

MEMORANDUM

TO: All Potential Presenters for the 2009 SEACSM Meeting

FROM: Alan C. Utter Ph.D., M.P.H., FACSM, President-Elect, SEACSM

DATE: August 2008

SUBJECT: Call for Free Communication and Clinical Case Abstracts, Tutorial & Symposium Applications, and Student Research Awards

This year's annual meeting of the Southeast Chapter of the American College of Sports Medicine will be held **February 12 through February 14, 2009** at the Wynfrey Hotel Birmingham, AL. The address is: 1000 Riverchase Galleria Birmingham, AL 35244 (205) 987-1600 or 800-996-3739). An exciting program has been organized and includes the following guest speakers: Dr. Reed Humphrey, Dr. Stella Volpe, Dr. Howard Neuffer and ACSM President Dr. Mindy Millard-Stafford. The program will also include tutorials, symposia, free communications (both oral and poster) as well as clinical case presentations.

Applications for conducting a tutorial or symposium, or research presentation must be completed and submitted electronically. No paper submissions will be reviewed or accepted. To submit electronically, go to the SEACSM web site (<http://www.seacsm.org>), use the button for Annual Meeting, complete the appropriate form(s), and submit them from the web site. If you are unable to access this site please contact Alan Utter by phone at 828-262-3094 or email: utterac@appstate.edu. We urge you to submit research, clinical case, tutorial, symposia abstracts, and student research awards. You will receive an e-mail message within 48 hours that your submission has been received. Another e-mail message will be sent to you during November indicating whether or not your submission has been accepted for presentation at the annual meeting. Please ensure that the e-mail address you provide with your submission will be available during November (if in doubt, list your major professor's or another accessible e-mail address). You will be notified in November as to whether or not your abstract has been accepted. **The deadline for receipt of all abstracts is mid-night (12 PM) eastern time October 1, 2008.**

Several different types of abstracts are accepted for the annual meeting. The bulk of the meeting abstracts are the communication of original research (Free Communications, 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.

Free Communication (Oral or 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 (a 15 minute oral presentation; 12 minutes for presentation and three minutes for questions) or as a poster (a 4' x 6' poster presentation). 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 or poster) as needed to balance 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. Abstracts must include results and conclusions, as stating that results and conclusions will be provided is not acceptable. Non-originality is grounds for rejection. Each person is permitted to present and be listed as first author on only one paper but may be a co-author on as many papers as desired.* The title of the abstract should be on line one and should be all capital letters. On the line following the title should be the author(s) first name, middle initial and last name, Fellow (if applies) along with institutional affiliation and city. Line three should be blank. Indent three spaces and begin the abstract on line four. The text of the abstract should be written as a single paragraph. Please review **"REQUIREMENTS FOR ALL SUBMISSIONS" section.**

Symposium. A symposium provides “state of the art” presentations/lectures on topics of current interest to researchers and/or practitioners. Often, several individuals will discuss different aspects of the topic. Seventy-five to ninety minutes have been allotted for each symposium (45-60 min for clinical track symposia). Be sure to plan for at least 15 minutes of questions from the audience.

Tutorial. A tutorial provides a critical review and analysis of the current state of knowledge in a field of interest to researchers and/or practitioners in sports medicine/exercise science. Typically, it is a session designed to teach the audience about a topic that may not be familiar to them. Fifty to sixty minutes have been allotted for each tutorial (30-60 min for clinical track tutorials). Be sure to reserve at least 5-10 minutes to address questions from the audience, depending on the schedule.

Clinical Case Abstracts. Deadline for case submissions: December 15, 2008. Send case submissions (Microsoft Word Document e-mail attachment) directly to Dr. Tracy Ray at boxford@asmi.org (Becky Oxford is Tracy’s asst. at AMSI). Case Submission Abstract Format (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. Authors should also include the Faculty Sponsor (i.e. who they are training under if applicable) Authors of cases that are accepted for presentation during SEACSM Clinical Track will be notified by Friday January 9, 2009.

SEACSM Student Research Awards Submissions: The Executive Board has significantly revised the process for determining the Student Research Awards. Specifically, all that is required is that you indicate that you wish for your abstract to be considered for one of the Student Awards - awards are given in both the Doctoral and Masters/Undergraduate category - when you submit your abstract for the annual meeting. Yes, that means no longer will you be required to submit an extended abstract. The top 13-16 abstracts, as judged by a committee of SEACMS Board members, will present posters in a specified session at the annual meeting where they will be judged. As has been our practice, the winners of the Student Research Awards will be announced at the Luncheon on Saturday of the annual meeting. The complete eligibility criteria as well as in the application process are on the SEACSM web site: www.seacsm.org.

