

Title of the manuscript (Times New Roman , 14 Font)

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Abstract (12 Font, 1.5 line space, within 300 words)

No more than 300 words briefly specifying the aims of the work, the main results obtained, and the conclusions drawn. Citations, tables and graphs must not be included in the Abstract. Abstract should be with following sub-headings:

Aim:

Methods:

Results:

Conclusion:

Keywords: Provide 4-6 keywords suitable for your article.

Article (12 Font. 1.5 line space)

Introduction

Describing the background of the work and its aims.

Material and Methods

A brief description of the methods / techniques used with the following sub-headings:

Study design:

Participants:

Protocol:

Data analyses:

Results

Tables and Graphs without explanation. Table and Graphs / Figures are to be numbered numerically (e.g Table 1, Figure 1)

Discussion

A clear presentation of experimental results obtained, highlighting any trends or points of interest.

Conclusion

A brief explanation of the significance and implications of the work reported.

Acknowledgement (If any) :

Funding Information (if any):

Conflict of Interest:

References

ISAK referring system should be followed.

Reference list:

The reference list should be ordered alphabetically by the surname of the first author. References with no author are to be ordered alphabetically by the first significant word of the title.

References:

In text citations: Follow the author-date method whereby the author's last name and the year of publication for the source should appear in the text. Two or more works by the same author in the same year must be differentiated by the addition of a, b, and so forth (regardless of whether they were authored, edited, compiled, or translated), and are to be listed alphabetically by title. Journal name should be typed in full (no abbreviation or short form)

1. Journal Article with three or more authors :

Alacid F., Marfell-Jones M., Muyor J.M., López-Miñarro P. Á., Martínez I.(2015).

Kinanthropometric Comparison between Young Elite Kayakers and Canoeists. *Collegium Antropologicum* , 39 (1): 119–126.

- Narrative citation: Alacid et al. 2015
- Parenthetical citation: (Alacid et al. 2015)

2. Journal article with two authors:

Raman H., Doug V.(2010). Anthropometrical characteristics of Soccer platers. *Journal of Physical education*, 21(3):201-205.

- Narrative citation: Raman and Doug 2010
- Parenthetical citation: (Raman and Doug 2010)

3. Journal article with single author:

Raman H.(2010). Anthropometrical characteristics of Soccer platers. *Journal of Physical education*, 21(3):201-205.

- Narrative citation: Raman 2010
- Parenthetical citation: (Raman 2010)

4. Journal article with an article number:

John A., Keller T., Das U., Alacid A.R. (2016). Somatotype of Boxers. *Journal of Anthropometry*, Article e xxxxx 40, <https://doi.org/xxxx /journal.phone.0123456789>

- Narrative citation: John et al.2016
- Parenthetical citation: (John et al.2016)

Book :

Carter J. E. L, Heath B. H. (1990). Somatotyping – Development and Application. Cambridge University Press. Cambridge, p 209-212.

Edited Book :

Sen S. (2000). The Athlete. G. K. Roy (Ed.). New York : Chad & Co Publisher. p 204-206.

Proceedings published in book form:

Ferreira C.A.A., Costa F.C.H., Santos E.L. (2010). The dimorphism in the morphology of growth and development of swimming young Brazilian athletes. Book of Abstracts ; ISAK World Conference 2010, Estoril, Portugal.

Conference paper abstract retrieved online:

Kenab M., Braham T.O.(2005). Simultaneous Querying Of Xml And Relational Contexts. Paper presented at the Seventh International Conference on Enterprise Information Systems, Miami, FL. Abstract retrieved from http://www.iceis.org/iceis2005/abstracts_2005.htm

Thesis :

Roy J. (2004). Soccer-Physiological aspects (Unpublished doctoral dissertation or Master's thesis). Name of Institution, Location.

Report:

WHO (2021). Advice for Health Workers and Administrators, Corona Virus Disease (COVID 19 Pandemic). Available at <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

E-Book :

Ma A., Roy D., Vanesa A.F. (2017). Anthropometry. Retrieved from <https://abcd.com>

Website :

Doug A. (2016). How and when to refer. Retrieved from <https://www.abcd.com>

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