



ABSTRACT GUIDELINES

BASES invites abstracts in the following sport and exercise science-related themes.

1. Biomechanics and Motor Behaviour
2. Physical Activity for Health
3. Physiology and Nutrition
4. Psychology
5. Sport and Performance.

The **deadline** for all abstract submissions (free communication presentation, poster and 5 slides in 5 minutes free communication presentation) is **10am Monday 10 June 2024**.

Abstracts should be no more than 400 words, containing no tables or figures, sub-headings or paragraph breaks.

Word counts are calculated using the word count tool in Word. Abstract title, authors and institutions are not considered in calculating the wordage.

Studies using qualitative and/or quantitative methods are invited.

Meta-analyses and systematic reviews are invited, but literature reviews are not permitted.

On the on-line submission form the presenting author, on behalf of all of the authors, needs to declare that the material submitted is original and unpublished, and that it is not under consideration for presentation elsewhere. The only exception to this is that BASES student members are allowed to submit the same material to both the BASES Annual and Student Conference in the same year.

Types of abstracts

Two types of abstracts are available:

1. **Scientific communication.** A scientific communication is an opportunity to share findings from scientific research.
2. **Applied practice.** An applied practice presentation is an opportunity to share findings from applied practice. The presentation could include findings from or reflections on applied work. These sessions should be particularly useful for practitioners and those members on supervised experience and/or seeking re-/accreditation. The aim of such abstracts is to allow practitioners to broadcast evidenced-based practice. As such, there should be clear evidence that the work is underpinned by theory and research. The needs analysis undertaken to determine the client's requirements and the content of the resulting support/intervention package should be explained. The results should be presented in a format that is not only practically relevant but academically defensible. Authors are encouraged to explain how the results of the work have contributed to knowledge and practice in the field.

Format of presentation

Three presentation formats are available:

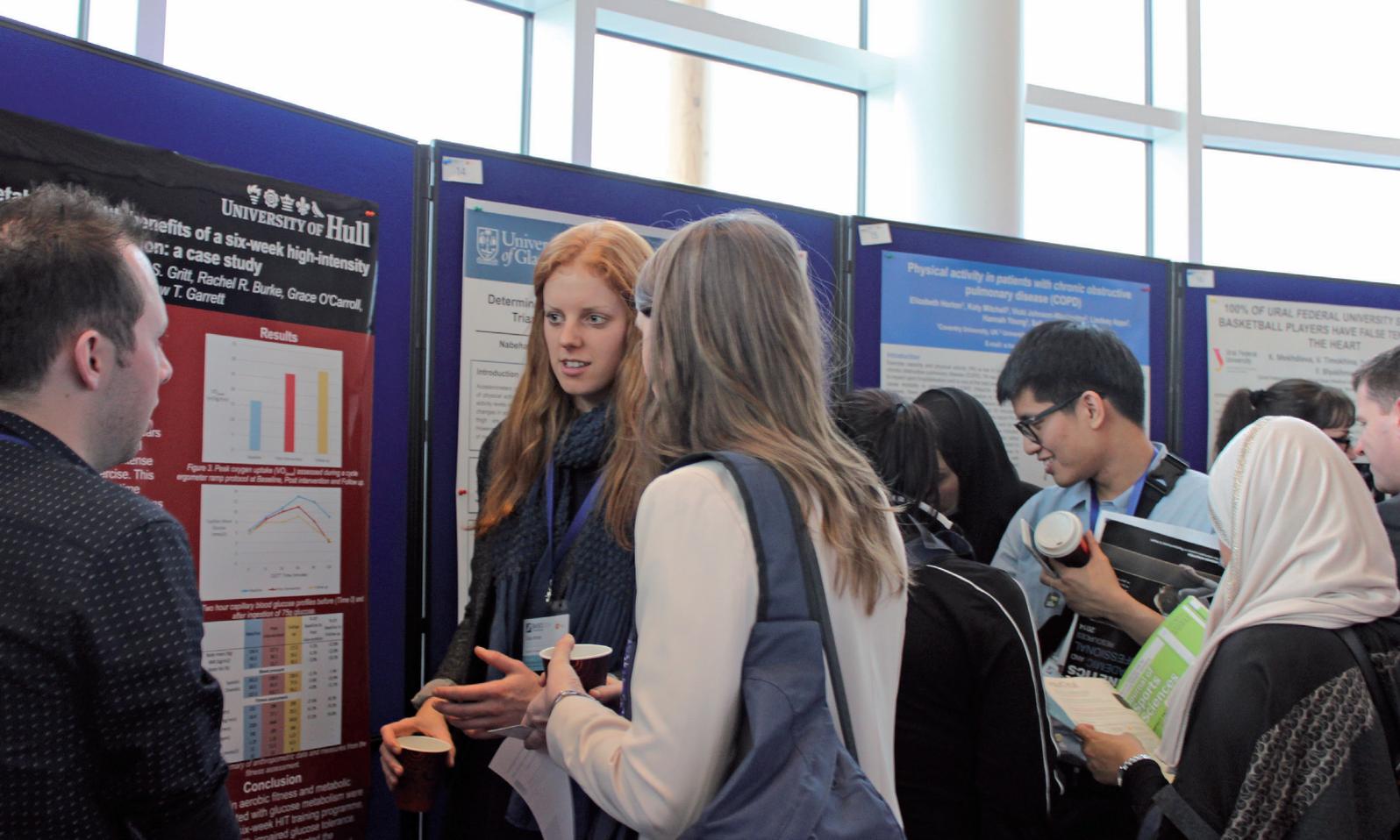
1. **Free communication presentation** - a 10-minute presentation of your work followed by questions, in a chaired session with other presenters. For programming reasons, slots for free communication presentations are limited and preference will be given to those demonstrating excellence in terms of originality, significance and rigor.

