ACSM Southeast Chapter

Call for Abstracts for the 2026 SEACSM Annual Meeting

The Southeast ACSM Executive Board is pleased to share the abstract submission information for the **2026 SEACSM Annual Meeting** which will be held on **February 26–28, 2026** in **Greenville, SC**.

We encourage you to submit an abstract to present your completed or ongoing research or share your teaching, research, or clinical expertise. This document includes descriptions of the presentation types, submission instructions, sample abstracts, and information about awards for student and early career researchers.

All abstracts will undergo review to make sure they meet content and formatting criteria before acceptance. Abstracts submitted for a student or early career research award will be subject to additional review to determine finalists for those competitions. Accepted abstracts that are not selected for an award competition will present in a regular oral or poster session.

Abstracts with an ACSM Fellow as a lead author or coauthor or sponsored by an ACSM Fellow will receive an expedited review process. The final acceptance decision is the exclusive right of the Program Committee and Fellow sponsorship does not automatically imply acceptance.

All abstracts from oral, poster, thematic poster, preconference, and student award poster sessions will be published in a special edition of the *Translational Journal of the American College of Sports Medicine (TJACSM)*. This does not alter the policy that research abstracts presented first at the SEACSM Annual Meeting can also be presented at the ACSM Annual Meeting

All abstracts must be submitted through the online portal, **which will open on September 2, 2025**, accessed from the SEACSM Annual Meeting website. **The deadline for submission of all abstracts is 5:00 pm ET on Wednesday, October 1, 2025.** Acceptance notifications will be sent in early November.

Stay informed about the 2026 SEACSM Annual Meeting

We will be posting announcements, updates, and other information about the Annual Meeting on our web page and on our social media platforms.

https://southeast.acsm.org/annual-meeting

@SEACSM Chapter **@SEACSM** **@southeastern_acsm**

SEACSM Abstract Submission Guidelines

Abstracts must be submitted online no later than **5:00 pm ET on Wednesday, October 1, 2025**. Abstracts submitted after this date will not be accepted.

Please read and follow the directions below for the submission of abstracts. Abstract submissions that do not follow the submission guidelines or do not meet scientific or editorial standards will not be accepted.

1. Each person is limited to one first author abstract for this meeting; there is no limit on co-authoring other abstracts.
2. Abstracts must be novel. The work must not have been accepted or presented at another meeting, nor published at the time of submission. Multiple abstracts reporting partial data from a single experiment may be rejected.
3. The same abstract can be submitted first to SEACSM and later to the national ACSM meeting, but not in the reverse order.
4. Studies must comply with ACSM's policy regarding the use of humans and animals in research studies.
5. All abstracts must adhere to the instructions for content and formatting as well as specific requirements for different presentation types described in this document.
6. Students submitting an abstract as first author must include the name of a faculty mentor who has read and approved the abstract prior to submission.
7. The first author (or all authors of a symposium or tutorial) will present at the SEACSM conference. If extenuating circumstances prevent the author from participating, the President-Elect should be contacted as soon as possible to arrange an acceptable alternative. Failure to deliver an accepted presentation will result in the removal of the abstract from the program and a two-year ban on SEACSM presentations for the first author. The faculty mentor (for students) will be notified if the presentation isn't given.
8. Abstracts recommended for acceptance by an ACSM Fellow as a lead author, coauthor, or sponsor will receive an expedited review process. Abstracts received without Fellow endorsement will undergo formal review. Abstracts submitted for a student or early career award will undergo additional review regardless of Fellow sponsorship. The final acceptance decision is the exclusive right of the Program Committee and Fellow sponsorship does not automatically imply acceptance.
9. Authors who use artificial intelligence (AI) tools in the writing of this abstract, production of images or graphical elements of the presentation, or in the collection and analysis of data, must be transparent in disclosing how the AI tool was used and which tool was used in the Methods section of the abstract and presentation. Authors are fully responsible for the content of their manuscript, even those parts produced by an AI tool, and are thus liable for any breach of publication ethics.
10. The email address you provide with your submission will be used to communicate acceptances and other information about the conference. Please double check that you enter in your correct email address to make sure you receive all future communications regarding your abstract.
11. Do not wait until the last day to submit your abstract, as this does not allow time to solve technical problems, should they arise.
12. If you have questions about the abstract submission process, please contact President-Elect Nicole Rendos at nrendos@ihmc.org.

