

Title page

The title page should include:

- The full first name, middle initial, and last name of the author(s)
- A concise and informative title; avoid use of undefined abbreviations Please limit the title to 180 characters (including spaces).
- The affiliation(s) and address(es) of all author(s)
- The e-mail address, telephone and fax numbers of the corresponding author
- It is desired that you use your institutional e-mail address for correspondence.
-

Abstract

Please provide an abstract of up to 300 words. Avoid use of undefined abbreviations or unspecified references. Conclude with a sentence on how this work advanced the state of the art in the field.

Keywords

Please provide 4 to 6 keywords, which can be used for indexing purposes. Avoid use of words already appearing in the title of the paper.

Text Formatting

Manuscripts should be prepared in Maximum 4 A4 pages and submitted in Word.

- Use a normal, plain font (e.g., 10-point Times Roman) for text.
- Use italics for emphasis.
- Do not use field functions.
- Use the table function, not spreadsheets, to make tables.
- Save your file in docx format (Word 2007 or higher) or doc format (older Word versions).

Abbreviations

Abbreviations should be defined at first mention and used consistently thereafter.

Scientific style

Genus and species names should be in italics.

Authors must deposit new nucleotide sequences to GenBank prior to submitting a paper for publication. An accession number must be given in the manuscript for new genomic DNA, complementary DNA, RNA and other nucleotide sequences discussed in the manuscript.

Use of antibodies:

Please provide the antibody product code, if commercially available antibodies have been used.

Important note:

Ideally, the names of all authors should be provided, but the usage of “**et al**” in long author lists with more than 15 authors will also be accepted. Please always give a minimum of three authors:

- Smith J, Jones M Jr, Houghton L et al (1999) Future of health insurance. N Engl J Med 965:325–329

Tables

- All tables are to be numbered using Arabic numerals.
- Tables should always be cited in text in consecutive numerical order.
- For each table, please supply a table caption (title) explaining the components of the table.

- Identify any previously published material by giving the original source in the form of a reference at the end of the table caption.
- Footnotes to tables should be indicated by superscript lower-case letters (or asterisks for significance values and other statistical data) and included beneath the table body.

Figure Numbering

- All figures are to be numbered using Arabic numerals.
- Figures should always be cited in text in consecutive numerical order.
- Figure parts should be denoted by lowercase letters (a, b, c, etc.).

Figure Captions

- Each figure should have a concise caption describing accurately what the figure depicts. Include the captions in the text file of the manuscript, not in the figure file.
- Figure captions begin with the term Fig. in bold type, followed by the figure number, also in bold type.
- No punctuation is to be included after the number, nor is any punctuation to be placed at the end of the caption.
- Identify all elements found in the figure in the figure caption; and use boxes, circles, etc., as coordinate points in graphs.
- Identify previously published material by giving the original source in the form of a reference citation at the end of the figure caption.

Permissions

If you include figures that have already been published elsewhere, you must obtain permission from the copyright owner(s).

References

Citation

Cite references in the text by name and year in parentheses. Some examples:

- Negotiation research spans many disciplines (Thompson 1990).
- This result was later contradicted by Becker and Seligman (1996).
- This effect has been widely studied (Abbott 1991; Barakat et al. 1995a, b; Kelso and Smith 1998; Medvec et al. 1999, 2000).

Reference list

The list of references should only include works that are cited in the text and that have been published or accepted for publication. Personal communications and unpublished works should only be mentioned in the text.

Reference list entries should be alphabetized by the last names of the first author of each work.

Journal article

Gamelin FX, Baquet G, Berthoin S, Thevenet D, Nourry C, Nottin S, Bosquet L (2009) Effect of high intensity intermittent training on heart rate variability in prepubescent children. *Eur J Appl Physiol* 105:731-738. <https://doi.org/10.1007/s00421-008-0955-8>

Ideally, the names of all authors should be provided, but the usage of “et al” in long author lists will also be accepted:

Smith J, Jones M Jr, Houghton L et al (1999) Future of health insurance. *N Engl J Med* 965:325–329

Article by DOI

Slifka MK, Whitton JL (2000) Clinical implications of dysregulated cytokine production. *J Mol Med.* <https://doi.org/10.1007/s001090000086>

Book

South J, Blass B (2001) *The future of modern genomics*. Blackwell, London

Book chapter

Brown B, Aaron M (2001) The politics of nature. In: Smith J (ed) *The rise of modern genomics*, 3rd edn. Wiley, New York, pp 230-257

Online document

Cartwright J (2007) Big stars have weather too. IOP Publishing PhysicsWeb. <http://physicsweb.org/articles/news/11/6/16/1>. Accessed 26 June 2007
Dissertation