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THE TITLE SHOULD BE CLEAR, EASY TO UNDERSTAND, CONNECTED TO ALL MANUSCRIPT SECTIONS, AND OF A MODERATE LENGTH

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**Corresponding author: dr.milaimberisha@gmail.com*
Authors' Contribution: A: Study design, B: Data collection, C: Data analysis, D: Manuscript preparation, E: Discussion and conclusion

ABSTRACT

Study aim(s): based on the study's problem, the author should clearly and precisely state the aim of the study. All details that cannot be explained in the title should be included in this paragraph. The study's aim can be presented as one aim or as the main aim with sub-aims.
Methods: briefly mention the study model, provide information about the sample size and its characteristics. Include instruments used in the experiment and the data analysis methodology. Summarize this information concisely to outline the study's approach.
Results: list basic results without any introduction. Clearly state the results of the data analysis reported in the findings section and highlight any significant findings.
Conclusion: clearly provide the key results without repeating the study results. Draw conclusion(s) based on the study results and current literature. Extract conclusion(s) from the manuscript's conclusion section.

Keywords: Determine 3 to 6 keywords that are not directly mentioned in the title. Consider that keywords should not form a sentence but rather consist of individual words or pattern expressions, each comprising more than one word without constituting a complete sentence.

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INTRODUCTION

In the introduction, the author should provide brief, general information about the analyzed study topic. It should be concise, clear, and understandable to readers, while avoiding long sentences. Next, the author should critically discuss relevant literature. To convey the main information of the analyzed topic, it is advisable for the author to utilize a wide range of sources that can enhance the reader's understanding. Redundant information should be avoided, along with any content unrelated to the research. The brief introduction should cover information about the subject, parameters, methodology, and current literature addressing the weaknesses of the topic. Explanations of the weaknesses of the literature regarding the conducted research may be a reason to make the publication. Additionally, the introduction should clarify the parameters used to gather information on the subject. Regarding to the study's approach, it is essential to provide comprehensive information. Similarly, the author should briefly explain the methodologies used in the previous studies to yield results on the subject. Besides the explanation of the methodology, it is crucial to explain the used tools, apparatus, and technological programs. All of the above information should be based in the latest literature and reliable sources, such as Web of Science, Scopus, PubMed, Health Literature (CINAHL), EBSCO A-Z, Ex Libris, Focus On: Sports Science and Medicine, Physical Education Index ProQuest, Rehabilitation & Sports Medicine Source Science Citation Index Expanded, SPORT Discus, etc. The author should avoid the literature that is not published in the previous indexes, unpublished studies, non-official web pages, etc.

The author should clearly explain the problem addressed in the study. The problem of the study should offer readers answers to questions such as: What is the main idea of the study? What is the cause of the study? Is there a literature weakness on the subject? What is supposed to be solved by the study, which may also be regarded as its originality? What is the significance of the study? What valuable knowledge do we lose in case of not publishing the study? etc. Please note that the problem of the study should not be explained in a question-answer format. The paragraph explaining the study's problem should just contain information that provides answers to the previous questions.

In the light of the previous information, the author should clearly explain the study's objectives. This paragraph should contain an explanation of the subject, applied parameters/instruments, and the aim of the study. In case of more than one aim in the study, the author should explain the main aim and sub-aims of the study. Following the aim sentence or paragraph, the author may determine the expectations/hypotheses. The expectation determined by the author should be integrated into the aim paragraphs rather than presented as separate items.

METHODS

The materials and methods section should be concise yet comprehensive to allow other researchers to understand and use them independently. Typically, the method section consists of four sections: Study Design, Study Sample, Data Collection Tools, and Data Analysis. Additional subsections may be included if they can be justified.

Research design

In the study design, the author should explain the model and procedure of the experiment. The chosen study model must be precisely explained, illustrating how it was applied in the study. In case that the study involves both experimental and control group, the applied protocol for each group should be clearly outlined. Do not burden the reader with unnecessary details but give sufficient information, so

the reader can follow the procedures undertaken in the study.

