

General structure

- MS Word editor
- font: Times New Roman
- 12-point type
- all margins: 2 cm
- interline: 1,5
- text alignment - justified
- pages numbered
- do insert line numbers in the body of the manuscript to facilitate the reviewing and editing processes
- words division turned off
- standard division into paragraphs (each new paragraph should be indented)
- type only one space following the end of a sentence

Articles content:

- please note that you are required to provide two files during the submission process:

- 1st file should include the title page only; save the file as: three first words of the title_title page, f. ex. when the submitted paper's title is: Assessment of hand function through the coordination of contact forces in manipulation tasks, the name of the file should be: Assessment of hand_title page.

- 2nd file should include only the abstract page, main text, references, tables and figures; the maximum number of pages is 16 (including Tables, Figures and References), do not number the sections of the paper; save the file as: three first words of the title_manuscript blind, f. ex. when the submitted paper's title is: Assessment of hand function through the coordination of contact forces in manipulation tasks, the name of the file should be: Assessment of hand_manuscript blind.

* you are required to remove all information from the paper with regard to where the study was conducted, do not include the name of the laboratory / research center / university or any detail which could indicate where authors come from / where the study was carried out - these data will be provided by authors at the final stage of the review process.

Title page

- consists of the title, authors' names, affiliations, corresponding author data, acknowledgments
- Title: bold, 16-point type, adjusting - centered, do not use upper-case letters (it does not concern the first letter of the title)

- Authors' names: first name (not initials) and last name of each author must be provided (in italics), adjusting: to the left, with full affiliation in footer
- Corresponding author: corresponding author should be presented with affiliation, address, phone number, fax number and e-mail address (in English)
- Acknowledgments: reference to prior publication of the results in abstract form or in proceedings, as well as addresses of authors other than the laboratory acknowledged for the work should be provided; financial support should be stated; thanks may be expressed
- Conflict of interest statement: Authors are required to disclose all and any potential conflicts of interest
- Affiliation: in a footnote; in italics; shall contain full information about each author (including the name of the research centre, name of the city and country)

Abstract page

- at the top of the abstract page, the title should be provided (bold, 16-point type, adjusting: centered, do not use upper-case letters, yet it does not concern the first letter of the title)
- the JHK does not accept structured abstracts, type the abstract in one paragraph; the structure of the abstract should be similar to the full text; the abstract should be informative and self explanatory without reference to the text of the manuscript; it should state concisely the research question that was asked, the methods used, the results of the research and the answer to the research question
- Key words: at the end of the abstract, three to six key words not used in the title should be provided; adjusting: to the left
- abbreviations should not be used in the abstract
- the abstract must be limited to 250 words
- adjusting: justified

Main Text

- titles of the following sections: bold print, font's size 1 point larger than in the text; adjusting: to the left

Introduction

should be comprehensible to the general reader; give a clear statement of the aims or purpose of the paper and formulate hypotheses (if any); provide relevant context to support the basis for the paper and the significance of the work; do not exhaustively review the literature.

Methods

in the Methods' section, give a clear description of the study and how it was carried out; specifically describe the procedures and material 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, sex distribution, etc.); if submitted papers contain clinical and/or animal research, the Informed Consent and Human and Animal Rights statements are necessary (approval of a local ethics committee is required); please note that authors should follow the principles outlined in the Declaration of Helsinki

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

Design and Procedures

- explain how the experiment was carried out; who tested participants, where were they tested or observed, etc.

Statistical Analysis

- describe the analyses applied to the data. It is helpful if you arrange this section to be coherent with the hypotheses

Results

only the results relevant for the study aims and hypotheses should be presented; results 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.

References cited in the text

references should be cited in the text by author and year of the publication e.g. (Jaric, 1989). In case there are more than one author, the rule is as follows:

- citing a reference with two authors:

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)

References

- should be compiled alphabetically at the end of the article.

Entries in the reference list should be styled as follows:

- references to standard journal articles:

Jaric S, Ristanovic D, Corcos DM. The relationship between muscle kinetic parameters and kinematic variables in a complex movement. *Eur J Appl Physiol Occup Physiol*, 1989; 59: 370-376

- titles of journals should be abbreviated according to the latest edition of ISI Journal Title Abbreviations. (<http://www.efm.leeds.ac.uk/~mark/ISIabbr/>).

- references to books:

Costill D, Maglischo E, Richardson A. *Swimming*. Oxford: Blackwell Scientific Publications, 61-86; 1992

- references to websites:

Sanders R, Bonnar S. *Start Technique - Recent Findings*, 2008. Available at: ; accessed on 01.12.2011 (day.month.year)

- references to conference presentations:

references to unpublished papers presented at conferences will not be accepted

- references to master / doctoral thesis:

references to master / doctoral thesis will not be accepted

- published abstracts must not be used as references; the use of a large number of abstracts or non-peer reviewed articles in the reference section will be grounds for rejection of the submission without review,
- all references listed must be cited in the manuscript and referred to by author. References must be limited to 30 entries (except for invited reviews),
- non-English papers may be included in the references, yet only if the publication has an English abstract; the title of the original paper must be provided in English only,
- authors bear complete responsibility for the accuracy of the references.

Tables and Figures

- do not place Tables and Figures in the text of the paper, but present them on separate pages at the end of the manuscript following the References; in the text of the paper, indicate approximately where Tables and Figures should appear (e.g. insert Table 1 here)
- the article may contain up to the total of 6 Tables and/or Figures; they all need to be positioned vertically
- Tables and Figures should be consecutively numbered (e.g. Table 1, Figure 1)
- Table/Figure's title - bold, adjusting: to the left
- all descriptions should be placed below Table/Figure, font - italics, adjusting - centered
- the maximal size of original Tables, Photos and Figures is 14 x 20 cm, minimum 8-point type; edging lines marked
- Tables and Figures' pages should be formatted for the portrait orientation of pages; the JHK does not accept Tables and Figures on landscape
- Tables must be created in Word documents, they cannot be converted into images
- Figures must be converted into images, so they can be only re-sized as a whole, not manipulated individually.

Language

- only English
- before submitting your article, you may want to have it edited for correct usage of the English language, particularly if English is not your first language. Please note that this step is not mandatory and moreover, language editing does not guarantee that your manuscript will be accepted for publication. The Journal of Human Kinetics recommends: American Journal Experts for correcting scientific manuscripts in the area of sport sciences. Authors are liable for all costs associated with such services.