**Manuscript Title (14-point, Bold, Centered, Tahoma)**

**Abstract (12-point, Bold, Centered)**

Provide a brief summary of your research, including the purpose, methods, main findings, and conclusions. The abstract should not exceed 250 words. The entire abstract should be formatted as a single paragraph in 11-point Tahoma font, justified alignment.

**Keywords:** List 3-5 keywords at the end of the abstract that describe the article and aid in indexing.

**Makale Başlığı (12 punto, Kalın, Ortalanmış)**

**Özet (12 punto, Kalın, Ortalanmış)**

Araştırmanızın amacı, yöntemleri, temel bulguları ve sonuçlarını içeren kısa bir özet sağlayın. Öz 250 kelimeyi geçmemelidir. Tüm özet tek bir paragraf olarak 11-punto Tahoma fontuyla, iki yana yaslanmış hizalamayla formatlanmalıdır.

**Anahtar Kelimeler:** Makalenin içeriğini tanımlayan ve indekslemeye yardımcı olan 3-5 anahtar kelimeyi özetin sonunda listeleyin.

**Introduction (12-point, Bold, Centered, Tahoma)**

Provide background information and context for your research. State the research problem, objectives, and significance of the study. Cite relevant literature. Main headings should be centered in 12-point bold Tahoma font. Subheadings should be left-aligned. The text should be double-spaced and justified, written in 12-point Tahoma font. There should be 18 pt spacing before and 6 pt spacing after main headings, 12 pt spacing before and 6 pt spacing after subheadings, and 6 pt spacing after paragraphs.

"Metin içi kaynakları kullanırken, her kaynağın metin içinde nasıl belirtileceğine dair ek talimatlar sayfa sonunda verilmiştir. Lütfen metin içi alıntılarınızı bu kurallara göre düzenleyin."

**Methods (12-point, Bold, Centered, Tahoma)**

Describe the research methods and data collection processes. Headings should be in 12-point bold Tahoma font, centered for main headings and left-aligned for subheadings. The text should be double-spaced and justified, written in 12-point Tahoma font. Main headings should have 18 pt spacing before and 6 pt spacing after, subheadings should have 12 pt spacing before and 6 pt spacing after, and paragraphs should have 6 pt spacing after.

**Research Design**

Explain the type of research and specific protocols used (e.g., experimental, observational, qualitative, quantitative) and why this design was chosen.

**Participants**

Detail the selection criteria, number of participants, and relevant characteristics.

**Data Collection Methods**

Describe the data collection methods, instruments, and procedures used (e.g., surveys, observations, interviews).

**Data Analysis**

Specify the statistical or qualitative/quantitative methods used to analyze the data and mention any software used.

**Research Process**

Provide a timeline of the research stages and specify when certain data were collected.

**Ethical Considerations**

Provide information on ethical approvals, permissions, and participant consents, emphasizing adherence to ethical standards.

**Results (12-point, Bold, Centered, Tahoma)**

Present your findings clearly and logically. Use tables and figures to illustrate the data. Ensure all tables and figures are referenced in the text. Main headings should be centered in 12-point bold Tahoma font. Subheadings should be left-aligned. The text should be double-spaced and justified, written in 12-point Tahoma font. There should be 18 pt spacing before and 6 pt spacing after main headings, 12 pt spacing before and 6 pt spacing after subheadings, and 6 pt spacing after paragraphs.

**Tables:**

* Each table should have a title summarizing its content, placed above the table in bold font.
* Tables should be numbered sequentially (e.g., Table 1, Table 2). Numbers should be placed in the top left corner of the table title.
* Add notes or explanations below the table if necessary.

**Table 1. Regression Coefficients and Statistical Results for Variables**

|  |  |  |  |
| --- | --- | --- | --- |
| **Variable**  | **b** | **se** | **%95 CI** |
| Exercise Intensity | 0.35\*\*\* | 0.04 | [0.270, 0.430] |
| High-Protein Diet | 0.28\*\* | 0.07 | [0.140, 0.420] |
| Carbohydrate Consumption | -0.22\*\* | 0.06 | [-0.340, -0.100] |
| Athlete Performance | 0.40\*\*\* | 0.05 | [0.304, 0.496] |
| **R²** | **0.306** |  | **F**(3, 180) = 26.573, **p** = 0.000 |

