



## TO THE ATTENTION OF THE AUTHORS

The journal only accepts papers written in English. They will be sent electronically, to the e-mail address [csiconstanta@gmail.com](mailto:csiconstanta@gmail.com)

### Drafting Instructions

Articles will be written in Microsoft Office Word, 1 column. Full paper must be 3-10 pages, 10 font TNR, 2, one space.

**Article layout:** A4 size, portrait orientation, 1.5 cm right, top, bottom margins, 2.5 cm left margin.

**Title:** left alignment, Times New Roman font, size 12, bold, uppercase.

**Name and surname of the author(s)** (left alignment, Times New Roman, 10, bold, uppercase). The first author's workplace, correspondence address and email address will be written in a footnote.

**Footnote:** The authors' affiliation and country, the author's corresponding email address; Footnotes will consist of:

a) the name of the department, the name of the institution (if applicable), the name of the university, the city and address of the university, the country of birth (Times New Roman, 8, Justify),

b) for authors handling the correspondence for the paper or the reprint: the name of the department, the name of the institution (if applicable), the name of the university, the city and address of the university, the country of origin followed by the phrase CORESPONDENȚĂ ȘI CERERI DE RETIPĂRIRE: (Times New Roman, 8, Justify, uppercase) author's name, address, email, telephone and/or fax number (if applicable) (Times New Roman, 8, Justify)

and

c) in a new paragraph, the source of material support in the form of GRANTS (if necessary) (Times New Roman, 8, Justify), written after the phrase SUPORT GRANT: (Times New Roman, 8, Justify, uppercase).

**Abstract:** Times New Roman font, size 10, single spacing, Justify alignment. The space between the title of the work, the name of the author or authors of the work, abstract is one line.

All articles will have an abstract (approx. 400 words) in English, followed by 3-5 keywords.

In the case of experimental articles, the structure of the abstract will be as follows: objectives, methods, results, conclusions, keywords (3-5 words). All paragraphs will have an indentation of 0.5 cm from the margin.

Example:

**TITLE OF THE PAPER** (Times New Roman, Size 12, Bold, UPPERCASE)

**SURNAME AND NAME of the paper's author or authors<sup>1</sup>** (Times New Roman, Size 10, Bold, UPPERCASE)

**FISHER DIANA<sup>1</sup>, VIOLETT ANNA<sup>2</sup>, LE BOUC IANS<sup>3</sup>**

Abstract for article with experiment.

#### Abstract

*Aim.* The aim of this study is to examine the relationship between skinfolds method (accu-measure caliper) and near-infrared method (FUTREX 1000 Personal Body Fat Tester)

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<sup>3</sup> Department of Anatomy, Institute of Biomedical Sciences, University of São Paulo, CEP São Paulo 05508-900, Brazil. GRANT SUPPORT: Eunice Kennedy Shriver National Institute of Child Health and Human Development HD055231.

**Methods.** We used Romanian university students (27 males and 97 females). The body fat percentage was measured by two methods: the skinfolds measurements...

**Results.** Body fat estimated with accu-measure caliper was moderate correlated with body fat estimated with FUTREX for women ( $r = 0.41$ )...

**Conclusions.** We cannot consider that one method of body composition analysis (skinfolds method or near-infrared method) is more accurate than...

**Keywords:** skinfolds method, near-infrared method, percentage of body fat, fat mass, free fat mass, Romanian students.

**Abstract for article without experiment.**

**Abstract**

The aim of this study was to examine the relationship between skinfolds method (accu-measure caliper) and near-infrared method (FUTREX 1000 Personal Body Fat Tester) for body fat percent, fat mass and free fat mass estimations, in Romanian university students. We used Romanian university students (27 males...

**Keywords:** skinfolds method, near-infrared method, percentage of body fat, fat mass, free fat mass, Romanian students.

**Full-Text:** Times New Roman font, size 10, single spacing, Justify alignment, written in a single column, will be between 4 and 10 pages.

The experimental articles will have the following structure: Introduction-Objectives-Methods-Results- Discussions- Conclusions- Acknowledgments (if applicable)- Bibliography

The other types of articles do not have an imposed format.

