

# ACSM Northwest Annual Meeting 2022

## Abstract Submission Guidelines

**Abstract Deadline: Friday, January 7, 2022 11:59 PST**

### Preparing the Abstract

Abstracts are limited to 2,000 characters (not including spaces, title, or author block). If including a table, chart, or graph, character limit will be approximately 1,500 characters depending on the size of the graphic.

**Do not use brand names in the abstracts.**

Indicate grant funding at the bottom of the abstract. Please keep this to a line of text.

Abstracts must be written in English. Use standard abbreviations, symbols, and punctuation. When using abbreviations in the body of the abstract, spell out in first mention, followed by the abbreviation in parentheses.

**Formatting:** All abstracts should be in Times New Roman, 10-point font, with 0.5" margins and single line spacing.

**Title:** The title should be brief (limited to 15 words) and typed in ALL CAPS, **BOLD** and *ITALICIZED*.

**Authors:** The first initial(s) and last names of the authors should be used with the presenting author first. The first author should be bolded. Do not include degrees or titles. Fellows of ACSM should use FACSM after their name. Use numerical values in superscript following the authors last name to identify author affiliations when there is more than one affiliation.

**Institutions:** The affiliation/institution of the authors should be included. Do not include departments.

**Text:** The abstract must be informative, including a statement of the study's specific PURPOSE, METHODS, summary of RESULTS, and CONCLUSION statement using these headings. It is unsatisfactory to state, "The results will be discussed." Abstracts should include relevant data, including but not limited to, mean data, standard deviation/standard error, and p-values. It is not satisfactory to only include statistical results (such as, "groups were different at  $p < .05$ ).

### Rules for Submission

1. Each student/professional is permitted to submit and be first author on one abstract but may co-author as many other abstracts as desired. If more than one abstract is submitted as first author, only one will be accepted; all others will be rejected.
2. The primary author must submit the abstract using the online abstract submission form at: <https://www.acsm.org/acsm-membership/regional-chapters/acsm-chapters/northwest/annual-meeting/abstract-submission>.
3. All abstracts should be submitted prior to Friday, January 7, 2022, at 11:59 pm Pacific Standard Time. There will be ***no extension*** and abstracts submitted after this time will not be accepted for review.
4. The student level category should be based on student status when the research was completed.
5. By submitting the abstract, the first author is verifying they substantially initiated and performed the research.
6. **All files should be submitted as "LastName\_AbstractCategory\_ACSMNW2022"**
7. All authors must approve the abstract prior to submission. Submitted abstracts will automatically be sent to the mentor listed in the form as well as the primary author.
8. Students and their mentors have the option to publish the abstract in a special issue of the International Journal of Exercise Science.
9. Masters and Doctoral level abstracts will have the option to be considered for the President's Cup Award. President's Cup competitors will need to prepare a talk for the ACSM Northwest meeting. The winner of the President's Cup will receive funding towards the national competition at the 2022 ACSM Annual Meeting.
10. A \$15 non-refundable abstract submission fee must be paid through PayPal at the time of submission.
11. Submissions that do not follow these guidelines may be rejected or returned for revision. Revisions must be submitted prior to the deadline to be considered.

