



May 26-30, 2020 • San Francisco, California USA

# 2020 Annual Meeting Proposal Information

All Proposals Are Submitted Electronically

**Deadline: Thursday, June 20, 2019**

Please read the enclosed information prior to visiting the submission site.



## 2020 Annual Meeting Proposal Information

The ACSM Program Committee would like to invite you to submit a proposal for the 2020 ACSM Annual Meeting and World Congress on Exercise is Medicine® scheduled for May 26 – May 30 in San Francisco, CA. The Program Committee can not emphasize enough the importance of being an active participant in creating the scientific, clinical and educational program. Please read all of the information included here before submitting.

**Deadline:** Proposals are due **Thursday, June 20, 2019 (11:59 p.m. PST)** and are only being accepted electronically. The submission site can be found by visiting the Annual Meeting website at [www.acsmannualmeeting.org](http://www.acsmannualmeeting.org).

**Pre-Planned Programming:** The ACSM Program Committee Topical Representatives have developed Highlighted Symposia for each category, which have been approved for the 2020 Annual Meeting. These sessions are intended to enhance the quality of science and medicine at the meeting, presenting cutting edge state-of-the-art information by renowned speakers in the respective fields. A listing of these sessions is included on the next page.

**Session Types and Topical Categories:** A listing of session types and topical categories are attached for your review prior to submission.

**Speaker Remuneration:** Because the ACSM Annual Meeting continues to grow in size, complexity and quality, the Program Committee has adopted several strategies to alleviate the additional pressures placed on finances, staff resources and meeting logistics. See attached ACSM Policy on Reimbursement for Annual Meeting Participants.

*Cost Containment* - We recognize the desire and value of non-member experts participating in the program; however, we must be prudent by following the guidelines below: 1) only use a non-member speaker when a comparable ACSM member expert is unavailable, 2) when possible, use non-member speakers from the city where the meeting is held, 3) use non-member speakers from North America unless there is compelling need to go elsewhere. Proposal requests for funding for more than one non-member speaker are infrequently approved; therefore, you may need to negotiate honorarium, travel, lodging, etc. with proposed non-member participants. Rarely are non-member speakers approved for tutorial lectures, colloquia, and clinical workshops.

Proposals submitted by non-ACSM members will be treated as members with regard to financial remuneration; therefore, all will be responsible for paying their own expenses in connection with the meeting, which includes paying the registration fee for the meeting.

Members with lapsed dues are not considered non-members and will need to bring their dues to current status.

**Please Also Consider:** ACSM is committed to diversity, and values and seeks diverse, equitable and inclusive participation within the fields of exercise science and sports medicine. From 2017-2019, 35% or fewer Annual Meeting presenters were women. Less than 23% of the sessions reported a diversity indicator. We are striving for diversity, equity, and inclusion among the Annual Meeting. Please be mindful of this when creating your sessions.

**Speaker Notification:** The Program Committee reserves the right to approve or disapprove recommendations for programming. We would appreciate it if you would not make a commitment to those people you recommend for participation until after you receive notification. We do ask that you have contact with all of the speakers you have proposed, assuring their availability to serve on your panel should your session be approved for placement on the program.

Proposal notifications regarding acceptance, are sent electronically in early September 2019 to the Chair and/or submitter (not individual speakers). For those accepted proposals, all speakers will receive electronic notification in December 2019 with presentation date/time and other meeting details. Please be sure all e-mail addresses are accurate.

**Special Note:** Prior to submitting your proposal on-line, please take the time to have all submission information available, as only complete proposals will be accepted. You will be required to submit the names and contact information (full name, institution, city, state, e-mail address, and ACSM membership status) for ALL speakers. For Symposia proposals, individual titles and allotted speaking time will be required.

Should you have questions, feel free to contact the ACSM Education Department at 317-637-9200 ext. 108 or 106.

