**Title of the manuscript**

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* The abstract must be a precise and reflection of what is in your article.
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* The abstract must be between 150-250 words.

**Keywords:** Provide 4-6 keywords suitable for your article.

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Introduction should represent past, present and future vision of the proposed research. Describe abbreviation and acronyms for the first time they included in the text [1, 2]. Authors are requested to include recent references emphasizing the background of the work [3-5]. Additional sub headings such as separate aim, objective, literature review etc,., not permitted [6].

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2.1, Participants, Measures, Procedures, Analysis, Instruments and Software (Use numbering for each sub headings)

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#### 4. Conclusion

## Conclusion should summarize the key results, suggestions and applications of the paper and it should not resemble the abstract.

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**Acknowledgement:**

**Funding Information:**

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**References**

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**Journals**

M. Vandoni, V.C. Pellino, S. Dell'Anna, E. Ricagno, G. Liberali, C. Bonfanti, L. Correale, International Journal of Physical Educations, Fitness and Sports, 8(4) (2019) 45-54. <https://doi.org/10.26524/ijpefs1945>

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J.L. Vera-Rivera1, A.J. Ortega-Parra and Y.A. Ramírez-Ortiz, Impact of technology on the evolution of sports training, Journal of Physics: Conference Series, Volume 1386, 5th International Meeting for Researchers in Materials and Plasma Technology (5th IMRMPT) (2019), San José de Cúcuta, Colombia. <https://doi.org/10.1088/1742-6596/1386/1/012144>

**Patents**

S. Akila, Indian Patent XXXXXXXX (2020).

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Link : <https://www.nurmi-study.com/wp-content/uploads/2017/01/thesis.pdf>

**Websites**

We do not encourage the authors to include website or webpage as a reference