The first letter of the title of the study should be capitalized, centered and bolded in 12-point times new roman font. Please pay attention to the explanations!

Abstract

Author names and institution information will not be written in this file. The summary should be written here. It should be written in Times New Roman, 10 pt, 1 line spacing. It should be a single paragraph, not exceeding **300 words.** The summary should begin with a one-sentence introductory sentence stating why you need to do the work. Introduction, purpose, subjects or research group, data collection tools, procedure method, data analysis, briefly findings, a brief conclusion should be included, but should not be given as titles. Author names and institution information will not be written in this file. The summary should be written here. It should be written in Times New Roman, 10 pt, 1 line spacing. It should be a single paragraph, not exceeding **300 words**. The summary should begin with a one-sentence introductory sentence stating why you need to do the work. Introduction, purpose, subjects or research group, data collection tools, procedure method, data analysis, briefly findings, a brief conclusion should be included, but should not be given as titles. Author names and institution information will not be written in this file. The summary should be written here. It should be written in Times New Roman, 10 pt, 1 line spacing. It should be a single paragraph, not exceeding **300 words**. The summary should begin with a one-sentence introductory sentence stating why you need to do the work. Introduction, purpose, subjects or research group, data collection tools, procedure method, data analysis, briefly findings, a brief conclusion should be included, but should not be given as titles

**Keywords:** Aerobic capacity, football, imagery (Alphabetical order, comma separated between words, minimum 3 and maximum 5 words)

*Çalışmanın başlığının ilk harfi büyük ortalı olacak şekilde 12 punto times new roman karakterinde koyu*

*Öz*

Yazar isimleri ve kurum bilgileri bu dosyaya yazılmayacaktır. Özet buraya yazılmalı. Times New Roman, 10 Punto, 1 satır aralığında yazılmalıdır. **200 kelimeyi** geçmeyecek şekilde tek paragraf olmalıdır.  Çalışmayı yapmaya neden ihtiyaç duyduğunuzu belirten tek cümlelik bir giriş cümlesi ile özet başlamalıdır. Giriş, amaç, denekler ya da araştırma grubu, veri toplama araçları, işlem yolu, verilerin analizi, kısaca bulgular, kısa bir sonuç yer almalı ancak başlıklar halinde verilmemelidir. Yazar isimleri ve kurum bilgileri bu dosyaya yazılmayacaktır. Özet buraya yazılmalı. Times New Roman, 10 Punto, 1 satır aralığında yazılmalıdır. **200 kelimeyi** geçmeyecek şekilde tek paragraf olmalıdır.  Çalışmayı yapmaya neden ihtiyaç duyduğunuzu belirten tek cümlelik bir giriş cümlesi ile özet başlamalıdır. Giriş, amaç, denekler ya da araştırma grubu, veri toplama araçları, işlem yolu, verilerin analizi, kısaca bulgular, kısa bir sonuç yer almalı ancak başlıklar halinde verilmemelidir. Yazar isimleri ve kurum bilgileri bu dosyaya yazılmayacaktır. Özet buraya yazılmalı. Times New Roman, 10 Punto, 1 satır aralığında yazılmalıdır. **200 kelimeyi** geçmeyecek şekilde tek paragraf olmalıdır.  Çalışmayı yapmaya neden ihtiyaç duyduğunuzu belirten tek cümlelik bir giriş cümlesi ile özet başlamalıdır. (Kelime sayısına dikkat edilmesi önemlidir. 200 kelime üzerindeki makaleler kural gereği red edilecektir. Bu bölüm, atıf vermeden sadece çalışmayı özetleyecek şekilde dizaynı edilmelidir.

**Anahtar Kelimeler:** Aerobik kapasite, futbol, imgeleme (Alfabetik sıralı, kelimeler arası virgülle ayrılmış olmalı, en az 3 en fazla 5 kelime. Times New Roman, 10 Punto, 1 satır aralığında yazılmalıdır)

INTRODUCTION

The subject of the study, the problem, and the theoretical or conceptual framework of the research should be stated with their justifications, and an evaluation of the main sources should be made. The last paragraph of the introduction should state the purpose and original value of the study. Definitions, abbreviations, assumptions, and limitations, if any, should be presented in this section with their justifications.

