



# HELLENIC JOURNAL OF PHYSICAL EDUCATION AND SPORT SCIENCES

A Quarterly Publication of the Northern Greece Physical Education  
Teachers Association

The Hellenic Journal of Physical Education and Sport Sciences is a peer-reviewed scientific journal published by Northern Greece Physical Education Teachers Association. The Journal is published in printed form in Greek language, since 1980. For the past 5 years, the Journal gradually started to publish the abstracts of the accepted papers in English language.

From June 2008, the Northern Greece Physical Education Teachers Association decided to make significant changes to the format and direction of the Journal. The Journal is published in printed form (in Greek language) and in electronic form in both Greek and English Language. The contents of the English version of the Hellenic Journal of Physical Education and Sport Sciences are freely accessible through the new internet site [www.hellenicjsport.com](http://www.hellenicjsport.com).

The Hellenic Journal of Physical Education and Sport Sciences accepts research articles in all areas of Physical Education and Sport Sciences. Articles in English language are submitted electronically, via an e-mail to the editor. Articles are accepted for publication under the condition that they have not been submitted or have been published, partly or as a whole, elsewhere. The scientific content and legal related issues are exclusive responsibility of the authors. All research projects are accepted under the condition that they satisfy the guidelines for human or animal research published by the Helsinki Declaration.

The Hellenic Journal of Physical Education and Sport Sciences accepts the following types of articles:

1. Research Articles: Original and independent projects from all areas of Physical Education and Sport Sciences.
2. Case studies: Studies which describe cases of athletes assessment and the training / exercise program they had followed.
3. Literature Reviews: In general, the Journal does not publish reviews of literature. Authors who wish to submit a literature review should contact the editor and inform him about their intention to submit, under the condition that the authors should have a record of publications on the topic under review.

## **Submission Process.**

1. The article is submitted electronically via e-mail to [info@hellenicjsport.com](mailto:info@hellenicjsport.com) .
2. The manuscript should be written in Microsoft Word (any version) in Times New Roman
3. The article should be type in A4 size paper with margins of 2.5 cm. The article should not exceed 20 pages, including References, Tables, Figures and

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appendices. The Line Numbering should also be activated from the start of the text.

4. The following files are submitted:
  - **Title Page:** In a separate file, write the Title of the paper, the authors and their details. The full details of the correspondence author are also provided..
  - **Main article:** The file should be arranged in the following order: Title Page (no author names), Abstract, Introduction, Methods, Results, Discussion, Tables
  - **Figures:** they are submitted as separate files, (tiff, bmp ή power point or excel).

### **Peer-review Process**

A necessary condition for article submission is the agreement of all authors in the final submitted draft of the manuscript. The responsibility is carried by the correspondence author who signs the cover letter.

The steps in the review process are the following:

1. The editor checks whether the article is within the scope of the Journal and satisfies the general requirements for publication.
2. The editorial team examines whether the manuscript is formatted based on the Journal Style. In case this does not occur, the editor will contact the authors and ask them to re-format their paper and re-submit.
3. The editor or a section editor will then send the articles to experts in the field.
4. The revision process depends on the article content and the reviewer collaboration. As a general policy, the revision process does not exceed 10 weeks.
5. In case of disagreement between reviewers, the article may be sent to a third reviewer. In this case, the revision process may delay for 1-2 weeks. The editor will inform the authors about this development.
6. The editor informs the authors about the outcome of the review. There are four possible outcomes: Accept, Revise and Accept, Major Revision and Reject
7. In case of revision, the authors should revise the paper and respond to the comments in all points made by the reviewers.
8. The editor has the right to reject the article at any time during the revision process.
9. If an article is rejected, then the article can not be resubmitted to the journal.
10. When the article is accepted for publication, it is edited by the publisher and the proofs are sent to the authors for their final agreement prior to publication.

### **D. Copyrights**

A necessary requirement for successful submission is to sign and fax the Copyrights Transfer Form.

### **E. Language**

The journal publishes articles in Greek (printed version) and in Greek and English (electronic version) language. Abstracts in Greek language and all English papers are freely available through the web site of the journal ([www.hellenicjsport.com](http://www.hellenicjsport.com) ).

**NORTHERN GREECE PHYSICAL EDUCATION TEACHERS ASSOCIATION (E.G.V.E.)**



## Publication Costs

The Journal does not have any page charges. However, the authors are required to pay an administration fee of 50 Euro when submitting their manuscript. The fee can be paid through bank transfer to the following details:

National Bank of Greece

Account number: 223/635686-96.

Details: The name of the author and the Journal should appear in the receipt.

The receipt is then faxed to the Christodoulidis Publishers at +30 2310 – 248478.

## Duplicate submissions

All articles are considered for publication under the condition that they had not been submitted for publication elsewhere, in any language or form. In this case, the article is returned to the authors.

## MANUSCRIPT FORMAT

### A. ORIGINAL RESEARCH STUDY

**A. Separate Title Page:** The authors should state the title of the study. The title should be concise and accurate, reflecting the type of study, the sample and the variables under examination. The names of the authors are then listed together with the relevant institutes. Full details of corresponding author are then provided. In this page, the funding received for this project is also mentioned.

