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*Translated from the original in spanish*

*Editorial*

## *Some Tips for efficient writing of scientific articles*

*Algunos consejos para una eficiente redacción de artículos científicos*

*Algumas dicas para a redação eficiente de artigos científicos*

Fernando Emilio Valladares Fuente<sup>1\*</sup>



<sup>1</sup> Pinar del Río Hermanos Saiz Montes de Oca University, Faculty of Physical Culture "Nancy Uranga Romagoza". Pinar del Río, Cuba.

\*Corresponding author: fernando.valladares@upr.edu.cu

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**I**t is and will always be an absolute truth that science that is not published does not exist. It is very possible that although this idea is not explicitly stated, a large part of researchers, especially those who write articles on physical culture, do consider that the art of communicating what is being investigated turns out to be a very complex challenge at times. It is without a doubt and not only for professionals in this area but for everyone in general, since the writing of scientific articles is not part of the content of a subject that is frequently taught in the secondary and higher education curriculum. That is why some authors have



dedicated themselves to creating courses with this objective, even taking into account the potential of interactive platforms and distance education (Gutiérrez *et al.* 2009).

Despite the complexity that for some authors is writing a scientific article, there is a need to publish an article and to have a guiding resource so that authors can organize their work efficiently. It is a reality that the weaknesses in the authors' knowledge are diverse in this aspect, but in order to respond positively to these gaps in knowledge, authors are presented who provide recommendations from the preparation of a monograph (López *et al.*, 2016).

Following this line, some authors have dedicated themselves to providing information related to periodical publications (Rogers, 2019); others offer guides for preparing research reports with the help of ICT (Information and Communication Technology) means (Misra, 2021).

On topics related to the study of the human organism, guides are planned that are aimed at training health professionals, so that they are able to connect research with publications. (Torres, *et al.*, 2021). Subsequently, researchers realize, according to the diagnosis, that the most difficult thing for authors to publish their information lies in the title, summary and introductory part (Tullu, 2019).

Already pertinently with the area of Physical Culture, researchers such as Sevil *et al.* (2022) try to guide the authors from research in close relation to publication.

In any case, all attempts to guide the author towards a more finished article, more adjusted to the demands of high-impact journals, are appreciated. That is why, and with all the modesty that characterizes us, we have also decided to offer some tips for writing scientist articles as efficiently as possible.

#### *Title*

- The title must match the topic, objective, product or scientific scope, with direct, simple language, refined, sophisticated words, or literary or artistic style should be avoided.



- *A Study, An Analysis* should be avoided, since in general all titles are, they should not exceed 15 words. It must include some element that suggests relevance to Physical Culture and sports.

#### *Keywords*

- It is called keywords, without *s* at the end of the word key.
- Keywords are not only words associated with the topic but words that summarize the significant content of the research in any of its artists. This makes it easier other authors to cite or consult your work due to the specificity in which it contributes to the development of science.

#### *The abstract*

- It should be up to 250 words, but not in the form of a telegram. It must contain importance, relevance, objective. Empirical methods and preliminary results must be made explicit.
- Quotations should not be included in the abstract
- It must be written in the form of a block.
- Headings should not be used in the abstract that announce the parts of the article.

#### *The introduction*

- In the introduction, the theoretical framework of the topic must be written in due historical-logical order. It must be made very clear that there is a gap, a vacuum of information that has not yet been filled by science. If necessary, even promote a bank of difficulties or limitations to give way to the research objective that will be aimed at solving this scientific problem.
- Abuse of gerunds should be avoided, only when necessary.
- A perfect balance must prevail between the paragraph that is cited and the one in which it is interpreted, forming a harmonious combination.



- The properly cited bibliographical settlements must appear in the introduction (APA Standard 7th edition); ensure that any citation used appears lower in the references, do not accept citations from memoirs of events, doctoral, master's or degree theses, the author should be required to cite scientific articles and books.
- Ensure the correct use of writing, that there is coherence in what is written, that the sentences finish the ideas, that the period is used and that the paragraphs are homogeneous in their length.

