

First page of Text. Please note the following (page not to scale):

- margins;
- placement of Level 5 heading;
- spacing within Level 5 heading and between Level 5 and Level 1 subheading;
- presence and location of page number;
- APA citation style.

<p>1 ½ inch left margin →</p>		<p>← 1 inch right margin</p> <p>1 inch top margin ↓</p>
	<p style="text-align: right;">1</p> <p style="text-align: center;">CHAPTER 1 INTRODUCTION</p> <p style="text-align: center;">The Problem</p> <p>Many sports involve strenuous running and jumping movement, which expose the athlete to potential injury to the bones, joints, ligaments, and muscles of the lower extremities. Injuries to the ankle continue to be one of the most common and frequent of all sports injuries. The sports of volleyball and basketball are reported to have the highest incidence of ankle injuries (Bassett, Crowder, & Malone, 1988; Garrick & Requa, 1988; Schafle, Requa, Patton, & Garrick, 1990). As a result, athletic trainers, physicians, coaches, and athletes continue to search for an appropriate means of external support for the ankle in order to prevent injury as well as minimize the degree of severity of those ankle injuries which do occur (Augustine, 1986; Bassett et al., 1988; Schafle et al., 1990).</p> <p>Then the next paragraph and all the following pages follow with the same margins and page number placement.</p>	
	<p style="text-align: center;">1 inch bottom margin ↗</p>	