INSTRUCTIONS ON SUBMITTING AND PREPARING ARTICLES

The Editor accepts solely papers submitted via the electronic Editorial System. The paper registration proceeds according to the System guidelines. The management of the editorial stages and contacting the author take place via the Editorial System exclusively. The author’s e-mail address is used to confirm the reception of the paper by the Editor and to provide information about the editorial process stages. The articles are published in English. Manuscripts sent in other languages will not be accepted. English text verification before submission is strongly suggested for non-native English authors.

The papers have to be anonymous for the reviewers; therefore, all information identifying the authors of the article within the text, references, footnotes, and bibliography should be removed.

Together with the abstract, figures, and tables, an empirical article should not exceed 20 A4 pages (1800 characters including spaces per page), and a review article – 30 pages.

The paper should be prepared in the Microsoft Word text editor and respect the following standards:
- font: Times New Roman, 12 points;
- line spacing: 1,5;
- text alignment: justified;
- title alignment: centred.

Paper composition:
a) the title page (separate) should include: the article full title, abbreviated title (up to 60 characters including spaces), the first name and surname of the author/authors, the affiliation of the author/authors (university name, city, country), the main author’s correspondence address (department/chair name, institution address, e-mail address, telephone number), and the e-mail addresses of all authors;
b) the article text should include:
- the article full title;
- abstract (up to 250 words), divided into the following sections (in experimental papers): Purpose, Methods, Results, Conclusions;
- 3–6 key words in English (selected as MeSH descriptors; the key words must not duplicate the paper title);
- the main text.

The main text of an experimental paper should include the following sections:

Introduction
Here, the author presents the article subject, as well as describes its aim, its hypotheses, and the existing research (literature review).

Material and methods
This section is to clearly describe the research material (if human subjects participate in the experiment, their number, age, sex, and other characteristic features should be provided), conditions, time, methods, and the equipment used (including the producer’s name and address). The measurement procedures need to be provided in
sufficient detail in order to allow for their reproducibility. If a method is being used for the first time, the author should describe it in special detail, presenting its validity and reliability (reproducibility). If the existing methods are modified, the changes must be discussed and justified. All experiments employing human or animal subjects must obtain approval of an appropriate research ethics committee or the National Ethics Committee on Animal Experiments on implementing the methods suggested by the author in the experiment (a copy of the approval document must be attached to the paper). Statistical methods should be described in a way allowing to assess their correctness. In the case of a review article, methods of searching for and selecting the material should also be provided.

Results.
Results, closely tied with the data included in the tables and figures, should be presented logically and consistently.

Discussion.
In this section, the author should discuss the obtained results and refer them to the outcomes described in literature (other than those mentioned in the introduction), emphasising new and significant aspects of their paper.

Conclusions.
It is important to bear in mind the original aim of the paper and the formulated hypotheses. Vague statements and those unsupported by the research results should be avoided. Putting forward new hypotheses must be clearly emphasized.

Acknowledgements.
Here, the author enumerates the people and institutions that contributed to the preparation of the paper, served as consultants, or provided financial or technical support.

References.
The bibliographic items should be ordered and numbered in the sequence they are referred to in the text, not alphabetically. In the text, each reference should be indicated with its number, enclosed in square brackets, e.g. Bouchard et al. [23]. Bibliography (only items included in research databases, such as SPORTDiscus, MEDLINE) should not exceed 30 references (2 book publications are permitted), with the exception of review articles. Quoting unpublished sources is not recommended. Review articles should maintain logical continuity. The particular section titles must reflect the issues discussed in the sections.

Citing journal articles
Bibliographic citations of journal articles should include: the author's (or authors') surname, first name initial, article title, abbreviated journal title, year, volume or number, page number, doi, for example:
If there are six or less authors, all the names should be mentioned; if there are seven or more, give the first six and then use the abbreviation “et al.”
If the title of the article is in a language other than English, the author should translate the title into English, and then in square brackets indicate the original language; the journal title should be left in its native name, for example:
The author's research should only take into consideration articles published in English.

**Citing books**

Bibliographic citations of books should include: the author (or authors’) or editor’s (or editors’) surname, first name initial, book title translated into English, publisher, place and year of publication, for example:


Bibliographic citations of an article within a book should include: the author’s (or authors’) surname, first name initial, article title, book author (or authors’) or editor’s (or editors’) surname, first name initial, book title, publisher, place and year of publication, page number, for example:


**Citing conference materials**

Citing conference materials (found only in international research databases such as SPORTDiscus) should include: the author’s (or authors’) surname, first name initial, article title, conference author’s (or authors’) or editor’s (or editor’s) surname, first name initial, conference title, publisher, place and year of publication, page number, for example:


**Citing articles in electronic format**

Citing articles in electronic format should include: author’s (or authors’) surname, first name initial, article title, abbreviated journal title, year of publication, journal volume and number, website address where it is available, doi number, for example:


**Instructions concerning tables, figures, and photographs:**
- they should be provided with numbers and captions;
- they should be placed within the text;
- in addition, figures and photographs must be attached as separate xls, stg, pdf, cdr, eps, tif or jpg files (minimum resolution of 300 dpi);
- the same results should not be repeated in tables and figures;
- the illustrative material should be prepared in black and white or in grayscale (the journal is printed in black and white);
symbols, e.g. arrows or stars, as well as abbreviations used in tables or figures should be clearly explained in a legend so that they are legible and comprehensible irrespective of the paper text.

All the quotations included in the paper must be accompanied by bibliographic information, including numbers of the source pages.

If a figure or table has been developed on the basis of some other figure or table, the source should be provided. In the case of reprinting a table or figure from another publication, obtaining the publisher’s permission is necessary. Prior to printing, the author will receive their paper for acceptance in a PDF file format. The author is obliged to immediately inform the Editor accepting the paper for print. At this stage, only minor corrections will be accepted.