All accepted conference abstracts will be published in an online supplement of the *Journal of Sports Sciences*. Free-access will be available upon publication of the supplement, until 31 January 2025, at www.tandfonline.com/rjssp. From 1 February 2025 onwards, BASES members can gain online access to the supplement, as well as the current volume of the *Journal of Sports Sciences*, by subscribing at the discounted rate of: £70 for regular member; and £29 for student members.

Published in affiliation with BASES, *Journal of Sports Sciences* publishes articles of the highest standard.

2022 Impact Factor: 3.4. Ranking: 20/87 (Sport Sciences)
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2. **Poster presentation** - your poster will be grouped according to disciplines, with the session chaired to allow a two-minute oral presentation of the poster with Q&A.
3. **5 slides in 5 minutes free communication presentation** - this presentation format entails a 5-minute presentation of empirical results followed by 2 minutes of questions in a chaired session of short communications.

Number of submissions from each person and research team

To assist with programming, each person is only permitted to submit an abstract as first named author for **one** free communication **or** 5 in 5 free communication presentation and **one** poster presentation. Normally only two abstracts from any **one research group** may be presented.

The first named author must present the abstract.

Presenters must pay the delegate fee for the conference by the specified deadlines. Otherwise, their abstracts will be withdrawn from the conference programme. Abstracts will be published in the online supplement of the *Journal of Sports Sciences* following the conference. Abstracts will not be published if the presentation is not delivered at the conference.

Abstract proofs

After the conference, authors of accepted abstracts and who presented at the conference will be sent abstract proofs for minor amendments before their abstract is published. Corrections, to be returned by a deadline, must be limited to answers to queries, typographical and essential corrections only. Once the deadline has passed then changes cannot be made to the abstract.