Study sample

In the study sample, the author should provide details on the number of participants, including their gender, age, and information such as training level, sports branch, and factors that may affect the study results. It should be stated that participants willingly volunteered for the study. Additionally, mention that all participants were informed and prepared about the experiment, and have signed an informative form. The author should clearly describe the selection process for observational or experimental subjects, including variables such as age, gender, inclusion/exclusion criteria, (with clearly defined circumstances for study rejection), randomization, and masking (blinding) methods. Clarify that the study adhered to the Helsinki Declaration (https://www.wma.net/policies-post/wma-declaration-of-helsinki-ethical-principles-for-medical-research-involving-human-subjects/). Specify that the study was approved by the ethics committee and include the reference number of the ethics approval letter.

Data collection tools

To gather the data, the author should explain all instruments and the protocol. The test should have a name, a definition, the task of measurement, the applying protocol, the tools or apparatus of the test, information on reliability, validity (if exists), and the source. The definition of the test should be brief yet sufficient to explain the test to readers. It should outline what the test measures. The applying protocol should be explained in a manner that allows other researchers to reproduce it. If the test is a technological tool-based, the source of the producer should be given. Additionally, the author may provide a source for the test developers, the source ensuring reliability and validity of the test (if distinct from the test developer), and previous users of the test. The author should be willing to escape from using test protocols lacking information on reliability and validity.

When training protocol is applied in the study, it should be explained as an independent section, given in the sub-title under the methodology part, positioned below the data collection tools. About the training protocol, precise details such as volume, frequency, intensity, time, and type should be given exactly as applied in the field. The data collection tools for the survey, questionnaire, observation, interview, and document analysis should be clearly stated in a holistic and systematic structure. Additionally, the tools used in the training should be determined. In case that the study includes a survey or a different instrument, the author should provide an explanation of the training protocol.

Data analysis

The programs used in data analysis should be explained, and the source of the program should be provided. The applied analyses and the reasons for their applications should be specified. In the case of analyses given by a certain program, the latest steps should be explained, and brief information about how that analysis works should be provided. The data analysis steps should be explained in a manner that allows other researchers to replicate them.

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FINDINGS

Table 1. The table title should be clear and represent the content of the table.

Ability	Variables	Bridge score	X̄ ±SD	F	P	Tukey
Active flexibility	TBF	1 (poor)[1]	4.4±9.1	1.62	.296	-
		2 (satisfactory)[2]	9.0±1.4			
		3 (good)[3]	13.1±3.6			
		4 (excellent)[4]	15.5±6.2			
Mobility	B°	1 (poor)[1]	97.3±13.6	7.09	.012*	1<4 2<4
		2 (satisfactory)[2]	87.5±10.5			
		3 (good)[3]	71.0±11.2			
		4 (excellent)[4]	55.5±.7			
Force	LTF_60s	1 (poor)[1]	25.6±18.1	.589	.637	-
		2 (satisfactory)[2]	31.0±18.7			
		3 (good)[3]	24.2±20.3			
		4 (excellent)[4]	44.0±4.2			

p: sig. (p< 0.05), X̄: Average, SD: Standard deviation, Tukey: differences between four groups, F: Determines differences of the variance between the means of two populations significantly different, -: no value*
TBF: Trunk Bent Forward (cm), B°: Bridge (°), LTF_60s: Lift Trunk Forward in 60 secs (reps/time)

The author should explain all abbreviations, units, and symbols used in the table, following the example in Table 1. The table should not be confusing; it should be self-explanatory, providing readers with understandable information. The comments on the table should be concise but enough to explain the presented results. They should be modifiable, avoiding formats such as photos or any other way that may not be possibly updated. The spacing can be single or double-spaced, it should be adjusted based on the table type.