**PLEASE USE THE EXAMPLE BELOW  
AS A GUIDE.**

## SAMPLE ABSTRACT

### *PREVALENCE OF PHYSICAL ACTIVITY AND SITTING IN PEOPLE WITH INFLAMMATORY BOWEL DISEASE AND HEALTHY INDIVIDUALS*

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Inflammatory bowel disease (IBD) is an autoimmune disease characterized by the cyclical nature of flare and remission periods, with little known about the prevalence of physical activity and sedentary behaviors, such as sitting, in this population. **PURPOSE:** To determine the prevalence of physical activity and sitting in people with IBD (in remission and disease flare) compared to healthy individuals. **METHODS:** Participants with IBD (n=242; 96 in disease flare [IBD-flare] and 146 in disease remission [IBD-remission]), and healthy controls (n=265) participated in an online survey. Self-reported walking, moderate-to-vigorous physical activity (MVPA) and sitting were collected. Data were analyzed using analysis of covariance with age, sex, education status, disease history, and smoking habits as covariates. **RESULTS:** People with IBD reported lower levels of walking (329±422 min/week, p=0.03) and MVPA (279±412 min/week, p<0.01) than healthy individuals (477±536 min/week and 481±529 min/week, respectively). There were no differences between IBD-flare and IBD-remission participants for levels of walking (301±466 vs. 335±368 min/week, respectively) or MVPA (227±315 vs. 330±481 min/week, respectively, p>0.05 for both). Physical activity guidelines were met in 45% of people with IBD and 73% of healthy individuals (p<0.05). Although sitting was not different between groups, there was a trend for higher sitting in those with IBD (424±196 min/day) compared to healthy individuals (395±182 min/day, p=0.07). **CONCLUSION:** Our findings indicate that people with IBD report lower levels of physical activity than healthy individuals but report no differences in weekday sitting. Furthermore, there were no negative consequences of a disease flare on physical activity. People with IBD may be able to participate in varying levels physical activity despite there being no guidelines for this population. Future research should aim to develop physical activity recommendations to benefit people with IBD and reduce the amount of time spent sitting.

Supported by Gatorade Sports Science Institute Student Award.

### Notification of Acceptance and Programming

Abstracts will be formally reviewed by an independent committee. The final acceptance decision is the exclusive right of the Abstracts Coordinator and the Abstract Committee.

The primary author will be notified electronically, which will include the type of presentation as determined by the Abstracts Committee.

Accepted abstracts will be published in the conference program, as well as a special issue of the International Journal of Exercise Science, unless indicated otherwise.

### Authorship, Originality, and Merit

Submitted abstracts **MUST** reflect the unique work of the authors. The scope of the work represented in the abstract must be of sufficient merit so that it stands alone as a meaningful accomplishment. While it is recognized that students may submit separate results from a single study, each abstract should be independent and answer a unique research question, test a novel hypothesis, or describe a new approach/population.

Exact duplication of text and/or results across abstracts is not acceptable nor is excessive parsing of data among student groups. Faculty advisors who have questions regarding authorship, originality, or merit should contact the Abstract Coordinator ([research20@acsmnorthwest.org](mailto:research20@acsmnorthwest.org)).

In instances where the Abstract Committee believes these guidelines have not been met, primary authors and mentors will be contacted and abstracts may be rejected.

### Withdrawals

Withdrawal requests must be in writing with the reason for withdrawal clearly stated. A copy of the abstract, letter of withdrawal, and author approval statement should be emailed to the Abstract Coordinator ([research20@acsmnorthwest.org](mailto:research20@acsmnorthwest.org)). All authors must approve retraction of the abstract.

In the event of an emergency, where the primary author is unable to attend the conference, the abstract coordinator should be notified and permission may be granted for a secondary author to present the abstract.

Abstracts that are withdrawn will not be submitted for publication.

### Regulatory Compliance

Human studies must comply with the ACSM statement regarding the use of human subjects and informed consent (MSSE, Vol. 30, No. 7, July 1998, "Policy Statement Regarding the Use of Human Subjects and Informed Consent"). Animal studies must comply with NIH guidelines regarding the use of animals. To ensure consistency and clarity authors must use the terms as defined by MSSE, "Information for Authors" and utilize the units of measurement of the Systeme International de'Unite (SI).

### Statement of Disclosure Affecting Continuing Medical Education (CME) Activities

Researchers affiliated with or have financial interest in commercial entities that may have a bearing on the subject matter of an abstract presentation. The prospective audience must be made aware of the affiliation and/or financial interest by an acknowledgement in the final program. The intent of this policy is not to prevent a speaker from presenting but to identify any affiliation so that the listeners may form their own judgements about the presentation.

Any questions should be directed to the Abstract Coordinator at [research20@acsmnorthwest.org](mailto:research20@acsmnorthwest.org).