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| **2019 Annual Meeting of the Mid-Atlantic Regional Chapter of ACSM** |

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| ***Save the Date!***November 1 – November 2, 2019Harrisburg, PA**Registration-**View the registration deadlines and complete your online registration. **Call for Abstracts-**The abstract deadline will be **September 13, 2019**. View the abstract guidelines and submission information for free communications (podium and poster presentations). |

Call for Abstracts

**The deadline for submitting an abstract for the 2019 Annual Meeting is September 13th, 2019.**

Abstracts must be submitted Online. The MARC-ACSM has adopted guidelines consistent with the abstract format used for the national ACSM meeting. Please review the abstract guidelines and example.

There is a 2,000 characters limit (not including spaces, title, or author block) for abstracts. **Tables, charts, and graphs, are prohibited in abstracts.** Inclusion of the aforementioned figures may lead to abstract rejection. Non-compliant abstracts are subject to rejection for presentation. Please review the guidelines and example to make sure your abstract meets the requirements for acceptance.

Click on the “Submit Your Abstract Online” link on the MARC-ACSM Annual Meeting webpage, fill in the required fields, upload your abstract document (Microsoft Word format required), and submit.

An electronic confirmation that your abstract has been received will be sent to the first author and faculty sponsor by September 20th, 2019.

**Content for Preparing the Abstract: Guidelines & Example**

**Directions:**

1. Please complete all of the fields in the Online Submission Form.
2. Prepare your abstract document following the ABSTRACT FORMAT instructions provided below. Abstracts must be prepared using Microsoft Word only. Abstracts will NOT be accepted if submitted using a different software application.
3. All student abstracts must have a faculty sponsor. Only ONLINE submissions will be accepted.
4. Authors should submit abstracts in the category when the research was conducted. For example, if you are a current master’s student but presenting undergraduate work conducted in the past 12 months, submit to the “undergraduate” category.
5. Submitted abstracts must be approved by all authors.
6. **Abstracts are DUE by 11:59PM on Friday, September 13, 2019. The ONLINE submission site will be closed after that day and time.** A general notification message that an abstract has been received will be sent to the first author and faculty sponsor by September 20, 2019. The notification will consist of a general receipt of abstract message.

First authors and faculty sponsors will be notified whether their abstract has been accepted no later than October 4, 2019. Notification will consist of a general acceptance message and the type of session for the presentation. Once the program has been completed, presenters and faculty sponsors will be sent a link to a PDF of the meeting schedule with the dates and times for podium and poster presentations. Special requests for the specific times and days of the author’s presentation cannot be made. First authors must be available to present on either Friday or Saturday.

1. All students, whose abstracts are selected for a Podium Presentation, will be automatically eligible for a MARC-ACSM Student Investigator Award. Three awards are provided at each annual conference: 1) the Matthew Kerner Undergraduate Student Investigator Award; 2) the Master Student Investigator Award; or 3) the Doctoral Student Investigator Award. Finalists for these awards will be determined by the Research Committee. Finalists will present in one of three joint sessions based on academic/award level.
2. The Research Committee will determine the method of presentation, while considering the submitting author’s preference. Please note, due to limited time and space, the majority of the presentations will be organized into poster format.
3. All presenters must pay the conference registration fee and any costs associated with travel to the conference. Please do not submit an abstract to present if you are unable to attend the conference on November 1-2, 2019.
4. Failure to present at the MARC conference without written notification from the primary authors may result in exclusion from future MARC presentations. A written notification should be e-mailed to Scott Kieffer at kieffer@messiah.edu by the primary author.

