# Headline: Arial 14 pt, bold

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Keywords: Keyword1, Keyword2, Keyword3

## Introduction

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## Methods

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Tab. 1. Example table. Table heading: Arial 10 pt, italic. Content: Arial 10 pt, line spacing 15 pt.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Quantity** | **Discipline** | **Mean** | **Standard deviation** |
| **Group 1** | 50 | Soccer | 123.7 | 4.5 |
| **Group 2** | 50 | Gymnastics | 100.8 | 5.0 |
| **Group 3** | 50 | Climbing | 131.1 | 4.1 |
| **Group 4** | 50 | Volleyball | 144.2 | 5.2 |

## Results

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## Discussion

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