**A STUDY ON XXXXXXXXXXXXXXXXXXXXXXXXXX**

Topic of the Research study (Centered, Bold, 14 Font)

**FERNANDO J.M**.

Name of the Student (Centered, Bold, 12 Font)

**MASTER OF SCIENCE IN EXERCISE AND SPORT SCINECES (M.Sc. ESS)**

**POSTGRADUATE INSTITUTE OF MEDICAL SCIENCES (PGIMS)**

**UNIVERSITY OF PERADENIYA**

**SRI LANKA**

**2023**

**A STUDY ON XXXXXXXXXXXXXXXXXXXXXXXXXX**

Topic of the Research study (Centered, Bold, 12 Font)

A DISSERTATION PRESENTED BY

**J.M. FERNANDO**

**PGIMS/MSc.ESS/01/23/XX** (Centered, Bold, 12 Font)

in partial fulfillment of the requirement for the award of the degree of

**MASTER OF SCIENCE IN EXERCISE AND SPORT SCINECES (M.Sc. ESS)**

of the

**POSTGRADUATE INSTITUTE OF MEDICAL SCIENCES (PGIMS)**

**UNIVERSITY OF PERADENIYA**

**SRI LANKA**

**November 2024**

**DECLARATION**

I do hereby declare that the work reported in this dissertation was my own independent research and no part of this dissertation has been submitted earlier or concurrently for any other course by me.

………………………………………………………..

Student’s name and registration number

……………………………………………………….

Student’s signature

………………………………………………………..

Supervisor

(Name and Affiliation)

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**ABSTRACT**

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Methodology

Results

Conclusion

Keywords

(Word limit- 250 words)

**Text of the Body**

Times New Roman (12-point), One and half- spaced

Margins - The margins at the top, bottom, left, and right are to be 1.0 inch.

References - minimum of 20 references, The Vancouver Referencing Style