



CONGRESS SUBMISSIONS GUIDELINES AND TIMELINES (UPDATED)

CONGRESS DATE

Date: October 12-14, 2021 (Please note that the dates and times may vary depending upon time zone).

Virtual: Zoom Webinar with Whova Integration

SATELLITE MEETINGS

Date: October 11, 2021

In-Person Satellite Meeting Location: University of British Columbia, Vancouver, BC Canada

SUBMISSION TIMELINES

	Satellite meetings, Symposia, and Workshop Submissions	Abstract Submissions
Open	November 30, 2019	January 27, 2020
Close	April 30, 2021	June 21 2021
Acceptance Notification	Satellite meetings: By May 5, 2021 Symposia: By May 5, 2021 Workshops: By May 5, 2021	By July 26, 2021

Key Congress Dates (Updated Mar 19/21)

19 March 2021	Announcement and submission reminder
30 April 2021	Deadline for symposia submissions
5 May 2021	Notification of symposia acceptance
21 June 2021	Deadline for abstract (oral and mini oral) submissions
26 July 2021	Notification of abstract acceptance
3 October 2021	Regular registration deadline
4-14 October 2021	Late registration
12-14 October 2021	Congress

All submissions must be made through the Congress Submissions portal on the website: <https://ispah2020.com/abstract-submission-portal/> All submissions are FREE with no processing fee.

Theme

The theme of the 8th ISPAH Congress is: “The Wholistic Approach to Health and Wellness Through Physical Activity: Body, Spirit, and Mind.” A key objective of the conference will be to advance our knowledge of the benefits of physical activity for optimal health and well-being across the lifespan. There will also be a special focus on improving our understanding of health disparities globally, and wholistic wellness within Indigenous communities.

Please note that owing to the COVID-19 pandemic that our Congress has been changed to a 100% Virtual format for the Congress held on October 12-14, 2021 with opportunities for in-person attendance at Satellite Meetings on October 11, 2021. Sessions will be organized to allow for the widespread participation of delegates from around the world considering different time zones.

To allow as many people to present and attend as possible, the number of submissions by a presenting (first) author will be limited to a maximum of **two (2) submissions** for free communications (i.e., Oral (7 min) or Mini-Oral (2 min) presentations). Priority may be given to your first submission to ensure a diversity of presenters at the Congress. Please note, this is for presenting first authors only; there is no limit to the number of abstracts one can be an author on. First authors may also give keynote, symposia, and/or workshop presentations (schedule permitting).

Notes: The presenting author MUST be registered in the Congress and is responsible for the registration fees (and accommodation and travel costs where applicable). If there is a change in the presenting author, please notify the Organizing Committee through info@ISPAH2020.com no later than (August 20, 2021). If the presenting author is not registered by (August 20, 2021), the abstract may be withdrawn.

The number of 7-mini oral presentations will be limited and will be assigned on a competitive basis as judged by the Scientific Program Committee. Accepted abstracts that are not accepted as 7-min Oral presentations may be assigned to a Mini-Oral session (please see Oral and Mini-Oral presentation guidelines). Additionally, symposia or workshops not selected may also be considered for Oral and Mini-Oral presentation, unless otherwise requested.

Communications: All communication regarding receipt and notice of your abstract will be via email. Please review the various decision dates at the top of this document. You will not receive notice ahead of these dates. An automated email will be sent with a unique Abstract ID. Please use this number in any communications. If you need to make a request to withdraw an abstract submission, it must be made by email (info@ISPAH2020.com) by July 26, 2021.

Highlighted Presentations: The Congress will highlight noteworthy presentations by junior and mid-career scientists. These presentations will be highlighted in the conference program. If you would like to be considered for a highlighted presentation, please select the appropriate button at the time of abstract submission.

All abstracts, symposia, and workshops must be submitted under one of the following topics, which must be indicated at the time of submission for peer-review. This will assist in the timely review and acceptance of submissions.

