

To: All potential Presenters for the 2020 SEACSM Meeting
From: John K. Petrella, Ph.D., President-Elect SEACSM

Date: August 30, 2019

Subject: Call for Free Communication and Clinical Case abstracts, Tutorial and Symposium Applications, and Student Research Awards.

DEADLINE: The deadline for receipt of all abstracts is 11:59 pm EST on October 1st, 2019. (Tuesday night)

SEACSM ABSTRACT SUBMISSION GUIDELINES

Abstracts are only being accepted electronically and must be submitted no later than 11:59 pm (Eastern Standard Time) on October 1st, 2019.

Please read and follow the directions below for the submission of research abstracts. Abstract submissions that do not follow the submission guidelines will be rejected. Abstracts that do not meet scientific or editorial standards will not be accepted.

You must first create your account before you can begin the submission process.

Rules for Submission (Check all items before submission)

1. Each person is limited to one first author scientific abstract for this meeting; there is no limit on co-authoring other abstracts.
2. The first author listed must present the abstract if accepted.
3. The primary focus of the abstract must be novel. The work must not have been accepted or presented at another meeting, nor published as a full paper at the time of submission.
4. All studies must comply with the ACSM Program Committee's statement regarding the use of human subjects and informed consent or animal studies guidelines.
5. To ensure consistency and clarity: (a) All wording should be in English, using correct spelling and grammar; (b) All acronyms are required to be fully defined prior to use; (c) Units of measurements should be reported following Systeme International de'Unite (SI) standards.
6. Font should be Times - 12 point or Times New Roman - 12 point. Use of other fonts may result in the loss or changing of characters.
7. No figures, tables, or symbols should be included in the abstract.
8. **The abstract must include all components outlined in the "Preparing the Abstract" section, and must fit into a box with the following dimensions: 5.75 inches wide by 5 inches high. There is a limit of no more than 2400 total characters. It will not be reviewed if it does not comply with the components and length standards.**

Preparing the Abstract – Free Communication (Oral, Poster, or Thematic Poster)

1. **Title** – The title should be brief (limited to 15 words). Type the title of the abstract in all caps. The title should be succinct and descriptive of the research study performed.

2. **Authors** – Type the authors first name and middle initial and last names with the presenting author first. **Do not include degrees.** You need to have email addresses for all authors.
3. **Institutions** – Immediately following the author's names, include the institutions of all authors. **Do not include departments.** The program will format your author section.
4. **Abstract** –The abstract text must be informative with the following REQUIRED sections: a sentence or two to provide background leading to the statement of the study’s specific purpose and why this is novel, followed by (a) **Background** – one or two sentences that provide a brief context for the research as well as the purpose statement of the project; the purpose sentence with a clear statement of the study’s specific objectives; (b) **Methods** - Brief statements describing procedures to acquire data, including statistical procedures used to evaluate data and determine significance; (c) **Results** - A summary of the results obtained must be reported with proper units; and (d) **Conclusions** - A statement of the conclusions that are appropriate based on your data.
 - a. **Lack of inclusion of experimental data will result in the abstract being rejected.**
 - b. **Projects that include only 1 outcome variable, or limited data may be rejected.**
 - c. **If you state, “The results will be discussed” – the abstract will be rejected.**
 - d. **When making conclusions, do not go beyond your data.**
 - e. **Multiple abstracts reporting partial data from a single experiment may be rejected.**
5. **Grant or Funding Information** - Indicate grant or funding information on a single indented line at the end of your Conclusion section.
6. Provide all of the information requested in the spaces in the box. You should not add the words Background, Methods, Results, or Conclusions to your text, as the program will add these to your abstract.
7. Choose a Category Number from the pull-down menu on the abstract form
8. **No figures or tables or symbols should be included** in the abstract as submitted.
9. Your total abstract must fit into a box with the following dimensions: 5.75 inches wide by 5 inches high. There is a limit of no more than **2400** characters for the complete abstract. The abstracts body should not exceed 2000 characters. In order to make all abstracts readable in the program, no more than 14 characters and spaces per horizontal inch and 6 lines-per vertical inch should be used or the abstract will be rejected without review. Required fonts for electronic submissions are TIMES - 12 point or TIMES NEW ROMAN - 12 point. Use of other fonts may result in the loss or changing of characters.
10. All boxes in the form **must have information** entered or the submission process will not occur.

Note: If your abstract is not in the proper format or does not comply with length or component requirements it will be rejected without review.

*Guidelines adapted from the American College of Sports Medicine 2018 *Call for Scientific and Clinical Case Abstracts Guide*, available by visiting <http://www.acsmannualmeeting.org/>.