**If this situation is found in papers with an in-text citation but no bibliography, the manuscript will be rejected without correction! Authors are requested to follow the citation rules carefully. Spelling rules are clearly explained. Our journal shows tact in this regard. Authors are requested to strictly follow these rules. Otherwise, our journal will send the article back directly. Studies that are not written with tact / care will not be evaluated without justification!**

**It is one of the important duties of the authors to observe the academic spelling rules (English). Since the first evaluation of our journal is the language rules, manuscripts that are not suitable for evaluation are rejected at the editorial evaluation stage without waiting for the reviewers' report at this stage.**

**It is RECOMMENDED that the article is transferred section by section to the Writing template.**

The text of the article should be written in Times New Roman 12 pt, the first line should have 1 cm inside spacing and 1.5 line spacing. The margins should be 2.5 cm on all sides (bottom, top, right, left). A space of 6 spaces should be inserted between paragraphs or after paragraphs.

When citing the source in the text, the surname of the author(s) and the date of the work are written in parentheses after the quoted statement and the parenthesis is closed. Example: If the cited text has a single author, it is shown as (Ağaoğlu, 2019). If the cited text has two authors, it is indicated as (Ceylan & Küçük, 2009). If the cited text has more than two authors, it is indicated as (Atan et al., 2020). In addition, it is obligatory to give page numbers within the use of the imprint in quotations from books and theses (Gül, 2020: pp.120-121; Agur & Dalley, 2009: p.28).

When citing, if more than one author has expressed the same opinion, the work of the author with the younger year is placed first, and the authors are separated by semicolons (;). Example: Cited text (Ceylan, 2005; Uzun & Küçük, 2009; Gül et al., 2019).

If the source is indicated at the beginning, the surname of the author is written and the year of citation is indicated in parentheses. Example: Gül et al. (2020) should be the cited text.

METHOD

Research group (population-sample)

Power analysis is recommended to determine the sample size. It should be written in Times New Roman font, 12 pt, 1.5 line spacing, justified. The first line should be 1 cm inside. Subheadings should begin 1 cm further in. It should be indicated where the ethics committee approval for the study was obtained and the number and date. The original ethics committee certificate must be uploaded to the system when the manuscript is submitted. Studies that have not been approved by the Ethics Committee will be rejected and not included in the evaluation process. The Material and Method section should be organized according to the following headings.

Data collection tools

 It should be written in Times New Roman font, 12 pt, 1.5 line spacing, justified. Write the data collection tools here. Make the subheadings bold and italicized as in the examples below.

Height meter Write the description of the data collection tool here.

Data collection/processing method

 Write the data collection process here. Bold and italicize the subheadings as in the examples below.

Anthropometric Measurements: Write the relevant descriptions here.

Anaerobic Power Test: Write the relevant explanations here.

Data analysis

Write the analysis of the data here.

FINDINGS

The table title should be written in Times New Roman in a font size of 10 pt, and 6 pt of white space should be left after the table title. Tables should be presented in the style of APA. Vertical lines should not be used. Table title, number, and boldface should be indicated. Only the first letter of the table title should be capitalized. The text and numbers in the table should be set in 10-point font. If the table does not fit on one page, it should be divided at an appropriate place and continued on another page, and the title “Continuation of Table 2” should be placed at the top of the page.

Table 1. Comparison of body length of soccer players and basketball players (10 font size)

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Variables | N | **X̄** | S.d | t | p |
| Soccer players | 35 | 178 | 5.66 | 2.111 | **0.030\*** |
| Basketball players | 55 | 190 | 6.55 |

\*=p<0.05

Table explanations should be written under the table in 12-point Times New Roman character and 1.5 line spacing. When the body lengths of soccer players and basketball players were compared, a significant difference was found (p<0.05).

If a figure or picture is to be shown in the study, it should be shown by indicating the source from which it was taken.



Figure 1. Nitric oxide signaling by skeletal muscle (Reid MB, 1998)

Figure numbers and titles should appear below the figures. The title of the figure should be written in Times New Roman in 10 pt font size and 6 pt space should be left after the title. The figure title should be indicated with its number in bold character. Only the first letter of the figure title should be capitalized.

Figure legends, captions and figures should be in 12-point font. It should be written in Times New Roman and 1.5 line spacing.

DISCUSSION AND CONCLUSION

It should include an explanation and discussion of the findings obtained in the study in light of the literature. Comparison with the studies in the literature is given in this section along with the researcher's comments. The significance of the findings and the weaknesses or strengths of the study and its limitations should be mentioned in this section. The significance of the results obtained from the study for daily practice, unresolved issues, new assumptions, if necessary, should be stated.

The results obtained from the research should be briefly stated.

Recommendations

Recommendations obtained from the research should be briefly stated.

