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| **Abstract** | **Keywords** |
| **Aim:** Xxxxxxxx xxxxxx xxx xxxxxxxxxxx xxxxxxx xxxxxxxxx xxxxxxxx xxxxxxxxx xxxxxxxx xxxxxxxxx xxxxx xxxxxxxx xxxxxxxxx xxxxxx xxxxxxxx xxxx xxxxxxxx. **Methods:** Xxxxxxxx xxxxxx xxx xxxxxxxxxxx xxxxxxx xxxxxxxxx xxxxxxxx xxxxxxxxx xxxxxxxx xxxxxxxxx xxxxx xxxxxxxx xxxxxxxxx xxxxxx xxxxxxxx xxxx xxxxxxxx. Xxxxxxxx xxxxxx xxx xxxxxxxxxxx xxxxxxx xxxxxxxxx xxxxxxxx xxxxxxxxx xxxxxxxx xxxxxxxxx xxxxx xxxxxxxx xxxxxxxxx xxxxxx xxxxxxxx xxxx xxxxxxxx. Xxxxxxxx xxxxxx xxx xxxxxxxxxxx xxxxxxx xxxxxxxxx xxxxxxxx xxxxxxxxx xxxxxxxx xxxxxxxxx xxxxx xxxxxxxx xxxxxxxxx xxxxxx xxxxxxxx xxxx xxxxxxxx.**Results:** Xxxxxxxx xxxxxx xxx xxxxxxxxxxx xxxxxxx xxxxxxxxx xxxxxxxx xxxxxxxxx xxxxxxxx xxxxxxxxx xxxxx xxxxxxxx xxxxxxxxx xxxxxx xxxxxxxx xxxx xxxxxxxx. Xxxxxxxx xxxxxx xxx xxxxxxxxxxx xxxxxxx xxxxxxxxx xxxxxxxx xxxxxxxxx xxxxxxxx xxxxxxxxx xxxxx xxxxxxxx xxxxxxxxx xxxxxx xxxxxxxx xxxx xxxxxxxx. Xxxxxxxx xxxxxx xxx xxxxxxxxxxx xxxxxxx xxxxxxxxx xxxxxxxx xxxxxxxxx xxxxxxxx xxxxxxxxx xxxxx xxxxxxxx xxxxxxxxx xxxxxx xxxxxxxx xxxx xxxxxxxx.**Conclusion:** Xxxxxxxx xxxxxx xxx xxxxxxxxxxx xxxxxxx xxxxxxxxx xxxxxxxx xxxxxxxxx xxxxxxxx xxxxxxxxx xxxxx xxxxxxxx xxxxxxxxx xxxxxx xxxxxxxx xxxx xxxxxxxx. Xxxxxxxx xxxxxx xxx xxxxxxxxxxx xxxxxxx xxxxxxxxx xxxxxxxx xxxxxxxxx xxxxxxxx xxxxxxxxx xxxxx xxxxxxxx xxxxxxxxx xxxxxx xxxxxxxx xxxx xxxxxxxx. | Xxxx,Xxxxxxx,Xxxxxxxxx,XxxxxxxxxxxXxxxxxxxxxxxx **Article Info**Received: xx.xx.20xx Accepted: xx.xx.20xx Online Published: xx.xx.20xx**DOI:** 10.18826/useeabd.xxxxx |

