

BIOMEDICAL HUMAN KINETICS

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Instructions for authors*

The e-journal *Biomedical Human Kinetics* publishes the following kinds of articles from many areas related to health-directed motor activities, physical development, etc.:

- Original research papers or case reports (maximum 12 standard pages – up to 6000 words),
- Review papers (by invitation or pre-arrangement with the editor; maximum 20 standard pages – up to 10000 words),
- Short communications (maximum 3 standard pages with one table or graph – about 1500 words),
- Occasionally, selected conference proceedings may be published.

Original research papers, case reports, short communications and those qualified for Open Forum are submitted anonymously to two expert reviewers.

The article prepared in **MS Word format** should contain:

- Title and authors' names and affiliations;
- Structured abstract (up to 250 words), consisting of the following sections: Study aim, Material and methods, Results, Conclusions;
- Body text (Introduction, Material and methods, Results, Discussion, and References); Tables, figures, captions and legends can be included in the body text. The same data should not be presented in tables and figures; no reference to the text should be made. Source data for tables and graphs (preferably an EXCEL file) should be submitted;

References should be arranged **alphabetically** and numbered consecutively.

They are referred to in the text by numbers in **square brackets, e.g. [2]**. Examples of references:

1. Armstrong N., Welsman J. (1997) *Young People and Physical Activity*. University Press, Oxford.
2. Bunc V., Heller J. (1994) Ventilatory threshold and work efficiency during exercise on cycle and paddling ergometers in young female kayakists. *Eur. J. Appl. Physiol.*, 68: 25-29.
3. Flash T. (1990) The organization of human arm trajectory control. In: Winters J. M. and Woo S. L-Y. (eds.) *Multiple Muscle Systems: Biomechanics and Motion Organization*. Springer Verl., New York, pp. 282-288
4. www.euro.who.int/CINDI/2002319_1

If the article/book has a **DOI number**, the author should include it in the references. Please, keep in mind that the DOI number will automatically make the active link!

Please avoid referring to articles and books published in languages other than English.

All texts should be edited using Times New Roman 12 p., line spacing 1½, margins 2 cm each.
No PDF files are acceptable.

Please remember to include an **ethics statement** (compliance with Declaration of Helsinki and ethics committee approval).

Results of statistical analysis should be reported as statistical significance (p-value) as well as substantive significance (effect size).

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- Supplemental files for review (if needed – questionnaires, source data, etc.);
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Step 5. Reviewers: There is an opportunity to recommend or oppose a reviewer (the request may not be accepted).

Step 6. Details and Comments: Please attach or type **the cover letter**, declare the number of figures and tables, add a declaration on conflict of interest and confirm meeting ethical guidelines.

Step 7. Review and Submit

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