

## Call for Poster Abstracts

<b>Event:</b>	<b>International Conference on Strength and Conditioning 2026</b>
<b>Location:</b>	Carnegie School of Sport, Leeds Beckett University, UK
<b>Event date:</b>	Friday 5 June 2026
<b>Submissions by:</b>	Friday 3 April 2026
<b>Notification date:</b>	Friday 17 April 2026

## Call for Abstracts

The IUSCA invites abstract submissions for poster presentation at the IUSCA International Conference on S&C.

Poster presentations provide an opportunity to disseminate research, applied practice, innovation and evaluation work relevant to strength and conditioning within university, performance and high-performance sport environments.

## Scope for Submissions

Submissions are welcomed from academics, practitioners, undergraduate and postgraduate students and industry professionals working in strength and conditioning and related disciplines.

Abstracts may report:

- Original quantitative or qualitative research
- Applied practice or case studies
- Programme design and evaluation
- Innovations in testing, monitoring or athlete development
- Interdisciplinary work relevant to strength and conditioning

Systematic reviews and meta-analyses are welcomed. Narrative literature reviews will not be accepted.

Work in progress may be submitted, provided that results will be available for presentation at the time of the conference.

## Submission Process

To submit an abstract, email your abstract document to the conference team at [info@iusca.org](mailto:info@iusca.org). Include the abstract as an attachment and provide the corresponding author contact details in the body of the email.

File format: Microsoft Word (.docx) is preferred. PDF is acceptable.

## Abstract Preparation Guidelines

Abstracts must:

- Be written in British English
- Not exceed 300 words (excluding title and author details)
- Contain no tables, figures or paragraph breaks
- Follow a structured format within a single paragraph

The abstract should include the following components in order. Use short labels within the same paragraph, for example: Introduction: ... Aim: ... Methods: ... Results: ... Conclusion: ...

- Introduction: Brief theoretical and/or applied rationale
- Aim: Clear statement of purpose or research question
- Methods: Participants, design, procedures and analysis
- Results: Key findings (effect sizes and exact P values are encouraged where appropriate)
- Conclusion: Practical implications and/or contribution to knowledge

For applied practice submissions, authors must clearly outline the context, intervention and outcomes, and demonstrate that the work is informed by relevant theory and evidence.

Studies involving human or animal participants must include a statement confirming that appropriate ethical approval was obtained.

Abbreviations should be written in full at first use. SI units must be used where applicable. References should be kept to an absolute minimum and included within the text only where essential.

## Title and Author Details

Submissions must include:

- A concise title (avoid acronyms)
- Author names
- Institutional affiliations (department names not required)
- Corresponding author email address

The first named author must present the poster at the conference. If the first named author can no longer attend, a named co-author may present, provided the conference team is notified in advance and the substitute presenter is registered.

## Submission Declaration

The corresponding author must confirm that:

- The submission represents original work
- The abstract has not been previously published
- The work is not under consideration for presentation elsewhere

Presenters must register for the conference by the specified deadline. Failure to register may result in withdrawal from the programme.

## Review Process

All abstracts will be reviewed by two reviewers.

Authors will receive one of the following decisions:

- Accept
- Accept with minor revisions
- Reject

## Poster Presentation Guidance

- Maximum size: A0 portrait (84.1 cm × 118.9 cm)
- Content must be readable from at least 1 metre
- Use a clear sans-serif font (e.g. Arial)
- As a guide, body text is commonly 28 to 34 pt, with larger headings.
- Left-align text
- Avoid excessive jargon and non-standard abbreviations
- Ensure strong visual contrast between text and background

## Poster Content

Posters should focus on key findings and practical implications rather than full manuscript detail.

The following sections are recommended:

- Title
- Authors and affiliations
- Introduction
- Methods
- Results (figures and tables preferred where appropriate)
- Summary and practical implications
- Acknowledgements (if applicable)

Figures and visual elements should be used to enhance clarity. Authors may provide supplementary material (e.g. handouts or QR codes) if desired.

## Prize

Prizes will be awarded for Best Poster and Most Innovative Poster. Judging will consider clarity of communication, quality of the work, and practical relevance to strength and conditioning.