ACTIVATE
CONFERENCE

The world stage for exercise and sports science activate.org.au

Abstract Guidelines

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BRISBANE 3 – 5 June 2027

All information listed within these guidelines is correct at time of publication, September 2026.

Key Dates

Call for Abstracts open	28 September 2026
Call for Abstracts close	23 November 2026
Outcome advice provided to authors	February 2027
Earlybird Registration closes	March 2027
Advice of acceptance provided by authors	28 February 2027

Abstract Submission Process

Initial Submission

To submit your abstract, go to Abstract Submission on Activate Conference website and complete the information including your abstract. All questions must be answered. This process is 100% online. No hard copy or emailed submissions will be accepted.

Acceptance of Published Abstracts

Activate Conference Program Co-chairs and Committee will accept abstracts of research provided the research has not been accepted for publication prior to 23 November 2026 (at the time of submission).

Number of Submissions

Authors can be a lead author on a maximum of 2 submissions.



Career Stage

Activate Conference invites submissions from authors of all career stages, with emphasis on Early Career Researchers and Mid-Career Researchers. Submissions will require identification of the lead author's career stage as per the classifications below:

Early Career Researcher (ECR) is defined as those researchers that are within 5 years of the date of completion of their PhD.

Mid-Career Researcher (MCR) is defined as those researchers that are 5 – 15 years post completion of their PhD.

Established Researcher (ER) is defined as those that are more than 15 years post completion of their PhD.

Practitioner is defined as those whose primary role is the delivery or leadership of professional practice, rather than a research-focused academic role.

Judging/Review Criteria

Each abstract will be reviewed against a set of criteria outlined under the specific submission type below.

Submission Requirements

All fields within the submission process must be completed.

Contact Person

The contact person for the abstract must:

» be an author of the abstract; and

» have an account within the submission system. When making their first submission, the submitter will be prompted to create an account. For all subsequent abstract submissions, the submitter must log into their existing account.

The submitter will be the person all correspondence will be sent to for each abstract. Only 1 x contact person per abstract is permitted.

Authors

- The contact person will automatically be listed as the presenting author.
- The below details for all contributing authors must be provided:
  - Full name, including title, first and surname
  - Email address
  - ORCID
  - Career Stage
  - All affiliations applicable including Affiliation name, City/Suburb/Town, State, and Country, with a minimum of one affiliation per author

Abstract Title

Full and correct title for the abstract must be provided in sentence form. Maximum of 20 words.

Theme Options

You will be asked to choose 1 x theme:

- Exercise & Movement Science
- Clinical Exercise Physiology & Health
- Sports Science

Keywords

You will be asked to choose up to 3 x keywords:

1. Aging & aged Populations
2. Applied Practice
3. Biomechanics
4. Cardiometabolic
5. Children & Young People
6. Chronic Pain
7. Data Capture and/or Performance Analysis
8. Disability
9. Diversity/Inclusion
10. Elite Sport & Athletes
11. Exercise Prescription
12. Exercise Rehabilitation
13. Falls Prevention
14. Fatigue & Recovery
15. Female Health
16. Health & Fitness Promotion
17. Health of First Nations People
18. Health Promotion
19. High Performance Training
20. Human Physiology
21. Interdisciplinary Collaborations
22. Mental Health & Illness
23. Musculoskeletal
24. Neurological
25. Other
26. Rural & Remote Health
27. Skill Acquisition
28. Strength & Conditioning

Conference Award Nomination

You will be asked if you wish to self-nominate the abstract for a Conference Award. You can only select one award for each abstract. There is an option if you do not wish to self-nominate the abstract for a Conference Award. For full details on the Conference Awards please see page 11.

- » Young Investigator for Exercise Science and Health
- » Young Investigator for Sports Science
- » Early Career Researcher for Exercise Science and Health
- » Early Career Researcher for Sports Science
- » Practice, Innovation & Excellence

Abstract

The abstract body must be provided in sentence form. Only keyboard or limited special characters are permitted. Tables, grids or graphs will not be accepted. The abstract body is limited to a maximum of 300 words.

