

**Guide for Authors** Authors are encouraged to submit high quality, original works which have not appeared, nor are under consideration in other journals. Contributors are invited to submit their manuscripts electronically to joanna.latka@usz.edu.pl or cejssm@gmail.com. Central European Journal of Sports Science and Medicine considers for publication manuscripts in the categories of Original Research, Review Article, Case Studies and Short Communication. The manuscripts should be in one of the following sub-disciplines: exercise physiology and biology, sports nutrition, sports science, biomechanics, coaching and training, sports medicine, sports injury and rehabilitation, physical activity and health, public health, physical education and health promotion as well as methodology of sport and history of physical culture and sport. Manuscripts with an interdisciplinary perspective with specific applications to sport and exercise and its interaction with health will also be considered. Papers are published only in English.

**Preparation of manuscripts** The manuscript must be word-processed, double-spaced throughout, with a 2.5 cm margin all around, with no 'headers and footers' (other than page numbers), and without footnotes unless these are absolutely necessary. Use Arial, size twelve (12) point font. All experimental work in which humans are participants must conform to the laws of the country in which the work took place. The manuscript should contain a statement to the effect that the work reported has been approved by a local ethics committee or review board. The statements about ethics approval or sources of data should be made at the beginning of the methods section. Manuscripts should be compiled in the following order: title page; abstract; keywords; main text; acknowledgments; references; list of table(s) caption(s) and figure(s) legend(s) (on individual page at the end of the manuscript). The table(s) and figure(s) have to be uploaded as separated file(s). The main text can be arranged under headings such as Introduction, Methods, Results, Discussion and Conclusion if this is appropriate. Number the pages consecutively, beginning with the title page as page 1 and ending with the Figure pages. 6,000 word count limit (including title, abstract, acknowledgements, and references).

**Title page** Include the following information on the first page of the manuscript: the full title; a running title of no more than 75 characters and spaces. List all authors by first name, all initials and family name. List departmental affiliations of each author affiliated with institutions where the study described was carried out. Connect authors to departments using numbers superscripts. Contributions of the author and each coauthor considering the following categories: A – Study Design; B – Data Collection; C – Statistical Analysis; D – Manuscript Preparation; E – Funds Collection. No names of co-authors will be published unless their contributions are indicated. Connect authors to contributions using alphabetic superscripts. Provide the name, full address and e-mail address of the corresponding author to whom communications, proofs and requests for reprints should be sent. Provide up to five keywords for indexing purposes.

**Abstract** The abstract should be placed on individual page (second page of the manuscript) and must not exceed 200 words and it must summarize the paper, giving a clear indication of the conclusions it contains.

**Tables and illustrations** Illustrations (photographs and line drawings) and tables must not be included in the text file. The table(s) and figure(s) have to be submitted as separated, source file(s). Table(s) files should be prepared as .doc files. Tables, referred to as ‘Table 1’, ‘Table 2’, and so on, must be numbered in the order in which they occur in the text. Illustrations should be prepared referred to as ‘Figure 1’, ‘Figure 2’, and so on, must be numbered in the order in which they occur in the text. Diagrams and drawings should be produced using a computer drawing or graphics package at the appropriate resolution. It is in the Author’s interest to provide the highest quality figure format possible. Colour figures will be reproduced in the on-line edition of the journal free of charge, in the print version all figures will be reproduced in the greyscale. If you wish to have figures in colour online and black and white figures printed, please prepare both versions.

**References** All references must be alphabetized by surname of first author and numbered at the end of the article. Please use APA style for references and citations (see the file “A guide to APA English” and “APA-WNUS” for Polish authors).

**Submission of manuscripts** All manuscripts, correspondence and editorial material for publication should be submitted online to: joanna.latka@usz.edu.pl or cejssm@gmail.com. The entire peer-review process will be managed electronically to ensure timely review and publication. PLEASE NOTE that papers will NOT be assigned for peer review until they are formatted as outlined in the Guide for Authors. The review process will consist of reviews by at least two independent reviewers. Contributors may suggest the names and full contact details of 2 possible reviewers. The reviewers must not be from the same institutions as the authors. The Editor may, at his or her discretion, choose no more than one of those suggested. The reviewers will be blinded to the authorship of the manuscript. The Editor will make a final decision about the manuscript, based on consideration of the reviewers' comments. The journal's Editorial Board does not enter into negotiations once a decision on a manuscript has been made. The Editor's decision is final.