

## INFORMATION FOR AUTHORS

The *South African Journal for Research in Sport, Physical Education and Recreation* is published by the Stellenbosch University. Contributions from the fields of Sport Science, Movement Education, Recreation/Leisure Studies, Exercise Science and Dance Studies will be considered for publication. The articles submitted will be administered by the appropriate Subject Review Editor and evaluated by two or more referees. The decision as to whether a particular article is to be published or not, rests with the Editorial Board.

### SUBMISSION

Manuscripts should be typed with **one and a half spacing** in 12-point Times New Roman letter size and printed on A4-size white paper in laser quality. The original manuscript (clearly indicated) and three copies of the manuscript must be submitted. Length must not exceed 20 pages (tables, figures, references, etc. included). Original manuscripts may be submitted in English or Afrikaans and should be sent to:

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NB. Articles can also be submitted by email.

### CONDITIONS

A signed declaration in respect of the originality must accompany each manuscript. On submission of the manuscript, the author shall present a written statement that the article has not been published or is not being presented for publication elsewhere. Should the article be taken from a Master's thesis or Doctoral dissertation, academic ethic requires that the student will be the first author. The author should also ensure that the LANGUAGE of the manuscript has been thoroughly edited at the time of submission (in British English). The name, address and telephone number of the person who has done the language editing must be provided. On receiving a written notification from the Managing Editor that the article has been accepted, a final hard copy of the manuscript and a diskette (virus checked) should be submitted using MS WORD as a DOC-file (see Figures). It can also be send per e-mail as an attached file.

### PREPARATION OF MANUSCRIPT

#### Title page

The first page of each manuscript should indicate the *title* in English and Afrikaans (will be translated for foreign authors), the *names* (title, first name in full and other initials, surname) of the author(s), the *telephone* numbers (work & home), *facsimile* number, *e-mail* address (if available) and the *field of study*. The mailing address of the first named author and the institution where the work was conducted should be provided in full. A short title of not more

than 45 characters, including the spaces, should be provided for use as a running head.

### **Abstract**

Each manuscript must be accompanied by an abstract of approximately 150-200 words in *English* and should be set on a *separate page* as a SINGLE paragraph (one and a half spacing). A list of three to seven **key words** in *English* is required for indexing purposes and should be typed below the abstract.

Articles in Afrikaans must include an *additional* extended summary (500-1000 words) in English. This summary must start on a new page (following the list of sources) providing the English title of the article at the beginning.

### **Text**

Start the text on a new page with the title of the article (centred and *without* the names of the authors). Follow the style of the most recent issue of the journal regarding the use of headings and subheadings. Use only one space between sentences.

### **Tables and figures**

Tables and figures should be numbered in *Arabic* numerals (1, 2, etc.). Tables require a heading at the *top* and figures a legend *below* and separate from the figure. Indicate where the tables or figures must feature in the text (if handed in separately). **Note:** Use the decimal POINT (not the decimal comma).

### **References**

In the *text* the Harvard method must be adopted by providing the author's surname and the date placed in parentheses. *For example:* Daly (1970); King and Loathes (1985); (Botha & Sonn, 2002); McGuines *et al.* (1986) or (Daly, 1970: 80) when Daly is not part of the sentence. More than one reference must be arranged chronologically. Note that *et al.* is used in the body of the text when there are more than two authors, but never in the list of references.

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Only the references cited in the text should be listed alphabetically according to surname (last name) of authors (capitals) after the body of text under the heading, **References** (capitals) starting on a new page. In the case of articles published in *JOURNALS*, references listed should include the surnames and initials (capitals) of all authors, the date of the publication in parentheses, the full title of the article, the full title of the journal (*italics*), the volume number, the serial number in parentheses (omitted only if the said journal does not use issue numbers), followed by a colon and the first and last page numbers separated by a hyphen.

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*Example:*

VAN WYK, G.J. & AMOORE, J.N. (1995). A practical solution for calculating instantaneous values of tension in the extensor muscles of the knee joint during extension and flexion. *South African Journal for Research in Sport, Physical Education and Recreation*, 18(1): 77-97.

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If the reference is a *BOOK*, the surname (last name) and initials of the author or editor (Ed.) must be given, followed by the date of publication in parentheses, the title of the book (*italics*) as given on the title page, the number of the edition (ed.) in parentheses, the city (and abbreviation for the state in the case of the USA) where published, followed by a colon and the name of the publisher.

*Example:*

JEWETT, A.E.; BAIN, L.L. & ENNIS, C.E. (1995). *The curriculum process in Physical Education* (2<sup>nd</sup> ed.). Madison, WI: WCB Brown & Benchmark.

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For a CHAPTER from a book, the page numbers of the chapter cited must be provided in parentheses (not italics) after the title of the book. For further details, authors should consult the most recent publication of this Journal for other examples.

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*Example:*

DE RIDDER, J.H. (1999). Kinanthropometry in exercise and sport. In L.O. Amusa; A.L. Toriola & I.U. Onyewadume (Eds.), *Physical Education and sport in Africa* (235-263). Ibadan (Nigeria): LAP Publications.

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If the reference is a THESIS or DISSERTATION, no italics is used as it is an unpublished work.

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*Example:*

CRAVEN, D.H. (1978). The evolution of major games. Unpublished PhD dissertation. Stellenbosch: Stellenbosch University.

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