Submit your abstract online

The online abstract submission portal will be available on September 2, 2025, and can be accessed from the SEACSM Annual Meeting web page:

https://southeast.acsm.org/annual-meeting

Preparing Your Abstract

Content and formatting requirements

1. Abstracts must be written in English and grammatically correct.
2. Abstract titles are limited to 15 words. All words in the title must be in CAPITAL LETTERS.
3. Abstracts are limited to 2,000 characters, not including the title or author block. Do not include the title or author information in the abstract.
4. The first and last names and institution of the authors will be included in the author block. Do not include degrees.
5. All acronyms should be defined before first use.
6. Units of measurement should be defined using SI units.
7. The recommended font is 12 point Times New Roman. The use of other fonts may result in the changing or loss of characters and symbols.
8. No figures, tables, or images should be included in the abstract.
9. Include funding and generative AI statements, if applicable.
10. Have your completed abstract reviewed and approved by all authors, Fellow sponsors, and faculty mentors before you submit it.

What you need to know before you submit your abstract

1. Your email address that you check regularly
2. Your abstract title
3. Names and institutions of all authors
4. The presentation type
5. The abstract category
6. Your properly formatted abstract
7. If you have an ACSM Fellow sponsor, that person's name and email
8. If you are a student submitting the abstract, your faculty mentor's name and email
9. For students, if you want to submit for a Student Research Award (talk to your faculty mentor first)
10. For Assistant Professors and Post-Docs, if you want to be considered for the "What's Up Doc?" Competition

Abstract categories

100	Fitness Assessment, Exercise Training, and Performance of Athletes and Healthy People
200	Cardiovascular, Renal, Immune, and Respiratory Physiology
300	Skeletal Muscle, Bone and Connective Tissue
400	Biomechanics and Neural Control of Movement
500	Epidemiology and Biostatistics
600	Physical Activity/Sedentary Behavior/ Health Promotion Interventions
700	Nutrition, Metabolism, and Endocrinology
800	Psychology, Behavior and Neurobiology
900	Environmental and Occupational Physiology
1000	Athlete Care and Clinical Medicine
1100	Clinical Exercise Physiology and Chronic Disease
1200	Exercise is Medicine
1300	Health Equity
1400	Pedagogy and Professional Development

Presentation Types

The 2026 Southeast ACSM Annual Meeting will include the following presentation types. Examples of abstracts for these presentation types are included later in this document.

Original research oral and poster presentations

Describe the results of a completed study involving basic, applied, and/or clinical aspects of exercise science and sports medicine as an oral, poster, or thematic poster presentation.

Pedagogy, research, and professional development tutorials

A discussion of a topic related to research, teaching, or professional development in exercise science and/or sports medicine. Tutorials should emphasize methodologies, techniques, or strategies and include clear learning objectives for attendees to enhance their knowledge and skills.

Research review symposiums

Presentations on topics of current interest to researchers and/or practitioners. These presentations should familiarize attendees with the basics of a subject, review relevant research, and discuss current issues, questions, and problems related to the topic.

Research proposal presentations (students only)

A format for undergraduate and graduate students to present the background, methods, and expected findings for a research project in the proposal stage. These presentations provide an opportunity for students to get feedback in designing a pending study.

Clinical case presentations

Part of the Sports Medicine Physician Track program, these presentations include history, physical examination, differential diagnosis, diagnostic tests performed and results, final working diagnosis and treatment, and outcome for a clinical case.

Want to get involved?

We are looking for volunteers to review abstract submissions, serve on committees, mentor students, and help make the annual meeting run smoothly. There are opportunities for students and professional members to get involved before, during, and after the Annual Meeting. If you volunteered in the past, please complete the form again for this year. Fill out the volunteer form at:

https://southeast.acsm.org/get-connected

Preparing Your Abstract

Original Research (Oral and Poster) Abstracts

Original research abstracts describe the results of a completed study involving basic, applied, and/or clinical aspects of exercise science and sports medicine as a free communication oral, poster, or thematic poster presentation. The program committee will assign the method of presentation (oral, poster, or thematic poster) to balance the program and meet time and space limitations.