**Please direct questions to Dr. Devon Dobrosielski, Chair, Research Committee at** researchchair@marcacsm.org

*Please note: The first author must present the abstract. You may only appear as first author on ONE scientific or one clinical case abstract, but may co-author as many abstracts as desired. If a person submits, as first author, more than one abstract, only one abstract will be accepted and all others will be rejected. Authors should note that this abstract may be submitted/presented both at the regional and national ACSM annual meetings. Accepted abstracts will be published in the MARC ACSM supplement issue in the International Journal of Exercise Science: Conference Proceedings.*

**Guidelines & Example**

**Abstract Format Instructions**

1. The entire abstract must be typed using a Times New Roman font and a font size of no smaller than **11** points. There is a 2,000 characters limit (not including spaces, title, or author block) for abstracts. **Tables, charts, and graphs, are prohibited in abstracts.** Non-compliant abstracts are subject to rejection for presentation. Please review the guidelines and example to make sure your abstract meets the requirements for acceptance.
2. The title of the abstract should be typed in Title Case and in bold. It should be limited to 15 words. On a new line, with a 3-space indent, type the name of the authors (first name, middle initial and last name), followed by the institution, city and state. Academic departments should *not* be included. If multiple institutions are represented in the abstract, please use a numerical superscript following each author with corresponding superscript in front of the institution (see example). Skip a line between the title/authors and the body of the abstract.
3. The text of the abstract should be single-spaced and one paragraph. The abstract MUST include the following headings: **PURPOSE, METHODS, RESULTS, and CONCLUSION**.
4. The purpose and methodology of the submitted abstract/case must be original. The abstract must not have been previously published at the time of submission. This includes: abstract, case study, and/or manuscript in a professional publication.
5. **Abstracts of experimental studies MUST include Experimental data**. Generally describing results (such as, “the experimental group lost more weight than the control group”) or including only statistical analyses (such as, “results were significant at p < .05)” is unacceptable and may result in abstract rejection. *The lack of inclusion of experimental data may result in the abstract being rejected.*
6. Do not use brand names in the abstract.
7. Statement of Disclosure: Indicate grant or other sponsor funding information at the bottom of the abstract. Indent 3 spaces and provide the funding agency and grant number supporting the research reported.
8. Abstracts must be prepared and submitted in Microsoft Word, PC or MAC version, and written in English.
9. Use standard abbreviations, symbols, and punctuation as used in MSSE. When using abbreviations in the body of the abstract, spell out in full the first mention, followed by the abbreviation in parentheses.
10. Human studies must comply with the ACSM statement regarding the use of human participants and

informed consent (MSSE Vol. 30, No. 7, July 1998, “Policy Statement Regarding the Use of Human Subjects and Informed Consent”).

1. Animal studies must comply with the NIH guidelines regarding the use of animals.
2. Any potential conflicts of interest must be disclosed on the abstract, slide presentations, and/or poster presentations.
3. **Nonconforming abstracts are subject to rejection.**

**Abstract Submission Checklist (student and faculty mentor should review this)**

1. The abstract title has been placed in Title Case \_\_\_\_
2. Investigator names/affiliations are indented three spaces \_\_\_\_
3. Do not include departments or divisions with your institutional affiliation \_\_\_\_
4. Investigator names are listed correctly (first name, middle initial, last name) \_\_\_\_
5. Do not use the numerical superscript if all authors are from the same institution \_\_\_\_
6. A space is provided between the institution and the abstract body \_\_\_\_
7. Proper section headings are provided \_\_\_\_
8. The abstract must contain data to substantiate the findings \_\_\_\_
9. The abstract does not exceed the total character count \_\_\_\_

**Mechanisms Underlying Age-Related Changes in Skin Vasodilation During Local Heating**

 Christopher T. Minson1, Lacy A. Holowatz2, W. Larry Kenney2, FACSM, Brett J. Wong2, Brad W. Wilkins2. 1University of Oregon, Eugene, OR, 2Penn State University, University Park, PA

