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Title, 14 Point, Bold, 1.2 İnterlinear Space, Title, 14 Point, Bold, 1.2 İnterlinear Space[[1]](#footnote-1)

**Author Name- SURNAME[[2]](#footnote-2) [indir](https://orcid.org/0000-0000-0000-0000) Author Name-SURNAME[[3]](#footnote-3) [indir](https://orcid.org/0000-0000-0000-0000)**

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**Abstract** (12 point)

Times New Roman 10 point, 1 interlinear space, between 200-250 words. Times New Roman 10 point, 1 interlinear space, between 200-250 words. Times New Roman 10 point, 1 interlinear space, between 200-250 words. Times New Roman 10 point, 1 interlinear space, between 200-250 words. Times New Roman 10 point, 1 interlinear space, between 200-250 words. Times New Roman 10 point, 1 interlinear space, between 200-250 words. Times New Roman 10 point, 1 interlinear space, between 200-250 words. Times New Roman 10 point, 1 interlinear space, between 200-250 words. Times New Roman 10 point, 1 interlinear space, between 200-250 words. Times New Roman 10 point, 1 interlinear space, between 200-250 words. Times New Roman 10 point, 1 interlinear space, between 200-250 words. Times New Roman 10 point, 1 interlinear space, between 200-250 words. Times New Roman 10 point, 1 interlinear space, between 200-250 words. Times New Roman 10 point, 1 interlinear space, between 200-250 words. Times New Roman 10 point, 1 interlinear space, between 200-250 words. Times New Roman 10 point, 1 interlinear space, between 200-250 words.

***Keywords****:* Health, Nutrition, Physical Activity (3-5 words). They should be in alphabetical order, separated by commas, minimum 3 and maximum 5 words.

**INTRODUCTION (12 POINT)**

You can delete this part and replace it with your own text without violating the format. Page margins should be 2.5 cm from all sides (bottom, top, right, left). Should be written with the following sub-titles in the following order: abstract, introduction, method, results, discussion, references; appendices (as appropriate). The text of the study should be written in Times New Roman, 11 point and 1 interlinear space. Between the paragraphs, a 6 pt space should be added after the paragraph. Between the sections, a 12 pt space should be added after the paragraph.

In this section, please state the problem situation of your research. Explain the key concepts related to your research. Mention the literature on your research. Express how your research contributed to the literature. Explain how your research is important in other dimensions. The purpose/s and hypothesis of study should be stated in the last paragraph of introduction. In-text citations should be written in alphabetical order (Aktaş, 2022; Kahraman, 2010; Yıldırım, 2012).

METHOD (12 POİNT)

You can delete this part and replace it with your own text without violating the format. In this section, explain the method of your research. This part of the research should be arranged carefully by taking into consideration the principles of scientific research methods. The text of the study should be written in Times New Roman, 11 point and 1 interlinear space. Between the paragraphs, a 6 pt space should be added after the paragraph.

Research Model:

Ethics Approval:

Population and Sample / Study Group:

***Data Collection Tools:***

***Collection of Data:***

***Procedure:***

***Analysis of Data:***

**RESULTS (12 POİNT)**

You can delete this part and replace it with your own text without violating the format. This section should include the results of statistical test analyzes used to test research hypotheses. Do not address any situation unrelated to the research objectives in this section. Figures, graphics, photographs and charts to be included in the main text should be given in the study, where they are mentioned, and numbered.

**Example table;**

Table 1. Comparison of Physical Properties of Intervention and Control Groups

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Groups | n |  | Sd | t | p |
| Body Weight (kg) | Intervention | 120 | 29.09 | 9.08 | 2,412 | ,001\* |
| Control | 112 | 31.09 | 8.05 |
| Height (cm) | Intervention | 120 | 128 | 0.9 | 1,012 | ,310 |
| Control | 112 | 131 | 8.09 |

\*P<0,01

Tables can be displayed in Times New Roman type in 10 point. Comments about the tables should be written in 11-point and 1 line spacing. Tables, graphs and statistical reporting should be prepared according to APA 7 style.

**DISCUSSION and CONCLUSION (12 POINT)**

Discussion and conclusion should be Times New Roman, 11 point and 1 interlinear space. Between the paragraphs, a 6 pt space should be added after the paragraph. Discussion and conclusion should be Times New Roman, 11 point and 1 interlinear space. Between the paragraphs, a 6 pt space should be added after the paragraph.

