The First Letters in the Title Should Be Capitalized and Centered in 12-point Times New Roman Font, Bold

Abstract

Author names and institution information will not be written in this file. The summary should be written here. It should be written in Times New Roman, 10 pt, 1 line spacing. It should be a single paragraph, not exceeding 300 words. The summary should begin with a one-sentence introductory sentence stating why you need to do the work. Introduction, purpose, subjects or research group, data collection tools, procedure method, data analysis, briefly findings, a brief conclusion should be included, but should not be given as titles. Author names and institution information will not be written in this file. The summary should be written here. It should be written in Times New Roman, 10 pt, 1 line spacing. It should be a single paragraph, not exceeding 300 words. The summary should begin with a one-sentence introductory sentence stating why you need to do the work. Introduction, purpose, subjects or research group, data collection tools, procedure method, data analysis, briefly findings, a brief conclusion should be included, but should not be given as titles. Author names and institution information will not be written in this file. The summary should be written here. It should be written in Times New Roman, 10 pt, 1 line spacing. It should be a single paragraph, not exceeding 300 words. The summary should begin with a one-sentence introductory sentence stating why you need to do the work. Introduction, purpose, subjects or research group, data collection tools, procedure method, data analysis, briefly findings, a brief conclusion should be included, but should not be given as titles. (It is important to pay attention to the word count. **Articles over 300 words will be rejected as a rule**. This section should be designed to summarize the work without giving citations).

**Keywords:** Athlete, football, imagery (Alphabetical order, comma separated between words, minimum 3 and maximum 5 words)

INTRODUCTION

Article Text; Times New Roman 12 font size, without indentation and 1.15 line spacing. Page margins should be 2.5 cm on all sides (bottom, top, right, left). A space of 6 spaces should be added between sections or after paragraphs. In addition, 12 spaces should be added before the main sections (Introduction, Methods, Results, Discussion and Conclusion, References).

In this section, the subject of the study, the problem with its justifications and the theoretical or conceptual framework of the research should be presented, and an evaluation of the main sources should be made. Definitions, abbreviations, assumptions and limitations, if any, should be presented in this section with justifications. Authors are also requested to pay meticulous attention to the citation rules.

When citing the source in the text, the surname of the author(s) and the date of the work are written in parentheses after the quoted statement and the parenthesis is closed. Example: If the cited text has a single author, it is shown as (Yalçın, 2020). If the cited text has two authors, it is indicated as (Işık & Cicioğlu, 2016). If the cited text has more than two authors, it is indicated as (Gümüş et al., 2020).

When citing, if more than one author has expressed the same opinion, the work of the author with the younger year is placed first, and the authors are separated by semicolons (;). Example: Cited text (Ayhan et al., 2018; Bayram, 2022; Şahin & Yalçın, 2024).

If the source is mentioned at the beginning, the surname of the author is written and the year of citation is indicated in parentheses. Example: Akbulut et al. (2022) as the cited text.

The purpose and importance of the research must be stated at the end of the introduction.

Method

**Research Model**

Detailed information about the research design and model should be given.

**Research Group**

The research group should be written here in detail. It should be written in Times New Roman font, 12 point, 1.15 line spacing, justified.

**Data Collection Tools**

Write the data collection tools here. As in the examples below, bold and italicize the scale headings and subheadings.

*Psychological Well-Being Scale:* Write the explanations about the scale here.

*Height Scale:* Write the explanations about the data collection tool here.

**Data Collection / Procedure**

Write the data collection process here.

**Data Analysis**

Write the analysis methods applied in the study here.

FINDINGS

The table title should be in Times New Roman font, 10 point size and well leaned to the side. There should be 6 pt space after the table title. Tables should be given in APA style. Vertical lines should not be used. Only the first letter of the table title should be capitalized. The text and numbers inside the table should be prepared as 10 points.

Tablo 1. Katılımcıların spor yapma değişkenine ilişkin t-testi sonuçları

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Scale | Doing Sport  | n | **Mean** or **X̄** | SD | t | p |
| Self-confidence | Yes | 270 | 4.36 | .89 | 2.966 | **.003\*** |
| No | 136 | 4.08 | .92 |
| \*p<.05 |

Table descriptions should be written under the table in 12-point Times New Roman font and 1.15 line spacing.

If a figure or picture is to be shown in the study, it should be shown by indicating the source from which it was taken.

Figure 1. The relationship between self-confidence and concentration (Burton & Readeke, 2008).

Figure numbers and titles should appear below the figures. The title of the figure should be written in Times New Roman in 10 pt font size and 6 pt space should be left after the title. Only the first letter of the figure title should be capitalized.

Figure legends, captions and figures should be in 12-point font. Times New Roman font and 1.5 line spacing.

