

RESEARCH COUNCIL POSTER SESSION GUIDELINES

1. At both the ASAPERD Fall Conference and the ASAPERD Spring Conference, research poster sessions are provided that are devoted to research abstracts. The deadline for the submission of fall abstracts is October 1 of each year, and the deadline for submission of spring abstracts is March 15 of each year. The submission of research abstracts is open to future professionals (undergraduate and graduate students), faculty members, and other professionals working in the field.
2. Abstracts must be submitted electronically to the ASAPERD Executive Director, dhester@asaperd.org. Abstracts will be reviewed by the officers of the Research Council, and notification of acceptance will occur within two weeks. If accepted for the poster session, the date and time of the session will be sent to the first author of the abstract once the final program for the convention has been established.
3. Students are encouraged to submit research that has been previously presented at other state and/or regional professional meetings. Research presented at any national convention/conference may not be submitted.

Submission Criteria

1. The first author must attend the ASAPERD meeting, be a member of ASAPERD and have paid the appropriate registration fees. Any additional author attending the meeting must be a member and pay registration fees as well.
2. The first author **MUST** be present during the entire session to answer questions or discuss the findings.
3. Each person is only permitted to submit and be first author on one abstract.
4. All future professionals' abstract submissions must be sponsored by a faculty member. The faculty member's name and e-mail address must be clearly indicated on the submission form.

Abstract Format Instructions

1. All research **MUST** be completed. The results and discussion may not indicate that results will be discussed during the time of the presentation.
2. All abstracts should include a **Purpose, Methods, Results, and Conclusion**. These should be included in the abstract (in bold type) to delineate sections of the abstract.
3. The title of the article should be limited to 15 words.
4. All authors should be listed in order of work or effort placed in the study and the institutional affiliation of the authors should immediately follow the listing of authors.
5. All abstracts **MUST** be submitted using Microsoft Word (PC-format preferred).
6. All abstracts must be written in English.
7. Abstracts not meeting the above format instructions may not be accepted.

Please see below for abstract proposal form and sample abstract. Complete the attached form and replace the sample abstract with your abstract.

Research Poster Session - ASAPERD Conference Call for ABSTRACTS

Submission to be considered for: Spring _____ (deadline March 1) Fall _____ (deadline October 1)

Check one:

Future Professional College/University Faculty Other

Name, address, and primary email of first Author:

Name, address, and primary email of faculty sponsor (If "future professional"):

Typing your name is your Electronic Signature

(Note: Submitting an abstract and submitting with an electronic signature signifies your intent to attend and present the poster at the conference requested above)

1. The first author must present the abstract.

2. You may only appear as first author on ONE abstract.
3. The first author and any other authors attending the conference must be members of ASAHPERD and pay the appropriate conference registration fees.

SAMPLE ABSTRACT (not real data)

Title: The Effect of Taurine on Maximal Cycling Performance

Authors/Affiliations: T. P. Jones, X. M. Green, Arizona State University, Tempe, AZ.

A. B. Smith, University of Minnesota, Minneapolis, MN.

Purpose: The purpose of this study is to determine the effects of taurine on VO_{2max} , heart rate (HR), rating of perceived exertion (RPE), volume oxygen (VO) and respiratory exchange ratio (RER) during cycling exercise. It was hypothesized that an intake of taurine before maximal exercise would increase fat metabolism during exercise as compared to a placebo. It was also hypothesized that an intake of taurine would decrease RPE, VO_{2max} , and heart rate during cycling exercise.

Methods: Female participants ranging from ages 21- 26 years were recruited. Two trials were administered with a minimum of three days between trials utilizing a randomized blind design. The participants were given one trial with taurine and one trial with a placebo. The amount of taurine given was 1mg/kg of body weight. The subjects then performed a VO_{2max} cycling test using a Monarch cycle ergometer and a ParvoMedics metabolic cart. **Results:** RPE was significantly lower in trial 1 compared to trial 2 (11.9 ± 0.2 and 12.7 ± 0.2 , respectively, $p = 0.001$). There were no significant differences between trials for VO_{2max} ($p= 0.2$), RER ($p= 0.8$), VO_2 ($p= 0.2$), and HR ($p= 0.5$). **Conclusions:** Taurine reduces perception of effort during cycling exercise, but has no physiological effect on HR, VO_2 , VO_{2max} , or RER.