

Type of the Paper (Article, Review, Communication, etc.)

Title

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Abstract: A single paragraph of 200 to 300 words. The abstract should not contain any undefined abbreviations or unspecified references.

Keywords: keyword 1; keyword 2; keyword 3 (List four to six pertinent keywords specific to the article; yet reasonably common within the subject discipline.)

1. Introduction

The introduction should briefly place the study in a broad context and highlight why it is important. It should define the purpose of the work and its significance. The current state of the research field should be reviewed carefully, and key publications cited. Please highlight controversial and diverging hypotheses when necessary. Finally, briefly mention the main aim of the work and highlight the principal conclusions. Formats of numbers and units and all other style matters should follow the APA Manual of Style, 6th edition. See the end of the document for further details on references.

2. Materials and Methods

The Methods section should be limited to material available at the time of the study design, whereas information obtained during the study should appear in the

Results section. The Methods section should include a description of the design, subject information (including a statement that institutional review board approval was granted, in the spirit of the Helsinki Declaration), interventions, outcome measures, and statistical analyses.

Subjects —The study subjects or participants should be described in terms of number, age, and sex. All investigations with human subjects should according to international standards and as required by the journal as described in "[Harriss DJ, MacSween A, Atkinson G. Ethical Standards in Sport and Exercise Science Research: 2020 Update Int J Sports Med 2019; 40\(13\):813-817](#)".

Design—The experimental approach should be clearly stated (eg, randomized controlled study, case study, observational research), as well as the incorporation of control subjects, if appropriate.



Methodology—The methodology, including facilities, equipment, instruments, and procedures, should be presented with enough detail to permit an independent researcher to repeat the study. References should be cited for established methods. enough explanatory detail should be provided for new or unconventional methods.

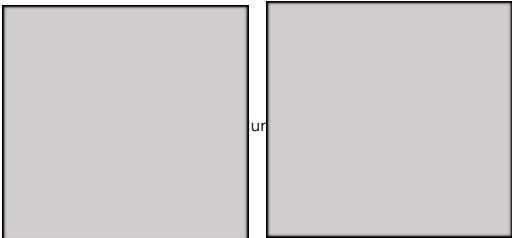
Statistical Analysis—Authors are encouraged to consult a statistician in the planning and analysis phases of the study. The experimental design and statistical methods should be clearly detailed. Sample variability should be reported with standard deviation and uncertainty (or precision) of estimates indicated using confidence limits or intervals. Magnitudes of effects can be shown and interpreted with established criteria. Reporting the clinical or practical significance in a sport setting will help readers determine the real-world value or application of the main findings. Precise P values should be shown, as indirect indications such as $P < .05$ or $P = NS$ are unacceptable and difficult for other researchers undertaking meta-analyses. Results should be reported so the number of digits is scientifically relevant. Standard and nonstandard statistical terms, abbreviations, and symbols should be defined, and details of computer software provided.

3. Results

The results should be presented in a logical sequence, giving the most important findings first and addressing the stated objectives. Do not duplicate results between the text and the figures or tables. Use graphs to summarize large amounts of information and avoid creating large tables of numeric data.

3.1. Figures, Tables and Schemes

All figures and tables should be cited in the main text as Figure 1, Table 1, etc.



(a) (b)

Figure 1. This is a figure. Schemes follow the same formatting. If there are multiple panels, they should be listed as: (a) Description of what is contained in the first panel; (b) Description of what is contained in the second panel. Figures should be placed in the main text near to the first time they are cited. A caption on a single line should be centered.

Table 1. This is a table. Tables should be placed in the main text near to the first time they are cited.

Title 1	Title 2	Title 3
entry 1	data	data
entry 2	data	data ¹

¹ Tables may have a footer.

3.2. Formatting of Mathematical Components

This is an example of an equation:

$$a = 1,$$
 Equation (1)

The text following an equation need not be a new paragraph. Please punctuate equations as regular text.

