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Manuscripts should be submitted accordingly to the following guidelines:

♦ All papers should be no longer than 20 pages with 1800 letters per page (i.e. 30 lines 60 points each). They should be in double-spaced typewriting on one side of the paper only. Two complete printed copies of a manuscript with an electronic version on a diskette or a CD-ROM (in Word for Windows system) should be submitted to the editorial office: University School of Physical Education, Królowej Jadwigi 27/39, 61-871 Poznań, Poland.

♦ A covering letter signed by corresponding author must state that the data have not been published elsewhere in whole or in part (except abstract) and that all authors agree to publication in the journal.

♦ All papers must include the title page with full names of the authors, the institution, title of the paper and a small number (up to four) of key words. Authors are asked to give their full address for correspondence, with fax and e-mail.

♦ All papers must include an abstract summarizing the paper and indicating main conclusions drawn (not exceeding 150 words).

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♦ Figures should be submitted on separate sheets with authors name and number of the figure indicated on the back of each print. All photographs, graphs, diagrams should be referred to as figures and should be numbered consecutively in the text in Arabic numerals.

♦ Legends for the figures should be explained in full and should appear on a separate page.

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