**Abstract Title [Arial, size 12, bold, all caps]**

**FirstName LastName1**, FirstName LastName1, and FirstName LastName2

1Affiliation

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Main author email address / social media handle [optional]

**Introduction**

Abstracts must comply with the format described below. This Microsoft word document should be used as a template for production of abstracts, by replacing the relevant text with your own. The easiest way to use this abstract form is by cutting and pasting unformatted text into each section to maintain the document’s present format.

The abstract is limited to a single A4 page (210 x 297 mm) with 15 mm margins (top, bottom, left and right). The main abstract body includes two 85 mm wide columns with 10 mm spacing between. The text of the abstract body is Arial, size 10 font, with single-spaced lines and left justified paragraphs. The abstract should include the following sections: **Introduction**, **Methods**, **Results & Discussion**, **Conclusion**, and **References**. An **Acknowledgments** section is optional. Each section should begin with the section title in **bold caps** with an empty line used to separate sections.

The **Introduction** section should include an introduction to the area, providing the most pertinent background and concluding with an appropriate research aim or question.

Minimize the number of citations by referring only to the most relevant work. To help with limited space, reference citations within the text are to be made with numbers in square brackets [1,2].

**Methods**

The **Methods** section should include a concise description of participants, procedure, data collection, data processing, data analysis, and statistical analysis (as appropriate). Subsection titles are not required.

Figures and tables may be included within the abstract and must be referenced in the text (Figure 1; Table 1). Captions must be legible and placed below figures and above tables. Figures or tables may extend across two columns if required, but the abstract must not exceed a single A4 page. The 15 mm margins should remain empty (use View > Gridlines to check). Text size within figures, tables, and captions may be reduced where appropriate, but must remain legible when printed/viewed at A4 size (suggest font size 8 as a minimum). An empty line should be used to separate figures, tables, and captions from the main text.

**Table 1**: Example table

|  |  |  |  |
| --- | --- | --- | --- |
|  | Variable1 | Variable2 | Variable3 |
| Condition1 | mean ± std | mean ± std | mean ± std |
| Condition1 | mean ± std | mean ± std | mean ± std |
| Effect Size |d| | 0.8\*\* | 0.5\* | 0.1 |

Note: significant paired t-tests \*\*P<0.01 and \*P<0.05.

**Results & Discussion**

The **Results & Discussion** section should provide a description and interpretation of the main findings, along with reference to tables/figures where appropriate. This section should directly address the research aim or question posed in the introduction.

A graph of a function

Description automatically generated

**Figure 1**: Example figure

**Conclusion**

The **Conclusion** section should provide a synthesis of the main findings and put these findings into a wider context.

Abstracts must be submitted in Microsoft word .docx format via the online system **before 23:59 on Saturday 1st June 2024**.

References are to be formatted as illustrated below. Provide the author names and initials if there are one or two authors, otherwise provide the first author and use et al. for three or more authors. Omit the article title, but provide the journal or book title in italics, with the volume number in bold, followed by the page numbers and publication year. If available, provide the DOI link as a hyperlink using [**LINK**]. See [2] below as an example. Journal name abbreviations may be used if required.

**Acknowledgments**

Acknowledgments are optional and may be used to specify research funding and recognise participants’ time or collaboration with governing bodies.

**References**

1. Author, Initials., et al. *Journal Title*, **Volume number**, page numbers, Year. [**DOI LINK**]
2. Brand, R.A. & Huiskes, R. *Journal of Biomechanics*, **34**, 1371-1374, 2001. [[**LINK**](https://doi.org/10.1016/S0021-9290(01)00104-X)]