

## BUKTI KORESPONDENSI DAN PROSES REVIEW

Judul Artikel:

EFFECTS OF RESISTANCE BAND EXERCISE ON STUDENT'S FREESTYLE SWIMMING SKILLS

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### EFFECTS OF RESISTANCE BAND EXERCISE ON STUDENT'S FREESTYLE SWIMMING SKILLS

Ilham, Ilham<sup>a</sup>; Iqroni, David<sup>a</sup>; Karakaui, Manil<sup>b</sup>; Ali, Syed Kamaruzaman Syed<sup>b</sup>; Kristiyanto, Agus<sup>c</sup>; Nasrulloh, Ahmad<sup>d</sup>; Pratama, Kuku Wahyudin<sup>a</sup>; Festiawan, Rifqi<sup>c,h</sup>; Burhaein, Erick ; Phytanza, Diajeng Tyas Pinru 

 Save all to author list

<sup>a</sup> Department of Physical Education, Faculty of Teacher Training and Education, Universitas Jambi, Indonesia  
<sup>b</sup> Department of Physical Education, Faculty of Education, University of Malaya, Malaysia  
<sup>c</sup> Department of Sport Science, Faculty of Sports, Universitas Sebelas Maret, Indonesia  
<sup>d</sup> Department of Sport Science, Faculty of Sport Science, Universitas Negeri Yogyakarta, Indonesia

Cited by 6 documents

Developing the Value of Peace in Sport, Health, and Physical Education Lecture through Traditional Games  
Kogoya, T., Mutohir, C., Pramono, M. (2023) *International Journal of Human Movement and Sports Sciences*

The Effect of Net Play on Forearm Passing Ability on Junior High School Level Inclusion Schools  
Phytanza, D.T.P., Burhaein, E., Lourenço, C.C.V. (2022) *International Journal of Human Movement and Sports Sciences*

EFFECT OF PLYOMETRIC EXERCISE AND LEG MUSCLE ENDURANCE ON THE AGILITY AND VO2max OF BADMINTON ATHLETES  
Nugroho, S., Hidayat, R.A., Komari, A. (2022) *Physical Education Theory and Methodology*

From: <[ilham\\_bugis@unja.ac.id](mailto:ilham_bugis@unja.ac.id)>

Date: Aug 8, 2021 at 10:21 AM

Subject: Submission

To: [info@sportscience.ba](mailto:info@sportscience.ba)

Dear Editor,

Thank you very much and I attached my manuscript to be considered for your journal.  
The title is "THE IMPACTS OF RESISTANCE BAND EXERCISE ON STUDENT'S  
FREESTYLE SWIMMING SKILLS"

Looking forward to hearing from soon.

Best wishes

Ilham

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From: [info@sportscience.ba](mailto:info@sportscience.ba)

Date: Aug 16, 2021 at 12:21 PM

Subject: Manuscript Review Update ,

To: <[ilham\\_bugis@unja.ac.id](mailto:ilham_bugis@unja.ac.id)>

Dear Ilham,

This is to inform you that your manuscript has been officially processed with [Sport Science](#), for review. The review process takes around 60 days. We will reach out to you once your manuscript has completed this step. Please email us your manuscript reference number if you have any questions regarding the review.

Regards,

Editorial Team

Journal link: <https://www.sportscience.ba/index.php>

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From: [info@sportscience.ba](mailto:info@sportscience.ba)

Date: Aug 22, 2021 at 13:08 PM

Subject: Manuscript Revision ,

To: <[ilham\\_bugis@unja.ac.id](mailto:ilham_bugis@unja.ac.id)>

Dear Ilham,

I hope you are doing well! I would like to inform you that your manuscript has completed the next phase of the review process. Your similarity index, processed via our plagiarism checker, is 6%. Please see attached for the technical results.

The similarity index of your manuscript is within the threshold, and I would like to inform you that your manuscript will now move forward to the next stage of the review process.

We will update you once your manuscript has completed the review. Should you have any questions, feel free to let me know.

Regards,  
Editorial Team  
Journal link: <https://www.sportscience.ba/index.php>

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From: [info@sportscience.ba](mailto:info@sportscience.ba)  
Date: Oct 14, 2021 at 15:13 PM  
Subject: Manuscript Review Update  
To: <[ilham\\_bugis@unja.ac.id](mailto:ilham_bugis@unja.ac.id)>

Dear Ilham,

I hope you are doing well. I would like to inform you that the review process has been completed. The Editor required that your paper be updated based on the following comments from our reviewers.

**Reviewer 1:**

1. The literature review is too thin.
2. The methodology description is too short. More justification and definition of the selected methodology and data collection strategy should be discussed.
3. The significance of the study was not presented in a manner that has some urgency or for a broad set of readers.
4. Articulate better the implications to practice and further research.

**Reviewer 2:**

1. **Suggested Title:** Your paper title serves as the initial guide to the essence of your work so please revise your title so it includes the most important elements of your report. For example, what is your method for conducting this study? Please revise your title.
2. **Abstract: Your current abstract should be revised and please** construct your abstract in a concise manner that presents readers with an instructive map to the paper and I find this helps you to organize your thoughts and to guide you as you revise the rest of your manuscript. Please compose your abstract in a logical and accurate reflection of the organizational structure of the paper. Your abstract reflects organizational structure of paper (i.e., presents problem/focus of study, methodology, findings, key points from discussion of findings, and implications/recommendations)
3. **Introduction:** Your current intro is not convincing. Your intro needs to convince the readers that your local study is of global importance. You can develop this rationale by formulating answers to questions such as the following: Does your

study address a gap in the body of knowledge on this topic? Is the informational need of local stakeholders similar to others on a more global level? Are you addressing a significant problem, dilemma, or larger question with your study? Also, your intro should include a guiding/central research question that informs the methodological approach. Please revise it.

