



**THE TITLE OF THE PAPER, WITH TREBUCHET MS, SIZE
13, BOLD, ALIGN CENTRE, NO ABBREVIATIONS**

First Author (Surname, Given Name)¹, Second author ², Third author ³

¹ *First affiliation, Address, City and Postcode, Country*

^{2,3} *Second author affiliation, Address, City and Postcode, Country*

Abstract

Insert an abstract of 150-200 words, giving a brief account of the most relevant aspects of the paper. In the abstract there will be no abbreviations used. Keywords and the abstract will be written in Times New Roman, Size 10, Justified.

Insert an abstract of 150-200 words, giving a brief account of the most relevant aspects of the paper. In the abstract there will be no abbreviations used. Keywords and the abstract will be written in Times New Roman, Size 10, Justified.

Insert an abstract of 150-200 words, giving a brief account of the most relevant aspects of the paper. In the abstract there will be no abbreviations used. Keywords and the abstract will be written in Times New Roman, Size 10, Justified.

Insert an abstract of 150-200 words, giving a brief account of the most relevant aspects of the paper. In the abstract there will be no abbreviations used. Keywords and the abstract will be written in Times New Roman, Size 10, Justified.

Insert an abstract of 150-200 words, giving a brief account of the most relevant aspects of the paper. In the abstract there will be no abbreviations used. Keywords and the abstract will be written in Times New Roman, Size 10, Justified.

Key words: 3-5 keywords

1. Introduction

Please do not alter the formatting and style layouts which have been set up in the template document *Conference template.doc*. As indicated in the template, the paper should be prepared in single column format suitable for direct printing onto B5 JIS format (18,20cm x 25,71cm) having equal margins of 2 cm on each side and it should not contain more than 6 pages.

The content of the manuscript will be written in Times New Roman, Size 12, Justified, line spacing 1, first line indent 1cm, paragraph spacing 0 (before and after), no extra spacing between paragraphs. Also, the operating system used, (Windows XP, Windows Vista etc.), and the text processing program, (Microsoft Office 2003 or converted, given the extension ".doc"), will be mentioned in the e-mail containing the manuscript.

Articles will be written in English. The section in Romanian will be written with diacritical signs in the Romanian format of the computer keyboard.

Do not number pages, as page numbers will be added later in the publication process.

For emphasizing certain words in the text, you will be using only *italic*, **not capitals, underline, bold**, or (graphical) visual effects. Also, throughout the paper, you will be using maximum two types of bullets to enumerate, or point out certain elements.

The paper must have the following structure:

1. Introduction

Introduction which will include a scientific foundation, the purpose of research will be written one line distance under the abstract.

2. Material și metodă

Material and Methods includes hypotheses of the research, the procedures and methods of research, subjects, applied tests, and the description of the experimental process.

Citations in the text should follow the referencing style used **by APA (American Psychological Association) for each quotation in the text:**

- if the author's name is not mentioned in the sentence, he/she must be mentioned in parentheses, after the quote – last name first, then the first name(s) initial(s), year of publication, and the page number from the bibliographical source from which the quote was taken. E.g.: (Gagea, 2011, p. 251). The complete reference must be found also in the reference list at the end of the article.
- if the quote is introduced with a phrase that includes the name(s) of the author(s), you must insert the year of publication and the page, in parentheses.
- - if an idea from another paper is paraphrased, you must mention the original author, year of publication and page, as explained above.

3. Results and Discussions

This chapter is the most important in the paper, aiming to detail and prove the statements made in the previous chapters. With this purpose in mind, tables and figures can be used to support the information, and add more clarity to the demonstration.

Tables

The tables must be embedded into the text, not supplied separately, and cannot be introduced as photographs. The tables must be numbered in the upper part with Arabic numerals, in succession in the order of the first text quoting, followed by a conclusive and succinct title (Times New Roman, Size 11, Bold, one line distance, centred, it should not be longer than the length of the Table). Each table must be quoted in the text. The tables from other publications must be used

with the permission of the author (authors), indicating the bibliographical source from where it was assumed.

Table 1 *Efficient service in volleyball*

Efficiency	1	2	3	4	5	6	7	8	Total %
100%	10	0	6	3	4	10	5	13	51-44%
80%	8	11	9	19	3	10	18	8	86-71%
60%	68	24	22	27	56	76	26	28	327-39%
40%	4	18	5	12	10	4	12	6	71-8%
20%	15	23	32	51	9	8	50	30	218-26%
Wrong	8	2	9	12	9	10	7	13	75-9%
Total	113	83	84	124	111	118	118	98	828
IE	0,52	0,32	0,38	0,39	0,39	0,56	0,53	0,45	0,448

Figures

The figures (graphs, charts, diagrams, photos, illustrations, etc.) must be numbered with Arabic numerals (1, 2,...) in the lower part, in succession in the order of the first text quoting, followed by a conclusive and succinct title (Times New Roman, Size 11, Bold, one line distance, centred). All photographs, schemas, charts and diagrams are to be referred to as *figures* should be placed at the top or bottom of a column wherever possible, and as close as possible to the first reference to them in the paper and must be quoted in the text (Fig. 1). The figures from other publications must be used with the permission of the author (authors), indicating the bibliographical source from where it was assumed.

