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**FORMAT PAPER TITLE IN 14PT UPPERCASE,**

**BOLD AND CENTRED**

1 *blank line between title and author names*

**Last name A.B. (First Name. Middle Initials.) \*1, Last name C.D. (First Name. Middle Initials.) 2**

**(10pt font, bold, centred)**

*1 blank line between authors' names and affiliations*

*1 Institute, Address, Zip / Postcode, Country*

*2 Institute, Address, Zip / Postcode, Country*

*(10pt font, centered, format)*

*2 blank lines between affiliations and text*

**Abstract**

-The structure should include Purpose of the study, Method, Result, Discussion, Conclusion (Time New Roman font, Text must be 12pt font, Justified, Single line spacing, 250-300 words within 1 page)

**Keywords:** -Authors are invited to submit 3-5 keywords associated with their paper

**Corresponding author**: -Clearly indicate who will handle correspondence at all stages of refereeing and publication, also post-publication. This responsibility includes answering any future queries about Methodology and Materials. Ensure that the e-mail address is given and that contact

details (postal address and phone numbers) are kept up to date by the corresponding

author.

-Your article must be written in English and shall contain 2 to 4 pages or should be between 5,000 and 7,000 words (including figures. The main text shall include Introduction, Method and Material, Results and Discussion parts as well as a Conclusion. 12pt Times New Roman, Bold should be used for the main sections (Introduction, Method and Material …). The paper format is A4, with the top, bottom, left and right margins at 1 inch, with single spacing.

**1. Introduction**

- State the objectives of the work and provide an adequate background, avoiding a detailed literature survey or a summary of the results.

**1.1. Sub-heading:** If sub-sections are included in the paper, please leave a blank single line between paragraphs, without using indents in the beginning of paragraphs.

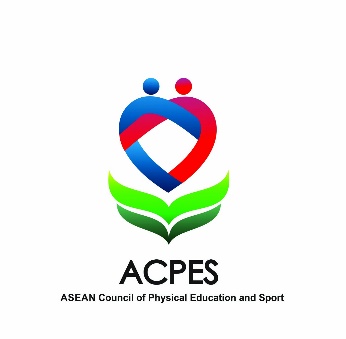
**2. Method and Material**

- SI units should be used. In the text and illustrations only standard symbols and abbreviations should be used.

**2.1 Sub-heading**

**3. Results**

-Figures should be embedded into the text at appropriate places. They should be accompanied by a caption and referred to in the text. A caption in Times New Roman 10 pt (centre alignment) must be provided below each figure (please leave 1 line space before caption). Example is given below:



**Figure 1.** ASEAN Council of Physical Education and Sport

-Similarly, tables are cited in the text as “Table”, e.g., “Table 1”. A caption in Times New Roman 10 pt must be provided above each table. Example is given below:

**Table 1.** **Table title.**

|  |  |  |
| --- | --- | --- |
| **Title1** | **Title2** | **Title3** |
| **Item 1** |  |  |
| **Item 2** |  |  |

(Please submit tables as editable text and not as images. Number tables consecutively in accordance with their appearance in the text and place any table notes below the table body)

**4. Discussion**

This should explore the significance of the results of the work, not repeat them. Avoid extensive citations and discussion of published literature.

**5.Conclusions**

The main conclusions of the study may be presented in a short Conclusions section, which may stand alone or form a subsection of a Discussion section.

**References**

**•** Referencing must be complete.

• References begin immediately after the manuscript finishes. Not on a new page, but after a single empty line break.

• Use the APA reference style.

|  |  |  |
| --- | --- | --- |
| **Material Type** | **In- Text reference example** | **Reference List Example** |
| Journal Article | 1 Author  (Berndt, 2002) | Berndt, T. J. (2002). Friendship quality and social development. Current Directions in Psychological Science, 11, 7-10. https://doi.org/10.1111/1467-8721.00157 |
|  | 2 Authors  (Wegener & Petty, 1994) | Wegener, D. T., & Petty, R. E. (1994). Mood management across affective states: The hedonic contingency hypothesis. Journal of Personality and Social Psychology, 66, 1034-1048. https://psycnet.apa.org/doi/10.1037/0022-3514.66.6.1034 |
|  | 3 or More Authors  (Vogels et al., 2009) | Vogels, A. G. C., Crone, M. R., Hoekstra, F., & Reijneveld, S. A. (2009). Comparing three short questionnaires to detect psychosocial dysfunction among primary school children: a randomized method. BMC Public Health, 9, 489. https://doi.org/10.1186/1471-2458-9-489 |
|  | Group Author | First time with an abbreviation:  (Centers for Disease Control and Prevention [CDC], 2019)  Then all subsequent citations: (CDC, 2019) |
| **Material Type** | **Reference Guideline** | **Reference List Example** |
| News Article | Author(s). (Year, Month Date). Title of the article. Title of the online newspaper or publication. URL | Cresell, J., & Kaplan, S. (2019, November 24). How Juul hooked a generation on nicotine. The New York Times. https://www.nytimes.com/2019/11/23/health/juul-vaping-crisis.html |
| Book | Author(s). (Year). Title of the book. (Edition). Publisher. | Schmidt, N. A., & Brown, J. M. (2017). Evidence-based practice for nurses: Appraisal and application of research (4th ed.). Jones & Bartlett Learning, LLC. |
| Book Chapter with Editor(s) | Author(s). (Year). Title of the chapter. In Editor(s), Title of the book (pp.xx-xx). Publisher. | McCormack, B., McCance, T., & Maben, J. (2013). Outcome evaluation in the development of person-centred practice. In B. McCormack, K. Manley, & A. Titchen (Eds.), Practice development in nursing and healthcare (pp. 190-211). John Wiley & Sons. |
| Web page | Author(s). (Year, Month Date). Title of page or section. Source. URL | Centers for Disease Control and Prevention. (n.d.). Preventing HPV-associated cancers. https://www.cdc.gov/cancer/hpv/basic\_info/prevention.htm/ |
| Online Report | Author(s). (Year, Month Date). Title of the report or document. Source. URL | Los Angeles County Department of Public Health. (2017, January). Key indicators of health by service planning area. http://publichealth.lacounty.gov/ha/ |
| Dissertation or Thesis | Author. (Year, Month Date). Title of the dissertation or thesis [Doctoral dissertation or Master's thesis, Name of University]. Source. URL | Valentin, E. R. (2019, Summer). Narcissism predicted by Snapchat selfie sharing, filter usage, and editing [Master's thesis, California State University Dominguez Hills]. CSU ScholarWorks. https://scholarworks.calstate.edu/concern/theses/3197xm925?locale=en |