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- Conceived, planned and carried out the experiments that led to the paper or interpreted the data it presents, or both.
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Manuscripts should be submitted in English or Portuguese. Authors are requested to use American spelling, except, of course, for references whose titles should appear exactly as published. Guidance on grammar, punctuation, and scientific writing can be found in the following sources: Scientific Style and Format: The CSE Manual for Authors, Editors, and Publishers. 7th edn. Rockefeller University Press, Reston, 2006; Medical Style and Format. Huth EJ (Editor). ISI Press, Philadelphia, 1987, Marketed by Williams & Wilkins, Baltimore, MD.

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- Acknowledgment of research grants and fellowships (agency and grant number).
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- The abstract should not exceed 250 words and should be written as a single paragraph double-spaced on a separate page following the title page.
- Abbreviations should be kept to a minimum and must be defined at first citation.
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Introduction. This should state the purpose of the investigation, relationship to other work in the field, and justification for undertaking the research. An extensive listing or review of the literature is not recommended.

Material and Methods. Sufficient information should be provided in the text or by referring to papers in generally available journals to permit the work to be repeated and to determine the suitability of the methods used for the objectives of the research. The ethical committee protocol number should be placed here.

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Practical Applications. In this section, tell the "coach" or practitioner how your data can be applied and used. This section of the paper should speak directly to this audience and not to the exercise or sport scientist.

Acknowledgments. When appropriate, briefly acknowledge technical assistance, advice and contributions from colleagues to the research. Financial support for the research and fellowships should be acknowledged on the title page.

Author Biography. Please include a brief biography, approximately 50 words per author, for each author including (1) Name (Nome); (2) Employment (Atividade Profissional); (3) Degree (Titulação); (4) Research interests (Interesses de Pesquisa); (5) E-mail; and (6) photograph produced in JPEG format.

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The following information must be given in the list of references:

Standard article. Author(s), Title, Journal (abbreviation), Volume, Complete Pages, Year.

DALY, W.; SEEGER, C. A.; RUBIN, D. A.; DOBRIDGE, J. A.; HACKNEY, A. C. Relationship between stress hormones and testosterone with prolonged endurance exercise. *European Journal Applied Physiology*, v. 93, p. 375-380, 2005.

UKKOLA, O.; SANTANIEMI, M. Adiponectin: a link between excess adiposity and associated comorbidities. *Journal of Molecular Medicine*, v. 80, p. 696-702, 2002.

WILLIAMS, P. T. High-density lipoprotein cholesterol and other risk factors for coronary heart disease in female runners. *New England Journal of Medicine*, v. 334, p. 1298-1303, 1996.

Abstract.

It is strictly forbidden the use of abstracts as references.

Article accepted for publication but not yet published. Authors, Title, Journal (abbreviation), Year of expected publication, (in press) at the end of the citation.

JANISZEWSKI, M.; LOPES, L. R.; CARMO, A. O.; PEDRO, M. A.; BRANDES, R. P.; SANTOS, C. X. C. Regulation of NAD(P)H oxidase by associated protein disulfide isomerase in vascular smooth muscle cells. *Journal of Biological Chemistry* 2005 (in press).

"Unpublished results", "Personal communication" and "Submitted papers".

It is strictly forbidden the use of this as references.

Book, whole. Authors, Book title, Edition, City, Publisher, Year.

NORMAN, I. J.; REDFERN, S. J. *Mental health care for elderly people*. New York: Churchill Livingstone; 1996.

Book, chapter. Authors, Chapter Title, Editors, Book title, Edition, City, Publisher, Year, Pages of citation.

KINTZIOS, S. E. What do we know about cancer and its therapy? In: Kintzios SE, Barberaki MG (Editors), Plants that fight cancer. New York: CRC Press; 2004. p 1-14.

SCHEUER, P. J.; LEFKOWITCH, J. H. Drugs and toxins. In: Scheuer PJ, Lefkowitch JH (Editors), Liver biopsy interpretation. 6th edn. London: WB Saunders; 2000. p 134-150.

Thesis.

It is strictly forbidden the use of Thesis as references.

Conference, Symposium Proceedings. Cite papers only from published proceedings.

It is strictly forbidden the use this as references.

Electronic citations (Online Journals). Ensure that URLs are active and available.

American Academy of Ophthalmology. Diabetic retinopathy disease severity scale. American Academy of Ophthalmology http://www.aao.org/education/library/recommendations/international_dr.cfm; 2005.

Internet communication. Ensure that URLs are active and available. Provide DOI, if available.

Developmental toxicology. <http://www.devtox.org/nomenclature/organ.php>. Accessed June 27, 2005.

CAPES Statistics. <http://www.capes.gov.br/capes/portal>. Accessed March 16, 2006.

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Computer programs

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Statistical Package for the Social Sciences (SPSS). Version 12.0. [Computer program]. Chicago: SPSS Inc.; 2006.

Patent



LARSEN, C. E.; TRIP, R.; JOHNSON, C. R. Methods for procedures related to the electrophysiology of the heart. Patent No. 5.529.067. Novoste Corporation; 1995.