Table 2. Table numbering should be done automatically

N	FBS°		LRF°		%		r	p
	Variables	X̄±SD	Variables	X̄±SD				
15	LLA_FBS°	146.7±12.11	LL_RF°	99.5±9.97	101.4	99.4	-.176	.548
	RLA_FBS°	153.3±12.38	RL_RF°	99.4±9.97	97.5		-.657	.011*

N: sample, X̄: Average, SD: Standard deviation, %: differences between variables, r: correlation coefficient, p: sig. (p< 0.05), FBS°: Forward-Backward Split degree, LLA_FBS°: Left Leg Ahead Forward-Backward Split Degree, RLA_FBS°: Right Leg Ahead Forward Backward Split Degree, LRF°: Leg Raise Forward, LL_RF°: Left Leg Raise Forward Degree, RL_RF°: Right Leg Raise Forward Degree, X̄±SD: mean and std. Deviation, %: Percentage of functional FBS° in the LRF°*

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The numbering of tables should be generated automatically using “Insert caption”, as demonstrated in the two previous tables. Ensure that table sizes are not overly large, and all tables should be as wide as the margins of the text in the manuscript. The number of tables in the manuscript is not exactly defined, but it is advisable to keep it under 6 to maintain appropriateness. You can choose to add more than 6 tables, if justified.

In case you have to add a photo to the study (regardless of the manuscript section), ensure that the photo is either your own or that you have obtained permission from the author of the photo. The photo should be positioned on the left side of the text. Based on the page’s suitability, it can be placed either at the top or the bottom of the text. To be easily understandable, all rules of the tables are valid for the photos. Consider that photographs should not be used merely for decorative purposes. They should be relevant to the discussion or other sections.

The same rules apply to the numbering of tables, photographs, and figures, all of which should be numbered using the ‘Insert caption’.

Photograph 1. The photograph name and number should be placed below the image

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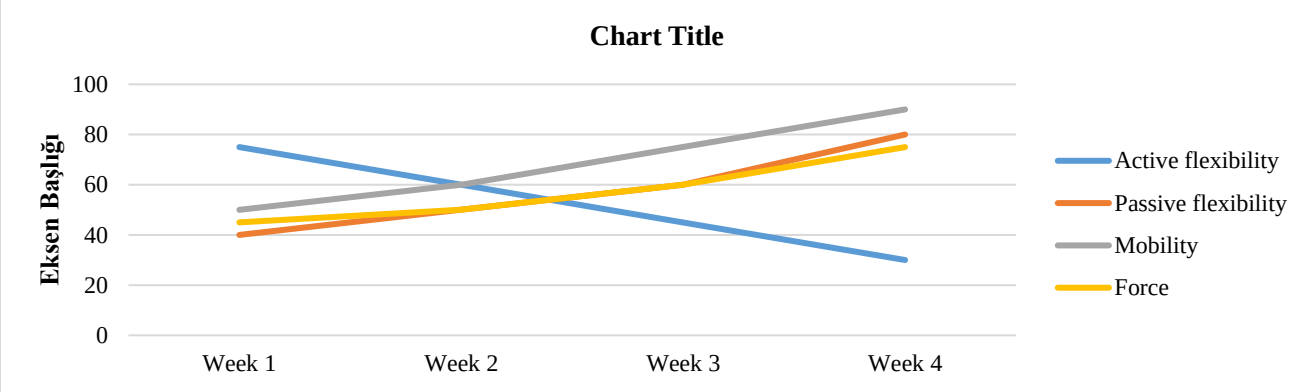

Figure 1. The figures name and number should be placed below the photograph

Same to the table numbering and photographs, figures should be numbered using an 'Insert caption'. They should maintain their distinct numbering sequence independent of photographs, charts, or other subjects used in the manuscript. To unsure clarity, all rules determined for tables are applicable to figures. All abbreviations, symbols, horizontal and vertical axis, titles, etc., should be thoroughly explained and easy to be understood for the readers.

