***Please do not change any fonts, font sizing, or spacing!***

**This is My Abstract Title *– notice appropriate uppercase***

AUTHOR B. ONE, AUTHOR C. TWO, FACSM, & AUTHOR D. THREE First then Last name, all upper-case

Laboratory Name; Department; University; Location, STATE

*Category: Undergraduate/Masters/Doctoral/Professional/Professional-in-Training* (select one & delete others)

*Advisor / Mentor: Last Name, First Name (email address) –* do NOT hyperlink the email

ABSTRACT

Begin with a short sentence or two with background on the topic. Please include a **PURPOSE**: describing the intent of the study. **METHODS**: how the study was conducted. **RESULTS**: findings of the study should be here. **CONCLUSION**: Reference lists are not generally included. Please note the abstract headings (they must be included, **bolded** and uppercase). Do **NOT** change the justification (alignment), font type, font size, or spacing (general abstracts should be single-spaced, expanded abstracts should be double spaced).

All abstracts (maximum 2000 characters without spaces for general abstracts) will be published in the program as submitted. Expanded abstracts for the student research award competition is limited to 5 pages (not counting references) and must be double spaced following the same font requirements as the brief abstract.

Direct any questions about this process to Dr. Jeff Bernard (Jbernard1@csustan.edu) to ensure your abstract is formatted properly and submitted successfully.

Once finished, be sure to **delete anything in red**. Once the following is read, please delete as well:

This abstract has not been presented and will not be presented at any other conference, other than National ACSM. Abstract submission assumes study has been approved by an appropriate IRB or IACUC.