



GNYACSM 2025 Abstract Submission Information

GNYACSM General Abstract Submissions

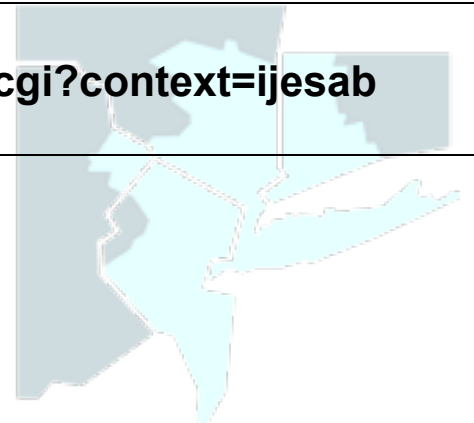
Abstracts Due April 4th, 2025, at 11:59 EST

Abstract Submission Link:

<https://digitalcommons.wku.edu/cgi/submit.cgi?context=ijesab>

**AMERICAN COLLEGE
of SPORTS MEDICINE.**

Greater New York Chapter



GNYACSM Abstract Submission Instructions

GNYACSM Annual Spring Meeting and Conference.

All members and those joining the Greater New York Chapter of the American College of Sports Medicine (GNYACSM) are invited to submit abstracts for presentation in our student research award competition.

Please follow the general and/or student research award-specific instructions for submission.

General Abstract Submission Instructions

1. All abstract submissions are required in electronic format and all research is **required to be presented at the conference on April 26, 2025**. See below for student award competition specifics.
2. Each individual is permitted to be the first author on only one abstract, but may co-author several abstracts.
3. The first author is considered a presenter and must present the abstract, in person, at the meeting.
4. At least one of the authors must be a member of the GNYACSM.
5. **All abstracts (maximum of 2000 characters without spaces)** will be published in the program as submitted. Please check for spelling errors prior to submission.
6. Abstracts should not have been published previously in any other printed or electronic format as beginning this year, abstracts will be published in the *International Journal of Exercise Science*. Publishing will be delayed so authors can also submit their abstracts to the national ACSM if they so choose.
7. Abstract subheadings should follow ACSM requirements: purpose, methods, results, and conclusions.
8. Presenting at GNYACSM does not preclude submitting the same abstract for presentation at an ACSM national meeting.
9. Keep a copy of the abstract for your records.
10. Following submission of an abstract, an electronic email confirmation will be sent to the applicant and co-authors (if co-author emails are provided). Following review, an email notification of acceptance, request for revisions, or rejection, as well as presentation information will be sent from our GNYACSM research chair, Dr. Alex Rothstein. If you do not receive the email notification, check that you included the correct email address free of spelling errors or check your junk mail or SPAM folders. You can contact the GNYACSM research chair directly, if you believe you did not receive an email confirmation, see details below.
11. **Members of the research committee serve as randomized and blinded reviewers for all abstracts. Comments and requests for revisions submitted by reviewers are approved by the GNYACSM research chair and sent out to the authors. All requests for revisions are expected to be addressed before acceptance. If the authors would prefer not to address the revisions, they may email the research chair for clarification or remove their submission from consideration.**
12. If the submitted abstract does not adhere to the *International Journal of Exercise Science* guidelines authors will be allowed one week to correct and revise. The abstract will not be published if all corrections are not addressed. However, abstracts still may be presented at the conference.
13. **All accepted submissions are expected to be presented at the regional conference.**

Abstract submissions that do not follow the submission guidelines may be rejected. Abstracts that do not meet scientific or editorial standards will not be accepted.

1. The type of research conducted by the student must align with the mission of ACSM, which is to: "...advance and integrate scientific research to provide educational and practical applications of exercise science and sports medicine." Examples of topics (aligned with National) are included below, for both applied and clinical.
2. All wording should be in English utilizing; correct spelling, grammar, and proper contextual word usage. All acronyms are required to be first fully defined at least once within the body of the abstract prior to any other uses (the title is unnecessary). No brand names are permitted within the submitted abstract. All abstract submissions must follow formats demonstrated in the examples below.
3. **There is a strict 2000-character limit for the abstract's main body (not including spaces/title/subheadings/author block).**
4. The title of the abstract is limited to 15 words.
5. The body of original research abstracts **MUST** include the following sections: PURPOSE, METHODS, RESULTS, CONCLUSION (see the example abstracts below for clarification). Clinical case abstract sections are also outlined below.
6. Include the names and institutional affiliations of all authors. Names should include full first name, middle initial (optional), & full last name. **DO NOT** list degrees, certifications, or departments. **LIST ALL** sponsorship, funding, grants, subsidies, or **ANY** conflict(s) of interest.
7. Reference citations, photos, illustrations, graphs, tables, charts, etc. are **NOT** permitted within the abstract's text, but should be available upon research committee request or in the slide presentation.
8. **The research committee reserves the freedom to suggest revisions as deemed necessary and will offer authors the opportunity to make necessary revisions. If authors require clarification regarding requested revisions, they can email the research chair. If authors would prefer not to make revisions, they can remove their abstract from consideration.**

