

# The Unwritten Khirad

*Beyond knowledge, into wisdom*

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## Author Guidelines



# Author Guidelines

*Beyond knowledge, into wisdom*

TUK Academic Journal (The Unwritten Khirad) is an international, peer-reviewed scientific journal in the field of sport science. The editorial office is based in Porto, Portugal.

These guidelines set out all requirements for submitting a manuscript. Manuscripts that do not comply with these guidelines are not accepted for review and are returned to the author.

## LAST UPDATED

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## JOURNAL

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# 1 General provisions

**1.1.** The topic of the manuscript must correspond to one of the journal's research areas. The full list is given in Section 8.

**1.2.** The manuscript must not have been published elsewhere and must not be under review by another journal at the same time.

**1.3.** By submitting a manuscript, the author accepts all conditions of these guidelines, including the ethical requirements (Section 6).

**1.4.** No submission or publication fees apply for the inaugural issue.

# 2 Manuscript structure

A manuscript consists of the following components. The order must not be changed.

## 2.1. Title

The title should be concise and clear, and should reflect the research focus of the manuscript.

It is provided in two languages: **the language of the manuscript and English**. If the manuscript is written in English, the English title alone is sufficient.

## 2.2. Author information

- Full name
- Affiliation and position
- Academic degree and title — if applicable
- Email address for correspondence
- ORCID iD — an international researcher identifier (free, obtained at [orcid.org](https://orcid.org)). Provide it if you have one.

If there are several authors, the corresponding author must be indicated separately.

## 2.3. Abstract

150–250 words. In two languages: the language of the manuscript and English.

The abstract should cover: the research problem and its relevance; the methodology used; the main findings; and the author's scientific and practical contribution.

The abstract must not contain references, tables, or abbreviations.

## 2.4. Keywords

5–7 keywords. In two languages: the language of the manuscript and English.

Keywords should cover concepts that do not already appear in the title and abstract, so that the manuscript is found more widely in searches. Repeating words from the title provides no benefit.

## 2.5. Introduction

The research problem, its objectives and tasks. The rationale for choosing the topic, its relevance, and its scientific significance.

## 2.6. Literature review

An analysis of the existing body of knowledge on the topic. The review provides the foundation for the research and helps to define the research question. It should draw mainly on scholarly articles published in recent years.

## 2.7. Research methodology

This section justifies the reliability of the findings. It sets out:

- the research approach (deductive or inductive)
- the research design
- the data collection methods
- the sample (sampling) and the basis for its selection
- the use of primary or secondary sources
- the research strategy (observation, experiment, case study, survey, archival research, and so on)
- research ethics considerations (see Section 6)

## 2.8. Results

An analysis of the data obtained using the methods defined in the methodology. This section presents the results only — their interpretation is given in the next section.

## 2.9. Discussion

- interpretation of the results
- comparison with previous studies
- limitations of the study

## 2.10. Conclusion and recommendations

The extent to which the objectives and tasks have been achieved. A brief summary of the main findings, practical recommendations, and directions for future research.

## 2.11. References

All sources are numbered sequentially: [1], [2], [3].

**For a book:** the author's full name, book title, place of publication, publisher, year, and page numbers.

**For an article:** the author's full name, article title, journal name, year of publication, issue, and page numbers.

At least 15 sources. All sources must be cited in the text.

## NOTE

Manuscripts that do not follow the order set out in 2.1–2.11 are not forwarded for review and are returned to the author.

### 3 Technical formatting

| Element           | Requirement                                                     |
|-------------------|-----------------------------------------------------------------|
| Font              | Times New Roman, 14                                             |
| Line spacing      | 1.5                                                             |
| Margins           | 2 cm on all sides                                               |
| Length            | 7–10 pages (including references)                               |
| Number of sources | At least 15                                                     |
| File format       | .docx (Microsoft Word)                                          |
| Alphabet          | Latin or Cyrillic — according to the language of the manuscript |

### 4 Tables, figures, and images

**4.1.** Tables, figures, or images are **recommended** — they enhance the quality of the manuscript. They are not mandatory: theoretical, historical, or philosophical articles may not include them.

**4.2.** Table titles are placed **above** the table; titles of figures and images are placed **below** them.

**4.3.** The source of every table, figure, and image must be clearly indicated. If it is the author’s own work, this is stated as “Prepared by the author”.

**4.4.** If a table or image by another author is used, compliance with copyright is the author’s responsibility.

### 5 Languages

**5.1.** Manuscripts are accepted in Uzbek, Russian, English, as well as other European and Turkic languages.

**5.2.** A manuscript is published in its original language — it is not translated.

**5.3.** The title, abstract, and keywords are provided in the language of the manuscript and in English (2.1, 2.3, 2.4). This ensures that the manuscript can be found in international searches.

