



CONSEIL INTERNATIONAL DU SPORT MILITAIRE  
INTERNATIONAL MILITARY SPORTS COUNCIL  
CONSEJO INTERNACIONAL DEL DEPORTE MILITAR  
المجلس الدولي للرياضة العسكرية

## Instructions for Authors of CISM Sport Science Abstract

CISM Sport Science Abstracts should focus on either “fitness and performance of military sports” or “psychophysiological military fitness and operational readiness”. Please indicate which focus your abstract refers to.

Abstracts should contain no more than 500 words (without title, names and affiliations, figures and references). Write concisely and clearly using complete sentences (not fragments). Avoid using unnecessary jargon and abbreviations, but use an acronym or abbreviation if it is more commonly recognized than the spelled-out version of a term.

Please keep in mind, that the practical implications part is regarded as the most relevant part of a CISM Sport Science Abstract.

**Title** - The title should accurately reflect the content of the manuscript and be limited to 20 words in length.

**Full names of the authors and institutional/corporate affiliations** - Do not list academic degrees

**Introduction** - This paragraph should provide a succinct statement of the context or background and the purpose or the aims of the study. This section ends with a sentence such as 'The purpose of this paper....' or 'This paper aims to....'.

**Methods** – Study design and subjects (how and with whom were the objectives achieved?), instruments/method(s) used (how were data collected?) and data analysis (how were data processed, what statistical analysis was performed?).

**Results** - What was found in the course of the work?

**Discussion and Conclusion** – Discuss your findings in reference to previous research. If possible, discuss the limitations and how the results can be generalized.

**Practical implications** – This part is important for the know-how transfer from science to military and athletic training praxis. It is therefore the most important part of a CISM Sport Science Abstract. What implications and consequences for the practical applications are identified? What changes to practice should be made as a result of this research/paper?

**References** – APA Style (<http://www.apastyle.org/>)

**Figures and Tables**- the inclusion of one figure or table is allowed. Each figure or table must be presented with a brief caption or title that defines all abbreviations used within it. Figures should be professional in appearance and have clean, crisp lines. Hand drawing and hand lettering are not acceptable. Photographic images should be at a resolution of 300 dots per inch (dpi) for full-size photos and 600 dpi for line art. Explanatory notes should be shown in footnotes below the table. Authors wishing to reproduce previously published material should obtain prior written permission to reprint from the copyright holder(s) of the figure or table. The phrase "used by permission" should appear in the caption of the figure or table.