A picture containing human face, clothing, person, smile

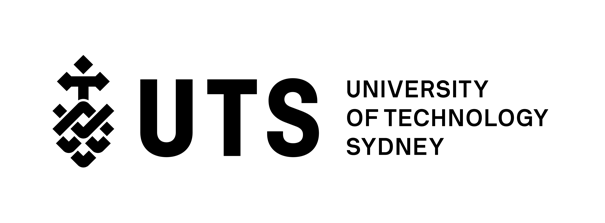
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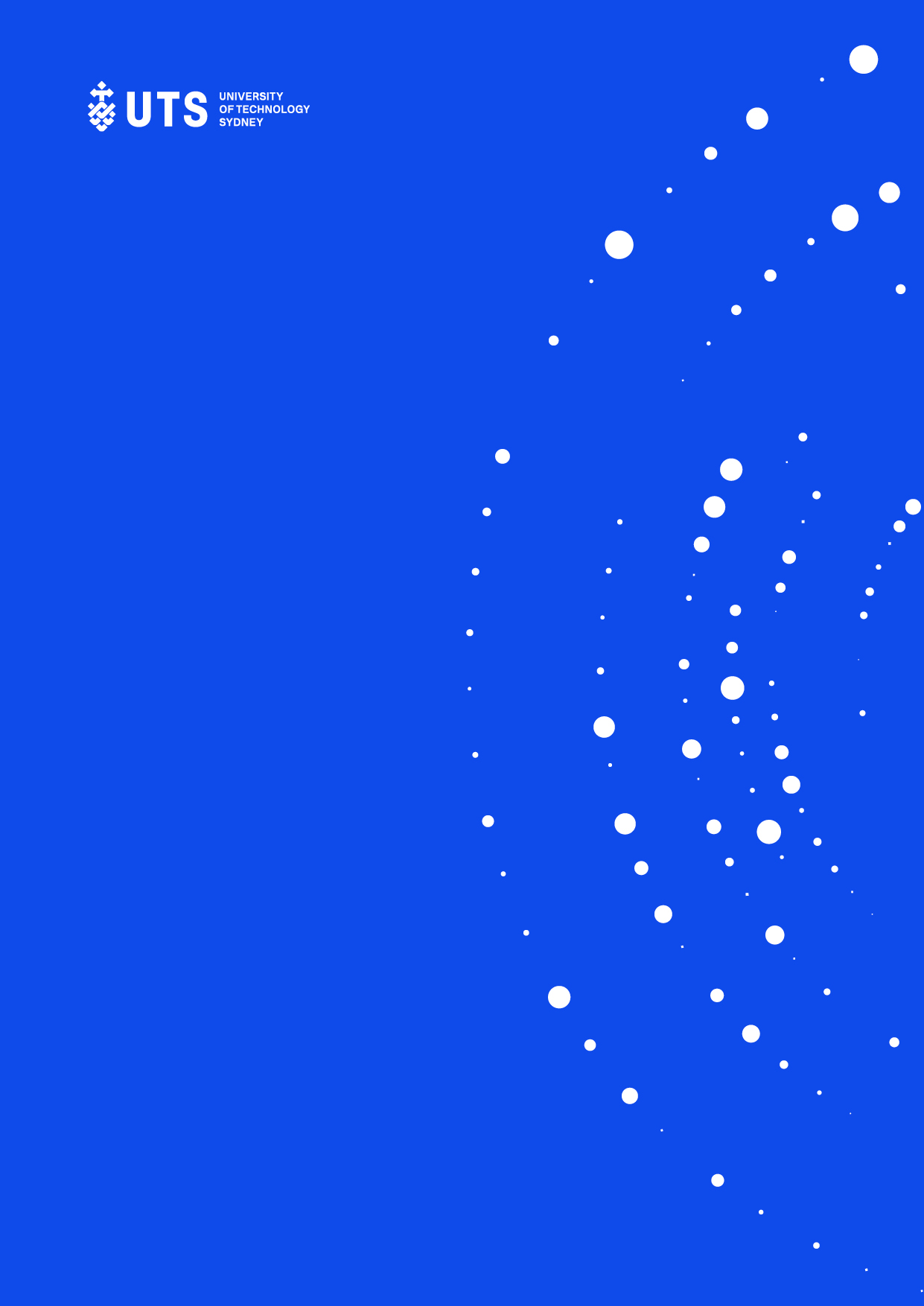
**Laboratory Manual 2025**

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**School of Sport, Exercise & Rehabilitation**

University of Technology Sydney



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# Text styles (Heading 1)

The most commonly used style is **Body Text**. It has been formatted differently to the Normal text style, which is a basic single-line-spaced style. It is important to select Body Text for the bulk of the content as it has pre-set before and after spacing and expanded line spacing to create consistent paragraph spacing. Enter down and type on the very next line – an automatic paragraph.

## Heading 2

* **List Bullet** style is set up to continue indenting and switching between styles of bullets
  + ‘Tab’ at the start of a bullet to get to the next bullet indent and style
    - ‘Shift Tab’ to move back to the previous bullet and style
      * There are five bullet levels
        + This is the final bullet at 3cm.

1. List Paragraph has been set up in a level system to indent at pre-set tab points. By using the ‘Tab’ key you can indent the list paragraph by 0.75cm each point.
2. These indents are used to align paragraphs under the ‘List Bullet’ and ‘List Number’ styles. Use ‘Tab’ to move to the next level, use ‘Shift Tab’ to move to the previous level.

### Heading 3

Body Text body text body text body text body text body text body text body text body text.

1. **List Number** style is set up to continue indenting and switching between styles of numbering
   1. ‘Tab’ at the start of a number to get to the next number indent and style
      1. ‘Shift Tab’ to move back to the previous number and style
         1. If you need to manually restart the list numbering, place the cursor over the number, right-click and select ‘Restart at 1’.
            1. This is the final number at 3cm.

#### Heading 4

Body text body text body text body text body text body text body text body text body text body text.

1. **List Alpha** style is set up to continue indenting and switching between styles of numbering
   1. ‘Tab’ at the start of a number to get to the next number indent and style
      1. ‘Shift Tab’ to move back to the previous number and style
         1. If you need to manually restart the list numbering, place the cursor over the number, right-click and select ‘Restart at 1’.
            1. This is the final number at 3cm.
2. Nbr Heading 1

The most commonly used style is **Body Text**. It has been formatted differently to the Normal text style, which is a basic single-line-spaced style. It is important to select Body Text for the bulk of the content as it has pre-set before and after spacing and expanded line spacing to create consistent paragraph spacing. Enter down and type on the very next line – an automatic paragraph[[1]](#footnote-1).

* 1. Nbr Heading 2
* **List Bullet** style is set up to continue indenting and switching between styles of bullets
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# Tables

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1. [↑](#footnote-ref-1)