It is recommended that your abstract include the below. The judging/review criteria for a Conference Award will be based on these elements:

- Introduction & Aims
- Methods
- Results
- Conclusion

It is recommended that Practice, Innovation & Excellence Award abstracts follow the format of a case study and include the below. The judging/review criteria for the award will be based on these elements:

- Setting and Population: Where and who did you work with?
- Intervention/Service delivered: What did you do and why?
- Results/Outcomes: What did you find?
- Learnings/Impact/Innovation: How has that changed practice/care?
- Translation and Sustainability: How have your learnings been implemented or sustained within the service/team/setting?

If your abstract does not suit this format, you are permitted to submit your abstract without these subheadings and/or information.

References may be included; however, they must be included in the word limit.

Amendments of Abstract

Amendments of abstracts are permitted until the Call for Abstracts closing date (see Key Dates). No further amendments will be permitted after this time. All amendments must meet the Call for Abstracts submission guidelines.

Amendments for all abstracts are to be made via the Call for Abstracts online process.

Authorisation Upon Submission

Consent to Record

Submission of an abstract is considered authorisation by all authors that their presentation may be recorded and made available via the virtual platform for any delegate or registrant to access. Your presentation will not be used for any other educational purposes unless other arrangements are made directly with you.

Any recording or photograph(s) and any reproductions or adaptations of the film and/or photograph(s) can be used for all general purposes in relation to Exercise & Sports Science Australia's work including, without limitation, for advertising, press releases and for use on the association's website.

Marketing

Upon submission of an abstract, authorisation is considered provided by all authors to use the author/s name/s, abstract title, body, and other required information in any conference marketing.

Conference Proceedings

Upon submission of an abstract, authorisation is considered provided by all authors for the submitted abstract to be included in the conference proceedings. Full requirements by the presenting author must be completed before the abstract will be published.

Conference Registration

It is expected that the presenting author can present at the conference in person in Brisbane, if selected. Registration to attend the conference must be received and paid for by all authors who are presenting. Discounted registration is available until March 2027. The applicable registration fee at time of registration will apply to all presenters.

» Earlybird registration closes March 2027

Registration information with full inclusions and conditions is available on Activate Conference website.

Review Process

The review process will include blind reviewing by a select Abstract Review Committee and the Conference Program Co-chairs and Committee. Their decision is final.

You will be notified via email of your abstract outcome in early February 2027, and you have until 28 February 2027 to advise your acceptance or to decline the offer to present.

Program Allocation

If selected, the type, date, time, and duration of your presentation in the program will be decided by the Conference Program Co-chairs and Committee. These details will be communicated to you via email once the program has been confirmed. You are unable to select your presentation session.

Awards

Activate Conference Awards are:

- Young Investigator for Exercise Science and Health
- Young Investigator for Sports Science
- Early Career Researcher for Exercise Science and Health
- Early Career Researcher for Sports Science
- Practice, Innovation & Excellence
- Poster
- Exercise & Sports Science Australia and European College of Sport Science Research Exchange (x2)

Prizes

AWARDS	FIRST PRIZE	RUNNER UP
Young Investigator Award for Exercise Science and Health*	$1,000.00	$500.00
Young Investigator Award for Sports Science*	$1,000.00	$500.00
Early Career Researcher for Exercise Science and Health*	$1,000.00	$500.00
Early Career Researcher for Sports Science*	$1,000.00	$500.00
Practice, Innovation & Excellence	$1,000.00	$500.00
Poster (Inclusive of Exercise Science & Health and Sports Science)	$1,000.00	$500.00
2 x Exercise & Sports Science Australia (ESSA) and European College of Sport Science (ECSS) Research Exchange 2028/2029	Registration and up to 4 nights' accommodation to attend the 33rd Annual Congress of ECSS/34th Annual Congress of ECSS, details to be confirmed.	

*Winners of the Exercise & Sports Science Australia (ESSA) and European College of Sport Science (ECSS) Research Exchange 2028/2029 will be selected from finalists of all Young Investigator and Early Career Researcher Award finalists. The winner will still be required to submit through the ECSS Congress submission process.