Preparing the Abstract – Tutorials and Symposium

11. **Title** – The title should be brief (limited to 15 words). Type the title of the abstract in all caps. The title should be succinct and descriptive of the research study performed.
12. **Authors/Speakers** – Type the authors first name and middle initial and last names with the presenting author first. **Do not include degrees.** You need to have email addresses for all authors.

13. **Institutions** – Immediately following the author's names, include the institutions of all authors. *Do not include departments.* The program will format your author section.
14. **Text** – Type the text in one continuous paragraph, flush left, single-spaced. The abstract text must be informative and include a brief description of the proposed session which includes the scope and description of the proposed presentation. In addition, at least one learning objective should be provided and one to two changes learners should be able to make following your session.
15. **Grant or Funding Information** - Indicate grant or funding information on a single indented line at the bottom.
16. Provide all of the information requested in the spaces in the form.
17. Choose a Category Number from the pull-down menu on the abstract form
18. *No figures or tables or symbols should be included* in the abstract as submitted.
19. Your abstract must fit into a box with the following dimensions: 5.75 inches wide by 5 inches high. There is a limit of no more than 2400 characters. In order to make all abstracts readable in the program, no more than 14 characters and spaces per horizontal inch and 6 lines-per vertical inch should be used or the abstract will be rejected without review. Required fonts for electronic submissions are TIMES - 12 point or TIMES NEW ROMAN - 12 point. Use of other fonts may result in the loss or changing of characters.
20. All boxes in the form *must have information* entered or the submission process will not occur.

Meeting Information

This year's annual meeting of the Southeast Chapter of the American College of Sports Medicine (SEACSM) will be held February 13-15, 2019 at the Hyatt Regency in Jacksonville, FL. The program will include tutorials, symposia, free communications (oral, poster, rapid fire), clinical case studies, the student bowl and the student graduate fair, as well a chance to network with colleagues from the Southeast.

Submitting Abstracts - Information

We urge you to submit research, clinical case studies, tutorials, symposium abstracts, and presentations for student awards. You will receive an e-mail notice, if your submission has been successfully submitted. You need to keep a copy of this notice as verification of your submission. Another email message will be sent in late November/early December indicating whether or not your submission has been accepted for presentation at the Annual Meeting. Please ensure that the email you provide with your submission will be available during the November notification period. If in doubt, list your major professor or another acceptable email address. Please remember to keep your submission verification as proof that your submission was on time. Do not wait until the last day to submit, as this results in an overloading of the site.

Applications for conducting a tutorial, symposium, or free communication presentation must be completed and submitted electronically. No paper submissions will be reviewed or accepted. To submit electronically, go to SEACSM web site (<http://www.seacsm.org>), use the button for Annual Meeting, click on 'submission.html', complete the appropriate form (s), and submit then from the web site. If you are unable to access this site, please contact Dr. John K. Petrella (President-Elect) by phone, 205-726-2716, or email to: jkpetrel@samford.edu.

Several different types of abstracts are accepted for the Annual Meeting. The bulk of the meeting abstracts are the communication or original research (Free Communications-Poster, Oral, NEW Rapid Fire; Thematic; Clinical Case Abstracts) while the remainder of the abstracts deal with reviews of current thought in a particular area (Tutorials, Symposia). Special consideration will be given to those symposia and tutorials that present an integrated approach; i.e., those symposia/tutorials that present all aspects of a

topic including the basic, applied, and/or clinical aspects of the topic. Each of the abstract types is further described below.

SUBMISSIONS: PLEASE READ CAREFULLY: The first author (or all authors of a symposium or tutorial) is **required** to be present at the SEACSM conference to present the submitted abstract at the assigned time. If extenuating circumstances prevent the author from presenting, the President-Elect should be contacted as soon as possible to arrange an acceptable alternative. **Failure to present the abstract will result in a two-year ban of SEACSM presentations for both the first author and (if applicable) faculty mentor.** Therefore, an abstract should not be submitted unless the author is confident that he/she will be able to attend the SEACSM meeting on any of its scheduled dates. ***Any abstract submitted by a student should first be read and approved by that student's faculty mentor. Students must provide a valid email and work phone for their faculty advisor, as notifications about the submission will be sent to the advisor as well as the student.***

FREE COMMUNICATION (Oral, Poster, Rapid Fire, or Thematic Poster): A free communication typically involves a brief presentation of results of a research study involving basic, applied and/or clinical aspects of exercise science and sports medicine. A free communication may be presented orally as a slide presentation (15-minute oral presentation, 12-minute presentation/3 minute question period) or as a poster (4' by 6' poster presentation). **NEW Rapid Fire:** this session is a part of the research competitions and provides a concise oral overview of the research findings with presenters given 5 minutes using slides with 5 minutes for questions; **Thematic poster:** Thematic poster sessions are presented in two parts. During the first part, the poster is available for viewing by attendees. During the second part, the author will briefly (5 minutes) present the poster during a moderator-led session.

