

## **Guidelines for Contributors**

### **Instruction to Authors**

The **LASE Journal of Sport Science** is a journal of published manuscripts in English from various fields of sport science. It covers the following types of papers:

- *original research papers* (maximum 12 standard pages of typescript, including tables, figures, references and abstract),
- *review papers* commissioned by the Editor (maximum 20 standard pages of typescript, including documentation),
- *short communications* (maximum 3 standard pages of typescript plus one table or figure and up to 5 references),
- *letters to the Editor* delivering an opinion or a comment to published manuscripts (maximum 2 standard pages of typescripts),
- *current news* (information on conference, abstracts of PhD. theses and Post-Doc. theses, book reviews, biographical notes),
- *advertisements* that may be covered on separate pages of the journal (prices are subjects to individual negotiations).

Format – Microsoft Word 97-2003 or 2007 format.

Page format – 190x260 mm.

Text – single column (font Times New Roman, letter size 12 pt), line spacing – Single, paragraph alignment – Justified, left margin – 20mm, right margin – 20mm, bottom margin – 25mm.

## Style

Papers should be written in a clear, concise style appropriate to an international readership.

Familiar technical terms may be used without explanation. Acronyms and abbreviations are likely to need full presentation at least once.

## Content

Research or project reports, case studies of practice, action research reports, and reports on teaching practice or techniques will be accepted.

Research reports should include a description of the practical application(s) of the ideas tested, while reports of teaching practice or techniques should contain an explanation of the theoretical foundation underlying the practice or technique in question.

Material in the form of illustrations or photos is welcomed. This material should be accompanied by text clearly setting out its philosophical or practical origins or implications. All material should be clearly referenced to its sources.

## Manuscript specification

Articles must be submitted in English and only to the **LASE Journal of Sport Science**.

Authors should observe the ethics of manuscript preparation (avoiding duplicate publication, inaccuracy of citations, fraudulent publication, plagiarism and self-plagiarism).

Copyright will be owned by the publisher: **LASE Journal of Sport Science**. A properly completed Transfer of Copyright Agreement must be provided for each submitted manuscript. A form is available at journal website.

Authors are responsible for the factual accuracy of their papers, for obtaining permission to

reproduce text or illustrations from other publications and for an ethical attitude regarding the persons mentioned in the manuscript.

The manuscripts should be arranged as follows:

1. Title page
2. Abstract
3. Body text

**Title page** should contain: title of the paper, first and last names of authors with affiliation, first and last name of corresponding authors with postal address, telephone, fax and e-mail.

**Abstract** (up to 250 words) consisting of the following sections: justification and aim of the study, material and methods, results, conclusions, as well as 3-6 key words, should be provided before the body text.

**Body text** should be sectioned into: Introduction, Material and Methods, Results, Discussion, Conclusions, Acknowledgements (If necessary) and References. In articles of others types, the text should follow in a logical sequence and headings of its particular sections should reflect issues discussed therein.

*Introduction* – should be short and concise; it should introduce readers into research problems addressed in the study as well justify undertaking the research and specify its aim.

*Material and methods* – should describe the subject of the study (in the case of human subjects data should include their number, age, sex and any other typical characteristics) and methods applied in a sufficiently exhaustive way to enable readers to repeat the experiments or observations. For generally known methods only references should be given, whereas detailed descriptions are to be provided for new or substantially modified methods.

*Results* – should be presented in a logical sequence in the text, tables and figures. Data collated in table and figures should not be repeated in the text which should summarize the most important observations.

*Discussion* – should emphasize new or important aspects of experimental results and discuss their implications. Results of own studies are to be compared with findings described in the respective domestic and international references used by the Authors.

*Conclusions* – should be started in points or descriptively and should be logically connected with objectives stated in the *Introduction*. Statements and conclusions not derived from own observations should be avoided.

*References* – following instructions for Authors on References (APA style).

### **Citing in-text**

Following artificial text shows different types of in-text citation:

Claessens (2010) found evidence that attention will be given to multi-compartment models, such as the 3-water, 3-mineral and 4-compartment models, to assess percentage of body fat. However, Raslanas, Petkus and Griškoniš (2010) noted that Aerobic physical load of low intensity got 35.1 % of total trainings time. Research on physical loading also focused on identifying the basis of many years' research of physical activity (Bytniewski et al. 2010). According to Ezerskis (2010), "... heavy physical loads had the undulating character depending

on the dynamics of workloads...” (p. 71) yet girls are more ascertained that the Track & Field training helps to develop courage.

## Instructions for Authors on References (APA style)

This document describes standards for preparing the references in the APA style. The following sections give detailed instructions on citing books, journal articles, newspaper articles, conference papers, theses, webpages and others.

Please provide all the required elements in the references to your paper. Please pay particular attention to spelling, capitalization and punctuation. Accuracy and completeness of references are the responsibilities of the author. Before submitting your article, please ensure you have checked your paper for any relevant references you may have missed.

A complete reference should give the reader enough information to find the relevant article. If the article/book has DOI number, the author should include it in the references. And most importantly, complete and correct references may allow automatic creation of active links by the MetaPress technology that we use for making the electronic version of our journal. Active reference linking is regarded as the greatest benefit of electronic publishing and it adds a lot of value to your publication.

### 1. Book

#### a. Book (one author)

*Format:*

Author. (Year of publication). *Book title*. Place of publication: Publisher.

*Example:*

Pawlucki, A. (2003). *Personalism for sport pedagogy*. Gdansk: Academy of Physical Education and Sport.

#### b. Book (two or more authors)

*Format:*

Author1, Author2, & Author3. (Year of publication). *Book title*. Place of publication: Publisher.