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| **Özet** | **Anahtar Kelimeler** |
| **Amaç:** Xxxxxxxx xxxxxx xxx xxxxxxxxxxx xxxxxxx xxxxxxxxx xxxxxxxx xxxxxxxxx xxxxxxxx xxxxxxxxx xxxxx xxxxxxxx xxxxxxxxx xxxxxx xxxxxxxx xxxx xxxxxxxx. **Yöntem:** Xxxxxxxx xxxxxx xxx xxxxxxxxxxx xxxxxxx xxxxxxxxx xxxxxxxx xxxxxxxxx xxxxxxxx xxxxxxxxx xxxxx xxxxxxxx xxxxxxxxx xxxxxx xxxxxxxx xxxx xxxxxxxx. Xxxxxxxx xxxxxx xxx xxxxxxxxxxx xxxxxxx xxxxxxxxx xxxxxxxx xxxxxxxxx xxxxxxxx xxxxxxxxx xxxxx xxxxxxxx xxxxxxxxx xxxxxx xxxxxxxx xxxx xxxxxxxx. Xxxxxxxx xxxxxx xxx xxxxxxxxxxx xxxxxxx xxxxxxxxx xxxxxxxx xxxxxxxxx xxxxxxxx xxxxxxxxx xxxxx xxxxxxxx xxxxxxxxx xxxxxx xxxxxxxx xxxx xxxxxxxx.**Bulgular:** Xxxxxxxx xxxxxx xxx xxxxxxxxxxx xxxxxxx xxxxxxxxx xxxxxxxx xxxxxxxxx xxxxxxxx xxxxxxxxx xxxxx xxxxxxxx xxxxxxxxx xxxxxx xxxxxxxx xxxx xxxxxxxx. Xxxxxxxx xxxxxx xxx xxxxxxxxxxx xxxxxxx xxxxxxxxx xxxxxxxx xxxxxxxxx xxxxxxxx xxxxxxxxx xxxxx xxxxxxxx xxxxxxxxx xxxxxx xxxxxxxx xxxx xxxxxxxx. Xxxxxxxx xxxxxx xxx xxxxxxxxxxx xxxxxxx xxxxxxxxx xxxxxxxx xxxxxxxxx xxxxxxxx xxxxxxxxx xxxxx xxxxxxxx xxxxxxxxx xxxxxx xxxxxxxx xxxx xxxxxxxx.**Sonuç:** Xxxxxxxx xxxxxx xxx xxxxxxxxxxx xxxxxxx xxxxxxxxx xxxxxxxx xxxxxxxxx xxxxxxxx xxxxxxxxx xxxxx xxxxxxxx xxxxxxxxx xxxxxx xxxxxxxx xxxx xxxxxxxx. Xxxxxxxx xxxxxx xxx xxxxxxxxxxx xxxxxxx xxxxxxxxx xxxxxxxx xxxxxxxxx xxxxxxxx xxxxxxxxx xxxxx xxxxxxxx xxxxxxxxx xxxxxx xxxxxxxx xxxx xxxxxxxx. | Xxxx,Xxxxxxx,Xxxxxxxxx,XxxxxxxxxxxXxxxxxxxxxxxx **Yayın Bilgisi**Gönderi Tarihi: X.X.202XKabul Tarihi: X.X.202XOnline Yayın Tarihi: X.X.202X**DOI:** 10.18826/useeabd.xxxxx |

**INTRODUCTION**

Xxxxxxx xxxxxxxxxxx xxxxxx xxxxxxxxxxx xxxxxxxxxxx xxxxxxxxxx xxxxxxxxxx xxxxx. Xxxxx xxx xxxx xxxxxx xxxxxxxxxx xxxxxxxxx xxx xxxxxx xxxxxx xx (Ahmet and Mehmet, 2023, p. 22). Xxxxx xxx xxxxxxx xxxxxxxxxx xxxxxxxxxxx xxxxxxxxxxxx xxxxxxxxxxxx xxxxxxxxxxx xxxxxxxxx xxxxxxxxxxxxxxx (Ali et al., 2023, p. 22). Xxxxxxx xxxxxxxxxxx xxxxxx xxxxxxxxxxx xxxxxxxxxxx xxxxxxxxxx xxxxxxxxxx xxxxx. Xxxxx xxx xxxx xxxxxx xxxxxxxxxx xxxxxxxxx xxx xxxxxx xxxxxx xx (Walker and Allen, 2023, p. 22). Xxxxx xxx xxxxxxx xxxxxxxxxx xxxxxxxxxxx xxxxxxxxxxxx xxxxxxxxxxxx xxxxxxxxxxx xxxxxxxxx xxxxxxxxxxxxxxx. Xxxxxxx xxxxxxxxxxx xxxxxx xxxxxxxxxxx xxxxxxxxxxx xxxxxxxxxx xxxxxxxxxx xxxxx.

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**METHOD**

***Model of the research***

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***The universe and sample of the research/study group of the research***

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***Data collection tools of the research***

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***Data analysis of the research***

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**FINDINGS**

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**Table X.** Descriptive results

|  |  |  |
| --- | --- | --- |
| Variables | f | % |
| Gender | Male | XX | Xx.xx |
| Female | XX | Xx.xx |
| Age | 18-20 yaş | XX | Xx.xx |
| 21-25 yaş | XX | Xx.xx |
| 26-30 yaş | XX | Xx.xx |
| Total | XX | 100 |

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**Table X**. The x variable mean score comparison results by gender

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Gender | f | X̄ | S.D. | t | p |
| Male | XX | X,xx | X,xx | X.xxx | X.xxx |
| Female | XX | X,xx | X,xx |
| *p<0.05; İndependent Samples t Test* |

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**Table X**. Xxxxxxx xxxxxxxxxxx xxxxxx xxxxxxxxxxx xxxxxxxxxxx xxxxxxxxxx xxxxxxxxxx xxxxx xxxxx xxxxx

