

Comments:

The sample size should be clearly stated. It is recommended to report:

- 1) t-values, degrees of freedom (df), and p-values.
- 2) The significance level used (e.g., $\alpha = 0.05$).
- 3) Visuals like graphs or charts to support statistical findings.

Areas for Improvement:

- 1) Clarify sample details: age, gender, training level, etc.
- 2) Specify measurement tools: What tools were used to measure cognitive or physical performance?
- 3) Avoid overusing the same references (e.g., Sawka et al., 2007) — diversify your sources.
- 4) Add a brief conclusion for each chapter, especially in the experimental section.
- 5) Add **3–4 recent studies (from 2020 onward)** to strengthen the theoretical framework.
- 6) Recommended to paraphrase long quoted passages more thoroughly.