- Measurement and Surveillance (Physical activity, Sedentary behaviour)
- Indigenous Health and Wellness
- Traditional Indigenous Health and Wellness Practices
- Knowledge Translation (Policy and Practice)
- Advocacy
- Behaviour Change (Physical activity, Sedentary behaviour)
- Environment Active Transport
- Aging (Physical activity, Sedentary behaviour)
- Early Childhood (Physical activity, Sedentary behaviour)
- School-age Children (Physical activity, Sedentary behaviour)
- Adolescents (Physical activity, Sedentary behaviour)
- Epidemiology (Physical activity, Sedentary behaviour)
- Physical Activity Domains and Health
- Technology
- Screen time
- Mental Health
- The 24-hour Movement Paradigm
- Implementation Science (Physical activity, Sedentary behaviour)
- Minority and/or Low-income Populations (Physical activity, Sedentary behaviour)
- Clinical Populations
- Sport and Recreation
- Workplace (Physical activity, Sedentary behaviour)
- Disabilities
- Public Health Interventions

Format of Presentations (Oral and *Mini-Oral*) During Congress (October 12-14, 2021)

The Congress will be 100% virtual with both 7-min Oral and Mini-Oral presentations being delivered in a virtual environment via Zoom. After acceptance of the submissions, authors will receive a detailed description on how to prepare submissions including the deadlines for receiving the presentations. It is envisioned that the majority of presentations will be prerecorded with the opportunity for speakers to interact during sessions with delegates via Zoom webinar. Workshops that require hands-on demonstration and/or live interaction may be conducted live via Zoom webinar. It is our goal for all presentations to also be available On-Demand after the Congress.

Abstract Submission Guidelines for Free Communications (Oral and Mini-oral Presentations)

This year, we are honoured to announce that all accepted presenters will have the opportunity to give oral presentations. There are two versions of oral presentations: Oral (7-min) Presentation and Mini-Oral (2 min, one slide) Presentations. Accepted presenters will be provided templates for the oral and mini-oral presentations prior to the Congress. All oral and mini-oral presentations will be pre-recorded. Presenters will be provided further details on the presentation requirements closer to the Congress including information on where to upload the presentation file.

Presentation Guidelines

Oral Presentations

The Oral Presentations will be pre-recorded with the opportunity for live interaction via Zoom and the conference app.

The Oral Presentation will follow a traditional format for oral presentations with presenters being afforded 7 min of time to present their findings with an additional 3 min to answer questions. The time limit for each presentation and related questions and answers will be strictly observed. Presenters will be required to record and submit their presentation file with narration prior to the Congress.

Mini-Oral Presentations

The Mini-Oral Presentations will be pre-recorded with the opportunity for live interaction via Zoom and the conference app at the end of each session.

The Mini-Oral Presentations involve a single slide with 2 min narration. The mini oral presentations are similar to traditional poster presentations, but presenters will be given 2 min to discuss the main study findings using a single slide. The opportunity to answer questions related to each mini-oral presentation will be given at the end of each session. Presenters will be required to record and submit their presentation file with narration prior to the Congress.

Oral presentations will include original basic or applied research, whereas Mini-Oral formats could include either: 1) original basic or applied research; or 2) policy and/or program development and evaluation. There is a limit of two (2) first-authored submissions per delegate for free communications; first authors are required to be the presenting author. All abstracts must be submitted in English. First (presenting) authors are required to submit the abstract on behalf of all authors and by submitting are ensuring

that all authors have made a significant contribution to the work and have approved the submission.

Abstract submissions must be formatted according to the following guidelines and submitted as an attachment on the 8th ISPAH Congress Website submission portal:

<https://ispah2020.com/abstract-submission-portal/>

Please read and follow the abstract guidelines for Oral and Mini-Oral presentations carefully.

Abstracts (for Oral and Mini-Oral presentations) must be submitted using the online portal, **must not exceed 250 words**, including headings (excluding title or authors) following the structured format (headings) as closely as possible, as shown below. The title should be no longer than 15 words.

