PREPARATION OF MANUSCRIPTS FOR MOVEMENT. HEALTH & EXERCISE (MoHE)

First author name\*, Second author name, and Third author name

Academic Department

Institution name

\*Email: corresponding author

**Abstract**

## Abstract must be in one Column after Authors Name with Indent Left 1 cm, Indent Right 1 cm, Spacing Before and After is 0 pt. Font name must be Times New Roman, Font Size 11. The text of the abstract must be justified; therefore, the text will be distributed evenly between the margins. Please make sure that the maximum of the words is 400.

## Keywords: Movement, health, exercise (Times New Roman, Font Size 11, Single Line Spacing, Indent Left 1 cm, Indent Right 1 cm, Spacing Before and After is 0 pt.)

**Introduction**

*Paper Setup*

Paper Setup must be in A4 size with Margin: 2 cm, Bottom 2 cm, Left 2 cm, Right 2 cm, Gutter 0 cm, and Gutter Position Left.

*Paper Title*

Paper Title must be Times New Roman, Font Size 12, Single Line Spacing and make the text of the title Bold.

*Authors Information*

Authors Name must be in Font Size 11, Before and After Spacing 0, with Single Line Spacing. Please write the Authors’ address and email after the Authors’ name.

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*All main heading*

All main heading must be in Sentence Case, Justified, and Bold. Before and After Spacing 0, with single line spacing. Font Name Times New Roman, Font Size 11. Please press Enter for two times after the previous paragraph.

*All sub heading*

All Sub Heading must be in Sentence Case, Justified, and Italic. Before and After Spacing 0, with Single Line Spacing. Font Name Times New Roman, Font Size 11.

**Procedure for Paper Submission**

## Submission Stage

Submit your manuscript electronically for review. Please create MoHE account at [www.mohejournal.com](http://www.mohejournal.com) and do the submission via the online system. You will receive an auto-created acknowledgement email as to confirm about the new submission.

## Review Stage

The review process generally takes about one to three months. The Editor will inform the authors immediately once the comments received.

*Correction Stage*

Once the Authors received the comments via email, they are given about a month to do the correction prior to submitting it back to be published. All accepted papers will be notified. The authors of the accepted manuscripts will be given a copyright form and the form should be attached with your final submission. Accepted articles will be published in either the January or July issue based on the Editor’s decision.

*Proofreading Stage*

The accepted articles will be proofread to ensure the quality of the journal.

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Before publishing the accepted articles in January and July issue, the articles will have undergone the editing process to standardize the format using standard formatting for academic articles.

*Publication Stage*

The last stage is to publish the accepted articles in January or July issues.

**In-text and parenthetical citation styles APA, 6th Edition**

*One author*

First in-text citation……Johnson (2008)

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Subsequent in-text citation…… Smith and Jones (2009)

First parenthetical citation……. (Smith and Jones, 2009)

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*Three to five authors*

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Subsequent in-text citation…… Carlson et al. (2004)

First parenthetical citation……. (Carlson, Rodriguez, & Inez, 2004)

Subsequent parenthetical citations …. (Carlson et al., 2004)

*Six authors*

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Subsequent in-text citation…… Walsh et al. (2000)

First parenthetical citation……. (Walsh et al., 2000)

Subsequent parenthetical citations …. (Walsh et al., 2000)

**Helpful Hints**

*Figures*

Place figure captions below the figures. If your figure has two parts, include the labels “(a)” and “(b)” as part of the artwork. **All of the figures must be put inside the body text; DO NOT separate them e.g. put the materials at the appendix**. Please verify that the figures and tables you mention in the text actually exist. Use the abbreviation “Figure” even at the beginning of a sentence. If your figure has two parts, include the labels “(a)” and “(b)” as part of the artwork. Please verify that the figures mentioned in the text is actually exist. Figure labels should be legible with the Font Name should be Times New Roman and Font 10. The word “Figure” must be Bold. If the captions of the figure require only a single line, please Center the sentence on the page. Whilst, if the captions consist two or more lines, you must Justify the sentences evenly between the margins and apply Indention-Hanging by aligning the rest of the sentences with the first line of the caption.

