# Full Title of the Manuscript

# ABSTRACT

The abstract should be limited to 250 words, followed by 3 - 6 keywords not used in the title. The abstract should include sentences (without titles) related to the aim of the study, methods, results, and conclusions. Also, non-standard or uncommon abbreviations should be avoided. However, if necessary, they should be defined in the first-mentioned place in the abstract. In-text citations are not allowed in the abstract. Please don’t use indented paragraph or sub-headings in the abstract.

**Keywords:** keyword1, keyword2, keyword3

# INTRODUCTION

This section should orient the reader to the article's content and provide an understanding of the importance of the research. This section should clearly state the study's purpose, importance and scope. In addition, it should introduce the basic concepts related to the topic. Furthermore, the main questions or hypotheses of the research should be stated and explain to the reader what problems it aims to solve.

Introduction of the study should be written in this part. Cite related body of literature according to Publication Manual of the American Psychological Association, Seventh Edition (APA style 7th edition.) Please see the link (<https://apastyle.apa.org/style-grammar-guidelines/citations>) for in-text citation examples.

There is no limit to the word count in our journal. Our journal doesn’t charge any fee from the author(s) or institution(s) under any name. Please don't mention any information regarding the author(s)' personal information in the manuscript.

All articles should be submitted in Microsoft Word format (.doc or .docx) in Book Antiqua font, 11-point type. The automatic line numbering and page numbering functions to number the lines and pages should be used in the main text.

## Subheadings in Introduction

For subheadings in 2nd level, authors should use this formation.

# METHOD

## Participants

The participants of the study should be explained in this part. In this section, research participants should be identified. Demographic information (age, gender, education level, etc.) of the participants should be provided in this section. In addition, information on adherence to ethical rules and ethics committee approval for research involving humans or animals should be included in this section.

Note: In this section, the institution where the ethics committee approval was obtained should be written as XXX University (Year and number). The institution where the ethics committee approval was obtained should be clearly written on the **title page.**

## Procedures

The design of the study **must be** mention research, e.g. cross-sectional, longitudinal, experimental, etc. and sampling method should be included in this section. In addition, methods such as surveys, interviews, observations, or laboratory experiments should be described in this section. Moreover, while describing these methods, the tools and materials used in the research should also be mentioned in this section.

## Data Analysis

The data analysis of the study should be explained in this part. In the section, the statistical methods used in the research, the software used, content analysis, etc. should be explained in detail.

# RESULTS

The results of the manuscript should be explained in this part. All details such as tables, figures, etc. showing the research results should be included in this section. The number of each table, figure, etc. should be expressed primarily in the text. The main findings that are the focus of the research should be explained in detail in this section. In particular, findings that are noteworthy and/or unexpected in the research should be emphasized.

Direct quotations (and statements of the participants in qualitative studies) longer than forty (40) words must be indented (1,5 cm. from the left and right.) Direct quotations (and statements of the participants in qualitative studies) longer than forty (40) words must be indented (1,5 cm. from the left and right.) Direct quotations (and statements of the participants in qualitative studies) longer than forty (40) words must be indented (1,5 cm. from the left and right.).

Each table and figure should be referenced in the text.

Table 1

Comparison of Anthropometric Measurement Parameters of Training Groups

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Variables** | **Group** | **Test Time** | | | **t** | **p** |
| **Pre-Test** |  | **Post Test** |
| **Body Weight (kg)** | Static | 70.30±8.24 |  | 69.40±7.50 | 1.711 | 0.121 |
| Dynamic | 67.50±16.58 |  | 66.80±14.06 | 0.843 | 0.421 |
| **Height (cm)** | Static | 177.7±7.16 |  | 178.7±6.88 | -3.354 | **0.008\*** |
| Dynamic | 177.1±8.87 |  | 177.5±8.59 | -1.809 | 0.104 |
| **BMI (kg/m2)** | Static | 21.10±2.30 |  | 20.77±2.32 | 2.593 | **0.029\*** |
| Dynamic | 21.36±3.70 |  | 21.18±3.12 | 0.925 | 0.379 |
| **Waist Circumference (cm)** | Static | 79.20±2.44 |  | 76.70±3.02 | 2.866 | **0.019\*** |
| Dynamic | 79.40±10.93 |  | 78.4±7.53 | 0.826 | 0.430 |
| **Hip Circumference (cm)** | Static | 95.20±3.67 |  | 94.30±3.74 | 1.588 | 0.147 |
| Dynamic | 96.3±8.87 |  | 95.6±8.23 | 0.677 | 0.515 |
| **Waist-Hip Ratio** | Static | 0.83±0.03 |  | 0.81±0.02 | 1.856 | 0.096 |
| Dynamic | 0.82±0.41 |  | 0.82±0.31 | 0.217 | 0.833 |

