

GENERAL INFORMATION RULES FOR REVIEW AND ACCEPTANCE OF MANUSCRIPTS, INSTRUCTIONS FOR AUTHORS

EDITORIAL POLICY AND GENERAL INFORMATION

"Journal of Combat Sports and Martial Arts (JCSMA)" – is a pre-reviewed journal featuring original scientific articles based on original research, as well as review and opinion articles. The subject matter of the articles published in JCSMA covers a wide spectrum of issues connected with physical culture, physical education, health sciences, human physiology, sports medicine, sports and recreation, theory of sport, public health. The Advisory Board includes specialists from many countries, representing various specialties, guaranteeing the high scientific level of the published articles. JCSMA is published twice a year. The editors accept articles in English, with abstracts and key words.

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The editors will accept only those works which are acknowledged by the reviewers and the editors to be thematically appropriate works making an original contribution to progress in science and/or educational or training practice, or to have educational (training) value. The signature of the first author on the letter of submission signifies that:

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- the research results have not been published or submitted for publication elsewhere;
- all the authors named on the title page have consented to the submission of this work for publication in JCSMA.

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- Original articles: reports of previously unpublished results from scientific experiments conducted by the authors in order to confirm or refute a clearly identified hypothesis. Most of the articles published in a given issue will belong to this category.
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- Short reports: brief descriptions of selected educational solutions to particular problems; possibly also new discoveries not yet confirmed.
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- Historical articles.

The articles accepted for publication will appear in one of the following sections:

- Humanities and Sport
 - Physiology and Sport Training
 - Sport Medicine
 - Health Education and Movement Therapy
 - Leisure and Recreation
-

INSTRUCTIONS FOR AUTHORS

Preparing the manuscript for submission

The manuscript should be printed on white paper, preferably ISO A4 (210x297 mm); preferably on a laser printer; a typescript is acceptable if the ink is of uniform high quality. The text should be written in a 12-point font with one-and-a-half spacing and margins of 2.5 cm (1 inch) on all four sides. The editors reserve the right to edit the article for formatting.

Title page

The manuscript should have a title page containing the following information:

- the full name of each author (without academic titles)
- the organizational affiliation of each author (workplace)
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- in the case of titles containing more than 10 words, a running title (an abbreviated title)
- 3-6 key words in English, selected in accordance with the MeSH system
- the first author's full name, address, telephone and/or fax number, and e-mail address if available, for purposes of correspondence
- the sources of any material or financial support, in form of grants, subventions, major donations, etc., if any

Abstracts

The abstract should be in structured form, not exceeding 250 words, and should consist of four paragraphs of 1-3 sentences each, labelled as follows:

Background (Introduction): the purpose of the article or research, the primary thesis.

Material and methods: a brief description of the research; in the case of a review or opinion article, a characterization of the literature; for a case study, a brief description of the patient; the main parameters measured, etc.

Results: the most significant results achieved.

Conclusions: the most important 1-2 conclusions derived by the authors from the research presented in the article.

The preceding structure does not apply in detail to review or an opinion articles.

Structure of the text

The text of the article should be divided into six sections labeled as follows: Background (Introduction), Material and Methods, Results, Discussion, Conclusions, References. Before References, if appropriate, the authors may insert Acknowledgements; an Appendix may be attached at the end, if needed. Each section should be clearly designated by a title in boldface.

When circumstances require, depending on the contents and nature of the article, a different structure may be used, provided, however, that the structure of the article is clear, transparent and self-consistent. The editors reserve the right to return a manuscript to its authors for correction of structure.

Background (Introduction) should give the scientific rationale for researching the given topic, the primary issues and controversies, an explanation of the aim of the study and the primary thesis.

Material and methods should contain essential information regarding how the experiment or research was conducted, including the essential characteristics of the experimental and control groups (age, gender), inclusion and exclusion criteria, and the randomization and masking (blinding) method used. The protocol of data acquisition, procedures, investigated parameters, methods of measurements and apparatus should be described in sufficient detail to allow other scientists to reproduce the results. In the case of published methods, the names with appropriate references should be given. References and a brief description should be provided for methods that have been published but are not well known, whereas new or substantially modified methods should be described in detail. The rationale for using such new or unknown methods should be discussed, along with a balanced evaluation of these methods, not omitting their limitations. The statistical methods should be described in detail to enable verification of the reported results.

Results concisely and reasonably summarize the findings in form of text, tables and figures arranged in a logical and internally self-consistent manner. The number of tables and figures should be limited to those absolutely needed to confirm or refute the thesis. Data given in graphs and tables should not be automatically repeated in the text.

Discussion should deal only with new and/or important aspects of the results obtained, without repeating in detail data or other material previously presented in Background or Results. The Discussion should focus on the theoretical implications and/or practical consequences of the findings, including suggestions for further research. The Discussion should compare the results of the present study to those obtained by other researchers mentioned in the text.

Conclusions must be linked with the goals of the study. New hypotheses with recommendations for further research should be advanced only when fully warranted and explicitly justified. Recommendations may be included when appropriate. Unqualified statements and conclusions not supported by the data obtained should be avoided.

Acknowledgements list all those who have contributed to the research but do not meet the criteria for authorship, such as assistants, technicians, or department heads who provided only general support. Financial and other material support should be disclosed and acknowledged.

References, chosen for their importance and accessibility, are numbered consecutively in the order of their occurrence in the text. References first cited in tables or figure legends must be numbered in such a way as to maintain numerical sequence with the references cited in the text, by Arabic numerals in square brackets, e.g. [5]. The style of references is that of Index Medicus (Vancouver). When an article has six or fewer authors, all should be listed; when there are seven or more, only the first three are listed, followed by "et al."

All references should list

- the surnames of the six first authors of the cited work and their first name's initials,
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- in the case of the paragraph, the paragraph title, name of the editor, the book title, place of edition, the publishing house, year of publication and cited pages,
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Mines AH. Respiratory physiology. New York: Raven Press; 1993.

Merode de A, editor. Foods, nutrition and sports performance. An International scientific consensus conference. 4th-5th February 1991, Lausanne, Switzerland; 1991.

Wilmore JH, Costill DL. Age and sex considerations in sport and exercise. In: Wilmore JH, Costill DL, editors. *Physiology of Sport and Exercise*. 3th ed. Champaign IL: Human Kinetics; 2004, 512-537.

Allgrove JE, Gomes E, Hough J, Gleeson M. The effects of exercise intensity on salivary antimicrobial proteins and markers of stress in active men. *J. Sports Sci.* 2008;26:653-661.

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Hoffman K. Jazda konna dla początkujących [In Polish] [Horse riding for beginners]. Warszawa: OW Delta; 1999.

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Figures should be numbered consecutively according to the order in which they are first cited in the text. If a figure has been previously published, the original source must be acknowledged and a written permission should be obtained from the copyright holder to reproduce the material, except for documents in the public domain.

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A text may be accepted if processed with the use of a standard text editor and accompanied by a printout. The use of standard 12-point fonts is advised. Tables, figures, drawings and photographs may be processed using any mode and software (preferably *.txt, *.doc, *.wpd, *.xls, *.bmp, *.eps, *.tif). CD-R or flash-memory are required.

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