The body of the abstract should be structured using the following headings:

Research Abstracts:

Background:

Purpose:

Methods:

Results:

Conclusions:

Funding:

Keywords:

Program/Policy Abstracts:

Background:

Program Delivery or Policy Components:

Evaluation:

Conclusions:

Funding:

Keywords:

Specific Abstract Formatting Guidelines

- All submissions are to be submitted on the 8th ISPAH Congress Website at <https://ispah2020.com/abstract-submission-portal/>
- There are two steps in the abstract submission process:
 - You need to cut and paste your abstract (formatted according to these guidelines) into the online form.
 - This document will be used in the review process.
 - It is recommended that you upload a Microsoft word document containing your abstract onto the online portal (formatted according to these guidelines).
 - This document will be used in our conference proceedings and will expedite the publication process.
 - You may also attach related images, data, or figures for your work. However, this is not required.
- An example abstract is provided on the next page for reference.
- Use ONLY 10-point Times New Roman font for the Microsoft word attachment.
- Place the **Title** on the top line in bold type.
- Start the list of authors on a new line, followed by the affiliation(s), city, etc. on the next line.
 - Please use numbers to clearly outline the author affiliations. See example.
- Leave a blank line before starting the abstract main text.
- The body of the abstract should be structured using the following headings (with a line separating each section):
 - **Research Abstracts:** Background, Purpose, Methods, Results, Conclusions, Funding, and Keywords
 - **Program Abstracts:** Background, Program Delivery or Policy Components, Evaluation, Conclusions, Funding, and Keywords
- Acknowledgment of research support should be included in the abstract (where applicable).
- Please include three (3) to five (5) keywords from the abstract.

Publication of abstracts: Please note that all abstracts will be published in conference proceedings. Please follow formatting precisely, and ensure authors names, affiliations, and contact information are correctly submitted in the online form.

Example Free Communication Abstract Submission Formatting

Physical activity, sedentariness and metabolic risk in Portuguese children

Thayse Natacha Gomes¹, Peter T Katzmarzyk², Fernanda Karina dos Santos³, Sara Pereira⁴, Michele Souza⁵, Raquel Chaves⁶, José Maia⁴

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Background: It has been suggested that physical activity (PA) and sedentariness are associated to metabolic risk (MR) factors in children.

Purpose: To study the relationship between different PA intensities [moderate to vigorous PA (MVPA) and light PA (LPA)] and sedentariness with children's MR.

Methods: The sample comprises 388 Portuguese children, from both sexes (219 girls; mean age 10.5 years). MR indicators included fasting glucose, triglycerides, HDL-cholesterol, as well as waist circumference and mean arterial blood pressure; MR score (zMR), adjusted for maturity offset, was computed. MVPA, LPA, and sedentariness were measured with the GT3X+ Actigraph accelerometer with at least 4 days (with one weekend day) of at least 10 hours/day of monitoring. Linear regression, by sex, was used to identify correlates of zMR.

Results: In girls, none of the variables included in the model were significantly related to zMR ($p > 0.05$); however, in boys a negative and significant effect of MVPA was observed ($b = -0.026$; $p = 0.011$), where those who spent more time in MVPA had a better zMR profile, but no significant effect was observed for LPA or sedentariness.

Conclusions: The role of PA on MR in children differs according to gender. In girls no significant link was observed, suggesting that other factors (namely biological and nutritional) may be associated with girls' metabolic health. In boys MVPA is a relevant predictor in their metabolic health, suggesting that MVPA should be promoted.

Funding: Study founded by The Portuguese Foundation of Science and Technology (individual grant SFRH/BOD/1231452016).

