

## Instructions for Authors

Authors are encouraged to submit high quality, original manuscripts (that have not appeared, nor are under consideration in other journals) electronically via Editorial System at <https://www.editorialsystem.com/tss/>.

### 1. 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* published by the International Committee of Medical Journals Editors, available at <https://www.icmje.org/recommendations/>.

Please prepare all submitted manuscripts precisely in accordance with the following guidelines.

All submitted manuscripts should adhere to TSS Editorial Policy available at <http://tss.awf.poznan.pl/>.

For studies that require approval from a bioethics committee, a notice with the name of the committee as well as the number and date of this approval should be included in the Material and Methods section.

### Article content

The size of original and review articles should not exceed 20 pages, including references, tables, figures, and abstract. Short reports and short reviews 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 should be used throughout.
- All margins should be 2.5 cm and the text should be justified.
- Pages should be numbered.
- Only full papers are reviewed; abstracts are not considered for review.
- Papers are published only in English - preferred American English version (AmE).
- Tables and figures should not be included in the manuscript body.
- Automatic word hyphenation should be turned off.
- Type only one space following the end of a sentence.
- Highlighted parts of the text should be in bold print.
- Do not use capital letters alone, italics, or underlining in the titles of sections and subsections (except in reasonable cases).
- Numbers, when needed, should be given with a period (e.g., 21.37). For numbers between -1 and 1, a zero should be placed before the period (e.g., 0.13).

### 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): Abstract, Introduction, Aim of Study, Material and Methods, Results, Discussion, Conclusion, References (see below for more information).

**Abstract:** should be structured (“Introduction”, “Aim of Study”, “Material and Methods”, “Results” and “Conclusion”) and should not exceed 1800 characters.

**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, addressing exactly and only the purpose of the research.

**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.

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**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, liter) or their decimal multiples. Temperatures should be expressed in degrees Celsius. Enclose a maximum of 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 on the discussed research. Each conclusion should refer directly to the aim of study.

**References:** Vancouver style is preferred. The list should be ordered numerically based on the in-text citations (see below). Each reference should be listed in the order of its first appearance, not alphabetically. The number of cited references should not exceed 30 (in review articles 45). Only published papers should be included. The reference format should be consistent with ICMJE recommendations ([https://www.nlm.nih.gov/bsd/uniform\\_requirements.html](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, the 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 an 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, the 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 page numbers of the 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)*. Schorndorf : Karl Hofmann; 1974.

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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.

### **In-text citations**

Citations are identified by numbers assigned in the order they appear in the manuscript and should be indicated in the text by a number(s) in square brackets, e.g., [4] or [4, 6, 11] or [2-5, 7], etc. If a sentence ends with a reference indication, the period should be placed after the square bracket.

### **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 Arabic numerals (1, 2, 3, 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 that do not adhere to these guidelines will be returned to the author for corrections and improvements.

## **2. SUBMISSION**

Manuscripts must be submitted in English (AmE) to TRENDS in Sport Sciences Editorial Office via Editorial System at: <https://www.editorialsystem.com/tss/>. All files should be labeled with the Author's name, the first three words of the manuscript title and file name. The text, tables, figures, and photographs should be placed in separate files. For the text, we recommend using Word for Windows. Figures, graphs, and diagrams may be drawn using widely available software. The recommended formats include \*.PNG, \*.GIF, \*.TIF, \*.JPG, \*.XLS. Titles and contents of tables and figures should be given in English (AmE).