

## **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

## **Manuscript blind file:**

- please note that you are required to provide the following file during the submission process:

- manuscript blind file should include only the abstract page (with the title), 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.

## **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 and References list**

The references cited in the text and the reference list should be in accordance with APA 7th Edition

### [Reference Guide for Journal Articles, Books, and Edited Book Chapters with APA 7th Style](#)

- 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 formatted for the portrait orientation of pages
- 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
- each Figure must be converted into one image, so it 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: Enago, as well as American Journal Experts for correcting scientific manuscripts in the area of sport sciences. Authors are liable for all costs associated with such services.