In the case of experimental articles, comparisons with other studies related to the topic of the article must also be included in the Discussions subsection.

Chapters: Introduction, Methods, Results, Discussion, Conclusions, Acknowledgments and Bibliography will be written in a single column, and tables and diagrams will also be written on a single column, following page layout rules.

The space between the title of the work, the name of the author or authors of the work, summary, introduction, methods, results, discussions, conclusions and bibliography is one line; the space between the writing and tables or diagrams is also one line.

Subchapter titles will be written in the font (Times New Roman, 10, Bold, Justify, First line Indent 0.5cm). All paragraphs will have an indentation of 0.5 cm from the margin (First line Indent 0.5 cm). There will be no space between subchapter titles and text.

Figures, graphs and tables will be centered on the page, numbered consecutively and will be included in the text. Each figure, graph and table will have a title (eg: Figure 1. Title of the figure; Figure 2. Title of the figure; Table 1. Title of the table; Table 2. Title of the table, etc.).

In the case of figures and graphs, the title will be placed below the figure, and in the case of tables, above them.

Figures, graphs and tables will be edited in black & white format (visible in this format).

Example of tables and figures:

Table 1. Physical characteristics of feminine subjects

Variables	Subjects with dominant upper and lower right limb (n = 8)		Subjects with dominant upper and lower left limb (n = 8)	
Height (cm.)	163,25 ± 4,95	3,032%	162,5 ± 4,309	2,652%
Weight (kg.)	66,088 ± 7,343	11,111%	67,038 ± 5,352	7,984%
IMC (kg/m <sup>2</sup> )	24,745 ± 1,827	7,383%	25,368 ± 1,439	5,673%
Percentage of body fat(%)	26,625 ± 2,873	10,791%	26,55 ± 2,964	11,164%
Fat mass (kg.)	17,739 ± 3,56	20,069%	17,91 ± 3,235	18,063%

The values are presented as M ± DS și CV%.

IMC, index of body mass; M, mean; DS, standard deviation; CV, variability coefficient; n, number of subjects.

The connection between the data in the table and the statistical section will be made by identification letters numbered in alphabetical order or identification symbols used in the order \*, †, ‡, §, ||, ¶, \*\*, ††, ‡‡, etc.; inside the table, identifying letters or symbols will be written in superscript (Home, Superscript) immediately after the data, and inside the statistical section, identifying letters will be written before the hyphen, and statistical comments and identifying symbols immediately before statistical comments (without a hyphen).

Tables from other publications must be used with the permission of the author(s), indicating the bibliographic source from which they were adopted.

Example:

0,851 ± 0,044 <sup>a</sup>

a – significantly different compared to the force ratio F150 Right side flexion/ F150 Left side flexion, 0°, for the subjects who practise football, respectively athletics (triple jump), F(2, 12) = 5,5;

Table 2. Means of results of maximum isometric force ratios for feminine subjects who practise different sports

Force ratio	Handball (n = 5)	Football (n = 5)	Athletics (triple jump) (n = 5)
F130 Flexion/ F110 Extension (30°)	0,589 ± 0,109 18,506%	0,556 ± 0,075 13,489%	0,565 ± 0,05 8,85%
F150 Right side flexion/ F150 Left side flexion (0°)	0,851 ± 0,044 <sup>a b</sup> 5,17%	0,942 ± 0,056 <sup>c</sup> 5,945%	0,919 ± 0,03 <sup>d</sup> 3,264%
F120 Right side rotation/ F120 Left side rotation (-30°)	0,972 ± 0,07 7,202%	0,825 ± 0,227 27,515%	1,052 ± 0,019 <sup>e</sup> 1,806%

a – significantly different compared to the mean of the force ratio F150 Right side flexion/ F150 Left side flexion, 0°, for subjects who practise football, respectively, athletics (triple jump), F(2, 12) = 5,5;

b – significantly different compared to the mean of the force ratio F150 Right side flexion/ F150 Perfectly ballanced left side flexion (when all the force ratios are equal to 1), 0°, t=7,572;

c – significantly different compared to the mean of the force ratio F150 Right side flexion/ F150 Perfectly ballanced left side flexion (when all the force ratios are equal to 1), 0°, t=2,316;

d – significantly different compared to the mean of the force ratio F150 Right side flexion/ F150 Perfectly ballanced left side flexion (when all the force ratios are equal to 1), 0°, t=6,037;

e – significantly different compared to the mean of the force ratio F120 Right side rotation/ F120 Perfectly ballanced left side rotation (when all the force ratios are equal to 1), -30°, t=6,12;

The values are presented as M ± DS and CV%; Significance limit established at p<0,05.

