

Empirical researches and review essays (studies contain latest literature comprehensively, meta-analysis studies, model suggestions, offerings and discussions of phenomenon etc.) have been taken place in HJSS. All essays should be prepared according to the formatting and style guide given below.

### General Principles:

1- Essays sent to the journal should be typed with Microsoft Word, double-spaced with 2.5 cm. margins on all sides and 1.5 cm paragraph margins. You should use 12 pt. Times New Roman font and it should be shorter than 28 pages. Essays should be sent to [sbdmaster@hacettepe.edu.tr](mailto:sbdmaster@hacettepe.edu.tr) address by e-mail. Page numbers should be bottom and center of the pages. Page formation should be in justify format and there should be neither header nor footer.

2- Essays in English are also published in the JSS. After getting acceptance letter, writer should send the long form of Turkish abstract to publishing coordinator.

3- Essays sent to the journal should be contain abstract, key words, main body, references, appendixes, table and figures, writer's note and corresponding address parts.

**a- Title Page:** Head line should consist of maximum 10-12 words. It should contain title of the essay, running head, writers' names, surnames, titles, institutions they work for and e-mail addresses. This information should be given in separate page.

**Writer's notes:** If essay is a summary of thesis or there are supporting institutions it should be state in this part. Also if there are people that writer wants to thank it should be stated in this part. This part should be in title page.

**Corresponding address:** Address to get in touch with writer(s), telephone number, e-mail address and if exists fax number should be in this part. This part should be in title page.

**b- Abstract and key words:** It should start in a new page. Abstract should be in Turkish and in English with the titles 'Öz' and 'Abstract', one paragraph that contains less than 250 words. Key words (5 to 10 words) should be presented under Turkish abstract with the name of 'Anahtar Kelimeler' and under English abstract with the name of 'Key Words'. These items should be presented in abstract:

1. Aim
2. Subjects or research group
3. Data collection instruments
4. Method
5. Data analysis
6. Shortly results
7. Short conclusion

**c- Main body:** In empirical studies text should contain introduction, method, results, and discussion respectively. In review studies this order does not have to be followed.

· **Introduction:** It should contain approaches and results in the literature and aim of the study.

· **Method:** It should contain four titles which are; subjects, research group or sample, data collection instruments, method or data collection and data analysis.

· **Results:** The values (mean, standard deviation, etc.) to test research hypothesis or statistical analysis of problem/s should take place according to each variable. Tables and figures should take place in the text.

Frequently used statistical techniques should be given in the text like forms given below:

- Variance analysis:  $F_{(1, 123)} = 3.84, p < .05$
- Variance analysis for two or more variable:  $F_{(1, 141)} = 4.08, HOK = 1.21 p < .05$
- HOK: Error Mean of Squares
- While reporting regression analysis R, RF, Beta, T and P values should be given; while reporting factor analysis each factor loading and variance information each factor explains should be given.
- **Discussion:** It should contain explanation and discussion of research results in the light of literature.

**d - References:** For further information “Reference List” part should be seen.

**e- Appendixes:** It should start in a new page. It contains additional information like scales used in the research.

**f- Tables:** They should be in their own places in the main body. Table numbers and titles should be above the tables. In the table titles initial letter of only first word should be capitalized, other words should be all small letters.

**g- Figure Titles and Figures:** They should be in their own places in the main body. Figure numbers and titles should be under the figures. In the figure titles initial letter of only first word should be capitalized, other words should be all small letters..

4- Citation can be done only with referring the essay in HJSS. People or institutions that cite wrongly are responsible against the law.

5- Essays sent to HJSS do not be sent back if they are issued or not.

6- Publication committee can change the words if they consider it necessary.

8- No fee is paid for issued essays in HJSS.

9-It is required to keep all data of issued essays for 5 years by the writer/s. Data and analysis programs of some essays can be requested accordingly both our publication policy and rules of affiliated international publication institutions.

