**TITLE OF THE SCIENTIFIC WORK**

(Capitals, Times New Roman 12, Bold, Centred)

**Surname and first name\*[[1]](#footnote-1)**

(Times New Roman, size 10, Bold, right aligned)

**Institutional Affiliation, Locality and Country**

(Times New Roman, size 10, Bold, right aligned)

**Abstract** (Times New Roman, size 11, Justify)

The summary will synthesize in approximately 200 words the most relevant aspects of the paper. This will include the research theme, its aim, the subjects, the research methods, the main results and the conclusion. In summary there will be no bibliographical references and please don’t use abbreviations.

**Rezumat** (Times New Roman, 11, bold)

Rezumatul va sintetiza în aproximativ 200 de cuvinte cele mai relevante aspecte ale lucrării. Acesta va prezenta tema cercetării, scopul, subiecții, metodele de cercetare, principalele rezultate, concluzii. În rezumat nu se vor face referințe bibliografice şi nu se vor folosi abrevieri.

***Keywords***: *3-5 keywords* (Times New Roman, size 11, Italic)

1. **Introduction**

Introduction will include the presentation and description of the theme (the importance of the theme, its contact with the preview works in the field of research, relevant authors), but also the research strategy (the research aim, the hypotheses).

1. **Methods**

In this chapter will be mentioned the research objectives, the research organization, the research special methods (if appropriate), information regarding the subjects, description of the experimental program, the experimental interventions and the measurements made during the research.

It is indicated to divide the „ Methods” Chapter in subchapters that will include the elements mentioned above.

1. **Results** (Times New Roman,12, Justify)

This chapter will present clear and concise the research results. Tables and figures can be used to argue the results. These will bring more information and clarity.

1. **Discussions**

These should not repeat the results, but provide detailed interpretation of data. This should reveal the significance of the findings of the work. Citation would be given in support of the findings.

1. **Conclusions**

In this chapter will be presented a short comment regarding the importance of research,

its theoretical and practical implications.

**Bibliography**

The bibliography will respect the APA system and will include only the references mentioned in the text. The bibliographical list will be insert in alphabetical order, sorted by the author name.

Example:

1. Epuran, M., (2001). *Psihologia sportului de performanţă*. Bucureşti: Edit. FEST, 234-280.
2. Marinescu, Ghe., Păunescu, M., (2009). Nivelul gnoseologic al calităţii vieţii în Uniunea Europeană şi în România, *Revista Discobolul,* 3, 23-27.
3. Rezoluţia Adunării Generale ONU, *Sportul ca mijloc de promovare a educaţiei, sănătăţii, dezvoltării şi păcii*, 58, 5 /2003.

The paper works will be written in English maximum 8 pages. The abstract will be written in English and Romanian.

The papers will be edited in World for Windows ( with the extension „doc” or „docx”), A4, Times New Roman, 12, only one column, Justify, distance between rows and paragraphs -1,0, Top 1.5, Bottom 1.5, Left 2.0, Right 1.5.

Within the paper will be used maximum 2 types of symbols (bullets) to punctate or enumerate different elements. Pages will be not numbered.

Citations will be made according to APA standards by author-date method, for every citation in the text as follows:

* if the author isn’t mentioned in the sentence, the author’s name, the first letter of his/her surname, the year of the publication and the page number in the bibliographical source must be placed after citations between the parenthesis. Ex. (Gagea A., 2011, p. 251) and the full reference must be appear in the bibliography at the end of the paper work)
* if the citation includes the author’s name, the year of the publication must be insert between the parenthesis and after the citation the page number will be written between the parenthesis.
* if you paraphrases an idea from other paper work, you have to write the author’s name and the year of publication in the text references, but APA standards will ask you the page number (although it isn’t necessary).

*Tables*

Tables are numbered consecutively, in order of their appearance, in arabic figures. It is recommended to reduce the use of tables at minimum. All the tables must have a title placed above them. Every table must be mentioned at least once in the text. The tables must be centred and mustn’t exceed 140 mm. Data in the tables must be written in size 10, Times New Roman. Between the table and its title there is a distance of one row.

**Tabel 1** *Efficiency of service*

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Efficiency** | **1** | **2** | **3** | **4** | **5** | **6** | **7** | **8** | **Total %** |
| **100%** | 10 | 0 | 6 | 3 | 4 | 10 | 5 | 13 | 51-44% |
| **80%** | 8 | 11 | 9 | 19 | 3 | 10 | 18 | 8 | 86-71% |
| **60%** | 68 | 24 | 22 | 27 | 56 | 76 | 26 | 28 | 327-39% |
| **40%** | 4 | 18 | 5 | 12 | 10 | 4 | 12 | 6 | 71-8% |
| **20%** | 15 | 23 | 32 | 51 | 9 | 8 | 50 | 30 | 218-26% |
| **Wrong** | 8 | 2 | 9 | 12 | 9 | 10 | 7 | 13 | 75-9% |
| **Total** | 113 | 83 | 84 | 124 | 111 | 118 | 118 | 98 | 828 |
| **IE** | 0,52 | 0,32 | 0,38 | 0,39 | 0,39 | 0,56 | 0,53 | 0,45 | 0,448 |

*Figures*

All the illustrations ( graphics, schemes, diagrams, figures, photos) must be numbered in ascending order, in order of the appearance in the paper text with arabic figures -1, 2, 3, ....n). Figures must be placed as close as possible to the text in which the reference is made. The titration is placed immediately below them at a distance of one row. Illustrations from other publications must be used by permission of the authors, indicating the bibliographical source.

The figures must be at least once in the text (Figure 1). They can’t be made in Word document; they have to be imported either as a picture (jpg, bmp, tiff, etc.) or as an object (ppt.).

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1. Correspondance author – e-mail, mobile phone number (Times New Roman,10) [↑](#footnote-ref-1)