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Our mission is to publish high-caliber, original research and comprehensive review articles that encapsulate the latest breakthroughs and developments in Sports and Health Sciences. **AHSTS** is committed to fostering a rigorous academic environment, upheld through a meticulous double-blind peer-review process that ensures the integrity and quality of the work we publish.

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Advances in Health, Sports and Technology Sciences

Aims & Scope

Advances in Health, Sports and Technology Sciences (AHSTS), is an international scientific and academic open access e-journal mainly focusing on Sports and Health sciences.

AHSTS publishes original research articles and review articles that involve an integrative and comprehensive coverage of the latest developments in Sports and Health sciences. AHSTS publishes papers in English languages.

All submissions are subject to a double-blind peer-review process. AHSTS publishes papers in English languages.

Original research and review articles in the following areas are highly welcome; Sports and Health Sciences, Training and Movement Sciences, Physical Education and Sports, Exercise Physiology, Sports and Health Technologies, Nutrition and Dietetics, Sports Management, Sport Psychology, Sports Tourism and Recreation, Sports for Disabled Individuals and related topics with Sports and Health Sciences.

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Welcome to the authors' section of Advances in Health, Sports, and Technology Sciences (AHSTS). We are delighted that you are considering AHSTS as a platform for disseminating your research. Below, you will find essential information and guidelines to assist you in the submission process.

For detailed information on the journal's submission, peer-review, publication, and ethical standards, please visit the Policies page.

We strongly recommend reviewing the journal's policies thoroughly before submitting any manuscripts to ensure they adhere to our guidelines.

Manuscripts submitted for evaluation must be original and not previously disclosed or published in any electronic or print medium. If a manuscript has been presented at a conference or meeting, authors are required to provide comprehensive details about the event, including its name, date, and location.

Authors are required to prepare manuscripts in accordance with the relevant guideline listed below:

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- Systematic reviews and meta-analysis: PRISMA guidelines (for protocols, please see the PRISMA-P guidelines)
- Nonrandomized evaluations of behavioral and public health interventions: TREND guidelines
- Qualitative research: SRQR guidelines

To find the right guideline for your research, please complete the questionnaire by Equator Network [here](#).

Advances in Health, Sports, and Technology Sciences encourages authors to adhere to the 'Sex and Gender Equity in Research (SAGER) guidelines' when preparing their manuscripts. This promotes the inclusion of sex and gender considerations in research. Authors are advised to consult the EASE Guidelines for Authors and Translators before submission, to ensure their manuscripts are clear, concise, accurate, and free from common errors and pitfalls.

Manuscripts should be styled according to the Publication Manual of the American Psychological Association (APA), Seventh Edition (2020).

Submissions must be made exclusively through the journal's online manuscript submission and evaluation system. Manuscripts sent via any other means, or submissions made by anyone other than one of the authors, will not be considered.

For the initial submission, authors must include the following:

Copyright Agreement and Acknowledgement of Authorship Form

Preparation of the Manuscript

Title Page: A separate title page must accompany all submissions, containing:

- The full title of the manuscript and a short title (running head) of no more than 50 characters,
- The name(s), affiliations, highest academic degree(s), and ORCID IDs of the author(s),
- Grant information and details on other sources of support,
- The name, address, telephone (including mobile phone number), and email address of the corresponding author,
- An acknowledgment of individuals who contributed to the manuscript preparation but do not meet the authorship criteria,
- A declaration if any author(s) is a member of the journal's Editorial Board, to be specified on the title page.

Abstract: An abstract is mandatory for all submissions to "Advances in Health, Sports and Technology Sciences." The abstract should be concise, devoid of any references, and provide an unstructured summary that encapsulates the essence of the research within the realms of health, sports, and technology sciences. The abstract should cover the following components:

Objective of the Research: Clearly articulate the research's primary goal or specific objectives, with a strong emphasis on the significance of the study within the context of health, sports, and technology sciences.

Research Context: Define the context or environment pertinent to the research. This may include the setting of the study (e.g., laboratory, field, online environment), as well as the specific area of health, sports, or technology sciences it addresses.

Materials and Methods: Summarize the materials and methods employed in the research. This should include the type of technology, software, or equipment used; the study design; the population or data set studied; and any specific methodologies that are crucial for understanding the outcomes of the research.

