**TITLE OF THE MANUSCRIPT**

***Name and surname of all authors1***

***1****(Faculty, Department, Centre, etc.). City and Country.*

***Abstract***

*The English abstracts should be aligned in content, minimum 125, maximum 250 words.*

***Keywords:*** *apply keywords (up to 3-5)*

The manuscript should consist of separate headings and subheadings. The text should be concise and well-structured, should have the following layout: „Theoretical background”, „Methods”, „Results”, „Discussion”. The length of the text should be between 6-8 standard pages (1800 character/page) without (the references and abstract sections), Cambria type letters, font size - 12, line spacing – 1.15. Do not use indentations. Do not use numbering of any sections of the text.

**Formatting**

**HEADINGS**

alignment- centered, font size – 12, bold letters

**SUBHEADINGS1.**

Alignment – left, font size – 12, bold letters

*SUBHEADINGS 2.*

Alignment – left, font size – 12, italic letters

Tables and figures should be labelled in the text.

All tables and figures should be properly numbered, use center alignment for the tables and figures

See examples below:

*Table 1: Text ……………………………*

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Source: KSH (2014)

*Figure 1: Text…………………*

*Source: Smith (2014)*

All references appearing in the text should be properly listed.

See examples below:

For one author: (SURNAME, YEAR) (LEONTIEF, 1980; KONDOROSI, 2010).

For two authors: (SURNAME – SURNAME, YEAR) (HARSANYI – SELTEN, 1987).

For three or more authors: (SURNAME et al., YEAR) (ARROW et al., 2002).

Online references: It should be listed separately with a letter „I” and numbered (I01, I02, I03). If the name of the author and the year of the online publication is available, use standard citation see above.

For citations in the text, use capital letters – at the end of the sentence, otherwise use standard citation. In case of word for word citation quotation mark is necessary.

See examples below:

According to Smith (2012) sport is healthy………..

Sport is healthy (SMITH, 2012).

**REFERENCES**

References should be listed according to the author’s surname in alphabetical order. Make sure all the references are properly cited.

Please include the DOI number of the citation, if present.

See examples below:

For journal articles:

Kiss E. Zs. (2003). Fizikai aktivitas. Fittseg – Prevencio. *Budapesti Népegészsegügy*, 3, 241-247.

Gürhan. S., Malik. B., & Kürşat H. (2016). Comparison Of Aerobic, Anaerobic Power Features Basketball And Handball Team Players, IN: *Niğde University Journal Of* *Physical Education And Sport Sciences, 10,* (3), 379-385.

For books:

Piko, B., & Keresztes, N. (2007). *Sport, lélek, egészseg.* Budapest: Akademiai Kiadó.

Bagdy, E. (2007). Vitalitásgeneratorok. Szubjektív jólleterzesünk erősitésenek és egészseggondozásunk természetes eszközei. In Kallai J., Varga J. & Olah A. (Eds.): *Egeszsegpszichológia a gyakorlatban,* Budapest: Medicina Konyvkiado Zrt., 239-278.

Baechle, T.R., Earle, R.W. & Wathen, D. (2000). *Resistance training. In: NSCA:* *Essentials of Strength Training and* *Conditioning, 2nd edn.* (Baechle, T.R. & Earle, R.W., eds.) Human Kinetics, Champaign, IL: 395–425.

For conference abstracts, reports or papers:

Borbély, Sz., Fónai, M. (2016). A pedagógus pálya, a testnevelők és a testnevelés tantárgy presztízse a mindennapos testnevelés bevezetését követően. In: Karlovitz János Tibor (szerk.) *Tanulás és fejlődés: A IV. Neveléstudományi és Szakmódszertani Konferencia válogatott tanulmányai.* 322 p.

Pucsok, J. M., Tarnóczy, Z., & Balogh, L. (2014). The relationship between FMS

scores risk of injuries and sport performance in young track athletes. *Book of*

*Abstracts, 23 rd Congress of the European College of Sport Science, 2017, Essen,*

*Germany.*

Online sources:

NAT (A Nemzeti alaptanterv szerepe a tartalmi szabályozásban.)   
<http://www.om.hu/letolt/kozokt/nat2003/kr/02_bevezetojavveg.rtf>