

INSTRUCTIONS FOR AUTHORS

Magazine *Sports and Health* publishes papers in the field of physical education and sports, as well as related biomedical, humanities, social and natural sciences, with unpublished results of scientific research and new empirical experiences. The submitted manuscript, which was not prepared in accordance with the Instructions for Authors, will be immediately returned to the author for revision. The author is fully responsible for the content and vocabulary of the work. All papers are subject to review. Each paper is individually subject to detection of plagiarism.

CATEGORIZATION OF WORKS

The journal publishes articles, polemics, reviews, thematic bibliographies, patents, reports and news about scientific and professional gatherings, as well as similar documents important for the field of physical education and sports. The category of the article is determined by the Reviewers and the Editorial Board.

Reviewed papers are classified into the following categories:

- ✓ original scientific article,
- ✓ review article,
- ✓ previous announcement,
- ✓ paper at a scientific / professional meeting, positive lecture and announcement,
- ✓ scientific criticism, controversy, review, and
- ✓ professional article.

MANUSCRIPT OF PAPER

The manuscript is sent in Serbian (Latin script) and English (both versions of the paper are sent in full), written in Cambria font, size 11pt, with a single line spacing.

The manuscript should methodologically include the following chapters: abstract, introduction, method, results, discussion, conclusion, literature.

TITLE OF THE PAPER (13 pt, Cambria, Bold, Center)

-1 line spacing

Author names and affiliation(10pt Cambria, Capitalize Each Word, Align Text Right)

-without thinning-

Affiliation (9pt Cambria, Capitalize Each Word, Align Text Right)

-2 spacing-

Summary (11pt Cambria, Justify)

*The abstract should be informative. Significant and significant results that support the conclusion of the paper should be included. Three to six keywords that are not used in the title should be listed. Abbreviations may not be used in the abstract.

-1 line spacing

Keywords: (11pt Cambria, Align Text Left)

* Leave one blank line after the Summary and write keywords (4 - 6 words).

-1 line spacing

INTRODUCTION (13pt Cambria, UPPERCASE, Align Text Left; rest of the text (11pt Cambria, Justify / First Line Indent 1cm).

*The introduction should be understandable to a wider audience. Clearly state the purpose of the work and state the relevant context that will support the basis for the work and the importance of the work.

-1 line spacing

METHOD (13pt Cambria, UPPERCASE, Align Text Left; rest of the text (11pt Cambria, Justify / First Line Indent 1cm).

* The method of work should provide basic information related to the topic of work, selection of samples, measuring instruments and other auxiliary procedures. The main contents that need to be presented through the method of work:

2.1 Sample of respondents

2.2 Sample of measuring instruments / Procedure / Test protocol

2.3 Statistical data processing / data collection and analysis

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RESULTS (13pt Cambria, UPPERCASE, Align Text Left; rest of the text (11pt Cambria, Justify).

* Results should be presented accurately and should not contain material that is not suitable for display. Units, quantities and formulas should be expressed according to the International System (SI units). All results need to be presented numerically, tabularly, with specific statistical findings and correctly selected statistical procedures. If it is a survey or some other category of work, tabular information must have appropriate information (reference, population, gender, treatment, protocol, results). In the cross-section, two tabular representations are given by example:

a)

Table 1. Differences in the effects of two exercise programs on body composition at the univariate level (ANCOVA) (11pt Cambria, Align Text Left)

Variable	Adj. Mean EIR 1	Adj. Mean EIR 2	Adj. Mean CON	F (2; 74)	Sig.	Fisher's LSD
Fat mass [%]	21.00	21.82	25.69	100.36	.000 *	E1> K; E2> K; E1> E2
Muscle mass [kg]	49.80	51.29	48.57	84.93	.000 *	E1> K; E2> K; E1> E2

continue table ...

b)

Table 1. Review of analyzed research (11pt Cambria, Align Text Left)

Reference	Population / pol	Treatment	Protocol	Results
Amirsasan et al. 2018	Footballers ♂ EG + CR = 10; EG + PG = 10. SG = 18-26yo	1RM / BP, 1RM / BS, TK-InBody 300	8 weeks, EG + CR = 0.3 g / kg, EG + PG = MD	In EG + CR, increase 1RM, TT, MM, decrease TM relative to EG + PG.

continue table ...

