

# INSTRUCTIONS FOR AUTHORS

## **AIM AND SCOPE OF THE JOURNAL**

Sport Scientific And Practical Aspects is an international journal of sport science and kinesiology. The journal publishes scientific, theoretical and empirical articles and other written material related to following kinesiology fields: Biomechanics, Kinesiology Assessment, Training Theory, Management in Sport, Physical Education, Methodology, Statistics and Research Methods, Sport and Health, Adaptive Physical Activity, Sport. The aim and intention of the journal is to increase theoretical and practical knowledge of above mentioned kinesiology fields, to enable and encourage young researchers to publish their articles and to provide practical information, useful for kinesiology practitioners, coaches, PE teachers, athletic trainers, physical therapists and athletes.

## **GENERAL PUBLISHING POLICY**

The journal is published by Faculty of physical education and sport, Tuzla University, twice a year (June and December). All received articles will be evaluated by the journal editors, using several criteria: the adequacy of the theme and content for the journal; the preparation and format of manuscript; and general satisfaction. If the criteria are satisfied, the article will be sent on a blind (without information about authors) peer-review evaluation to at least two recognized, independent and anonymous reviewers. *If an article is not prepared in a recommended way the article will be sent back to author without scientific estimation.* The review process usually takes up to 4 weeks. After the revision procedure, all authors will be informed by e-mail about sent article (acceptance, revision or rejection of the manuscript). Only the manuscript that receives positive reviews will be accepted. If there are one negative and one positive review, the article will be sent to third reviewer. The reviewers will determine if articles belong to some of following categories: *Original scientific article, Preliminary communication, Review article, or Professional paper.*

On submission, *authors are required to nominate up to four expert referees for their paper (The Reviewers Recommendation Form).* These potential referees must not have been informed (contacted) that they have been nominated or be members of the authors' institutions. The nominated referees may or may not be used, at the Section Editor's judgment, and at least one of the referees involved in the review of the paper will be independent of the nominated list.

## **ORIGINALITY**

Authors are responsible for the scientific and professional context and legal aspects of the articles. All authors will be ask to sign and send back *The Authorship Statement* in order to guarantee that the article has not been published previously, or it is not under consideration for publication elsewhere, either in part or in whole, and if the article is accepted it will not be published elsewhere in the same form, in English or in any other language. *Non article will enter the review process until the statement is signed by all manuscript authors.*

The Editorial board can make necessary changes to manuscript in accordance to the recommended instructions. Author's rights remain, but journal can freely dispose with article in sense of reprint or other types of publication distributions. Each author has right for one printed copy of journal. All other questions stand in order with standard law presumptions in scientific society. The author's attitudes and opinions expressed in the article need not correspond to the opinion of the Editorial Board.

## **ETHICS OF HUMAN EXPERIMENTATION**

The Sport Scientific and Practical Aspects will accept only papers that conform to the highest standards of ethics and participant protection. All experimental work in which humans are participants must conform to the laws of the country in which the work took place. The manuscript should contain a statement to the effect that the work reported has been approved by a recognised ethics committee or review board and indicate whether the procedures followed were in accordance with the Helsinki Declaration of 1975, as revised in 1983. Statements about ethics approval or sources of data should be made at the beginning of the methods section.

## **PREPARATION OF THE ARTICLES**

Text files should be in Microsoft Word 6.0 and later versions. The manuscripts should be submitted in Times New Roman font, 12-point type, double-spaced with 2.5 cm margins on all sides. Any manuscript should not exceed 7 pages including the abstract, references, and all the tables and illustrations; otherwise the author can be informed about additional payment for printing costs (from 8. to 10. pages 50€, from 11 to 15 pages 75€, 16. page and more 100€ per page). Expected size is 12000 characters without tables and figures (exceptionally 14000).

All tables should be standardized (e.g. Excel). Tables, referred to as 'Table 1', 'Table 2', and so on, must be numbered in the order in which they occur in the text. Tables must be clearly and simply laid out with clear row and column legends and with units where appropriate. Photos and other illustrations should be made in a vector format for good printing resolution (minimum 300 dpi) and , referred to as 'Figure 1', 'Figure 2', and so on, must be numbered in the order in which they occur in the text. Journal takes rights to manage illustration for printing preparation, and author will be informed by e-mail.

