

## DISCOBOLUL

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### INSTRUCTIONS FOR AUTHORS

**Discobolul – Physical Education, Sport and Kinesotherapy Journal** promotes fundamental and applied research, in particular, the results obtained in national and international research projects and scientific contributions from the academic and socio-professional areas of interest related to the journal. The material must be original and not published or submitted for review in other journals.

Articles that are found to have been plagiarised from other papers will incur **plagiarism sanctions**.

Articles will be written **in British (UK) English** and will be published after going through a reviewing process, following the decision in this regard.

Authors whose articles are rejected after the reviewing process or requiring changes will be notified at the specified email address within 4 to 6 weeks.

The registration of the material for publication will be made after the payment of the subscription fee by each author, co-author and additional duties, where appropriate.

*Responsibility for the statements in the text rest exclusively with the authors.* The Editor reserves the right to refuse to publish articles that do not comply with the terms given in the **Instructions for Authors** or where no changes are made following the requirements/recommendations.

#### The preparation of manuscripts

Articles will be written in A4 Word, using **Times New Roman font, size 12 pt, line spacing: 1.15**.

**Figures** will bear titles and will be numbered as specified in the text. Scanned materials are not allowed, except for drawings/photos.

**Tables** will be numbered with Arabic numerals in order of appearance in the text, will be clear and concise and will be mentioned above each table. Figures/drawings and graphs will have a higher quality (**min. 300 pixels**). They will be referred to concisely and numbered under each occurrence. The acronyms used have to be detailed on their first appearance in the text.

#### General structure of articles

##### The first page will include:

- **Title** of the article
- **Name and surname** of the author(s)
- **Institutional affiliation, city, country**
- **Corresponding author** (e-mail address)

Examples:

**TITLE.....** (TNR 14 pt)

**Ion POPESCU<sup>1\*</sup>, John SMITH<sup>2</sup>, Cornelia MIHALACHE<sup>3</sup>** (TNR 12 pt)

<sup>1</sup> National University of Physical Education and Sports, Faculty of Physical Education and Sport,  
Bucharest, Romania

<sup>2</sup> Polytechnic University, (address, city, country) only if different from <sup>1</sup>

<sup>3</sup> Oradea University, (address, city, country) only if different from <sup>1</sup>

\*Corresponding author: popescusorin@gmail.com (TNR 10)

**Abstract.** It must contain between 200 and 250 words. (TNR 10 pt)

**Keywords:** 3 to 5 words, representing terms used in the paper. (TNR 10 pt)

The articles should have **between 4000 - 8000 words without Figures and Tables** (TNR 12, line space 1.15). *Margins:* 2.54 cm/1 inch top/bottom/left/right. *Paragraph:* 0.5 cm.

- The **research study** will include: **Introduction.** Provide a brief introduction to the issues addressed, stating *the research purpose, objective(s) and hypothesis*. **Methodology.** This section will describe the research methodology used, the modality of selection for the samples studied, the criteria for inclusion and exclusion, the method, the technique, the statistical program used to process the data etc. **Results.** In this section, the obtained results are shown concisely, typically by means of tables and graphs. They will present the descriptive and inferential statistics, differences between measurements (initial and final tests, between the experiment and control groups etc.). It is mandatory to specify the level of significance (p-value or the effect size) and the statistical test used. **Discussion.** They will specify new and important aspects of the study, interpretation of the results in the context of literature. **Conclusion.** They will be stated clearly, establishing a link between them and the research purpose. **References.** They will be written according to APA style.

- **Case studies.** There are case reports of material obtained while working with an individual, group, community or organization. The case studies illustrate a problem, indicate a means to solve a problem, and / or shed light on the future needs for research, clinical applications, and theoretical aspects. In writing the case studies, the authors examine carefully the balance between providing important illustrative material and the responsibility of confidential case materials.

- **Essay-type articles/Reviews of the literature** (in the field of Sports Science and Physical Education, Sports Psychology, Sports Pedagogy, Sports Sociology etc.). They will have the following structure: **Introduction, Current level reflected in the literature, Topic addressed, Conclusions, References.**

**List of references.** Discobolul Journal recommends the use of APA style (American Psychological Association).

Bibliographical sources will be mentioned in the text between brackets.