Keywords: Children, Physical Activity, Health, Accelerometry, Metabolic Health

Satellite Meetings, Symposia, and Workshop Guidelines

The ISPAH Congress is the world's largest forum related to physical activity and public health and it is recognized as the leading global society focusing on promoting physical activity across the lifespan. Therefore, speakers should be as diverse as possible, encouraging thoughtful and enlightening discussion to represent diverse views, experience, and knowledge across the globe. For the 8th ISPAH Congress, we are seeking a wide representation of symposia and workshops from the international community including underrepresented regions (such as Indigenous peoples, and minority and/or low-income populations).

Individuals or groups interested in creating a Satellite Meeting associated with the 8th ISPAH Congress and encouraged to contact our team (info@ISPAH2020.com) as soon as feasible to discuss potential collaborations. Satellite Meetings are an ideal way to support our delegates and increase the cross-pollination of ideas between groups and associations. Satellite meetings will take place on October 11, 2021 in the city of Vancouver. All presenters are required to pay for their own registration, accommodation, and travel costs to attend and participate in the Satellite meetings.

For each symposium/workshop submission, the coordinator (i.e., Chair) should submit an abstract on behalf of all of the presenters, following the guidelines below via the online portal: <https://ispah2020.com/abstract-submission-portal/>

ISPAH is an international congress and thus presenters in each symposium/workshop should be from at least two different countries. Time available for each symposium/workshop, will depend upon the specific needs of the Congress. However, it is anticipated that each symposium or workshop will be 90 min. ISPAH encourages the involvement of scholars from all career stages and worldviews to be a part of these discussions. For the 8th ISPAH Congress, we have dedicated symposium/workshops allocations for Early Career Scholars. Early Career Scholars that wish to be considered for these special sessions should identify this with their submission.

All symposia and workshops during the Congress (October 12-14, 2021) will be delivered in a virtual format. There will be different time zones of presentation to allow for a greater representation and attendance of delegates from around the world. The Scientific Committee will contact the Chair of each symposium or workshop to confirm the desired time zone for presentation.

Each Chair may submit one symposium on behalf of the presenters (**500 word maximum for the full submission**). Presenters may be in multiple symposia, workshops, and free communication sessions (i.e., Oral and Mini-Oral). As outlined above, for free communications the number of submissions by a presenting (first) author will be limited to a maximum of two (2) submissions. Symposia submissions must be received through the submission site.

For all workshops and symposia submissions: abstracts should be no longer than **500 words** (not including authors or title) and follow the guidelines below as closely as possible. The title should be brief, no more than 15 words. If there are any questions about the symposia abstract process, please contact info@ISPAH2020.com

Notes: The Chair will need to include the names, affiliations, and contact details of all presenting authors at the time of submission. As noted above, all presenters are required to pay for their own registration fees (and accommodation and travel costs where required). ISPAH will not waive these fees. However, symposium Chairs are encouraged to actively seek sponsorship for their respective symposium to offset some of the speaker-related costs. For further information on this process, please contact our local organizing committee at info@ISPAH2020.com. If sponsorship is currently available or likely, the Chair is recommended to provide this information in the abstract submission process.

Symposia

The Scientific Committee will review symposia proposals according to the following criteria. There are two (2) symposia formats to choose from:

1. Regular Symposia

The regular symposia will have a Chair who will provide a short introduction/background on a specific topic followed by three (3) presenters (approximately 15 minutes each). Additional presenters may be included according to the needs of the symposium.

The Chair or a discussant summarizes the presentations and provides insights on the specific topic area, generating an interactive discussion with the audience for at least 15 minutes, moderated by the Chair. The following information should be included for each regular symposium submission.

Title: The title should represent the overall topic area being discussed.

Purpose: State the primary purpose of this presentation.

Description: Include an overall symposium description

Chair (Name and Affiliation): Introduction to Symposium

Presenter 1 (Name and Affiliation): Title and short description

Presenter 2 (Name and Affiliation): Title and short description

Presenter 3 (Name and Affiliation): Title and short description

Results: Include a summary of the main findings/ideas that will be discussed in the presentation.

Conclusions: Some discussion of the possible contribution to, or implications for, the advancement of ISPAH related goals (i.e., in accordance with Congress theme and topics).

