

## SPORT – SCIENCE AND PRACTICE

### INSTRUCTIONS FOR THE AUTHORS

The scientific journal SPORTS – SCIENCE AND PRACTICE is an official publication of the College of Sports and Health from Belgrade, and from December 2023, of the Faculty of Sport and Psychology - Tims from Novi Sad, as well. It was established in 2009, and it publishes original scientific, review and professional papers from areas analogous with sports and health (<http://sportnaukaipraksa.vss.edu.rs/snp-en.asp>).

The journal is published online once a year, in December, in Serbian and English.

The journal is indexed by the **Serbian Citation Index (SCIndeks)**, in the **C1 category – Distinguished journal of national importance and high publishing quality in Social sciences research area** ([https://scindeks.ceon.rs/journaldetails.aspx?issn=1821-2077 &lang=en](https://scindeks.ceon.rs/journaldetails.aspx?issn=1821-2077&lang=en)).

In addition, the journal is indexed by international **Directory of Open Access Journals (DOAJ)**.

Before submitting their papers, all authors are advised to familiarise themselves with the journal's editorial policy, which is described in detail at the following link: <https://scindeks.ceon.rs/PublicationPolicy.aspx?issn=1821-2077&lang=en>.

When writing and publishing papers, the authors are obliged to respect scientific and ethical principles, in accordance with international and academic standards.

All manuscripts are to be submitted electronically, via a system for online editing and publishing of journals - ASEESTANT (<https://aseestant.ceon.rs/index.php/snp/>). In exceptional cases, a manuscript can be submitted to the following email address: [redakcija@vss.edu.rs](mailto:redakcija@vss.edu.rs).

The manuscripts must be previously unpublished (the exceptions are abstracts from scientific conferences, lectures and academic theses), and not undergoing editing in another journal. Parallel submission of the same paper to another journal constitutes a misconduct and eliminates the manuscript from further consideration. When the manuscript is accepted for publication, it must not be published in another journal in Serbian, English or any other language. **All manuscripts are screened for plagiarism immediately after submission**, using iThenticate/CrossRef within SCIndeks Assistant.

A cover letter is sent with the manuscript, its aim being to present the authors and point to the essence, significance and original scientific and professional contribution of the paper. The letter is to include the first and last names of the authors, date of birth, the affiliation, academic title and position, email address (business email, if possible) and a phone number. It is also necessary to provide **the identification number of each author (ORCID – Open Researcher and Contributor ID)**, which can be obtained by the authors by registering on: <https://orcid.org/>. **A paper can have a maximum of three co-authors**, and in case of original scientific papers that involve collective research on field, up to five co-authors are allowed.

After reading the manuscript, the editor makes a decision regarding further proceedings. The manuscript is sent to the reviewers or back to the author with appropriate comments, or rejected. A paper is not accepted for publication if it does not comply with the standards of the journal, or if the topic of the paper is not relevant.

All manuscripts undergo editing. The identity of the reviewer and author is anonymous (*double-blind review*). There are two reviewers for each manuscript, from the relevant scientific area. After the review, the manuscripts are accepted for publication or refused, or returned to the authors for changes according to reviewers' suggestions. **The manuscript needs both reviews to be positive to be accepted for publication**. In cases of completely opposing views of the reviewers, a third reviewer may be hired.

**After receiving a positive review and formatting the final version of the paper** in Serbian, the authors are obliged to submit the English version, which must be true to the original. Therefore, it is necessary to submit **quality and professionally translated papers**; otherwise, the translation will be returned for revision.

### Use of Artificial Intelligence (AI) <sup>1</sup>

In the preparation of manuscripts for publication in *Sport - Science and Practice*, AI tools may be used exclusively for the creation of AI-assisted, but not AI-generated content.

AI tools must not be used as a substitute for human critical thinking, scholarly judgment, or professional expertise. Artificial intelligence technologies must always be applied under direct human supervision and control. All intellectual content — including ideas, analyses, interpretations, and conclusions — must be exclusively the work of the authors.

Under no circumstances may an AI tool be listed as an author or co-author, nor may it be cited as the author of a referenced work.

The use of AI tools is permitted only for limited linguistic and technical purposes, including:

- grammar and spelling corrections;
- stylistic refinement of text previously written by the authors;
- assistance with formatting (tables, figures, charts, etc.), provided that such use is disclosed in the Acknowledgments;
- technical assistance, such as code debugging.

Failure to disclose the use of AI tools in a manuscript constitutes a breach of publication ethics and, if confirmed, may result in rejection of the manuscript and the application of measures in accordance with the guidelines of relevant ethical bodies.

