**Journal of Exercise Science and Physical Activity Review**

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| --- | --- | --- | --- | --- |
|  | **Appropriate** | **Can be improved** | **Must be improved** | **Not applicable** |
| **Abstract** |  |  |  |  |
| **Introduction** |  |  |  |  |
| **Methods** |  |  |  |  |
| **Result** |  |  |  |  |
| **Discussion** |  |  |  |  |
| **Conclusion** |  |  |  |  |
| **References** |  |  |  |  |

**General Comments:**

**Special Comments:**

**Inroduction:**

**Methods:**

**Results:**

**Discussion:**

**Conclusion:**