Type of the Paper (Article, Review, Communication, etc.)

**Title**

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# 0. How to Use This Template

The template details the sections that can be used in a manuscript. Note that each section has a corresponding style, which can be found in the “Styles” menu of Word. Sections that are not mandatory are listed as such. The section titles given are for articles. Review papers and other article types have a more flexible structure.

Remove this paragraph and start section numbering with 1. For any questions, please contact the editorial office of the journal or info@hasesjournal.com.

# 1. Introduction

The introduction should briefly place the study in a broad context and highlight why it is important. It should define the purpose of the work and its significance. The current state of the research field should be carefully reviewed and key publications cited. Please highlight controversial and diverging hypotheses when necessary. Finally, briefly mention the main aim of the work and highlight the principal conclusions. As far as possible, please keep the introduction comprehensible to scientists outside your particular field of research. References must be APA Style in the text (including citations in tables and legends). 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, like, for example, (Jones, 1998). One complete reference for each source should appear in the reference list at the end of the paper.

# 2. Materials and Methods

The Materials and Methods should be described with sufficient details to allow others to replicate and build on the published results. Please note that the publication of your manuscript implicates that you must make all materials, data, computer code, and protocols associated with the publication available to readers. Please disclose at the submission stage any restrictions on the availability of materials or information. New methods and protocols should be described in detail while well-established methods can be briefly described and appropriately cited.

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Interventionary studies involving animals or humans, and other studies that require ethical approval, must list the authority that provided approval and the corresponding ethical approval code.

# 3. Results

This section may be divided by subheadings. It should provide a concise and precise description of the experimental results, their interpretation, as well as the experimental conclusions that can be drawn.

3.1. Subsection

3.1.1. Subsubsection

Bulleted lists look like this:

* First bullet;
* Second bullet;
* Third bullet.

Numbered lists can be added as follows:

1. First item;
2. Second item;
3. Third item.

The text continues here.

3.2. Figures, Tables and Schemes

All figures and tables should be cited in the main text as Figure 1, Table 1, etc.



Figure 1. This is a figure. Schemes follow the same formatting.

Table 1. This is a table. Tables should be placed in the main text near to the first time they are cited.

|  |  |  |
| --- | --- | --- |
| **Title 1** | **Title 2** | **Title 3** |
| entry 1 | data | data |
| entry 2 | data | data 1 |

1 Tables may have a footer.

The text continues here (Figure 2 and Table 2).

|  |  |
| --- | --- |
| C:\Users\martin\Downloads\testFigure.tif | C:\Users\martin\Downloads\testFigure.tif |
| (**a**) | (**b**) |

Figure 2. This is a figure. Schemes follow another format. If there are multiple panels, they should be listed as: (a) Description of what is contained in the first panel; (b) Description of what is contained in the second panel. Figures should be placed in the main text near to the first time they are cited. A caption on a single line should be centered.

Table 2. This is a table. Tables should be placed in the main text near to the first time they are cited.

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| --- | --- | --- | --- |
| Title 1 | Title 2 | Title 3 | Title 4 |
| entry 1 | data | data | data |
| data | data | data |
| data | data | data |
| entry 2 | data | data | data |
| data | data | data |
| entry 3 | data | data | data |
| data | data | data |
| data | data | data |
| data | data | data |
| entry 4 | data | data | data |
| data | data | data |

3.3. Formatting of Mathematical Components

This is example 1 of an equation:

|  |  |
| --- | --- |
| a = 1, | (1) |

the text following an equation need not be a new paragraph. Please punctuate equations as regular text.

This is example 2 of an equation:

|  |  |
| --- | --- |
| a = b + c + d + e + f + g + h + i + j + k + l + m + n + o + p + q + r + s + t + u + v + w + x + y + z | (2) |

the text following an equation need not be a new paragraph. Please punctuate equations as regular text.

Theorem-type environments (including propositions, lemmas, corollaries etc.) can be formatted as follows:

**Theorem 1.** *Example text of a theorem. Theorems, propositions, lemmas, etc. should be numbered sequentially (i.e., Proposition 2 follows Theorem 1). Examples or Remarks use the same formatting, but should be numbered separately, so a document may contain Theorem 1, Remark 1 and Example 1.*

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Proof of Theorem 1. Text of the proof. Note that the phrase “of Theorem 1” is optional if it is clear which theorem is being referred to. Always finish a proof with the following symbol. □

The text continues here.

# 4. Discussion

Authors should discuss the results and how they can be interpreted from the perspective of previous studies and of the working hypotheses. The findings and their implications should be discussed in the broadest context possible. Future research directions may also be highlighted.

# 5. Conclusions

This section is not mandatory but can be added to the manuscript if the discussion is unusually long or complex.

# 6. Patents

This section is not mandatory but may be added if there are patents resulting from the work reported in this manuscript.

**Supplementary Materials:** The following are available online at www.hasesjournal.com/xxx/s1, Figure S1: title, Table S1: title, Video S1: title.

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# Appendix A

The appendix is an optional section that can contain details and data supplemental to the main text—for example, explanations of experimental details that would disrupt the flow of the main text but nonetheless remain crucial to understanding and reproducing the research shown; figures of replicates for experiments of which representative data is shown in the main text can be added here if brief, or as Supplementary data. Mathematical proofs of results not central to the paper can be added as an appendix.

# Appendix B

All appendix sections must be cited in the main text. In the appendices, Figures, Tables, etc. should be labeled starting with “A”—e.g., Figure A1, Figure A2, etc.

# References

References must be APA Style in the text (including citations in tables and legends). 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, like, for example, (Jones, 1998). One complete reference for each source should appear in the reference list at the end of the paper. ​

We recommend preparing the references with a bibliography software package, such as EndNote, Reference Manager or Zotero to avoid typing mistakes and duplicated references. Include the digital object identifier (DOI) for all references where available.

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Throughout the text, you must always include a proper parenthetical reference (author and the year) unless it is within the same paragraph. Within a paragraph, you do not need to include the year in subsequent references to a study. However, you would need to include the year if the study could be confused with another study cited in the same paragraph. e.g.

**Referencing example:**

Salehi, M,. Pyke, P,. Mohammadzadeh, H,. Ali-Nazari, M,. Javadi, AH. (2021). Mental imagery can improve performance in a visuomotor task: a pilot study. *Humanistic approach to sport and exercise studies* (HASES), 1(1), 21-29. [[Google Scholar](https://scholar.google.com/scholar?hl=en&as_sdt=0%2C5&as_vis=1&q=Sirigu%2C+A.%2C+Duhamel%2C+J.-R.%2C+Cohen%2C+L.%2C+Pillon&btnG=)]

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**2 اطلاعات نویسنده دوم.**

**3 اطلاعات نویسنده سوم.**

**\* نویسنده مسئول:** *ایمیل*

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