**TITLE**

Author 11\*, Author 2 2 & Author 33

*1 Affiliation 1*

*2 Affiliation 2*

*3\* Affiliation 3*

**Keywords:** 6 Maximum

**INTRODUCTION.** Text

**METHODS.** Text

**RESULTS.** Text

One image only

***Figure*** *legend*

**Or**

**Table 1.**  Interesting data for skiing

|  |  |  |
| --- | --- | --- |
| Gender | Speed(m/s) | Height (m) |
|  |  |  |
|  |  |  |

**DISCUSSION.** Text.

**CONCLUSIONS.** Text.

**REFERENCES.**

* Ref 1 –
* Sample Reference: Davey, A., Endres, N. K., Johnson, R. J., & Shealy, J. E. (2019). Alpine skiing injuries. *Sports health*, *11*(1), 18-26.

**\*Corresponding Author Email Address:** abc@mmu.ac.uk

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1. Remove all these instructions prior to uploading to the system.
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3. If any people, animals or tissue was used during the research please ensure that a statement about prior ethics was approved.
4. Use the \* symbol in superscript beside the corresponding author
5. Keep all the contents within 1 page.
6. As only 1 page is allowed please ensure that the figures are readable when printed in A4 size.
7. Maintain the format and use Times New Roman font size 10 for all text.
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**Checklist for abstract submissions – For Authors**

|  |  |
| --- | --- |
| Checklist Item | Yes/No |
| Title – Clear, concise, accurate, no jargon. | ☐ Yes ☐ No |
| Background – States problem or knowledge gap briefly. | ☐ Yes ☐ No |
| Objective – Clear aim/hypothesis, specific to skiing/snowboarding. | ☐ Yes ☐ No |
| Methods – Design, participants, tools, and analysis briefly described. | ☐ Yes ☐ No |
| Results – Key findings included, with numbers/statistics where possible. | ☐ Yes ☐ No |
| Discussion – Key findings are explained, interpreted so that the results are applicable.  | ☐ Yes ☐ No |
| Conclusion – Clear takeaway, practical implications, not overstated. | ☐ Yes ☐ No |
| Structure & Style – Follows format, within word count, clear writing. | ☐ Yes ☐ No |
| Keywords – Relevant and specific (if required). | ☐ Yes ☐ No |
| Ethics & Integrity – Approval/funding noted, no plagiarism, no identifiers. | ☐ Yes ☐ No |
| Relevance – Scientifically sound and relevant to skiing/snowboarding audience. | ☐ Yes ☐ No |