



**AMERICAN COLLEGE  
of SPORTS MEDICINE®**

**Greater New York Chapter**



# GNYACSM 2024 Abstract Submission Information

GNYACSM General Abstract Submissions  
&  
GNYACSM Abstracts for the President's Cup Competition

**Abstracts Due October 18<sup>th</sup>, 2024, at 11:59 EST**

**Abstract Submission Link: <https://digitalcommons.wku.edu/ijesab/>**

# GNYACSM Abstract Submission Instructions

## GNYACSM Annual Fall Meeting and Conference.

All members and those joining the Greater New York Chapter of the American College of Sports Medicine (GNYACSM) are invited to submit abstracts for presentation in our student research award competition.

Please follow the general and/or student research award-specific instructions for submission.

### General Abstract Submission Instructions

1. All abstract submissions are required in electronic format and all research will be presented at the conference on Nov 9, 2024. See below for student award competition specifics.
2. Each individual is permitted to be the first author on only one abstract but may co-author several abstracts.
3. The first author is considered a presenter and must present the abstract at the meeting.
4. At least one of the authors must be a member of the GNYACSM.
5. If one of the authors is a Fellow of the American College of Sports Medicine (ACSM), the letters FACSM should follow their name.
6. All abstracts (maximum of 2000 characters without spaces) will be published in the program as submitted. Please check for spelling errors prior to submission.
7. Abstracts should not have been published previously in any other printed or electronic format as beginning this year, abstracts will be published in the *International Journal of Exercise Science*. Publishing will be delayed so authors can also submit their abstracts to the national ACSM if they so choose.
8. Abstract subheadings should follow ACSM requirements: purpose, methods, results, and conclusions. See "original Research" and "Clinical Case" format outline below.
9. Presenting at GNYACSM does not preclude submitting the same abstract for presentation at an ACSM national meeting.
10. Keep a copy of the abstract for your records.
11. Following submission of an abstract, an electronic email confirmation will be sent to the applicant and co-authors (if co-author emails are provided). Email notification of acceptance and presentation information will be sent following submission from our GNYACSM Abstracts and Awards member, Alex Rothstein. If you do not receive the email notification, check that you included the correct email address free of spelling errors or check your junk mail or SPAM folders. You can contact the GNYACSM Abstracts and Awards members, if you believe you did not receive an email confirmation, see details below.
12. If the submitted abstract does not adhere to the *International Journal of Exercise Science* guidelines authors will be allowed one week to correct and revise. The abstract will not be published if all corrections are not addressed. However, abstracts still may be presented at the conference.
13. All accepted submissions are expected to be presented at the regional conference.

***If you want to participate in the President's Cup, please see additional information and requirements below.***

### **Overview**

The President's Cup is a research poster competition held annually during the national ACSM Annual Meeting. The President's Cup is organized with the assistance of the Student Affairs Committee and ACSM national staff. Each regional chapter will have their own "Regional President's Cup" and will select one student based on the quality of research presented at their regional chapter annual meeting and this student will represent the chapter in the President's Cup competition at the national ACSM Annual Meeting. A panel of judges, using an established judging rubric, will select the ultimate winner.

### **Mandatory Requirements**

- a. Each regional winner must be a current member of both the national ACSM organization and his/her affiliated ACSM regional chapter organization.
- b. Each regional winner must be a student enrolled in a program at the time of the regional chapter meeting. However, if the student were to graduate before the ACSM Annual Meeting, they are still eligible for the national-level competition. Note: student can be either undergraduate or graduate at the national-level competition, but regional chapters can limit to just graduate students if they wish.
- c. Each regional winner must be able to attend the national **ACSM Annual Meeting in Atlanta, GA (May 27 – May 30, 2025)** for the national president's cup competition.
- d. Current Student Affairs Committee and/or BOT members are NOT eligible for the President's Cup competition.
- e. Past President's Cup regional and national winners are NOT eligible for the President's Cup competition.
- f. Each regional winner will be required to deliver a poster presentation at the national ACSM Annual Meeting. Individuals who have won their regional competition with an oral/slide/podium presentation will be required to reformat the same presentation into a poster. Thus, winners will need to plan accordingly.
- g. The type of project conducted by the student must align with the mission of ACSM, which is to: "...advance and integrate scientific research to provide educational and practical applications of exercise science and sports medicine."

