

## Instruction for Authors

Authors should submit their manuscripts through the Journal online submission.

1. Papers submitted for publication should describe high quality original work, not previously partially or fully published elsewhere.
2. Manuscripts must be submitted only in English and should be written according to sound grammar and proper terminology.
3. Manuscripts should be typed with a font Times New Roman of 11 pt. in the compatible MS-Word format in one column with 2.5 cm margin at each side and submitted to the Journal electronically through the Journal online submission. Manuscript submission must be applied once in order to be obtained only one submission ID number. More than one submission for a single manuscript can lose the chance of the manuscript consideration. Manuscript must be accompanied by a covering letter including title and author (s) name and must be signed by corresponding author as well as the final checklist. The sampling covering letter and final checklist are supplied during the submission processing.
4. The text should include: Title; with author(s) name and address; an abstract (150 - 250 words), which state the purpose of the study, basic procedures, main findings and the principal conclusions where are followed by 4-7 key words. Introduction; materials and methods; results and discussion; acknowledgement and references list are followed.
5. Tables and figures in limited numbers should be cited throughout the text with the captions placed above for table and below for figures. Do not submit tables and graphs as photograph. Place explanatory matters in footnotes, not in the heading. Do not use internal horizontal and vertical rules.
6. All graphs should be provided in excel format.
7. The Journal is a fully colored publication with glossy paper. The corresponding author (s) will be supplied with one hard issue of the Journal along with 5 reprints. Author (s) can purchase any extra Journal hard copy and reprints they wish to order.
8. The policy of the Journal with respect to unit and symbols is that SI symbols should be applied.
9. Following acceptance of the article for publication, authors will receive an in house evaluation and galley proof for revisions and will be asked to complete and signed, the copyright for the accepted article, individually due to the fully peer review processing and publication.
10. Responsibility for the accuracy of bibliographic citations lies entirely with the authors, as follows: Citations in the text:

Please ensure that every reference cited in the text is also present in the reference list. Unpublished results and personal communications are not recommended in the reference list. "Unpublished results" or "Personal communication" citation of a reference as "in press" implies that the item has been accepted for publication.

### References

#### Reference Citations

References should be cited as below:

Reference numbers in square brackets either sequential by citation or according to the sequence in an alphabetized list: [3, 7, and 12].

#### Reference List

Each chapter should contain a reference list of its own.

The **reference list style** depends on the subject of your book. Please refer to the information below and ask your Springer contact if you are not sure which style should be used.

#### 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. doi: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

#### Journal article only by DOI

Slifka MK, Whitton JL (2000) Clinical implications of dysregulated cytokine production. *J Mol Med*. doi: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.

#### Online document (no DOI available)

Marshall TG, Marshall FE (2003) New treatments emerge as sarcoidosis yields up its secrets. *ClinMed NetPrints*. <http://clinmed.netprints.org/cgi/content/full/2003010001v1>. Accessed 24 June 2004.

#### Conference paper:

Brown, J., 2005. Evaluating surveys of transparent governance. In UNDESA, 6th. Global forum on reinventing government:

towards participatory and transparent governance. Seoul, Republic of Korea 24-27 May. New York.

Dissertation: Trent, J.W., 1975. Experimental acute renal failure. Ph.D. Dissertation, University of California.