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| **ABSTRACT**The abstract contains a brief description of the **purpose**: describes the objectives and hypotheses of the research. **Methods**: describes the essential features of the research design, data, and analysis. It may include the sample size, geographic location, demographics, variables, controls, conditions, tests, descriptions of research design, details of sampling techniques, and data-gathering procedures. **Results**: describes the key findings of the study, including experimental, correlational, or theoretical results. It may also provide a brief explanation of the results. **Implications**: show how the results connect to policy and practice and provide suggestions for follow-up, future studies, or further analysis. **Additional materials**: notes the number of references, tables, graphs, exhibits, test instruments, appendixes, or other supplemental materials in the paper. Also, the abstract must be written in a single paragraph in English, max 250 words. |  | **ARTICLE HISTORY**Received: yyyy/mm/ddAccepted: yyyy/mm/ddPublished: yyyy/mm/dd |
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3. Analysis and interpretation of data;
4. Manuscript preparation;
5. Obtaining funding
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**INTRODUCTION** (Introduction typed in large letters [font**Barlow** 13 bold])

The introduction must contain what the authors hoped to achieve and state the problem being investigated. The authors are encouraged to write the background of their articles in four (4) parts.

**First**, it should indicate the practical or theoretical problem, which is the basis of the research. It could be written in one or two paragraphs. **Second**, provide recent studies in the area of the focus problem. These studies are needed to establish a state-of-the-art statement of the field of research and identify the limitations of recent studies. It could be written in two or three paragraphs. **Third**, identify the gap between the recent studies and theoretical aspects of the focused study. Typically, the introduction should summarize relevant research to provide context and explain what other authors' findings, if any, are being challenged or extended. It could be written in one or two paragraphs. **Fourth**, state the research question and objectives based on the previous paragraph's gap analysis. Furthermore, please indicate the novelty of the research. It could be written in one paragraph.

Review the key concept you use in the research and provide previous relevant studies/investigations that are relevant to your paper. Review the key concept you use in the research and provide previous relevant studies/investigations that are relevant to your paper. Review the key concept you use in the research and provide previous relevant studies/investigations that are relevant to your paper. Review the key concept you use in the research and provide previous relevant studies/investigations that are relevant to your paper. Review the key concept you use in the research and provide previous relevant studies/investigations that are relevant to your paper.

The introduction contains the background to overcome a problem, the urgency and rationalization of activities, a literature review, problem-solving plans, activity objectives, and a hypothesis [Font **Barlow**, justified, **1.15** spaces]. Articles are typed in Microsoft Office Word format. By using on A4 paper. Paper format **3-3-2-2** (left-top-right-bottom).

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In general, this section describes how the study was conducted. The subject matters of this section are (1) the study design; (2) the sample population or subject of the research; (3) data collection techniques and instrument development; and (4) data analysis techniques. Please use descriptive paragraphs. Use these questions as a guideline to write the method: (1) Is the design suitable for answering the question posed?; (2) Is there sufficient information present to replicate the research? (3) Does the article identify the procedures followed? (4) Are these ordered in a meaningful way? (5) If the methods are new, are they explained in detail? (6) Was the sampling appropriate? (7) Have the equipment and materials been adequately described? (8) Is it clear what type of data was recorded? (9) Have the data been precise in describing measurements?

It is important to note that no need to use too many formulas or tables unless it is necessary to be displayed. This section must be written out briefly, concisely, and clearly, but adequately to be replicated. This section explains the research approach, subjects of the study, the conduct of the research procedure, the use of materials and instruments, data collection, and analysis techniques. These are not theories. In the case of statistical methods, formulas that are generally known should not be written down. Any specific criteria used by the researcher in collecting and analyzing the research data should be thoroughly described. This section should be written not more than 10% (for qualitative research) or 15% (for quantitative analysis) of the body.

The method is written in vertical **Barlow**-12, 1.15 spacing. Each paragraph begins with a word that is indented approximately 1 cm from the left edge of each column.

