

We use the APA 6th Referencing Style (2010) to format references.

The full version is available from <https://guides.library.uq.edu.au/referencing/apa6/about>.

**EXAMPLES OF BIBLIOGRAPHIC DESCRIPTION IN THE LIST OF CITED REFERENCES IN A SCIENTIFIC ARTICLE**  
**based on the APA 6th Style Manual (American Psychological Association)**

Source Characteristic	Examples of Bibliographic Description
<b>Books</b>	<b>One Author</b> <ul style="list-style-type: none"> <li>Bompa, T.O. (1999). <i>Periodization training for sports</i>. Champaign: Human Kinetics.</li> </ul>
	<b>Two to Ten Authors</b> <ul style="list-style-type: none"> <li>Platonov, V.N., &amp; Bulatova, M.M. (1995). <i>Physical training of an athlete</i>. Kyiv: Olympic Literature.</li> </ul>
	<b>Eleven or More Authors</b> <ul style="list-style-type: none"> <li>Wilmore, J.H., <i>et al.</i> (2012). <i>Physiology of sport and exercise</i>. Champaign: Human Kinetics.</li> </ul>
	<b>Edited Book</b> <ul style="list-style-type: none"> <li>Ward, K. (Ed.). (2024). <i>Routledge handbook of sports and exercise therapy</i>. London: Routledge. doi: 10.4324/9781003152170.</li> <li>Hackfort, D., &amp; Schinke, R.J. (Eds.). (2020). <i>The Routledge international encyclopedia of sport and exercise psychology</i>. London: Routledge.</li> </ul>
	<b>Multi-volume Works</b> <ul style="list-style-type: none"> <li>Maughan, R.J. (Ed.). (2013). <i>Olympic textbook of science in sport</i> (Vol. 1). Oxford: Wiley-Blackwell.</li> </ul>
<b>CHAPTER in a Book</b>	<ul style="list-style-type: none"> <li>Weinberg, R.S., &amp; Gould, D. (2015). Goal setting in sport and exercise. In <i>Foundations of sport and exercise psychology</i> (pp. 345-372). Champaign: Human Kinetics.</li> <li>Biddle, S.J.H. (2016). Physical activity and mental health. In R.J. Schinke &amp; K.R. McGannon (Eds.), <i>The psychology of physical activity</i> (pp. 3-20). London: Routledge.</li> </ul>
	<ul style="list-style-type: none"> <li>Kostiukevych, V., Imas, Y., &amp; Borisova, O. (2021). Modern approaches to training athletes in Olympic sports. In <i>Proceedings of the international scientific conference "Physical culture and sport in the modern world"</i> (pp. 45-47). Kyiv: National University of Physical Education and Sport of Ukraine.</li> </ul>
<b>Conference Paper</b>	<ul style="list-style-type: none"> <li>Haff, G.G., &amp; Triplett, N.T. (2016). Essentials of strength training and conditioning. <i>Journal of Strength and Conditioning Research</i>, 30(6), 1654-1663. doi: 10.1519/JSC.0000000000001316.</li> <li>García-Hermoso, A., Ramírez-Vélez, R., Saavedra, J.M., &amp; Izquierdo, M. (2020). Exercise, health outcomes, and quality of life in youth: A systematic review. <i>International Journal of Environmental Research and Public Health</i>, 17(17), article number 6250. doi: 10.3390/ijerph17176250.</li> <li>Bishop, D.J., <i>et al.</i> (2019). High-intensity exercise and mitochondrial biogenesis. <i>Journal of Applied Physiology</i>, 127(3), 686-701. doi: 10.1152/jappphysiol.00194.2019.</li> </ul>
<b>Journal Article</b>	<ul style="list-style-type: none"> <li>Melnyk, O.V. (2022). <i>Scientific and methodological foundations of physical education of student youth</i>. (Doctoral thesis, National University of Physical Education and Sport of Ukraine, Kyiv, Ukraine).</li> <li>Kozina, Z.L. (2018). <i>Scientific and methodological foundations of individualization of training in team sports</i>. (Doctoral dissertation, Kharkiv State Academy of Physical Culture, Kharkiv, Ukraine).</li> </ul>
<b>Doctoral Thesis and Doctoral Dissertation</b>	<ul style="list-style-type: none"> <li>Law of Ukraine No. 3808-XII "On Physical Culture and Sport". (1993, December). Retrieved from <a href="https://zakon.rada.gov.ua/laws/show/3808-12#Text">https://zakon.rada.gov.ua/laws/show/3808-12#Text</a>.</li> <li>Ministry of Youth and Sports of Ukraine. (n.d.). Retrieved from <a href="https://mms.gov.ua">https://mms.gov.ua</a>.</li> </ul>
<b>Government Legislation</b>	<ul style="list-style-type: none"> <li>World Health Organization. (2020). <i>Guidelines on physical activity and sedentary behaviour</i>. Retrieved from <a href="https://www.who.int/publications/i/item/9789240015128">https://www.who.int/publications/i/item/9789240015128</a>.</li> </ul>
<b>Webpage</b>	