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# Advances in Health, Sports and Technology Sciences

## Aims & Scope

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**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.

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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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**Address:** Aksaray Üniversitesi Spor ve Sağlık Alanında İhtisaslaşma Koordinatörlüğü

**E-mail:** asujshr@aksaray.edu.tr

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**Address:** Göztepe Mahallesi, Fahrettin Kerim Gökay Caddesi, No: 200, Daire: 2, Göztepe, Kadıköy, İstanbul, Türkiye; **Phone:** +90 216 550 61 11; **Fax:** +90 216 550 61 12; **E-mail:** kare@karepb.com



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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.

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

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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:

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

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- 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.

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### Manuscript Types

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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.,  $p = .000006$ ).

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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.

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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.

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**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.

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**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](http://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.

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