10- One copy of essay issued in HJSS is sent to the writer/s.

11- Acceptation or rejection response of the essays can change according to the duration of scientific advisory board’s examination.

12- Writer/s accept that the essay is original, it was not sent to another journal to be published, it was not published before, it is obeyed the principles for human and animal research recommended in the Helsinki Declaration, they took all responsibility to get permission for using the scale, survey, inventory, test etc., they took all responsibility for opinions expressed in the essay and give copyright to Hacettepe Journal of Sport Sciences.

You can communicate with publishing coordinator for further information.

## In-Text Citations: The Basics

### 1- Citation Basics

When using APA format, follow the author-date method of in-text citation. This means that the author's last name and the year of publication for the source should appear in the text, E.g., (Jones, 1998), and a complete reference should appear in the reference list at the end of the paper.

If you are referring to an idea from another work but not directly quoting the material, or making reference to an entire book, article or other work, you only have to make reference to the author and year of publication in your in-text reference.

If more than one study is cited, references should be written in alphabetic order.

.....(Altan, 1987; Klett and Dobson, 1990; Suinn et al., 1987; Weingarten et al., 1996)

### In-Text Citation Capitalization, Quotes, and Italics/Underlining

- Always capitalize proper nouns, including author names and initials: D. Jones.
- If you refer to the title of a source within your paper, capitalize all words that are four letters long or greater within the title of a source: *Permanence and Change*.

**NOTE:** In your References list, only the first word of a title will be capitalized: Writing new media.

- When capitalizing titles, capitalize both words in a hyphenated compound word: *Natural-Born Cyborgs*.
- Capitalize the first word after a dash or colon: "Defining Film Rhetoric: The Case of Hitchcock's *Vertigo*."
- Italicize or underline the titles of longer works such as books, edited collections, movies, television series, documentaries, or albums: *The Closing of the American Mind*; *The Wizard of Oz*; *Friends*.
- Put quotation marks around the titles of shorter works such as journal articles, articles from edited collections, television series episodes, and song titles: "Multimedia Narration: Constructing Possible Worlds"; "The One Where Chandler Can't Cry."

### Short Quotations

If you are directly quoting from a work, you will need to include the author, year of publication, and the page number for the reference (preceded by "p.>").

According to Duda (1993), "Social cognitive perspective, enables to understand determinators of achievement behaviors in physical education setting" (p. 199).

Duda (1993), found that "Social cognitive perspective, enables to understand determinators of achievement behaviors in physical education setting" (p. 199).

## Long Quotations

Place direct quotations longer than 40 words in a free-standing block of typewritten lines, and omit quotation marks. Start the quotation on a new line, indented five spaces from the left margin.

Duda (1993)'s study found the following; Social cognitive perspective, enables to understand determinators of achievement behaviors in physical education setting. In addition social cognitive perspective enables to understand making an increasing effort for achievement (p. 199).

## Summary or Paraphrase

If you are paraphrasing an idea from another work, you only have to make reference to the author and year of publication in your in-text reference.

According to Duda (1993) social cognitive perspective, enables to understand determinators of achievement behaviors in physical education setting.

Social cognitive perspective enables to understand determinators of achievement behaviour in physical education setting (Duda, 1993, p. 199).

## 2- In-Text Citations

### 1- Citing an Author or Authors

*A Work by Two Authors:* Use the word "and" between the authors' names within the text.

Research by Viera and Ferguson (1989) showed.....

(Viera and Ferguson, 1989)

*A Work by More Than Two Authors:* Use the first author's name followed by et al. in the signal phrase or in parentheses.

Biddle et al. (1995) argued .....

(Biddle et al., 1995)

*Unknown Author:* If the work does not have an author, cite the source by its title in the signal phrase or use the first word or two in the parentheses. In the rare case the

"Anonymous" is used for the author, treat it as the author's name (Anonymous, 2007). When Anonymous is used quotation Marks are not used.