Follow the guidelines below when preparing your original research abstract. Make sure you adhere to the content and formatting guidelines and instructions on the online abstract portal when submitting your abstract. Incomplete abstracts or submissions that are missing required information may not be accepted.

Title: The title should be limited to 15 words. All words in the title must be in CAPITAL LETTERS.

Authors: The first and last names of the authors will be included in the author block. Do not include degrees.

Institutions: Include the institution for all authors. Do not include departments.

Body: Do not include the title or author information in the abstract body when you submit it. No figures, tables, or special symbols should be included in the abstract. The abstract must include the following sections, using these headings:

> **BACKGROUND:** One or two sentences that provide a brief context for the research including a clear statement of the purpose of the study.
>
> **METHODS:** Brief statements describing procedures to acquire data, including statistical procedures used to evaluate data and determine significance
>
> **RESULTS:** A summary of the results obtained must be reported.. Lack of inclusion of experimental data or stating that "the results will be discussed" will result in the abstract being rejected. Projects that include only one outcome variable or limited data may be rejected. It is not satisfactory to simply describe what was found (such as, "participants in the treatment group increased their fitness more than the control group") or to only include statistical results (such as, "associations were significant at $p<0.05$").
>
> **CONCLUSIONS:** A statement of the conclusions that are appropriate based on your data

Grant or funding information: Indicate grant or funding information, if applicable.

Generative AI statement: Indicate AI contributions to your abstract by including the following statement, if applicable.

> "Artificial intelligence (AI) tools were used in the collection and analysis of data, writing of the abstract/presentation, and production of images or graphical elements of this abstract/presentation"

Preparing Your Abstract

Pedagogy, Research, and Professional Development Tutorial Abstracts

Pedagogy, research, and professional development tutorials are a discussion of a topic related to research, teaching, or professional development in exercise science and/or sports medicine. Tutorials should emphasize methodologies, techniques, or strategies and include clear learning objectives for attendees to enhance their knowledge and skills. Time for questions and discussion must be included.

Follow the guidelines below when preparing your pedagogy, research, and professional development abstract. Make sure you adhere to the content and formatting guidelines and instructions on the online abstract portal when submitting your abstract. Incomplete abstracts or submissions that are missing required information may not be accepted.

Title: The title should be limited to 15 words. All words in the title must be in CAPITAL LETTERS.

Authors: The first and last names of the authors will be included in the author block. Do not include degrees.

Institutions: Include the institution for all authors. Do not include departments.

Body: Do not include the title or author information in the abstract body when you submit it. The abstract must contain a brief description of the proposed session which includes the purpose and a summary of the major points of the presentation. The specific contributions of each author should be included in the abstract. At least one learning objective should be identified as well as changes attendees should be able to make following your session.

Grant or funding information: Indicate grant or funding information, if applicable.

Generative AI statement: Indicate AI contributions to your abstract by including the following statement, if applicable.

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Preparing Your Abstract

Research Review Symposium Abstracts

Symposiums are "state of the art" presentations on topics of current interest to researchers and/or practitioners. These presentations should familiarize attendees with the basics of a subject, review relevant research, and discuss current issues, questions, and problems related to the topic. Time for questions and discussion must be included.

Follow the guidelines below when preparing your research review symposium abstract. Make sure you adhere to the content and formatting guidelines and instructions on the online abstract portal when submitting your abstract. Incomplete abstracts or submissions that are missing required information may not be accepted.

Title: The title should be limited to 15 words. All words in the title must be in CAPITAL LETTERS.

Authors: The first and last names of the authors will be included in the author block. Do not include degrees.

Institutions: Include the institution for all authors. Do not include departments.

Body: Do not include the title or author information in the abstract body when you submit it. The abstract must contain a brief description of the proposed session which includes the purpose and a summary of the major points of the presentation. The specific contributions of each author should be included in the abstract.

Grant or funding information: Indicate grant or funding information, if applicable.

Generative AI statement: Indicate AI contributions to your abstract by including the following statement, if applicable.

