**Title Page:** Please make sure your title page contains the following information.

**Title:** The title should be concise and informative. Use the font Times New Roman, Size 14, Bold.

**Author information**

* The name(s) of the author(s)
* The affiliation(s) of the author(s), i.e. institution, (department), city, (state), country
* A clear indication and an active e-mail address of the corresponding author

**Abstract:** Please provide an abstract of 150 to 250 words. The abstract should not contain any undefined abbreviations or unspecified references.

**Keywords:** Please provide 4 to 6 keywords which can be used for indexing purposes.

**Text**

**Text Formatting:** Manuscripts should be submitted in Word.

* Use a normal, plain font (e.g., 10-point Times Roman) for text.
* Use italics for emphasis.
* Use the automatic page numbering function to number the pages.
* Do not use field functions.
* Use tab stops or other commands for indents, not the space bar.
* Use the table function, not spreadsheets, to make tables.
* Use the equation editor or MathType for equations.
* Save your file in docx format (Word 2007 or higher) or doc format (older Word versions).

**Headings:** Please use no more than three levels of displayed headings.

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

**Acknowledgments:** Acknowledgments of people, grants, funds, etc. should be placed in a separate section. The names of funding organizations should be written in full.

**Scientific style**

* Please always use internationally accepted signs and symbols for units ([SI units](https://www.bipm.org/en/measurement-units)).
* Nomenclature: Insofar as possible, authors should use systematic names similar to those used by [IUPAC](https://iupac.org/).

**References**

**Citation:** Reference citations in the text should be identified by numbers in square brackets. Some examples:

1. Negotiation research spans many disciplines [3].

2. This result was later contradicted by Becker and Seligman [5].

3. This effect has been widely studied [1-3, 7].

**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 Personal communications and unpublished works should only be mentioned in the text.

The entries in the list should be numbered consecutively. If available, please always include DOIs as full DOI links in your reference list (e.g. “https://doi.org/abc”).

* 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

* 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

**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.

**Artwork and Illustrations Guidelines**

**Electronic Figure Submission**

* Supply all figures electronically.
* Name your figure files with "Fig" and the figure number, e.g., Fig1.eps.

**Figure Numbering**

* All figures are to be numbered using Arabic numerals.
* Figures should always be cited in text in consecutive numerical order.

**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.