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Xxxxxx | f | X̄ | S.D. | t | p |
| Xxxx | XX | X,xx | X,xx | X.xxx | X.xxx |
| Xxxx | XX | X,xx | X,xx |
| *p<0.05; İndependent Samples t Test* |

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**Table X.** The x variable mean score comparison results by age

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Age | n | X̄ | S.S. | t | p | Post Hoc |
| 18-20 | XX | X,xx | X,xx | X,xxx | X,xxx | 18-20>21-25 |
| 21-25 | XX | X,xx | X,xx |  |
| 26-30 | XX | X,xx | X,xx |  |
| *p<0.05; One Way ANOVA Test* |

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**Table X.** Correlation results between variables

|  |  |  |  |
| --- | --- | --- | --- |
| Değişkenler | 1 | 2 | 3 |
| XXXXX | 0,xxx\* | 0,xxx\* | 0,xxx\* |
| YYYYY | 0,xxx\* | 0,xxx\* | 0,xxx\* |
| ZZZZZZ | 0,xxx\*\* | 0,xxx\*\* | 0,xxx\*\* |
| *\*p<0,05 \*\*p<0,01 \*\*\*p<0,001; Pearson Korelation; 1=XXXXX; 2= YYYYY; 3= ZZZZZ*  |

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**Table X.** Pre-test and post-test analysis results

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|   | Group 1 (f=..)(Mean ± Sd) | Group 2 (f =..)(Mean ± Sd) | Difference (%)(Mean ± Sd) | Difference (%)(%95 GI) | p | ES |
| Age (years) | ……. | ……. | ……. | …… | …… | …… |
| Length (m) | ……. | ……. | ……. | …… | …… | …… |
| Mass (kg) | ……. | ……. | ……. | …… | …… | …… |
| Dependent Variable 1 | ……. | ……. | ……. | …… | …… | …… |
| Dependent Variable 2 | ……. | ……. | ……. | …… | …… | …… |
| Dependent Variable 3 | ……. | ……. | ……. | …… | …… | …… |
| *ES: Effect Size (Cohen’s d), GI: Confidence interval, f: Sample Size, Sd: standard deviation* |

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**Table X.** Pre-test and post-test analysis results

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|   | Pre-test(Mean ± Sd) | Final-test (Mean ± Sd) | Difference (%)(Mean ± Sd) | Difference (%)(%95 GA) | p | ES |
| Variable 1 | 8,12 ± 1,21 | 9,12 ± 1,21 | 11,1 ± 3,78 | 8,11 - 14,1  | …… | ……. |
| Variable 2 | ……. | ……. | ……. | …… | …… | …… |
| Variable 3 | M7,65 [5,11-10,1] | M9,25 [6,11-13,2] | M9,25 [6,11-13,2] | 7,11 - 9,87 | …… | r0,45 |
| *ES: Effect Size (Cohen’s d), Fark = (Final-test – Pre-test)/(Pre-test) × 100, GI: Confidence interval, M Medyan [25% - 75%] (percentiles), Mean r Non-parametrik test Effect Size, Sd: standart deviation* |

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**Table X.** Pre-test and post-test analysis results

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Variable | Group | Mean | SD | Min | Max | ∆ (M ± Sd) | 95% CI of ∆ | p | ES |
| Age | A | 32,9 | 2,3 | 19,1 | 27,0 | ……… | ………. | 0,90 | −0,04 |
| B | 33,0 | 3,0 | 18,8 | 32,2 |
| Training Age | A | 4,6 | 1,7 | 2,0 | 9,0 | ………. | ……….. | 0,32 | 0,35 |
| B | 3,9 | 2,3 | 2,0 | 100 |
| Length | A | 180 | 0,08 | 1,70 | 1,98 | ………… | ……….. | 0,43 | −0,28 |
| B | 1,83 | 0,06 | 1,73 | 1,95 |
| Body Mass | A | 79,2 | 8,1 | 67,0 | 93,0 | ………. | ……… | 0,89 | 0,05 |
| B | 78,8 | 10,1 | 59,1 | 102,0 |

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**Shape X**. Xxxxx xxxxx xx xxxxx results

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**DISCUSSION**

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**RESULTS**

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**SUGGESTIONS**

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**ACKNOWLEDGEMENT**

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**Ethical Approval Permission Information**

**Ethics Committee:** Xxxxx xxxx xxxx xx xxxxxx xxxxx xxxxxx xxxxx xxxxx xxxxxx xx xxxxx

**Division / Protocol No:** Xxxxx xxxx xxxx

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***Different sourcing examples***

***Article***

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***Congress Work***

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**CITING**

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