

ШАБЛОН ФОРМАТУВАННЯ

Sport Science Spectrum Word Template for journal articles

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INTRODUCTION

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MATERIALS AND METHODS

Participants

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Method of study and data analysis

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Research design *(як приклад)*

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New paragraph: use this style when you need to begin a new paragraph.

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$$()$$

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Heading 3: use this style for level three headings

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Acknowledgements, avoiding identifying any of the authors prior to peer review

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