**Title Size 20 Arial Font: Using Capital Letters for Words Longer Than Four Letters**

Title, Author1 First and Last Name *Size 11 Arial Font*

Contact Author: (email address) *Size 8 Arial Font*

Department/Faculty, University, City, Province/State, Area/Postal Code, Country *Size 8 Arial Font*

Title, Author2 First and Last Name *Size 11 Arial Font*

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**Abstract** (*Size 11 Arial Font)*

The background, methodology, results and conclusion sections together must be no more than 400 words long, excluding the list of references below. Each section must be written out in full sentences, using APA 7 formatting, single spaced, Arial font, size 11. Please bold headings to make it clear for peer reviewers. These strict guidelines are to facilitate possible publication in a special issue of PHEnex following the peer-review and conference; this is people, time and resources dependent. If your presentation is selected following peer-review for the conference, format consistency is key to reduce the load on editors of the special issue. Please see the rubric below for details regarding what your abstract will be reviewed for. **Background:** Provide context for the presentation, including citations. **Methodology:** Include the methodology and methods used for this work, including citations. Please be clear if ethics was awarded from your institution. **Results & Conclusion**: Explicitly indicate why this work is meaningful to the field of physical and health education.

**Keywords:** 3-5 keywords/phrases; separated by semicolons; size 11 Arial font

**References** (*Size 11 Arial Font)*

APA formatted. Left align with hanging indentation. Single spaced. Include URL/doi addresses please. Size 11 Arial font.

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Rubrics for peer-review: <https://docs.google.com/spreadsheets/d/1fACWqJWJXewpZkGatcNH0QhNfTRtlAO1L9N011QNFV4/edit?usp=sharing>