## Student Research Award Competition Specific Instructions

**Abstract submissions that do not follow the submission guidelines may be rejected. Abstracts that do not meet scientific or editorial standards will not be accepted.**

1. The type of research conducted by the student must align with the mission of ACSM, which is to: "...advance and integrate scientific research to provide educational and practical applications of exercise science and sports medicine." Examples of topics (aligned with National) are included below, for both applied and clinical.
2. All wording should be in English utilizing; correct spelling, grammar, and proper contextual word usage. All acronyms are required to be first fully defined at least once within the body of the abstract prior to any other uses (the title is unnecessary). No brand names are permitted within the submitted abstract. All abstract submissions must follow formats demonstrated in the examples below.
3. There is a strict 2000-character limit for the abstract's main body (not including spaces / title/subheadings/author block).
4. The title of the abstract is limited to 15 words.
5. The body of the abstract MUST include the following sections: PURPOSE, METHODS, RESULTS, CONCLUSION (see the example abstracts below for clarification).
6. Include the names, institutional affiliations, and emails of all authors. Names should include full first name, middle initial (optional), & full last name. DO NOT list degrees, certifications, or departments. LIST ALL ACSM Fellow(s), sponsorship, funding, grants, subsidies, or ANY conflict(s) of interest.
7. Reference citations, photos, illustrations, graphs, tables, charts, etc. are NOT permitted within the abstract's text, but should be available upon Research Committee request or in the slide presentation.

### **Award Selection Criteria for Abstract Evaluation and Presentation**

\*These judging criteria are consistent with those used to judge the national-level competition\*

1. Significance: How well the project relates to the mission statement of ACSM, which is to "advance and integrate scientific research to provide educational and practical applications of exercise science and sports medicine."
2. Innovation: The novelty of the project, especially relating to the use of new methodologies, studying under-investigated populations and/or addressing emerging problems relating to exercise and sports medicine.
3. Research Design: The ability of the methodologies used to address the research question and hypothesis. Additionally, the appropriate use of experimental design and statistics to test the hypothesis.
4. Ability to Respond to Questions: Ability of the student to demonstrate knowledge of the literature related to their field of study as well as demonstrate critical thinking for future studies.
5. Presentation Skills: Clarity of the presentation and description of research project.

### **Conference Awards for Abstract Presentations**

ALL presenters will each receive a full complement of CECs / CEUs for the entire day's attendance along with their given presentations. Additionally, presenters will receive a one-year ACSM-GNYRC Membership. The regional conference registration fee will be waived for all scheduled invited attending presenters with free breakfast & lunch provided on-site.

**All questions regarding the abstract submission or the student research award competition should be directed to:** Alex Rothstein GNYACSM Research Chair Email: [arothste@nyit.edu](mailto:arothste@nyit.edu)

**GNYACSM Original Research Abstract – Please do not change any fonts, font sizing, or spacing!**

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**This is My Abstract Title – notice the appropriate uppercase**

AUTHOR B. ONE, AUTHOR C. TWO, FACSM, & AUTHOR D. THREE FIRST THEN LAST NAME, ALL UPPER-CASE

Laboratory Name; Department; University; Location, STATE

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Category: Undergraduate/Masters/Doctoral (select one & delete others)

Advisor / Mentor: Last Name, First Name (email address) – do NOT hyperlink the email

**ABSTRACT**

Begin with a short sentence or two with background on the topic. Please include a **PURPOSE**: describing the intent of the study. **METHODS**: how the study was conducted. **RESULTS**: findings of the study should be here. **CONCLUSION**: Reference lists are not generally included.

Please note the abstract headings (they must be included, **bolded**, and UPPER-CASE). Do **NOT** change the justification (alignment), font type, font size, or spacing (abstracts should be single-spaced).

All abstracts (maximum 2000 characters without spaces and/or one page) will be published in the program as submitted.

Direct any questions about this process to Dr. Tim Allerton ([timothy.allerton@pbrc.edu](mailto:timothy.allerton@pbrc.edu)) to ensure your abstract is formatted properly and submitted successfully.

Once finished, be sure to **delete anything in red**. Once the following is read, please delete it as well:

This abstract has not been presented and will not be presented at any other conference, other than National ACSM. Abstract submission assumes the study has been approved by an appropriate IRB.

