|  |
| --- |
| JSES  ISSN: **2703-240X** |



*The Journal of Sport and Exercise Science, Vol. XX, Issue XX, XX-YY (XXXX)*

[*www.jses.net*](http://www.jses.net)

**Paper title (Use this style, Time New Roman, Font 14, Bold)**

First name Last name1\*, First name Last name2, First name Last name3, (Use this style, Time New Roman, Font 12, Normal) (Use complete Author’s name not abbreviated)

Corresponding Author\*

*1Author’s Affiliation, Department, Institute, Country*

*2Author’s Affiliation, Department, Institute, Country*

*3Author’s Affiliation, Department, Institute, Country*

|  |  |  |
| --- | --- | --- |
| A R T I C L E I N F O |  | A B S T R A C T |
| *Received: not required*  *Accepted: not required*  *Online: not required* |  | *The abstract should provide clear information about the research and the results obtained, and should not exceed 300 words. The abstract should not contain citations or subheadings. (Use this style, Time New Roman, Font 10, Italic, Single spacing)* |
| *Keywords:*  *Key 1*  *Key 2*  *Key 3* |  |

1. Introduction

# The template is used to format your paper and style the text. All margins, column widths, line spaces, and text fonts are prescribed; please do not alter them.

Manuscripts should be prepared using APA style. Please refer to the Publication Manual of the American Psychological Association, [http://apastyle.org](http://apastyle.org/).

Use the following subheadings: Introduction, Methods, Results, Discussion, and References. Use clarifying subheadings within sections by choice.

1. Methods

Typically, use the following subheadings: Participants, Apparatus, Task, Procedure, and Statistical Approach. Include a statement regarding consent to participate and a statement of institutional or organisational ethical approval.

## Heading on level 2

## Heading on level 2

## Heading on level 2

## Heading on level 2

# Results

## Heading on level 2

## Heading on level 2

## Heading on level 2

Exact *p* values (lower case and italicized) should be reported for all results greater than 0.001. Effect sizes and confident intervals should be reported for all major results.

\*Corresponding Author: Author Name, Department, Institution, Country, Email address

Figures and Tables should have a legend (Upper and lower case) and be located within the manuscript. Use full words (e.g., Table 1, Figure 2). The font used in the figures should be Times New Roman, normal, size 10.

Tables and Figures can be single or double column. For double column use section breaks.

# Discussion

Discuss and evaluate your findings in the context of the research questions established in the introduction.

### Conflict of Interest

Each author should reveal any conflict of interest. If there are no conflict of interests please state, “The authors declare no conflict of interests”.

### Acknowledgment

Acknowledge your institute/ funder/personal connections.

### References

Both in-text citations as well as references in the reference list should conform to the latest edition of the Publication Manual of the American Psychological Association, [http://apastyle.org](http://apastyle.org/).

The reference list should be arranged alphabetically by author’s surname.