("Physical Activity", 2007) or (Anonymous, 2007)

*Organization as an Author:* If the author is an organization or a government agency, include the abbreviation in brackets the first time the source is cited and then use only the abbreviation in later citations

First citation : (American Psychological Association [APA], 2006)  
Later citations : (APA, 2006)

*Two or More Works in the Same Parentheses:* When your parenthetical citation includes two or more works, order them the same way they appear in the reference list, separated by a semi-colon.

(Hardman, 1991; Svaboda, 1996)

*Authors With the Same Last Name:* To prevent confusion, use first initials with the last names.

(E Johnson, 2001; L Johnson, 1998)

*Two or More Works by the Same Author in the Same Year:* If you have two sources by the same author in the same year, use lower-case letters (a, b, c) with the year to order the entries in the reference list.

(Kingwell, 2000a)  
(Kingwell, 2000b)  
(Kingwell, 2000c)

*Personal Communication:* For interviews, letters, e-mails, and other person-to-person communication, cite the communicator's name, the fact that it was personal communication, and the date of the communication. Do not include personal communication in the reference list.

(V Papanek, personal communication, 4 March 2006)  
V Papanek also claimed that ..... (personal communication, 4 March 2006)

*Citing Indirect Sources:* If you use a source that was cited in another source, name the original source in your signal phrase. List the secondary source in your reference list and include the secondary source in the parentheses.

Johnson argued that ..... (as cited in Smith, 2003, p. 7)

*Electronic Sources:* Cite an electronic document the same as any other document by using the author-date style.

Kenneth (2000) explained .....

*Unknown Author and Unknown Date:* If no author or date is given, use the title in your signal phrase or the first word or two of the title in the parentheses and use the abbreviation "n.d." (for "no date").

("The importance of physical education," n.d.)

*Sources Without Page Numbers:* When an electronic source lacks page numbers, use the abbreviation "para." followed by the paragraph number. If the paragraphs are not numbered provide the appropriate heading and specify the paragraph under that heading.

(Hall, 2001, para.5)

According to Hall (2001) ..... (Mind over Matter).

### **3- References List: Basic Rules**

Your reference list should appear at the end of your paper. Each source you cite in the paper must appear in your reference list; likewise, each entry in the reference list must be cited in your text. Your references should begin on a new page separate from the text of the essay; label this page References (with no quotation marks, underlining, etc.), centered at the top of the page. It should be double-spaced just like the rest of your essay.

#### **Basic Rules**

- All lines after the first line of each entry in your reference list should be indented one-half inch from the left margin.
- Authors' names are inverted (last name first); give the last name and initials for all authors of a particular work unless the work has more than six authors. If the work has more than six authors, list the first six authors and then use et al. after the sixth author's name to indicate the rest of the authors.
- Reference list entries should be alphabetized by the last name of the first author of each work.
- If you have more than one article by the same author, single-author references or multiple-author references with the exact same authors in the exact same order are listed in order by the year of publication, starting with the earliest.
- When referring to any work that is not a journal, such as a book, article, or Web page, capitalize only the first letter of the first word of a title and subtitle, the first word after a colon or a dash in the title, and proper nouns.
- Capitalize all major words in journal titles.
- Italicize titles of longer works such as books and journals.
- Do not italicize or underline the titles of journal articles or essays.

#### **4- Reference List: Author/ Authors**

##### **Single Author**

Nolen SB. (1988). Reasons for studying: motivational orientations and study strategies. *Cognition and Instruction*, 5, 269-287.

### **Two to Six Authors**

Nolen SB, Haladyna TM. (1990). Motivation and studying in high school science. *Journal of Research on Science Teaching*, 27, 269-287.

### **More Than Six Authors**

Haris M, Karper E, Stacks G, Hoffman D, DeNiro R, Cruz P, et al. (2001). Writing labs and the Hollywood connection. *Journal of Film and Writing*, 44(3), 213-245.