**DISCUSSION AND CONCLUSION**

It should include the explanation and discussion of the findings obtained in the study in the light of the literature. Comparison with the studies in the literature is stated in this section together with the researcher's comments. In this section, the meaning of the findings and the weaknesses or strengths of the study and their limitations should be mentioned. The meaning of the results obtained from the study, unexplained questions, new assumptions when necessary should be stated. The results obtained from the research should be briefly stated.

Recommendations

Recommendations obtained from the research should be briefly stated.

References

References should be given in alphabetical order. It should be written in Times New Roman character with 10 pt. font size and single line spacing. The DOI number of each source should be checked carefully. Those with DOI numbers should be added with http... extension. Footnote references should not be used in the research.

Akbulut, T., & Agopyan, A. (2015). Effects of an eight-week proprioceptive neuromuscular facilitation stretching program on kicking speed and range of motion in young male soccer players. *The Journal of Strength & Conditioning Research, 29*(12), 3412-3423.

Bologna, C. (2019, October 31). *Why some people with anxiety love watching horror movies.* HuffPost. https://www.huffpost.com/entry/anxiety-love-watching-horror-movies\_l\_5d277587e4b02a5a5d57b59e

Cohen, J. (1988). *Statistical power analysis for the behavioral sciences* (2nd Ed.).Lawrence Erlbaum Associates.

Göncü, B. S., Kılıç, Y., & Yalçın, İ. (2024). Moods and Prosocial Motivation Levels of Athletes. *Turkish Journal of Sport and Exercise, 26*(3), 529-536. <https://doi.org/10.15314/tsed.1479198>

Gumus, H., & Isik, O. (2018). The relationship of physical activity level, leisure motivation and quality of life in candidate teachers. *International Journal of Progressive Education, 14*(5), 22-32.

Karaoğlu, B., Pepe, O. (2018, 4-6 December). *The effect of problem-solving skills of fear of the negative assessments university student* [Oral presentation]. 5th International Conference of Physical Education and Sports Science, Nevşehir/Türkiye.

Karasar, N. (2012). *Bilimsel araştırma yöntemi* (21. Baskı). Nobel Publishing.

Koç, M. C., Ayar, H., Gümüş, H., & Çimen, K. (2019). Leisure motivation and leisure satisfaction: A practice on open water swimming competitions. *OPUS International Journal of Society Researches, 13*(19), 1914-1929. <https://doi.org/10.26466/opus.596597>

Şahinler, Y., & Ekinci, N. E. (2024). Tenis Sporcularında Sakatlık (Yaralanma): Sistematik Bir İnceleme. *Sportif Bakış: Spor ve Eğitim Bilimleri Dergisi*, *11*(3), 289-301. <https://doi.org/10.33468/sbsebd.388>

Yalçın, İ. (2018). *Investigation of the relationship between imagery and self-confidence in professional football players.* Doctoral dissertation, Sakarya University, Institute of Educational Sciences, Department of Physical Education and Sports, Sakarya.

Yousefi, Z., Abedi, M., Baghban, I., Eatemadi, O., & Abedi, A. (2011). Personal and situational variables, and career concerns: Predicting career adaptability in young adults. *The Spanish Journal of Psychology, 14*(1), 263-271. <https://doi.org/10.25307/jssr.328103>

**REFENCES CITATION RULES**

**Journal Article:**

a) Single author:

Taştan, P. (2020). Sporcularda uykusuzluğun aromaterapi ile tedavisi. *Sportif Bakış: Spor ve Eğitim Bilimleri Dergisi, 7*(2), 151-158. <https://doi.org/10.33468/sbsebd.142>

Sunay, H. (2020). Türkiye’de antrenör eğitim programlarının etkinliği (1994 ve 2002 farklı yönetmeliklere göre). *Sportif Bakış: Spor ve Eğitim Bilimleri Dergisi, 7*(1), 44-74. <https://doi.org/10.33468/sbsebd.120>

***Cited in-text:***

(Sunay, 2020)

(Taştan, 2020)

**b) Two authors:**

Erdoğan Ünal, A., & Bayazıt, B. (2022). İlkokul öğrencilerine uygulanan eğlenceli atletizm çalışmalarının motor gelişime etkisinin incelenmesi. *Sportif Bakış: Spor ve Eğitim Bilimleri Dergisi, 9*(2), 239-249. <https://doi.org/10.33468/sbsebd.291>

Tarım, M. E., & Orhan, R. (2024). Spor lisesi öğrencilerinin prososyal davranışları ile spor karakterlerinin araştırılması. *Sportif Bakış: Spor ve Eğitim Bilimleri Dergisi, 11*(3), 381-399. <https://doi.org/10.33468/sbsebd.411>

***Cited in-text:***

(Erdoğan Ünal & Bayazıt, 2022)

