AUTHOR GUIDELINES

1. Plagiarism. Self-plagiarism. Article categories. Terms of publication of an article

2. General principles for the preparation of the manuscript. Article presentation style.

QUOTATIONS IN THE TEXT

TITLE PAGE

ANNOTATION

INTRODUCTION

HYPOTHESIS

THE AIM OF THE STUDY

MATERIAL AND METHODS

PARTICIPANTS

PROCEDURE (ORGANIZATION OF THE RESEARCH)

STATISTICAL ANALYSIS

RESULTS

DISCUSSION

CONCLUSIONS

ACKNOWLEDGMENT

LITERATURE

REFERENCES

TABLES. EQUATION. DRAWINGS. GRAPHS (DIAGRAMS).

MICROPHOTOGRAPHS. UNITS OF MEASUREMENT. ABBREVIATIONS AND SYMBOLS.

3. Transferring materials of the article

4. Accompanying documents to the article

PLAGIARISM, SELF-PLAGIARISM

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CATEGORIES OF ARTICLES

The journal publishes original empirical and theoretical articles, review articles and previous scientific reports, contributing to the expansion of knowledge about the most advanced technologies of physical education and sports, new directions of science development of health and healthy life style, recreational and therapeutic physical culture, modern studies in sports .

Empirical articles should be written concisely, using a scientific format [introduction, methods (including participants, tools and procedures), results, discussions, references].

Theoretical works should be based on the existing research literature and should critically analyze selected models and / or theories, or only presentation of empirical results if they are directly related to the theory.

The review article should critically evaluate materials that have already been published. The purpose of a review article is to analyze, evaluate and synthesize modern knowledge, and not just to reproduce what is already known. Review articles should consist of the following sections: problem definition, summary of previous research, explanation of the subject, contradictions, problems and suggestions for further research. According to preliminary data, the research should present the results of an empirical study that is still in progress and should be written using the same format as the empirical research described at the beginning of this section. However, these reports should be shorter than the standard manuscript.

1. Terms of publication of the article

The article submitted for publication must be relevant, novel, contain tasks (problems), description of the main results of a study obtained by an author, introduction and comply with the rules of design. Presenting the article for publication, the author (authors) thereby:

- agrees to post its full text on the Internet;

- agrees with the recommendations of the World Association of Medical Editors and COPE standards on the principles of ethics of scientific publications. Submission of a manuscript implies that it has not been published before, is not being considered for publication in other publications and, if accepted, will not be published elsewhere in the same form in English or any other language.

2. General principles for the preparation of a manuscript. Article presentation style. Citation in the text.

Manuscripts should be designed based on the general guidelines in the style outlined in the publication:

- uniform requirements for manuscripts submitted to biomedical journals;

- EASE (European Association of Science Editors) recommendations for authors and translators of scientific articles to be published in English.

Accurate and clear expression of your opinions and research information should be the main purpose of the scientific letter. Remember that accuracy and clarity are even more important when you are trying to get complex ideas. Avoid vague terminology and too much prose. Do not use several statements in one sentence. Use simple sentences with active statement. Do not use compound sentences, conjunctions and words and phrases connected with "i" in one sentence. Do not use abbreviations (except for the generally accepted ones), unfamiliar words, slang, jargon. Minimize the use of adjectives. Use direct and short sentences of up to 15-20 words. In one sentence - formulate one idea (opinion).

The editors reserve the right to make any final corrections to a manuscript to ensure consistency within the journal.

Manuscripts are to meet general requirements.

The text should be: 1.0 space, font Times New Roman, 10.

Margins: 2 cm on all sides.

Volume: 13,000 characters or more.

The title page must have the following information:

- title of an article (the most important assessment of a scientific article, it should also include information about the field of research);

- full names (name, patronymic - initials) and surnames of all authors;

- affiliation of authors (institution, higher educational establishment, etc.): if the authors belong to several different institutions, superscript numbers should be used to distribute the names of authors to the relevant institutions;

- full address, telephone number, e-mail address of the respective author.

