# **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.*