

# **GUIDE FOR DRAFTING THE DOCTORAL THESIS**

FIELD:

SPORT SCIENCE AND PHYSICAL EDUCATION

2024

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### **1. General Considerations**

- (1) The doctoral thesis is the original scientific work developed by a doctoral student during their doctoral studies and represents a legal requirement for obtaining the title of doctor.
- (2) The doctoral thesis constitutes the final report of the realization and valorization of the scientific research project and is elaborated according to the specific requirements of the doctoral school.
- (3) The doctoral thesis must confirm the doctoral student's ability to undertake scientific research at the national and international level, in a creative, autonomous, and responsible manner.
- (4) The content of the doctoral thesis is established by the doctoral student in consultation with their doctoral supervisor and will respect the framework structure and limitations imposed by the regulations of the doctoral school.

- (5) The doctoral thesis is an original work, and it is mandatory to mention the source for any material used.
- (6) The doctoral student is the author of the doctoral thesis and assumes the correctness of the data and information presented in the thesis, as well as the opinions and demonstrations expressed in the thesis.
- (7) The doctoral supervisor is jointly responsible with the author of the thesis for adhering to quality standards or professional ethics, including ensuring the originality of the content, in accordance with the provisions of Law no. 199/2023.
- (8) The doctoral thesis must be written in Romanian, using diacritics, and must include a summary of approximately 20 pages, written in Romanian and in an internationally recognized language.
- (9) Doctoral theses, along with their annexes, are public documents and must also be prepared in digital format.
- (10) This guide aims to assist the doctoral student in completing the doctoral thesis without imposing constraints that limit the presentation of literature data, the research methodology used, and the presentation and interpretation of the results obtained.
- (11) It is recommended that the doctoral student use previously completed thesis as models, preferably upon the recommendation of their doctoral supervisor.
- (12) Each chapter begins on a new page. The thesis and its annexes will be printed in a double-sided format.
- (13) The thesis must be structured into two parts: a theoretical foundation part and a research part that includes at least two studies (preliminary research, complementary research, different research directions).
- (14) The approximate volume of the thesis is 150 pages, of which 1/3 should represent the theoretical foundation part and 2/3 the research part, to which the bibliography and annexes are added.

## 2. Structure of the Doctoral Thesis

### Formal structure of the doctoral thesis

1. Cardboard cover (see Annex);
2. Title page (see Annex);

3. Table of contents
4. List of abbreviations and symbols
5. List of tables
6. List of figures
7. List of graphs
8. Introduction
9. Content – Part I: chapters, subsections; Part II: Study 1, Study 2
10. General conclusions of the thesis, elements of originality, limitations of the research
11. Dissemination of research results
12. Acknowledgments
13. Bibliography
14. Annexes

The cover of the doctoral thesis must include the following information: the name of the relevant ministry, the name of the institution organizing doctoral university studies, the University of Craiova, IOSUD - Doctoral School of Social and Human Sciences, Field - Science of Sports and Physical Education, the name of the document (doctoral thesis), the author of the thesis, the scientific supervisor, and the year of submission of the thesis for public defense.

The title page includes the information from the cover, with the title of the thesis replacing the name of the document.

The table of contents contains the titles and subtitles of all chapters and subchapters, accompanied by the page number where each chapter/subchapter begins. The table of contents must cover the entire work, namely: introduction, content, conclusions, bibliographic references, and appendices.

The list of symbols, abbreviations, and notations frequently used in the thesis must comply with the standards used in the specialized literature. The symbols, abbreviations, and notations frequently used in the thesis are listed in alphabetical order, starting with the Latin alphabet, lowercase letters followed by the corresponding uppercase letters, and then continuing with the Greek alphabet, lowercase letters followed by the corresponding uppercase letters.

The list of tables will include the number of each table, its title, and the page number where it can be found in the thesis.

The list of figures and graphs will contain the number and title of each image and the page number where it is located in the thesis. Figures from the appendices are also included; in this case, the figure number is preceded by the letter of the appendix in which it appears.

## **Content of the doctoral thesis - structure**

### **Introduction**

The introduction of the doctoral thesis serves to frame the research within a scientific, temporal, historical, geographical, and professional context and comprises 2-3 pages. The introduction must contain:

- the motivation for choosing the research topic;
- the importance, novelty, and relevance of the topic in the field of Science of Sports and Physical Education;
- the framing of the topic within international, national, and regional concerns of the research team;
- the formulation of the research hypothesis;
- the scientific objectives to be resolved within the scientific research;
- synthetic comments regarding the research method approached and the research methodology;
- a brief presentation of the content of the work, highlighting the results obtained;
- emphasizing the interdisciplinary nature of the conducted research;
- the limitations of the conducted research/thesis development and the perspectives for continuing the research may be indicated. Unlike the chapters that make up the content of the thesis, the introduction is not numbered.