Student Research Award Competition Specific Instructions

Award Selection Criteria for Abstract Evaluation and Presentation

These judging criteria are consistent with those used to judge the national-level competition

A 1-10 Scale will be used

1. Significance: How well the project relates to the mission statement of ACSM, which is to "advance and integrate scientific research to provide educational and practical applications of exercise science and sports medicine."
2. Innovation: The novelty of the project, especially relating to the use of new methodologies, studying under-investigated populations and/or addressing emerging problems relating to exercise and sports medicine.
3. Research Design: The ability of the methodologies used to address the research question and hypothesis. Additionally, the appropriate use of experimental design and statistics to test the hypothesis.
4. Ability to Respond to Questions: Ability of the student to demonstrate knowledge of the literature related to their field of study as well as demonstrate critical thinking for future studies.
5. Presentation Skills: Clarity of the presentation and description of research project.

Conference Awards for Abstract Presentations

ALL presenters will each receive a full complement of CECs / CEUs for the entire day's attendance along with their given presentations. Additionally, presenters will receive a one-year ACSM-GNYRC Membership. Poster competition winners will receive a plaque commemorating their achieve.

All questions regarding the abstract submission or the student research award competition should be directed to: Dr. Alex Rothstein GNYACSM Research Chair Email: arothste@nyit.edu

GNYACSM Original Research Abstract – Please do not change any fonts, font sizing, or spacing!

This is My Abstract Title – notice the appropriate uppercase

AUTHOR B. ONE, AUTHOR C. TWO, & AUTHOR D. THREE FIRST THEN LAST NAME, ALL UPPER-CASE

Laboratory Name; Department; University; Location, STATE

Category: Undergraduate/Graduate/Professional (select one & delete other)

Advisor / Mentor: Last Name, First Name (email address) – do NOT hyperlink the email

ABSTRACT

Begin with a short sentence or two with background on the topic. Please include a **PURPOSE**: describing the intent of the study. **METHODS**: how the study was conducted. **RESULTS**: findings of the study should be here. **CONCLUSION**: Reference lists are not generally included.

Please note the abstract headings (they must be included, **bolded**, and UPPERCASE). Do **NOT** change the justification (alignment), font type, font size, or spacing (abstracts should be single-spaced).

All abstracts (maximum 2000 characters without spaces and one page) will be published in the program as submitted.

Direct any questions about this process to Dr. Alex Rothstein (arothste@nyit.edu) to ensure your abstract is formatted properly and submitted successfully.

Once finished, be sure to **delete anything in red**. Once the following is read, please delete it as well:

This abstract has not been presented and will not be presented at any other conference, other than National ACSM. Abstract submission assumes the study has been approved by an appropriate IRB.

GNYACSM Clinical Case Abstract – Please do not change any fonts, font sizing, or spacing!

This is My Abstract Title – *notice the appropriate uppercase*

AUTHOR B. ONE, AUTHOR C. TWO, & AUTHOR D. THREE *FIRST THEN LAST NAME, ALL UPPER-CASE*

Laboratory Name; Department; University; Location, STATE

Category: Undergraduate/Graduate/Professional (select one & delete other)

Advisor / Mentor: Last Name, First Name (email address) – do NOT hyperlink the email

ABSTRACT

Please include a CASE HISTORY: insert text. PHYSICAL EXAM: insert text. DIFFERENTIAL DIAGNOSES: List/discuss 3-5. TESTS & RESULTS: Lab(S), X-ray(S), etc.). FINAL DIAGNOSIS: insert text. DISCUSSION: insert text. OUTCOME OF THE CASE: insert text. RETURN TO ACTIVITY AND FURTHER FOLLOW-UP: insert text. Reference lists are not generally included.

Please note the abstract headings (they must be included, **bolded**, and UPPERCASE). Do **NOT** change the justification (alignment), font type, font size, or spacing (abstracts should be single-spaced).

