



NORTHLAND CHAPTER OF THE AMERICAN COLLEGE OF SPORTS MEDICINE DIRECTIONS FOR ABSTRACT SUBMISSION

Directions: Please carefully read over the directions and then complete the submission form, providing the information requested.

1. There is no additional fee to submit an abstract for those registered for the Northland ACSM annual meeting.
2. The submission deadline is **Thursday, February 5th, 2026 by 5 p.m. CST**
3. The types of abstracts will be: 1) Scientific Abstract; 2) Case Study Abstract; 3) Meta-Analysis Abstract; 4) Non-Traditional Abstract (Research in Progress, Synthesis of Literature/Systematic Review, Class Project without IRB approval)
4. Only electronic submissions through the [NLACSM Google Submission Form](#) will be accepted.
5. The abstract needs to be submitted as a Word document.
6. Save the abstract documents as "FirstAuthorLastname_First Initial_NL26" (e.g., Doe_J_NL25)

ABSTRACT FORMAT

Abstract narratives are limited to 2,000 characters (not including spaces, title, author names, and institutional affiliations). If including table, chart or graph, character limit will be 1,700 characters.

1. The entire abstract must be typed using Microsoft Word using 1-inch margins, a Times New Roman font, and 12-point font size.
 - a. Adjust line and paragraph spacing to single space and set it to no extra spacing between lines: select line and paragraph spacing → set spacing before and after to zero.
 - b. Align or text to the left (use left alignment).
2. The title of the abstract must be succinct and informative and typed in UPPERCASE and in bold (15-word limit. Title is NOT counted in character count for abstract). The title should start at the top of the page.
3. Skip a line between the title and the next line, which will be the authors line.
4. Type the first name, middle initial, and last name of the authors with Fellows denoted by FACSM (e.g., Joe M. Doe, FACSM).
 - a. Do not include authors' titles or degrees. Include the institutional affiliations of all authors denoted with a superscript number (e.g., Joe M. Doe¹, FACSM). Include the superscript number even if all authors are from the same institution.

- b. Do not list sponsor FACSM members unless they are authors.
- 5. On the line below the authors list the institutions of the authors.
 - a. Do not start the institution list on the same line as authors even if there is space.
 - b. Start the institution with the corresponding superscript (e.g., ¹University of..., City, State).
 - c. Put a semicolon between institutions (if more than one) and start on the same line if space permits.
- 6. Skip a line between the authors and the body of the abstract.
- 7. The text of the abstract must be single-spaced and one paragraph.
 - a. The abstract must be informative, and must include the specific subheadings of PURPOSE:, METHODS:, RESULTS:, and CONCLUSION: in uppercase and bold within the body of the abstract.
 - b. Abstracts must include data to substantiate the findings/conclusions being drawn. The lack of inclusion of data will result in the abstract being rejected.
- 8. Do not use brand names within the abstract.
- 9. Indicate any grant funding information at the bottom of the abstract (not counted in character count). Do this by:
 - a. Skipping a line after the end of the abstract.
 - b. Start with the subheading ACKNOWLEDGEMENTS: This study was funded by ...
- 10. Abstracts may be submitted/presented both at the regional and national ACSM annual meetings.
- 11. You may only appear as first author on one abstract.
- 12. Submissions that do NOT meet the above format instructions will not be accepted. Please refer to the sample abstract provided.

Note: If multiple abstracts are being submitted from the same study, each abstract must have a unique title and purpose, and must include specific information in the methods, results, and conclusion that are directly related to the purpose. You may NOT use the exact same purpose and methods, etc. If the wording in the abstracts is verbatim, then that would qualify as plagiarism, and will result in the abstracts being rejected.

PRESIDENT'S CUP COMPETITION

The President's Cup is a research competition held annually during the national ACSM Annual Meeting. The President's Cup is organized with the assistance of the Student Affairs Committee and ACSM national staff. **Each regional chapter will select one student based** on the quality of presentation at their regional chapter annual meeting and this student will represent the chapter in the President's Cup competition at the national ACSM Annual Meeting. A panel of judges, using an established judging rubric, will select the ultimate winner. ACSM will provide a stipend to each regional chapter winner. The purpose of this is to support student attendance and travel to the ACSM Annual Meeting to present their work at the national-level competition. The stipend will be paid post-meeting after the competitor has participated in the event.

President's Cup Requirements

1. Each regional winner must be a current member of both the national ACSM organization and the Northland ACSM regional chapter.
2. Each regional winner will be required to deliver an oral presentation (with PowerPoint slides) at the 2026 ACSM Annual Meeting.
3. Each regional winner must be a student enrolled in a program at the time of the regional chapter meeting. However, if the student were to graduate before the ACSM Annual Meeting, they are still eligible for the national-level competition.
4. Each regional winner must be able to attend the national ACSM Annual Meeting in Salt Lake City, UT (May 26-29, 2026) for the national President's Cup competition.
5. Current Student Affairs Committee and/or BOT members are NOT eligible for the President's Cup competition.
6. Past President's Cup regional and national winners are NOT eligible for the President's Cup competition.
7. The type of project conducted by the student must align with the mission of ACSM, which is- *To educate and empower professionals to advance the science and practice of health and human performance.*
8. If a student is chosen as the Northland ACSM regional chapter winner, he/she MUST attend the national ACSM Annual Meeting to present their work in the national competition.
9. There should only be 1 presenter for the President's Cup Competition.

President's Cup Format

Each student will give an oral presentation (with PowerPoint slides) lasting 5 minutes, followed by 3 minutes for questions. Each of the following categories be evaluated on a scale of 1 (Unsatisfactory) to 5 (Exceptional), which is consistent with the standardized rubric used to judge the national competition.

1. **Significance:** How well the project relates to the mission statement of ACSM, which is: To educate and empower professionals to advance the science and practice of health and human performance.
2. **Innovation:** The novelty of the project, especially relating to the use of new methodologies, studying of under investigated populations and/or addressing emerging problems relating to exercise and sports medicine.
3. **Project 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 Design and Presentation Skills:** Clarity of the presentation materials/design and description of research project.