> "Artificial intelligence (AI) tools were used in the collection and analysis of data, writing of the abstract/presentation, and production of images or graphical elements of this abstract/presentation"

Preparing Your Abstract

Research Proposal Abstracts (Students Only)

Research proposals are a way for undergraduate and graduate students to present the background, methods, and expected findings for a research project in the proposal stage. These presentations provide an opportunity for students to get feedback on an ongoing or future study.

Follow the guidelines below when preparing your research proposal abstract. Make sure you adhere to the content and formatting guidelines and instructions on the online abstract portal when submitting your abstract. Incomplete abstracts or submissions that are missing required information may not be accepted.

Title: The title should be limited to 15 words. All words in the title must be in CAPITAL LETTERS.

Authors: The first and last names of the authors will be included in the author block. Do not include degrees.

Institutions: Include the institution for all authors. Do not include departments.

Body: Do not include the title or author information in the abstract body when you submit it. No figures, tables, or special symbols should be included in the abstract. The abstract must include the following sections, using these headings:

> **BACKGROUND** – A short section that provides a brief context for the study, including relevant supporting research and a clear statement of the purpose of the study.
>
> **METHODS -** A description of the participants, procedures to acquire data, treatments, and statistical procedures that will be used to evaluate data and determine significance.
>
> **ANTICIPATED RESULTS -** A description of the expected results of the study, based on previous research.

Grant or funding information: Indicate grant or funding information, if applicable.

Generative AI statement: Indicate AI contributions to your abstract by including the following statement, if applicable.

> "Artificial intelligence (AI) tools were used in the collection and analysis of data, writing of the abstract/presentation, and production of images or graphical elements of this abstract/presentation"

Sample Abstracts

ORIGINAL RESEARCH Abstract

ENERGY EXPENDITURE DURING TREADMILL WALKING AND RUNNING: ACCURACY OF THE 100 KCAL PER MILE ESTIMATE.

Brian Parr, Andrew Hatchett, Lianna Epstein, Rachael Herring, Harli Eggenberger.
University of South Carolina Aiken

BACKGROUND: Energy expended during walking or running can be measured in a lab or estimated based on speed, grade, and body mass. However, these assessments are not easily completed by the general population, so a crude estimate of energy expenditure (EE) of 100 kcals•mile^{-1} is commonly used. Although the equations for estimating EE at a given walking or running speed have been validated, the accuracy of the 100 kcals•mile^{-1} value has not been specifically evaluated. The purpose of this study was to determine the accuracy of the 100 kcal per mile estimate across a wide range of walking and running speeds. METHODS: A sample of 21 participants (age 23.6±8.8 y) walked or ran one mile at a self-selected speed on a motorized treadmill while VO_2 was measured using a Parvomedics TrueOne 2400 metabolic measurement system. The EE was calculated from VO_2 measured after participants achieved steady-state. The significance of differences in measured kcals•mile^{-1}and the 100 kcals•mile^{-1} estimate were determined using t-tests. RESULTS: There were no significant differences between the measured EE and the 100 kcals•mile^{-1} estimate (108.6±31.5 vs. 100±0 kcals•mile^{-1}, p=0.22) across both running and walking speeds (range: 72.4–187.6 m•min^{-1}). There were also no significant differences between the actual and estimated EE at walking speeds (95.6±12.6 m•min^{-1}; 100.1±23.1 vs. 100±0 kcals•mile^{-1}, p=0.98) running speeds (158.8±19.4 m•min^{-1}; 115.0±36.2 vs. 100±0 kcals•mile^{-1}, p=0.18). However, the measured EE during running was significantly higher (p=0.03) than during walking. CONCLUSIONS: The widely used EE estimate of 100 kcals•mile^{-1} appears to be accurate across a wide range of walking and running speeds. While the measured EE during running was significantly higher than during walking, neither was significantly different from the 100 kcals•mile^{-1} estimate. This suggests that this value may be useful for estimating EE for fitness or weight loss purposes in a general population.

