



LINKING SPORT SCIENCE AND APPLICATION

UNIVERSIDAD EUROPEA - SCHOOL OF SPORTS SCIENCE

26-29 SEPTEMBER, 2018
MADRID, SPAIN

KEYNOTE SPEAKERS - WORKSHOPS
PRESENTATIONS & POSTERS

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Escuela Universitaria
Real Madrid
Universidad Europea



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APPROVED



CALL FOR ABSTRACTS

Welcome to the 6th NSCA International Conference Madrid 2018 “**Linking Sport Science and Application**”.

We are working on an outstanding scientific and social programme to offer you the most updated evidences, innovative approaches, training and networking opportunities for your professional and academic development, while making you discover and enjoy the beauty, energy and passion of vibrant city, Madrid.

We expect to receive a high number of submissions of challenging papers that will generate engaging discussions that will lead to new research and new academic and professional opportunities.

Our Committee is ready and looking forward to read your works. Hope to see you in Madrid!

Un abrazo



Dr. Azael J. Herrero
Chair Scientific Committee



Dr. Vicente J. Clemente
Co - Chair Scientific Committee

Linking Sport Science and Application

The 6th NSCA International Conference Madrid 2018 has been designed to allow the participants of this event to meet, network and share knowledge in one of the most energetic, creative, and interactive environments. All activities focus on the generation of new ejective links between professionals, organisations, scientists, academics and physical education teachers. Our main objective is to make all participants feel the experience of participating be it as a speaker, sponsor, delegate or academic, endeavoring to make the conference exciting, inspiring, and of course unforgettable.

Programme Structure

The 6th NSCA International Conference Madrid 2018 programme structure will consist of different session types:

- Plenary Keynote sessions (by invited speakers)
- Scientific and Professional paper presentations
- Poster displays
- Workshops

Topics

NSCA and Universidad Europea de Madrid invite you and your colleagues to submit your proposals to be considered for presentation in conference. Authors are free to choose between oral or poster presentation submitting in one of the following topics:

- a. Neuromuscular basis of strength and fitness
- b. Exercise physiology
- c. Biomechanics and motion analysis
- d. Strength, power and speed training
- e. Sport nutrition and ergogenic aids
- f. Resistance training and fitness in the elderly
- g. Social & Marketing aspects of S&C

Presentation Types:

- Oral Presentation
- Poster Presentation

CALL FOR ABSTRACTS

6th NSCA International Conference Madrid 2018, Sept 26-30, 2018

Rules for submission

1. An author may submit a maximum of three abstracts as first author (only one of these abstracts can be submitted in the preferred format of oral presentation). The first named author must present the abstract. The author who presents the abstract in the Conference must pay the registration fee. It is possible to appear as co-author on other abstracts.
2. The primary focus and substance of the submitted abstract must be novel. The abstract must not have been published as an abstract or as a full paper in a scientific, medical, or professional publication at the time of submission.
3. Human studies must comply with the Declaration of Helsinki (last modified in 2008) regarding the use of human subjects and informed consent.

4. To ensure uniformity, the units of measurement of the Systeme International de'Unite (SI) will be used.
5. Abstract submissions are only being accepted electronically to www.nasca2018.com/call-for-abstracts/ and must be submitted no earlier than December 15th, 2017, neither later than 11:59PM (GMT +01:00) to April 15th, 2018. Do not submit the same abstract more than once. You will be notified electronically of the reception of your abstract.
6. In the submission, author should specify if the abstract is eligible for oral presentation or poster, as well as link the study to one of the following lines:
 - a. Neuromuscular basis of strength and fitness
 - b. Exercise physiology

- c. Biomechanics and motion analysis
- d. Strength, power and speed training
- e. Sport nutrition and ergogenic aids
- f. Resistance training and fitness in the elderly
- g. Social & Marketing aspects of s&c

Notification of Programming

You will be notified electronically of the acceptance/rejection of your abstract/ case on May 15th, 2018.

Abstract format

Abstracts are restricted to 3000 characters (including spaces, but excluding title, authors, institutions and references). No tables neither figures are allowed.

Abstracts may be written in English and only ASCII-characters should be used.

Title: Limited to 15 words.

