“**Science in Swimming**”

**Instruction for Manuscript Preparation.**

After a positive review, the articles received will be published in the scientific monograph “Science in Swimming”. “Science in Swimming” is a cyclic monograph written in English. It contains original scientific concepts and describes physical activity in the aquatic environment extensively and comprehensively in physiological, biomechanical and pedagogical aspects. For published research authors don’t not receive any remuneration. The Editorial Board reserves the right to lingual, graphical and text flow adjustments.

* The article must be written in English.
* The volume of the whole text body should be large than six pages
* Pages should be numbered.
* The title page should contain:  
  - The title of the article;  
  - the name and surname of the author (s);

- affiliations (the name of the Department, Faculty, University, for example: Department of Swimming, Faculty of Physical education, The University School of Physical Education in Wroclaw, Poland);

- e-mail address of the author (s);  
- abstract (approximately 250 words);

- keywords (not more than five);

* The main text should be divided into the following sections:

- Introduction, Materials and Methods, Results, Discussion, Conclusion, References.

Bibliography has to be alphabetized. Bibliography references has to be marked and put into brackets in text with author’s surname and publication date (e.g.: Toussaint, Truijens 2005). If there are two authors you have to put all two names in brackets, if there are three or more you have to write down only one and use a short form „et al” for the rest of them, e.g.: (Chollet et al, 2000). If the title of the article is in a language other than English, the author should translate the title into English, and then in square brackets indicate the original language; the journal title should be left in its native name, for example:  
Jaskólska A., Bogucka M., Świstak R., Jaskólski A., Mechanisms, symptoms and after-effects of delayed muscle soreness (DOMS) [in Polish]. Med Sportiva, 2002, 4, 189-201.

*Citing journal articles*  
Bibliographic citations of journal articles should include: the author's (or authors') surname, first name initial, article title, abbreviated journal title, year, volume number, page number, doi, for example:  
Tchórzewski D., Jaworski J., Bujas P., Influence of long-lasting balancing on unstable surface on changes in balance. Hum Mov, 2010, 11 (2), 144-152, doi: 10.2478/v10038-010-0022-2.  
  
*Citing books*  
Bibliographic citations of books should include: the author (or authors') or editor's (or editors') surname, first name initial, book title translated into English, publisher, place and year of publication, for example:   
Osiński W., Anthropomotoric [in Polish]. AWF, Poznań 2001.   
Heinemann K. (ed.), Sport clubs in various European countries. Karl Hofmann, Schorndorf 1999.   
Bibliographic citations of an article within a book should include: the author's (or authors') surname, first name initial, article title, book author (or authors') or editor's (or editors') surname, book title, publisher, place and year of publication, pages, for example:  
McKirnan MD, Froelicher VF, General Principles of exercise testing. In: Skinner, HH (Ed.), Exercise testing and exercise prescription for special Cases. Lea & Febiger, Philadelphia 1993, 3-28.   
  
*Citing conference materials*  
Citing conference materials (found only in international research databases such as SPORTDiscus) should include: the author's (or authors') surname, first name initial, article title, conference author's (or authors') or editor's (or editor's) surname, conference title, publisher, place and year of publication, page number, for example:   
Rodriguez F.A., Moreno D., Keskinen K.L., Validity of a two-distance simplified testing method for determining critical swimming velocity. In: Chatard J.C. (ed.), Biomechanics and Medicine in Swimming IX, Proceedings of the IXth World Symposium on Biomechanics and Medicine in Swimming. Université de St. Etienne, St. Etienne 2003, 385-390.   
  
*Citing articles in electronic format*  
Citing articles in electronic format should include: author's (or authors') surname, first name initial, article title, abbreviated journal title, journal volume or number, year of publication, website address where it is available, doi number, for example:   
Donsmark M., Langfort J., Ploug T., Holm C., Enevoldsen L.H., Stallknech B. et al., Hormone-sensitive lipase (HSL) expression and regulation by epinephrine and exercise in skeletal muscle. Eur J Sport Sci, 2 (6), 2002. Dostępny w: URL: http://www.humankinetics.com/ejss/bissues.cfm/, doi: 10.1080/17461391.2002.10142575.

Figure Preparation.Each figure should have a brief caption that is self-explanatory and that defines author-created acronyms or nonstandard abbreviations used in the figure. Figures should be professional in appearance and have clean, crisp lines that are not too thin. Figures must be no larger that approximately 6 inches (16 cm) in width by 8 inches (21 cm) in height, not including the caption. In bar graphs, stripe patterns, cross-hatching, or solids (black or white) are best; shades of gray should be avoided. Upon acceptance, high-resolution figures should be put in the text. Ideally, electronic figures (or tables, only if necessary) should be in high-quality JPEG or TIFF at a resolution of 300 dots per inch (dpi). Be sure to identify each figure by including its number and the corresponding author’s name within the file name.

Table Preparation.Each table should be numbered and should have a brief title. Any author-created acronyms or other nonstandard abbreviations must be defined in a table footnote. Explanatory notes, which should not repeat the text, should be given in footnotes below the table. Tables must be concise and no larger than approximately 8 inches (21 cm) in width by 6 inches (16 cm) in height, including the table title and footnote. Tabular material should be formatted, if at all possible, using Microsoft Word’s table-building functions. Upon acceptance, tables should be put in the text.

Upon submitting a paper to be published the Author (Authors) transfers copyright to the Publishing House of the “Science in Swimming”. The works qualified for publication become therefore the property of the Publishing House of the “Science in Swimming” and cannot be published in full version or in fragments in other periodicals or other media without the written permission of the Publisher. The work submitted for publication in the “Science in swimming” cannot be submitted for publication earlier on or simultaneously in any other periodical. If the work includes any figures, tables, etc. which have already been published elsewhere, the Author is obliged to obtain written permission for reprinting.

“**Science in Swimming**”

**Wydawnictwo AWF**  
51-684 Wrocław  
ul. A.Mickiewicza 98

**Transfer of Copyright**

1. To be signed by the author or, in the case of multiple authorship, by at least one of the authors who agrees to inform the others, or, in the case of a work made for hire, by the employer.
2. Copyright to the article by submitted under the title……………………………………
3. is hereby transferred to Human Kinetics effective if and when the article is accepted for publication in the “Science in Swimming”. Authors also grant Wydawnictwo AWF we Wrocławiu permission to place the article in various electronic forms in addition to any printed journal. Those forms include:

• Placement in an online database retrieval system

• Placement on a CD-ROM

• Placement on the Internet

• Placement on a web site on the World Wide Web

1. These rights encompass the article in its entirety, table of contents, and abstract.
2. For authors who are employees of the Government, the transfer of copyright is understood to be effective only to the extent that such copyright is transferable.
3. The authors explicitly reserve the following rights:
   1. All proprietary rights other than copyright, such as patent rights.
   2. The right to use all or part of this article in future works of their own, such as lectures, reviews, textbooks, or reprint books.
   3. The right to make copies for the authors’ own teaching use.
   4. The right to use figures and tables in future publications provided explicit acknowledgment is made of their initial appearance in this journal.
   5. The right to post an electronic version of the finalized article on the authors’ own web site or web site(s) or other electronic repositories controlled by the authors’ institution, provided that the electronic version is in PDF or other image capturing format.

Signature Signature

Date Date