

YOUR PAPER'S TITLE IN ENGLISH STARTS HERE (TNR 14)

maximum 12-14 words

(Please use a professional English translation!)

Ion POPESCU^{1*}, John SMITH², Cornelia MIHAI¹ (TNR 12 pct)

¹ National University of Physical Education and Sports, Faculty of Physical Education and Sport, Bucharest, Romania

² Affiliation (institution, city, country) only if different from ¹

³ Affiliation (institution, city, country) only if different from ¹

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

DOI:.....

(10 pt) Abstract. A well development abstract can be the most important part of the paper. The abstract should be rich in information. A good abstract is accurate, coherent, fluent and concise. Between **200-250 words**. The abstract of an empirical study should describe: researched subject in a single sentence; participants (such as age, gender and the ethnic group they belong to); essential features of the method of research; main results, including the effect size and confidence intervals and/or levels of statistical significance; and conclusions: implications and their application. The abstract of a meta-analysis or a systematic review should describe: researched topic; eligibility criteria of the research; categories of participants engaged in initial studies; main results (including the most important sizes of effects); conclusions (including limitations); and implications for theory, policy and / or practice. The abstract for a case study should describe: the subject and the relevant features of the individual, group, community or organization presented; the character or the solution of a sample, illustrated by the exemplified case; and the issues for further research or theory.

Keywords: 3-5 keywords;

For the rest of the paper, please use Times New Roman (TNR) 12 (line space 1.15)

Introduction

(12 pt) Tape your text here. The purpose of an introduction in a paper is to justify the reasons for writing about your topic. Your *goal* in this section is to introduce the topic to the reader, provide an overview of previous research on the topic and identify your own hypothesis.

All manuscripts must **be in English**, also the table and figure texts, otherwise we cannot publish your paper. Here introduce the paper, and put a nomenclature if necessary, in a box with the same font size as the rest of the paper. The paragraphs continue from here and are only separated by headings, subheadings, images and formulae.

The bibliographical sources are mentioned in the text between brackets.

The in-text citation for works with three or more authors is shortened right from the first citation. You only include the first author's name and "et al.". Example (Taylor et al., 2018).

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 & Feldman, 2010, p. 390). *For books mention the page between brackets only when using quotation marks.*
- 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, p. 57). **!!!!**

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).

Organization of the Text

Margins: 2.54 cm/1 inch top/bottom/left/right.

Paragraph: 0.5 cm.

Font: Times New Roman, Size 12, Colour Black.

Language. All text, figures and tables must be in English.

Section Headings. Files should be in MS Word format only and should be formatted for direct printing. Figures and tables should be embedded and not supplied separately. Please make sure that you use as much as possible normal fonts in your documents.

Page Numbers. Do *not* number your paper.

Tables

Tables (refer with: Table 1, Table 2, ...) should be presented as part of the text, but in such a way as to avoid confusion with the text (**inside the Tables - use TNR 10**). Each table should include a short and explicit title. The basic content of the table should be easily inferred from the title. See an example of presentation in the table of characteristics of a sample:

Table 1. *Individual and Family Characteristics as a percentage of the sample (Census Data in Parenthesis)*

Characteristics	Mother (n=750)	Father (n=466)	Child (n=750)
Self-Identity			
Mexican	77.2	71.0	41.0
Mexican American	22.8	29.0	59.0
Nativity			
Mexico	74.2	38.2	80.0
United States	25.8	61.8	20.2
Language preference			
English	30.2	52.7	23.2
Spanish	69.8	48.7	76.8
Education level completed			
8 th grade or less	29.2	30.7	30.2
Some high school	19.5	20.9	22.4

12 th grade	23.1	22.5	20.9	20.7
Some				
college/vocational	22.0	19.2	20.9	17.1
training	6.2	6.8	6.2	6.2
Employment Status				
Employed	63.6	46.6	96.6	97.1
Unemployed	11.2	3.5	3.5	2.9
Housewife	25.2			

Note: Tables can have three kinds of notes, written under the table body : general notes, specific notes and probability notes. General notes refer to a particular column, row or cell. Specific notes are expressed by lowercase exponential (ex., ^{a,b,c}). Probability note in the table show the use of an asterisk or other symbol to indicate the p value and, therefore, the results of the verification tests of statistical hypothesis. To verify the results of statistical significance , mentioned in the text or table , the exact probabilities with two or three decimals (ex., $p = .023$ than $p < .05$). Adapted from APA, 2013, p. 139).