***Authors' Statement of Contribution to the Article:*** Article design: İY; Data Collection and Processing: IY; Statistical analysis/Comment: İD; Literature review: İD, İY; Article writing: İD, İY; Consulting: ND

***Conflict of Interest:*** The authors have no conflict of interest to declare.

***Financial support.*** No financial support was received for the completion of this study**.**

***Ethics Committee Approval.*** This study is in line with the Declaration of Helsinki. Ethics committee approval of the article was obtained with the decision of Mersin University Ethics Committee dated 14.12.2022 and numbered 2022-18.

***Peer Review:*** After the blind review process, it was found suitable for publication and accepted.

**REFERENCES (12 POINT-EXAMPLES)**

Aydın, İ., & Bas, O. (2023). The Effects of Specialized Grip Strength Training on Hand-Grip Performance of Male Wrestlers Aged 13-17. *Türkiye Spor Bilimleri Dergisi*, *7*(1), 39-47.

Hoffman, J. (2014). *Physiological aspects of sport training and performance*. Human Kinetics.

Isik, O., Yildirim, I., Ersoz, Y., Koca, H. B., Dogan, I., & Ulutas, E. (2018). Monitoring of pre-competition dehydration-induced skeletal muscle damage and inflammation levels among elite wrestlers. *Journal of back and musculoskeletal rehabilitation*, *31*(3), 533-540.

Kempf, B. R. (2019). Middle School Teacher Instructional Self-Efficacy and Job Satisfaction. *Unpublished Doctoral dissertation, Baker University*.

Yildirim, I. (2015). Associations among dehydration, testosterone and stress hormones in terms of body weight loss before competition. *The American journal of the medical sciences*, *350*(2), 103-108. <https://doi.org/10.1097/MAJ.0000000000000521>.

**In-text citations and References rules**

In the article; refences that are important, new and / or directly related to the work should be included, but it is recommended that the number of references should not exceed 50. Each references should be written in 10-point and single-spaced. Between the references, a 6 pt space should be added after the paragraph. The second line of the bibliography should start with a 1,25 cm indent. All references should be written in alphabetical order. In studies with one or two authors, the conjunction "and" should be used between two authors. In studies with three or more authors, the conjunction "and" should be used before the last author. If more than one reference is required at the end of a paragraph in the text, it should be given in alphabetical order. When referring to studies with three or more authors, only the surname of the first author is indicated in the in-text references.

***All references should be arranged according to APA 7.***

[**https://apastyle.apa.org/style-grammar-guidelines/references/examples**](https://apastyle.apa.org/style-grammar-guidelines/references/examples)

**Journal Article**

***Single author***

Yildirim, I. (2015). Associations among dehydration, testosterone and stress hormones in terms of body weight loss before competition. *The American journal of the medical sciences*, *350*(2), 103-108. <https://doi.org/10.1097/MAJ.0000000000000521>

**Cited:**

Yıldırım (2015)

(Yıldırım, 2015)

***Two authors***

Yaman, S. S., & İner, E. (2023). Examination of the impact of zeybek dances on elderly people in terms of their falling efficiency and mobility. *Türkiye Spor Bilimleri Dergisi*, *7*(1), 18-27. <https://doi.org/10.32706/tusbid.1296385>

**Cited:**

Yaman and İner (2023)

(Yaman and İner, 2023)

***Three and More authors***

Yildirim, I., Aydin Altinbas, M., Demirezen, N. B., Dener, S., & Sezgin, V. (2020). The effect of different exercise types on sedentary young women’s lipid profile. *Journal of Back and Musculoskeletal Rehabilitation*, *33*(3), 469-475. doi: 10.3233/BMR-181323.

**Cited:**

Yildirim et al. (2020)

(Yildirim et al., 2020).

**Book**

Author, A.A., & Author, B.B. (Copyright Year). Title of the book (7th ed.). Publisher. DOI or URL

**Conference Papers**

Author, A. A. (Year, Month 1-30). *Title of the study*. Congress Name, (pp. 13-23). City, Country.

**Theses**

Author, A. (2022). *The title of the thesis is in italics*. Unpublished PhD thesis, University, Institute, Department, City.

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