**GNYACSM Clinical Case Abstract – Please do not change any fonts, font sizing, or spacing!**

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**This is My Abstract Title – notice the appropriate uppercase**

AUTHOR B. ONE, AUTHOR C. TWO, FACSM, & AUTHOR D. THREE FIRST THEN LAST NAME, ALL UPPER-CASE

Laboratory Name; Department; University; Location, STATE

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Category: Undergraduate/Masters/Doctoral (select one & delete others)

Advisor / Mentor: Last Name, First Name (email address) – do NOT hyperlink the email

**ABSTRACT**

Please include a CASE HISTORY: insert text. PHYSICAL EXAM: insert text. DIFFERENTIAL DIAGNOSES: List/discuss 3-5. TESTS & RESULTS: Lab(S), X-ray(S), etc.). FINAL DIAGNOSIS: insert text. DISCUSSION: insert text. OUTCOME OF THE CASE: insert text. RETURN TO ACTIVITY AND FURTHER FOLLOW-UP: insert text. Reference lists are not generally included.

Please note the abstract headings (they must be included, **bolded**, and UPPER-CASE). Do **NOT** change the justification (alignment), font type, font size, or spacing (abstracts should be single-spaced).

All abstracts (maximum 2000 characters without spaces and/or one page) will be published in the program as submitted.

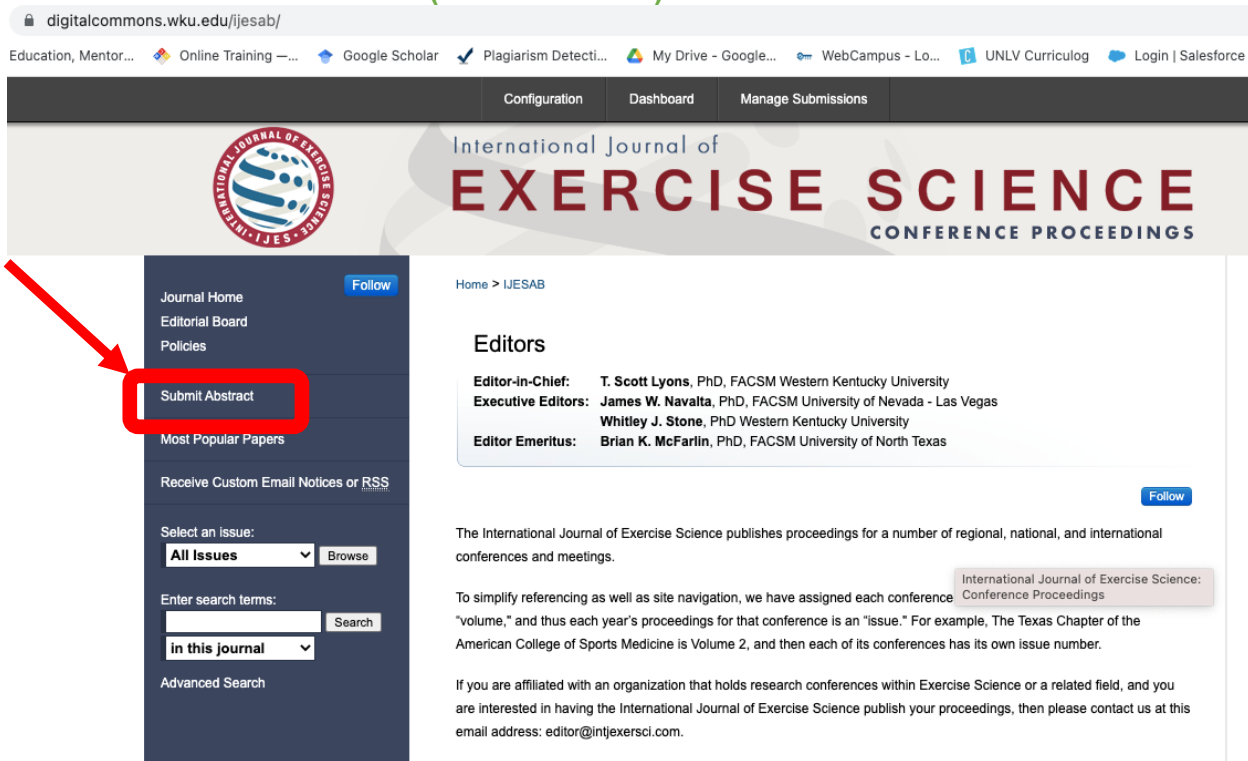
Direct any questions about this process to Dr. Tim Allerton ([timothy.allerton@pbrc.edu](mailto:timothy.allerton@pbrc.edu)) to ensure your abstract is formatted properly and submitted successfully.