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DISCUSSION (13pt Cambria, UPPERCASE, Align Text Left; rest of the text (11pt Cambria, Justify / First Line Indent 1cm).

* Emphasize new and important aspects of the study and the conclusions drawn from the study. Please follow our instructions faithfully, otherwise you must resubmit all work.

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CONCLUSION (13pt Cambria, UPPERCASE, Align Text Left; rest of the text (11pt Cambria, Justify / First Line Indent 1cm).

* Your conclusion represents a chance to highlight the last word on the topic covered. The conclusion allows you to encourage the issues raised in the work, to summarize your thoughts, show the importance of your ideas and encourage the reader to take a new look at the topic. It is also your chance to leave a good final impression and complete a positive research.

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LITERATURE (13pt Cambria, UPPERCASE, Align Text Left; rest of the text (11pt Cambria, First Line Indent / Left indent 0.5cm; Justify; **APA Style**). The citation method is available at: www.apastyle.org (A more detailed overview of citations according to the APA standard is given in Table 1 and Table 2).

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CORRESPONDENCE (10pt Cambria, Lowercase, Align Text Left);

Name and surname
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 Address
 Email
 Phone number

Payment policy:
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Table 1. This page contains reference examples for journal articles, including the following

This page contains reference examples for journal articles, including the following	
1.	<p>Journal article</p> <p>Grady, J. S., Her, M., Moreno, G., Perez, C., & Yelinek, J. (2019). Emotions in storybooks: A comparison of storybooks that represent ethnic and racial groups in the United States. <i>Psychology of Popular Media Culture</i>, 8(3), 207–217. *Parenthetical citation: (Grady et al., 2019) *Narrative citation: Grady et al. (2019)</p>
2.	<p>Journal article with an article number</p> <p>Jerrentrup, A., Mueller, T., Glowalla, U., Herder, M., Henrichs, N., Neubauer, A., & Schaefer, J. R. (2018). Teaching medicine with the help of "Dr. House." <i>PLoS ONE</i>, 13(3), Article e0193972. *Parenthetical citation: (Jerrentrup et al., 2018) *Narrative citation: Jerrentrup et al. (2018)</p>
3.	<p>Journal article with missing information</p> <p>Missing volume number: Stegmeir, M. (2016). Climate change: New discipline practices promote college access. <i>The Journal of College Admission</i>,</p>

		(231), 44–47. Missing issue number: Sanchiz, M., Chevalier, A., & Amadiou, F. (2017). How do older and young adults start searching for information? Impact of age, domain knowledge and problem complexity on the different steps of information searching. <i>Computers in Human Behavior</i> , 72, 67–78. Missing page or article number: Butler, J. (2017). Where access meets multimodality: The case of ASL music videos. <i>Kairos: A Journal of Rhetoric, Technology, and Pedagogy</i> , 21(1). *Parenthetical citations: (Butler, 2017; Sanchiz et al., 2017; Stegmeir, 2016) *Narrative citations: Butler (2017), Sanchiz et al. (2017), and Stegmeir (2016)
4.	Retracted journal article	Joly, J. F., Stapel, D. A., & Lindenberg, S. M. (2008). Silence and table manners: When environments activate norms. <i>Personality and Social Psychology Bulletin</i> , 34(8), 1047–1056. *Parenthetical citation: (Joly et al., 2008) *Narrative citation: Joly et al. (2008)
5.	Retraction notice for a journal article	⁽¹⁾ de la Fuente, R., Bernad, A., Garcia-Castro, J., Martin, M. C., & Cigudosa, J. C. (2010). Retraction: Spontaneous human adult stem cell transformation. <i>Cancer Research</i> , 70(16), 6682. ⁽²⁾ The Editors of the Lancet. (2010). Retraction—Ileal-lymphoid-nodular hyperplasia, non-specific colitis, and pervasive developmental disorder in children. <i>The Lancet</i> , 375(9713), 445. *Parenthetical citations: (de la Fuente et al., 2010; The Editors of the Lancet, 2010) *Narrative citations: de la Fuente et al. (2010) and The Editors of the Lancet (2010)
6.	Abstract of a journal article from an abstract indexing database	Hare, L. R., & O'Neill, K. (2000). Effectiveness and efficiency in small academic peer groups: A case study [Accession No. 200010185] [Abstract from Sociological Abstracts]. <i>Small Group Research</i> , 31(1), 24–53. *Parenthetical citation: (Hare & O'Neill, 2000) *Narrative citation: Hare and O'Neill (2000)
7.	Monograph as part of a journal issue	Ganster, D. C., Schaubroeck, J., Sime, W. E., & Mayes, B. T. (1991). The nomological validity of the Type A personality among employed adults [Monograph]. <i>Journal of Applied Psychology</i> , 76(1), 143–168. *Parenthetical citation: (Ganster et al., 1991) *Narrative citation: Ganster et al. (1991)
8.	Online-only supplemental material to a journal article	Freeberg, T. M. (2019). From simple rules of individual proximity, complex and coordinated collective movement [Supplemental material]. <i>Journal of Comparative Psychology</i> , 133(2), 141–142. *Parenthetical citation: (Freeberg, 2019) *Narrative citation: Freeberg (2019)