## **2020 Annual Meeting Highlighted Symposia**

The Highlighted Symposia listed below are being planned by the Program Committee for the 2020 meeting. These sessions will showcase basic quality science and cutting-edge research and sports medicine in the topical areas listed below:

### **Athlete Care and Clinical Medicine**

*To Be Announced*

### **Biomechanics and Neural Control of Movement**

*The Aging Neuromuscular System and the Protective Effects of Physical Activity*

### **Cardiovascular, Renal and Respiratory Physiology**

*Understanding Breathlessness During Exercise: Mechanisms and Consequences*

### **Clinical Exercise Physiology**

*Exercise and Medications in the Treatment of CVD Risk Factors*

### **Environmental and Occupational Physiology**

*Environmental Pollution, Climate Change and Human Health*

### **Epidemiology, Biostatistics, Physical Activity/Health Promotion Interventions**

*Leveraging Big Data: Using the Cloud to Advance Exercise Science*

### **Exercise is Medicine®**

*Exercise and Dementia: Current Evidence and Opportunities in Prevention and Treatment*

### **Fitness Assessment, Exercise Training, and Performance of Athletes and Healthy People**

*Tactical Fitness*

### **Immunology/Genetics/Endocrinology**

*The Genetics of Physical Activity: Molecules to Application*

### **Metabolism and Nutrition**

*Novel Dietary Approaches to Appetite Regulation, Health, and Performance*

### **Psychology, Behavior, and Neurobiology**

*The Latest Research and Advances in Pacing for Sport Performance and Physical Activity*

### **Skeletal Muscle, Bone and Connective Tissue**

*Macronutrients and Muscle Protein Turnover During Weight Loss*

## **Definitions of Annual Meeting Sessions**

The following are definitions of the various Annual Meeting session types. Please check the appropriate lecture when listing your suggested topic and speaker(s) on the submission site.

### ***Session with a 2-hour format:***

**Symposia**- These sessions are in-depth, scientific and state-of-the-art lectures in important areas of research and clinical practice. Symposia include 3-4 speakers with time allotted for an introduction and overview and overall discussion.

### ***Sessions with a 50-minute format:***

**Clinical Workshop - Hands-on Demonstration**- These sessions are hands-on small group demonstrations of current examinations and treatment modalities of sports medicine problems. Space in the meeting room is available on first arrival.

**Colloquia**- Colloquia are interactive discussions on topics or issues in sports medicine, exercise science or clinical practice.

**Tutorial Lecture**- These lectures are critical reviews and analyses of the current state of knowledge in a field in sports medicine, exercise science or clinical practice. The lecture should familiarize attendees with the basics of a subject and progress to current issues, questions, problems, and the frontier of knowledge.

### ***Unopposed Sessions - 1 hour:***

**Joseph B. Wolfe Memorial Lecture** - The keynote address at the Annual Meeting in memory of one of ACSM's founders, and first president, Joseph B. Wolfe, M.D.

**D.B. Dill Historical Lecture** - Concept of this type of lecture deals with the history of sports medicine and exercise science. This lecture is in memory of one of ACSM's past-president's and prominent figure in the development of sports medicine and exercise science in America, D. Bruce Dill, Ph.D.

## Topical Categories

(Approved by Topical Representatives – April 2018)

### Fitness Assessment, Exercise Training, and Performance of Athletes and Healthy People

101	fitness assessment of healthy people	606	dietary analysis
102	exercise training interventions in healthy people	607	nutritional intervention – micro and macronutrients
103	sport science	608	supplements, drugs and ergogenic aids
104	disability	609	disability
105	other	610	other
106	translational research	611	obesity/diabetes/cardiovascular disease
		612	cancer
		613	translational research

### Cardiovascular, Renal and Respiratory Physiology

201	cellular/molecular
202	cardiac
203	vascular function
204	acute exercise
205	disease
206	blood flow
207	rehabilitation
208	renal
209	respiratory
210	disability
211	other
212	cancer
213	oxygen uptake kinetics
214	translational research

### Skeletal Muscle, Bone and Connective Tissue

301	skeletal muscle physiology
302	physiology and mechanics of bone and connective tissue
303	cellular and molecular physiology related to these systems
304	disability
305	other
306	cancer
307	translational research

### Biomechanics and Neural Control of Movement

401	gait analysis
402	sport biomechanics
403	musculoskeletal mechanics/modeling
404	sports equipment
405	motor control
406	movement disorders
407	posture/balance
408	other
409	cancer
410	translational research