**The title page** of the manuscript should include following information: short and understandable title in English and Bosnian, the authors' names (without degrees), the authors' institutions and their locations, the name and address of the corresponding author (*must include title, degree and position of the corresponding author, telephone and fax numbers and e-mail address*). **The Abstract** must be prepared in English and in Bosnian (*for non-Bosnian speaking authors it will be prepared by the Journal Editorial Board*). It should contain between 150-250 words. **The key words** *In order to assist indexing the journal use up to six key words not used in a title of article. They should be taken from Index Medicus (Medical Subject Headings, MeSH).*

**The text** of the articles is recommended to be divided in following chapters:

**INTRODUCTION** (State clearly the purpose and hypothesis of the study and provide relevant references and the relevant findings of previous studies),

### **METHODS**

**Participants** – you should include the Institutional Review Board or Ethics Committee approval of your project and appropriate informed consent. All subject characteristics that are not dependent variables of the study should be included in this section and not in the Results.

**Instruments** – testing procedure and protocols. In this section the methods used are presented with the concept of "*replication of the study*". *After reading this section another investigator should be able to replicate your study.*

**Statistical Analysis** - clearly state your statistical approach to the analysis of the data set(s). It is important that you include your alpha level for significance (e.g.,  $P < 0.05$ ). Please place your statistical power in the manuscript for the n size used and *reliability* of the dependent measures with intra-class correlations (ICC Rs). *Units of measurement, symbols and abbreviations must conform to international standards.* Please use Systeme International (SI) units and the metric system for the expression of length, area, mass, and volume).

**RESULTS** (Present the results of your study in this section. Put the most important findings in Figure or Table format and less important findings in the text).

**DISCUSSION** (Discuss the meaning of the results of your study in this section, relate them to the literature that currently exists and make sure that you bring the paper to completion with each of your hypotheses. Provide only those conclusions that are supported by the study. Avoid repeating all the data presented within the results section).

**PRACTICAL ASPECTS** (Provide information how your data can be applied and used by coaches, PE teachers, physical therapists, athletic trainers...)

**Acknowledgments** (Provide information sufficient to identify funding sources, technical assistance, and intellectual contributions not associated with authorship if needed).

**REFERENCES** (may contain only the authors quoted in the text). The reference style used by the Journal is the Harvard System of referencing (*Publication Manual of the American Psychological Association, 5th edition, 2001*).

#### **Reference citations in text**

- \* References in the text are cited as follows: Hoare (2000) or (Hoare, 2000) ... or Trninić **and** Dizdar or (Trninić **&** Dizdar, 2000).
- \* Where there are between three and five authors, all authors should be given in the first citation in the text; subsequent references to the same source should give the first author only followed by **et al.**
- \* Where there are six or more authors, the first author only, followed by **et al.**, should be cited in all instances.
- \* Citations of different publications by the same author(s) are differentiated as White (1997a), (Baker et al., 2007b).
- \* *Multiple citations* are listed in ascending chronological order. Within a year, they are organized in alphabetical sequence of the first author. Examples: Cooper (1995), Elliott **and** White (1996), Quinn et al. (1996); or (Cooper, 1995; Elliott **&** White, 1996; Quinn et al., 1996).
- \* The examples should make clear how *multiple publications by the same authors* are treated in such lists: Cooper (1991, 1995), Elliott **and** White (1992, 1993), Quinn et al. (1993, 1996a,b); or (Cooper, 1991, 1995; Elliott **&** White, 1992, 1993; Quinn et al., 1993, 1996a,b).

#### **Reference list**

- \* A list of all cited references should be collected at the end of the paper in alphabetical order by, in the first instant, the first author's surname.

\* Where the name of the first author appears more than once, the order is determined by: first, the number of co-authors (zero, one, or more than one); secondly, for one co-author, the first co-author's surname then the year; for two or more co-authors, year then order as dictated by the use of 1990a,b,c (for example) in the citations.

\* There is an example of how references would be ordered in the reference list: Brown (1980), Brown (1990), Brown & Jones (1977), Brown & Smith (1973).

\* Brown & Smith (1975), Brown, Smith & Jones (1990a), Brown, Jones, Smith, Jones & Brown (1990b), Brown, Jones & Smith (1990c). Note that the last three examples would all have been cited as Brown et al. in the text, with the a, b and c relating to the order of citation. The names and initials of all authors should be given in the list of references.

\* In the reference list, the first six authors only should be listed, followed by **et al.**

The style of referencing should follow the examples below:

### ***Books***

Brittenham G. (1996). *Complete conditioning for basketball*. Champaign, IL: Human Kinetics.

