# **Title of the submission**

**Introduction**  
*Briefly introduce the background, importance, and objectives of your study. Explain the context and relevance of your research to the ISAPA 2025 conference theme.*

**Methodology**  
*Describe the methods used in the study, including the research design, participants, instruments, and data collection procedures.*

**Results**  
Summarise the key findings of your research. Provide specific results or data that highlight the outcomes.

**Conclusions**  
*Draw conclusions from your results. Discuss the implications of your findings and how they relate to the conference theme.*

**References**  
*List your references in APA 7th Edition format.*

*Example:  
Smith, J. A., & Jones, M. B. (2024). Inclusive physical education: Strategies for success. Journal of Physical Activity, 35(4), 123-134.*