



AUT SPORTS PERFORMANCE RESEARCH INSTITUTE NEW ZEALAND

In order to expand our scientific programme, the 2019 SPRINZ Strength and Conditioning Conference will be accepting Research Presentation Posters. Local and International students are invited to submit posters of their research to present to conference attendees. Students will be provided with specified presentation times to be present at their poster to explain and answer any questions regarding their research.

Poster Submissions

All posters will be displayed around the AUT facilities for viewing by conference attendees as well as athletes, coaches, gym members, and visitors.

Poster Submission Format Requirements

Use [poster size](#) (210 x 90 cm), portrait format.

Abstract Preparation

- Please write either an abstract [about strength development, body composition, or youth athlete development](#) in the format of either “[1. Research Report](#)” or “[2. Case Report](#)”
- Abstract should be written in English, Times New Roman style, in accordance with the example.
- Abstract must be contained in one page. Please do not change the margins or settings
- Abstract cannot contain any figures.
- Abstract should be prepared as Microsoft Word file (docx. or doc. File)

Abstract Format

1. [Research Report](#): Report contents and styles must be based on existing scientific methodology. Reports must include the following captions; “Introduction” “Methods” “Results” “Discussion”, and “Practical Applications”.
2. [Case Report](#): Contents must be technical and methodological information that should be useful for [strength development](#) or [body composition](#) or [youth athlete development](#). They also need to include implementation records of exercise programs or results of exercise prescriptions for specific subjects. Besides, report must include objective data and must use the following captions; “Introduction” “Methods” “Results” “Discussion”, and “Practical Applications”.

For advice on poster specification, please contact [Miss Shelley Diewald](#), Shelley.Diewald@aut.ac.nz

How to Submit Abstracts

Please submit via e-mail to [Miss Shelley Diewald](#), Shelley.Diewald@aut.ac.nz