

Guideline for Master's thesis

General rules:

- min 30 – max 50 pages
- cover and contents see attached templates
- page: A4
- margins: lower, upper, right and left 2.5 cm
- page numbering: continuously, bottom of the page, middle
- font: Times New Roman, black
- headings: **14 font, bold**
- subheadings: **12 font, bold**
- text: 12, normal, justified, 1.5 spaced (except tables and figures)
- citations of tables and figures in text: *italic*

Tables and figures

numbering continuously,

examples:

Table 5 Title of the table

	a	b
1		
2		

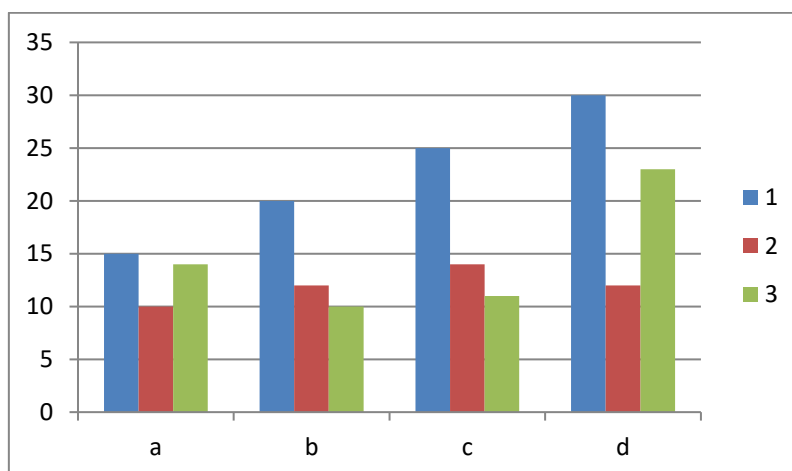


Figure 1 Name of the figure

Citations

in text:

- 1 author: (JOHNSON 2014)
- 2 author: (JONHSON and SMITH 2010)
- multiple authors (PETERSON et al., 2011)

examples:

The metabolic consequences of regular training include the changes of substrate metabolism (GEOR et al., 2002),...

Concerning the relationship of exercise intensity and adaptation, moderate aerobic load appears to be of first importance (TURCOTTE 1999).

Cholesterol significantly decreased in cardiac mitochondria from rats which were made to swim bearing a weight representing 3% of body weight for 3 or more hours in water (KEATISUWAN and KINJO, 1990).

Reference list

book:

MEAD, J.F., ALFIN-SLATER, R.B., HOWTON, D.R., POPJÁK, G. (1985): Lipids, Chemistry, Biochemistry and Nutrition. New York: Plenum Press 563 p.

article in scientific journal:

RICHARDS, J.G., HEIGENHAUSER, G.J., WOOD, C.M. (2002): Lipid oxidation fuels recovery from exhaustive exercise in white muscle of rainbow trout. American Journal of Physiology 282: 89-99.

internet:

https://srv-etrweb01.ke.hu/coospace/File/ToolDownloadFile-E8004AE6DB7E2EF35AF80785FE204D11D148917B42A7521EDC6731B511D5B177885E6F94?fn=ATK_NYILATKOZATI_LAP_new-1.pdf (date of download)