

To: All potential Presenters for the 2012 SEACSM Meeting

From: Paul Davis, Ph.D. President-Elect SEACSM

Date: August 2011

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

New for 2012: This year during the SEACSM Meeting submission process, we will be using a new website for this process. Please be sure to follow all of the procedures for your submission to smoothly work. :

DEADLINE: The deadline for receipt of all abstracts is mid-night EST (12 P.M.) on October 1st, 2011. (Saturday night)

This year's annual meeting of the Southeast Chapter of the American College of Sports Medicine will be held February 9-11, 2012 at the Jacksonville Hyatt Regency Riverfront Hotel in Jacksonville, FL. We have an exciting program organized that includes: Dr Barbara Ainsworth (Andy Kozar Presidents Lecture, Arizona State University), Dr Scott Trappe (Basic Science, Ball State University), Dr Russell Pate (Keynote Lecture, University of South Carolina). The program will also 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, complete the appropriate form (s), and submit then from the web site. If you are unable to access this site, please contact Paul Davis (President –Elect) by phone 336-334-3030 or <mailto:pgdavis@uncg.edu>. We urge you to submit research, clinical case, tutorial, symposium abstracts, and presentations for the student awards. You will receive an email within 48 hours that your submission has been received. Another email message will be sent in November 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.

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.

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 (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. Abstracts must include 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.*

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 Friday, November 19th at 5 PM ET for the 2012 meeting. Authors of cases that are accepted for presentation during the 2012 SEACSM Clinical Track will be notified by Friday December 20th.

Please send case submissions (Microsoft Word Document as e-mail attachment) directly to Dr. Franklin Sease at fsease@ghs.org. 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 Executive Board has increased the Student Research awards categories to include: Undergraduate, Masters, and Doctoral. When submitting your abstract, indicate that you wish to for your abstract to be considered for one of the Student Awards and the submission category when you submit for the Annual meeting. The finalist abstracts in each category will be selected, as judged by the committee of SEACSM Board members, to present posters in a specified session at the Annual meeting during which time they will be judged. The poster award winners will be announced at the Luncheon on Saturday. 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.

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 in 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 15, 2011. Letters of nomination for the SEACSM Scholar and Service Awards should be sent to: Dr Peter Grandjean, SEACSM Past President, Baylor University, Department of Health, Human

Performance & Recreation, One Bear Place, #97313, Waco, TX 76798-7313 (w) 254-710-3909; mailto:Peter_Grandjean@baylor.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 organization process of the meeting. Hotel registration materials will also be posted. The links should be operational sometime early Fall. The meeting will be in downtown Jacksonville, Florida at the Jacksonville Hyatt Regency Riverfront Hotel (www.greenville.hyatt.com) on February 9-11, 2012. The hotel and establishments within a close proximity (walking distance) can provide a varietal menu of food and beverage choices. Last year's meeting boasted over 700 participants and we anticipate another strong showing this year. Plan to be a part of the SEACM chapter meeting and make your plans early. See you in Jacksonville.

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

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

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. 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 ± 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 ($r = 0.14$). 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 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.