4. **Literature Review:** please revise the lit review and pay attention to the following:

Your review of the literature typically includes two types of sources: (a) those materials which help you to define the phenomenon in question and (b) those research materials which help you to identify what is known and not known about the phenomenon in question. It is this last part of the review of the literature from which you establish the need and focus for your study. Please remember this section is a literature “review” and not “view” so you need to show that the information presented here communicates your reflections of the collected understanding of the topic in question and not a series of reports from the individual sources you read.

5. **Methods: Your method is not clear yet.** Please revise your method section. We ask each of our authors to write their methods section in a stepwise fashion such that anyone else could use the same procedures/plan that you used. Therefore, I am suggesting that you reorganize this section to show your progression through data gathering and analysis. I am suggesting an outline below and each section should have an associated heading:

- Please provide your rationale for selecting your current design in general and your particular design choice in particular and discuss how these choices are appropriate to answering the question under study
- Please explain every step of data generation and collection and provide a rationale for each of your research decisions. The participants, their characteristics and their selection methods should be described in detail and justified.
- Clearly describe each step of your analysis of the data—include an example for illustration. You may present each step in terms of it from both a conceptual and operational perspective (please cite the literature that you used as a guide).

6. **Results:** Please address the followings:

- Findings should respond to the purpose of the study, and
- Should be presented systematically, please relate to your research questions.

7. **Discussion:** Please address the following:

- Discuss your findings in terms of what was previously known and not know about the focus of your research. Did your findings cohere and/or contrast with previous research on similar groups, locations, people, etc.?
- Discuss the limitations of your study. These limitations can be organized around simple distinctions of the choices you made in your study regarding who, what, where, when, why, and how.
- Discuss your position on the generalizability of your results.

- Discuss the implications your research has for pertinent stakeholders (e.g., future research for other investigators, practice suggestions for practitioners, or policy considerations for administrators).

## **8. Conclusion**

- Conclusion must be drawn based on research questions and purposes of your study to show that they have been answered.

Thank you very much. Please feel free to reach out to me with any concerns.

Regards,  
Editorial Team  
Journal link: <https://www.sportscience.ba/index.php>

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From: <[ilham\\_bugis@unja.ac.id](mailto:ilham_bugis@unja.ac.id)>  
Date: Oct 17, 2021 at 13:19 PM  
Re: Manuscript Revision  
To: [info@sportscience.ba](mailto:info@sportscience.ba)

Dear Editor,

Thank you very much and I will revise as suggested by both reviewers.

Best regards

Ilham

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From: <[ilham\\_bugis@unja.ac.id](mailto:ilham_bugis@unja.ac.id)>  
Date: Oct 31, 2021 at 08:11 AM  
Subject: The revision of Submission of manuscript for publication

To: [info@sportscience.ba](mailto:info@sportscience.ba)

Dear Editor,

I attached the revision of our manuscript. I changed the title from “THE IMPACTS OF RESISTANCE BAND EXERCISE ON STUDENT’S FREESTYLE SWIMMING SKILLS” to “EFFECTS OF RESISTANCE BAND EXERCISE ON STUDENT’S FREESTYLE SWIMMING SKILLS.” I also believe that with co-authors we have addressed all the reviewers’ suggestions.

Looking forward to hearing from you  
Best wishes  
Ilham

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From: [info@sportscience.ba](mailto:info@sportscience.ba)

Date: Nov 1, 2021 at 13:14 PM

Re: The revision of Submission of manuscript for publication,

To: <[ilham\\_bugis@unja.ac.id](mailto:ilham_bugis@unja.ac.id)>

Dear Ilham,

This is to inform you that your revision has been officially processed for review.

We will update you once your manuscript has completed the review. Should you have any questions, feel free to let me know.

Regards,

Editorial Team

Journal link: <https://www.sportscience.ba/index.php>

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From: [info@sportscience.ba](mailto:info@sportscience.ba)

Date: Nov 7, 2021 at 16:12 PM

Re: The revision of Submission of manuscript for publication

To: <[ilham\\_bugis@unja.ac.id](mailto:ilham_bugis@unja.ac.id)>

Dear Ilham,

I hope you are doing well. I would like to inform you that the review process has been completed. After rounds of rigorous reviews, we would like to inform you that your manuscript has been accepted with revisions.

The editors require that you further edit and proofread your manuscript to address grammatical and writing errors before proceeding to the next step.

Should you have any questions, feel free to let me know.

Regards,

Editorial Team

Journal link: <https://www.sportscience.ba/index.php>

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From: <[ilham\\_bugis@unja.ac.id](mailto:ilham_bugis@unja.ac.id)>

Date: Nov 14, 2021 at 16:12 PM

Subject: proofread our manuscript to address grammatical and writing errors

To: [info@sportscience.ba](mailto:info@sportscience.ba)

Dear Editor,

I attached the revised version and hope our article can be published.

Best regards

Ilham

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From: [info@sportscience.ba](mailto:info@sportscience.ba)

Date: Nov 22, 2021 at 15:08 PM

Re: proofread our manuscript to address grammatical and writing errors

To: <[ilham\\_bugis@unja.ac.id](mailto:ilham_bugis@unja.ac.id)>

Dear Ilham,

I hope you are doing well. I would like to inform you that the review process with the Res Militaris has been completed. After rounds of rigorous reviews and looking at the revision of your manuscript, we would like to congratulate you and your article will be published in the next Volume 15, Issue 1, Pages 217 - 224 December 2021

Should you have any questions, feel free to let me know.

Regards,

Editorial Team

Journal link: <https://www.sportscience.ba/index.php>

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