The content of the doctoral thesis is established by the doctoral candidate in consultation with the doctoral supervisor, based on the assertion that the doctoral thesis must demonstrate advanced scientific knowledge of the doctoral field, contain elements of originality in the development or resolution of the research topic, and methods for

scientific validation of the candidate's results. The content of the work must be structured into two parts:

a) Part I - Theoretical foundation of the research topic - represents 30-50 pages of the thesis content.

b) The personal contribution section (original) – represents 100-125 pages of the content of the doctoral thesis. The theoretical foundation of the research topic constitutes the general part of the thesis and addresses the current state of knowledge on the subject of the doctoral thesis, based on documentation in the specialized literature, through consultation of published works at national and international levels, avoiding general descriptions.

Within the general part, controversial aspects, clearly defined issues with evident results, dilemmas, and the interdisciplinary context are discussed through critical analysis. The general part includes 3-4 chapters and concludes with the formulation of theoretical conclusions.

The second part of the thesis is the original part and represents the personal contributions. The personal contributions section occupies the largest part of the thesis and includes the contributions of the doctoral candidate; to highlight this aspect, some titles or subtitles may contain the phrase "contributions regarding." The chapters in the original part are numbered consecutively with the chapters from the general part.

The personal contribution section includes two studies, which will follow a logical presentation of ideas, coherently respecting the theme of the research. In the actual research, the operational framework of the research will be presented structurally as follows: premises; purpose; general and specific objectives; tasks; research hypotheses; research methods; organization and conduct of the research (location; stages of the research; subjects), representing the content of each study organized as follows:

Title of Study 1

- Introduction (working hypothesis and specific objectives)
- Material and method

- Analysis and interpretation of results
- Discussions and verification of research hypotheses
- Conclusions of Study 1

#### Title of Study 2

- Introduction (working hypothesis and specific objectives)
- Material and method
- Analysis and interpretation of results
- Discussions and verification of research hypotheses
- Conclusions of Study 2

#### *General conclusions of the doctoral thesis*

This part of the doctoral thesis constitutes a distinct chapter and must highlight:

- the extent to which the scientific research objectives have been achieved;
- unresolved issues;
- directions in which research should continue;
- personal contributions.

In the conclusions section, the tendency to include new ideas or quotes, which should be included in the chapters of the work, must be avoided. Personal contributions must be measurable and reflect the original part of the thesis.

The writing must give this part a concrete, precise character.

*Elements of originality* – this section of the thesis highlights the main contributions made through the doctoral candidate's research correlated with the research hypotheses, as well as with new aspects and approaches.

*The limitations of the research* should complement the doctoral thesis by arguing any results that may have presented lesser scientific relevance.

*Future research* proposals and directions is the section that, based on the research results, indicates new research paths intended to complement the conducted research, as well as aspects of the practical applicability of the obtained results.

*Dissemination of research results* is achieved by presenting (in list form) the published scientific articles, papers, studies, and participation in national and international conferences and congresses. The works for which the candidate is the author or co-author will have their name indicated in "**bold.**"

#### Acknowledgments

**This research was developed under the auspices of the University of Craiova, the Doctoral School of Social and Human Sciences, and the Faculty of Physical Education and Sport.**

The experiments were conducted in ..... In the case of beneficiaries of funding from various sources, the title of the project and its ID will be mentioned.

#### ***Bibliography***

The bibliography will contain a list of all information sources used in the thesis writing, presented in alphabetical order, including those in Romanian and sources in foreign languages, whose presence is mandatory.

Bibliographic documents obtained from internet consultations will be grouped under Online Sources, and these cannot exceed 40% of the total bibliography. The bibliography is not numbered as a chapter.

#### ***Appendices***

Appendices (where applicable) are mentioned in the thesis text and appear in a separate section, ordered sequentially (e.g., Appendix 1, Appendix 2, etc.), without chapter numbering. Appendices can have one or more pages, with the pages of each appendix numbered consecutively. Appendices may contain redundant materials (results) within the thesis, primary record tables, working protocols, figures, and tables. It is preferable that tables, figures, etc., be included in the appendices, while only those essential for the flow of the text itself remain in the main text. Appendices are not numbered as a chapter.

### **3. Professional Ethics Requirements**

In the research conducted in the preparation of the doctoral thesis, it is imperative to adhere to all rules regarding data usage. Plagiarism (any form of copying, copy-pasting of texts from printed or online sources) is prohibited. The adoption of

ideas, expressions, definitions, arguments, etc., from an author other than the thesis author is done:

a) in the form of quotes, using quotation marks;

b) by reproducing in the author's own words. In both cases, it is mandatory to indicate the bibliographic details of the source in the form of references applied in the thesis, thus respecting research ethics. Falsification of experimental data and the introduction of any false information in the doctoral thesis are prohibited.

#### **4. Typesetting Rules**

The size of the thesis, including Appendices and Bibliography, will be 150-250 pages.

(1) Thesis format: A4; line spacing: 1.5 lines; font: Times New Roman, 12 points; margins: left – 3 cm, right – 2.5 cm, top – 2.5 cm, bottom – 2.5 cm.