Key Findings: Highlight the main findings of the study, providing specific data or outcomes where applicable. This section should succinctly present the results, emphasizing their relevance and contribution to the field of health, sports, and technology sciences.

Implications of the Research: Conclude with a brief discussion of the research's most significant findings and their implications for the field. This may include potential applications of the research, its impact on future studies, or how it advances understanding in health, sports, and technology sciences.

Keywords: Each submission must be accompanied by a minimum of three to a maximum of five keywords for subject indexing at the end of the abstract. The keywords should be listed in full without abbreviations.

Manuscript Types

Research Articles: Research articles should present new information based on original research. Their acceptance is typically contingent upon the originality and significance of the research. The main text of a Research Article should be structured with the following subheadings: Introduction, Materials and Methods, Results, and Discussion.

Reporting Statistical Analysis: Details on statistical analyses must be included under a separate subheading within the Materials and Methods section, specifying the statistical software used.

When presenting statistical data in a research paper, it's crucial to display values clearly and consistently. p-values, confidence intervals (CIs), and other statistical measures should be rounded appropriately and expressed as per the guidelines. For instance, p-values should be shown with two decimal places, unless the first two digits are zeros, in which case three decimal places should be used (e.g., instead of $p < .01$, report as $p = .002$). Values close to .05 may be reported with three decimal places, given .05 is an arbitrary threshold for statistical significance (e.g., $p = .053$). p-values less than .001 should be reported as $p < .001$, not with the exact value (e.g., $p = .000006$).

Units of measurement must adhere to the International System of Units (SI).

Review Articles: Review articles are welcomed from authors who possess extensive knowledge and expertise in a specific field, along with a strong publication record. Such authors may even be invited to contribute. Review articles should offer a comprehensive overview of the current state of knowledge on

a topic relevant to the journal's scope, including discussions and evaluations of pertinent research. While authors can plan the subheadings of review articles, each must include an "Introduction" and a "Conclusion" section.

Short Note: This manuscript type presents significant findings from tangential investigations that are offshoots of larger studies, or from preliminary results that require confirmation through further study. The main text should be structured with Introduction, Materials and Methods, Results and Discussion, and Conclusion subheadings.

Tables: Tables should be included in the main document, after the reference list, and they should be numbered consecutively in the order they are referred to within the text. Each table should have a descriptive title placed above it, and any abbreviations used in the table should be defined below the table by footnotes (even if they are defined in the main text). Tables should be created using the "insert table" command of the Word processing software, and they should be arranged clearly to make the data easy to read and understand. The data presented in the tables should not be a repetition of the data presented in the main text, but should support and enhance the main text.

Figures and Figure Legends: Figures should be submitted as separate files in TIFF or JPEG format, and they should not be embedded in the Word document or the main manuscript file. If a figure has subunits, each subunit should be submitted as a separate file, and the subunits should not be merged into a single image. The figures should not be labeled (a, b, c, etc.) to indicate subunits. Instead, the figure legend should be used to describe the different parts of the figure. Thick and thin arrows, arrowheads, stars, asterisks, and similar marks can be used on the images to support figure legends. Images should be anonymized to remove any information that may identify individuals or institutions. The minimum resolution of each figure should be 300 DPI, and the figures should be clear and easy to read. Figure legends should be listed at the end of the main document. Figures should be referred to within the main text, and they should be numbered consecutively in the order in which they are mentioned.

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All acronyms and abbreviations used in the manuscript should be defined at first use, both in the abstract and in the main text. The abbreviation should be provided in parentheses following the definition, and it should be used consistently throughout the paper.

Identifying products

When mentioning a drug, product, hardware, or software program in a manuscript, it is important to provide detailed information about the product in parentheses. This should include the name of the product, the producer of the product, and the city and country of the company. For example, if mentioning a Discovery St PET/CT scanner produced by General Electric in Milwaukee, Wisconsin, USA, the information should be presented in the following format: "Discovery St PET/CT scanner (General Electric, Milwaukee, WI, USA)." Providing this information helps to ensure that the product is properly identified and credited.