*Note: \*p < 0.05; \*\*p < 0.01; \*\*\*p < 0.001, b = tandardized regression coefficients, se = Standard error, 95% CI = 95% Confidence interval, R² = Coefficient of determination.*

**Figures:**

* Each figure should have a title summarizing its content, placed below the figure in bold font.
* Figures should be numbered sequentially (e.g., Figure 1, Figure 2). Numbers should be placed in the top left corner of the title.
* Add notes or explanations below the figure if necessary.
* Ensure figures are high-resolution and clear. Verify that data are accurately represented, especially in scientific research.
* Properly cite figures or tables taken from other sources.
* Ensure tables and figures are appropriately sized for readability and consistency with the text.

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**Figure 1. Multiple Mediation Model**

**Discussion and Conclusion (12-point, Bold, Centered, Tahoma)**

Discuss your findings in relation to other studies. Interpret the results, note the implications, limitations of the study, and provide suggestions for future research. Summarize the main findings and their significance. Main headings should be centered in 12-point bold Tahoma font. Subheadings should be left-aligned. The text should be double-spaced and justified, written in 12-point Tahoma font. There should be 18 pt spacing before and 6 pt spacing after main headings, 12 pt spacing before and 6 pt spacing after subheadings, and 6 pt spacing after paragraphs.

**Recommendations (12-point, Bold, Centered, Tahoma)**

Identify the limitations of your study and discuss how these limitations present opportunities for future research. Explain the new research questions you propose and how they could be investigated.

Discuss the practical applications of your findings. Explain how these findings can be used and in which fields (e.g., education, health, sports management) they may be impactful.

Discuss the potential implications of your findings for policymakers and provide recommendations. Suggest how current policies could be improved or new policies formulated.

Discuss how your findings can be used in education and what innovations in educational materials or curriculum development they might provide.

Explain how your research findings can contribute to technological advancements and specify which technologies could be developed based on these findings.

**Acknowledgments (if any)**

Recognize individuals or institutions that contributed to the research but are not listed as authors. Appreciate those who supported the work, provided laboratory assistance, or supplied data.

**Conflict of Interest (if any)**

Disclose any potential conflicts of interest, including relationships between researchers, institutions, organizations, or funding sources that could affect research outcomes. Be transparent.

**Funding (if any)**

Mention the financial support sources for the research, including grant numbers and the names of funding institutions.

**References (12-point, Bold, Centered, Tahoma)**

* Follow APA 7.0 style for citations and references. Use the specified format for various types of sources such as books, journal articles, theses, and conference papers. References should be formatted in 11-point Tahoma font, with a hanging indent of 1 cm, and 6 pt spacing before and after each entry. For more detailed information, refer to the official APA style guide at <https://apastyle.apa.org/style-grammar-guidelines/references/examples>
* If a DOI is available, include the DOI in the reference list. If there is no DOI, provide the URL where the article was retrieved. To easily find the DOI, use <http://doi.crossref.org/simpleTextQuery>
* Ensure that every in-text citation in your manuscript is accurately and completely listed in the reference section.
* Write out journal titles, book titles, and other source titles in full, without abbreviations.
* When listing journal articles or book chapters, include the page numbers.
* For journal articles, also include the volume and issue numbers.
* When citing multiple works by the same author(s) published in the same year, differentiate the citations by adding as many author names as necessary to make the citations clear and distinguishable.

**In-Text Citations**

* **Single Author:** (Smith, 2020) or Smith (2020) stated "..."
* **Two Authors**: (Brown & Lee, 2019, p. 42) or Brown and Lee (2019) found "..."
* **Three or More Authors**: (Johnson et al., 2018, p. 30) or Johnson et al. (2018) suggested "..."
* **Multiple Works by the Same Author in the Same Year**: (Smith, 2021a); (Smith, 2021b)
* **Multiple Works by Different Authors in the Same Year**: (Johnson et al., 2019a); (Johnson et al., 2019b)
* **To Separate Multiple Authors or Groups of Authors in the Same Citation, Use a Semicolon (;):** (Brown et al., 2019; Smith & Johnson, 2018)
* **For Multiple Works by the Same Author, Order Them by Year of Publication, Earliest First:** Smith, J. A. (2018), Smith, J. A. (2020).

**Example References**

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