**Title (Cambria 14, center)**

**Author\_1[[1]](#footnote-1), Author\_2[[2]](#footnote-2), Author\_3[[3]](#footnote-3) (cambria 12, center)**

## Abstract

The abstract in english will be placed here.

***Key words****: will be completed with 3-5 keywords in english*

**Rezumat**

The abstract in romanian will be placed here.

***Cuvinte cheie****: will be completed with 3-5 keywords in romanian language*

Here the text of the article will be placed, on two columns (with charts, tabels, graphs)

**References**

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Here the bibliography will be placed, according to the instructions for authors.

Dragan C., Tamara P., Sergej O. (2013). *Assessment of physical fitness in children and adolescents*, Physical Education and Sport, 11(2), 135 - 145.

Kotecki J.E. (2016). *Physical activity & health,* USA: Jones & Bartlett Learning, 232-234.

Here will be placed the figures, graphs and tables numbered and titled, in the order in which will be placed in the text and according to the instructions for authors.

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