DISCUSSION

Should encompass the interpretation of study findings, with the results considered within the context of results from other studies reported in the literature. Avoid repetitive detailing of data or other material from the Background or Results section. Discussion should present the implications of the findings and their limitations, including insights for future research. The discussion should confront the results of other investigations, especially those referenced in the text. The author should provide an original perspective on the results from the existing literature, rather than presenting the study findings and literature related to the field without any comment. The discussion section should include all study findings, current literature review, and explanations that support the results, whether they are negative or positive. It should mention all factors that may potentially affect the conducted results. In this way, it will provide information about the approach to similar studies in the future. Follow a logical sequence consistent with the preceding section in the discussion. Do not give information or a source that is not directly relevant to the findings. When citing other author's work, include only the necessary information and results from that paper. Avoid including redundant information that may not be beneficial to the study findings. Ensure that literature adheres to the format specified by the journal. You can refer to the introduction section for guidance on using appropriate indexes in the literature as a source.

CONCLUSION

The conclusion should be concise, avoiding excessive length, and it should include statements for the study's aims. This section should be linked with the study's goals, and state new hypotheses. Unqualified statements and conclusions not completely supported by the obtained data should be avoided. Do not reference the literature except for a specific situation in this section. Summarize the discussion briefly and give recommendations when applicable. Based on the experience and conclusions

of this study, state the types of studies that may be beneficial for the future.

CONFLICT OF INTERESTS

No potential conflict of interest was reported by the authors.

ACKNOWLEDGEMENTS

List and describe the role of all contributors who do not meet the criteria for authorship, such as technical assistants, writing assistants, or data collectors who provided only general support. Financial and other material support can be disclosed and acknowledged.

I extend my heartfelt gratitude to my professor and mentor, ~~title name surname~~, for the invaluable guidance and unwavering support provided throughout the process of crafting this paper.

REFERENCES

Citing in the Text (Vancouver Style):

In Vancouver Style, a number is assigned to each reference as it is used. Even if the author is named in the text, a number must still be used. The original reference number is used for subsequent citations. The initial reference cited in text will be numbered [1] followed by [2] for the second reference, and so on. If reference number [1] is cited again later in the text, it will be referred to using the same number [1].

Citing more than one reference at a time

• When citing multiple sources at a time, the preferred method is to list each reference number separately, with a comma between each: Preferred [1,2] (maximum 2 references; exception - 3)

Citing a reference multiple time

• When referring to a different page number or another reference within the source, use the following forms: [3, pp. 5-10], [3, Ch. 2, pp. 6-21], [3, Fig. 1], [3, Sec. 4.5]

Reference section

Chapter or Article in Edited Book

Meltzer PS, Kallioniemi A, Trent JM. Chromosome alterations in human solid tumors. In: Vogelstein B, Kinzler KW, editors. *The genetic basis of human cancer*. New York: McGraw-Hill; 2002. p. 93-113.

Article in an Encyclopedia

Ford-Martin P. Cognitive-behavioral therapy. In: Thackery E, Harris M, editors. *Gale encyclopedia of mental disorders*. Vol. 1. Detroit (MI): Gale; 2003.p. 226-228.

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Hoppert M. *Microscopic techniques in biotechnology*. Weinheim: Wiley-VCH; 2003.

Book: Two or More Authors

Gilstrap LC, Cunningham FG, Van Dorsten JP, editors. *Operative obstetrics*. 2nd ed. New York: McGraw-Hill; 2002.

Book: Organization as Author

Australia. Commonwealth Department of Veterans' Affairs and Defense. Australian Gulf War veterans' health study 2003. Canberra: Commonwealth of Australia; 2003.

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Storey KB, editor. *Functional metabolism: regulation and adaptation*. Hoboken (NJ): J. Wiley & Sons; 2004.