Tutorials: These lectures are critical reviews and analyses of the current state of knowledge in a field in sports medicine, exercise science or clinical practice. The lecture should familiarize attendees with the basics of a subject and progress to current issues, questions, problems, and the frontier of knowledge. Includes 1-2 speakers. Be sure to reserve 5 to 10 minutes for questions and discussion from the audience.

Symposium: A symposium provides "state of the art" presentations/lecture on topics of current interest to researchers and/or practitioners. Often, several individuals will discuss different aspects of the topic. A total of 50 minutes have been allotted for each symposium. Be sure to reserve 5 to 10 minutes for questions and discussion from the audience.

Individuals should indicate their preference of presentation format on the abstract form; however, the program committee reserves the right to assign methods of presentation (oral, poster, thematic) to balance the program needs. Every effort will be made to accommodate individual preferences. *All free communications must be original research, not previously presented, published, or under consideration for presentation elsewhere. For students: the same research can be submitted first to SEACSM and later to the National ACSM, but not in the reverse order.*

CLINICAL CASE ABSTRACTS: Deadline for case abstract submissions is Tuesday, December 10, 2019 at 5 PM ET for the 2020 meeting. Authors of cases that are accepted for presentation during the 2020 SEACSM Clinical Track will be notified by Thursday, January 2, 2020.

Please send case submissions (Microsoft Word Document as e-mail attachment) directly to Dr. Ken Barnes at this email: kpbarnes14@gmail.com. Required format for case abstract submissions is as follows (500 word limit, not including title): Title of Case, History (to include history of present illness, past medical

history, medications, allergies, etc.), Physical Examination, Differential Diagnosis List, Data (to include diagnostic tests performed and results, laboratory studies performed and results, etc.), Final Working Diagnosis and Treatment, and Outcome. Be sure that all submissions include contact information and email address.

SEACSM STUDENT RESEARCH AWARDS SUBMISSION: The Student Research awards categories include: Undergraduate, Masters, Doctoral and **PostDoc/Asst. Professor**. SEACSM presents checks to the top three research award winners in each category (**\$300/\$200/\$100**). When submitting your abstract, indicate that your abstract should be considered for one of the Research Awards and the submission category when you submit for the Annual meeting. The finalist abstracts in each student category will be selected, and judged by a review committee selected by SEACSM Board members, based upon the submitted abstract. Each of these finalists will be required to submit a PDF file of their final poster, one week before the meeting (2/6/20) for the judges to review, before their posters are presented in a specified session at the Annual meeting during which time they will be judged. This year the conference is also providing a **Rapid Fire research competition will for post docs and assistant professors. The new Rapid Fire competition will be in an oral format where individuals present their research in five minutes using slides and will have five minutes to answer questions from the audience and judges. Four Post-doctoral and four Assistant Professors will be chosen from the submitted abstracts to be in the competition. Two winners will be selected one Post-doc and one Assistant Professor.** The award winners will be announced at the conference luncheon on Saturday and all finalists are expected to attend. For those not selected for the Award Poster session, their posters will be presented at the Annual meeting in a poster session specific to the topic. The complete eligibility criteria as well as the application process are on the SEACSM site, www.seacsm.org.

SEACSM Student Category Criteria: For the 2020 SEACSM meeting, students can submit their abstracts for the student competition if they were a student during the time of their data collection. In other words, if a student collected data in the spring of 2019 and was an undergraduate student, he/she can submit his/her abstract for the 2020 SEACSM meeting as an undergraduate student. Likewise, if he/she was a Master's student and collected data in the spring of 2019, he/she can submit his/her abstract for the 2020 SEACSM meeting as a Master's student or if a doctoral student and collected data in the spring of 2019, he/she could submit the abstract for the 2020 SEACSM meeting as a doctoral student. These student categories criteria require that this is the first submission of the data and that the project was done primarily by the student.

ACSM \$1200 Presidential CUP: ACSM is continuing the Presidential Cup Challenge in 2020. Each regional chapter will select the top graduate poster (Master's or Doctoral) to compete in the 2020 ACSM Presidential Cup at the ACSM National Meeting in San Francisco, CA in 2020. ACSM is providing up to a \$1200 towards attending the 2020 ACSM Meeting in San Francisco, CA and waiver of registration for the ACSM National meeting. The top chapter award winners will then present at the national meeting. SEACSM will select our top Graduate Poster based upon finalist presentations from our 2020 SEACSM meeting in Greenville.

