

## GUIDELINES FOR AUTHORS

”Journal of Sport and Health” publishes twice a year scientific papers and other written material from sport and exercise, from medicine, psychology, sociology, physical education, recreation/leisure, training methods, biology of sport and exercise, sports medicine, biomechanics, history of sport and book reviews with news, and others.

Please prepare your manuscript following the instructions for authors given below before submitting it online at: [jsh@unite.edu.mk](mailto:jsh@unite.edu.mk) at website <http://www.unite.edu.mk>

If submission is completed successfully, a paper ID will be allocated to you and an e-mail acknowledgement will follow.

### 1. Preparation of Manuscripts

Manuscripts should be in English and written in a concise, straightforward style. Authors not fluent in English are advised to have their manuscript checked by a colleague with a good command of the language. The manuscript should present scientific findings which are essentially new and which have not been published or submitted for publication elsewhere. Only the papers that receive positive reviews will be accepted. One of the crucial reasons for the review is to provide quotations and references of relevant literature. Review papers are also welcomed.

In preparing manuscripts for publication in *Journal of Sport and Health*, the authors should strictly adhere to the guidelines based on the *Publication Manual of the American Psychological Association*, 6<sup>th</sup> ed. The manuscripts that have been submitted in accordance with these instructions, and providing they are of interest to the journal, will enter the reviewing procedure.

### 2. Categories of Manuscripts:

**Research Articles:** Full-length original articles comprise reports of empirical research and other studies of up to 3,500 words of text (abstract of up to 250 words), plus tables and figures, and references.

**Review Articles:** Review articles present state-of-the science literature reviews of up to 4,000 words of text (abstract of up to 250 words), plus tables and figures, and references. The manuscript, including captions, footnotes, tables, and references, must be double-spaced with 1-inch margins in a 12-point font.

### 3. Sections of Manuscript:

Articles should be organized into the following sections:

#### Reviews and Mini-reviews

Article Title, Authors' names and institutional affiliations, Abstract and Keywords, Introduction, Main text (divided into subheadings), Conclusions, Acknowledgements (if any), Statement of Competing Interests, List of Abbreviations (if any), References.

#### Research Articles

Article Title, Authors' names and institutional affiliations, Abstract and Keywords, Introduction, Materials and Methods, Results, Discussion, Conclusions, Acknowledgements (if any), Statement of Competing Interests, List of Abbreviations(if any), References

#### 3.1. Title (20 words or less)

The title should accurately, clearly, and concisely reflect the emphasis and content of the paper. The title must be brief and grammatically correct. Titles do not normally include numbers, acronyms, abbreviations or punctuation. They should include sufficient detail for

indexing purposes but be general enough for readers outside the field to appreciate what the paper is about. The title should be no more than 20 words in length.

### **3.2. Authors' names and institutional affiliations**

This should include the full author names (with no titles or qualifications), institutional addresses (Department, Institute, City, Post/Zip code, Country), and email addresses for all authors. Authors and affiliations must be linked using superscript numerals. The corresponding author should also be indicated.

### **3.3. Abstract and Keywords**

The abstract should be comprehensive but concise consisting of no more than 250 words (unless otherwise indicated) followed by up to 6 keywords. It should be structured to give a brief introduction to the study, main findings of the study, conclusions drawn from the study and their significance. Do not include references, headings and non-standard abbreviation.

### **3.4. Introduction**

Here authors should make a case for the study, providing a brief literature survey and background to the study, the hypothesis and the significance of the presented research.

### **3.5. Materials and Methods**

This section identifies methodologies, equipment and procedures with sufficient details to allow other researchers to reproduce the results; specifies well-known methods including statistical procedures.

### **3.6. Results**

There is no specific word limit for this section, but details of experiments that are peripheral to the main thrust of the article and that detract from the focus of the article should not be included. The results should be reported as tables and graphs, possibly processed statistically and be concisely presented in the text. We advise that the results section be written in past tense.

### **3.7. Discussion**

This section should present comprehensive analysis of the results in the light of any previous research. The authors are expected here to comment on the results and compare them with literature data.

### **3.8. Conclusions**

Conclusion section should bring out the significance of your research paper, show how you've brought closure to the research problem, and point out remaining gaps in knowledge by suggesting issues for further research.

### **3.9. References**

The reference list appears at the end of your paper. The list of references may contain only the authors cited in the text. The journal uses the Harvard reference system (*Publication Manual of the American Psychological Association*, 6<sup>th</sup> ed.).