Limitations and strengths

REFERENCES

It should be given in alphabetical order. 10-point Times New Roman. A space of 6 spaces (minimum line spacing; value 15 spaces) should be inserted between references after the paragraph.

Dear Author(s), It is well known that providing references in articles is important. For this reason, you should use the examples we have shared with you in your articles. We will ask you to make corrections so that the sources that do not comply with this point are consistent with the citation. This step is mandatory when submitting the article.

You should match the example notations in the links in English to the notations of the local sources. Please read the explanations carefully!

* **If taken from the source article:**

Yurtsızoğlu, Z. (2023). A review on the economic and financial provisions of the new sports law. *Journal of ROL Sport Sciences, 4*(1), 381–393. https://doi.org/10.5281/zenodo.7741449

Yurtsızoğlu, Z., & Gül, O. (2022). Ethnocentric consumption tendency of sports team fans. *Journal of Management Sciences, 20*(45), 589-612.

Longmuir, P. E., & Bar-Or, O. (2000). Factors influencing the physical activity levels of youths with physical and sensory disabilities. *Adapted Physical Activity Quarterly, 17*(1), 40-53.

Kibler, W. B., Press, J., & Sciascia, A. (2006). The role of core stability in athletic function. *Sports Medicine, 36*(3), 189-198.

 Çağlar, E. Ç., Ceylan, L., Ağralı Ermiş, S., Çamiçi, F., Eliöz, M., Uzun, R. N., ... et al. (2025). Rapid weight loss and combat athletes: A study on psychological resilience and mechanical hyperalgesia. *Frontiers in Psychology, 16*, 1545048.

* ***Parenthetical Cite(s)*:** (Grady et al., 2019) / (Yurtsızoğlu & Gül, 2022)
* ***In-text cite (Narrative cite) /imprint notation:*** Grany et al. (2019) / Yurtsızoğlu and Gül (2022)
* **If the source is taken from similar and/or different works of the same authors in the same year:**

Balkis, M., & Duru, E. (2016a). The analysis of relationships among person-environment fit, academic satisfaction, procrastination and academic achievement. *Pamukkale University Journal of Education,* (39)*,* 119-129.

Balkis, M., & Duru, E. (2016b). Procrastination, self-regulation failure, academic life satisfaction and emotional well-being: inadequate regulation or misregulation, *European Journal of Educational Psychology, 31*(3), 439-459.

* ***Parenthetical Cite(s)*:** (Balkis & Duru, 2016a) / (Balkis & Duru, 2016b)
* ***In-text cite (Narrative cite) /imprint notation:*** Balkis and Duru (2016a) / Balkis and Duru (2016b)

[**Please visit the link for more example demonstrations.**](https://apastyle.apa.org/style-grammar-guidelines/references/examples/journal-article-references)

* **If taken from the source paper:**

[**Please visit the link for a sample demonstration.**](https://apastyle.apa.org/style-grammar-guidelines/references/examples/conference-presentation-references)

* **If the source is taken from a thesis:**

[**Please visit the link for a sample demonstration.**](https://apastyle.apa.org/style-grammar-guidelines/references/examples/published-dissertation-references)

* **If the source is taken from an unpublished thesis:**

[**Please visit the link for a sample demonstration.**](https://apastyle.apa.org/style-grammar-guidelines/references/examples/unpublished-dissertation-references)

* **If taken from the source book:**

[**Please visit the link for a sample demonstration.**](https://apastyle.apa.org/style-grammar-guidelines/references/examples/book-references)

* **If taken from an editor book:**

[**Please visit the link for a sample demonstration.**](https://apastyle.apa.org/style-grammar-guidelines/references/examples/edited-book-chapter-references)

* **If the translation is taken from a book:**

Willardson J. M. (2018). Core gelişimi. (1. Baskı). (Ç. Bulgan, M. A. Başar, Çev.). İstanbul: İstanbul Tıp Kitabevleri.

* **Web Document, Web Page or Report if taken from the source:**

[**Please visit the link for a sample demonstration.**](https://apastyle.apa.org/style-grammar-guidelines/references/examples/webpage-website-references)

* **If the source is from a newspaper:**

[**Please visit the link for a sample demonstration.**](https://apastyle.apa.org/style-grammar-guidelines/references/examples/newspaper-article-references)



This study is licensed under a [**Creative Commons Attribution-NonCommercial 4.0 International License (CC BY 4.0).**](https://creativecommons.org/licenses/by/4.0/)