\*: p< 0.05

Table 2

The Overall Findings in Participants' Values of Physical Fitness and BMI During the Investigation Period

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Tests** | **G-1** | **G-2** | ***p <*** | **ES** |
| **Pre-intervention period** (September 2021) | | | | |
| Push-up | 10.54±3.41 | 10.45±2.29 | 0.441 | 0.015 |
| Sprint – 30 m (sec) | 8.02±2.54 | 8.28±2.43 | 0.293 | 0.052 |
| 6MWT (m) | 365.09±109.67 | 382.66±107.62 | 0.233 | 0.118 |
| SLJ (cm) | 109.62±22.44 | 107.25±15.28 | 0.301 | 0.084 |
| SRT (cm) | 12.58±2.49 | 12.55±2.31 | 0.494 | 0.002 |
| BMI | 17.82±0.11 | 17.78±0.14 | 0.091 | 0.231 |
| **Post-intervention period** (December 2021) | | | | |
| Push-up | 12.35±2.55 | 13.54±3.13 | 0.028\* | 0.640 |
| Sprint – 30 m (sec) | 7.45±1.73 | 7.05±1.64 | 0.043\* | 0.570 |
| 6MWT (m) | 470.19±106.32 | 507.18±105.91 | 0.046\* | 0.559 |
| SLJ (cm) | 130.06±20.63 | 137.46±18.53 | 0.033\* | 0.611 |
| SRT (cm) | 18.49±3.82 | 18.74±3.91 | 0.344 | 0.065 |
| BMI | 17.73±0.14 | 17.47±0.22 | 0.012\* | 0.872 |

p: independent-samples t-test

\*: statistically significant

ES: effect size (magnitude of association between the variables)

# DISCUSSIONS

Discussion of the manuscript should be explained in this part. In this section, findings should be associated with the literature and important findings should be emphasized. Explanation of contradictory or inconsistent findings, if any. Comparisons between different groups or relationships between variables should be discussed with the support of the literature. Limitations of the study, if any, should be given at the end of this section.

## Limitations

The limitations of the study should be explained in this part.

# CONCLUSIONS

A final conclusion of the manuscript should be conveyed in this part. Suggestions for future research and practice can be mentioned here or as a sub-heading. This section should summarize the main findings of the research. Also in this section, the main points of the data obtained should be emphasized and these findings should be related to their general context. In addition, recommendations for future research should be made in this section.

# PRACTICAL IMPLICATIONS

The practical implications of the study should be explained in this part. This section should highlight the implications of the research for daily practice. It should also discuss the potential implications of the findings for practice. This section should explain how the concrete results of the research can be used, providing recommendations for professionals in the sectors.

# REFERENCES

(References should be written in APA 7 format. Please see the links for detailed information: [https://apastyle.apa.org/style-grammar-guidelines/references](https://apastyle.apa.org/style-grammar-guidelines/references%20)  <https://apastyle.apa.org/style-grammar-guidelines/references/examples>).

Semiz, K., Baran, E., & İnce, M. L. (2022). Restructuring a University Health-Related Physical Activity Course with Technology: A Design-Based Research. *Pamukkale Journal of Sport Sciences*, *13*(3), 191–216. <https://doi.org/10.54141/psbd.1166034>