

# ACSM Northwest Annual Meeting 2024

## Abstract Submission Guidelines

*Deadline: Friday, December 22, 2023 11:59 PST*

### ABSTRACT GUIDELINES

Abstracts are limited to 2,000 characters [not including spaces, title, or author block]. For abstracts including a table, chart, or graph, the character limit is 1,500 characters.

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

If funding supported the grant, add source information to bottom of the abstract. \*Characters do not count towards character count.

Abstracts must be written in English using standard abbreviations, symbols, and punctuation. When using abbreviations, write the expanded form the first time it is mentioned, followed by the abbreviation in parentheses.

### FORMATTING:

All abstracts should be in Times New Roman, 10-point font, with 0.5" margins, single-spaced.

### TITLE:

Limited to 15-words (or less), 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's name first (bolded). \*Do not include degrees or titles. Fellows of ACSM should use the FACSM designation following their name. Use numerical values in superscript following the authors last name to identify author affiliations when more than one affiliation is used.

### INSTITUTIONS:

The affiliation/institution of the authors should be included in author block. \*Do not include departments.

### TEXT:

Abstracts must be informative, including a statement of the study's specific PURPOSE, METHODS, a summary of RESULTS, and a CONCLUSION statement. \*Sections must include section headers.

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.

### RULES FOR SUBMISSION

1. Each student/professional is permitted to submit only one first-author abstract. They may also be co-author on as many other abstracts as desired. \*If more than one first author abstract submitted, only one will be accepted.
2. The primary (first) author must submit the abstract using the online submission link by uploading a word (or equivalent format) at: [insert link]
3. All abstracts must be submitted prior to Friday, December 22, 2023, 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 (primary) author is verifying they were substantially involved with the research and initiated the abstract.
6. All files should be submitted as: **'LastName\_AbstractCategory\_ACSMNW2024'**
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. Masters and Doctoral level abstracts will have the option to be considered for the **President's Cup Award**. Selected abstracts will qualify for competitive presentation. President's Cup competitors will need to prepare an oral presentation for the ACSM NW Annual Meeting. \*The winner will receive funding to assist with attendance at the 2024 ACSM Annual Meeting in Boston to represent the NW region at the national competition.
9. Submissions that do not follow these guidelines may be rejected or returned for revision. If revision requested, revised abstract must be returned prior to deadline for consideration.
10. A \$15 non-refundable abstract submission fee must be paid at time of submission.
11. Students and their mentors have the option to publish their abstract in a special issue of the International Journal of Exercise Science.

## FOLLOW THE SAMPLE ABSTRACT BELOW

### 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 Abstract Committee.

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

\*Unless indicated otherwise during submission.

#### AUTHORSHIP, ORIGINALITY, & 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.

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

#### WITHDRAWS

Withdrawal requests must be in writing (email) 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. All authors must approve the retraction of the abstract.

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

\*Abstracts withdrawn will not be published.

#### REGULATORY COMPLIANCE

Human studies must comply with the ACSM statement on the use of human subjects and informed consent [[MSSE, 28\(10\) Oct 1996 Policy statement regarding the use of Human Subjects and Informed Consent](#)].

Animal studies must comply with [NIH guidelines](#).

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 Systéme International de'Unite [SI].

#### STATEMENT OF DISCLOSURE AFFECTING CONTINUING MEDICAL EDUCATION (CME) ACTIVITIES

The prospective audience must be made aware of researchers affiliated with or who have a financial interest in commercial entities. Acknowledgement of such affiliation and/ financial interest must be provided for program by authors.

For all inquiries/questions should be directed to the Abstract Coordinator:

[research23@acsmnorthwest.org](mailto:research23@acsmnorthwest.org)