

Physical Education and Sport Sciences Association Journal (PESSAJ)

Instruction to Contributors

GENERAL POLICY

All authors must adhere to the following criteria.

- 1) PESSAJ accepts review articles, original articles, clinical report and the others.
- 2) Submitted manuscripts must be written clearly and concisely in English and represent unpublished original research that is not being considered for publication elsewhere.
- 3) The journal seeks to publish concise definitive reports of wide interest to the research community and topical, concise reviews of the state of the sport.

HOW TO SUBMIT MANUSCRIPTS

- 1) **Via mail:** One paper copy of the manuscript and figures plus a floppy disk or CD-ROM (mandatory). The Disk/CD-ROM should contain a word file of the Manuscript text and Tables. Manuscripts must contain separate files (TIFF, EPS, and JPEG,) for Figures. Send submissions via pessaj@pessa.ir to Secretariat of PESSAJ.
- 2) Just Windows files (Word 2003) will be accepted.
- 3) Any paper manuscripts that are received will be not returned to the author.

COPYRIGHT

Submission of a manuscript means that authors automatically agree to assign exclusive copyright to PESSAJ if and when the manuscript is accepted for publication.

SUBMISSION CHARGES

PESSAJ has approved a one-time initial manuscript submission fee of 100000 RLS. There is no fee for submitting revisions.

PAGE REPRINTS

PESSAJ has not any prints and reprints because it is an Electronic and Online Journal (E.Journal).

EDIT CHARGE

A manuscript of nonnative authors of English should be proofread by expert of English language before submission. The accepted manuscript will be proofread again by the PESSAJ appointed expert of English language. The authors can pay for native check fee (1000000 RLS).

STYLE OF MANUSCRIPTS

General

- 1) Manuscripts should be typewritten with double-spacing (at least 6 mm between lines) on letter size (8-1/2 x 11 inches) or A4 size (21 x 29.5 cm) papers with ample margins [at least 1 inch (2.54cm)] on all four sides, with no indented paragraphs.
- 2) Manuscripts should be clean without tabs and codes.
- 3) Use a standard font such as Times New Roman or Ariel to avoid misrepresentation of your data on different computers that do

not have the unusual language fonts. At least 12-point, type face, neither distorted nor reduced or enlarged, is to be used.

MANUSCRIPT COMPONENTS

The components of a manuscript should be 1) title page, 2) abstract, 3) introduction, 4) materials and methods, 5) results, 6) discussion, 7) acknowledgments, 8) reference, 9) tables, and 10) figure legends. The complete manuscript should be arranged in that order.

Title Page (Page 1.): Complete title. Type in bold type with only the first letters of the main words capitalized. Also, type the first name, middle initial, surname of each contributor in upper-and lower-case letters. Use superscript numbers to relate contributors to different departments or institutions, or to indicate a change in address. For the corresponding who will receive reprint, provide the full postal (including ZIP or Postal Code) and e-mail address, telephone and FAX numbers, as available.

If the corresponding author is not the first author, indicate by a number superscript, and use the phrase "corresponding author", and that individual's e-mail address.

A short title (running head) of up to 60 characters, if necessary.

Abstract (Page 2.): not more than 300 words, followed by a list of 1 to 5 key words.

Beginning on page 3:

Introduction, Materials and Methods, Results, Discussion, Acknowledgments, References, Table and Figure legends.

4) All pages should be numbered consecutively, the title page being page 1.

REFERENCES

A Reference list with alphabetical order should be included at the end of the paper.

Authors should only include references which have been published or accepted for publication. They should also check that all references are actually cited in the body of the paper, and all citations in the paper are included in the Reference list. All references (except historical texts) are written according to the **A.P.A.** manual.

Sample references

- 1) KARRAS N. (1985). Introduction to theories of team sports. Albatros, Athens.
- 2) ADAMS J., GOPHER D. & LINTERN G. (1977). Effects of Visual and Proprioceptive feedback on Motor Learning. *Journal of Motor Behavior*, 9(1):126-132.
- 3) BECHHOFER R. (1974). Current approaches to empirical research: some central ideas. In: J. Rex (ed) *Approaches to Sociology: an introduction to major trends in British Sociology*. London: Routledge & Kegan, pp. 70-91.

4) JABLE T. (1980). The types of Historical Research for studying sport. In: W. Freeman (ed), *Getting Started in the History of Sport and Physical Education*. Champaign IL: Human Kinetics, pp. 28-38.

5) RYNER W., TOFFLE C., ULRICH H. & YEATER A. (1995). The effect of a high intensity versus low intensity exercise training program on the reproductive system of young women. *Biology of Sport*, 12(4): 213-224.

FIGURES AND TABLES

1) Figures and tables should not exceed 8-1/2 x 11 inches (21.59 x 27.94 cm).

2) Figures and tables must be discussed thoroughly in the text.

3) Figures and tables will generally be printed in column-width, 1-1/2 of column width, and page-width, and thus, all figures and tables should be provided at the optimum size for publication.

4) Each figure should be numbered consecutively with Arabic numerals (Figure 1, 2 etc.) and accompanied by a legend clearly describing it. Label the figure number and the first author's name in upright of each figure. The legends for all figures must be typed on 'Figure legends' in text.

5) Each table should be clearly titled and provided with a comprehensive legend and numbered separately in Arabic numbers (Table 1, 2 etc.).

PROOFS

1) Proofs will be sent to authors with manuscript. Only printer's errors must be corrected; no change in, or additions to, the edited manuscript will be allowed at this stage.

2) The corrected proofs must be returned within the days when is appointed by member(s) of editorial board.

MANDATORY SUBMISSION FORM

The Mandatory Submission Form, which can be found in the journal must be signed by all authors and faxed to the Secretariat (+98 21-2308-2763) upon notification of article acceptance.

PERMISSIONS AND WAIVERS

1) Permission of author and publisher must be obtained for the direct use of material (text, photos, and drawings) under copyright that does not belong to the author.

2) Waiver must be obtained for photographs showing persons. When such waivers are not supplied, faces will be masked to prevent identification.

3) Permissions and waivers should be faxed along with the Mandatory Submission Form to the Secretariat.