Abstract (in English, Russian, Ukrainian) must contain:

- structured data (up to 250 words), consisting of the following sections:

Introduction and purpose of the study: it is necessary to describe the rationale for the study based on previous work in relation to the one being studied clearly. This section should end with the approval of a specific issue to be addressed or a hypothesis.

Next, *a purpose of the study* should be indicated.

Material and methods: it is necessary to list the used methods, without resorting to big methodical details and to mark the most important results. You must include sample sizes for the main experiments.

Results: the main results should be listed without entry. Only basic statistical values should be added in parentheses.

Conclusions: key points need to be provided as clearly as possible. A brief, general interpretation of the results and / or specific recommendations for future research may be included.

- from 5 to 6 keywords (not from the name);

- glossary (up to 40 words as needed) with links to keywords and special terms, representing the meaning, definition or explanation of words, phrases and so on.

MAIN TEXT (Introduction, Material and Methods, Results, Discussion, Conclusions, Funding, Acknowledgments, Glossary (if necessary) and References):

Introduction. The problem should be presented briefly, especially emphasizing the level of knowledge of the authors about the problem at the beginning of the review. It should be noted that one of the indicators of the level of knowledge about the problem is the ratio of cited sources of domestic authors to references to articles from English-language journals. Another indicator of the level of knowledge about the problem is a reference to their previous research on the topic of the article. In the analysis of publications on the topic of the article it is necessary to show: what has been succeeded and what the authors of these researches has failed to solve. It is necessary to allocate the problems not solved by other authors. The introduction should contain a HYPOTHESIS.

Aim of a study. After a HYPOTHESIS it is necessary to formulate the PURPOSE OF RESEARCH.

Material and methods. This section should be short but sufficient to allow other researchers to repeat the study. This section should contain three sections (You can add other sections if necessary):

1. **Participants:** indicate the number of participants, age. Note that all participants gave informed consent to participate in this experiment.
2. **Procedure (organization of research):** gives a reader brief information about each step of research. This summary should be short, accurate and logical. The reader should not be burdened with too many details. It is necessary to give enough information so that the reader can follow what is being done. Indicate which devices, equipment, tests were used.

3. Statistical analysis: in the subtitle

Statistical analysis: authors should explain which statistical tests were used to analyze their data and justify the use of these tests. It is necessary to ensure that:

a) all tests listed in the section "Material and methods" in the framework of statistical analysis,

as well as

b) that all these tests are actually used in the study. From this section, every reader needs to be able to understand exactly which test was used for each comparison of the data presented in the Results section.

At the end of a statistical analysis, the authors should indicate the level of significance and the statistical programs used. We draw the authors' attention to the fact that a simple list of research methods used by the editors is not accepted.

The set of observations or experimental techniques which were used, the organization of the study, including criteria such as age, gender, the need to use them depending on the circumstances, etc., should be clearly described. The data collection protocol, procedures, test parameters, measurement methods and equipment should be described in sufficient detail to allow other scientists to reproduce the results. References to the methods used must be provided. The following should be provided: references and a brief description of the methods used. Little-known and significantly modified methods should be described in detail. The grounds for their use should be provided, together with an assessment of their limitations. The names of the chemicals and devices used must be accompanied by information about the manufacturer (name, city and country) in parentheses.

Statistical methods should be described in detail to verify the results presented. It is necessary to list the criteria used and the method of determining each criterion in a specific data analysis. It should be repeated in the "Results" section. Statistical data should be shown together with the data in the text, as well as in tables and figures. It is necessary to present the exact data, with three decimal places.

Providing information about a study participants requires their official consent. This is documented in the text of the manuscript. Where there is any unavoidable risk of invasion of privacy - for example, in a clinical photograph or in detailed circumstances - a person's written consent to the publication of the data, which is copied in a journal, is required.

Information on the approval of research and its results by the ethics committee should also be provided. With the participation of children in the experiments, the written consent of their parents must be obtained, as indicated in this section. Post-experimental reports on humans should indicate whether the procedures were conducted in accordance with the ethical standards of the responsible committee for experimental rights or the 2008 Declaration of Helsinki. The editors reserve the right to request any initial data from the authors at any stage in the process of review or publication, and after publication as well. Refusal to provide the requested information may result in delayed publication or cancellation.

