



Research article

PRESS HERE TO INSERT THE TITLE, IN CAPS – TNR-16

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Abstract

Instructions for the abstract: the abstract is the most important section of a scientific paper; it is a synthesis of the paper; a reader must understand the contents of the paper by consulting it; it contains 250 words at the most; it must be developed in accordance with the integral text of the paper; it contains references to the topic approached, the purpose of the paper, the methods used for solving it, the main results analysed and essential conclusions, depending on the type of the material.

Keywords: Write 3-6 representative words for the contents the paper and specific to it, separated by commas.

1. Introduction

Press here to insert the text.

Instructions:

- present the matter identified, as well as the contribution of the author(s) to its solving;
- in the scientific writing of the paper, use a simple and clear language that can express without many connotations the scientific idea presented;
- bring to the forefront solutions found within other studies;
- here, you should feature the purpose of the study, the means to attain it, as well as the originality of the research idea;
- through the introduction, the reader gets to the essence of the matter studied and creates the basis for an easier understanding of the solutions found;
- each statement must be supported by demonstration by quoting or logical argumentation;
- the personal contribution of the authors to solving the matter treated is highlighted;
- the bibliographical sources are mentioned in the text in round brackets, featuring the names of the authors, separated by commas, and "&", the publication years and the page, if applicable (Siedentop et al., 2019); (Winnick & Porretta, 2018, p. 21-23);
- for the bibliographical sources with more than 3 authors, mention the name of the first author, followed by the mention "et al.": (Kellmann et al., 2019);
- each bibliographical source mentioned in the text will be featured in the references and the other way around;
- the abbreviations of symbols used will be defined the first time they are mentioned in the text.

2. Material and method

Press here to insert the text.

Instructions:

- detail the main research means and methods used in order to solve the case;
- present the steps in a clear manner, to facilitate the comprehension of the logical course of the events;



- you may present the endeavour chronologically in order to create as good an image as possible on the study;
- you may present the quantitative or qualitative methods of analysis for the data obtained;
- the limits of the study are important to understand the way of generalising the conclusions;
- if technical equipment was used to carry out the study, state their model and functioning;
- describe succinctly the method of result analysis;
- the tables and figures are an integral part of the text;
- the tables and figures will be numbered using Arabic numerals;
- figures may be represented by photographs, layouts, graphs, diagrams, etc;
- figures with good resolution (at least 300 DPI) will be accepted;
- in the tables, use left alignment;
- the names of tables and figures will be written centred, on top and underneath, respectively.

Table 1. An example of a table

An example of a column heading	Column A (<i>t</i>)	Column B (<i>t</i>)
And an entry	1	2
And another entry	3	4
And another entry	5	6

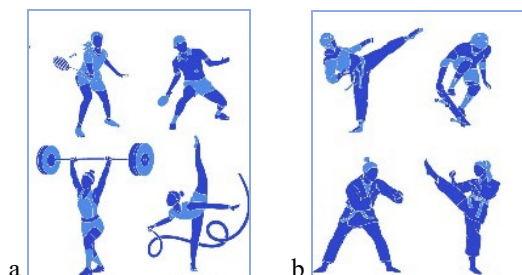


Fig. 1. (a) first picture; (b) second picture.

3. Findings

Press here to insert the text.

Instructions:

- present the most relevant results, objectively and without interpreting them, in a logical order;
- to facilitate the comprehension of the presentation; tables and figures may be used;
- raw results will be compressed as statistical results;
- report both the positive results confirming the hypothesis and the negative results, as the latter will be useful to other authors studying the same topic.

4. Discussions

Press here to insert the text.

Instructions:

- results are interpreted and compared;
- the practical importance of the results is highlighted;
- the hypothesis is tested;
- the results of the studies are integrated among the studies with the same topic;
- the limits of the study and the possibilities of continuing it are underlined.



5. Conclusions

Press here to insert the text.

Instructions:

- they include essential aspects derived from Results and Discussions;
- explanations are provided by the phenomena studied with practical applicability;
- provides perspectives of the study.

6. References

Instructions:

- the paper must have 10 to 100 bibliographical sources
- most bibliographical sources must have been published in the past 10 years, only a limited number (1-5) may be older;
- the bibliographic list must be in alphabetical order;
- APA style (7th ed.) will be used to describe the sources (<https://apastyle.apa.org/instructional-aids/reference-examples.pdf>)

Examples:

- Armada, C., Sánchez-Alcaraz, B. J., Courel-Ibáñez, J., & Segarra-Vicens, E. (2024). Differences in the Levels of Physical Activity and Sport Habits between Men and Women in Cartagena (Spain). *Sports*, 12(1), 28. <https://doi.org/10.3390/sports12010028>
- Kittel, A., Stevens, C.J., Lindsay, R., Spittle, S., Spittle, M. (2023). An overview of Australian exercise and sport science degrees. *Frontiers in Education*, 8, 1125259. <https://doi.org/10.3389/feduc.2023.1125259>
- Roslan, N. O. B., & Cho, H. (2024). Sport participants' well-being during the COVID-19 pandemic: The roles of nostalgia, resilience, and curiosity. *International Journal of Sport and Exercise Psychology*, 22(1), 106-122. <https://doi.org/10.1080/1612197X.2022.2134435>
- Siedentop, D. L., Hastie, P., & Van der Mars, H. (2019). *Complete guide to sport education*. Human Kinetics.
- Sport în România. (2024). În *Wikipedia*. Accesat pe 05.02.2024 la https://ro.wikipedia.org/wiki/Sport_%C3%AEn_Rom%C3%A2nia
- Zouhal, H., Del Coso, J., Jayavel, A., Tourny, C., Ravé, G., Jebabli, N., ... & Abderrahman, A. B. (2023). Association between ACTN3 R577X genotype and risk of non-contact injury in trained athletes: A systematic review. *Journal of Sport and Health Science*, 12(3), 359-368. <https://doi.org/10.1016/j.jshs.2021.07.003>