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Conference Paper in Print

Khalifa ME, Elmessiry HM, ElBahnasy KM, Ramadan HMM. Medical image registration using a mutual information similarity measure. In: Lim CT, Goh JCH, editors. Icbme2008: *Proceedings of the 13th International Conference on Biomedical Engineering; 2008 Dec 3-6; Singapore*. Dordrecht: Springer; 2009. p. 151-5.

Conference Paper from the Internet

Waterkeyn J, Matimati R, Muringanzia A. *ZOD for all: scaling up the community health club model to meet the MDGs for sanitation in rural and urban areas: case studies from Zimbabwe and Uganda*. Paper presented at International Water Association Development Congress; Mexico; 2009 Nov 15-9.

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Harnden P, Joffe JK, Jones WG, editors. Germ cell tumors V: *Proceedings of the 5th Germ Cell Tumour Conference; 2001 Sep 13-15;* Leeds, UK. New York: Springer; 2002.

E-book

van Belle G, Fisher LD, Heagerty PJ, Lumley TS. Biostatistics: a methodology for the health sciences [e-book]. 2nd ed. Somerset (NJ*): Wiley InterScience*; 2003 [cited 2005 Jun 30]. Available from: Wiley InterScience electronic collection.

A chapter from an E-book

Jones NA, Gagnon CM. The neurophysiology of empathy. In: Farrow TFD, Woodruff PWR, editors. *Empathy in mental illness*.Cambridge (UK): Cambridge University Press; 2007 [cited 2010 Aug 10]: 217-38. Available from: Ebook Library.

Article from an Electronic Encyclopedia

Lee HC, Pagliaro EM. Serology: blood identification. In: Siegel J, Knupfer G, Saukko P, editors. *Encyclopedia of forensic sciences* [e-book]. San Diego: Academic Press; 2000 [cited 2005 Jun 30]:1331-8. Available from: Science Direct Reference.

Journal Article from a Full-Text Database

Journal Article from the Internet Eisen SA, Kang HK, Murphy FM, Blanchard MS, Reda DJ, Henderson WG, et al. Gulf War veterans' health: medical evaluation of a U.S. cohort? *Ann Intern Med* [serial on the Internet]. 2005 [cited 2005 Jun 30];142(11):881+. Available from: http://www.annals.org/.

Internet Documents

Electronic Document

Australian Insitute of Health and Welfare. *Chronic diseases and associated risk factors* [document on the Internet]. Canberra: The Institute; 2004 [updated 2005 June 23; cited 2005 Jun 30]. Available from: http://www.aihw.gov.au/cdarf/index.cfm.

Government Publication

Australia. Department of Health and Aged Care. *National youth suicide prevention strategy* [document on the Internet]. Canberra: The Department; 2000 [cited 2005 Jul 1]. Available from: http://www.health.gov.au/hsdd/mentalhe/sp/nysps/about.htm.

Internet Site

Lavelle P. Mental state of the nation. *Health matters* [document on the Internet]. ABC online; 2005 May 19 [cited 2005 Jul 1]. Available from: http://abc.net.au/health/features/mentalstate/.

Journal Article in Print

Kolokoltsev MM, Iermakov SS, Jagiello M. Physical condition of female students with different level of body mass deficiency. *Physical education of students*, 2018; 22(2): 63-69. doi:10.15561/20755279.2018.0202

Journal Article in Print: More Than Six Authors

Gillespie NC, Lewis RJ, Pearn JH, Bourke ATC, Holmes MJ, Bourke JB, et al. Ciguatera in Australia: occurrence, clinical features, pathophysiology, and management. *Med J Aust.* 1986; 145:584-590.

Published Thesis

Gruszczynski L. *Regulating health and environmental risks under WTO law: a critical analysis of the SPS agreement*. New York: Oxford University Press; 2010.

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Avoid referencing abstracts or review papers. Unpublished observations and personal communications are not permissible as references. If essential, such materials may be incorporated into the appropriate section of the text.

