

Authors are encouraged to submit high quality, original works which have not appeared, nor are under consideration in other journals. Contributors are invited to submit their manuscripts electronically to Piotr Gronek, Editor-in-Chief at tss@awf.poznan.pl Papers are published only in English.

ORGANIZATION OF THE MANUSCRIPT

The instructions for authors are based on the ICMJE *Recommendations for the Conduct, Reporting, Editing, and Publication of Scholarly Work in Medical Journals* (up-dated December 2016) published by the International Committee of Medical Journals Editors, available at <http://www.icmje.org>.

Article content

The size of original and review articles should not exceed 20 pages, including references, tables, figures and abstract (standard page - 1800 characters). No more than 30 references (in review articles 45) should be provided. Short reports should be up to 10 pages long. Maximum 3 tables, 3 figures and 3 photographs can be enclosed.

General information

- Manuscripts should be sent to TSS in a Word file
- 1.5 line spacing and Times New Roman 12 points (16 points for the title) should be used throughout
- All margins should be 2.5 cm and the text should be justified
- Pages should be numbered
- Automatic word hyphenation should be turned off
- Type only one space following the end of a sentence
- Manuscripts should follow a standard division into paragraphs
- Highlighted parts of the text should be in bold print
- Do not use italics in the titles of section and subsections

Title page

The title page should include the following information:

- the title of the article (16 points, only the first word of the title should be capitalized, text should be justified, no period should be used following a title or a heading),
- full names of Authors and institutional affiliations. Do not provide academic degrees, positions or ranks,
- full name and e-mail address of the corresponding author. This signifies Author's consent for the publication of presented personal data.

At the bottom of the page additional information may be given regarding possible conflicts of interests, source(s) of support (grants, sponsorship etc.), acknowledgements, and the name of the conference at which the study was presented.

Abstract

The manuscript should be preceded by a uniform abstract. The text of the abstract should be justified and contain no more than 300 words. It should be divided into five one-paragraph sections with the bolded italic headings: *Introduction, Aim of Study, Material and Methods, Results, Conclusions*.

Key words

(no more than 10).

Text structure

The text of the manuscript should be divided into the following sections (a different arrangement and style of papers may be applied only to invited review articles):

Introduction: should be comprehensible to the reader, give a clear statement of the article and provide relevant context to support the basis for the paper and the significance of the work; please do not exhaustively review the literature. All abbreviations used in the text should be explained at their first use.

Aim of Study: clear, as short as possible

Material and Methods: is to explain in detail all the applied investigation methods mentioned in Results. The names of statistical methods and computer software used in the study should be given.

Results: the results of biochemical assays and other measurements should be given in SI units. Length, height, weight and volume measurements should be reported in metric units (meter, kilogram, litre) or their decimal multiples. Temperatures should be expressed in degrees Celsius. Enclose maximum 3 tables, 3 figures and 3 photographs to illustrate your data. All tables, figures and photographs must be referred to in the text of the manuscript.

Discussion: Please emphasize the new and important aspects of the research and conclusions derived from the study

Conclusions: clear and only pertaining to the discussed research

References: should be listed in alphabetical order. The number of cited references should not exceed 30 (in review articles 45). References should be provided in Vancouver style - it uses numbers within the text that refer to numbered entries in the reference list. Only published papers should be included. The reference format should be consistent with ICMJE recommendations (https://www.nlm.nih.gov/bsd/uniform_requirements.html). Provide the Digital Object Identifier (DOI) if one has been assigned. Abbreviation of the journal name should be used according to the list of journals indexed in Index Medicus.

Journal citation

A citation of a journal article should include authors' names and initials without periods, title of the paper, abbreviation of the journal name, year of publication, volume number and page numbers (first and last page of the article).

1. Up to six authors: Halpern SD, Ubel PA, Caplan AL. Solid-organ transplantation in HIV-infected patients. *N Engl J Med.* 2002 Jul 25;347(4):284-287.
2. More than six authors - list the first six authors followed by et al.: Rose ME, Huerbin MB, Melick J, Marion DW, Palmer AM, Schiding JK, et al. Regulation of interstitial excitatory amino acid concentrations after cortical contusion injury. *Brain Res.* 2002;935(1-2):40-46.
3. *Article published electronically ahead of the print version:* Yu WM, Hawley TS, Hawley RG, Qu CK. Immortalization of yolk sac-derived precursor cells. *Blood.* 2002 Nov 15;100(10):3828-3831. Epub 2002 Jul 5.

Book citation

References to books should include surname(s) of the author(s) with first name initials (list the first six authors followed by et al.), title, number of edition (not required for the first edition), city and name of the Publishing House and year of publication.

1. Gardiner PF. *Advanced neuromuscular exercise physiology.* Champaign: Human Kinetics; 2011.

Book chapter

References to book chapters should include surname(s) of the author(s) of the chapter with first name initials without periods (list the first six authors followed by et al.), chapter title, and after indicating In: surname(s) of the author(s)/editor(s) with first name initials, title of the book, number of edition (not required for the first edition), city and name of the Publishing House and year of publication followed by p. and page numbers of chapter, e.g.

1. Renson R., Sport Historiography in Belgium. Status and Perspectives. In: Renson R, Lämmer M, Riordan J, editors. Practising Sport History. Sankt Augustin: Akademia Verlag Richarz; 1987. pp. 1-18.

All titles and institutional names in languages other than English (including Greek, Polish, German, French, etc.) should be provided with their English equivalents, e.g.:

1. Drees L, Der Ursprung der Olympischen Spiele (Origins of the Olympic Games), Verlag Karl Hofmann, Schorndorf 1974.

Punctuation used in references must strictly follow the above examples.

References to Internet publications are allowed (with complete web page addresses), only if no corresponding data is available in print literature.

Citations

When cited in the text, only the respective number of a reference should be used. No other system of references will be accepted.

Tables

Each table should be on a separate A4 sheet, with a brief descriptive title at the top using the full word Table. All abbreviations should be explained in a footnote to the table where they appear. The tables should be numbered using Arabic numerals (1, 2, 3, 4, etc.).

Figures

Figures should be sent on separate A4 sheets as well as on separate files. Legends for the figures should be explained in full and appear on a separate page. All abbreviations should be explained in footnotes.

All photographs, graphs, diagrams should be referred to as figures and should be numbered consecutively in the text using Roman numerals (I, II, III, etc.).

Figures should be accompanied by data from which they were made. The Editor has the right to create figures based on the enclosed data.

Figures and legends to Figures should be provided in a single text file.

Abbreviations and symbols

Use only standard abbreviations and symbols. The expansion of an abbreviation should precede its first use in the text and be repeated in the legend under a figure or a table in which the abbreviation is used.

Papers which do not adhere to these guidelines will be returned to the author for corrections and improvements.