Results should be presented concisely and reasonably. It is necessary to limit the number of tables and figures (graphs) needed to explain the argument of this document, and assess their need. You cannot duplicate data in the form of graphs and tables. It is necessary to give the number of observations and reports, as well as the exclusion or loss of observations (for example, dropped out of the study subjects). The results should be presented in a logical sequence in the text, as well as in tables and figures that are consistent with the text with the help of reference notes. All data from tables or graphs should not be repeated in the text. It is necessary to emphasize only important observations and show trends.

Discussion (or Discussion of Results) should include the interpretation of results of a study, as well as results considered in the context of the results in other studies described in the literature. Data or other material from the

"Introduction" or "Results" section should not be repeated in detail. In the discussion it is necessary to include the issues arising from the conclusions, limitations for the scope of conclusions, as well as prospects for future research. Discussion should be opposed by the results of other studies, especially those mentioned in the text.

It is necessary to show which researches of other authors confirm legitimacy of your research; highlight the novelty of your results. The volume of the "Discussion" section is to be equal or greater than the text part of the "Results" section.

Conclusions should not repeat the results. It is necessary to reflect what follows from the results. They should also be related to the objectives of a study. New hypotheses can be formulated if justified; include recommendations as needed. Unqualified statements and conclusions that are completely unsupported by the data obtained should be avoided.

The main points are to present especially important information that authors would like to highlight.

Acknowledgments. All participants who do not meet the authorship criteria should be identified, such as technical assistants, assistants, text operators or the head of department, who provide only general support. It is necessary to describe their role. Financial and other material support must be disclosed and recognized. In the case of conducting a research in the context of the state budget topic, it is necessary to indicate it.

Conflict of persons' interest directly or indirectly related to the publication of the article or information contained therein. Otherwise, indicate "The author (s) declare that there is no conflict of interest".

References (≥20).

The list must be numbered. Links selected for publication should be selected according to their importance, accessibility, and, if possible, for further reading. References cited in the tables, captions to figures should be numbered, as they will be cited in the text in a certain sequence. References in the glossary should be numbered starting from the last line of citation in the text. If the article has a DOI, then it should be displayed in the link.

The formation of the list of references should be based on the following principles:

1) the editors believe that the author has full information about the problem, if the bibliography contains references to articles from English-language journals of the last 5 years. The editors believe that such links should be at least 50%.

2) the editorial board believes that the article should present 2-3 fundamental works of domestic authors and 2-3 foreign ones on the researched problem.

3) the editors consider it necessary to refer to 2-3 of their previous works on the research problem. Thus, the author confirms his status as an expert in a certain problem.

4) the editorial board considers it obligatory to have references to the works of other specialists on the researched problem, both domestic and foreign. There may be 20, 30, 50 or more such links. See our latest issues of the journal. The sufficiency of references in review articles is determined by 2 reviewers to whom the article is submitted by the editors.

Examples of bibliographic description - see the new state standard DSTU 8302: 2015. Its main differences from the previous one are as follows: All the names of the authors are indicated sequentially and then the main name of the source (twice the names are not repeated). The main name of the source is indicated below. Put a dot instead of / and //. The hyphen sign is replaced by a space (it simply does not exist). There must be no spaces in front of punctuation marks.

The journal uses the **ARA** style for the list of references.

The rules for making ARA references are based on the author-year system, i.e. the author's name and the date of creation of the source are indicated inside the text: (Rogalevitš, 2017).

References should be provided for each paragraph or sentence that is not written by an author of a work or in formulation of which other people's thoughts and ideas were used.

For a paragraph, a reference is added after the full stop, for a proposal - at the end of the sentence before the full stop or inside, depending on the wording of the text (Ainsaar, 2016).

References for sources in Russian, Ukrainian, Polish. The surnames and initials of the authors are written in transliteration. A title of a work is translated into English. The title of the publication is written in transliteration (if there is no English version). At the end of the source it is necessary to indicate the language in which it is published (In Russian).

