

**2021 SDA Conference**  
**BACK TO THE FUTURE: Sports nutrition past, present and future**

Melbourne Convention and Exhibition Centre (MCEC)  
15&16 October 2021

**ABSTRACT SUBMISSION GUIDELINES**

**The event**

SDA and the Conference Organising Committee are delighted to host the 2021 Conference **Back to the Future: Sports nutrition past, present and future** on the 15 & 16 October 2021 in Melbourne.

**The program**

For this conference we are assembling a line-up of highly experienced and well-respected research and practice professionals to discuss nutritional strategies to support the health and well-being of our athletes. The conference will have four main themes including immune health, mental health, female athletes and masters athletes. These themes are based on topics SDA members and allied professionals suggest as key research and practice topics to explore. Speakers will discuss historical perspectives, newest research, as well as the practical aspects of working in these areas.

The conference will be a hybrid format which will incorporate a mix of both face-to-face and virtual conferencing for both presenters and delegates. This will allow us to respond and adjust the program to any challenges that may arise from the COVID-19 global pandemic.

**Submission of abstracts**

The SDA 2021 Conference Committee invites abstract submission of original research, systematic literature review, and/or professional practice (i.e., case study) work in the area of sport and exercise nutrition and dietetics. Abstracts can be submitted for consideration for an oral presentation or a hard/virtual copy poster presentation. You will be asked to indicate all co-authors, but the presenting author (i.e., first author) should submit the abstract.

Abstract submissions are limited to one as first (presenting) author, but unlimited to the number of abstract submissions as a co-author. First (presenting) authors **MUST** register for the conference in order to present their submitted work.

The following pages provide guidelines for abstract submissions. Please contact the SDA office if you need any assistance or have any queries. We look forward to receiving your submission.

### Presentation formats

- Oral presentation: 10 minute time allowance, within the conference plenary program (Emerging Research) and relevant theme (immune health, mental health, female athlete and masters athlete). Three abstracts will be accepted for oral presentation per theme.
- Hard copy poster presentation: 5 minute time allowance oral presentation next to poster during poster session (Friday 15<sup>th</sup> October 12:00-1:30pm). Assigned poster session Chairs will circulate and manage poster presentation session.
- Virtual poster presentation: Catering for authors and delegates who are not able to attend the conference in person, 5 minute oral presentation during poster session (Friday 15<sup>th</sup> October 12:00-1:30pm) on an online streaming platform.

In addition, authors will have the opportunity to pre-record a 1 minute video summarising and promoting their accepted abstract submission (additional volunteer option), which will be launched on the conference website a few days before the conference.

### Awards

SDA will be offering student and early career (<5 years post-doctoral) research awards during this conference to celebrate the contributions of authors to the knowledge and understanding of sport and exercise nutrition and dietetics (i.e., contribution to the scientific knowledge base, real-time professional practice, and future innovation). Awards will be allocated based on a strict ranking criteria taking into consideration novelty, innovation, scientific rigour and robustness, contribution to the field, real-world impact, and quality of presentation.

Award categories:

- Student oral presentation award (award certificate and gift voucher prize),
- Student poster presentation award (award certificate and gift voucher prize),
- Early career oral presentation award (award certificate and gift voucher prize),
- Early career poster presentation award (award certificate and gift voucher prize).

### Publication of abstract submission

Selected abstracts meeting an established standard quality will be published as conference proceedings supplement in Nutrition & Dietetics ([Nutrition & Dietetics - Wiley Online Library](#)). Selection will be based on novelty, innovation, scientific rigor and robustness, contribution to the field, real-world impact, and quality of writing.

### Important dates

Conference registration open	<b>18 February 2021</b>
Abstract submissions open	<b>22 February 2021</b>
Abstract submissions close	<b>31 May 2021</b>
Authors to be notified	<b>30 June 2021</b>
Early bird registration closes	<b>31 July 2021</b>
Conference registration closes	<b>4 October 2021</b>

### General requirements for abstracts

- All abstracts must contain original work that has not previously been reported. Abstracts may be from a range of categories, including original research, case studies, and insight or review articles.
- All abstracts must be prepared according to the guidelines provided.
- Only one submission as first/presenting author is permitted. The submitting author must present the paper. There are no limits on submissions as a co-author.
- The presenting author will be required to register and pay for the conference to ensure their abstract(s) are included in the final program and journal supplement. The deadline for author registration is outlined in the table above.
- Abstracts will be reviewed by the SDA Conference Committee members and evaluated for their suitability for presentation and journal publication.
- For abstracts reporting studies involving human participants (except case studies) we require a statement from authors to confirm that the appropriate ethical approval has been received, along with details of the protocol number and approving ethics committee. For case studies, authors will be required to confirm [that the participant\(s\) has/have given their written permission for the use of the material to the authors. Presenters of case studies must ensure the anonymity of the participant\(s\).](#) It is a requirement of all presenters that a biography (maximum of 150 words) is supplied at the time of abstract submission. This is for potential use by the chairperson in each session.

### Submission

Please complete the Abstract Submission form online via the SDA Website at <https://www.sportsdietitians.com.au/abstract-submission/>

P: 03 9699 8634

E: [info@sportsdietitians.com.au](mailto:info@sportsdietitians.com.au)

W: [sportsdietitians.com.au](http://sportsdietitians.com.au)

A: Level 2, 375 Albert Road,  
South Melbourne VIC 3206

If you are experiencing problems or unable to complete the submission process online via the Conference website use the template at the back of this document scan/email [kristina@sportsdietitians.com.au](mailto:kristina@sportsdietitians.com.au).

