

To: All potential Presenters for the 2017 SEACSM Meeting
From: Mike McKenzie, Ph.D., FACSM, President-Elect SEACSM

Date: August 1, 2016

Subject: Call for Free Communication and Clinical Case abstracts; Tutorial and Symposium Applications, Student Research Awards.

DEADLINE: The deadline for receipt of all abstracts is 11:59 pm EST on October 1st, 2016. (Saturday night)

This year's annual meeting of the Southeast Chapter of the American College of Sports Medicine will be held February 16-18, 2017 at the Hyatt Regency Hotel in Greenville, South Carolina. The program will include tutorials, symposia, free communications (oral and poster), clinical case studies, student graduate fair, and a chance to network with other Southeast colleagues.

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 SEACSM web site (<http://www.seacsm.org>), use the button for Annual Meeting, click on 'submission html', complete the appropriate form (s), and submit then from the web site. If you are unable to access this site, please contact Dr. Mike McKenzie (President-Elect) by phone, (336) 750-3136, or email to: mckenziemi@wssu.edu.

We urge you to submit research, clinical case, tutorial, symposium abstracts, and presentations for the student awards. You will see a notice if your submission has been successfully received. You need to keep a copy of this notice as verification of your submission. Another email message will be sent in late November/early December indicating whether or not your submission has been accepted for presentation at the Annual Meeting. Please ensure that the email you provide with your submission will be available during the November notification period. If in doubt, list your major professor or another acceptable email address. Remember to keep your submission verification as proof that your submission was on time.

Several different types of abstracts are accepted for the Annual Meeting. The bulk of the meeting abstracts are the communication or original research (Free Communications-Poster, Oral; 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.

PLEASE READ CAREFULLY: The first author (or all authors of a symposium or tutorial) is **required** to be present at the SEACSM conference to present the submitted abstract at the assigned time. If extenuating circumstances prevent the author from presenting, the President-Elect should be contacted as soon as possible to arrange an

acceptable alternative. **Failure to present the abstract will result in a two-year ban of SEACSM presentations for both the first author and (if applicable) faculty mentor.** Therefore, an abstract should not be submitted unless the author is confident that s/he will be able to attend the SEACSM meeting on any of its scheduled dates. ***Any abstract submitted by a student should first be read and approved by that student's faculty mentor. Students must provide a valid email and work phone for their faculty advisor, as notifications about the submission will be sent to the advisor as well as the student.***

FREE COMMUNICATION (Oral or Poster, or Thematic 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 (15 minute oral presentation, 12 minute presentation/3 minute question period) or as a poster (4' by 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 the 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. For students: the same research can be submitted first to SEACSM and later to the National ACSM, but not in the reverse order. Abstracts must include purpose, methods, results and conclusions. It is not acceptable to write the abstract stating that the results and conclusions are not yet available, but will be provided during the presentation. Non-originality is ground for rejection. Each person is permitted to present and be listed as first author only on one paper, but may be co-author on as many papers as desired.*

Thematic poster: Thematic poster sessions are presented in two parts. During the first part, the poster is available for viewing by attendees. During the second part, the poster is discussed during a moderator-led session.

The title of the abstract should be on line one and should be in all capital letters. On the line following the title the author(s) first name, middle initial and last name, Fellow (if applies) along with institution affiliation and city. Line three should be blank. Indent three spaces and begin abstract on line four. The text of the abstract should be written as a single paragraph, no more than 25 total lines. Please see ***“Requirements for all submissions section”***.

SYMPOSIUM: A symposium provides “state of the art” presentations/lecture 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 minutes for clinical track symposiums). Be sure to plan 15 minutes for questions and discussions 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/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 minutes 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 abstract submissions is Monday, December 12, 2016 at 5 PM ET for the 2017 meeting. Authors of cases that are accepted for presentation during the 2017 SEACSM Clinical Track will be notified by Monday, January 2, 2017.