It is not permitted to use AI tools for:

- generating substantial portions of the manuscript, particularly ideas, data, results, images, tables, or similar content;
- modifying scientific arguments or interpretations;
- altering data or generating references;
- submitting a manuscript that is not the result of the authors' own scholarly work.

In all cases, authors bear full responsibility for the originality, accuracy, and integrity of their work.

The use of AI tools in the research process underlying the manuscript is not prohibited, provided that such use is scientifically justified and described in detail in the Methods section or an equivalent part of the manuscript. A detailed description must include the name of the AI tool, the provider, the date of access, the prompt(s) used, and the purpose of use.

### Disclaimer

Authors are exclusively responsible for the contents of their submissions. Authors affirm that the article contains no unfounded or unlawful statements and does not violate the rights of third parties.

**The views expressed in the published works do not express the views of the Editors and the Editorial Staff.** The authors take legal and moral responsibility for the ideas expressed in the articles. Publisher shall have no liability in the event of issuance of any claims for damages. The Publisher will not be held legally responsible should there be any claims for compensation.

\* \* \*

Publishing papers in the journal *Sport – Science and Practice* is completely **free of charge**.

### THE STYLE AND STRUCTURE OF THE TEXTS

The papers are sent in *MS Word*, using the *Times New Roman 12pt* font. The papers should not exceed 15 A4 pages, including all tables, diagrams, charts, graphs and references. The texts are usually monospaced, and all four margins (upper, lower, left and right) are 2.54 cm.

The following format is used for writing original scientific papers: INTRODUCTION, METHOD, RESULTS, DISCUSSION, CONCLUSIONS, REFERENCES.

---

<sup>1</sup> Retrieved from: <https://scindeks.ceon.rs/PublicationPolicy.aspx?issn=1821-2077&lang=en>

The bibliographical-speculative method is used and deviations from the suggested structure for original research papers are allowed, while the author will adapt the structure to the contents of the prepared material, taking into account the proper marking of chapters and subsections. The numbering is the same as with the original papers (1. XXXX, 2. YYYY, 2.1. Yyyy, 2.2. Yyyy, etc.). Every claim, new classification, or synthesis of knowledge, should be based on the results of previous researches.

#### THE TITLE OF THE PAPER

The title should contain the following information:

- a precise and informative title which does not contain abbreviations
- in the case of empirical scientific papers, it is necessary to specify the variables and the nature of their links with the title
- the first and last names of all authors, without their titles
- the institution where the author works, as well as the city and state, should be noted underneath the name of every author
- a footnote notes the email address of the author for possible correspondence

#### ABSTRACT AND KEYWORDS

The abstract should include a general review of the topic. It must contain a defined aim and objective of the paper, a short description of the applied research proceedings, the most relevant results and conclusion. The abstract should be from 150-250 words.

Up to 5 keywords are given below the abstract.

#### INTRODUCTION

The introduction should contain a short review of the relevant research. **All the used bibliographical sources are to be mentioned in the references at the end of the article**, as well as in the text, noting the last names of the author and the year of publishing in parentheses. For example: (Lazarević and Havelka, 1981). Bibliographical sources SHOULD NOT be mentioned in the text in a footnote.

The topic and aim of research should be precisely defined, as well as the scientific validity and professional relevance of the researched topic.

In order for the paper to be more understandable to less informed readers, the editorial staff recommends that a short explanation of the basic concepts is given in this segment of the paper.

#### METHOD

This part should give a detailed description of the methodological procedure which would enable other researchers to repeat the testing.

It should contain the following subtitles: Samples, Variables, Techniques for data collecting, Testing procedures, Statistical analysis.

Every instrument used (survey, interview, scale, test etc.) must be shown in its integral form or illustrated in a shortened version.

#### RESULTS

In this part, it is necessary to concisely show the most important results, with short and clear instructions. It is possible to separate several parts, depending on the nature and complexity of the data. If shorter parts are used, it is necessary to label them precisely.

The results need to be presented and statistically processed (avoiding raw data). In the aim of a better assessment of results, it is optimal to use tables, graphs and images, and not repeat the data analyzed in the text. **Each table, graph, or image must be clearly numbered and mentioned in the text.** For example: Image 1, Graph 1, Table 1, Table 2, etc.

Tables, diagrams and images are always numbered precisely and consistently. They are an integral part of the text, and not an addendum. The numbering and labeling of the tables, diagrams and images (the name explains the contents), are given **above the diagrams**.

#### DISCUSSION

The discussion should comment on the results of the research in regards to the initial expectations and hypotheses set in the paper. It should also be professional and based on data obtained in the research.

#### CONCLUSION

The conclusion contains a short description of the research and a concise revealing of the main results, as well as the possible further line of research and the potential of a practical application of the obtained results.

