

## PREPARING YOUR MARC ACSM ABSTRACT

### Abstract Submission Process

1. You must complete all the fields in the online abstract submission form and follow all instructions below.
2. Abstracts must be saved in the .doc or .docx formats compatible with Microsoft Word.
3. All student abstracts must have a faculty sponsor who is also listed as an author on the abstract.
4. **Final abstracts submissions: DUE by 11:59PM ET on Friday, September 11<sup>th</sup>, 2026. The ONLINE submission site will be closed after that day/time.** A general notification message that an abstract has been received will be sent to the first author following submission. First authors will be notified whether their abstract has been accepted no later than October 2<sup>nd</sup>, 2026.
5. The first author must present the abstract at the conference if the abstract is accepted. **You may only appear as first author on one abstract but may co-author as many abstracts as desired.** If a person submits more than one abstract as the first author, only one abstract will be accepted, and all others will be rejected. Authors should note that this abstract may be submitted/presented both at the regional and national ACSM annual meetings.
6. You will be asked to select a presentation format during submission. This does not guarantee this presentation format of the abstract if accepted.
7. Student abstracts may be judged for awards, if eligible. An option to opt-in or opt-out of judging is provided during abstract submission.
8. All scientific abstracts that are accepted will be published online in a journal conference proceedings section unless the submitting author opts-out during the submission process.

### Abstract Structure Requirements

1. Abstracts that do not adhere to these guidelines may be rejected without review. We recommend that you review the example to make sure your abstract meets the requirements for acceptance. **A template word document is also provided below.**
2. Abstracts must be written in English.
3. Use **Arial or Helvetica 11-point font.**
4. Abstracts must be **no more than 2,000 characters** (not including spaces, title, or author block). Tables, charts, and graphs count as 300 characters.
5. The **Title of the Abstract Should Be Bold and Typed Using Title Case** and no more than 15 words.
6. Authors and affiliations should be listed on separate lines. The author line should provide the first name, middle initial, and last name of each author. On the next line list the institution, city and state of the author affiliations. Academic departments and titles should *not* be included. If multiple institutions are represented in the abstract, please use a numerical superscript following each author with corresponding superscript in front of the institution (see example).
7. Skip a line between the author affiliations and the body of the abstract.
8. The body of the abstract should be single-spaced and one paragraph and **MUST** include the following headings: **PURPOSE, METHODS, RESULTS, CONCLUSION.**
9. The primary focus and substance of the submitted abstract/case must be novel. The significance and novelty should be highlighted in the conclusion section of the abstract.
10. Studies must comply with [ACSM's policy statements](#) regarding the use of humans and animals in research studies.

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11. Abstracts of experimental studies MUST include experimental data that substantiates the conclusions of the abstract. Generally describing results (such as, “the experimental group lost more weight than the control group”) or including only p values (such as, “results were significant at  $p < .05$ ”) are not acceptable. The lack of inclusion of experimental data may result in the abstract being rejected.
12. Use standard abbreviations, symbols, and punctuation as used in the journal *Medicine & Science in Sports & Exercise*. When using abbreviations in the body of the abstract, spell out in full the first mention, followed by the abbreviation in parentheses.
13. Do not use brand names in the abstract.
14. Disclosures and grants should be included at the bottom separate from the body of the abstract. Provide the funding agency and grant number supporting the research reported. If needed, use a separate line to indicate any conflicts of interest. Any potential conflicts of interest must be disclosed on the abstract, slide presentations, and/or poster presentations.

Please direct questions to Evan Matthews, PhD, Research Committee Chair at [MatthewsE@montclair.edu](mailto:MatthewsE@montclair.edu).

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### Example Abstract:

#### **Autonomic Function Predicts Change in Cerebrovascular Pulsatility During Cognitive Stress in Healthy Young Adults**

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Neurovascular coupling (NVC), the process linking neural activity to cerebral blood flow, is essential for cognition and overall brain health. During cognitive stress, the cerebral microvasculature dilates to reduce cerebrovascular resistance, thereby increasing cerebral blood flow and supporting efficient NVC. Autonomic regulation may influence cerebrovascular resistance, but this relationship is not well characterized in young adults. **PURPOSE:** This study examined whether resting heart rate variability (HRV), a measure of autonomic regulation, predicts pulsatility index (PI), a marker of cerebrovascular resistance, during cognitive stress in healthy young adults. **METHODS:** Data from 82 participants (21.1 ± 3.2 yrs; 72% female; 46% White, 15% Black, 31% Hispanic, 5% Asian, 4% multiracial) were analyzed. Resting HR was recorded via a chest strap and HRV assessed in the frequency domain as high frequency (HF) power, low frequency (LF) power, and LF/HF ratio (a measure of sympathovagal balance). Middle cerebral artery mean blood velocity (MnV) and PI were measured using transcranial Doppler during an incongruent Stroop task, and percent change from baseline was calculated as a reflection of NVC (with reductions in MnV and increases in PI signifying lower NVC). Correlations and multivariable linear regression adjusting for age, sex, body composition, and blood pressure tested associations between HRV and cerebrovascular indices. **RESULTS:** Stroop elicited increases in relative MnV ( $\Delta\text{MnV} = +8.3 \pm 7.9\%$ ,  $p < .001$ ) and decreases in PI ( $\Delta\text{PI} = -5.6 \pm 9.6\%$ ,  $p < .001$ ). LF/HF ratio correlated positively with  $\Delta\text{PI}$  ( $r = 0.379$ ,  $p < .001$ ), while HF power correlated negatively ( $r = -0.196$ ,  $p = .039$ ). Regression analysis confirmed LF/HF ratio as a significant predictor of  $\Delta\text{PI}$  after covariate adjustment ( $\beta = 0.298$ ,  $p = .004$ ), explaining 30.3% of the variance (Adj.  $R^2 = 0.303$ ,  $p < .001$ ). **CONCLUSION:** Higher resting sympathovagal balance was associated with elevated PI during cognitive stress, reflecting increased cerebrovascular resistance and reduced NVC. This is a novel study linking resting autonomic balance to cerebrovascular pulsatility during cognitive stress in young adults.

Supported by NIH NIMHD R03 MD011306.

The authors declare no conflicts of interest.

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### MARC ACSM Abstract Template:

#### **Insert Your Title of No More Than 15 Words Here**

First Name MI. Last Name<sup>1</sup>, First Name MI. Last Name<sup>2</sup>.

<sup>1</sup>University of City, City, PA, <sup>2</sup>Fake State University, Fake, PA

It is generally helpful to include a sentence or two on the background or premise of the study.

**PURPOSE:** A specific purpose or purposes of the study go here. You may also include hypotheses. **METHODS:** Methods should be detailed enough for readers to generally discern who the subjects were, how the study was completed, highlighting the most salient techniques, and a brief overview of the major statistics used, as well as summary statistics format. **RESULTS:** Results should highlight the most meaningful findings using appropriate summary statistics and comparisons (where applicable) WITH p-values (i.e., present both). **CONCLUSION:** Using a sentence or two, summarize the overall take home message of the study and how the results are novel.

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The authors declare no conflicts of interest.