

Author Guidelines for Submission to the MCAST Journal of Applied Research & Practice, 2nd Special Issue on Sport, Exercise & Health

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General

The manuscript should be submitted to the editors by email, in Microsoft word or ODT format, and in single-line spaced sans serif font (Arial, Liberation Sans, etc.), size 12. British rather than American English spelling has been selected as the convention for this journal.

Two versions should be submitted, one not blind, one blind. In the not blind version include all authors, institutions, and email address of corresponding author. In the blind version, all authors and email addresses should be removed, and the file should be saved such that the author details do not appear in the metadata of the file.

Stick to past tense unless referring to an aspect of the manuscript itself, or making a broad generalised claim. E.g. “This article elaborates two main theoretical objections to...” “The following section outlines key components of the model...” or, “The results suggest that Maltese youths generally tend to...” In all other cases, past tense should be used. E.g. “The study aimed to...” “The findings showed that a majority...”

For data visualisation, bar charts are preferable to pie charts. Charts should be two-dimensional and flat, NOT three-dimensional.

Anything that is not a table, is a figure. Tables and figures should be captioned underneath as follows: “**Figure 1:** A bar chart showing...”

Figures should contain colour only if absolutely necessary. Otherwise stick to black and white.

Tables do not need to be presented in academic style, so all borders can be left intact.

For qualitative studies, please include a systematic representation of theme emergence. This can take the form of a table, matrix, flow-chart, mind map, dendrogram, etc.

Long quotes (more than two lines) should be separated, indented on both sides, and italicised. Do not use any quotation marks.

Referencing style

Harvard, as follows:

In-text citations should have no commas, e.g. (Farrugia 2022).

For two authors use the word “and”, not “&”, e.g. (Borg and Cassar 2020).

For three or more authors, use “et al.” (with a full stop), eg. (Muscat et al. 2021).

Multiple citations in the same brackets should be organised alphabetically (not chronologically).

In the reference list, references to journal articles and books should be presented, in alphabetical order, as follows:

Aquilina, A. and Bartolo, B. 2022. 'Title of Paper', *Maltese Journal of Sport*, 1(1), 1-10.

Camilleri, C. 2016. *Sports in Malta: A Sociological View*. Publisher (Country).

Case and formatting

Main title should be in title case (all words capitalised except articles/minor words), as should all first order headings. Second order headings should NOT be in title case.

First order headings should be bold, second order headings italic.

Main Text Sections

Abstract

The abstract should not be divided into sections. It should be written as one flowing paragraph of not more than 200 words. It should include (1) the topic, problem and main aims, (2) the general methodological approach, sampling strategy and size, type of analysis, (3) main findings, and (4) the main conclusions/take-home points.

Unless it is absolutely necessary, avoid citations in the abstract. Also avoid establishing abbreviations in the abstract unless absolutely necessary. E.g.

"The study investigated variations in the position of the combined centre of gravity of the athlete-barbell system throughout the initial lifting phase. The combined centre of gravity provides a good indication of..."

And NOT,

"The study investigated variations in the position of the combined centre of gravity (CCOG) of the athlete-barbell system throughout the initial lifting phase. The CCOG provides a good indication of..."

Try to word the abstract such that key terms are not, as yet, excessively repeated. The first time the key term is then mentioned in the main text, it can be abbreviated and referred to in abbreviated form thereafter. Try to avoid using abbreviated forms in the headings.

Keywords

Relevant keywords should be given, separated by semi-colons and no other punctuation.

Introduction

This section should justify the scope and significance of the research problem, review existing literature, and culminate in a clearly articulated set of main research questions and/or hypotheses.

Methodology

Your approach to addressing the research questions and/or hypotheses should be clearly and transparently explained with a view to supporting replicability of the study. Ethical clearance and other considerations, as well as details about sampling should be clearly described.

Results and discussion

As with the remainder of the manuscript long quotes should be separated, indented on both sides and italicised, without quotation marks.

Including original quotes or phrases in Maltese is encouraged to preserve the authenticity of the data for the benefit of readers proficient in Maltese. The Maltese words or phrases should then be followed by English translations in brackets for the benefit of readers who do not understand Maltese.

When reporting quantitative results in text, round figures to two decimal places, and present the statistic being cited in italics, with spaces. E.g. (*n* = 34), NOT (n=34).

For values that range from 0 to 1 (or -1 to 1 in the case of Pearson's *r*), do not include a 0 before the decimal point. E.g. (*p* = .03), NOT (*p* = 0.03). Include the 0 only for values that are not constrained between 0 and 1. Chi squared values, for instance, can be greater than 1, so $\chi^2 = 0.35$ is correct.

If a *p* value is between .045 and .049, then write *p* < .05, and NOT *p* = .05. If a *p* value is less than .01 (but greater than .001), then write *p* < .01, and NOT, for instance, *p* = .004. If *p* is less than .001, whatever it's value may be, simply write *p* < .001). This latter example is the only instance in which you would use three decimal places in the entire text.

All numbers inside tables and figures do not have to be rounded down to two decimal places, if it is appropriate not to.

Throughout the section, discuss the findings in light of existing literature, and address the original research questions/hypotheses set out at the end of the introduction/literature review section.

Conclusion

Conflicts of interest and acknowledgements should be included in this section, as well as limitations of the study. Finally, the paper should be brought to a satisfying close, summarising the main outcomes and focusing on the practical applications of the findings, preferably in the local context, with suggestions for future research.