REQUIREMENTS FOR ALL SUBMISSIONS: *No figures should be included in abstracts, and the use of tables is discouraged.* Abstracts will appear in the program as submitted. 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 25 lines of text. Review the call for abstract materials on the website for required materials in the abstract. Title, authors, and Institution should be included in all abstracts. 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. Please share this information with colleagues or students who may not have received it. Remember that all presenters must register for the conference.

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 outstanding contributions to the body of knowledge related to medicine and science in sports and exercise. The Service Award was instituted to honor outstanding service to the organization. It is recommended that the prerequisite be five years of active SEACSM participation. Nominations should be received by October 1, 2008. Letters of nomination for the SEACSM Scholar and Service Awards should be sent to: Dr. Jerry Brandon, SEACSM Past-President, Georgia State University, Department of Kinesiology and Health, 125 Decatur St., Suite 137, PO Box 3978, Atlanta, GA 30302 (w) (404)-651-1120, e-mail: lbrandon@gsu.edu

Instructions and Sample Abstract

(Sample of a free communication or poster abstract to show style-size of box reduced to save space **-Do not use this box size for submission!** Do not wait until the last day to submit your abstract as this does not allow time to address any technical issues!)

INCREASES IN HDL-CHOLESTEROL AND THE HDL/LDL CHOLESTEROL RATIO DURING PROLONGED ENDURANCE EXERCISE

J.L. Durstine, W. Miller, S. Farrell, W.M. Sherman, and J.L. Ivy. Dept. of Exercise
Science, The University of South Carolina, Columbia, SC 29208

The influence of prolonged, low-intensity exercise (45% VO₂max) until exhaustion on plasma lipid concentrations, in particular high-density lipoprotein cholesterol (HDL-C), and the time sequence associated with changes in these blood constituents was investigated in 10 trained subjects. The exercise consisted of walking on a motor-driven treadmill until exhaustion. Blood samples were drawn before, at 30 and 60 minutes after the beginning of exercise, at each hour after that until exhaustion, immediately before exhaustion, and after a 30-minute recovery period. Fluids were given during the exercise session and values were corrected for plasma volume change. At exhaustion the total cholesterol concentration was significantly elevated by 3% and rose during the recovery period. The HDL-C level was significantly elevated within two hours after the start of exercise and by exhaustion (about 4.5 hours of exercise) had risen to $52.5 \pm 2.3\text{mg.dL}^{-1}$, which represented a 10.8% increase above the pre-exercise concentration ($47.4 \pm 1.8\text{mg.dL}^{-1}$). The HDL/LDL cholesterol ratio followed a pattern similar to that described for HDL-C. Plasma free fatty acids (FFA) also increased linearly during the exercise period, but were not significantly correlated with HDL-C during exercise ($r = 0.14$). These results suggest that prolonged, low-intensity exercise can acutely improve the lipid profiles of humans.

Supported by a Grant from Ross Laboratories

1. Type the title of paper in all caps. The title should be succinct and descriptive.
2. Indent three spaces and type the names of the authors with the presenting author first. Immediately following the author's names, type the department, institution, city, state, and zip code where the study was conducted.
3. Skip a line and indent three spaces and type the text on one continuous paragraph, flush left, single spaced.
4. Indicate grant or funding information on a single line at bottom, indented.
5. Provide all of the information requested in the spaces immediately below the box.
6. Your abstract should be informative, containing: (a) a sentence statement of the study's specific objectives, unless this given by the title; (b) brief statement of methods, if pertinent; a summary of the results obtained; (d) a statement of the conclusions. It is NOT SATISFACTORY to state: "The results will be discussed." Use short specific titles.
7. Choose a Category Number for free communication & poster abstracts from the pull-down menu on the abstract form.
8. All studies must comply with the ACSM Program Committee's statement regarding the use of human subjects and informed consent.
9. *No figures should be included in abstracts, and the use of tables is discouraged.* Abstracts will appear in the program as submitted. 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 **25 lines** of text. Review the call for abstract materials on the website for required materials in the abstract. Title, authors, and Institution should be included in all abstracts. 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 provided or the submission process will not occur.