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.

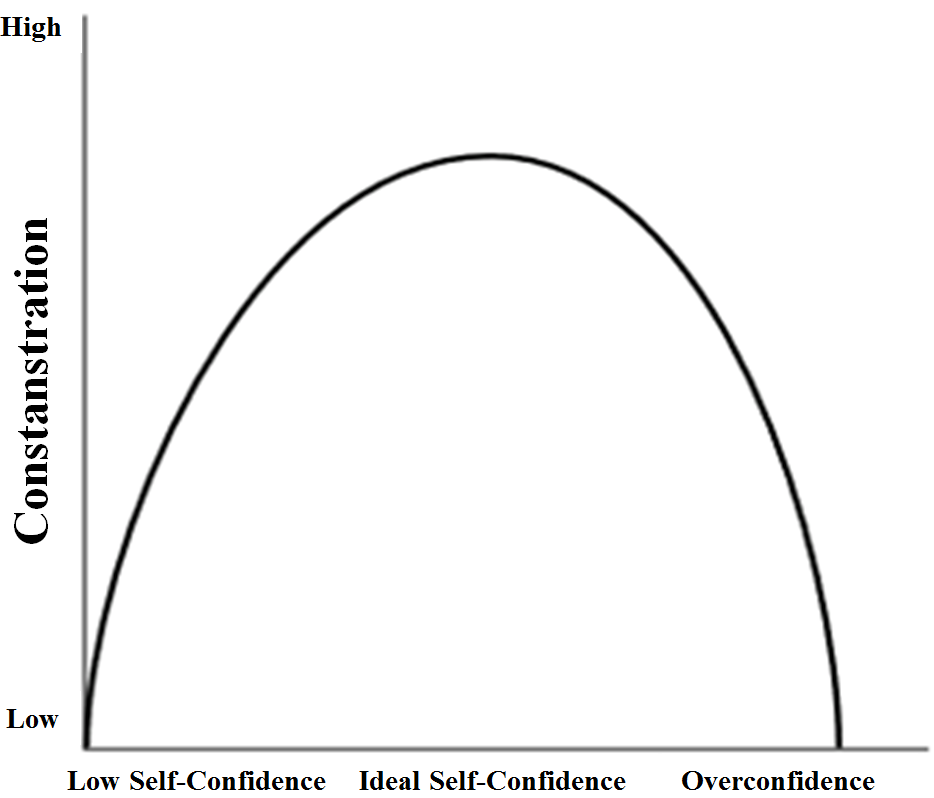


Figure 1. The relationship between self-confidence and concentration (Burton & Readeke, 2008).

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.

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**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>

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***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>

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**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>

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