

Guidelines for Writing Three-Page (Short) Papers for the 34th International Congress on Physical Education and Sport Science

The selected abstracts that are to be submitted as three-page articles must adhere to the following guidelines. The maximum length of the article should not exceed five (5) pages, and the attached template should be used.

The five pages should include the following:

- The first page should only contain the Greek summary and the contact information of the correspondence person.
- The next three pages should include the main text of the paper, along with tables, graphs, images, and bibliographic references. The main text should not be less than two pages and more than three pages.
- The fifth page should only contain the English abstract along with the contact information of the correspondence person.

The paper should be written in accordance with the following requirements:

- Single-spaced
- Margins of 2.5 cm at the top, bottom, left, and right sides of the page
- Calibri font size 12 (except for bibliographic references at the end of the text, which will be written in size 10 letters)
- Fully aligned, except for the title, author names, and institution, which will be centered
- Numbered lines on the left side of the pages
- In adherence to principles of grammar and syntax.

Authors are kindly requested to closely adhere to the provided instructions, and if they are unsure about the appropriate wording in their text, to seek assistance from a philological editor before submitting their papers for publication. The English abstract must receive special attention in terms of language and expression.

In the event that the writing instructions are not strictly followed, the paper will not be included in the evaluation process.

The papers are reviewed by one or more reviewers, and their acceptance is determined by the significance, originality, reliability, and validity of the presented material. If necessary, the papers will be returned to the authors for revisions. In such cases, the authors must make the required corrections within the given deadline and resubmit the paper accompanied by a letter detailing their actions for addressing each of the reviewers' comments. Failure to adhere to these procedures will result in the paper not being re-evaluated.

To facilitate the submission process, please refer to the attached template and closely review the accompanying instructions.

The structure.

Title & Summary pages

The first page should contain the full title of the paper written in capital bold letters, the name or names of the author(s) in small bold letters, the name or names of the university or institution to which the author(s) belong(s) in small letters, and the summary in Greek. Contact information such as name, address, e-mail, telephone number, or any other relevant information should also be provided. It is important that the title and abstract of the paper submitted remain consistent with the ones submitted for the 34th International Congress on Physical Education & Sport Science unless the judges request otherwise.

Introduction

The introduction should begin with general theory-based concepts and then proceed to more specific concepts relevant to the research presented. The previous research conducted on the topic should be briefly mentioned, along with the conclusions drawn by previous researchers. Any conflicting opinions on the subject must also be noted. The research problem should be clearly stated, and the purpose of the research should be defined. The section should be concise and clearly articulate the purpose of the research.

Method

The method section should provide the reader with the basic information required to understand how the research was conducted and to replicate the data collection process if necessary. It should include details about the research sample, experimental design, data collection process, and the statistical analysis method followed.

Results

The results section should present the research findings in a logical and interesting manner. All statistical values (r, t, or F) found should be reported along with the degrees of freedom in parentheses (df) and the magnitude of significance (p). Results should be presented briefly and graphically with:

- tables of the data with the results of the statistical analysis highlighted and
- graphical representations highlighting the statistical analysis results.

Tables and graphs provide information that enriches the content of a scientific paper. This information complements the text but should not be repeated within it. The same applies to the graphs of the paper. Tables or figures should be numbered in the order in which they appear in the text.

Discussion – Conclusions

In this chapter, the results of the study should be interpreted, and conclusions should be drawn. It may be necessary to make comparisons with the results of previous studies. The study's contribution to the field of physical education or sports science should be emphasized, and the findings and conclusions should be linked to theory. This paragraph should not be less than eight lines.

References

The bibliography should include all written sources, such as opinions, results, and conclusions, that contribute to the completion of the assignment. There are two ways to cite a source: (a) when the reference is the subject of a sentence, the surname of a single author should be followed by the publication date in parentheses, while for multiple authors, their names should be listed in the order they appear in the publication, with the word "and" preceding the last name. (b) When referencing the opinion of other researchers, the surname of the author(s) should be written in parentheses, followed by the publication date. If there are multiple references to the same point, the surnames of the authors and their corresponding dates should be listed in alphabetical order.

