# brief title that gets to the point, indicate the main topic and scope of the study, Ensure that reflects the content

Name Family Name 1,2, Name FamilyName 1,3, Name FamilyName \* 2, Name FamilyName 1,2

**1** Department, University, City, Country **2** Department, University, City, Country **3** Department, University, City, Country

Keywords: please provide 2 to 4 keywords

**INTRODUCTION:** Please ensure the abstract fits within 1 page, using Arial font, size 11. Please identify the presenting author in the authors list with an asterisk (\*). Fill in this template with your content while adhering to the defined text style. Ensure the text fits within one page. You may include references to relevant papers; use numerical citations (e.g., [1]) to refer to specific points within the text. The Introduction section should succinctly establish the background of the research, clearly outline its objectives, and highlight its significance. This part should engage the reader and clearly set the context of the study.

**METHODS:** In this section, describe the methods applied in detail. Specify the number of subjects involved, outline the experimental design and protocol, and detail the procedures for data collection and analysis. When relevant, also mention the statistical tests used.

**RESULTS/DISCUSSION:** This section should present the main results of your study. You may include tables and graphs within this section or in the methods sections as relevant. Ensure that all tables and figures are legible and confined within the page margins.

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| To effectively integrate text and figures while preventing misplacements, consider using a borderless table. This approach allows for a clean, organized presentation. Both grayscale and color figures are acceptable, but ensure they are clear and contribute to the overall readability of your submission. |  |

For the sake of brevity, the discussion may be combined with the results in this section.

**CONCLUSION**: Should include implications and applications and/or future perspective. When adding bibliographical references, a simplified format containing the first author, year, and journal name can be used.

**REFERENCES:**

[1] First author, N. et al, 2011 Int J Sports Med

[2] First author, G et al, 2022 Sports