Table 2. Book/Ebook References

Book/Ebook References	
1.	<p>Whole authored book</p> <p>⁽¹⁾Jackson, L. M. (2019). <i>The psychology of prejudice: From attitudes to social action</i> (2nd ed.). American Psychological Association.</p> <p>⁽²⁾Sapolsky, R. M. (2017). <i>Behave: The biology of humans at our best and worst</i>. Penguin Books.</p> <p>⁽³⁾Svendsen, S., & Løber, L. (2020). <i>The big picture/Academic writing: The one-hour guide</i> (3rd digital ed.). Hans Reitzel Forlag.</p> <p>*Parenthetical citations: (Jackson, 2019; Sapolsky, 2017; Svendsen & Løber, 2020)</p> <p>*Narrative citations: Jackson (2019), Sapolsky (2017), and Svendsen and Løber (2020)</p>
2.	<p>Whole edited book</p> <p>⁽¹⁾Hygum, E., & Pedersen, P. M. (Eds.). (2010). <i>Early childhood education: Values and practices in Denmark</i>. Hans Reitzels Forlag.</p> <p>⁽²⁾Kesharwani, P. (Ed.). (2020). <i>Nanotechnology based approaches for tuberculosis treatment</i>. Academic Press.</p> <p>⁽³⁾Torino, G. C., Rivera, D. P., Capodilupo, C. M., Nadal, K. L., & Sue, D. W. (Eds.). (2019). <i>Microaggression theory: Influence and implications</i>. John Wiley & Sons.</p> <p>*Parenthetical citations: (Hygum & Pedersen, 2010; Kesharwani, 2020; Torino et al., 2019)</p> <p>*Narrative citations: Hygum and Pedersen (2010), Kesharwani (2020), and Torino et al. (2019)</p>
3.	<p>Republished book, with editor</p> <p>Watson, J. B., & Rayner, R. (2013). <i>Conditioned emotional reactions: The case of Little Albert</i> (D. Webb, Ed.). CreateSpace Independent Publishing Platform. http://a.co/06Se6Na (Original work published 1920)</p> <p>*Parenthetical citation: (Watson & Rayner, 1920/2013)</p> <p>*Narrative citation: Watson and Rayner (1920/2013)</p>
4.	<p>Book published with new foreword by another author</p> <p>Kübler-Ross, E. (with Byock, I.). (2014). <i>On death & dying: What the dying have to teach doctors, nurses, clergy & their own families</i> (50th anniversary ed.). Scribner. (Original work published 1969)</p> <p>*Parenthetical citation: (Kübler-Ross, 1969/2014)</p> <p>*Narrative citation: Kübler-Ross (1969/2014)</p>
5.	<p>Several volumes of a multivolume work</p> <p>Harris, K. R., Graham, S., & Urdan T. (Eds.). (2012). <i>APA educational psychology handbook</i> (Vols. 1–3). American Psychological Association.</p> <p>*Parenthetical citation: (Harris et al., 2012)</p> <p>*Narrative citation: Harris et al. (2012)</p>