

TITLE OF THE ARTICLE

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ABSTRACT

The abstract should be a cohesive paragraph encapsulating the central theme of the research. This section of the paper or manuscript provides a concise overview of the contextual background that motivated the study's investigation, including the identification of the issue or problem, the study's objectives, methodology, findings, and conclusions, all within a word limit of 250-300 words. The text should be formatted in Times New Roman, 10-point font, with justified alignment.

Keywords: 3 to 5 words

1.0 INTRODUCTION

Paper/manuscript submission for Malaysian Journal of Sport Science and Recreation must use and follow the standard journal template file in Microsoft Office Word.

Introduction section covers the broad idea of the present study, clearly state the problem statement, study gap, and research objective(s) and/question(s) which navigate the direction of the study.

1.1 STYLE OF WRITING AND TECHNICAL FORMATING

The writing and technical formating for paper/manuscript submitted to Malaysian Journal of Sport Science and Recreation are as below:

1.1.1 Style of Writing

- Standard British style of English
- Spelling of words must follow the Standard British style of English
- Each paragraph begins with thesis statement/topic sentence. This is followed by elaboration and link.
- Coherent and coheriveness from one paragraph to another are essential elements to show development and the direction of the research.

1.1.2 Technical Formating

- Type of font: **Times New Roman**
- Font size: **11 points**
- Spacing: **Single**
- Text and paragraph alignment: **Justified**
- Heading: **All capital wording, bold and no spacing should be left in between paragraphs.**
- Subheading: **Upper case for first letter in each word, italic, bold and no spacing should be left in between paragraphs.**
- Header, footer and pagination: **Avoid header and footer usage as well as pagination format. Do not change the font sizes, line spacing, or margins in the template.**

All figures and tables must be positioned in center. Graphics may be full colour. Figures and tables must be numbered using standard numbering and place accroding its numbering order.

The captions for figures and tables should be in Times New Roman font, size 10. They should follow their respective figures and tables, as exemplified in Figure 1 and Table 1. When necessary, glossy materials like photographs should be scanned at a suitable resolution (minimum 300dpi) to ensure high-quality reproduction.



Figure 1: The official logo of Malaysian Journal of Sport Science and Recreation

Table 1: Demographics of Respondents

No.	Demographic	Frequency	Percentage (%)
	Gender		
1	Male		
	Female		
	Age (year)		
2	20 – 30		
	31 – 40		
	More than 40		
	Duration of service (year)		
3	Less than 3		
	4 – 8		
	9 -14		
	15 – 20		
	More than 20		
	Field		
4	Public Sector		
	Private Sector		

2.0 LITERATURE REVIEW

Literature review section must analysed and addressed relevant previous and current studies related to the focus of the research.

Author(s) must able to demonsrate a critical understanding of relevant theories/concepts which underpin the research work.

3.0 METHODOLOGY

Clearly articulate and justify the research design and method(s) utilized by the author(s) to collect pertinent data.

The appropriateness of the research method(s) is paramount to ensure that data collection and subsequent analysis yield results conducive to achieving the research objectives, addressing research inquiries, or validating hypotheses.

Equations can be formulated using the built-in Microsoft Equation editor. Simply copy the text from your original Word document, then navigate to Edit > Copy. Position the cursor in the text area of the template and select Edit > Paste Special. In the ensuing Paste Special dialog box, opt for "Microsoft Equation 3.0 Object." To conform to journal formatting standards, utilize the Formatting Toolbar located at the top of your Word window and select "Equation."

$$y = mx + c$$

4.0 RESULT AND DISCUSSION

In this section, the author(s) should demonstrate and discuss the findings resulting from the analysis conducted to fulfill the research objectives, address research questions, or validate hypotheses.

The discussion of the outcomes should be aligned with the theories or concepts incorporated into the research.

5.0 CONCLUSION

This section is essential within the manuscript, serving as a cornerstone for authors to reinforce the purpose, findings, and implications of the research.

AUTHORS' CONTRIBUTION

This section should declare and elaborate on the contribution of each author in this paper.

CONFLICT OF INTEREST

Declare any conflict of interest if any.

ACKNOWLEDGEMENTS

Author(s) is/are **REQUIRED** to briefly acknowledge contributors who have assisted towards success of the research work such as funder, person who directly/indirectly involved in the project, organisation or institution.

REFERENCES

The references must be pertinent and up-to-date, aligning with the focus of the research work. All submissions to the Malaysian Journal of Sport Science and Recreation adhere to the APA Style 7th Edition guidelines: <https://apastyle.apa.org/>

Please arrange the reference list alphabetically, utilizing Times New Roman font, size 11, and single spacing.

Sample:

- MacColl, F., Ker, I., Huband, A., Veith, G., & Taylor, J. (2009, November 12-13). *Minimising pedestrian-cyclist conflict on paths*. Paper presented at the Seventh New Zealand Cycling Conference, New Plymouth, New Zealand. Retrieved from http://cyclingconf.org.nz/system/files/NZCyclingConf09_2A_MacColl_PedCycleConflicts.pdf
- Mann, D. L. (2010). Vision and expertise for interceptive actions in sport (Doctoral dissertation, The University of New South Wales, Sydney, Australia). Retrieved from <http://handle.unsw.edu.au/1959.4/44704>
- Ministry of Health. (2008). *Drug policy in New Zealand*. Retrieved from http://www.moh.govt.nz/moh.nsf/wpg_index/About-drugs
- Rogers, C. (2011, November 26). Smartphone could replace wallets. *News Straits Times*. Retrieved from <http://www.stuff.co.nz/technology/gadgets/6038621/Smartphone-could-replace-wallets>

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i) Academic honesty and intellectual property

The author(s) bears full responsibility for ensuring the originality and authenticity of the paper/manuscript submitted to the Malaysian Journal of Sport Science and Recreation. Academic honesty and integrity must be maintained in both content and detail of the paper/manuscript. Utilizing information from external sources (such as books, articles, websites, etc.) without proper attribution constitutes plagiarism. Direct quotations, paraphrased information, translations, and the adoption of another person's ideas must be appropriately referenced in the work. Violations, including plagiarism, cheating, or other forms of misconduct, may lead to disciplinary measures.

ii) Content and quality assurance

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