*Example:*

DePauw K.P., Gavron, S.J. (1995). *Disability and sport*. Champaign: Human Kinetics.

**c. Book chapter or article in an edited book**

*Format:*

Author(s) of chapter. (Year of publication). Chapter title. In Editors of the book (Eds.), *Book title* (Chapter page range). Place of publication: Publisher.

*Example:*

Wrigley, T.V. (2000) Correlation with athletic performance. In L.E.Brown (Eds.) *Isokinetics in human performance* (pp.42-73). Champaign, IL: Human Kinetics.

**d. Proceedings from a conference**

*Format:*

Author(s). (Year of publication). Title. In Conference name, Date (Page range). Place of publication: Publisher.

*Example:*

Jaruznij, N. (2000). Influence of different kind aerobic classes on flexibility development for adult women. In Health related physical activity in adults. European Conference, 22-25 June 2000 (pp.91-94) Porec, Croatia: Confederation Europeane Sport Sante.

**e. ebook**

*Format:*

Author(s). (Year of publication). *Title*. Publisher. Retrieving date, http address. DOI.

*Example:*

Adams, B.B. (2006) *Sports Dermatology*. Springer. 25th May 2010, <http://springerlink.com/content/p3gl7w/?p=41a2c59bee734048af3205f60747421b&pi=47>. DOI [10.1007/978-0-387-40045-7](https://doi.org/10.1007/978-0-387-40045-7)

**f. Thesis**

*Format:*

Author(s). (Year of publication). *Title*. Information, Place of publication.

*Example:*

Claessens A.L. (2010). *Body composition assessment in athletes: concepts and methodological considerations with emphasis on the densitometric two-compartment model*. Abstract from 3rd Baltic Sport Science Conference, Latvian Academy of Sport Education, Riga, Latvia.

### **g. Report**

*Format:*

Author(s). (Year of publication). *Title*. Place of publication: Publisher. (Report number)

*Example:*

Osgood, D. W., & Wilson, J. K. (1990). *Covariation of adolescent health problems*. Lincoln: University of Nebraska. (NTIS No. PB 91-154 377/AS)

### **h. Government publication**

*Format:*

Institution name. (Year of publication). *Title*. Place of publication: Publisher.

*Example:*

Commission of The European Communities (2005) *The EU action in the field of Education through Sport: Achievements* Brussels. *building on eyes.*

## **2. Article**

### **a. Journal article (one author)**

*Format:*

Author. (Year of publication). Article title. *Journal Title*, volume(issue), range of pages. DOI.

*Example:*

[Weiner](#), H.R. (2001). Brain injuries in sports: Guidelines for managing concussions. [Comprehensive Therapy](#)

,  
*Volume 27*

, Number 4 / December (pp. 330-332). DOI 10.1007/s12019-001-0031-3.

### **b. Journal article (two or more authors)**

*Format:*

Author1, Author2, & Author3. (Year of publication). Article title. *Journal Title*, volume(issue), range of pages. DOI.

*Example:*

Paul, J. L., & Marfo, K. (2001). Preparation of educational researchers in philosophical foundations of inquiry. *Review of Educational Research*, 71(4), 525-547. DOI: 10.3102/00346543071004525.

### **c. Journal article from an online database**

*Format:*

Author(s). (Year of publication). Article title [Electronic version]. *Journal Title*, volume(issue), range of pages. Retrieved date of access, from name of database. DOI.

*Example:*

Van Scotter, J. R., & Motowidlo, S. J. (1996). Interpersonal facilitation and job dedication as separate facets of contextual performance. *Journal of Applied Psychology*, 81(5), 525-531. Retrieved October 22, 2002 from PsycINFO database. DOI: 10.1037/0021-9010.81.5.525.

**d. Newspaper article (no author)**

*Format:*

Article title. (Publication date). Journal Title. page.

*Example:*

Cyclists Find New Method for Using an Old Doping Tool (2010, May 26). New York Times, p.B15.

**e. Entry in an encyclopaedia**

*Format:*

Author. (Year of publication). Article title. *In Encyclopedia title* (volume number, pages). Place of publication: Encyclopaedia name.

*Example:*

Liponski, W. (2004). Ice Hokey. *In World sport encyclopedia* (pp. 278-280). Ozgraf: *World sport encyclopedia*

**3. Other formats**

**a. Web page**

*Format:*

Author/Sponsor. (last update or copyright date). *Title*. Retrieved date of access, from URL.

*Example:*

**BrianMac Sports Coach. (2010, May). *Endurance Training*. Retrieved May 26, 2010, from <http://www.brianmac.co.uk/enduranc.htm>**

**b. Lecture note**

*Format:*

Author(s). (Date of presentation). *Lecture title*. Lecture notes distributed in the unit, at the name of the teaching organisation, the location.

*Example:*

Kuzņecova, A. (2009, January 23). *Ētikas vērtības sportā*. Lecture notes distributed in Latvian



Academy of Sport Education, Latvia, Riga.

**c. Video**

*Format:*

Producer, P. P. (Producer), & Director, D.D. (Director). (Date of publication). Title of motion picture [Motion picture]. Country of origin: Studio or distributor.

*Example:*

Hammond, T. (2000, November 20). YAHC: Handle Parameters, DOI Genres, etc. Message posted to Ref-Links electronic mailing list, archived at <http://www.doi.org/mail-archive/ref-link/msg00088.html>

**f. Computer software**

*Format:*

Author(s). (Year). Title [computer software]. The location: Company.

*Example:*

Ludwig, T. (2002). PsychInquiry [computer software]. New York: Worth.

**Submission of manuscripts**

The articles should be sent to Inta Bula-Biteniece

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