### **Organization as Author**

DİE (Devlet İstatistik Enstitüsü). (1991). *Türkiye İstatistiği Cep Yıllığı 1990*. Ankara: DİE Matbaası.

### **Unknown Author**

*Merriam-Webster's collegiate dictionary* (10th ed.).(1993). Springfield, MA: Merriam-Webster.

**NOTE:** When your essay includes parenthetical citations of sources with no author named, use a shortened version of the source's title instead of an author's name. Use quotation marks and italics as appropriate:

(*Merriam-Webster's*, 1993) ve ("New Drug," 1993).

### **Two or More Works by the Same Author**

Use the author's name for all entries and list the entries by the year (earliest comes first).

Berndt TJ. (1981).

Berndt TJ. (1999).

When an author appears both as a sole author and, in another citation, as the first author of a group, list the one-author entries first.

Berndt TJ. (1999). Friends' influence on students' adjustment to school. *Educational Psychologist*, 34, 15-28.

Berndt TJ, Kefe K. (1995). Friends' influence on adolescents' adjustment to school. *Child Development, 66*, 1312-1329.

References that have the same first author and different second and/or third authors are arranged alphabetically by the last name of the second author, or the last name of the third if the first and second authors are the same.

Wegener DT, Kerr NL, Fleming MA, Petty RE. (2000). Flexible corrections of juror judgments: Implications for jury instructions. *Psychology, Public Policy, & Law, 6*, 629-654.

Wegener DT, Petty RE, Klein DJ. (1994). Effects of mood on high elaboration attitude change: The mediating role of likelihood judgments. *European Journal of Social Psychology, 24*, 25-43.

### **Two or More Works by the Same Author in the Same Year**

If you are using more than one reference by the same author (or the same group of authors listed in the same order) published in the same year, organize them in the reference list alphabetically by the title of the article or chapter. Then assign letter suffixes to the year. Refer to these sources in your essay as they appear in your reference list, e.g.: "Berndt (1981a) makes similar claims..."

Berndt TJ. (1981a). Age changes and changes over time in prosocial intentions and behavior between friends. *Developmental Psychology, 17*, 408-416.

Berndt TJ. (1981b). Effects of friendship on prosocial intentions and behavior. *Child Development, 52*, 636-643.

### **5- Reference List: Articles in Periodicals**

#### **Article in Journal Paginated by Volume**

Journals that are paginated by volume begin with page one in issue one, and continue numbering issue two where issue one ended, etc.

Pendergast DR, Krasney JA, DeRoberts D. (1999). Effects of immersion in cool water on lung exhaled NO at rest and during exercise. *Respiration Physiology, 115*, 73-81.

## **Article in Journal Paginated by Issue**

Journals paginated by issue begin with page one every issue; therefore, the issue number gets indicated in parentheses after the volume. The parentheses and issue number are not italicized or underlined.

Barber H, Sukhi H, White SA. (1999). The influence of parent-coaches on participant motivation and competitive anxiety in youth sport participants. *Journal of Sport Behavior*, 22(2), 162- 181.

## **Article in a Magazine**

Henry WA., III. (1990, April 9). Making the grade in today's schools. *Time*, 135, 28-31.

**In-text:** (Henry, 1990, s. 28)

## **Article in a Newspaper**

Schultz S. (2005, December 28). Calls made to strengthen state energy policies. *The Country Today*, p. 1A, 2A.

**In-text:** (Bayar, 2006, s. 14)

## **Letter to the Editor**

Moller G. (2002, August). Ripples versus rumbles [Letter to the editor]. *Scientific American*, 287(2), 12.

## **Review**

Baumeister RF. (1993). Exposing the self-knowledge myth [Review of the book *The self-knower: A hero under control*]. *Contemporary Psychology*, 38, 466-467.