Reference (Non-English References)

For simplicity in finding, kindly refrain from translating non-English references. Present the reference based on the Vancouver style similar to English resources, and add the language of the source in paratheses at the end. For example:

1. Berisha M. *Aktif esneklik egzersizlerin hareketlilik üzerindeki etkisinin incelenmesi*.Istanbul, Spor Bilimleri Dergisi, 2022. (In Turkish)

2. Berisha M. *Ekzaminim biomekanik i përfshirjes së fleksibilitetit aktiv në lëvizjet gjimnastike artistike që kërkojnë lëvizshmëri. Journal of Sport Science.* Prishtine; 2022. (In Albanian)

Reference (Citing Translated Sources in Vancouver Style):

1. Olszowski A. Bezpieczeństwo na zajęciach ruchowych [Safety during sport classes]. In: A. Maszczak A, editor. *Metodyka Wychowania Fizycznego* [The Methodology of Physical Education]. Warszawa: AWF Press; 1992. p. 161-173. (In Polish).
2. Piaget J. *La psychologie de l'enfant* [The psychology of the child]. Paris, France: Presses Universitaires de France; 1966. (In French)
3. Janzen G, Hawlik M. *Orientierung im Raum: Befunde zu Entscheidungspunkten* [Orientation in space: Findings about decision points]. Zeitschrift für Psychologie, 2005; 213(4): 179–186. doi:10.1026/0044-3409.213.4.179 (In German)

FOR CITATION

Deva E., Berisha M. A biomechanical examination of the inclusion of active flexibility in artistic gymnastic movements requiring mobility. Pedagogy of Physical Culture and Sports, 2021;25(5):267-274. DOI …

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Units of measurements

Report measurements of length, height, weight, and volume in metric units (meter, kilogram, or liter) or their decimal multiples. Express temperatures in degrees Celsius. Indicate blood pressures in millimeters of mercury.

Abbreviations and Symbols

Use only standard abbreviations, and refrain from using abbreviations in the title and abstract. The full term corresponding to an abbreviation should be provided before its initial use in the text, unless it is a standard unit of measurement.

Equations

The default equation editor created in Microsoft Word 2007, 2010, and 2011 poses problems due to the MathML mapping, which is not 100% accurate. Please use MathType for equation creation.
Long equations should be set off from the text and assign sequential numbered. After an equation is introduced, refer to it by its assigned number (e.g., "Eq. 1," "Eqs. 3 and 4").
If some or all of your equations are simple (i.e., on a single baseline), use normal text and fonts: E(t) • r = D+[exp(-it)] + D-[exp(it)] (1) Embed complex equations using standard plugins such as Mathtype or the Word Equation Editor:

$$\lambda_{eff}(t) = \frac{2}{3\sqrt{\pi}}\lambda(t) \quad (1)$$

If the paper contains numerous equations or schemes, they can be collected in a table of equations, presented as a boxed figure.

Technical rules for the manuscript

The title page should include:

- ✓ full names (first name, middle-name initials), and last names of all authors;
- ✓ authors' affiliations; if authors belong to multiple institutions, use superscript digits to associate their names with respective institutions;
- ✓ full address, phone number, and email of the corresponding author should be given.

Authors are required to include information on their responsibilities in the manuscript, outlining the contribution of each author. Authorship should be attributed to those who have made substantial contributions to the conception, acquisition, analysis, or interpretation of data, drafted or revised the work, approved the final manuscript, and express a willingness to take responsibility (ICMJE criteria, link: http://www.icmje.org/recommendations/browse/roles-and-responsibilities/defining-the-role-of-authors-and-contributors.html).

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Text characteristics

✓ The title should consist of between 10 and 18 words. In case the study's title includes fewer than 10 or more than 18 words, the author should provide an explanation in the letter to the editor.

✓ The abstract should contain a minimum of 200 words and a maximum of 300 words.