(2) Text alignment:

- chapter titles will be centered; sub-chapter titles will be justified and will have a 1 cm indentation;  
the first line of each paragraph will have a 1 cm indent;
- text within paragraphs will be justified between the left and right margins.

(3) *Formatting of titles and subtitles:*

- Title 1 (chapter) - font TNR, 12 points, Bold, centered alignment; numbering: 1.
- Title 2 (sub-chapter) - font TNR, 12 points, Bold, Italic, left-right alignment, 1 cm indentation; numbering: 1.1.
- Title 3 (sub-sub-chapter) - font TNR, 12 points, Bold, left-right alignment, 1 cm indentation; numbering: 1.1.1.

(4) *Underlining and emphasis within the text* are generally done using Italic, or, in specific cases, with Bold, Bold+Italic (Italic).

(5) *The use of diacritics* specific to the language in which the thesis is written is mandatory.

(6) *Page numbering:*

- The thesis will have numbered pages, starting from the first page of the actual text (i.e., excluding the cover page) and continuing to the end of the document.



- The page number is inserted in the footer, centered.
- Numbering is done with Roman numerals from the cover page to the Introduction, and from the Introduction to the last page of the work, Arabic numerals (from 1...n) are used.
- Each chapter begins on a new page.

*(7) Numbering of tables and figures:*

- Tables and figures are numbered with 2 digits, separated by a period, the first representing the chapter number, and the second representing the number of the table or figure within that chapter (Fig. 1.1., Table I.1.). Each table and figure has a number and title, which are mentioned below the figure and above the table, centered alignment.
- In the case of figures and tables taken from other sources, the source of the data must be specified after the title of the table/figure, indicating the author's name(s), title of the work, publisher, year, page, or online source address. Additionally, permission for reuse must be requested, in accordance with the copyright policy of the journal/publisher.

*(8) The header (recommended)* will specify the name of the thesis author.

*(9) Printing of theses:* - Theses will be printed double-sided, A4 format, and will be bound in cardboard or stapled covers, in the standardized format of the University of Craiova.

## **Citations**

Information presented as definitions, opinions, excerpts, arguments, classifications, which belong to an author other than the author of the doctoral thesis, must be cited by reproducing the text/excerpt in the body of the thesis, but in quotation marks. The cited source must be mentioned, in parentheses indicating the author's name and year of publication.

## **Bibliographic references**

Bibliographic references will be drafted according to the Publication Manual of the American Psychological Association, Sixth Edition, Rentrop&Straton Publishing - Bucharest. The work was published translated and under the coordination of the National Institute for Research in Sport, Bucharest, Romania, 2013.

The bibliography must include for each source: the name and initial of the author's first name, year of publication, title of the work, publisher, place of publication. The bibliographic list will be drafted as follows: the authors' names appear as follows: Last name, initial of the first name, separated by a comma (e.g., Zazulak, B., Cholewicki, J.) followed by the year of publication placed in parentheses, title of the volume, publisher, place of publication.

If citing from chapters of collective volumes or study volumes, the names and surnames of the author, title of the work, names and surnames of the editor, title of the volume, publisher, place of publication, year of publication must be mentioned. (E.g.: Alexander, G. R. (2015). Multicultural education in nursing. In D. M. Billings, & J. A. Halstead (Eds.), Teaching in nursing: A guide for faculty (5th ed., pp. 263-281).

Mentioning articles from which citations were made, name, initial of the first name, followed by the year of publication placed in parentheses, title of the article, journal, volume number (E.g. Zheng, Y., Ke, S., Lin, C., Li, X., Liu, C., Wu, Y., Xin, W., Ma, C., & Wu, S. (2019). Effect of core Stability Training Monitored by Rehabilitative Ultrasound Image and Surface Electromyogram in Local Core Muscles of Healthy People. Pain research & management, 2019, 9130959. <https://doi.org/10.1155/2019/9130959>).

Sources included in the Bibliography will be presented in alphabetical order of the authors and in the order of their appearance. In the case of online sources, the consultation date of the website must be indicated after the web address.

### ***Submission and archiving***

The rules for submitting the doctoral thesis are included in the Procedure for completing doctoral studies within IOSUD-UCV available at the address [regulament\\_iosud2024-2025.pdf \(ucv.ro\)](#).

### **5. Summary of the doctoral thesis**

- The summary of the doctoral thesis has an average length of 15 pages and the same formatting characteristics as the thesis.
- The summary is printed and covered (with a simple cover) separately from the thesis.
- The formal structure of the summary:

- Title page;
- Table of contents (table of contents of the thesis);
- Keywords (5 – 8 words/phrases);
- Synthesis of the main ideas (fundamental problem; hypothesis, objectives, research methodology; synthesis of chapters, respecting the chapter structure; conclusions and personal contributions) - 5-7 pages; Selective bibliography;