**Examples for books:**

- According to Suchilin (2010) the biomechanical criteria are used for dividing the gymnastics elements into parts. Thus, the technical structure of gymnastics elements contains three levels...
- [...] „the identity-related problems occur repeatedly throughout the adult lifespan” (Papalia et al., 2010, p. 390). *For books mention the page between brackets only when using quotation marks.*

**Examples for books with three or more authors:**

- In the case of three/ more authors: The Publication Manual of the American Psychological Association was first published in 1929 as a seven-page standard of procedure, [...] but to which reference might be made in cases of doubt (Bentley et al., 1929).

**Examples for journal articles:**

- According to Suchilin (2010) the biomechanical criteria are used for dividing the gymnastics elements into parts...
- [...] the identity-related problems occur repeatedly throughout the adult lifespan (Papalia & Feldman, 2010).
- In the case of three/ more authors: [...] mobility and daily activities for patients and their families (Alvarez-Guisasola et al., 2010).

**Check each source cited to appear in both the body text and the reference list**, while the author and the year are to be identified in terms of spelling. The list of references at the end of the scientific article provides information needed to identify each source. It will mention: **author(s), year, title, publisher, pages**, depending on the source of citation (book, journal article, website).

**References:**

***For citing a book***

The publisher location is not included in the reference.

Naue, P., & Möller, O. (2010). *Guideline to increase efficiency of e-mail communication within projects*. Grin.

***For citing a journal article with DOI***

Norman, L. (2015). The Coaching Needs of High Performance Female Athletes within the Coach-Athlete Dyad. *International Sport Coaching Journal*, 2(1), 15-28. <https://doi.org/10.1123/iscj.2013-0037>

***For citing an article with several authors with DOI***

Mumford, M. D., Todd, E. M., Higgs, C., & McIntosh, T. (2017). Cognitive skills and leadership performance: The nine critical skills. *The Leadership Quarterly*, 28(1), 24-39. <https://doi.org/10.1016/j.leaqua.2016.10.012>

*Surnames and initials for up to 20 authors should be provided in the reference list.*

Miller, T. C., Brown, M. J., Wilson, G. L., Evans, B. B., Kelly, R. S., Turner, S. T., Lewis, F., Nelson, T. P., Cox, G., Harris, H. L., Martin, P., Gonzalez, W. L., Hughes, W., Carter, D., Campbell, C., Baker, A. B., Flores, T., Gray, W. E., Green, G., ... Lee, L. H. (2018). [...]

***For citing a journal article without DOI***

Pelin, F., Predoiu, R., Mitrache, G., Predoiu, A., & Grigore, V. (2018). Generation of efficient behaviours in the case of performance athletes. *Discobolul - Physical Education, Sport and Kinetotherapy Journal*, 53, 31-38. [http://discobolulunefs.ro/wp-content/uploads/2019/01/Discobolul\\_Nr\\_53\\_Septembrie2018.pdf](http://discobolulunefs.ro/wp-content/uploads/2019/01/Discobolul_Nr_53_Septembrie2018.pdf)

**Publication condition** - there must be minimum 70% articles with DOI and maximum 30% other sources, as following - the total References section must include at least 10-12 journal articles with DOI (WOS or PMID), while books, chapters of books, journal articles without DOI (WOS or PMID) or websites can represent a maximum of 30% of the total References section.

In the case of journal articles with DOI, author(s) should include DOI after the page number (see the examples above).

In the case of books, chapters, website, journal articles written in a language other than English, these will also be translated into English. Examples:

Predoiu, R. (2016). *Psihologia sportului. Maximizarea performanței sportive* [Sport psychology. Maximizing sports performance]. Polirom.

Boudon, R. (1997). *Traité de sociologie* [Treatise on sociology]. Presses Universitaires de France.

**When there is no author, the title moves to the first position of the reference entry**

Language Development in Middle Childhood. (2014).

<http://www.education.com/reference/article/language-development-middle-childhood/>

***Newspaper Article***

Parker-Pope, T. (2008, May 6). Psychiatry handbook linked to drug industry. *The New York Times*. <http://well.blogs.nytimes.com>

**Conflicts of interest**

We ask authors to state all possible conflicts of interest: financial relationships or other. If there is no conflict of interest, please indicate this.

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