Please send case submissions (Microsoft Word Document as e-mail attachment) directly to Dr. Kenneth Barnes, MD, MSc at kpbarnes14@gmail.com. Required format for case abstract submissions is as follows (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

SEACSM STUDENT RESEARCH AWARDS SUBMISSION: The Student Research awards categories include: Undergraduate, Masters, and Doctoral. SEACSM presents checks to the top three student research award winners in each category (\$300/\$200/\$100). When submitting your abstract, indicate that your abstract be considered for one of the Student Awards and the submission category when you submit for the Annual meeting. The finalist abstracts in each student category will be selected, as judged by a review committee selected by SEACSM Board members, based upon the submitted abstract. Each of these finalist will be required to submit a pdf file of their final poster, one week before the meeting (2/9/176) for the judges to review, before their posters are presented in a specified session at the Annual meeting during which time they will be judged. The poster award winners will be announced at the conference luncheon on Saturday and all finalists are expected to attend. For those not selected for the Award Poster session, their posters will be reviewed for presentation in the Annual meeting in a poster session specific to the topic. The complete eligibility criteria as well as the application process are on the SEACSM site, www.seacsm.org.

Important NEW Information for Student Research Awards:

SEACSM Student Category Criteria: For the 2017 SEACSM meeting, one's student category for submission can be the student classification at the time of data collection. So if a student collected data in the spring of 2016 and was an undergraduate student, he/she could submit their abstract for the 2017 SEACSM meeting as an undergraduate student. Likewise if they were a Master's student and collected data in the spring of 2016, he/she could submit their abstract for the 2017 SEACSM meeting as a Master's student or if they were a doctoral student and collected data in the spring of 2016, he/she could submit their abstract for the 2017 SEACSM meeting as a doctoral student. These student category criteria require that this is the first submission of this data.

ACSM \$1200 Presidential CUP: ACSM is continuing the Presidential Cup Challenge in 2017. Each regional chapter will select the top graduate poster (Master's or Doctoral) to compete in the 2017 ACSM Presidential Cup at the ACSM National Meeting in Denver, CO in 2017. At the time of this publication, not all of the specific details have been

worked out, but ACSM is providing up to a \$1200 towards attending the 2017 ACSM Meeting in Denver, CO and waiver of registration for the ACSM National meeting. The top chapter award winners will then present at the national meeting. SEACSM will select our top Graduate Poster based upon finalist presentations from our 2017 SEACSM meeting in Greenville, SC.

REQUIREMENTS FOR ALL SUBMISSIONS: *No figures or tables should be included in the abstracts.* Abstracts will appear in the program as submitted. Your abstract must fit into the box with the following dimensions: 5.75 inches wide, 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 on all abstracts. In order to make 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 submission are TIMES 12 point or TIMES NEW ROMAN 12 point. Use of other fonts may result in the loss or changing of characters. DO NOT USE symbols, as they do not always transfer electronically. One of the most important items to check before your abstract is submitted is to make sure ALL BOXES are filled in on the submission page. Failure to enter something in ALL of the boxes will result in failure of your submission to be processed. You must also check the box that states- ALL authors have reviewed this abstract and approve the content as submitted. The number one problem that individuals encounter with the submission process is not filling in all of the boxes. Do not wait for the last day to submit your materials, as the site becomes overloaded and busy and may prevent your materials from arriving on time. Please share information with colleagues or students who may not have received it. *Remember that all presenters must register for the conference and be at their designated assigned program slot for presentation.*

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 and recognize outstanding contributions to the body of knowledge related to medicine and science in sports and exercise. The Service Award was instituted to honor and recognize outstanding service to the organization. It is recommended that the prerequisite be five years of active SEACSM participation. Nominations should be received by September 12, 2016. All letters of nomination should provide at least two reasons supporting the nomination award. Letters of nomination for the SEACSM Scholar and Service Awards should be sent to: Dr. Sue Graves, SEACSM Past President, Florida Atlantic University, Boca Raton, FL, telephone: 561-297-2938; email to: sgraves@fau.edu

MEETING INFORMATION: Online registration for the meeting will be posted on the chapter website: seacsm.org. If you register early, you can get a reduced rate and this helps with the organizational process of the meeting. Hotel registration materials will also be posted. The links should be operational sometime early Fall. The meeting will be at the Hyatt Regency Hotel in Greenville, South Carolina on February 16-18, 2017. The hotel

and establishments, within a close proximity (walking distance), can provide a varietal menu of food and beverage choices. Plan to be a part of the SEACM chapter meeting and make your plans early. See you in Greenville!

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

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

Purpose: The influence of prolonged, low-intensity exercise (45% V_{O2}max) 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. **Methods:** 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. **Results:** 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 ± 2.3 mg.dL⁻¹, which represented a 10.8% increase above the pre-exercise concentration (47.4 ± 1.8 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 ($r = 0.14$). **Conclusions:** 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 type the text in 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 with 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 or tables or symbols should be included in the abstract 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 entered or the submission process will not occur.