### ***Books not in English***

Dizdar, D. (2006). *Kvantitativne metode*. [Quantitative methods. In Croatian.] Zagreb, Kineziološki fakultet Sveučilišta u Zagrebu.

### ***Chapters in Books***

Hoffman, J.R. and Maeresh, C.M. (2000). Physiology of Basketball. In: *Exercise and sport science*. Eds: Garrett, W.E. and Kirkendall, D.T. Philadelphia: Lippincott, Williams & Wilkins. 733-744.

Janelle, C.M., Hillman, C.H. (2003). Current perspectives and critical issues. In: *Expert performance in sports: advances in research on sport expertise*. Eds: Starkes, J.L. and Ericsson, K.A. Champaign Ill. Human Kinetics. 19-47.

### ***Journals***

Hoare, D.G. (2000). Predicting success in junior elite basketball players: the contribution of anthropometric and physiological attributes. *Journal of Science and Medicine in Sport*, 3 (4), 391-405.

Lyons, M., Al-Nakeeb, Y., Nevill, A. (2006). The impact of moderate and high intensity total body fatigue on passing accuracy in expert and novice basketball players. *Journal of Sports Science and Medicine*, 5, 215-227.

### ***Journal article in press***

Pojškić, H., Šeparović V., Užičanin, E. (2009). Differences between successful and unsuccessful basketball teams on the final Olympic tournament. *Acta Kinesiologica*, In press.

### ***Journal article, article not in English***

Seker-Aygül, Z., Akova, B. and Gür, H. (2001). The relationship of stress and stress management factors with injury in soccer players. *Turkish Journal of Sports Medicine* 36, 71-80. (In Turkish: English abstract).

### ***Chapters in Published Books of Conference Proceedings or Abstracts***

Howe, B.L. & Bell, G.J. (1986). Mood states and motivation of triathletes. In J. Watkins, T. Reilly & L. Burwitz (Eds.), *Sports science: Proceedings of the VII Commonwealth and International Conference on Sport, Physical Education, Dance, Recreation and Health* (pp. 273-278). London: E & FN Spon.

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)***

AOSSM (2004). *Sports medicine update. Newsletter of the American Orthopaedic Society for Sports Medicine*. Available online at:

<http://www.sportsmed.org/secure/reveal/admin/uploads/Documents/SMU2004MayJun.pdf>  
(Accessed 1 January 2005).

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/.

### ***Theses in English***

Eric J. Drinkwater (2006). Muscular strength, fitness and anthropometry in elite junior basketball players. (Unpublished doctoral dissertation, Victoria University), School of Human Movement, Recreation and Performance Centre for Ageing, Rehabilitation, Exercise and Sport, Victoria University, Melbourne, Victoria, Australia.

Tammy R. McCoy (1996). The Effect of Anxiety on High School Female Basketball Players Prior to Competition, (Unpublished Master's thesis, College of New Jersey) Department of Health and Exercise Science in the Graduate Division of Rowan College of New Jersey, USA.

### ***Theses not in English***

Šeparović, V. (2007). *Uspješnost košarkaških ekipa u prostoru situacionih pokazatelja primarnog tranzicijskog i pozicionog napada*. [Success of basketball teams in situational indicators of transitional and positional offensive actions. In Bosnian] (Unpublished doctoral dissertation, Tuzla University), Tuzla: Fakultet za tjelesni odgoj i sport, Univerzitet u Tuzli.

Huremović, T. (2009) *Prediktivna vrijednost motoričkih sposobnosti, morfoloških karakteristika i kinematičkih parametara na rezultat ostvaren pri skoku u dalj*. [Predictive values of motor abilities, morphological characteristics and kinematic parameters on long

jump. In Bosnian.] (Unpublished Master's thesis, Tuzla University). Tuzla: Fakultet za tjelesni odgoj i sport, Univerzitet u Tuzli.

***Manuscripts that do not obey the Guidelines for authors will not enter review process and will be immediately returned to authors.***

## **LANGUAGE AND OTHER**

Sport Scientific And Practical Aspects publishes articles **in English with abstracts in English and Bosnian**. For non-Bosnian speaking authors the abstract and the title in Bosnian will be prepared by the Journal Editorial Board. Non native English speakers are encouraged to seek the assistance of a colleague experienced in writing for English language journals. Authors are encouraged to use non-sexist language and to be sensitive to the semantic description of persons with chronic diseases and disabilities. Only standardized abbreviations and symbols should be used. Any consistent spelling and punctuation style is acceptable.

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