**TITLE OF THE SCIENTIFIC WORK**

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

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

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

**Institutional Affiliation, City, Country**

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

**Abstract** (Times New Roman, 11, Bold)

The summary will synthesize in approximately 200 words the most relevant aspects of the paper. This will include the research theme, its aim, 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, principalele rezultate, concluzii. În rezumat nu se vor face referințe bibliografice și nu se vor folosi abrevieri.

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

1. **Introduction**

In introduction is define and is clarified the approach problematic, is make a synthesis of achieved previous studies, specifying the study of approach problematic research.

1. **Discussions**

In this chapter are identify the relations, the contradictions, the gaps and the inconsistencies from existing speciality literature in the areas addressed and is suggest the next step in solving the problem.

1. **Conclusions**

In this chapter will be achieve a brief commentary regarding the importance of the research, its theoretical and practical implications.

**Bibliography**

The bibliographical references 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 and will.

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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