Abstract review process

Abstracts will be reviewed and authors will be notified of one of the following decisions:

1. Accept
2. Accept with minor amendments
3. Reject.

1. Abstract format guidelines

- 1.1 The following guidelines are designed to assist authors prepare their abstracts. Because of the differences across research methods, there is no one prescribed format for an abstract. Authors are encouraged to use a format most appropriate for the methods used.
- 1.2 Authors must adhere to the *Journal of Sports Sciences* guidelines for authors, extended guidelines are available here: <https://bit.ly/3T4qe6y>
- 1.3 Some important style points include:
 - British English spelling and punctuation is required.
 - Please use double quotation marks, except where "a quotation is 'within' a quotation".
 - Present dates in the format: 20 December 2023.
 - Abbreviations, units and symbols should conform to Systeme International d'unites (SI units).
 - For all abbreviations other than units, write the word or words to be abbreviated in full on the first mention followed by the abbreviation in parentheses.
 - Avoid the use of non-standard abbreviations within the text.
 - Use capital and italic "P" for p values; use "years" not "yrs"; use "min", "h", "s" for minutes, hours, seconds. See extended style guidelines online for more information.
- 1.4 Authors are encouraged to include social media contact details, such as X handles, as part of their correspondence details.



- 1.5 An example abstract is provided overleaf. It is anticipated that most abstracts will follow the format of:
- A *title* that should be concise and reflect the work being described. Only the first word begins with a capital letter, unless a proper noun is used. Do not include any acronyms in the title.
 - Author names and affiliations* formatted as per the example abstract. Please also provide an email for the corresponding author and a social media handle here if they wish for it to be associated with the abstract.
 - A *brief introduction* in which the authors need to present the theoretical and/or empirical framework that the study builds upon, or is related to.
 - All research should have an *aim/purpose*, which should outline the principal objectives and scope of the study. For a quantitative research design that tests a specific hypothesis, it might be: "Therefore, the purpose of this study was to investigate the influence of A on B". It should be emphasised that the authors are encouraged to state the purpose of the work concisely and if the purpose was exploratory, then this should be stated.
 - The *methods* section describes the sample and how data were collected and analysed so that other researchers could repeat the research. Please use the term 'participants' (not 'subjects'). There needs to be a statement indicating that ethical approval was granted for studies involving human or animal participants. For example, "With institutional ethics approval..." Metrics by which outcomes of analyses are to be evaluated should be stated. Preferred metrics are effect sizes or confidence intervals of differences/change rather than probabilities.
 - Authors must provide a clear explanation of their *results* and are encouraged to use the most appropriate format to do this. Quantitative researchers should report effect sizes and *P* values (e.g. $P = 0.048$). $P < 0.01$ is appropriate for values exceeding 3 decimal places (e.g. $P = 0.000021$). Qualitative researchers are encouraged to use themes and/or quotations to illustrate their findings.
 - In the *conclusion* authors must conclude the relevance of their findings in relation to existing knowledge. This could be theory, research, and/or practice. Authors are encouraged to provide clear recommendations on the value of their work and reflect on the extent to which findings relate to one or more educational, professional development or applied issues for sport and exercise

scientists. The concluding sentence should provide a clear "so-what?" i.e. a statement of how knowledge has been advanced or practice should be changed.

- The font should be Arial size 12. Statistical abbreviations should, normally, be italicised.
- References must be kept to an absolute minimum and must be used only if essential. When used, any references must be incorporated into the text of the abstract. The required style of referencing for abstracts is shown in section 2.

2. Referencing

Referencing must follow the APA reference guide provided at: www.tandf.co.uk/journals/authors/style/reference/tf_APA.pdf

The following are examples illustrating the referencing method to be used.