#### REFERENCES

A reference list of the used bibliographical units mentioned in the text is given at the end of the paper, according to the APA referencing model (7th edition):

[https://owl.purdue.edu/owl/research\\_and\\_citation/apa\\_style/apa\\_formatting\\_and\\_style\\_guide/index.html](https://owl.purdue.edu/owl/research_and_citation/apa_style/apa_formatting_and_style_guide/index.html)

- The bibliographical sources are quoted according to alphabetical order, using the last name of the author.
- Every bibliographical source is numbered.
- Bibliographic sources that are not mentioned anywhere in the paper cannot be included in the list of references.

#### **Examples of papers in periodical publications (journals, bulletins, etc.)**

Author, A.A., Author, B.B., & Author, C.C. (year). Title of paper. *Title of journal*, volume(number), pages.

Amanović, Đ., Milošević, M., Dopsaj, M., & Peric, D. (2006). Modeling variability of the assigned level of force during isometric contractions of the arms extensor muscles in untrained males. *Facta universitatis – Series: Physical education and sport*, 4(1), 35-48.

#### **Examples of non-periodical publications (textbooks, monographs, scripts, books, etc.)**

Author, A.A., Author, B.B., & Author, C.C. (year). *Title of research paper*. Edited by: Editor.

Cohen, M., & Nagel, E. (1982). *An Introduction to Logic and Scientific Method*. Beograd: Zavod za udžbenike i nastavna sredstva.

#### **Examples of chapters in non-periodical publications (textbooks, monographs, etc.)**

Author, A.A., Author, B.B., & Author, C.C. (year). Title of chapter. U: A. Editor, B. Editor, C. Editor, *Book title*. Edited by: Editor (pp. xxx-yyy).

Puczkó, L., & Rátz, T. (2007). Trailing Goethe, Humbert, and Ulysses – Cultural Routes in Tourism. In: G. Richards, *Cultural Tourism – Global and Local Perspectives*. New York: The Haworth press, Binghamton (pp. 131-148).

#### **Examples of references published in proceedings books from congresses and symposia**

Author, A.A., Author, B.B., & Author, C.C. (year). Title of chapter. In: A. Editor, B. Editor, C. Editor (Eds.), *Name of conference, congress or symposium* (pp. xxx-yyy). Published by: Editor.

Perić, D. (2003). Factorial structure of modern basketball. In: A. Naumovski (Ed.), *International conference of sport and physical education* (pp. 256-260). Skopje: Faculty of physical culture.

### Example of quoting sources from the Internet

Vujičić, I. (2020, July 21). *Kako pokreti ruku utiču na efikasnost trčanja?* Trčanje.rs. <https://www.trcanje.rs/trening/uticaj-kretanja-ruku-na-trcanje/>

For other cases of citing Internet sources, see:

[https://owl.purdue.edu/owl/research\\_and\\_citation/apa\\_style/apa\\_formatting\\_and\\_style\\_guide/reference\\_list\\_electronic\\_sources.html](https://owl.purdue.edu/owl/research_and_citation/apa_style/apa_formatting_and_style_guide/reference_list_electronic_sources.html)

\*\*\*\*\*

### Designing and marking tables

- The tables must be simple and easy to understand.
- The data analyzed in the text should not be repeated in the tables.
- Refer the data mentioned in the tables to the text in the paper.
- Number the tables (for example: Table 1, Table 2).
- While marking the tables, after their numbering, make a mention of the data in the tables.
- The number and title of table are written above it.
- The tables are always marked and numbered in the same way.
- The tables are an integral part of the text.

### Designing and marking diagrams

- It is desirable to include diagrams, charts, graphs, etc. in the paper.
- The data analyzed in the text should not be repeated in the diagrams.
- Refer the data in the diagrams to the text in the paper.
- Diagrams are to be listed by number (e.g.: Diagram 1, Graph 1).
- After their listing, mention the data they contain.
- The numbering and titles are noted under the diagram, chart, graph, etc.
- Diagrams are always numbered and marked in the same way.
- Diagrams are an integral part of the text.

### THE REVIEW OF THE BOOK

The journal can also publish a review of the relevant professional literature from the area corresponding to sports and health recently published. The review in a clear and fundamental way points to the significance and current validity of the book, as well as a review of the most important parts and contents. The title of the review must contain information references according to APA standards, these being the last name and initials of the author, the year of publication, the title (*italics*), the publisher, place of issue. Also included are the page number, the ISBN and COBISS number. The author of the book review signs it, along with a mandatory mentioning of the affiliation.

Example of the title of a book review:

#### Book review

Havelka N. and Lazarević LJ. (2011). *Psychology of sports management*.  
 Publisher: College of Sports and Health, Belgrade, Serbia; 384 pages; ISBN 978-83687-14-5;  
 COBISS.SR-ID 184385036