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This abstract has not been presented and will not be presented at any other conference, other than National ACSM. Abstract submission assumes the study has been approved by an appropriate IRB.

Access the International Journal of Exercise Science Conference Proceedings site at:  
<https://digitalcommons.wku.edu/ijesab>

Click on “Submit Abstract” (left side menu)



Have your title (in Title case), author emails, and GNYACSM abstract template saved in a known location. Click “Continue”

Follow the instructions below to submit a manuscript to the International Journal of Exercise Science: Conference Proceedings. Shortly afterward, you will receive an email confirming your submission.

The submission process consists of the following steps:

1. Read and accept the Article Submission Agreement
2. Provide information about yourself
3. Provide information about any authors
4. Upload your article and related items

Before you begin, please be sure you have the following items:

- **Article Title**
- An **abstract** (separate from the article body)
- **Keywords** for your article (optional)
- **Subject Area** (optional)
- **Article in one of the following formats: PDF, Microsoft Word, WordPerfect, or RTF.**
  - If you create your own PDF file, please embed all fonts and use Adobe's PDF Distiller instead of PDF Writer to ensure that others can view the article exactly as you intended it to be. Please see our [tips for making your own PDF file](#).

No part of the submission is final until all steps have been completed and you click the final **Submit** button. The review process begins as soon as International Journal of Exercise Science: Conference Proceedings receives a readable article, along with the abstract and article title. You may revise any of these elements later by clicking the submitted article's title on your **My Account** page.

  
Continue

## Read the Article Submission Agreement and click "Accept"

### 1 Submission Agreement

1

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## Article Submission Agreement for *International Journal of Exercise Science: Conference Proceedings*

Submit your Abstract to International Journal of Exercise Science: Conference Proceedings

### Warranties & Ownership Overview

Please review the following submission agreement ("Submission Agreement") and indicate your agreement below.

Thank you for submitting an article to *International Journal of Exercise Science: Conference Proceedings* (the "Journal").

### To submit an article (the "Article"):

1. You must be the author, or the authorized agent of the author(s) and copyright holder (if different from the author(s));
2. the author(s) must have approved the work for publication;
3. the author(s) must have agreed to submit the article to the Journal;
4. the author(s) must accept full responsibility for the content of the Article;
5. the Article must be the Author(s) original work and must not contain any libelous or unlawful statements or infringe on the rights or privacy of others or contain material or instructions that might cause harm or injury
6. the Article must not have been previously published, is not pending review elsewhere, and will not be submitted for review elsewhere pending the completion of the editorial decision process at the Journal.

By submitting the Article, you represent and warrant that the above are true.



Please click **Accept** if you accept the policies and terms of this agreement, and continue with the next step in the submission process.



Please click **Decline** if you do not accept the terms.

Accept

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Enter your First/Given name, Last/Family name, and Institutional Affiliation.

**\*\*If you are a Fellow of the American College of Sports Medicine, enter FACSM in the suffix dialogue box.**

Click "Continue"



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Please be sure to enter your name and affiliation exactly as they should appear on a published article (including appropriate capitalization and punctuation).

Required fields are marked with an \*.

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Middle Initial

Last/Family Name \*

Suffix

(e.g.: "Jr.")

Institutional Affiliation \*

(e.g. "University of California, Berkeley")



Continue

Click “Add author” to include coauthors.

Then add the required information and click “Add to list of authors.”

\*\*If a coauthor is a Fellow of the American College of Sports Medicine, enter FACSM in the suffix dialogue box.

Repeat until all coauthors are included.

Then click “Continue”



Please click **Add author** to enter each co-author. This will be the final author list that appears on your publication. When you have finished, press **Continue**.

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Middle Initial

Last Name \*

Suffix

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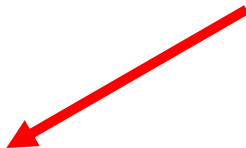
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You do NOT need to include a cover page footnote.

Upload the template containing your GNYACSM abstract using the Full Text of Submission radio button.

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Please enter footnote/acknowledgments:



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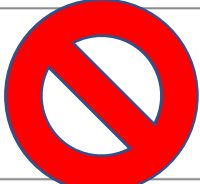
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Finally, click "Submit" one time.

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