For groups of authors consisting of more than two people but less than six, the surnames of all authors should be listed the first time they are mentioned. For subsequent mentions, only the surname of the first author should be written, followed by the Latin phrase "et al." If the reference is the subject of a sentence, and the authors are more than two and have been cited previously, the last name of the first author should be written, followed by the phrase "and co." instead of "et al." In references written in parentheses, the symbol "&" should be used instead of the word "and."

When citing publications of organizations, services, foundations, institutes, etc., the full name of the organization should be written every time it is mentioned in the text, unless it is particularly long and has a shortened form that is not confused with another. In this case, the full name of the organization should be written the first time it appears in the text (with its shortened form in parentheses), and only its shortened form should be used in subsequent mentions.

In the Bibliography section, references should be listed in a specific format. Firstly, they should be arranged in alphabetical order by the author's last name, followed by the first letter of their first name, enclosed in parentheses. Then, the year of publication in parentheses should be stated, followed by the title of the book (in Italics), and finally the publishing house and the city or country of publication.

For papers published in journals, the title of the journal (in Italics) should come after the title of the paper. The volume and number of the issue should follow, and the pages on which the article is found should be specified.

If an author has multiple references, they should be listed in chronological order, starting with the oldest one. If an author has multiple papers published in the same year, they should be listed alphabetically by the title of the book or article.

For publications with co-authors, self-published papers should be listed first, followed by co-authored publications arranged alphabetically by the co-authors' last names.

If information is taken from an article by author X that is in a chapter of the book by X editor of the publication, the name of author X should be listed in the references with the title of their article, followed by "In:" and the first name and last name of X editor of the edition (ed), the title of the editor's book (in Italics), the date, the publishing house, the place of its publication, and pages.

If a paper published on the Internet is referenced, the name of the author, the date, and the title of the article should be stated, followed by the underlined title of the website.

Bibliographic references for books and articles

- Καρράς, Ν. (1985). *Εισαγωγή στις προπονητικές θεωρίες των ομαδικών Αθλημάτων*. Εκδόσεις Άλμπατρος, Αθήνα.
- Adams, J., Gopher, D. & Intern, G. (1977). Effects of Visual and Proprioceptive Feedback on Motor Learning. *Journal of Motor Behavior*, 9(1):126-132.
- Bechhofer, R. (1974). Current approaches to empirical research: some central ideas. In: J. Rex (ed) *Approaches to Sociology: an introduction to major trends in British Sociology*, London; Routledge & Kegan, pp.70-91.
- Jable, T. (1980). The types of historical research for studying sport. In: W. Freeman (ed), *Getting Started in the History of Sport and Physical Education*. Champaign IL: Human Kinetics, pp. 28-38.
- Ryner, W., Tofle, C., Ulrich, H. & Yeater, A. (1995). The effect of a high intensity versus low intensity exercise training program on the reproductive system of young women. *Biology of Sport*, 12(4):213-224.

Graphs, tables, images

All visual aids such as graphs, tables, and images should be integrated into the main text. Table titles must be placed above the respective table and aligned with the left margin of the page. The word "Table" and the corresponding table number should be in bold, while the title of the table should be written in normal font (e.g., Table 1. Means and standard deviations).

Similarly, for graphs and images, the word "Figure" should be in bold font, followed by the respective figure number, while the title of the graph or image should be written in normal font. The titles of figures and images must be located below the corresponding graph or image and aligned with the left margin. Tables, figures, and images should be presented clearly and comprehensibly.

Papers that do not conform to the aforementioned guidelines will be immediately returned for revision without undergoing review by the assessors or being considered for further evaluation.

In addition, assignments that are not submitted or revised within the specified timeframe will not be taken into account during the evaluation and publication process.

For guidance on bibliography for historical papers, please consult the Microsoft Word document: [Microsoft Word - instr_history.docx \(duth.gr\)](#).