



Review article

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

The first author<sup>a</sup>, the second author<sup>b</sup>, the third author<sup>a,b,\*</sup> - TNR-12

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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

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#### **Instructions:**

- presentation of the topic and its importance in the field;
- clear definition of the article's objectives;
- delimit the subject and justify the selection of sources;
- description of the criteria used for selecting the literature reviewed (databases, keywords, publication period, etc.);
- type of review: narrative (general presentation) or systematic (rigorous analysis based on specific criteria);
- 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. Main text

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#### **Instructions:**

- this is the main part of the review and can be organized in several ways:
  - thematic (grouping the literature by relevant subtopics);
  - chronological (presenting the evolution of the field over time);
  - methodological (comparing methods used in different studies);
  - theoretical vs. practical (discussion of existing theories vs. case studies and applications).



- each section should synthesize and compare the sources, highlighting similarities and differences;
- integration of the reviewed results into a broader context;
- identifying the limitations of existing literature;
- 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 (t)	Column B (t)
And an entry	1	2
And another entry	3	4
And another entry	5	6

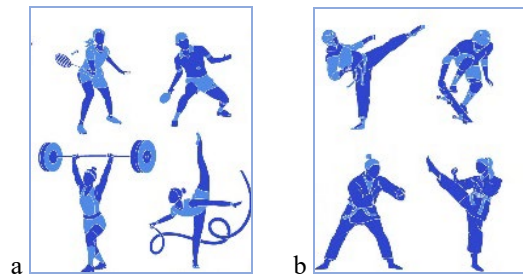


Fig. 1. (a) first picture; (b) second picture.

### 3. Conclusions

Press here to insert the text.

#### **Instructions:**

- A summary of the key ideas and contributions of the review;
- The practical and theoretical relevance of the conclusions.

### 4. 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](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>