✓ Determine 3 to 6 keywords that are not directly mentioned in the title.

✓ The appropriate word for the introduction section is around 300-800, approximately one to one and a half pages (it is not a fixed limit but the paper should aim to be approximately this size).

✓ The methods are not limited to the number of words or pages. They should encompass every information needed for another research to replicate the study. However, it should not contain redundant information that might complicate the study's methodology.

✓ The findings section may include 3 to 6 tables, although this is not a strict rule. In the case of the study, the model requires fewer than 3 or more than 6 tables, the author should explain the reason in the letter to the editor.

✓ Similar to the methods, the discussion section is not limited by the number of words and pages. It should include an explanation for all findings based on the literature. Consider that an excessively brief discussion might not adequately explain the findings in relation to the literature. Also, an overly long discussion could lead to confusion, making it challenging for readers to clearly understand the study's results.

✓ The conclusion should be concise and does not require extensive use of literature. It should be a summary of the discussion, which includes the findings and a comparison with existing literature. This section should draw overall conclusions about the study's subject, offer suggestions for future studies, and provide suggestions for populations affected by the subject based on the study's conclusions.

✓ Incorporate sources in the text and reference section based on the Vancouver style. Avoid citing more than 5 sources for the same sentence unless justified. The study should have a minimum of 20 and a maximum of 40 sources. In case that study falls below 20 or exceeds 40 sources, please justify it in the letter to the editor.

✓ Consider that the appropriate size of the manuscript is around 3000 to 7000 words. Additionally, the manuscript, should not exceed 17 pages including the references, or 10000 words. If the manuscript exceeds 17 pages, the author should provide an explanation in the letter to the editor.

✓ Note: While these rules serve as a guideline for creating an appropriate manuscript, they are not rigid values. When the author is reasonable, these rules may be flexible.

Writing rules

The writing rules for the manuscript, including specifications for margins, font size, font type, underline text, alignment, line, and paragraph spacing, **bold**, *italic*, ^{superscript}, numbering, bullets, indentation, text highlight color, font color, etc., should strictly adhere to this template of the manuscript. So, kindly click on the relevant title, section, table, or other element requiring correction and use the exact style as used in the provided template.

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✓ The manuscript should be in Word document, where the indentation is 0.5,

✓ The font size of the manuscript is 11-point, Times New Roman font type, 1.15 line spacing, and have no space before or after paragraphs, excluding the first and last paragraphs of each section.

✓ All titles in the paper should be in Time New Roman, 12-point, bold, and should have a paragraph before and after.

✓ Text and headings should be arranged in 6-point space before and after paragraph indentation.

✓ Table titles should be in Time New Roman, 10-point, bold, with no space before or after. For subtitles: In First Level Subheadings, capitalize only the first letters of the words, and write the entire heading in bold and italic. In Second Level Subheadings, use bold with the first letters of the words capitalized. In Third Level Subheadings, use 10-point, italicized, with the first letters of the words capitalized. Main headings should not exceed 1 line, should not be numbered, and no indentation is allowed.

✓ Figure and photographs titles should be below, in Time New Roman, 9-point, italic, and should have a paragraph added after.

✓ All abbreviations used in the table should be explained below the tables. The font size for the explanations should be 9-point, in Time New Roman, italic, with no space between lines.

✓ The line spacing in tables is 1.0. The font size is 10-point, and the font type is Time New Roman.

✓ The text of the manuscript should be double-spaced. Sections as tables, figures, etc. should be single-spaced.

✓ The font size of the title should be 11-point, in uppercase, and text should be distributed between the margins

✓ The font size for the author names should be 12-point, bold. The numbers for the author's duties and affiliations are the same as the author's names but should be in superscript. Affiliation of the authors should be 10-point, italic.

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✓ Direct citations exceeding three lines in the text should be written 1 cm inside the right and left edges of the writing area.