Line drawings should be good quality scans or true electronic output (.jpg, .bmp, .tiff, etc.). Low-quality scans are not acceptable. Lettering and symbols should be clearly defined either in the caption or in a legend provided as part of the figure.

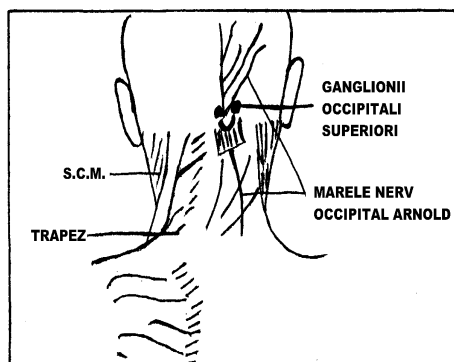


Figure 1. *The Occipital lymphatic ganglions from Monsterleet, G., 2004*

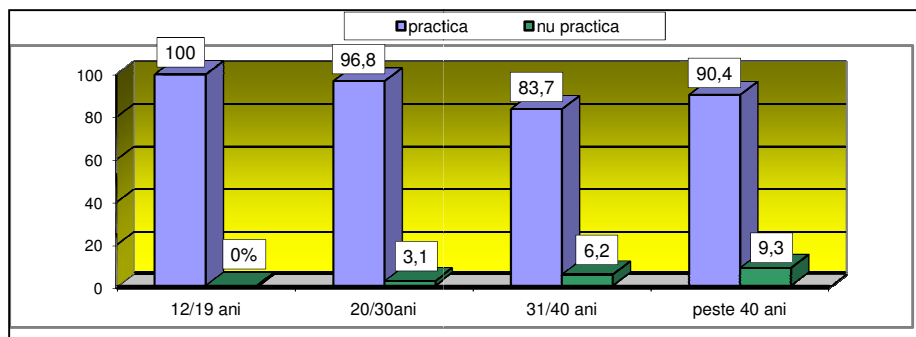


Figure 2. *The practice of leisure athletic activities*

Measurement units measuring the length, height, weight and volume must be expressed in metric units (meter-m, kilogram- kg, litre- l, second- s, or decimal multiples). The temperature must be measured in Celsius grades ($^{\circ}\text{C}$), and the arterial pressure in mmHg. Other measurement units must be expressed in the International Units System (SI).

4. Conclusions

The authors must warrant that his submission to the work is original and that he or she has full power to enter into this agreement. This work or a similar work must not have been published elsewhere in any language nor shall be submitted for publication elsewhere while under consideration by the *Scientific and Review Committee*.

Before including figures or text passages that have already been published elsewhere, the authors are required to obtain permission from the copyright holder(s) and to include evidence that such permission has been granted when submitting their papers. Any material received without such evidence will be assumed to originate from the authors.

The *Copyright Transfer Statement* will be transmitted in the e-mail containing the results of the review before publication. The statement will be signed and sent by e-mail, scanned in a JPG or PDF format.

All articles will be checked with anti-plagiarism software.

Referințe bibliografice

The bibliography list must be arranged in alphabetical order, ordered by the author's names and sources on the Internet at the end. More than one reference from the same author(s) in the same year must be identified by the letters "a", "b", "c", etc., placed after the year of publication. All the authors quoted in the text

International Scientific Conference

„Actualities and Perspectives of Physical Education and Sport Sciences”, 2020

must appear in the bibliography. Bibliography references should not contain references **which were not mentioned in the text**. Citations in the text should follow the referencing style used by the **American Psychological Association (APA)**.

- Example of quoting a journal article inside a bibliography will have the following structure: Name of the Author/Authors, year of publication, Title of the article, *Magazine/Journal*, number of the volume (yearly number, the number of the supplement part): number of pages.

- For books the bibliography will have the following structure: WILSON J. (last name, first name initial), (2009). *Contributions to the development of Physical Education and Sport*, XYZ Publishing House, London, UK.

For the electronic materials, the bibliography will have the following structure:

- a) article in electronic format
- b) computer program
- c) web sources – a web link will be given

In the text all the authors are written if there are 6 or less. If there are 7 or more authors, the first three authors are written, followed by “et al.” (which means “and others”).

1. Epuran, M. (2001). *Psihologia sportului de performanță*, Edit. FEST, București, pg. 234-280.
2. Marinescu Ghe., Păunescu M. (2009). Nivelul gnoseologic al calității vieții în Uniunea Europeană și în România, *Revista Discobolul*, Nr.3 (17), București, ANEFS, pg. 23-27.
3. *** Rezoluția Adunării Generale ONU, *Sportul ca mijloc de promovare a educației, sănătății, dezvoltării și păcii*, 58/5/2003.