# EXTENDED ABSTRACT TEMPLATE FOR SUBMISSIONS

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3. The abstracts must be written in English – either the American English or British English.
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5. Abstracts must follow APA 7th edition style for bibliographic references, both in the main text and in the final list. Authors are fully responsible for the style, language, and content of their abstract.
6. Each author may participate in a maximum of three submissions, which must be original and unpublished contributions on any aspect related to martial arts and combat sports under an academic or professional view. The presenting author must be registered and have paid the conference fee (this can be done after the submissions is accepted for presentation at the conference).

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**Title of your presentation (please follow the style of the example)**

Perceived benefits of martial arts for the elderly: a longitudinal study

**Authors, affiliation and contact e-mail (please follow the style of the example)**

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2 …

3 …

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# [Title]

## 1. Introduction

[Text of the introduction]

## 2. Aims

[Text for the aim(s) of the study]

## 3. Methods

[Text for the description of the methods followed in the study]

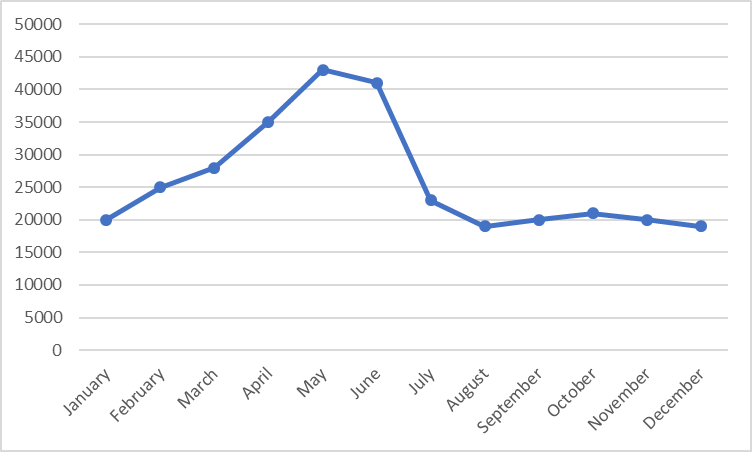
## 4. Results and discussion

[Text for presenting and discussing the results of the study. Please follow the example below for tables and figures]

**Table 1.** Mean values for the three groups.

|  |  |  |
| --- | --- | --- |
| **Group** | **Variable 1 (*M* ± *SD*)** | **Variable 2 (*M* ± *SD*)** |
| Group 1 |  |  |
| Group 2 |  |  |
| Group 3 |  |  |
| *Note*: *n* = 40 for each group. | | |

**Figure 1.** Evolution of number of participants in 2023.



*Note*: Data extracted from Higher Council of Sports (2024).

## 5. Conclusions

[Text for presenting the main conclusions of the study]

## References

[References should be written according to APA 7th edition, include active DOI whenever possible, French indenting and alphabetized. Some examples:

Conte-Helm, M. (1996). *The Japanese and Europe: Economic and Cultural Encounters*. Athlone.

Hoyle, E. (2001). Teaching as a Profession. In N. J. Smelser & P. B. Baltes (Eds.), *International Encyclopedia of the Social & Behavioral Sciences* (pp. 15472-15476). Pergamon. <https://doi.org/https://doi.org/10.1016/B0-08-043076-7/02450-5>

Alcántara-Rubio, L., Valderrama-Hernández, R., Solís-Espallargas, C., & Ruiz-Morales, J. (2022). The implementation of the SDGs in universities: a systematic review. *Environmental Education Research*, *28*(11), 1585-1615. <https://doi.org/10.1080/13504622.2022.2063798>]