

Writing Rules

- Have the English abstract prepared by a competent institution or person.
- The Turkish and English title of the article should be written in CAPITAL LETTERS, 12 pt and single line spacing and justified.
- English and Turkish abstracts should be 10 pt.
- When making the page layout, 2.5 cm space should be left from each edge.
- The entire article should be in 'Times New Roman' and '12 pt'.
- Paragraph spacing in the entire article should be 'single' and '0 pt' (Leave a single line space after the main headings and paragraphs).
- If your article has 'revise' or 'annotate' sections, remove them.
- Your article should not contain the names of authors and institutions. (To be requested later)
- Tables, graphs, figures, etc. should be 10 pt (9-11 pt) and prepared according to APA 7 style.
- Please do not make page numbering in your article.
- Do not number the references and leave a single line space between references.
- The titles (INTRODUCTION, METHOD, FINDINGS, DISCUSSION, CONCLUSION and REFERENCES) in the article should be left justified and capitalised.
- Do not justify any heading or line in your article other than the Turkish and English subject headings.
- In your article, all carriage returns should be justified to the left, except for Turkish and English subject headings.
- Scientific studies are limited to 15 pages (additions can be made with the editorial decision).
- Review studies are limited to 20 pages (additions can be made with the editorial decision).
- **Your article must have an Ethics Committee Report. Articles without an Ethics Committee Report will not be considered. The Date and Number of the Ethics Committee Report should be clearly stated in the method section of your article.**
- Manuscripts should be uploaded to the system in 'Microsoft Word' format.
- Turkish abstracts are required for English articles. The abstract should not exceed 250 words.
- In in-text citation, multiple works should be given in alphabetical order. In the presentation of two or more studies in the same parenthesis, semicolons are placed between the studies (Schwarzer and Buchwald, 2004; Malecki and Demaray, 2002). For English studies; (Thoits et al., 1995: 120-125).
- In English written articles, et al. should be used (Butcher et al., 2004), when referring to publications with three, four or five authors.
- References should be 10 pt and single line spacing according to APA 7 style.

Note: For publications that have been previously presented at a scientific meeting, whose abstract has been published or produced from a thesis, the author must indicate this in the note to the editor section while uploading it to the system. The journal cannot be held responsible for any deficiency in this regard. In addition, it is not considered appropriate to submit the studies that have been previously presented anywhere and published as full-text papers for publication in our journal by translating them into articles. Such a study will be rejected even if the refereeing process is completed.

Note2: Articles that do not comply with the writing rules will be rejected by the editorial team.

Example of Reference Ordering:

Butcher, S.J., Meshke, J.M., & Sheppard, M.S. (2004). Reductions in functional balance, coordination, and mobility measures among patients with stable chronic obstructive pulmonary disease. *J Cardiopulm Rehabil*, 24(4), 274-80.

Çakmakcı, O., Çınar, V., Çakmakcı, E., & Görücü, A. (2005). Effects of 12-week training program on some physical and physiological parameters in the elite boxers. *Physical education and sports sciences journal*, 7, 1-6.

Chaabene, H., Tabben, M., Mkaouer, B., Franchini, E., Negra, Y., Hammami, M., Amara, S., Chaabene, R.B., & Hachana, Y. (2015). Amateur boxing: physical and physiological attributes. *Sports Med*, 45, 337–352.

Example of In-text Citations:

Many studies have also shown that body fat percentage and distribution reduce the activity of respiratory muscles (Khani, 2012; Mailo, 2003) and lead to a general decline in the dynamic compliance of the lungs, which has a significant effect on respiratory function (McArdle, 2010). Parallel to this information, Oke et al., (2015) found a positive correlation between forced inspiratory volume (FIV) and weight, height, body fat percentage (% BF) and fat mass per weight (FMWt) values in boxers, as well as between FEV1 and height. As a result, they stated that in male amateur boxers, there was a significant relationship between body composition parameters and inspiratory capacity (Oke et al., 2015).

Writing Method of Abstract in English and Turkish:

Abstract: The concept of autonomous motivation explained by Self-Determination Theory refers to more autonomous forms of intrinsic motivation and extrinsic motivation. Related literature shows that social environment has an effect on athletes' autonomous motivation. Accordingly, the aim of this study is to examine the relationship between autonomy support perceived from the coach and athletes' autonomous motivation using meta-analysis method.

Öz: Hür İrade Kuramı (Self-Determination Theory) tarafından açıklanan özerk güdülenme kavramı, içsel güdülenme ve dışsal güdülenmenin daha özerk formlarını ifade etmektedir. İlgili alan yazın, sosyal çevrenin sporcuların özerk güdülenmesi üzerinde etkisi olduğunu göstermektedir. Bu doğrultuda, bu araştırmanın amacı antrenörden algılanan özerklik desteği ve sporcuların özerk güdülenmesi ilişkisini meta-analiz yöntemi ile incelemektir.