

Kinesiology and Health Studies Symposium

The Spring 2020 KHS Symposium will be held on **Wednesday, April 22, 2020.**

The purpose of the Symposium is to highlight the transformative accomplishments of KHS students. The KHS Symposium is held each fall and spring semester.

Abstract Submission Deadline is **Friday, March 13, 2020, at 5 PM.**

Abstract Submission Form online at: <https://tinyurl.com/udwsbj9>

Note to Poster Presenters: All posters must be properly submitted (see the instructions below) no later than **Tuesday, April 14, 2020.**

- **The KHS Symposium is a STLR-tagged event (Research, Creative & Scholarly Activities).**

Abstract/Summary Guidelines

Students submitting a research project or thesis should submit an abstract. All other students may submit a short summary of their projects. Please use the following guidelines when preparing your abstract or summary.

- Maximum 1,500 characters including spaces
- Title: Limited to 150 characters
- All abstracts/summaries must be submitted through this website.
- You are required to choose a format preference from the list below:
 - **Poster presentation.** A poster presentation allows the presenter to share information in a visual format and encourages discussion between presenter and participant. Most posters are created using Microsoft PowerPoint software. The maximum size for a Symposium poster is 44" x 36".
 - **Paper presentation.** In a paper presentation, the presenter makes a 10-12 minute oral presentation about their topic usually accompanied by a Microsoft PowerPoint presentation. The presentation is followed by a 3-minute question and answer period.
 - **Table-top display.** The table-top display allows the presenter to present information in a visual format while including additional visual aids such as models or brochures. This format encourages discussion between the presenter and participants. Table-tops displays must fit on 6-foot standard table.
 - **Round table discussion.** The round table discussion allows presenters to provide information in an interactive format with participation and response from the audience.

Sample Abstract and Summary

Sample Abstract

Implementation of a Community-based Resistance Training Program for Older Adults

Americans are living longer with activity limitations due to the loss of lean tissue mass. Despite evidence supporting the safety and effectiveness of resistance training for increasing lean tissue mass among older adults, very few actually participate in any sort of strengthening exercise. The purpose of this project is to implement and evaluate a community-based resistance training program designed specifically for women over 75 years of age.

The 12-week program will be conducted in a local senior activity center at a time convenient to participants. Exercise sessions will be held three days per week for approximately one hour. Each session will include a short warm-up consisting of slow movement activities, a resistance training component that includes exercises of 8-10 major muscle groups using free-weight resistance, and a cool-down with stretching. The program will be evaluated by assessing physical functioning and health-related quality of life at baseline and following 12 weeks of participation. A repeated measures ANOVA will be used to analyze group, time, and interaction effects.

The results of this program can help in the development of future programs aimed at increasing the quality of life and level of independence of older adults through participation in resistance training activities.

Title: 150 character limit

Abstract Body: 1,500 character limit including spaces

Purpose & Significance

Brief methods – describe what you did or plan to do

Results & Conclusions – indicate expected results if your project is not completed

Sample Summary

Practicum Experience at Bradford Village

My practicum site was Bradford Village Retirement Community, specifically in the long-term care facility. The nursing center at Bradford Village is a 32-bed facility which is staffed by 52 employees. My primary assignment was in the Activities Department. I assisted residents as they participated in activities ranging from bingo to SuperStretch. This experience taught me that social interaction through a variety of activities is important for the physical, cognitive, and spiritual health of older adults in long-term care facilities. This valuable learning experience as helped me to develop communication and administration skills that will be useful as I begin my career in aging services.

Title: 150 character limit

A **project summary** should include a brief description of your experience and what you learned through this experience. (1,500 character limit including spaces)

Students submitting abstracts or summaries will be notified of their acceptance to present at the KHS Symposium by email.

Guidelines for Making a Presentation at the KHS Symposium

All presenters are responsible for registering their presentation by the time which will be printed in the Final Symposium Program. Please be advised that the sooner you register, the easier it will be for you to locate your designated room and poster display board.

Guidelines for Poster Presentations

- All posters must be submitted to Suzanne Frank, EDU 105 no later than the deadline on the first page of this information document.
- Posters should be saved on a flash drive and accompanied by a hardcopy version of the [CEPS Poster Printing Request Form](#) for printing. Note your Faculty Mentor/Instructor must sign it.
- Maximum poster size: 44" in length x 36" in width, however it is strongly suggested that you create a smaller poster to ensure a good fit on the poster board. Most presenters find that 44" x 34" or 40" x 30" works well. Presenters are responsible for ensuring that their poster is the correct size.
- Background must be white. Color can be used for text and figures.
- Some posters may need to be trimmed after printing. We suggest you do this before arriving at the Symposium.
- Posters must be posted on the presentation board 15 minutes prior to the scheduled presentation time.
- Presenter must remain with their poster throughout their assigned session. Unattended posters will be removed and discarded.
- Push pins will be available at the KHS Symposium.

Guidelines for Paper Presentations

- All PowerPoint presentations should be downloaded to the computer in your assigned room 15 minutes prior to your scheduled presentation time.
- Presentations should be limited to 12 minutes, followed by a 3-minute question/answer period.
- Ensure that the colors of your presentation contrast one another.
- Each session will include a maximum of four paper presentations (approximately 60 minutes)

Guidelines for Table-Top Displays

- All presenters must be present with their display prepared 15 minutes prior to their scheduled presentation time.
- Presenters must remain with their table-top display through their assigned session. Unattended table-top displays will be removed and discarded.
- Presenters are encouraged to be creative in their use of colors and arrangements.
- Avoid using too much text. Use visual aids to encourage discussion.

For more information about the KHS Symposium, please email khsabstracts@uco.edu or call the KHS department offices at 405-974-5230.