#### **3.9.1. Reference citations in text**

The study should be documented throughout the text by citing by author(s) and date (within parentheses) of the works used in the research, i.e. "... The recent comparison (Sallis, 2004) showed...", or "...Sallis (2004) compared...".

When there are two authors, always cite both names every time the reference occurs in the text. In the text, the surnames should be joined by “and” (Stodden, Langendorfer and Robertson (2009) reported...), whereas within parentheses the sign “&” should be used. The same is valid for three and more authors (up to six).

Three, four, or five authors should be cited the first time the reference appears in the text; in subsequent referencing, cite only the family name of the first author followed by “et al.” – 1st time (Stodden, Langendorfer, & Robertson, 2009); 2nd time: (Stodden et al., 2004).

Six and more authors should always be cited like: the surname of the first author followed by “, et al.”.

Be sure when shortening two or more references of the same primary author, to keep enough information to distinguish these citations (by citing of as many of the subsequent authors as necessary).

### **3.9.2. Reference list**

References should be complete and contain all the authors (up to and six) that have been listed in the title of the original publication. Titles of references written in languages other than English should be additionally translated into the English language and enclosed within square brackets.

All author names appear as Last name, Initials. For example, if Kirsten Patrick is the primary author and Alice M. Agogino is the second author, the correct appearance of the author names would be: Patrick, K., and Agogino, A.M.

The style of referencing should follow the examples below:

#### **Books**

Arnold, P.J. (1979). *Meaning in movement and sport and physical education*. London: Heinemann.

#### **Journal articles**

Sallis, J.F., & McKenzie, T.L. (1991). Physical education’s role in public health. *Research Quarterly for Exercise and Sport*, 62(2), 124–137.

#### **Chapters in published books of conference proceedings**

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.

Kasović, M., Medved, V., & Vučetić, V. (2002). Testing of take-off capacities in the lower extremities of top football players. In D. Milanović & F. Prot (Eds.), *Proceedings Book of 3rd International Scientific Conference, Opatija, 2002, “Kinesiology – New Perspectives”* (pp. 677–680). Zagreb: Faculty of Kinesiology, University of Zagreb.

#### **Electronic resources (computer software, computer and information services, on-line sites)**

U.S. Department of Education. (1997). *Title IX: 25 years of progress* /on-line/. Retrieved April 15, 1999 from: [www.ed.gov/pubs/TitleIX/title.html](http://www.ed.gov/pubs/TitleIX/title.html)

Yi Xiao, D. (2000). Experiencing the library in a panorama virtual reality environment. *Library Hi Tech*, 18, 2, 177–184. Retrieved July 30, 2001 from:

<http://isacco.anbar.com/vl=666630/cl=8/nw=1/rpsv/cw/mcb/07378831/v18n2/s9/p177.html>

### **Nonprinted media (Abstract on CD-ROM)**

Meyer, A.S., & Bock, K. (1992). The tip-of-the-tongue phenomenon: Blocking or partial activation? /CDROM/. *Memory & Cognition*, 20, 715–726. Abstract from: SilverPlatter File: PsycLIT Item: 80-16351.

### **Theses**

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) Zagreb: Fakultet za fizičku kulturu Sveučilišta u Zagrebu.

Horvatin-Fučkar, M. (2002). *Povezanost ritma i uspjeha u sportskoj i ritmičkoj gimnastici*. [Relationship between rhythm and success in artistic gymnastics and rhythmic gymnastics. In Croatian.] (Unpublished Master's thesis, University of Zagreb) Zagreb: Kineziološki fakultet Sveučilišta u Zagrebu.

### **4. Tables and figures**

All tables, figures, and graphic images should be cited sequentially in text, numbered, and accompanied by explanatory captions, and constructed in accordance with the style and format requirements of the APA Publication Manual.

All illustrations should be original drawings or photographic prints of originals. Do not assemble figures at the back of your article, but place them as close as possible to where they are mentioned in the main text.

### **5. Submission self-checklist**

Before submitting your manuscript online, please check that all style and format requirements have been carefully followed.

- » English spelling and punctuations are used throughout the paper.
- » The paper is original, not submitted anywhere else.
- » The length of the paper is commensurate with content.
- » The title and headings are brief and catchy.
- » Names and affiliations (including postal codes) of all authors are correct and complete.
- » Figures are of sufficient quality for printing, with clear resolution of detail.
- » Abstract and keywords are provided.
- » All table captions and figure legends are provided.
- » Tables/Figures are properly placed and numbered with brief titles/ captions.
- » References are in standard style.