

Instructions for Authors

Original research papers in all aspects of sport science (exercise physiology, sport psychology, sport injuries, science of training) can be submitted on the understanding that the manuscript is not previously published or under consideration for publication elsewhere.

Submission of Manuscript

It is recommended to submit manuscript with word 2007 and acrobat PDF format through e-mail IJHPA@um.ac.ir as an attachment for quick evaluation.

STYLE OF MANUSCRIPT

Manuscript should be written under 3000 word in clear, concise and grammatically correct English. The manuscript must be typewritten in a font size at least 12 points, double-spaced (including References, Tables and Figure legends) with wide margins (2.5 cm from all sides) on one side of paper. The beginning of each new paragraph must be clearly indicated by indentation. All pages should be numbered consecutively at the bottom starting with the title page.

Title page: The complete title of manuscript, the name of all authors with their highest qualifications, the department or institution to which they are attached, address for correspondence with phone numbers.

The abstract: All articles should accompany with a structured abstract less than 300 words. It should contain purpose, material and methods, results, discussion and conclusion followed by 3-5 keywords. Abstract must reflect the content of article accurately.

Introduction: It should contain review of literature and establish the purpose and importance of report.

Methods: It should include exact method or observation of experiments. Statistical method must mentioned and specify any computer program used.

Results: It must be presented in the form of text, table, graphs and illustrations. The contents of the table should not be all repeated in the text. Instead, a reference to the table number must be given. Also Probable figures must be high quality.

Discussion and conclusion: It should emphasize the main findings and the variations or similarities with other researches. The detailed results should not be repeated in the discussion. Emphasize the new and important aspect of the study and the conclusion that follow from them.

References: Bibliographic references in the text appear like [1, 2 ...], using square brace. References should be numbered consecutively in the text.

REFERENCES:

Journal Articles: Durstine JL, Grandjean PW, Davis PG, Ferguson MA, Alderson NL, DuBose KD (2001). Blood lipid and lipoprotein adaptations to exercise: a quantitative analysis. *Sports Med* 31:1033–1062.

A Chapter in a Book: Lawrence L. Sprite, Ph.D (1993). *Anaerobic Metabolism During Exercise*. Publishers: human kinetics, pp: 7-26.

Conference Proceedings: Ahmad Ebrahimi Atri, Afsaneh Taghizadeh Naderi. (2007). Effect of aerobic exercise training on pulmonary activity in asthmatic patients, 5th European Sports Medicine Congress, pp: 80-89

A Thesis: Riikka Vikstedt (2009). *The Role of Phospholipid Transfer Protein and Cholesteryl Ester Transfer Protein in Reverse Cholesterol Transport*, M.D thesis, Faculty of Medicine, University of Helsinki