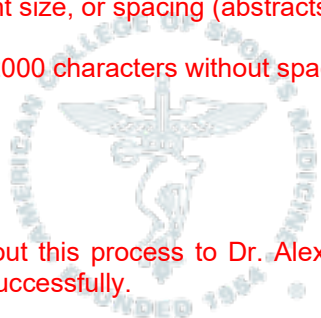
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Access the International Journal of Exercise Science Conference Proceedings site at: <https://digitalcommons.wku.edu/ijesab>

Click on “Submit Abstract” (left side menu)

The screenshot shows the website interface for the International Journal of Exercise Science Conference Proceedings. The left sidebar menu includes options like 'Journal Home', 'Editorial Board', 'Policies', and 'Submit Abstract', which is highlighted with a red box and a red arrow. The main content area features the journal's logo, a list of editors (Editor-in-Chief: T. Scott Lyons, Executive Editors: James W. Navalta and Whitley J. Stone, Editor Emeritus: Brian K. McFarlin), and submission instructions. A red arrow also points to the 'Continue' button at the bottom of the page.

Have your title (in Title case), author emails, and GNYACSM abstract template saved in a known location. Click “Continue”

Follow the instructions below to submit a manuscript to the International Journal of Exercise Science: Conference Proceedings. Shortly afterward, you will receive an email confirming your submission.

The submission process consists of the following steps:

1. Read and accept the Article Submission Agreement
2. Provide information about yourself
3. Provide information about any authors
4. Upload your article and related items

Before you begin, please be sure you have the following items:

- **Article Title**
- An **abstract** (separate from the article body)
- **Keywords** for your article (optional)
- **Subject Area** (optional)
- **Article in one of the following formats: PDF, Microsoft Word, WordPerfect, or RTF.**
 - If you create your own PDF file, please embed all fonts and use Adobe's PDF Distiller instead of PDF Writer to ensure that others can view the article exactly as you intended it to be. Please see our [tips for making your own PDF file](#).

No part of the submission is final until all steps have been completed and you click the final **Submit** button. The review process begins as soon as International Journal of Exercise Science: Conference Proceedings receives a readable article, along with the abstract and article title. You may revise any of these elements later by clicking the submitted article's title on your **My Account** page.

Continue

Read the Article Submission Agreement and click "Accept"

1 Submission Agreement

1

2

3

4

Article Submission Agreement for *International Journal of Exercise Science: Conference Proceedings*

Submit your Abstract to International Journal of Exercise Science: Conference Proceedings

Warranties & Ownership Overview

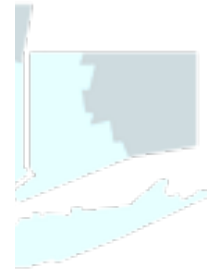
Please review the following submission agreement ("Submission Agreement") and indicate your agreement below.

Thank you for submitting an article to *International Journal of Exercise Science: Conference Proceedings* (the "Journal").

To submit an article (the "Article"):

1. You must be the author, or the authorized agent of the author(s) and copyright holder (if different from the author(s));
2. the author(s) must have approved the work for publication;
3. the author(s) must have agreed to submit the article to the Journal;
4. the author(s) must accept full responsibility for the content of the Article;
5. the Article must be the Author(s) original work and must not contain any libelous or unlawful statements or infringe on the rights or privacy of others or contain material or instructions that might cause harm or injury
6. the Article must not have been previously published, is not pending review elsewhere, and will not be submitted for review elsewhere pending the completion of the editorial decision process at the Journal.

By submitting the Article, you represent and warrant that the above are true.



Please click **Accept** if you accept the policies and terms of this agreement, and continue with the next step in the submission process.

Please click **Decline** if you do not accept the terms.

Accept

Decline

Enter your First/Given name, Last/Family name, and Institutional Affiliation.

****If you are a Fellow of the American College of Sports Medicine, enter FACSM in the suffix dialogue box.**

Click "Continue"



Provide Information about Yourself



about you...

Please make sure that your contact information is complete and correct, as the editors of the journal may need to contact you regarding your submission.

Please be sure to enter your name and affiliation exactly as they should appear on a published article (including appropriate capitalization and punctuation).

Required fields are marked with an *.

First/Given Name *

Middle Initial

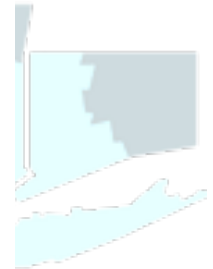
Last/Family Name *

Suffix

(e.g.: "Jr.")

Institutional Affiliation *

(e.g. "University of California, Berkeley")



Continue

Click "Add author" to include coauthors.

