a brief paragraph outlining each author's specific contributions must be included. (Times New Roman, 11 pt, 1.5 Spacing, Justified). The following statements should be used:

Edi Setiawan: Conceptualization; Methodology; Software; Validation; Formal Analysis; Investigation; Resources; Data Curation; Writing–Original Draft; Writing–Review & Editing; Project Administration.

Novri Gazali: Conceptualization; Methodology; Software; Formal Analysis; Writing Original Draft; Writing–Review & Editing.

Jarosław Muracki: Conceptualization; Methodology; Software; Writing–Original Draft; Writing–Review & Editing.

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Please include one of the following statements: "This research received no external funding" or "This research was funded by [NAME OF FUNDER], grant number [XXX]", as well as "The APC was funded by [XXX]." Ensure that all information provided is accurate and that the official spelling of funding agency names is used, as listed at https://search.crossref.org/funding (errors may impact future funding processes). (Times New Roman, 11 pt, 1.5 Spacing, Justified).

Data Availability Statement

We encourage all authors publishing in IJTEPES to make their research data accessible. In this section, please specify where the data supporting your findings can be accessed, including links to any publicly archived datasets used or generated during the study. If no new data were produced, or if the data cannot be shared due to privacy or ethical restrictions, you must still provide a statement explaining this. (Times New Roman, 11 pt, 1.5 Spacing, Justified).

Conflict of Interest

Authors must declare any conflicts of interest or state: "The authors declare no conflicts of interest." Any personal circumstances or interests that could be viewed as influencing the presentation or interpretation of the research must be disclosed. Additionally, the involvement of funders in the study's design; data collection, analysis, or interpretation; manuscript preparation; or decision to publish must be clearly stated. If the funders had no such involvement, please include: "The funders had no role in the design of the study; in the collection, analyses, or interpretation of data; in the writing of the manuscript; or in the

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References

The references in the text should be cited according to the APA system (see: Publication Manual of the American Psychological Association, 7th Edition, Times New Roman, 11 pt, 2020; also see: http://www.apastyle.org). The references should use a reference application management such as Mendeley, End Note, or Zotero. Articles must be from reputable international journals indexed by Scopus and WoS, with a minimum of 25 articles. Articles cited throughout the manuscript must appear in the references section and must be updated between 2020 until 2026. (Times New Roman, 11 pt, 1.5 Spacing, Bold, Justified).

Example if it Came from the Text Book

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Romero-Franco, N., Bosch-Donate, E., Vico-Moreno, E., Oliva-Pascual Vaca, Á., Martínez-Bueso, P., Molina-Mula, J., & Fernández-Domínguez, J. C. (2024). Using a Smartphone Application to Strengthen Pelvic Floor and Manage Symptomatology of Female Track and Field Athletes: A Randomized Controlled Study. Applied Sciences, 14(24), 11927. https://doi.org/10.3390/app142411927

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