

**“AUREL VLAICU” UNIVERSITY OF ARAD
FACULTY OF PHYSICAL EDUCATION AND SPORT
RESEARCH CENTER FOR PHYSICAL ACTIVITIES**

Aims and Scope

“Arena - Journal of Physical Activities”, (ISSN 2285 - 830X / 2012), is the journal of the Faculty of Physical Education, from Aurel Vlaicu University of Arad. The aim of the journal is to encourage and promote young researchers in the field of physical activities.

Also, magazine “Arena - Journal of Physical Activities”, provides all those interested in the broad field of physical activities or sport and health through movement - (students, teachers, coaches, kinetherapists, doctors, etc.) the opportunity of publishing original articles, following recommendations for authors , in a specialized publication indexed in international databases.”

Instructions for Authors Who Want to Publish Articles in „ARENA – Journal of Physical Activities”

Manuscripts submitted for publication should be clearly identified as **Original articles**:

- articles reporting the previously unpublished results of completed scientific experiments conducted by the authors, confirming or refuting a clearly defined research hypothesis.

Manuscripts. All manuscripts must be written in English, typed single-spaced in Times New Roman, size 12 font with wide margins and include an abstract of no more than 250 words.

Style. The manuscripts should be written in first person using the active voice.

Formats of numbers and all other style matters should follow the **APA Publication Manual - sixth edition** (<http://www.apastyle.org/>).

Manuscripts must be submitted electronically, on line, or via email to: viorel.ardelean@uav.ro or to the contact persons .

Content

The Title of the Article (should accurately reflect the content of the manuscript);

The Full Names of the Authors and Institutional Affiliations (without academic titles);

Parts and Order of the Manuscript

The articles should include the following elements, in order:

Abstract: must be limited to 250 words and accurately reflect the content of the manuscript. Include the following headings: Purpose, Methods, Results and Conclusions. A list of 3-5 key words, not repeating wording used in the title, should follow the abstract.

Introduction: should give the scientific rationale for researching the given topic, the primary issues and controversies, the aim of the study. Only pertinent references should be cited.

Methods: The Methods section should be limited to material available at the time of the study design and should contain essential information regarding how the experiment or research was conducted. The protocol of data acquisition, procedures, investigated parameters, methods of measurements and apparatus should be described in sufficient detail to allow other scientists to reproduce the results. The study subjects/participants should be described in terms of number, age and sex. All investigations with human subjects should conform to the Code of Ethics of the World Medical Association (Declaration of Helsinki)

The statistical methods should be described in detail to enable verification of the reported results.

Results: The results should be presented in a logical sequence, given the most important findings first and addressing the stated

objectives. The number of tables and figures should be limited to those absolutely needed to confirm or refute the thesis.

Discussion: The authors should deal only with new or important aspects of the results obtained. Material from the Results section should not be repeated, nor new material introduced. The relevance of the findings in the context of existing literature or contemporary practice should be addressed.

Conclusions: Only conclusions supported by the study findings should be included.

Acknowledgments: list all those who have contributed to the research; financial and other material support should be disclosed and acknowledged.

References: Each citation in the text must be designated by a superscripted numeral and full information must appear in the list of references. The references list should follow the APA Publication Manual - sixth edition.

Figures and tables: Each figure and table should have a caption that is self-explanatory and defines all abbreviations. They should not be in color. Photographic images can be submitted if they are saved in JPEG format at a resolution of 300 dpi.

Note: by sending the works, author / authors declare that they are original, not plagiarized and express all responsibility for their content.

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