SEACSM SCHOLAR AND SERVICE AWARDS: SEACSM members are invited to submit nominations for the annual SEACSM Scholar Award and the SEACSM Service Award. The Scholar Award was instituted to honor and recognize outstanding contributions to the body of knowledge related to medicine and science in sports and exercise. The Service Award was instituted to honor and recognize outstanding service to the organization. It is recommended that the prerequisite be five years of active SEACSM participation. Nominations should be received by

September 9, 2019. All letters of nomination should provide at least two reasons supporting the nomination award. Letters of nomination for the SEACSM Scholar and Service Awards should be sent to: Dr. Lynn Panton, SEACSM Past President, Florida State University, Department of Nutrition, Food & Exercise Sciences, 100C Sandels Building, Tallahassee, FL 32306, (850) 644-4685, lpanton@fsu.edu

MEETING INFORMATION: Online registration links for the meeting will be posted on the chapter website: seacsm.org. If you register early, you can get a reduced rate which helps with the organizational process of the meeting. Hotel registration materials will also be posted. The links should be operational sometime early Fall. The meeting will be at the Hyatt Regency in Jacksonville, FL on February 13-15, 2020. Official name tags will only be provided to individuals that use the online registration process. Registration for the SEACSM meeting and the Grad Fair will use the ACSM site portal. Contact Heather Turner at ACSM with questions on the ACSM site (email) hturner@acsm.org

Sample Abstracts (See the two sample abstracts! Do not wait until the last day to submit your abstract as this does not allow time to address any technical issues!)

Abstract Example:

RELIABILITY OF TIME-TO-EXHAUSTION TRIALS UTILIZING A SPEED CORRESPONDING TO A PERCENTAGE OF VO₂MAX

K. Baker, J. Garcia, J. Renziehausen, and P. Rivera; University of Central Florida, Orlando, FL

BACKGROUND: Development of time-to-exhaustion (T-t-E) protocols have consistently utilized specific variables, such as heart rate (HR), derived from a VO₂max test to calculate corresponding running speeds. Such calculations, however, may be more likely to provide inconsistent readings during testing due to anticipatory responses, medications, or telemetry equipment being used. Therefore, the purpose of this study was to establish reliability for T-t-E trials using speeds corresponding to a specific intensity of VO₂max. **METHODS:** Ten recreationally-trained males & females between the ages of 18-25 years (40% male; BMI [males] = 26.01±1.72; BMI [females] = 23.34±2.36) performed a VO₂max test on a motorized treadmill. HR, respiratory gases, and speeds were recorded. Speeds for each individual T-t-E were determined by first calculating 80% of VO₂max and then defining the corresponding speed at 80% intensity. This intensity was specifically chosen to elicit T-t-E trials that would not be excessively lengthy in duration, potentially promoting boredom. Following the VO₂max test and subsequent determination of running speed, participants completed two T-t-E trials, separated by a minimum of 48 hours to reduce carryover effects. Intraclass correlation coefficients (ICC) were used to determine reliability of T-t-E trials. **RESULTS:** Average VO₂max values were 48.75±0.65 for males and 37.62±2.80 for females. Average speeds for T-t-E trials were 6.93±0.25 mph for males and 5.53±0.49 mph for females, while T-t-E trials lasted, on average, 28.04±8.07 minutes for males and 19.14±6.49 minutes for females. A high degree of reliability was found between T-t-E trials (ICC_{3,1} = 0.94; SEM = 2.85). **CONCLUSIONS:** Utilizing speeds corresponding to 80% of VO₂max may be an appropriate and reliable method of developing T-t-E trials. Although further research is warranted, these preliminary results suggest that this method may be useful for situations where HR may be affected by extraneous factors (e.g. medication).

Tutorial/Symposium Example:

EXERCISE-INDUCED OXIDATIVE STRESS: CAUSE AND CONSEQUENCES

SK. Powers, FACSM. University of Florida, Gainesville, FL

Contracting skeletal muscle produces free radicals and other reactive oxygen species (ROS) and prolonged exercise is associated with oxidative stress. The physiological significance of exercise-induced ROS production in skeletal muscle remains a hot topic for research. In this regard, growing evidence reveals that ROS production in contracting skeletal muscle is not a pathological event but is a required physiological response that regulates both skeletal muscle contractile function and muscle adaptation to exercise training. This tutorial lecture will provide state-of-the-art research information on important topics linked to exercise-induced oxidative stress. Specifically, this session will begin with a historical overview of the field of exercise and oxidative stress and will provide the latest information regarding the cellular sources of radical production during exercise. Additionally, the controversial role that radicals play as both signaling and damaging molecules in cells will be outlined. Finally, this lecture will also highlight the recent advances in antioxidant research relative to the advisability of antioxidant supplementation for active individuals engaged in an exercise training program.