The skin blood flow (SkBF) response to local heating is reduced in healthy older (O) vs. young (Y) subjects; however, the mechanisms that underlie these age-related changes are unclear. Local skin heating causes a bimodal rise in SkBF involving at least two independent mechanisms: an initial peak mediated by axon reflexes and a secondary slower rise to a plateau which is mediated by the local production of nitric oxide (NO). **PURPOSE:** To determine the altered mechanism(s) underlying the attenuated SkBF response to local heating in aged skin. **METHODS:** Two microdialysis fibers were placed in the ventral skin of the forearm of 10 Y (22+2 yrs) and 10 O (77+5 yrs) subjects. SkBF over each site was measured by laser-Doppler flowmetry as the skin over both sites was heated to 42° C for ~60 min. At one site, 10mM L-NAME was infused throughout the protocol to inhibit NO-synthase (NOS). At the second site L-NAME was infused after 40 min of local heating. Cutaneous vascular conductance (CVC) was calculated as flux/mean arterial pressure and scaled as % maximal CVC (infusion of 50mM sodium nitroprusside). Age comparisons were made using two-way ANOVA with repeated measures. **RESULTS:** Maximal CVC was reduced in the O (l56+15 vs. 192+12 mV/mmHg, p<0.05), as were the initial peak (46+4 vs. 61+2% max, p<0.05) and plateau (82+5 vs. 93+2%, p<0.05) responses. The decline in CVC with NOS inhibition during the plateau phase was similar in the Y and O groups but the initial peak was significantly lower in O when NOS was inhibited prior to local heating (38+5 vs. 52+4%, p<0.05). **CONCLUSION:** Age-related changes in both axon reflex-mediated and NO-mediated vasodilation contribute to the diminished vasodilator response to local heating in aged skin.

 Supported by NIH Grant ROI AG07004

For Review and Information Only: THIS information will appear in FORMLogix

**GENERAL INFORMATION**

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| **First Author:**       | **Address for Correspondence** |
| **School/Agency:**      **Email:**       | **Street:**      **City:**      **State:**       **Zip:**       |
| **First author is** *(please check one)***:**

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| [ ]  Professional MARC member | [ ]  Graduate student MARC member | [ ]  Undergraduate student MARC member |
| [ ]  Professional non-MARC member | [ ]  Graduate student non-MARC member | [ ]  Undergraduate student non-MARC member |

*If the first author is a student, please indicate your current level of study and the name/email address of your faculty sponsor:* |
| **Level (check one):** [ ]  **Undergraduate** [ ]  **Masters** [ ]  **Ph.D.****Faculty Sponsor Name:**       **Faculty Sponsor Email:**        |
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**Topical Category:** *(Select the category(s) that best represent the intended focus of the abstract)*

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| [ ]  Fitness Assessment & Training [ ]  Cardiovascular, Renal & Respiratory Physiology [ ]  Skeletal Muscle, Bone & Connective Tissue[ ]  Biomechanics & Neural Control of Movement[ ]  Epidemiology, Biostatistics & Health Promotion[ ]  Metabolism & Nutrition | [ ]  Psychology, Behavior, & Neurobiology[ ]  Environmental & Occupational Physiology[ ]  Immunology/Genetics/Endocrinology[ ]  Athlete Care & Clinical Medicine[ ]  Clinical Exercise Physiology |

**DuPont Nutrition and Health ACSM Travel Award**

[ ]  Check here to be considered for this award. Applicants must be Master's degree candidates in an applicable field of study. Research must be high quality that clearly investigates the role of nutrition and has a significant relevance to nutrition research, practice and/or policy.

**Preferred presentation format** *(please check one)***:**

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| [ ]  Poster Presentation*Posters will be programmed in Electronic Thematic poster sessions or standard poster presentation sessions. During Electronic Poster Sessions the poster is discussed during a moderator-led session.* | [ ]  Free Communications/Slide Session*Presentation of the scientific papers in a slide session will be limited to 10 minutes, followed by a 5-minute discussion period. Time limits will be strictly enforced. View rules for Powerpoint presentations at* [*http://marcacsm.org/meeting\_info/free\_comm\_guidelines.pdf*](http://marcacsm.org/meeting_info/free_comm_guidelines.pdf) |