### Main Article

**Title Page:** Include the title only; no names of the authors should be provided. Page number should start from this page, on the upper right header of the page.

**Abstract:** The second page includes the abstract. The abstract should make clear the purpose and the content of the study. It should be concise, no more than 150 words and it should include the aim, the methods, the main findings and the conclusions of the project. After the abstract, the authors should provide 5 keywords.

**Introduction:** This section includes a presentation of the problem, a short review of literature and identification of the rationale and importance of undertaking this study. At the end of this section, the aims and hypothesis or research questions should be listed.

**Methods:** this includes description of the design, the sample, instrumentation, the measurement process in detail and data analysis. *It is a necessary requirement for all studies published in HJPESS that it is written a) the study was performed after having obtained signed informed consent from all participants and b) that the study has obtained ethical approval from an institution where research was carried out.*

**NORTHERN GREECE PHYSICAL EDUCATION TEACHERS ASSOCIATION (E.G.V.E.)**



**Results:** The results should include the statistical findings and the variables. They should include the Tables and the Figures. Avoid replications between the text, the figures and the Tables.

**Discussion:** The main findings of the study are discussed and explained based on previous literature. It is recommended that the structure of the discussion is such that it answers sequentially all the hypothesis posed in the introduction.

**Conclusions:** This is a brief statement of the main findings of the study. The last statement is a summary statement regarding the implications of the study.

**References:** In general the journal follows the APA style (4<sup>th</sup> edition). References should be listed in a separate page, at the end of the main text. In text citations should include the author names and the year of publication. For two authors, the format is (Vlachopoulos & Kellis, 1998); for three authors, list the first author and then abbreviate with et al. (Vlachopoulos et al., 1998).

The references are listed at the end of the text in alphabetical order; if two references have the same first author, the reference which is most recent should be listed first; In case, two references have the same first author and year of publications, then they should be cited in the text as (Kellis, 1998A) and Kellis, 1998B) and listed accordingly in the final references list.

Examples of references are as follows:

**Articles:** Name of authors (Year), Title, Journal, Volume, Pages.

Scanlan, T. K. & Passer, M. W.(1979). Sources of competitive stress in young female athletes. Journal of Sport Psychology, 1, 151 -159.

**Book:** Authors, (Year), Title, Editors (if available), City of Publication, Publisher, Page Numbers

Martens, R. (Ed.) (1978). Joy and sadness in children's sports, Champaign, I1: Human kinetics, 143-156

Melvin, H. W. (1998). Beyond training, Champaign, I1: Human kinetics. 123-156

**Edited Book:** Authors, (Year), Title, in Editors (if available), Series Title, City of Publication, Publisher, Page Numbers

1) Thoden, J. (1991). Testing aerobic power. In J. D. Mac Dougall, H. A. Wenger & H. J. Green (Eds). Physiological testing of the high performance athlete., Champaign,I1: Human kinetics. (pp. 107 - 173)

2) Melvin, H. W. (1989). Anabolic steroids. In Beyond training., Champaign, I1: Human kinetics, (σελ. 97 - 106)

**Conference proceedings:** References to Conference proceedings should be included when it is absolutely necessary. The format is as follows: Name of authors, (Year), Title, Conference Name, Editors, City, Publishers, Pages.

**NORTHERN GREECE PHYSICAL EDUCATION TEACHERS ASSOCIATION (E.G.V.E.)**



Marculli, C. (1999). Psychological treatment and mental training in rehabilitation of sport injuries, Proceedings of the 10th European Congress of Sport Psychology, Prague, Publisher's Name, (pp.117 - 145).

## **Appendices**

If necessary, the appendices are listed after the references.

## **Tables**

Tables follow the appendices. Each Table is placed in a separate page and should not have vertical lines. The abbreviations are explained in the Table Legend. Each Table should stand independently within the text and it should not replicate the text or figures.

## **Figure Legends**

The figure legends are listed after the Tables, in a separate page.

## **Figures**

Each figure is submitted as a separate electronic file.

## **CASE STUDY**

The manuscript should not exceed 4 pages of A4 Size (excluding figures, images or tables). It consists of

1. Title and author details
2. Abstract with keywords
3. Introduction: A very short description of the rationale.
4. Methods & Results: A short description of the history, the assessment and laboratory tests or training program, including the main results
5. Discussion and Conclusions
6. References (no more than 10 references).
7. A minimum number of Tables and Figures (no more than 2 Tables or Figures).

## **Questions which must be answered upon submission:**

- Is the article formatted based on the Journal Style?
- Do you have separate Title Page, Main article and Figures?
- Is it clear in the paper, that the experiments have been conducted based on code of ethics for research?
- Is its clear in the paper, that all participants provided their written agreement in order to participate in the experiment?
- Did you send the Copyrights Transfer Form by fax?
- Did you notify the publisher by fax regarding payment of the administration submission fee?
- Have you tested the reference style?

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