Theorem-type environments (including propositions, lemmas, corollaries etc.) can be formatted as follows:

Theorem 1. *Example text of a theorem. Theorems, propositions, lemmas, etc. should be numbered sequentially (i.e., Proposition 2 follows Theorem 1). Examples or Remarks use the same formatting, but should be numbered separately, so a document may contain Theorem 1, Remark 1 and Example 1.*

The text continues here. Proofs must be formatted as follows:

Proof of Theorem 1. Text of the proof. Note that the phrase ‘of Theorem 1’ is optional if it is clear which theorem is being referred to.

The text continues here.

4. Discussion

Authors should emphasize new and important findings of the study and the practical applications and conclusions that follow from them. Material from the Results section should not be repeated, nor new material introduced. The relevance of the findings in the context of existing literature or contemporary practice should be addressed.

5. Practical Applications.

The Practical Applications section is an important feature of manuscripts published in JSC. Authors should summarize how the findings could be useful for coaches and athletes and/or other researchers in sport physiology and sport performance. The study's limitations and generalizability should also be addressed and, where necessary, recommendations made for future research.

6. Conclusions

This section is not mandatory, but can be added to the manuscript if the discussion is unusually long or complex.

Supplementary Materials: The following are available online at <http://eurjhm.com/index.php/eurjhm>, Figure S1: title, Table S1: title, Video S1: title.

Funding: Please add: "This research received no external funding" or "This research was funded by NAME OF FUNDER, grant number XXX" and "The APC was funded by XXX". Check carefully that the details given are accurate and use the standard spelling of funding agency names at <https://search.crossref.org/funding>, any errors may affect your future funding.

Acknowledgments: In this section you can acknowledge any support given which is not covered by the author contribution or funding sections. This may include administrative and technical support, or donations in kind (e.g., materials used for experiments).

Conflicts of Interest: Declare conflicts of interest or state "The authors declare no conflict of interest." Authors must identify and declare any

personal circumstances or interest that may be perceived as inappropriately influencing the representation or interpretation of reported research results. Any role of the funders in the design of the study; in the collection, analyses or interpretation of data; in the writing of the manuscript, or in the decision to publish the results must be declared in this section. If there is no role, please state "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 decision to publish the results".

References

The journal uses the APA reference system (Publication Manual of the American Psychological Association, 6th ed.). Please, see [here](#) for basics of APA and frequently asked questions. The list of references may contain only the authors cited in the text. Authors are obliged to include DOIs in their reference lists, if possible.

Book

1. De Vaus, D. A. (2014). *Surveys in social research*. Sydney, Australia: Allen & Unwin.

Book chapter

2. McKenzie, H., Boughton, M., Hayes, L., & Forsyth, S. (2008). Explaining the complexities and value of nursing practice and knowledge. In I. Morley & M. Crouch (Eds.), *Knowledge as value: Illumination through critical prisms* (pp. 209-224). Amsterdam, Netherlands: Rodopi.

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3. Cheung, J. M. Y., Bartlett, D. J., Armour, C. L., Laba, T. L., & Saini, B. (2018). To drug or not to drug: A qualitative study of patients' decision-making processes for managing insomnia. *Behavioral Sleep Medicine*, 16(1), 1-26. doi:10.1080/15402002.2016.1163702

Webpage with an author

4. HealthTimes. (2015). The future of aged care nursing in Australia. Retrieved from <https://healthtimes.com.au/hub/aged-care/2/news/nc1/the-future-of-aged-care-nursing-in-australia/495/>

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5. \$250m funding boost for malaria vaccine. (2003). Retrieved from <https://www.abc.net.au/news/2003-09-22/250m-funding-boost-for-malaria-vaccine/1482220>

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6. Siedentop, D. (1998). New times in (and for) physical education. In R. Feingold, R. Rees, G. Barrette, S. Fiorentino, S. Virgilio & E. Kowalski (Eds.), *AIESEP Proceedings*,

“Education for Life” World Congress (pp. 210–212). New York: Adelphi University.

Theses

7. Marelić, N. (1998). *Kineziološka analiza karakteristika ekipne igre odbojkaša juniora*. [Kinesiological analysis of the junior volleyball team play characteristics. In Croatian.] (Unpublished doctoral dissertation, University of Zagreb). Fakultet za fizičku kulturu Sveučilišta u Zagrebu, Zagreb.