**RESULTS AND DISCUSSION** (Results and Discussion typed in large letters [font**Barlow** 13 bold])

***Subheadings – Level 1***

This section is the central part of the article. It is where the author should explain in words what the author discovered in the research. It should be laid out and in a logical sequence. The results of the study presented in this section result from a clean process of data analysis, such as statistical calculations and testing processes or other processes for the achievement of its research. State the findings of the study concisely. If the authors want to display a table, use the following format:

**Table 1.**

It is the title of the table

|  |  |  |
| --- | --- | --- |
| **Column 1** | **Column 2** | **Column 3** |
| Data 1 | Data 4 | Data 7 |
| Data 2 | Data 5 | Data 8 |
| Data 3 | Data 6 | Data 9 |
| **Total** | **Sum Column 2** | **Sum Column 3** |

Source: Based from (optional on the text)

**Table 2**.

It is the title of the table

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| --- | --- |
| **Column 1** | **Column 2** |
| **Subject 1** | **Subject 2** |
| Data 1 | Data 4 | Data 7 |
| Data 2 | Data 5 | Data 8 |
| Data 3 | Data 6 | Data 9 |

Source: Based from (optional on the text)

The tables' titles should be on top, while the titles of the images, pictures, or charts should be placed beneath. For scripts written in English, thousands are marked using commas; e.g., 1200300 is written as 1,200,300. Decimal points are marked with a period followed by two number digits, e.g., 12.34. For figures lower than 1, the zero is not needed, e.g., .12. The alphabet is italicized for mathematical symbols or notations, but Greek letters are written upright using the correct symbols. The equal sign is given a punch space before and after; e.g. (English format): r = .456; p = .008. For statistical values having degrees of freedom such as t, F, or Z, the degree of freedom is written in braces such as t (52) = 1.234; F (1, 34) = 4.567.

If the authors want to display a figure, use the following format:

**Figure 1.**

It is the title of the figure

The statistical calculation for hypothesis testing should be completed with effect sizes; for example, the t-test using Cohen’s d, the F-test using partial eta squared, or other posthoc tests in line with the references under consideration. For qualitative research, data from interviews, observations, text interpretations, and many more. Are condensed or summarized into a brief substantial resume or summary to be reported. These significant findings can be presented in descriptive tables to facilitate ease of reading. Excerpts or extracts from interviews, observation results, texts, and others containing answers to research questions are shown in the discussion. Interpretation of results should not be included in this section unless the research requires a combination of both findings and analysis in one part.

***Subheading Level 2***

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This section is also a significant part of the research articles and is usually the longest part of an article. A discussion of the research presented in this section is the result—data analysis, such as statistical calculations or other methods for the achievement of its study. Please present the discussion narratively.

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**CONCLUSION** (Conclusion typed in large letters [font**Barlow** 13 bold])

This part consists of two (2) sub-parts: the article's conclusion and suggestions or recommendations from the research. Conclude the article critically and logically based on the research findings. Please be careful in generalizing the results. The authors should also state the research limitations in these parts.

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**ACKNOWLEDGMENT** (Acknowledgment typed in large letters [font**Barlow** 13 bold])

State the contributing parties or institutions which help the author's research. It is important to acknowledge those who help the authors with **funding**, **research facilities**, or **meaningful suggestions** in improving the author's article. If the article has been presented in a seminar or conference, the authors can also mention them in this section.

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The reference entry is arranged in alphabetical order. All the references must be listed in the reference list. The references and in-text citations must be written in **APA 7th** (American Psychological Association) format. Please use reference manager software (i.e., **Mendeley, Zotero, Endnote**). Also, (separate the reference with *line spacing* ***single*** *and paragraph spacing before* ***6 pt*** *and after* ***6 pt***)

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Hoffmann, J. J., Reed, J. P., Leiting, K., Chiang, C. Y., &amp; Stone, M. H. (2014). Repeated sprints, high-intensity interval training, small-sided games: Theory and application to field sports. International Journal of Sports Physiology and Performance, 9(2), 352–357. <https://doi.org/10.1123/IJSPP.2013-0189>

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