

Journal of Human Sport and Exercise (JHSE) Publication Guidelines for the Special Conference Publication

Journal of Human Sport and Exercise is an international publication in English.

All contributions must be original and be directly related to education and sport or serve as the basis for future application to research in such areas. All papers shall be reviewed in this instance by the Conference's Scientific Committee and the INSHS Scientific Advisory Board.

They will consider quality, clarity, style, and relevance of the work. Final decisions on publication, be it total or partial, will be made by the editorial board of the Journal.

Papers may take the form of editorials, original papers, review articles, technical notes, new technologies, special articles, and letters to the editor.

- **Original papers.** Original contributions on a specific topic, with a maximum of 20 pages and no more than 60 references. The manuscript shall have the following layout: introduction, summary, keywords, materials and methodology, results, discussion, and conclusions.
- **Review articles.** Based on a critical examination of the literature, analyzing the various approaches to a specific topic, with a maximum of 25 pages and no more than 100 references.
- **Technical notes.** Description of new techniques or modifications to the already existing ones, with a maximum of 10 pages and no more than 30 references.
- **New technologies.** Critical review of new equipment, with a maximum of 10 pages and no more than 30 references. The manuscript shall have the following layout: introduction, summary, keywords, materials and methodology, results, discussion, and conclusions.
- **Special articles.** Historical reviews, teaching methodology and legal or financial topics related to physical education and sport, with a maximum of 10 pages and no more than 30 references.
- **Letters to the editor.** Brief opinions on contributions published in edudeporte or current issues. Letters should not exceed two pages and 5 references.

TITLE PAGE FILE

Microsoft Word (.doc) or similar containing the following information:

- Title of paper

It must be short and precise. It will be a single phrase without final point. No abbreviations or quotation marks will be used.

- Short title or running head

You must adapt the title of paper to a maximum length of one line of text.

- Name and surname of all authors, academic or professional title, and academic institution (Faculty, Department, Centre, etc.). City and country.

The names of academic institutions should be provided in English.

It is recommended to provide the ORCID of all authors (<http://orcid.org/0000-0xxx-xxxx-xxxx>).

- Corresponding author

Name, postal and e-mail address, and 'phone number of the author responsible for correspondence on the manuscript.

- A summary or abstract

It must be a single paragraph with a maximum length of 250 words, containing all the basic and relevant information of the manuscript content.

- 3-6 keywords not included in the title.

Frequent and descriptive terms of the paper presented will be used. It is recommended to include the title of the section among the keywords. Examples: physical education, sports performance, biomechanics, sports medicine, sports nutrition, sports health, Olympism.

CONFORMITY FILE OF ALL AUTHORS. Microsoft Word (.doc) or similar containing the following information:

This file must contain a certification signed by the author for correspondence stating that all co-authors have contributed to the published work and agree to its publication in JHSE.

Note: This file will not be provided to reviewers.

MAIN DOCUMENT

The document must be sent in Microsoft Word (.doc) or similar, double spaced, with an additional space between paragraphs and a 2 cm. margin throughout the page. The recommended font is Times New Roman 12. All papers must be written in English.

Main body:

Introduction

Should be comprehensible to the general reader; give a clear statement of the purpose of the paper and provide relevant context to support the basis for the paper and the significance of the work; do not exhaustively review the literature.

Material and methods

In the Material & Methods section, give a clear description of the study and how it was carried out; specifically describe the procedures and materials used, so the study can be replicated; the subsections, with brief content descriptions, in order, are:

- Participants: describe the sample: how many participants, how they were recruited. Provide basic demographics (age and SD, gender distribution, etc.).
- Measures: each subsection here should describe one questionnaire or interview or objective observation. Include details of the origin of the measure, the number of items and subscales, format of responses, scoring and known psychometric qualities.
- Procedures: explain how the experiment was done. Who tested participants, where were they tested or observed, etc.; if submitted papers contain clinical and animal research, approval of a local ethics committee is required
- Analysis: describe the analyses applied to the data. It is helpful if you arrange this section to be coherent with the hypotheses.

Results

Results should be presented precisely and should not contain material that is appropriate in the discussion; units, quantities, and formulas should be expressed according to the International System (SI units); all measurements should be given in metric units.

Discussion

Emphasize the new and important aspects of the study and conclusions derived from the study.

Conclusions

They should reflect the most relevant aspects of the results obtained with the study presented.

References

All references must be in alphabetical order, by first author, numbered and in [APA style](#) at the end of the article. Titles of journals should be abbreviated according to the latest edition of ISI [Journal Title Abbreviations](#).

All references included must be quoted in the text (e.g. Pérez, 2005). In case there are more than one author, the rule is as follows: Smith and Jones (2007) stated that... or (Smith and Jones, 2007). Citing a reference with three authors or more: Smith et al. (2007) stated that... or (Smith et al., 2007). All references listed must be cited in the manuscript and referred to by author.

- **Tables:** The text must only include the reference; tables **must be submitted separately** in XLS, JPG or GIF formats. The title must appear at the top of the table, and notes must be included at the bottom.
- **Figures:** The text will only include the reference. They **must be submitted separately** in BMP, JPG, GIF or TIF formats.

ENSURING A BLIND PEER REVIEW

To ensure the integrity of the blind peer-review for submission to this journal, every effort should be made to prevent the identities of the authors and reviewers from being known to each other. This involves the authors, editors, and reviewers (who upload documents as part of their review) checking to see if the following steps have been taken with regard to the text and the file properties.

The authors of the document have deleted their names from the text, with "Author" and year used in the references and footnotes, instead of the authors' name, article title, etc.

With Microsoft Office documents, author identification should also be removed from the properties for the file (see under File in Word), by clicking on the following, beginning with File on the main menu of the Microsoft application: File > Save As > Tools (or Options with a Mac) > Security > Remove personal information from file properties on save > Save.

For more information about our review policy, please read: "[Peer Review Process](#)".

SUBMISSION PREPARATION CHECKLIST

As part of the submission process, authors are required to check off their submission's compliance with all of the following items, and submissions may be returned to authors that do not adhere to these guidelines.

1. Ensure that **all authors' names**, including their **first and last names**, and **full contact details** (including **affiliation, postal address, email and telephone number**) are listed.
2. Ensure that the **corresponding author** is clearly marked.
3. Ensure that your paper conforms fully to our **style requirements**. Please visit the Instructions to Authors section of our website for full details on preparing your manuscript.
4. Ensure that **references** are complete and accurate, and their format conforms to APA style.
5. Ensure that all **tables and figures** are correctly **labelled**, and that the **numbers add up**.
6. Provide a **running head**.
7. Provide a list of **keywords**.
8. Provide an **abstract**.
9. Ensure that all the necessary files for your article have been uploaded to our web platform:

- Title page file (author's affiliation, abstract and keywords).
- Conformity file of all authors.
- Main document file.
- Tables and figures.

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