Then add the required information and click "Add to list of authors."

**If a coauthor is a Fellow of the American College of Sports Medicine, enter FACSM in the suffix dialogue box.

Repeat until all coauthors are included.

Then click "Continue"



Please click **Add author** to enter each co-author. This will be the final author list that appears on your publication. When you have finished, press **Continue**.

Add Authors



If no email address is entered the author will not be notified about the status of the submission or be able to access or change any information regarding this submission using these web tools.

Author's email address (optional):

Add author

When the list below is accurate and complete, click **Continue**.



Author Detail

Email address

First Name *

Middle Initial

Last Name *

Suffix

e.g.: "Jr."

Institution

e.g.: "University of California, Berkeley"

Add to list of authors

Cancel

Enter the article title (it is not necessary to enter a short title, key words, or select a subject area)

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authors...

(click the back button to change)

REQUIRED Article Title

Please use Headline Style Capitalization --e.g., *The Scholarly Communication Crisis*

Enter your article title:

For submission type, select Greater New York ACSM Abstract

Please select your document type:

Greater New York ACSM Abstract



Abstract

Learn how your abstract can [improve the discovery of your article](#) in Google and Google Scholar.

Type or paste your abstract:

B *I* | | | x_2 x^2 | HTML

|



Paste your abstract into the Abstract dialogue box.

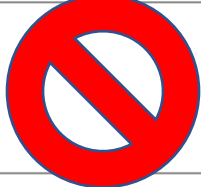
You do NOT need to include a cover page footnote.

Upload the template containing your GNYACSM abstract using the Full Text of Submission radio button.

Cover Page Footnote

Please enter footnote/acknowledgments here and not in body of the manuscript.

Please enter footnote/acknowledgments:



Full Text of Submission

Please upload your primary submission file. If your file is a Microsoft Word or RTF Document, the system will automatically generate a PDF for you.

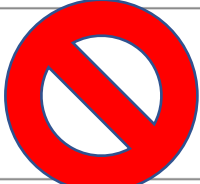
- Upload file from your computer
- Import file from remote site
- Link out to file on remote site

You do NOT need to include a cover letter.

Cover Letter

Clearly state the purpose of the paper and its expected contribution in your cover letter. You may upload your cover letter or use the box below to type or paste the cover letter.

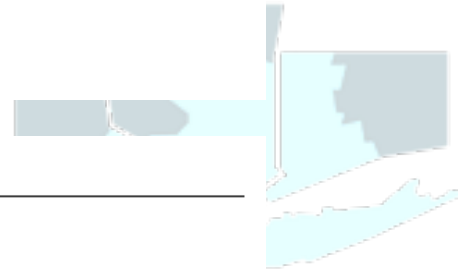
Choose File No file chosen



Completing your upload may take some time; please only click on the submit button once.

Finally, click "Submit" one time.

You will receive an email confirmation that your abstract has been submitted.





ACSM Greater New York Chapter

CALL FOR ABSTRACTS

Accepted abstracts are eligible for presentation during the conference and publication in the International Journal of Exercise Science

CATEGORIES

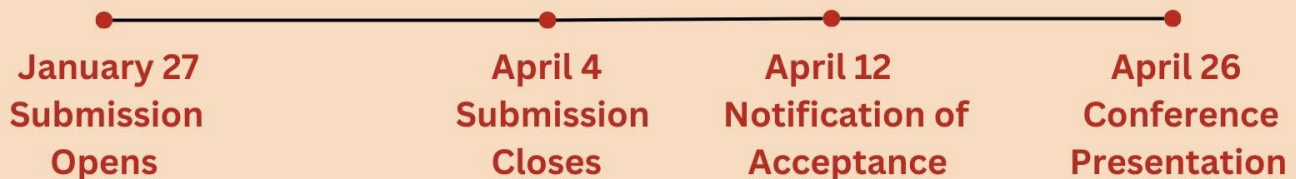
- Undergraduate Original Research
- Graduate Original Research
- Undergraduate Clinical Case Study
- Graduate Clinical Case Study
- Professional (non-competitive category)

IF ACCEPTED

- Publication in IJES
- Poster Presentation
- Plaque Award to the winner of each category

Conference Title: The Science and Art of Personal Training

Important Notes



Where?
NYU Langone Health
550 1st Avenue
New York, NY

When?
April 26th, 2025
From 8AM to 5PM

[Submission Link](#)
(Click Here)

For more information: Contact Alex Rothstein, Research Committee Chair, arothste@nyit.edu