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Supplementary materials, including audio files, videos, datasets, and additional documents (e.g., appendices, additional figures, tables), are intended to complement the main text of the manuscript. These supplementary materials should be submitted as a separate section after the references list. Concise descriptions of each supplementary material should be included to explain their relevance to the manuscript. Page numbers are not required for supplementary materials.

References

Both in-text citations and the references must be prepared according to the Publication Manual of the American Psychological Association (APA), Seventh Edition (2020).

When citing publications, preference should be given to the latest, most up-to-date sources. Citing the latest sources can help to ensure that the paper is relevant and timely, and that it reflects the latest developments in the field.

It is the responsibility of the authors to ensure the accuracy of the references in their article. All sources must be properly cited, and the citations must be formatted correctly.

To avoid plagiarism, it is necessary to acknowledge other sources in your paper through in-text citations. For every in-text citation, a corresponding reference list entry must be provided.

The APA in-text citation style includes the author's last name and the year of publication, such as (Field, 2005). If quoting directly from a source, the page number should also be added, such as (Field, 2005, p. 14).

If an ahead-of-print publication is cited, the DOI number should be provided in the reference list.

The reference styles for different types of publications are presented in the following examples.

Journal Article: Kaya, M. F., & Özkan, A. (2018). The effect of wearable technology on gym-based exercise motivation and performance. *Journal of Sport and Health Science*, 7(3), 345-352. <https://doi.org/10.1016/j.jshs.2017.09.011>

Book Section: Demirkan, E., & Smith, J. L. (2021). Teknolojinin spor eğitimindeki rolü. In A. Çelik & M. Yıldırım (Eds.), *Spor Biliminde Güncel Yaklaşımlar* (ss. 195-210). Nobel Akademik Yayıncılık.

Books with a Single Author: Gür, H. (2019). *Spor Fizyolojisi: Temel Kavramlar ve İlkeler*. Ankara, Türkiye: Spor Yayınevi.

Editor(s) as Author: Karagöz, S. (Ed.). (2020). *Spor ve Sağlık Bilimlerinde Araştırma Yöntemleri*. Ege Üniversitesi Basımevi.

Thesis: Yılmaz, B. (2020, Haziran). Akıllı saatlerin fiziksel aktivite düzeyleri üzerine etkisi [Yüksek lisans tezi, Hacettepe Üniversitesi]. Hacettepe Üniversitesi Tez Merkezi. <https://tez.yok.gov.tr/UlusalTezMerkezi>

Websites: Ergen, M. (2021, Mayıs 5). Evde uygulanabilecek spor teknolojileri. SporTeknoloji. <https://www.sporteknoloji.com/evde-uygulanabilecek-spor-teknolojileri/>

Epub Ahead of Print Articles: Altun, M., & Kılıç, D. (2022). Sanal gerçeklik uygulamalarının spor eğitimindeki etkinliği: Bir sistemik inceleme. *Türkiye Spor Bilimleri Dergisi*. Epub ahead of print. <https://doi.org/10.1234/tsbd.v67i2.890>



Ethical Guidelines

An approval of research protocols by the Ethics Committee in accordance with international agreements (World Medical Association Declaration of Helsinki “Ethical Principles for Medical Research Involving Human Subjects,” amended in October 2013, www.wma.net) is required for experimental, clinical, and drug studies and for some case reports. If required, ethics committee reports, or an equivalent official document will be requested from the authors. Submissions which do not have ethical approval will be reviewed according to COPE’s Research, Audit and Service Evaluations guideline.

Such manuscripts can be rejected after editorial review due to the lack of ethics committee approval.

For manuscripts concerning experimental research on humans, a statement should be included that written informed consent of patients and volunteers was obtained following a detailed explanation of the procedures that they may undergo.

It is the authors’ responsibility to protect the patients’ anonymity carefully. For photographs that may reveal the identity of the patients, signed releases of the patient or their legal representative should be enclosed, and the publication approval must be provided in the Methods section.

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Information on patient consent, the name of the ethics committee, and the ethics committee approval number and date should also be stated in the Methods section of the manuscript.

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JAdvances in Health, Sports and Technology Sciences is extremely sensitive about plagiarism. All submissions are screened by a similarity detection software (iThenticate by CrossCheck) at any point during the peer-review and/or production process.

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