Young Investigator Awards

Categories

- Exercise Science & Health
- Sports Science

Eligibility Criteria

Open to:

- Current students enrolled in the 2027 calendar year
- Full time or part time
- Studying exercise science, exercise physiology, sports science, or a related course
- Undergraduate, Honours, Masters, or PhD

Judging Criteria

Abstracts will be judged on the basis of scientific quality, innovation/novelty, significance/impact and presentation quality. Abstracts will be evaluated according to the following criteria:

- Scientific quality – 30%
- Innovation/novelty – 20%
- Significance/impact – 25%
- Presentation delivery – 25%

A highly esteemed scientific and awards committee has been appointed to undertake the judging at the conference, and will follow the below marking criteria:

- **Rationale:** Was the reason for the study well developed and were the aims/hypotheses clear and logical?
- **Methods:** Were the methods clearly explained and understood by the presenter? Were the methods valid?
- **Results:** Were the key results easy to understand and logically presented? Were the statistics appropriate?
- **Discussion:** Were the results interpreted appropriately?
- **Implications:** Was the "so what?" question clearly addressed and does the study have impact/relevance?
- **Significance and/or Innovation:** Will this increase knowledge and/or has applied a new technique/approach?
- **Presentation:** Were the slides easy to follow?
- **Presentation:** Was the presentation clear and within the allotted time?

» **Question time:** Did the presenter demonstrate mastery of the content under questioning?

Presentation Format

If you are a finalist for this award, you will present an oral presentation (12 minutes plus 3 minutes for questions). For full information on award finalist presentations, please see information listed on page 19.

Awards Nomination

Within the submission process, you have an opportunity to nominate your abstract for this award. If you do not select this award, your abstract will not be considered. You can only select one award for each abstract.

If you nominate your abstract for this award, you must complete an eligibility criteria questionnaire. ESSA, the Conference Program Co-chairs, Committee and Reviewers have the right to remove your nomination if you do not meet the criteria based on your answers to the questionnaire.

Early Career Researcher Awards

Categories

- Exercise Science & Health
- Sports Science

Eligibility Criteria

Open to researchers who, by 3 June 2027, have held their highest degree in the relevant field for no more than five years (dated from letter advising qualification complete). Bona fide career disruption will be taken into consideration[1].

Judging Criteria

Abstracts will be judged based on scientific quality, innovation/novelty, significance/impact and presentation quality. Abstracts will be evaluated according to the following criteria:

- Scientific quality – 30%
- Innovation/novelty – 20%
- Significance/impact – 25%
- Presentation delivery – 25%

A highly esteemed scientific and awards committee has been appointed to undertake the judging at the conference, and will follow the below marking criteria:

- **Rationale:** Was the reason for the study well developed and were the aims/hypotheses clear and logical?
- **Methods:** Were the methods clearly explained and understood by the presenter? Were the methods valid?
- **Results:** Were the key results easy to understand and logically presented? Were the statistics appropriate?
- **Discussion:** Were the results interpreted appropriately?
- **Implications:** Was the "so what?" question clearly addressed and does the study have impact/relevance?
- **Significance and/or Innovation:** Will this increase knowledge and/or has applied a new technique/approach?
- **Presentation:** Were the slides easy to follow?
- **Presentation:** Was the presentation clear and within the allotted time?
- **Question time:** Did the presenter demonstrate mastery of the content under questioning?

Presentation Format

If you are a finalist for this award, you will present an oral presentation (12 minutes plus 3 minutes for questions). For full information on award finalist presentations, please see information listed on page 19.

Awards Nomination

Within the submission process, you have an opportunity to nominate your abstract for this award. If you do not select this award, your abstract will not be considered. You can only select one award for each abstract.

If you nominate your abstract for this award, you must complete an eligibility criteria questionnaire. ESSA, the Conference Program Co-chairs, Committee and Reviewers have the right to remove your nomination if you do not meet the criteria based on your answers to the questionnaire.

[1]Career disruption represents a special category within the assessment relative to opportunity and includes pregnancy; major illness; and carer responsibilities including parental leave. Employment outside the research sector including time spent working in industry; clinical, administrative, or teaching workload; relocation of laboratory or clinical practice setting or other similar circumstances that impact upon research productivity are not considered to be career disruption.