*Tables*

Place table titles above the tables. Please verify that the tables mentioned in the text is actually exist. **All of the tables must be put inside the body text; DO NOT separate them e.g. put the materials at the appendix**. Use the abbreviation “Table.” Figure labels should be legible with the Font Name should be Times New Roman and Font 10. The word “Figure” must be Bold. The word “Figure” must be Bold. If the captions of the figure require only a single line, please Center the sentence on the page. Whilst, if the captions consist two or more lines, you must Justify the sentences evenly between the margins and apply Indention-Hanging by aligning the rest of the sentences with the first line of the caption.

**Running title**

Please provide the short title or running title and write it on the Odd Page Header. The Design: Do click at the all design options of the header and footer tools (Different first page, Different odd & even pages, Show Document Text). Do setup the design position with Header From Top 1 cm and Footer From Bottom 1 cm. Align the running title with the Right Margin.

**Editorial Policy**

The submitting author is responsible for obtaining agreement of all co-authors and any consent required from funding bodies before submitting a paper. It is the obligation of the authors to cite relevant prior work. Authors of rejected papers may revise and resubmit them to the journal again.

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1. The submission has not been previously published, nor is it before another journal for consideration (or an explanation has been provided in Comments to the Editor).
2. The submission file is in Microsoft Word document file format.
3. Where available, URLs for the references have been provided.
4. The text adheres to the stylistic and bibliographic requirements outlined in the Author Guidelines, which is found in About the Journal or at [www.mohejournal.com](http://www.mohejournal.com)
5. The contents of the journal are peer-reviewed.

**Conclusion**

A conclusion section is required. Although a conclusion may review the main points of the paper, do not replicate the abstract as the conclusion. A conclusion might elaborate on the importance of the work or suggest applications and extensions.

**Appendix**

Appendices, if needed, shall appear before the acknowledgment.

**Acknowledgment**

Write the acknowledgements in a separate section at the end of the article before the references, if any.

**References**

References must be in Times New Roman, Font Size 11, Hanging 0.5 cm with single line spacing. APA format 6th Edition is applied.

1. *Journals, magazines, newspapers in print format*

Cushion, C. (2007). Modelling the complexity of the coaching process. *International Journal of Sports Science and Coaching, 2*(4), 395-401.

Johnson, N. A., Stannard, S. R., Mehalski, K., Trennell, M. I., Sachinwalla, T., Thompson C. H., & Thompson, M. W. (2003). Intramyocellular triacylglycerol in prolonged cycling with high and low carbohydrate availability. *Journal of Applied Physiology, 94*, 1365-1372.

1. *Magazine Article*

Mathews, J. Berrett, D., & Brillman, D. (2005, May 16). Other winning equations. *Newsweek,* 145(20), 58-59.

1. *Newspaper article with no author and discontinuous pages*

Generic Prozac debuts. (2001, August 3). *The Washington Post*, pp. E1, E4.

1. *Books, chapters in books, reports, etc.*

*One author*

Alexie, S. (1992). *The business of fancydancing: Stories and poems*. Brooklyn, NY: Hang Loose Press.

*Corporate author with an edition and published by the corporate author*

American Psychiatric Association. (1994). *Diagnostic and statistical manual of mental disorders (4th ed.).* Washington, DC: Author.

*Anonymous author*

*Dorland’s illustrated medical dictionary (31st ed.). (2007).* Philadelphia, PA: Saunders.

*Chapter in a book*

Baechle, T R, Earle, R W, & Wathen, D. (2008). Resistance Training. In: *Essentials of Strength Training and Conditioning.* Ed: Baechle T. R., Earle R. W. 3rd edition. (pp. 381-412). Champaign, IL: Human Kinetics.

ERIC document

Shyyan, V., Thurlow, M., & Liu, K. (2005). Student perceptions of instructional strategies: Voices of English language learners with disabilities. Minneapolis, MN: National Center on Educational Outcomes, University of Minnesota. Retrieved from the ERIC database. (ED495903).

*(e) Other online resources*

*Online report from a non-governmental organization*

Kenney, G. M., Cook, A., & Pelletier, J. (2009). Prospects for reducing uninsured rates among children: How much can premium assistance programs help? Retrieved from Urban Institute website: <http://www.urban.org/url.cfm?ID=411823>

*Online report with no author identified and no date*

GVU’s 10th WWW user survey. (n.d.). Retrieved from <http://www.cc.gatech.edu/user_urveys/survey-1998-10>