## Format

Please keep in mind these points when preparing your abstract:

- Max. 250 words (excluding title).
- Use a clear and concise title that is limited to 130 characters.
- Use text only and no images, figures, or graphs.
- For systematic literature review (SLR) and original research the abstract must contain a brief introduction (the purpose of the research), the methodology (explanation on data collection and processing), results and conclusions (discussion and major findings). Please use appropriate headings for these sections.
- For a professional practice case study the abstract must contain: background to issue, presentation of athlete or participant, athlete/participant assessment overview of action plan / intervention, action plan / intervention outcomes, and professional practice reflection.
- References are not required.
- Research must be completed.

## Evaluation criteria

The following criteria will be used to evaluate the submissions:

- Title
- Title Originality
- Offers new data/knowledge or demonstrates innovation or has the potential to challenge/change current practice or foster professional debate
- Is highly relevant to sports nutrition and sports dietetic practice and CDP
- Clearly states the problem
- For original research and systematic literature reviews:
  - Indicates aims or hypothesis of the research/paper
  - Describes appropriate methods/methodology
  - Describes relevant results/describes main findings
  - Draws valid conclusions from results/findings
- For case studies:
  - Clearly describes all case study elements
- Presentation of abstract (How well written)
- Comments on relationship or recommendation to practice where suitable/ Applicability of Research in Clinical Practice

## ABSTRACT SUBMISSIONS FORM

*(If you're unable to complete the submission process online via the Conference website, feel free to use this form. Please complete one form per submission)*

First name (first/presenting author)	
Surname (first/presenting author)	
Contact Ph	
Contact Email	
Affiliation (Educational Institution or Professional Practice Organisation)	
Research Category: Immunology, Mental Health, Female Athlete, Masters Athlete, or Other (please specify).	
Abstract title (130 Characters Max)	
Authors list (authorship order)	

## ABSTRACT TEMPLATE – SLR and original research

**Title:** .....  
(130 Characters Max)

Abstract text (*maximum 250 words*) should be contained within this text box. Do not include images, figure, and/or tables. Do not include web links. Do not include referencing (DELETE THIS TEXT).

Style: Times New Roman, 12 size font, single spacing (DELETE THIS TEXT).

**Background:**

**Aim(s)** (include hypothesis if appropriate):

**Methods:**

**Results:**

**Conclusion/s:**

**ABSTRACT TEMPLATE – Case study and case series**

**Title:** Case Study or Case Series [DELETE AS APPROPRIATE]- .....  
(130 Characters Max)

Abstract text (*maximum 250 words*) should be contained within this text box. Do not include images, figure, and/or tables. No not include web links. No not include referencing (DELETE THIS TEXT).

Style: Times New Roman, 12 size font, single spacing (DELETE THIS TEXT).

Area to cover in a case study or series:

1. Background to issue;
2. Presentation of athlete or participant;
3. Athlete/participant assessment;
4. Overview of action plan / intervention;
5. Action plan / intervention outcomes; and
6. Professional practice reflection.

**Background:**

**Presentation:**

**Assessment:**

**Intervention:**

**Outcomes:**

**Reflection:**

## ABSTRACT TEMPLATE - EXAMPLE

**Title:** The impact of post-exercise chocolate flavoured dairy milk beverage consumption on hydration status in endurance athletes.

**Background:** Flavoured dairy milk is commonly used by endurance athletes as a recovery beverage, but little is known about its role in rehydration after exercise.

**Aim:** To comprehensively determine the impact of consuming a dairy milk beverage after prolonged strenuous exercise on markers of hydration status.

**Methods:** Using a randomised crossover study design, male endurance athletes (n=11) consumed a chocolate flavoured dairy milk beverage (CM: 1.2g/kg carbohydrate and 0.4g/kg protein) or a carbohydrate-electrolyte beverage (CEB: isovolumetric with 0.76g/kg carbohydrate intake) after completing 2h HIIT (20-25°C, 40% RH). The recovery beverage was provided in three equal boluses over a 30 min period. Throughout the remainder of the 4h recovery period, participants were provided with water (35ml/kg). Venous blood samples were collected, total body water (TBW) and nude body mass were measured pre-exercise and throughout recovery. Whole blood samples were used to determine  $\Delta P_v$ , while  $P_{Osmol}$  was determined by freeze-point osmometry.

**Results:** Exercise-induced body mass loss (overall mean(SD): 1.4(0.6)%;  $p=0.704$ ),  $\Delta P_v$  (-1.5(2.6)%;  $p=0.187$ ), and pre- to post-exercise  $P_{Osmol}$  (293(6) to 295(7)mOsmol/kg, respectively;  $p=0.297$ ) did not differ between CM and CEB. Total fluid intake during the recovery period did not differ between trials (CM: 24.2ml/kg vs CEB: 24.0ml/kg;  $p=0.907$ ). No trial differences were observed for TBW and thirst. However, there was greater fluid retention (CM: 85.8% vs CEB: 76.1%;  $p=0.021$ ) with a corresponding lower urine output (CM: 248ml; CEB: 409ml;  $p=0.008$ ) on CM.

**Conclusions:** Both CM and CEB resulted in complete rehydration during recovery from prolonged strenuous exercise. Greater fluid retention was observed on CM.