Practice, Innovation & Excellence Award

Eligibility Criteria

Open to anyone working in the exercise and sports science field who is not employed as an academic or researcher.

It is anticipated that submissions and presentations in this category might be comprised of several different approaches that encourage active engagement of practitioners. Examples may include case studies, processes or implementation highlighting new knowledge or insights, feedback from consumers, community engagement or aspects of management which are of interest or benefit to colleagues.

It is recommended that Practice, Innovation & Excellence Award abstracts follow the format of a case study and include the below.

- Setting and Population: Where and who did you work with?
- Intervention/Service delivered: What did you do and why?
- Results/Outcomes: What did you find?
- Learnings/Impact/Innovation: How has that changed practice/care?
- Translation and Sustainability: How have your learnings been implemented or sustained within the service/team/setting?

Judging Criteria

Abstracts/case studies will be judged based on innovation and/or excellence, significance/impact and presentation quality. Abstracts/case studies will be evaluated according to the following criteria:

- Excellence – 30%
- Innovation – 30%
- Significance/impact – 20%
- Presentation delivery – 20%

A highly esteemed scientific and awards committee has been appointed to undertake the judging at the conference, and will follow the below marking criteria:

- **Relevance:** How relevant is the presentation to the profession?
- **Professional Impact:** Is the presentation likely to impact on current practice?
- **Presentation:** Were the slides easy to follow?
- **Presentation:** Was the presentation clear and within the allotted time?
- **Question time:** Did the presenter demonstrate mastery of the content under questioning?

Presentation Format

If you are a finalist for this award, you will present an oral presentation (12 minutes plus 3 minutes for questions). Your presentation may include deidentified case studies, examples of implementation of new knowledge or insights, and/or aspects of client management which are of interest or benefit to colleagues. For full information on award finalist presentations, please see information listed on page 19.

Awards Nomination

Within the submission process, you have an opportunity to nominate your abstract for this award. If you do not select this award, your abstract will not be considered. You can only select one award for each abstract.

If you nominate your abstract for this award, you must complete an eligibility criteria questionnaire. ESSA, the Conference Program Co-chairs, Committee and Reviewers have the right to remove your nomination if you do not meet the criteria based on your answers to the questionnaire.



Exercise & Sports Science Australia (ESSA) + European College of Sport Science Research Exchange (ECSS)

Two winners will be awarded this award at Activate Conference 2027.

The awards will be presented for the best presentation by a young scientist (e.g., PhD or Masters student, post-doc) in exercise and sports science.

The ESSA/ECSS Research Exchange provides the opportunity for the candidates to attend the next ECSS Congress*:

- 33rd Annual Congress of European College of Sport Science, 4 – 7 July 2028, Copenhagen, Denmark**
- 34th Annual Congress of European College of Sport Science, TBC**

*Each winner will be advised which congress they have won the chance to attend.

**Congress details may change at any time without notice.

The exchange package will allow the candidate the opportunity to:

- Display their poster presentation in a prominent position in the poster area at the ECSS Congress.
- Reserve a dedicated 5-minute period within the ECSS Congress program to present the awarded poster and answer questions.

The exchange includes:

- Full registration at the nominated ECSS congress.
- Up to four nights' accommodation at the ECSS congress hotel.

Awards Nomination

All Young Investigator Award finalists and Early Career Researcher Award finalists will be considered for this award.

Presentation Types

There are 3 x presentation types:

- Award finalist
- Oral
- Poster

The decision of your presentation type will be decided by the Conference Program Co-chairs and Committee. This decision is final, and will not be open to further discussion.

Award Finalist Presentations

The Presentation

Award finalist presentations will be included in the conference concurrent sessions. The date/time will be decided by the Conference Program Co-chairs and Committee. You will be allocated your session with other presentations (either abstract submitted or invited presenters). You are unable to select your session. It is expected that the presenting author is registered and present at the conference in person to answer live Q & A during their concurrent session. You will be provided with full information of your presentation details and expectations upon your abstract results.

Duration

The duration of the presentation will be a maximum of 12 minutes plus 3 minutes for questions.

Electronic Presentation

You can use either PowerPoint (PPT) or Prezi. No other electronic presentation format will be accepted.

