**Article Title (font size: 12)**

(No more than 15 words)

**English title (11)**

**Abstract**

The abstract should have a single paragraph of up to 250 words. It is a summary of the most important elements of your article (paper) taking into account the different items: Introduction, Objective, Methods, Results, Conclusions. All numbers in the abstract, except those that begin a sentence, must be written as digits instead of words. To count the number of words in this paragraph, you can select the paragraph and in the toolbar / review, click on “count words”.

**Keywords**: maximum 6

**Abstract**

In English

**Keywords**: In English

# 

# Title 1 (Introduction)

The objective of the article should be included in the last paragraph of the Introduction. The same one that is in the abstract.

## Title 2

### Title 3

#### Title 4

##### Table 1

##### Medical diagnosis of the most common swimmer injuries. Period 2012-2016

|  |  |  |
| --- | --- | --- |
|  | Absolute frecuency | Percentage Frequency |
| Shoulder bursitis | 8 | 29,63% |
| Epicondylitis | 1 | 3,70% |
| Elbow tendonitis | 4 | 14,81% |
| Facial trauma | 1 | 3,70% |
| Vertebral sprain | 2 | 7,41% |
| Jaw dislocation | 1 | 3,70% |
| Ankle sprain | 3 | 11,11% |
| Shoulder dislocation | 5 | 18,52% |
| Knee tendonitis | 2 | 7,41% |
| Totals | 27 | 100,00% |

Source: self made

# Figures

*Figures 1.* Figure title

*How to reference in APA Standards? Two examples*

We estimate, following Bontempo (2012), that from the hierarchy or omission of content in the pages of magazines from the first half of the 20th century, images and representations about Argentine society circulated. Thus, this actor actively participates in the promotion of knowledge, values, norms, as well as in the criteria related to taste, customs and prescribed modes of sociability to organize social life (Kircher, 2005).

**References** (order A-Z)

Bontempo, M. P. (2012). *Editorial Atlántida: un continente de publicaciones, 1918-1936.* Buenos Aires: Universidad de San Andrés.

Kircher, M. (2005). La prensa escrita: actor social y político, espacio de producción cultural y fuente de información histórica. *Revista de Historia. Facultad de Humanidades Universidad Nacional del Comahue*, Nº 10.

# Appendix

Each appendix appears on its own page.

# Format

# Letter size sheet 8.5 '' x 11 '', all margins 2.54 cm.

# Style: Times New Roman 12. Left aligned.

# Left alignment (not justified). First line: 0.5 cm and Double Spacing.

# Title 1 bold, centered.

# Title 2 bold, aligned to the left.

# Title 3 bold, aligned to the left, First line: 0.5 cm.

# Title 4 bold and italic, aligned to the left, First line: 0.5 cm.

**Additional Recommendations**

You should not include bibliographic references in the abstract unless the article refers directly to one of them.

It is essential that each of the citations that have been inserted in the text have its corresponding reference in the final list and, conversely, every entry in the reference list must have been cited within the text.

Organize the content of the article in the following sections: Introduction, Methods, Results, Discussion, Conclusions and References.

You have an example in:  
<https://www.efdeportes.com/efdeportes/index.php/EFDeportes/article/view/2089/1185>

Write the article in the third person.

To make the text more attractive, include current references (within the last 5 years).

The bibliography must have more than 15 references + some from the Anglo-Saxon field (Google Academics).

Tables and charts must be editable.

In total, do not exceed 5,900 words.

Correct spelling, grammar, and editing errors.

Sincerely

Tulio Guterman

[www.efdeportes.com](file:///C:\Users\Andres\Downloads\www.efdeportes.com)