PEDAGOGY, RESEARCH, AND PROFESSIONAL DEVELOPMENT TUTORIAL Abstract

HANDS-ON FITNESS ASSESSMENT ACTIVITIES: CONCEPTS IN A COVID/REMOTE TEACHING ENVIRONMENT

James Green[1], Becki Batista[2], John Petrella[3]
[1]University of North Alabama, [2]Appalachian State University, [3]Samford University

Skills and abilities for assessment of health and health-related fitness components are critical for Health/Exercise Science students as they are used to identify current disease risk status and for subsequent development of individualized fitness programs. Such abilities are most effectively developed in a laboratory setting permitting direct student involvement in hands-on activities. However, teaching fitness assessment concepts in an online/remote manner as necessitated in a pandemic environment compromises interaction among students and faculty and consequently hinders direct engagement in conducting various fitness tests/assessments. Without direct involvement, students may fail to adequately develop these skills, and with imprecise test data, the resulting health/fitness program may be impaired. The purpose of this presentation is to discuss the use of technology-based instructional modalities allowing increased effectiveness of teaching assessment techniques relevant in a health/fitness setting. Dr. Green will discuss the use of video instruction, Dr. Batista will describe self-assessment of personal fitness, and Dr. Petrella will discuss evaluation and dissemination of results to clients. The learning objectives are to a) improve content delivery expertise when providing instruction in a remote/online environment and b) encourage implementation of activities relevant to skill development in such an environment. The target audience for this tutorial will be faculty or others who may be required to teach in a remote/online or hybrid model.

Sample Abstracts

RESEARCH REVIEW SYMPOSIUM Abstract

BLOOD FLOW RESTRICTION: IMPORTANT UPDATES AND APPLICATIONS

Matthew Jessee[1], Grant Mouser[2], Samuel Buckner[3]
[1]University of Southern Mississippi, [2]Troy University, [3]University of South Florida

Blood flow restriction (BFR), by itself or combined with low-load resistance training, has been shown to elicit both skeletal muscle and cardiovascular adaptations. Using pneumatic cuffs, elastic wraps, or other devices applied at the most proximal portion of the limbs, BFR decreases arterial flow and limits venous return. As BFR training has become more popular in athletic, clinical, and general populations, literature has placed a greater focus on standardizing BFR methodology. Specifically, efforts have been made to understand variables affecting the amount of pressure applied and how that pressure influences muscular and cardiovascular responses. In addition, the understanding of the mechanisms involved in how BFR works is evolving. Given the greater implementation of BFR in a range of populations, the purpose of this symposium is to discuss the application and adaptations of BFR training. Dr. Jessee will share important considerations and current best practices in the application of BFR, Dr. Mouser will discuss the cardiovascular adaptations observed following low-load resistance training combined with BFR, and Dr. Buckner will discuss muscular adaptations observed following low-load resistance training combined with BFR. Researchers and practitioners will gain an understanding of the latest recommendations for standardized BFR application, an understanding of BFR mechanisms, and what adaptations can be expected following a program that includes BFR. Researchers and practitioners may change how they apply restrictive pressure and will be able to better design protocols to elicit desired adaptations.

RESEARCH PROPOSAL Abstract

THE EFFECT OF INDOOR VERSUS OUTDOOR EXERCISE ON MOOD

Morgan Bookstaver, Brian Parr
University of South Carolina Aiken

BACKGROUND: Depression is a clinically significant mood disorder that affects a large percentage of the population and is one of the leading health concerns because of the overall negative effects on physical and mental health. Exercise has known health and fitness benefits that can occur with as little as 30 minutes per day. Additionally, exercise can be used as a form of treatment for many depressed patients because it often improves their functional status, reduces effects of potential medical co-morbidities, and improves self-esteem. Previous studies have shown a relationship between engaging in exercise of varying intensities and the reduction of depressive symptoms, negative mood, and anxiety levels. In addition, studies have shown a correlation between contact with nature and improved mood and decreased anxiety levels. The purpose of this study is to determine the effect of a single bout of indoor or outdoor exercise on mood. METHODS: I plan to recruit 40 male and female participants between the ages of 18 and 45 for participation in this study. Each participant will complete two 30-minute sessions of moderate-intensity exercise in two environments (indoor track or outdoor walking path), with the condition order counterbalanced, and one week between sessions. Participants will be asked to keep their walking pace at a self-determined level of moderate-intensity exercise and intensity will be monitored by RPE and heart rate recorded every lap. Mood and anxiety will be assessed using the Positive and Negative Affect Schedule (PANAS) administered before and after each exercise session to detect any changes due to the exercise and/or environment and the state portion of the State-Trait Anxiety Inventory (STAI) to assess potential lasting effects on mood. Results will be analyzed using repeated measures ANOVA to determine the significance of differences between indoor and outdoor exercise. The reliable change index will also be used to assess whether changes in mood and anxiety meet clinical significance. ANTICIPATED RESULTS: It is hypothesized that outdoor exercise will have a greater positive influence on mood and anxiety compared to the same exercise done indoors.