Figures and graphs

Figures (refer with: Figure 1, Figure 2, ...) also should be presented as part of the text, leaving enough space so that the caption will not be confused with the text. For best quality the pictures should have a resolution of **300 dpi** (dots per inch). Color figures are welcome for the online version of the journal. Generally, these figures will be reduced to black and white for the print version. See our example below:

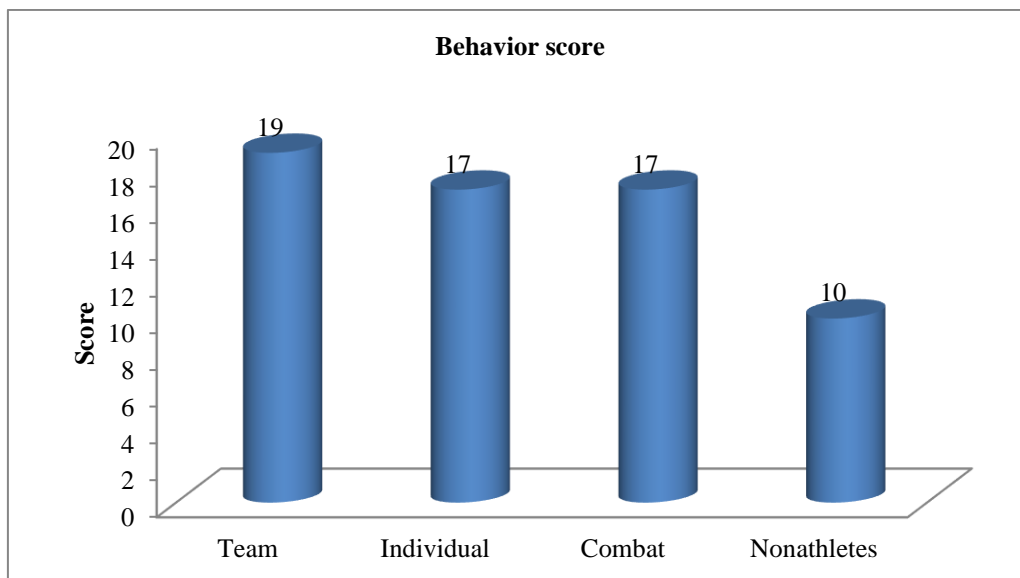


Figure 1. (a) first picture; (b) second picture

Bulleted lists may be included and should look like this:

- First point
- Second point
- And so on

Equations

Equations (refer with: Eq. 1, Eq. 2, ...) should be indented 5 cm. There should be one line of space above the equation and one line of space below it before the text continues. The equations have to be numbered sequentially, and the number put in parentheses at the right-hand edge of the text. Equations should be punctuated as if they were an ordinary part of the

text. Punctuation appears after the equation but before the equation number. See our example below:

$$(x + a)^n = \sum_{k=0}^n \binom{n}{k} x^k a^{n-k}. \quad (1)$$

Literature References

References are cited in the text using round brackets in the text (Mettam & Smith, 2010). *References*, see our examples below. **Papers without REFERENCES will not be accepted.**

Results

Will be presented the most significant results. Use tables and graphs according to the indications above.

Discussions and conclusion

Explain to the readers why the preceding information matters. The concluding paragraph gives the author the chance to show why the topic is important. However, the conclusion should not introduce any new evidence; instead, it should synthesize in a meaningful way the information already presented in the paper. Emphasize the arguments initially made in the introductory paragraph. Inform the reader of further steps that need to be taken in the area of the paper's research.

Authors' Contributions:

Acknowledgement (if any):

Funding (if any):

Informed Consent Statement:

The use of generative AI and AI-assisted technologies in scientific writing:

During the preparation of this work the author(s) used [NAME TOOL / SERVICE] in order to [REASON]. After using this tool/service, the author(s) reviewed and edited the content as needed and take(s) full responsibility for the content of the published article. (*Examples of AI tool/ service: ChatGPT, NovelAI, Jasper AI, Rytr AI, DALL-E, etc.*)

References (in alphabetic order)

Publication condition - there must be minimum 70% articles with DOI (WOS or PMID) 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,**

websites, journal articles without DOI (WOS or PMID), 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 below).

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>
- 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.

Example: 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

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.

For citing a book

The publisher location is not included in the reference.

- 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.
- Burgoon, J. K., Guerrero, L. K., & Floyd, K. (2016). *Nonverbal communication*. Routledge.

For citing a chapter in book

- Wu, W. (2011). Attention as selection for action. In C. M. Mole, D. Smithies, & W. Wu (Eds.), *Attention: Philosophical and Psychological Essay* (pp. 97-117). Oxford University Press.

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/>