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20 pts

1. Explain in detail the APA format guidelines for heading and sub-headings?

For Headings, do not have a limit of one subsection within a section. Make sure to double space headings and do not switch to single spacing with headings. Don’t add blank lines above or below headings, even if a heading falls at the end of a page. For subheadings, you should always use either at least two or none at all.