

**Association Between Fundamental Motor Skill Domains and Physical Fitness  
Components in Children Aged 5 to 11 Years**

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**Abstract**

This document is a template demonstrating the apaquarto format.

*Keywords:* keyword1, keyword2, keyword3

## **Association Between Fundamental Motor Skill Domains and Physical Fitness Components in Children Aged 5 to 11 Years**

This is my introductory paragraph. The title will be placed above it automatically. *Do not start with an introductory heading* (e.g., “Introduction”). The title acts as your Level 1 heading for the introduction.

Readers are better able to follow your ideas if you differentiate sections in your introduction with headings. Mostly stick to level 2 headers. Sometimes level 3 headings are needed, though. Be sparing to the point of stinginess with levels 4 and 5.

### **Level 2 Heading: Flush Left, Bold, Title Case**

Subsections of the introduction have level 2 headings. A paragraph after a level 2 heading is on a new line. Regular paragraphs are indented, flush left, and double-spaced.

You do not need to put text after a heading. You can put a higher-level heading directly underneath if you want.

### **A Level 2 Heading Without Text Below It**

### ***Level 3 Heading: Flush Left, Bold Italic, Title Case***

Subsections of a level 2 heading are placed under level 3 headings.

### ***Another Level 3 Heading***

**Level 4 Heading.** A level 4 heading should be indented, flush left, bold, title case, and end with a period. A paragraph after a level 4 or 5 heading is on a new line in this markdown document but will appear as if it were in the same paragraph when rendered. You need at least one paragraph after a level 4 or 5 heading. If you forget the period at the end of the level 4 or 5 heading, it will be added automatically. A period will not be added if the heading ends with a question mark or an exclamation point.

Subsequent paragraphs go on their own lines.

***Level 5 Heading.*** A level 5 heading should be indented, flush left, bold italic, title case, and end with a period. Notice that there was no period after this level 5 heading in

the markdown document, but it does appear in the rendered document.

Subsequent paragraphs go on their own lines.

## How to Cite References

I am going to cite a reference here in square brackets (Cameron & Trivedi, 2013). This reference was in my bibliography file. Here are some variations on parenthetical citations:

- Page references (or any other suffixes are placed after the reference. If you want a comma, you'll need to insert it yourself: (Cameron & Trivedi, 2013, pp. 35–41)
- Prefixes (with or without a comma) are placed before the reference: (e.g., Cameron & Trivedi, 2013)
- 2 or more citations separated by a semicolon (Cameron & Trivedi, 2013; Cohen et al., 2003)
- Any prefixes or suffixes needing a literal semicolon will confuse Quarto (actually Pandoc). To make it clear that you need to print a semicolon, put a backslash before the semicolon: [FOIL; Cameron and Trivedi (2013)]

Text references are possible, too.

- Cameron and Trivedi (2013) said some interesting things.
- Cohen et al. (2003, pp. 101–103) said specific things on specific pages.
- Place the reference's year by itself with a minus sign: (2013)

## Hypotheses, Aims, and Objectives

The last paragraph of the introduction usually states the specific hypotheses of the study, often in a way that links them to the research design.

## Method

General remarks on method. This paragraph is optional.

Not all papers require each of these sections. Edit them as needed. Consult the [Journal Article Reporting Standards](#) for what is needed for your type of article.

### Participants

Who are they? How were they recruited? Report criteria for participant inclusion and exclusion. Perhaps some basic demographic stats are in order. A table is a great way to avoid repetition in statistical reporting.

### Measures

This section can also be titled **Materials** or **Apparatus**. Whatever tools, equipment, or measurement devices used in the study should be described.

#### *Measure A*

Describe Measure A.

#### *Measure B*

Describe Measure B.

### Procedure

What did participants do?

How are the data going to be analyzed?

## Results

### Descriptive Statistics

Here we describe the basic characteristics of our primary variables.

Let's make a figure. A reference label for a figure in APA format must have the prefix `apafg-`. This is different from the usual Quarto prefix `fig-`.

To refer to any figure or table, put the chunk label in curly braces. For example, see Figure `??`. In Figure `??`, we import an image.