- The resultant hand forces were calculated and projected onto the forward direction (propulsive force) for each phase of the stroke (Schleihauf, A.A., 1979, In J. Terauds & W. Bedingfield (Eds.) *Swimming III* (pp. 300-316). Baltimore, MD: University Park Press). [This illustrates the citation of a paper or chapter in a book].
- A 1% treadmill grade was used, after the recommendations of Jones and Doust (1996, *Journal of Sports Sciences*, 14, 321-327). Our findings were similar to those previously reported (e.g. Jones & Doust, 1996). [This illustrates the first and second citations of a journal paper].
- Propelling efficiency was defined as ... (Toussaint, 1988, *Mechanics and energetics of swimming*. Amsterdam: Rodopi). [This illustrates the citation of a book].
- The differences between groups for the nine release parameters from Best *et al.* ([1993]. *Journal of Sports Sciences*, 11, 315-328) ... [This illustrates the citation of a source, here a journal paper, with more than two authors].

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Influence of cold-water immersion on indices of muscle damage after prolonged intermittent shuttle running

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Start of introduction, 1.5c

Correct referencing method, do not use abbreviated Journal Titles (see section 2 for examples)

Start of main measurements

Cold-water immersion (cryotherapy) can aid recovery from muscle-damaging exercise (Eston and Peters, 1999, *Journal of Sports Sciences*, 17, 231-238). Participation in sports that involve prolonged periods of variable-speed running frequently result in damage that is reflected in delayed onset of muscle soreness. Therefore, the aim of this study was to assess effects of cold-water immersion on indices of muscle damage after the completion of the Loughborough Intermittent Shuttle-Running Test (LIST) (Nicholas and Nuttall, 2000, *Journal of Sports Sciences*, 18, 97-104). Participants performed six 15-min blocks of activity that included walking, jogging, cruising and sprinting in a pattern that is common in sports such as football. Completion of the LIST results in muscle damage and soreness (Thompson, Nicholas and Williams, 1999, *Journal of Sports Sciences*, 17, 387-395). With institutional ethics approval, 20 men (mean age: 22.3 ± 3.3 years; stature: 1.80 ± 0.05 m; body mass: 83.7 ± 11.9 kg) (mean ± s) completed 90 min of the LIST protocol. After exercise, participants were randomly assigned to either 10 min cold-water immersion (10 ± 0.5 °C) ($n = 10$) or a non-immersion control group ($n = 10$). Ratings of perceived soreness, changes in muscle function and efflux of intracellular proteins were assessed before exercise, during treatment and at regular intervals up to 7 days after exercise. Exercise resulted in severe muscle soreness, temporary muscle dysfunction, and raised serum markers of muscle damage. All peaked within 48 h after exercise. Cryotherapy administered immediately after exercise reduced muscle soreness at 1, 24, and 48 h ($P < 0.05$). Decrements in isometric maximal voluntary force of the knee flexors were less after cryotherapy at 24 (12 ± 4%) and 48 h (3 ± 3%) than without (21 ± 5%) and mean 14 ± 5% (mean ± sx) respectively; $P < 0.05$). Exercise-induced increases in serum myoglobin concentration and creatine kinase activity peaked at 1 and 24 h, respectively ($P < 0.05$). Cryotherapy had no effect on the creatine kinase response, but reduced myoglobin 1 h after exercise ($P < 0.05$). The results suggest that cold-water immersion immediately after prolonged intermittent shuttle running reduces soreness and indices of exercise-induced muscle damage and could be a useful aid to recovery.

Start of aim/purpose, 1.5d

Start of method, 1.5e

There should be a statement indicating that ethics approval was granted

Start of results, 1.5f

Start of conclusions and recommendations, 1.5g

Checklist

- The abstract is no more than 400 words, contains no tables or figures, sub-headings or paragraph breaks.
- Abstract title.
- Author names (no titles such as Prof/Dr/FBASES).
- Authors' affiliations/institutions. Please don't include departments.
- Corresponding author's email address.
- Corresponding author's social media handle (optional).
- The abstract contains: a brief introduction to the study; aim/purpose; participants, design and methods and treatment; main measurements; results (effect sizes and confidence intervals of difference/change are preferred to P values); conclusions and recommendations.
- A statement indicating that ethics approval was granted.
- References are in the correct format.