Authors: The surname of each author will

be followed by the initials of the name (and middle names). Please, do not include degrees.

Institutions: The institution of each author will be included. The e-mail of the first author will be included at the end of his/her institution.

Text: The abstract may include an INTRODUCTION with the purpose of the study, a METHODS section, a summary of the RESULTS and a DISCUSSION where the authors may include the conclusion of the study. REFERENCES should be included at the end. The use of these headings is recommended.

Financial support: If a grant supports your study, you may provide the grant name under the references. Text, references and financial support must fit in the 3000 characters.

Abstract reviewing

All abstracts will be reviewed by the Scientific Committee, which will make recommendations to expound it as oral presentation or poster. The author may state preference for the type of presentation (oral or poster) in the

submission of abstracts. However the Scientific Committee would have the final decision.

Abstract publication

Accepted abstracts will be published in the Book of Abstracts of the 6th NSCA International Conference Madrid 2018. The best 30-40 oral abstract presentation will be published in a special issue of the *Journal of Strength and Conditioning Research* (~100 pages of extension).

Oral presentation format

A PowerPoint slide presentation will be used. All proposals must include the following structure:

- Authors
- Affiliation
- Introduction
- Method
- Results
- Conclusion
- References

Max. 300 words (authors, affiliation and references not included).

Presentation time will be 10 minutes plus 5 minutes of discussion. Authors are requested to adhere to this time. Authors must be in the oral presentation room 15 minutes before the beginning of the oral presentation session to provide the PowerPoint and other necessary files in a USB memory stick to the moderator. No personal laptops are permitted.

Spanish room presentations

A slot of Spanish presentations will be accepted at the conference but the abstract submissions should be in English

Awards

There will be 3 rooms for the oral presentations. Two research lines will be presented in each room as follows:

- Neuromuscular basis of strength and fitness and Biomechanics and motion analysis.*
- Exercise physiology and Sport nutrition and ergogenic aids.*
- Strength, power and speed training and Resistance training and fitness in the elderly.*

There will

be one award for the best oral presentation of each room. The finalist abstracts will be designed by the Scientific Committee and will be presented on the morning session of Saturday 29th.

Poster presentation format

Posters provide a unique opportunity to give everyone a general idea of the sort of research that you are doing and an occasion to discuss in detail with the smaller number of people whose interests are close to your own.

However, extreme care is needed in their preparation.

All the posters must follow this structure:

- Authors
- Affiliation
- Introduction
- Method
- Results
- Conclusion
- References

Max. 300 words (authors, affiliation and references not included).

Max. 5 references

It is the responsibility of the author to ensure that the poster presentation is correctly prepared. The required dimensions of the poster are as follows:

- Width 70 (90 cm)
- Height 110 (130 cm)

Poster contents can be printed in English or Spanish and be easily readable from a distance of one meter.

Presenters are expected to have their posters in place by the beginning of their scheduled poster session and be in attendance by their posters for the duration of the session.

As the poster sessions are interactive, presenters should be prepared to discuss and answer questions on their presentations.

Poster room

When the authors collect the documentation in the reception of the Conference, they will receive the Book of Abstracts. This book contains the number assigned to each poster. Authors should hang the poster on the panel with the number assigned to the poster.

Development & Submission

Procedure:

NSCA cordially invites you to submit an Abstract/Proposal to be considered for presentation in any of the aforementioned presentation types.

How to Submit your Abstract

The abstract submission process can be found on the official website 6th NSCA International Conference Madrid 2018 at www.nasca2018.com/call-for-abstracts/

For further information you can contact info@nsca2018.com

Deadline for Submission of Abstract:

April 15th 2018

Language for Abstract: **English**

Review Process:

All submissions will be evaluated through a blind review process. Authors will be notified of a decision on or near May 15th, 2018

Further Considerations

All accepted abstracts have the potential to be published in the NSCA conference abstracts book. Upon acceptance, a

minimum of one author must fully attend the NSCA conference 2018 and deliver the presentation according to the scheduled day and time. Should an author not comply with the requirements, the program chair or the conference organizer reserves the right to remove the abstract and/or presentation from the conference schedule and/or conference book of abstracts.

We are eagerly looking forward to receiving paper from and about all parts of the globe to make this a truly international world conference.

Contact

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