

GUIDELINES FOR AUTHORS

Categories of Manuscripts

Journal of Physical Activity & Sports invites, considers, and publishes manuscripts in the following categories:

Full-Length Original Articles: Full-length original articles comprise reports of empirical research and other studies of up to 3,500 words of text (abstract of up to 250 words), plus tables and figures, and references.

Review Articles: Review articles present state-of-the science literature reviews of up to 4,000 words of text (abstract of up to 250 words), plus tables and figures, and references.

Manuscript Submission Requirements

All manuscripts should be submitted online at the Journal of Physical Activity & Sports submission email address jpas.contact@ust.edu.al at website <http://www.ust.edu.al>

The site contains detailed instructions on how to submit and information of the review process. All manuscripts will be assigned a manuscript number, and authors will receive email confirmation after the reviewing process.

Authors should not transmit hard copies of their manuscripts to the journal office or email address. Inquiries regarding a manuscript or the journal should be directed to jpas.support@ust.edu.al.

Style and format: All manuscripts should be prepared in accordance with the style and format requirements of the Publication Manual of the American Psychological Association (6th edition). The manuscript, including captions, footnotes, tables, and references, must be double-spaced with 1-inch margins in a 12-point font.

The elements of a manuscript should include: title page, abstract, body of text, references, and tables, figures or other graphic images.

Title page: The title page should include the title only so as to blind the work to reviewers.

Abstract: An abstract of up to 250 words (unless otherwise indicated) followed by up to 6 keywords, must accompany each submission.

Body of text: Introduction, methods, results, and discussion (including implications for theory, policy, and/or practice).

References: All references should be prepared in accordance with the format and style requirements of the Publication Manual of the American Psychological Association (6th edition) as:

Sallis J F (2004). Behavioral and Environmental Interventions to Promote Youth Physical Activity and Prevent Obesity, Childhood Obesity Task Force.Philanthropic Collaborative for a Healthy Georgia pp. 16–29.

Sallis J F and Glanz K (2009). Physical activity and food environments: solutions to the obesity epidemic., *Milbank Q* 87(1), 123–154

Stodden D, Langendorfer S and Robertson M A (2009). The association between motor skill competence and physical fitness in young adults.,*Res Q Exerc Sport* 80(2), 223–229.

References to unpublished material are discouraged. Footnotes to the text should be avoided.

Tables and figures: All tables, figures, and graphic images should be cited sequentially in text, numbered, and accompanied by explanatory captions, and constructed in accordance with the style and format requirements of the APA Publication Manual.

Do not include tables and figures within the body of the manuscript; tables and figures can be included at the end of the document or sending via email in separate document files.

Language and other requirements: Manuscripts must be submitted in English.

Manuscripts reporting the results of an intervention should provide a detailed description of the intervention in the methods section.

Appendixes and supplemental material: Appendixes should not be included in the manuscript. However, appendixes containing questionnaires and instruments, intervention materials, supplemental data analyses, or other materials or information that are proposed by the authors(s) and deemed to be valuable by the editor may be made available for public access via links to a section for such material at the Sports University of Tirana website.

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