

Vishranthi Journal

Call for paper

Journal of Vishranthi Sri Lanka (ISSN: 1800-4644) is a peer reviewed quarterly publication and contains articles based on original research in the field of Sport Science and Physical Education. The APA style of referencing is used in citing references. Statements of facts and opinions in the articles of this volume are those of the respective authors and Sport and Recreation Management does not accept legal responsibility for the contents of any of the articles.

Important Dates

Submission last date	20 th February 2018
Acknowledgement of submission	Within 24 hrs.
Acceptance notification	After peer reviewing process
Publication Date	Will be published in end of the first Semester of University of Kelaniya

How to submit your paper

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Formatting a Research Paper

Learning Objectives

1. Identify the major components of a research paper written using American Psychological Association (APA) style.
2. Apply general APA style and formatting conventions in a research paper.

Peer Reviewing Process

Manuscripts submitted by the authors are subject to a preliminary screening based on appropriateness of the theme and quality of the content of the manuscript. Those manuscripts that are cleared the initial screening then undergo a double-blind peer review process. Two reviewers in the same or related field are assigned by Editor in Chief in consultation with Coordinating Editor to carry out the review based on the evaluation criteria. Based on the evaluation report of the reviewers, the Editor in Chief and the editorial team then make a final decision for acceptance or rejection of the paper.

General Formatting Guidelines

This chapter provides detailed guidelines for using the citation and formatting conventions developed by the American Psychological Association, or APA. Writers in disciplines as diverse as astrophysics, biology, psychology, and education follow APA style. The major components of a paper written in APA style are listed in the following box.

These are the major components of an APA-style paper:

1. Abstract
2. Body, which includes the following:
 - Headings and, if necessary, subheadings to organize the content
 - In-text citations of research sources
3. References page

All these components must be saved in one document, not as separate documents.

Abstract

The next page of your paper provides an abstract, or brief summary of your findings. An abstract does not need to be provided in every paper, but an abstract should be used in papers that include a hypothesis. A good abstract is concise about 250 to 300 words and is written in an objective, impersonal style. Your writing voice will not be as apparent here as in the body of your paper. When writing the abstract, take a just-the-facts approach, and summarize your research question and your findings in a few sentences.

Abstract

Nutrition knowledge is especially important to develop the mental and physical health. Nutrition knowledge, broadly defined, refers to knowledge of concepts and processes related to nutrition and health including knowledge of diet and health, diet and disease, foods representing major sources of nutrients, and dietary guidelines and recommendations. The main purpose of the study was to evaluate sports nutrition knowledge in Universities sports students. Data were obtained from the 90 respondents which included the organizational manager and questionnaires were carried out with a range of people relevant to the field of study. In this research approach, explanatory research style and deductive research approach knowledge may need to be updated. The stratified random sampling method was used to collect data. Data collection occurred using a single case design, which includes questionnaire and Survey. Nutrition knowledge questionnaire which was designed to study to examine athletes' knowledge. According to, nutrition knowledge can be grouped into three categories- Feeling towards nutrition statement, sources of information and experiences. Researcher tested a reliability validity test: Cronbach's Alpha 0.811. Researchers used Independent t-test and one-way ANOVA analysis to identify the difference between demographic factors and nutrition knowledge. Results suggest that Overall, 68.37% of participants achieved an NKS. The remaining 31.62% of participants is not received an NKS. There was no difference between sports nutrition knowledge among male student and female student-athletes and There was a difference between sports nutrition knowledge and according to universities. Collectively, participants responded they would be most likely to consult an athletic Trainer over other resources when obtaining current information regarding nutrition. Results indicate there is still a need for further sports nutrition education. Additionally, participants perceive that having a dietitian on their athletic staff would be advantageous for obtaining nutrition information and in achieving a healthier diet and improved performance.

Key Words – Knowledge, Nutrition, Sport Athletes

Margins, Pagination, and Headings

Use these general guidelines to format the paper (Medium:- Sinhala or English):

1. Set the top, bottom, and side margins of your paper at 1 inch.
2. Use double-spaced text throughout your paper.
3. Use a standard font, such as Times New Roman or FMAbhaya, in a legible size (10- to 12-point).
4. Use continuous pagination throughout the paper, including the title page and the references section. Page numbers appear flush right within your header.
5. Section headings and subsection headings within the body of your paper use different types of formatting depending on the level of information you are presenting.

Heading	Text	Align	Capitalization
Main heading (Level 01)	Bold/16/Times New Roman	Left	Upper case
Sub Heading (Level 02)	Bold/14/Times New Roman	Left	Sentence case
Sub Heading (Level 03)	Bold/12/Times New Roman	Left	Sentence case
Manuscript Body	Normal/12/Times New Roman	Justify	Sentence case

References

A reference list **MUST** be included using the following information as a guide. Only *cited* text references are included. Each reference is referred to in the text by a number enclosed in a square bracket (i.e., [3]). References **must be numbered and ordered according to where they are first mentioned in the paper**, NOT alphabetically.

Examples follow:

Journal Papers:

- [1] M Ozaki, Y. Adachi, Y. Awamori, and N. Ishii, Application of fuzzy theory to writer recognition of Chinese characters, *International Journal of Modelling and Simulation*, 18(2), 1998, 112-116. (8)

Note that the journal title, volume number and issue number are set in italics.

Books:

- [2] R.E. Moore, *Interval analysis* (Englewood Cliffs, NJ: Prentice-Hall, 1966). (8)

Note that the title of the book is in lower case letters and italicized. There is no comma following the title. Place of publication and publisher are given.

Chapters in Books:

- [3] P.O. Bishop, Neurophysiology of binocular vision, in Houseman (Ed.), *Handbook of physiology*, 4 (New York: Springer-Verlag, 1970) 342-366. (8)

Note that the place of publication, publisher, and year of publication are enclosed in brackets. Editor of book is listed before book title.

Theses:

- [4] D.S. Chan, *Theory and implementation of multidimensional discrete systems for signal processing*, doctoral diss., Massachusetts Institute of Technology, Cambridge, MA, 1978. (8)

Note that thesis title is set in italics and the university that granted the degree is listed along with location information

Proceedings Papers:

- [5] W.J. Book, Modelling design and control of flexible manipulator arms: A tutorial review, *Proc. 29th IEEE Conf. on Decision and Control*, San Francisco, CA, 1990, 500-506 (8)

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