**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](mailto:abc@mmu.ac.uk)

Guidelines for filling in the above abstract:

1. Remove all these instructions prior to uploading to the system.
2. Ensure all authors that are involved in the research are mentioned in the author list including their affiliation.
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.
8. All references should be in APA format.

**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 |