## **6- Reference List: Books**

Basic format for books is;

Author AA. (Year of publication). *Title of book: Capital letter also for subtitle.*  
Location (city): Publisher

Eisenberg N, Strayer J. (1987). *Empathy and Its Development*. Cambridge: Cambridge University Press.

### **Edited Book, No Author**

Duncan GJ, Brooks-Gunn J. (Eds.). (1997). *Consequences of Growing up Poor*. New York: Russell Sage Foundation.

### **Edited Book with an Author or Authors**

Plath S. (2000). *The Unabridged Journals*. (KV Kukil, Ed.). New York: Anchor.

### **Translation Book**

Laplace PS. (1951). *A Philosophical Essay on Probabilities*. (FW Truscott ve FL Emory, Trans.). New York: Dover. (Original work published 1814).

### **Edition Other Than the First**

Helfer ME, Keme RS, Drugman RD. (1997). *The Battered Child* (5th ed.). Chicago: University of Chicago Press.

### **Article or Chapter in an Edited Book**

O'Neil JM, Egan J. (1992). Men's and women's gender role journeys: Metaphor for healing, transition, and transformation. (BR Wainrib, Ed.), *Gender Issues Across The Life Cycle* (s. 107-123). New York: Springer.

### **Multivolume Work**

Wiener, P. (Ed.). (1973). *Dictionary of the history of ideas* (Vols. 1-4). New York: Scribner's.

## ***7- Reference List: Other Print Sources***

### **An Entry in An Encyclopedia**

Bergmann PG.(1993). Relativity. In *The New Encyclopedia Britannica* (Vol. 26, pp. 501-508). Chicago: Encyclopedia Britannica.

### **Work Discussed in a Secondary Source**

## List the source the work was discussed in:

Coltheart M, Curtis B, Atkins P, Haller M. (1993). Models of reading aloud: Dual-route and parallel-distributed-processing approaches. *Psychological Review*, 100, 589-608.

**NOTE:** Give the secondary source in the references list; in the text, name the original work, and give a citation for the secondary source. For example, if Seidenberg and McClelland's work is cited in Coltheart et al. and you did not read the original work, list the Coltheart et al. reference in the References. In the text, use the following citation:

Seidenberg and McClelland's study (as cited in Coltheart, 1993), ...

## Thesis

Bayar P. (1983). *Atletlerin Kişilik Özellikleri*. Unpublished Master Thesis. Ankara University. Social Sciences Institute.

## Dissertation Abstract

Yoshida Y. (2001). *Essays in urban transportation* (Dissertation thesis, Boston College, 2001). *Dissertation Abstracts International*, 62, 7741A.

## Government Document

National Institute of Mental Health. (1990). *Clinical training in serious mental illness* (DHHS Publication No. ADM 90-1679). Washington, DC: U.S. Government Printing Office.

## Report from a Private Organization

American Psychiatric Association. (2000). *Practice guidelines for the treatment of patients with eating disorders* (2th edition) Washington, D.C.: Author.

## Conference Proceedings

Schnase JL, Cunnius EL (Eds.). (1995). *Proceedings from CSCL '95: The First International Conference on Computer Support for Collaborative Learning*. Mahwah, NJ: Erlbaum.

## Article from an Online Periodical

Bernstein M. (2002). 10 tips on writing the living Web. *A List Apart: For People Who Make Websites*, 149. 2 May 2006, <http://www.alistapart.com/articles/writeliving>

### **Online Scholarly Journal Article**

Kenneth IA. (2000). A Buddhist response to the nature of human rights. *Journal of Buddhist Ethics*. 20 February 2001, <http://www.cac.psu.edu/jbe/twocont.html>

If the article appears as a printed version as well, the URL is not required. Use "Electronic version" in brackets after the article's title.

Whitmeyer JM. (2000). Power through appointment [Elektronik sürümü]. *Social Science Research*, 29, 535-555.