#### *Material and methods*

- There must be a correspondence between the methods that appear in the abstract and what is declared in the *Material and methods*, *The Results* and the *Discussion*, that is, if the abstract states that the author uses the interview, the survey and the Document Review, it should not be that only the documentary review appears and then the proposal, it must also be explained in *Material and methods* how the interview and the survey were applied so that in the *Results* only the findings and the explanation of how the methods were used appear ( qualitative and quantitative interpretation)
- There is a very marked difference between the literature used in the *Introduction* and that consulted in *Material and Method* such as the documentary review; is that the one used in the *Introduction* is designed to establish the theoretical references of the research topic and the one used in the diagnosis as a documentary review is used to corroborate that there are limitations or strengths in the normative documents and work materials in the specialty that it is about. The latter is also more specific to the object of research, that is, to textbooks, methodological guidelines and all the work material regarding the topic being investigated.
- In *Materials and Methods*, a detailed explanation of the research procedure must be presented so that it becomes a guide for others who want to consult or transfer this research to another context. It is suggested that the author establishes the dimensions, the indicators, the conditions under which it is investigated. Tables or



reports summarizing the essential characteristics of the sample and the selection criteria are acceptable.

- It is acceptable to mention the methods at a theoretical level, but in general it is not essential
- Avoid citing in this section unless it is exclusively necessary. The author should be advised to include quotes from authors whose tools or methodologies he or she needs to take up in a paragraph of the introduction.
- If the author uses acronyms, he must define them, at least the first time he uses them.
- This section should not present results, it is only dedicated to explaining the working algorithm.
- The author is required to explore other methods in addition to the traditional ones (observation, survey, interview, review). The author must be required to use metrics, tests, coefficients, so that there is a rigorous interpretation based on quantitative and qualitative analysis.

### *Results*

- At work, authors should be required not to abuse resources such as bold, underlining, images in heavy formats (promote the design of tables and graphs in Word to facilitate marking and editing processes later).
- Ensure the correct translation, although we have professional translators on the editorial board, it is always good to emphasize that if the author is going to use automatic translators to avoid using Google translator or another transportable translator, it is better to choose the specialized translator located at <https://www.deepl.com/translator>
- The results, as already stated, must have an interpretation in percentages or another unit of measurement that demonstrates the statistical methods used and even though it is qualitative research, it is required that the methods of this research



modality be duly explained in the previous section. It cannot happen that the diagnosis, that is an essential part of the research, be overshadowed by the eloquence of the proposal.

- The results must correspond to the empirical methods already presented. It cannot be the case that a method is mentioned at an empirical level in the *Abstract* and in *Materials and Methods* that is not properly explained here. If a clear way to integrate the results of these methods is not found, it is preferable that they be explained one by one in each case and in an orderly manner. Until the presentation of the diagnosis (integration of the results of the methods) and the need to establish a proposal is evident, it will not be the turn to present the proposal.
- The proposal, whether it is a strategy, an alternative, or an action plan, should not be published in its entirety, not even in its majority. The author must limit himself to the number of pages accepted by the Editorial Board. It is required that the minimum number of pages be ten and the maximum 20 pages. The author may extend a few more pages if the complexity of the topic requires it.
- The number of recommended authors extends up to five, although one more is accepted depending on the extensive topic.

#### *Discussion*

- The discussion is not an extension of the results but a detailed comparison of the research results with other research that share similar or related research objects. Likewise, a quantitative and qualitative interpretation is recommended that contributes to the development of science.
- The author should be encouraged to cite in this section works that have been published in high-impact journals (preferably indexed in Scopus or WOS). This will guarantee keeping the journal in a high ranking.



- The article does not require conclusions, although it does require a summarized conclusive note that closes as final considerations without this becoming a section of the article.

#### *Conclusions*

- It is not about repeating the same information that was raised in the development of the work, but rather summarizing in brief words, what were the coincident points in the theoretical framework, what fundamental difficulties were found in the diagnosis and what were some of the proposals that were posed to resolve these difficulties. Preliminary results or the impact generated by those results could also be shown if the research reaches that level.

#### *References*

- References must appear organized in alphabetical order and according to APA Standard, seventh edition. A reference should not appear in this section that is not mentioned in the body of the text.
- Theses of any kind should not be cited.
- If it is of interest to the author to mention a thesis, the author should be suggested to cite the article by which the author defended his theses. Search for another author with that topic instead of that article in case it is not found.

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***Conflict of interests:***

The authors declare not to have any interest conflicts.

***Authors' contribution:***

The authors have participated in the writing of the work and analysis of the documents



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