Tables

Numbering. Tables should be numbered in Arabic numerals; there should be references in the text in order of numbers, for example, "Table 1". Each table must be mentioned at least once in the text in the appropriate order. In a printed document, placement of tables will be determined by their first mention in a text.

Format. Every table should have a short title (less than a sentence); larger descriptions or secondary information should be included in the footnote. All tables should be typed only according to horizontal rules; vertical rules are not used. Tables should not contain empty rows. Each column, including the first, must have a title. Column headings should be marked with short entries (one or two words); the first letter of each word - with a capital letter. Units should be given in parentheses just below the column headings, not listed in the data in the table body.

Tables are to accompany a manuscript. Tables should not duplicate results presented elsewhere in the manuscript (e.g, graphs). All necessary explanations and the legend of abbreviations should be specified. The data should be organized so that the relevant elements are read down, not across.

The data in the columns must correspond to the chronological order of their collection when read from left to right. Each column header for numeric data must include the units of measurement that apply to all data according to the header. It is necessary to select the appropriate units of CO, so that the values given in the table were in the range from 0-999. Large numbers can be expressed in smaller units with the appropriate column headings.

It is necessary to determine statistical indicators of variations, such as standard deviation and standard error of the mean value. Internal horizontal and vertical rules cannot be used. Each table must be cited in the text. If you use data from another published or unpublished source, it is necessary to make an appropriate reference.

Equations created in the formula editor Microsoft Word 2007, 2010, or 2011 create problems because their display in the editor is not 100% accurate. Therefore, it is recommended to use the MathType formula editor to create equations.

Long equations should be placed in a text and numbered sequentially. After the equation it is necessary to refer to it by number (for example, "equation 1", "equations. 3 and 4"). If all or some of the equations look simple (on a single baseline), use plain text and fonts:

$$E\ (m) \bullet R = D + [\exp\ (-it)] + D- [\exp\ (it)] \tag{1}$$

Complex equations must be embedded using standard plug-ins such as MathType or Equation Editor Word:

$$\lambda_{ef}(t) = \frac{2}{3\sqrt{\pi}}\lambda(t) \qquad (2)$$

If a manuscript includes many equations or diagrams, they can be collected in a table of equations that can be displayed as a figure.

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Images should contain the following information:

- name;
- all necessary explanations of symbols and outputs, written continuously;
- statistics.

One should not put the name of the picture on its image. Several drawings related to the same subject, shown in stages, should be noticed Figure 1 A, B, C and so on, not fig. 1, 2, 3.

The symbols must be constant throughout the series of figures. Simple symbols such as closed and open circles, triangles, and squares should be used. Different types of connecting lines can be used. Meanings of symbols and lines must be defined in a legend. Axes should be equal in length so as to make diagrams square. Each axis must be marked with a description of the variable it means. Only the first letter of the first word should be capitalized. Marking must be parallel to the corresponding axis. The axes must not extend beyond the last digit and must never end with arrows. Units of measurement should be chosen so that the expressed values can be in the range from 0 to 999.

Graphs or charts should be provided as complete Excel files. One should not draw three-dimensional graphs unless absolutely necessary. Do not shade the background and use grids.

Photomicrographs must be labeled internally. Symbols, arrows, or letters used in microphotography should contrast with the background. If photographs of people or objects are used, they must not be identified or their photographs must be accompanied by written permission to use the photograph. If a figure, graph, diagram, photomicrograph, diagram, etc. have been published, the original must be acknowledged and written permission must be provided by a copyright owner to reproduce material. It requires permission, regardless of authorship or publisher, for public domain documents, with exceptions.

Units of measurement must be presented in metric units (meter, kilogram, liter). The temperature should be given in degrees Celsius. Blood pressure should be given in millimeters of mercury.

Abbreviations and symbols. Only standard abbreviations can be used. Abbreviations in the title and annotations should be avoided. The full term must be preceded by an abbreviation when it is first used in a text, unless it is a standard unit of measurement.