

INFORMATION FOR AUTHORS

Preparing the manuscript for submission

The text should be written in a 12-point font with one-and-a-half spacing and margins of 2.5 cm (1 inch) on all four sides, A4 paper size.

The editors reserve the right to edit the article for formatting.

Main text

The main text of the article must be submitted without the title page, acknowledgments, and any running headers with author names, to allow blinded review, and the authors must not compromise their anonymity in any Supporting Information files or Additional Files for Review uploaded. The main text of the article must be uploaded in ScholarOne system as "Main Document".

Title page

The author must prepare a separate document "Title Page" containing the following information:

- the full name of each author (without academic titles),
- the organizational affiliation of each author (workplace),
- the full title of the article,
- 3-6 key words in English,
- the corresponding author's full name, address, telephone and/or fax number, and e-mail address if available, for purposes of correspondence,
- the sources of any material or financial support, in form of grants, subventions, major donations, etc., if any,
- information on authors' contribution according to the following code: A – study design, B – data collection, C – statistical analysis, D – data interpretation, E – manuscript preparation, F – literature search, G – funds collection.

It is unacceptable to mention as authors persons whose contribution to the research has been scanty or actually non-existent (the so-called "guest authorship"). It is likewise inappropriate to conceal information on the contribution of persons who have actually participated in the creation of the publication. This should be recognized in form of acknowledgements at the end of the text or by including this person as a co-author.

"Ghostwriting" and "guest authorship" are manifestations of scholarly unreliability.

Abstracts

The abstract should be in a structured form, not exceed 200 words, and it should consist of four paragraphs of 1-3 sentences each, labelled as follows:

Background (Introduction): the purpose of the article or research, the primary thesis.

Material and Methods: a brief description of the research; in the case of a review or opinion article, a characterization of the literature; for a case study, a brief description of the subject; the main parameters measured, etc.

Results: the most significant results achieved.

Conclusions: the most important 1-2 conclusions derived by the authors from the research presented in the article.

The preceding structure does not apply in detail to review or viewpoint articles.

Please note that the ScholarOne system will not accept abstract exceeding 200 words.

Structure of the text

The text of the article should be divided into six sections labelled 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. When circumstances require, depending on the content and nature of the article, a different structure may be used, provided, however, that the structure of the article is clear, transparent and self-consistent. The editors reserve the right to return a manuscript to its authors for correction of structure.

Background (Introduction) should give the scientific rationale for researching the given topic, the primary issues and controversies, an explanation of the aim of the study and the primary thesis.

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, etc.), 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. Results concisely and reasonably summarize the findings in form of text, tables and figures arranged in a logical and internally self-consistent manner. The number of tables and figures should be limited to those absolutely needed to confirm or refute the thesis. Data given in graphs and tables should not be automatically repeated in the text.

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 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.

References, chosen for their importance and accessibility, are numbered consecutively in the order of their occurrence in the text. References first cited in tables or figure legends must be numbered in such a way as to maintain numerical sequence with the references cited in the text, by Arabic numerals in square brackets, e.g. [5]. The style of references is that of National Library of Medicine (US) (Vancouver).

As a rule, the ratio of texts published in non-congress languages (including in Polish) should not exceed 30% of all entries in References.

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All references should list: • the surnames of the six first authors of the cited work and their first name's initials, • the complete title, • the place of edition, • the publishing house and year of publication, cited pages, • titles of periodicals, the number of volume, year and page number of any article quoted. The abbreviations of the journal's title should be used according to the Medline standard, • in the case of a chapter, the chapter author, the chapter title, name of the

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Mines AH. Respiratory physiology. New York: Raven Press; 1993.

Edited book

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Chapter in a book

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.

Article in a journal

Allgrove JE, Gomes E, Hough J, Gleeson M. The effects of exercise intensity on salivary antimicrobial proteins and markers of stress in active men. J Sport Sci. 2008;26:653-661.

Internet source

World Health Organization. BMI-for-age (5-19 years). [Available at http://www.cdc.gov/nccdphp/dnpa/bmi/childrens_BMI/about_childrens_BMI.htm] [Accessed on 6 January, 2013].

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A text may be accepted if processed with the use of a standard text editor. The use of standard 12-point fonts is advised. Tables, figures, drawings and photographs may be processed using any mode and software (preferably *.txt, *.doc, *.docx, *.wpd, *.xls, *.bmp, *.eps, *.tif).

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BJHPA Editorial Office
(Ms Katarzyna Dzierzanowska)
Wydawnictwo Uczelniane AWFIS
ul. Kazimierza Gorskiego 1, 80-336 Gdansk, Poland
Phone (+48 58) 554 71 61; e-mail: office@balticsportscience.com