### **Article From a Database**

Smyth AM, Parker AL, Pease DL. (2002). A study of enjoyment of peas. *Journal of Abnormal Eating*, 8(3). 20 February 2003, from PsycARTICLES database.

### **Nonperiodical Web Document, Web Page, or Report**

List as much of the following information as possible. If there is a page like <http://www.somesite.com/somepage.htm>, and [somepage.htm](http://www.somesite.com/somepage.htm) doesn't have the information you're looking for, move up the URL to <http://www.somesite.com/>:

Author AA, Author BB. (Date of Publication). *Title of document*. Month, day, year, from <http://Web address>.

**NOTE:** When an Internet document is more than one Web page, provide a URL that links to the home page or entry page for the document. Also, if there isn't a date available for the document use (n.d.) for no date.

### **Chapter or Section of a Web document**

Author AA, & Author BB. (Date of publication). Title of article. In Title of book or larger document (chapter or section number). Retrieved month day, year, from <http://www.someaddress.com/full/url/>.

Engelshcall RS. (1997). Module `mod_rewrite`: URL Rewriting Engine. *Apache HTTP Server Version 1.3 Documentation* (Apache modules.) 10 March 2006, [http://httpd.apache.org/docs/1.3/mod/mod\\_rewrite.html](http://httpd.apache.org/docs/1.3/mod/mod_rewrite.html)

**NOTE:** Use a chapter or section identifier and provide a URL that links directly to the chapter section, not the home page of the Web site.

## **E-mail**

E-mails are not included in the list of references, though you parenthetically cite them in your main text: (E. Robbins, personal communication, January 4, 2001).

## **Online Forum ya da Tartışma Grubu Kayıtları**

Message posted to an online newsgroup, forum, or discussion group. Include the title of the message, and the URL of the newsgroup or discussion board.

Frook BD. (1999, July 23). New inventions in the cyberworld of toylandia [Msg 25].  
Message posted to <http://groups.earthlink.com/forum/messages/00025.html>

**NOTE:** If only the screen name is available for the author, then use the screen name; however, if the author provides a real name, use their real name instead. Be sure to provide the exact date of the posting.

## **Computer Software**

Ludwig T. (2002). PsychInquiry [computer software]. New York: Worth.

## **8- Other Non-Print Sources**

**Interviews, Email, and Other Personal Communication:** No personal communication is included in your reference list; instead cite in the main text only.

(E Robbins, personal communication, 4 January 2001).

A. P. Smith also claimed that many of her students had difficulties with APA style (personal communication, November 3, 2002).

## **Motion Picture**

Producer PP. (Producer), & Director DD. (Director). (Date of publication). *Title of motion picture* [Motion picture]. Country of origin: Studio or distributor.

## **A Motion Picture or Video Tape with International or National Availability**

Smith JD. (Producer), & Smithee AF. (Director). (2001). *Really big disaster movie* [Motion picture]. United States: Paramount Pictures.

## **A Motion Picture or Video Tape with Limited Availability**

Harris M. (Producer), & Turley MJ. (Director). (2002). *Writing labs: A history* [Motion picture]. (Available from Purdue University Pictures, 500 Oval Drive, West Lafayette, IN 47907)

## **Television Broadcast**

Important IM. (Producer). (1990, November 1). *The nightly news hour* [Television broadcast]. New York: Central Broadcasting Service.

## **A Television Series**

Bellisario DL. (Producer). (1992). *Exciting action show* [Television series]. Hollywood: American Broadcasting Company.

## **Music Recording**

Songwriter WW. (Date of copyright). Title of song [Recorded by artist if different from song writer]. On *Title of album* [Medium of recording]. Location: Label. (Recording date if different from copyright date).

Taupin B. (1975). Someone saved my life tonight [Recorded by Elton John]. On *Captain fantastic and the brown dirt cowboy* [CD]. London: Big Pig Music Limited.