(Tarım & Orhan, 2024)

**c) Three or more authors:**

Fırat, Z., Zorba, E., Gürsoy, A. R., Turğut, T., & Özant, M. İ. (2024). Türkiye’de spor alanında yapılmış otizm tanısı almış bireylerin aileleriyle ilgili lisansüstü tezlerin içerik analizi (2013-2023). *Sportif Bakış: Spor ve Eğitim Bilimleri Dergisi, 11*(2), 236-246. <https://doi.org/10.33468/sbsebd.385>

Ünlü, H., Aktaş, Ö., ve Büyüktaş, B. (2021). Spor bilimleri öğrencilerinin uzaktan eğitime yönelik tutum ve görüşlerinin incelenmesi. *Spor Bilimleri Araştırmaları Dergisi, 6*(2), 294-306. <https://doi.org/10.25307/jssr.961588>

***Cited in-text:***

(Fırat vd., 2024)

(Ünlü vd., 2021)

Book References:

a) Single author:

Cohen, J. (1988). *Statistical power analysis for the behavioral sciences* (2. Baskı). Lawrence Erlbaum Associates.

Karasar, N. (2012). *Bilimsel araştırma yöntemi (21. baskı).* Nobel Yayınevi.

***Cited in-text:***

(Cohen, 1988)

(Karasar, 2012)

**b) Two authors:**

Pedersen, P. M., & Thibault, L. (2018). *Contemporary sport management*. Human Kinetics.

Yıldırım, A., ve Şimşek, H. (2011). Sosyal bilimlerde nitel araştırma yöntemleri. Seçkin.

***Cited in-text:***

(Pedersen & Thibault, 2018)

(Yıldırım & Şimşek, 2012)

**c) Three or more authors:**

Andrew, D. P., Pedersen, P. M., & McEvoy, C. D. (2019). *Research methods and design in sport management*. Human Kinetics.

Büyüköztürk, Ş., Akgün, Ö. E., Demirel, F., Karadeniz, Ş., & Çakmak, E. K. (2015). *Bilimsel araştırma yöntemleri.* Pegem Akademi

***Cited in-text:***

(Andrew vd., 2019)

(Büyüköztürk vd., 2015)

Edited book or an edited e-book:

Dillard, J. P. (2020). Currents in the study of persuasion. In M.B. Oliver, A. A. Raney, & J. Bryant (Eds.), *Media effects: Advances in theory and research* (4. Baskı, s.115-129). Routlegde.

Uztuğ, F. (2003). İletişim engel ve etmenleri. U. Demiray (Ed.), Meslek yüksekokulları için genel iletişim İçinde (s. 188-196). Pegem Akademi.

***Cited in-text:***

(Dillard, 2020)

(Uztuğ, 2003)

Anonymous:

Anonymous. (2000). *Sporcu istatistikleri.* T.C. Başbakanlık Devlet İstatistik Enstitüsü, Ankara: No:180.

***Cited in-text:***

(Anonim, 2020)

Congress or Conference presentation:

Yalçın, İ. (2020,10-12 Nisan). *The relationship between smartphone addiction and academic self-efficacy in sports students [*Oral presentation]. ERPA International Education Congress, Belgrade/Serbia.

.

***Cited in-text:***

(Yalçın, 2020)

Published Dissertation or Thesis References

Ekinci, N. E (2017). *Investigation of university students' awareness of recreational activities.* Doctoral dissertation, Dumlupınar University, Institute of Health Sciences, Department of Physical Education and Sports, Kütahya.

***Cited in-text:***

(Ekinci, 2017)

**Webpage on a Website References**

**a) With author**

Bıyıkoğlu, A. (2025, Ocak 23). *Spor yapan çocukların özgüveni artıyor.* https://www.milliyet.com.tr/cocuk/spor-yapan-cocuklarin-ozguveni-artiyor-2058525

***Cited in-text:***

(Yıldız, 2021)

**a) Without author**

World Health Organization. (2018, May 24). *The top 10 causes of death.* https://www.who.int/news-room/fact-sheets/detail/the-top-10-causes-of-death

***Cited in-text:***

 (World Health Organization, 2018)

**Newspaper:**

Harlan, C. (2013, April 2). North Korea vows to restart shuttered nuclear reactor that can make bomb-grade plutonium. The Washington Post, A1, A4.

Stobbe, M. (2020, January 8). Cancer death rate in U.S. sees largest one-year drop ever. Chicago Tribune.

***Cited in-text:***

(Harlan, 2013).

**Online Dictionary:**

Türk Dil Kurumu (2022). Spor. İçinde Güncel Türkçe sözlük. Date of access: Ocak 17, 2022, <https://sozluk.gov.tr/>

***Cited in-text:***

(Türk Dil Kurumu, 2022).