**ORIGINAL ARTICLE**



**Journal of Exercise Sciences**

**& Physical Activity Reviews**

 Tittle (Times New Roman 22p)

 Mehmet Gülü 1, Firstname Lastname 2 and Firstname Lastname 3 \* (Times New Roman 12)

 1 Department Name, Institution Name, City, State/Province, Country **(Times New Roman 10)**

 2 Department Name, Institution Name, City, State/Province, Country

 3 Department Name, Institution Name, City, State/Province, Country

 4 Department Name, Institution Name, City, State/Province, Country

 **Abstract** (Times New Roman 12)

 **Background:** about 250 words maximum. **(Times New Roman 12)**

 **Methods:** briefly describe the main methods or treatments **(Times New Roman 12)**

 **Result:** summarize the article’s main findings **(Times New Roman 12)**

 **Conclusions:** indicate the main conclusions or interpretations. **(Times New Roman 12)**

 **Keywords (**List three to 5 pertinent keywords specific to the article). **(Times New Roman 12)**

 Corresponding author: ……………….@........edu/com

Submitted 19 July 2023

Accepted 29 October 2023

Published 28 February 2023

|  |
| --- |
|  |

Academic Editor:

Journal of Exercise Science & Physical Activity Review

j o u r n a l h o m e p a g e: [***www.e-jespar.com***](http://www.e-jespar.com)

<https://doi.org/>

 **Introduction (Times New Roman 12)**

The introduction should briefly place the study in a broad context and highlight why it is important. It should define the purpose of the work and its significance. The current state of the research field should be carefully reviewed and key publications cited. Please highlight controversial and diverging hypotheses when necessary. Finally, briefly mention the main aim of the work and highlight the principal conclusions. As far as possible, please keep the introduction comprehensible to scientists outside your particular field of research (Gülü & Akalan, 2021). **(Times New Roman 12)**

**Times New Roman 12 p**

**Apa 7:**<https://apastyle.apa.org/style-grammar-guidelines/references/examples>

**in-text bibliography color,** (Gülü et al., 2020).

**12 p**

 Materials and Methods

The Materials and Methods should be described with sufficient details to allow others to replicate and build on the published results.

 Results

This section may be divided by subheadings. It should provide a concise and precise description of the experimental results, their interpretation, as well as the experimental conclusions that can be drawn.

The text continues here.

**Table 1.** This is a table. Tables should be placed in the main text near to the first time they are cited.

|  |  |  |
| --- | --- | --- |
| **Title 1** | **Title 2** | **Title 3** |
| entry 1 | data | data |
| entry 2 | data | data 1 |

1 Tables may have a footer.

 Discussion

Authors should discuss the results and how they can be interpreted from the perspective of previous studies and of the working hypotheses. The findings and their implications should be discussed in the broadest context possible. Future research directions may also be highlighted.

 Conclusions

This section is mandatory.

**Author Contributions Statement:** Conceptualization, X.X. and Y.Y.; methodology, X.X.; formal analysis, X.X.; investigation, X.X.; data curation, X.X.; writing—original draft preparation, X.X.; writing—review and editing, X.X.

**Institutional Review Board Statement:** The study was conducted in accordance with the Declaration of Helsinki, and approved by the Institutional Review Board (or Ethics Committee) of NAME OF INSTITUTE (protocol code XXX and date of approval).

**Informed Consent Statement:** Informed consent was obtained from all subjects involved in the study.”

**Acknowledgments:** In this section, you can acknowledge any support given which is not covered by the author contribution or funding sections. This may include administrative and technical support, or donations in kind (e.g., materials used for experiments).

**Conflicts of Interest:** The authors declare no conflict of interest.

References

**(Times New Roman 12)**

**Apa 7:**<https://apastyle.apa.org/style-grammar-guidelines/references/examples>

1. Gülü, M., & Akalan, C. (2021). A new peak-power estimation equations in 12 to 14 years-old soccer players. *Medicine, 100*(39), e27383. doi: 10.1097/MD.0000000000027383.

**Authors and Affiliations**

**Döndü Uğurlu 1 , Büşra Emlek 2 , Fatma Hilal Yağın 3 , Murat Uygurtaş 4 , Hakan Yapıcı5**

1 ORCID ID: 0000-0002-9153-8900

2 ORCID ID: 0000-0001-9428-2608

3 ORCID ID: 0000-0002-9848-7958

4 ORCID ID:0000-0001-6479-4194

5 ORCID ID: 0000-0002-7029-1910