### Epidemiology and Biostatistics

501	epidemiology of physical activity and health
502	epidemiology of injury and illness
503	physical activity assessment
504	population-based surveillance
505	biostatistics/research methodology
506	health equity
507	disability
508	other
509	meta-analysis
510	cancer
511	translational research

### Physical Activity/Health Promotion Interventions

5501	physical activity interventions
5502	physical activity promotion programming
5503	intervention strategies
5504	disability
5505	other
5506	cancer
5507	translational research

### Metabolism and Nutrition

602	carbohydrate metabolism
603	fat metabolism
604	protein and amino acid metabolism
605	energy balance and weight control

### Psychology, Behavior and Neurobiology

701	mental health
702	cognition and emotion
703	perception (RPE, pain, fatigue)
704	behavioral aspects of exercise (correlates, predictors)
705	behavioral aspects of sport
706	neuroscience
707	pedagogy related to exercise physiology
708	disability
709	other
710	cancer
711	translational research

### Environmental and Occupational Physiology

801	heat stress and fluid balance
802	cold stress
803	hyperbaria
804	altitude and hypoxia
805	space physiology and microgravity
806	occupational or military physiology and medicine
807	disability
808	other
809	translational research

### Immunology/Genetics/Endocrinology

901	exercise immunology
902	exercise immunology – supplement use
903	endocrinology, not including reproductive
904	reproductive endocrinology and physiology
905	genetics
906	other
907	cancer
908	translational research

### Athlete Care and Clinical Medicine

1001	athlete medical evaluation and care
1002	athlete trauma evaluation and care
1003	age group and gender issues
1004	chronic illness and special populations
1005	adaptive sports/disability
1006	clinical translation - sessions in this category should focus on improving health outcomes through the integration of evidence-based medicine and quality improvement initiatives
1007	other
1008	cancer

### Clinical Exercise Physiology

1101	clinical exercise testing
1102	cardiovascular diseases
1103	pulmonary/respiratory diseases
1104	obesity/diabetes
1105	musculoskeletal/neuromuscular diseases
1106	disability
1107	other
1108	cancer
1109	translational research

### Exercise is Medicine

1200	Exercise is Medicine focuses on the impact of physical activity on health and the prevention and treatment of disease and disability for clinical application
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### Professional Development/Organizational Information

1300	Professional Development/Organizational Information
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## **Policy on Reimbursement for Annual Meeting Participants**

1. ACSM non-member invited participants, who are approved by the Program Committee with full funding will be reimbursed according to the following policy:
  - Complimentary registration for the Annual Meeting
  - \$200.00 Conference Honorarium
  - Round-trip advance-purchase economy class airfare to the Annual Meeting purchased through ACSM's official travel agency, ALTOUR
  - Two nights of lodging during the Annual Meeting (not to exceed the headquarter hotel rate.)
  - Meals and required ground transportation for two days at the Annual Meeting not to exceed \$55.00 per day

All funded non-member speakers will receive detailed information in December regarding the above. The above outlines the maximum remuneration for non-member participation at the Annual Meeting. In many cases, non-member reimbursement may be different based on budgetary consideration which will be outlined in the September letter to the session submitter or chair following Program Committee review.

2. Members of ACSM who are participating in any invited session (i.e., symposium, tutorial, colloquium, etc.) at the Annual Meeting incur their own expenses in connection with the meeting, including registration fees. (*This does not include presentation for named lectures - Wolffe, Dill, EIM Keynote (Morris/Paffenbarger Lecture), President, Buskirk, Sutton, and Clarkson lectures.*)
3. Members with lapsed dues are not considered non-members and will need to bring their dues to current status.

### Non-Member Speaker Policy

\*Beginning with the 2017 Annual Meeting, a non-member can only be paid for approved expenses (or portion of expenses) one time in a 5-year cycle; however, can receive "complimentary only registration" within that same 5-year timeframe. If the individual is recommended as a "named lecturer," within the 5-year cycle, this would be exempt from the 5-year cycle. Any exceptions to this policy must be approved by the Chair of the Program Committee and the Director of the Education Department.