M, mean; DS, standard deviation; CV, variability coefficient; n, number of subjects; t, test t student ; F, test ANOVA.

Figures will have a minimum resolution of 250 dpi for better understanding after printing. The figures will be presented in the original dimensions in the text (dimensions chosen by the author(s) of the work), so as not to be modified later. Accepted electronic formats are: Bitmap (.bmp), JPEG (.jpg, .jpeg) or GIF (.gif).

Results and statistical explanations will be presented in one way only – data in table, figure in table or text; these modes of presentation may be combined but must not be repeated.

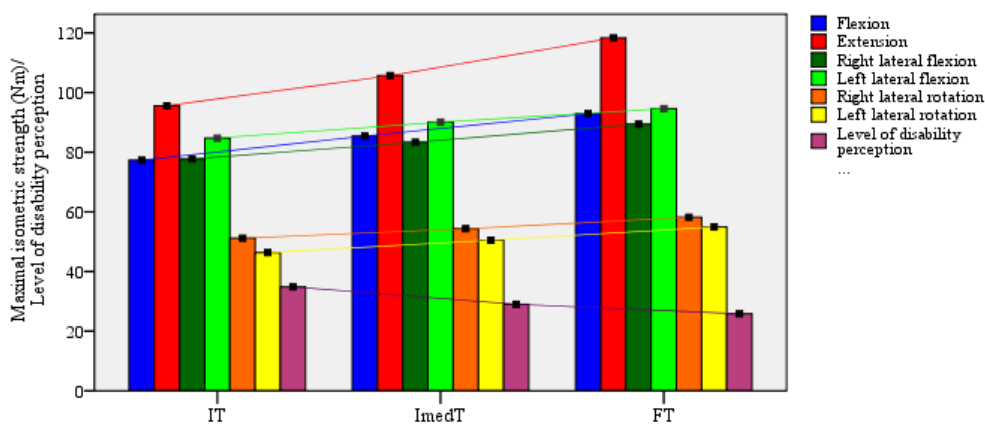


Figure 27. The evolution of means of maximum isometric force and the degree of perception at different tests. Nm, Newton\*meter; IT, initial testing; ImedT, intermediary testing; FT, final testing.

The structuring of the bibliography will be done according to the APA (American Psychological Association) style.

List of bibliographic references (REFERENCES):

- ordered alphabetically, and in the case of the same author, chronologically, starting with the oldest date;
- if an author has several works, the list will first include the works where they are the sole author and then the works with co-authors;
- the "&" symbol is placed before the name of the last author;
- in the case of more than 6 authors, the name of the first author followed by "et al." is entered;
- the list is single spaced and has hanging indent;
- the elements and their order within a bibliographic reference are clearly specified;
- punctuation and highlighting through the letter type - bold, italics, underlining - are, also clearly specified;
- there are rules for each type of document: book, article, conference paper, multimedia document, web source, etc.

**a) Reference to an article in a journal:**

Author, A. A., Author, B. B., & Author, C. C. (year of publication). Title of article. *Title of journal*, Volume (Issue), page number(s) of contribution.

Example:

Steele, D., & Hayes, S. C. (1991). Stimulus equivalence and arbitrarily applicable relational responding. *Journal of the Experimental Analysis of Behavior*, 56, 519-555.

Article in a journal (with DOI)

Example:

Herbst-Damm, K. L., & Kulik, J. A. (2005). Volunteer support, marital status, and the survival times of terminally ill patients. *Health Psychology*, 24, 225-229. doi: 10.1037/0278-6133.24.2.225

**b) Reference to a book chapter:**

Author, A. A., & Author, B. B. (year of publication). Title of chapter. In A. Editor, & B. Editor (Ed.), *Title of book* (chapter pages). Place of publication: Publisher.