**5.4.** Manuscripts written in Uzbek must fully comply with the current official Uzbek orthography rules. Special characters must be used correctly and consistently.

## 6

## Research ethics

### 6.1. Original work

The manuscript must be the author's own work. Any text, data, or idea taken from another source must be cited.

### 6.2. Research involving human participants

If the research involved human participants (survey, test, measurement, training session), the author briefly states in the manuscript:

- that participants were informed of the purpose of the research and gave their consent (for minors — the consent of a parent or guardian);
- that the identity of participants is not disclosed in the manuscript.

If the research was carried out with the approval of an institution or ethics committee, indicating this is recommended.

### 6.3. Conflict of interest

The author declares any financial or personal interest that could influence the results of the research. If there is no such interest, this is stated as “No conflict of interest”.

### 6.4. Funding

If the research was funded by a grant or an organisation, this is indicated.

### 6.5. Use of artificial intelligence

If artificial intelligence tools were used in preparing the manuscript (text generation, translation, data analysis, language editing), the author declares this: which tool, and for what purpose.

Artificial intelligence cannot be an author — it is not included in the list of authors. Responsibility for the entire content of the manuscript rests with the author.

### 6.6. Authorship

Only persons who made a genuine contribution to the research are included in the list of authors.

## 7

## Submission and review procedure

**7.1. Submission.** Manuscripts are sent to the following addresses: email — [tukacademicjournal@gmail.com](mailto:tukacademicjournal@gmail.com); Telegram — [@tukjournal](https://t.me/tukjournal).

**7.2. Initial screening.** The editorial office reviews the manuscript for its correspondence to the journal's research areas, compliance with these guidelines, and originality. A manuscript that does not meet the requirements is returned without being forwarded for review.

- 7.3. Review.** The manuscript is reviewed by the editorial office.
- 7.4. Decision.** The author is notified of one of the following decisions: accepted; revision required; rejected.
- 7.5.** The editorial office reserves the right to make editorial corrections that do not affect the content of the manuscript.

## 8 Journal research areas

The journal publishes in seven sections, covering 23 research areas.

| Nº | SECTION                                         | RESEARCH AREAS                                                                                                                                            |
|----|-------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1  | Sports Physiology, Nutrition and Rehabilitation | Exercise Physiology<br>Sports Nutrition<br>Sports Hygiene<br>Sports Rehabilitation                                                                        |
| 2  | Sports Anatomy, Morphology and Biomechanics     | Sports Anatomy<br>Sports Morphology<br>Sports Biomechanics                                                                                                |
| 3  | Physical Education and Adaptive Sport           | Sport Training Theory and Methodology<br>Theory of Physical Education<br>Physical Education and Healthy Lifestyle<br>Adaptive Physical Activity and Sport |
| 4  | Sports Pedagogy, Psychology and Philosophy      | Sport Pedagogy<br>Sport Psychology<br>Philosophy of Sport                                                                                                 |
| 5  | Sports Management, Analytics and Law            | Sports Management and Marketing<br>Sports Law<br>Sports Strategy<br>Sports Analytics<br>Sports Metrology                                                  |
| 6  | Sports Technology and Media                     | Sports Technology<br>Sports Journalism                                                                                                                    |
| 7  | Olympic and Paralympic Studies                  | History of the Olympic and Paralympic Movement<br>National and Active (Movement) Games                                                                    |

## 9 Copyright and open access

**9.1.** The journal operates on a full open access basis. All articles are read and downloaded free of charge.

**9.2.** Copyright remains with the author.

**9.3.** Articles are published under the Creative Commons Attribution 4.0 (CC BY 4.0) licence. This allows others to use, distribute, and build upon the article — provided the original author is credited.

## Appendix. Manuscript structure template

TITLE (in the language of the manuscript)

TITLE (in English)

### Author information

Full name

Affiliation, position

Academic degree / title (if applicable)

Email

ORCID iD (if applicable — orcid.org)

Abstract (in the language of the manuscript) — 150–250 words

Keywords (in the language of the manuscript) — 5–7

Abstract (in English) — 150–250 words

Keywords (in English) — 5–7

1. Introduction

2. Literature review

3. Research methodology

4. Results

5. Discussion

6. Conclusion and recommendations

### Ethics statements

Conflict of interest

Funding

Use of artificial intelligence

### References

[1]

[2]

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[15]

### CONTACT

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