Preparing Your Abstract

Clinical Case Abstracts (Sports Medicine Physician Track Program)

Clinical case studies are presented as part of the Sports Medicine Physician Track program at the SEACSM annual meeting. Presentations include history, physical examination, differential diagnosis, diagnostic tests performed and results, final working diagnosis and treatment, and outcome for a case.

All submissions must include contact information and email address. There is a 500 word limit, not including title. The following format should be followed when preparing your clinical case study abstract.

- **Title** of case
- **History** including history of present illness, past medical history, medications, allergies, etc.
- **Physical Examination**
- **Differential Diagnosis List**
- **Data** including diagnostic tests performed and results, laboratory studies performed and results, etc.
- **Final Working Diagnosis and Treatment**
- **Outcome**

The deadline for clinical case abstract submissions for the 2025 annual meeting is Friday, December 5, 2025 at 5:00 pm ET. Authors of cases that are accepted for presentation during the 2026 SEACSM Sports Medicine Physician Track program will be notified in early January 2026.

How to submit your Clinical Case Abstract

Please prepare your case abstract as a Microsoft Word document and send it as an e-mail attachment directly to:

Kathleen Roberts, MD

Kathleen.roberts@uky.edu

Awards and Honors

SEACSM Student Research Awards

Southeast ACSM is proud to highlight and reward outstanding research conducted by students at our annual meeting. Students are encouraged, following consultation with their faculty mentor, to submit their research projects for additional review for a Student Research Award. The Student Research awards categories include undergraduate, masters, and doctoral. The criteria require that the student made substantial contributions to the study design, data collection, and abstract preparation and that this is the first submission of the data.

If you would like to be considered for one of these awards, indicate this when submitting your abstract. Make sure you indicate for which award category (undergraduate, masters, or doctorate) you are applying. For the 2026 SEACSM Annual Meeting, students can submit their abstracts for the student competition if they were a student during the time of their data collection. In other words, if an undergraduate student collected data in the spring of 2025, they can submit their abstract for the 2026 SEACSM meeting as an undergraduate student. Likewise, if a masters or doctoral student and collected data in the spring of 2025, they can submit their abstract for the 2026 meeting as a masters or doctoral student.

Accepted abstracts will undergo additional review and finalists in Undergraduate, Masters, and Doctoral categories will be invited to present to a panel of judges at special Student Research Award thematic poster sessions at the Annual Meeting. Each of these finalists will be required to submit a PDF file of their final poster one week before the meeting for the judges to review. Those not selected as a finalist for the Student Research Award will present their posters in a regular poster session.

Awards for the top three winners from each category will be presented at the luncheon on Saturday, February 28, 2026. If you are a finalist for a Student Research Award, you must attend the lunch. The winner in the Doctoral category will represent the Southeast Chapter in the President's Cup at the 2026 ACSM Annual Meeting.

What's Up Doc? Assistant Prof/Post Doc Research Competition

What's Up Doc? is a competition for Assistant Professors and Postdocs to present their research in a rapid-fire format. The presentations include a five-minute slide presentation followed by five minutes to answer questions from the audience and judges. Awards for the top three presentations will given at the lunch on Saturday, February 28, 2026.

Interested in joining the competition? Select this category when you submit your abstract. Four Postdocs and four Assistant Professors will be chosen from the submitted abstracts to be in the competition. Those not selected for the *What's Up Doc?* competition will present in a regular oral or poster session.

Connect with SEACSM

SEACSM Executive Board Members

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Keep in touch!

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