2. *Debate Symposia*

The debate symposia will have a Chair or Moderator and will provide an introduction on a specific controversial topic (approximately 10 minutes). This is followed by affirmative and opposing presenters (1 or 2 for each side), who will provide arguments “for” and “against” the debate topic area (15-20 minutes each). Each side should present their initial stance, which will be followed by a rebuttal from each side. If there are two presenters for each side, one presenter should provide the initial presentation while the other should present the rebuttal. A third viewpoint based on an alternate worldview may be also presented, such as two Western (colonial) knowledge holders and an Indigenous knowledge holder to represent diverse worldviews. This will be followed by a 30-minute discussion.

Title: The title should represent the topic area and its controversial nature.

Purpose: A statement of the purpose of the debate, emphasizing what is innovative about the topic (including a brief description of the topic)

Rationale: Why is this topic worthy of addressing at this conference and why this is a debatable topic?

- Chair (Name and Affiliation): Introduction to Debate
- Affirmative Presentation(s) [Name(s) and Affiliation(s)]: Title and short description
- Opposing Presentation(s) [Name(s) and Affiliation(s)]: Title and short description
- Alternate view Presentation [optional] [Name(s) and Affiliation(s)]: Title and short description

Conclusions or Outcomes: Identify the key anticipated conclusions or outcomes from this innovative debate.

Workshops

The Scientific Committee will review workshop proposals according to the following criteria. A limited number of workshop proposals can be accepted. These workshops will take place virtually during the Congress (October 12-14, 2021). All presenters of accepted workshops are required to pay for their own registration fees (and accommodation and travel costs where applicable). ISPAH will not waive these fees. However, workshop chairs are encouraged to actively seek sponsorship for their respective workshop to offset some of the speaker costs. The workshop objectives should support participants in the development of skills and knowledge in an innovative area of interest. Workshops are 90 min in duration.

All workshop summaries will be published in the conference proceedings and as such should be informative. Workshop submissions must be received through the online submission site.

Abstracts for workshops should be no longer than **500 words** (not including authors or title) and follow the guidelines below as closely as possible. The title should be brief, no more than 15 words. If there are any questions about the workshop abstract process, please contact info@ISPAH2020.com

Notes: The Chair will need to include the names, affiliations, and contact details of all workshop presenters at the time of submission. Please be sure to include all authors so that

they are listed in the abstract that will be included in the conference proceedings and online schedule. As noted above, all presenters are required to pay for their own registration fees (and accommodation and travel costs where applicable). ISPAH will not waive these fees. However, workshop Chairs are encouraged to actively seek sponsorship for their respective workshop to offset some of the speaker costs. For further information on this process, please contact our local organizing committee at info@ISPAH2020.com. If sponsorship is currently available or likely the Chair is recommended to provide this information in the abstract submission process.

The following details are required in each summary abstract submission (**500 word maximum**) for workshops:

Title: The title should represent the overall topic area being discussed.

Purpose: State the primary purpose of the learning objective(s) of the workshop.

Learning Objectives: Include an overall workshop description along with the key learning objectives (ideally at least three learning objectives). The learning objectives should be written with an action verb describing what the participant will learn or be able to do upon the completion of the workshop. Please avoid using vague or abstract words that are difficult to measure or quantify (such as understand, believe, appreciate, be aware of, be familiar with, etc.).

Learning Objective 1: Please include short description

Learning Objective 2: Please include short description

Learning Objective 3: Please include short description

Target Audience: Include a brief summary of the target audience for this workshop.

Organization and Method of Presentation: Include a brief summary of the main topics/ideas that will be discussed and the method of presentation/discussion (e.g., practical application of techniques, small group discussion, co-creation, sharing circles, case studies and demonstration, problem-solving) to accommodate different learning styles.

Conclusions: Some discussion of the possible contribution to, or implications of the workshop for, the advancement of ISPAH related goals (i.e., in accordance with Congress theme and topics).