Please note:

- Your electronic presentation remains your property at all times and ESSA will not provide your raw material to any person other than the audio-visual company without your consent.
- See Authorisation Upon Submission > Consent to Record in the abstract guidelines for recording consent.
- Your abstract number will be provided within your acceptance email.
- It is the presenter's responsibility to ensure their electronic presentation/s are available and correct prior to their presentation at the conference.
- All award finalist presentations must have an electronic presentation.

Oral Presentations

The Presentation

Oral presentations will be included in the conference concurrent sessions. The date/time will be decided by the Conference Program Co-chairs and Committee. You will be allocated your session with other presentations (either abstract submitted or invited presenters). You are unable to select your session. It is expected that the presenting author is registered and present at the conference in person to answer live Q & A during their concurrent session. You will be provided with full information of your presentation details and expectations upon your abstract results.

Duration

The duration of the presentation will be a maximum of 12 minutes plus 3 minutes for questions.

Electronic Presentation

You can use either PowerPoint (PPT) or Prezi. No other electronic presentation format will be accepted.

Please note:

- Your electronic presentation remains your property at all times and under no circumstances will ESSA provide your raw material to any person other than the audio-visual company without your consent.
- See Authorisation Upon Submission > Consent to Record in the abstract guidelines for recording consent.
- Your abstract number will be provided within your acceptance email.
- It is the presenter's responsibility to ensure their electronic presentation/s are available and correct prior to their presentation at the conference.
- All oral presentations must have an electronic presentation.



Poster Presentations

The Presentation

Poster presentations will be included in the conference welcome reception. It is expected that the presenting author is registered and present at Activate Conference Welcome Reception, in person to answer live Q & A during the poster session. You will be provided with full information of your presentation details and expectations upon your abstract results.

Mandatory Requirements

Size:	A0 (0.84m wide x 1.18m high)
Orientation:	Portrait
On Display:	No later than 10:00am Thursday, 3 June 2027
	To 1:30pm Saturday, 5 June 2027

Helpful Hints for Posters

- The title of your presentation should be at the top of the poster, followed by the name of the author/s and the institution where the work was completed (if applicable). If the title of the poster is lengthy then you may use a shorter version of the original title.
- The poster must be readable from a distance of 1.5m to 2m, so use dark text and use the space to provide a layout that is clear and informative.
- A guide to text sizes for the viewing distance is:
  - Title: 2.5cm – 4cm
  - Authors and Institutions: 1.5cm
  - Subheadings: 1.5cm (44 pt.)
  - Body Text: 1cm (36 pt.)
  - Use 1.5 or 2 line spacing for the text
- Your poster should be self-contained and self-explanatory, allowing viewers to peruse on their own while the author is free to supplement or discuss points raised in inquiry.
- Presentations should be kept simple and clear, and a mixture of text and graphics is recommended.
- Materials should be mounted on material, poster paper or board. Use matte finish rather than glossy paper. Arrange materials in columns rather than rows. An introduction should be placed at the upper left and a conclusion at the lower right.
- Presentation of original research must follow the same format as the abstract. That is, introduction, methods, results and discussion/conclusions.
- Each chart, table, diagram, or photograph should be large, readily legible and self-explanatory. Captions or legends should be brief.

» Minimise detailed explanation. Use large type in short, separated paragraphs. Numbered or bulleted lists are effective ways to convey a series of points. Do not set entire paragraphs in uppercase or bold type.

» It is suggested that you produce some A4 copies of your material for distribution.

What to do onsite

6 velcro dots will be provided to you to mount your poster within the poster viewing area. If you wish to use an alternate method of affixing your poster, please bring this yourself.

It is your responsibility to bring your poster and ensure it is on display for the period required. Please ensure you collect your poster at the end of the conference. All posters that are not collected will be destroyed.

Please note:

Your abstract number will be provided within your acceptance email.

All poster presentations must be presented in person, there will be no electronic poster presentations.



Contact

If you have any queries regarding abstract submission or the awards, please contact the ESSA Events Team.

Exercise & Sports Science Australia (ESSA)

Locked Bag 4102

Ascot QLD 4007

Australia

Ph: +61 7 3171 3335

E: conference@essa.org.au