Example:

Barnes-Holmes, D., Stewart, I., Dymond, S., & Roche, B. (2000). A behavior-analytic approach to some of the problems of the self: A relational frame analysis. In M. Dougher (Ed.), *Clinical*



*behavior analysis* (pp. 47-74). Reno, NV: Context Press.

**c) Reference to a book:**

Author, A. A. (year of publication). *Title of book*. Place of publication: Publisher.

Example:

Skinner, B. F. (1974). *About behaviorism*. London: Penguin.

**d) Reference to an electronic resource:**

Internet articles that are based on a print source

Example:

VandenBos, G., Knapp, S., & Doe, J. (2001). Role of reference elements in the selection of resources by psychology undergraduates [Electronic version]. *Journal of Bibliographic Research*, 5, 117-123.

Journal articles that appear only in electronic form

Example:

VandenBos, G., Knapp, S., & Doe, J. (2001, March). Role of reference elements in the selection of resources by psychology undergraduates. *Journal of Bibliographic Research*, 5, 117-123.

Retrieved from <http://jbr.org/articles.html>

Electronic copy of an article found in a database

Example:

VandenBos, G., Knapp, S., & Doe, J. (2001). Role of reference elements in the selection of resources by psychology undergraduates. *Journal of Bibliographic Research*, 5, 117-123. Retrieved from Web of Science database.

Electronic abstract obtained from a database

Example:

VandenBos, G., Knapp, S., & Doe, J. (2001). Role of reference elements in the selection of resources by psychology undergraduates. *Journal of Bibliographic Research*, 5, 117-123. Abstract retrieved from Web of Science database.

In-text citation:

In the case of the APA system, the sources from which the bibliography is composed are cited in the text of the scientific article in the author-date form. Each in-text citation must appear in the bibliography and each item in the bibliography must be cited in the text. It is not allowed to indicate bibliographic sources in footnotes.

a) Article with a single author:

The author-date citation method requires that the author's first name does not appear in the text, and the year of publication is introduced in the text at the appropriate position.

Example:

Griffin (1996) studied the response of the human body to vibrations.

Studies on the human response to vibrations usually use the reactions to pure sinusoidal vibrations (Griffin, 1996).

b) Article with multiple authors:

When an article has two authors, the names of both authors are cited each time an in-text citation is made.

Example:

Cochrane and Stannard (2005) investigated the effects of chronic exposure to vibration.





Exposure to chronic vibration has been proved to produce adverse effects in drivers of trucks (Bovenzi & Hulshof, 1999).

When a paper has three, four, or five authors, all authors are cited at first mention, and only the first author's name followed by et al. and the year of publication are included in subsequent citations, if it is the first mention in a paragraph.

Example:

Kisangau, Lyaruu, Horsea and Joseph (2007) concluded [first in-text citation].

Kisangau et al. (2007) suggest [a subsequent citation within a paragraph].

When a paper has six or more authors, only the first author's name followed by et al. and the year of publication are cited.

Example:

Gerodimos et al. (2010) investigated the effects of different whole body vibration (WBV) amplitudes and frequencies on flexibility and squat jump performance.

The increase in peak force 8 minutes after WBV exposure was 10.4% (McBride et al., 2010).

c) Two or more papers in the same bracket

If it is necessary to cite two or more papers in the same bracket, the names of the authors will be cited in alphabetical order, similar to the order in which they appear in the bibliography. Citations will be separated by semi-colons.

Example:

Several studies investigated the effects of long-term (6 months) WBV exposure on post-menopausal women (Roelants et al., 2004; Russo et al., 2003; Verschueren et al., 2004).

The review process

All the articles are submitted to the reviewers (at least two) of the journal, depending on the profile of the article. After the review process, the author is notified whether the article has been accepted for publication or not.

Deontological norms

Articles that have already been published or have been submitted for publication to other journals are not accepted. The editorial team will respond in due time to the authors regarding the acceptance, refusal, or necessity of rewriting the text and reserves the right to make changes that only concern the form.