

# Journal of Combat Sports and Martial Arts

Vol. 1, 1(4), 2009

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"Journal of Combat Sports and Martial Arts (JCSMA)" – is a pre-reviewed journal featuring original scientific articles based on original research, as well as review and opinion articles. The subject matter of the articles published in JCSMA covers a wide spectrum of issues connected with physical culture, physical education, health sciences, human physiology, sports medicine, sports and recreation, theory of sport, public health. The Advisory Board includes specialists from many countries, representing various specialties, guaranteeing the high scientific level of the published articles. JCSMA is published twice a year. The editors accept articles in English, with abstracts and key words.

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The editors will accept only those works which are acknowledged by the reviewers and the editors to be thematically appropriate works making an original contribution to progress in science and/or educational or training practice, or to have educational (training) value. The signature of the first author on the letter of submission signifies that:

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- Short reports: brief descriptions of selected educational solutions to particular problems; possibly also new discoveries not yet confirmed.
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The articles accepted for publication will appear in one of the following sections:

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The abstract should be in structured form, not exceeding 250 words, and should consist of four paragraphs of 1-3 sentences each, labelled as follows:

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The text of the article should be divided into six sections labeled as follows: Background (Introduction), Material and Methods, Results, Discussion, Conclusions, References. Before References, if appropriate, the authors may insert Acknowledgements; an Appendix may be attached at the end, if needed. Each section should be clearly designated by a title in boldface.

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Material and methods should contain essential information regarding how the experiment or research was conducted, including the essential characteristics of the experimental and control groups (age, gender), inclusion and exclusion criteria, and the randomization and masking (blinding) method used. The protocol of data acquisition, procedures, investigated parameters, methods of measurements and apparatus should be described in sufficient detail to allow other scientists to reproduce the results. In the case of published methods, the names with appropriate references should be given. References and a brief description should be provided for methods that have been published but are not well known, whereas new or substantially modified methods should be described in detail. The rationale for using such new or unknown methods should be discussed, along with a balanced evaluation of these methods, not omitting their limitations. The statistical methods should be described in detail to enable verification of the reported results.

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Discussion should deal only with new and/or important aspects of the results obtained, without repeating in detail data or other material previously presented in Background or Results. The Discussion should focus on the theoretical implications and/or practical consequences of the findings, including suggestions for further research. The Discussion should compare the results of the present study to those obtained by other researchers mentioned in the text.

Conclusions must be linked with the goals of the study. New hypotheses with recommendations for further research should be advanced only when fully warranted and explicitly justified. Recommendations may be included when appropriate. Unqualified statements and conclusions not supported by the data obtained should be avoided.

Acknowledgements list all those who have contributed to the research but do not meet the criteria for authorship, such as assistants, technicians, or department heads who provided only general support. Financial and other material support should be disclosed and acknowledged.

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Wilmore JH, Costill DL. Age and sex considerations in sport and exercise. In: Wilmore JH, Costill DL, editors. *Physiology of Sport and Exercise*. 3th ed. Champaign IL: Human Kinetics; 2004, 512-537.

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