

All-Ireland Postgraduate Conference in Sport Sciences, Physical Activity and Physical Education 2022

Abstract Submission Guidelines

Typed abstracts should be no longer than 300 words. A sample of a completed abstract is included on the next page. Abstracts should follow one of two formats:

- i) Abstract Submission Form for Completed Research / Preliminary Findings or
- ii) Abstract Submission Form for Proposed Research.

Please use the 'Abstract Submission Form for Completed Research / Preliminary Findings' template for research that you have already conducted as part of your postgraduate studies. Please use the 'Abstract Submission Form for Proposed Research' template for research that you are planning to undertake as part of your postgraduate studies. Both templates are available at the end of this document. No tables or figures may be included in your abstract. A maximum of four references per abstract will be accepted.

N.B. The author submitting the abstract should appear as the first named author and will be expected to present the work if it is accepted.

Sample Abstract

Please use the sample abstract as a template. It will not be possible to change the title headings when submitting. The abstract must not exceed 300 words. Abstracts failing to meet the guidelines may be rejected. Accepted abstracts will be published, as submitted, within the conference programme so please ensure all information is correct and without typos.

Abstract Reviewing

All abstracts will be reviewed by a Conference Committee who will make recommendations as to the type of presentation. The final decision on each resides with the Conference Committee.

Abstract submission

Abstracts should be submitted using the online form. Abstracts must be received before noon on Friday, July 8th 2022.

Submit your abstract here -

<https://docs.google.com/forms/d/e/1FAIpQLSfXUqzmm94JmQ3XztulgXj5TIWWJNgC2TsdMK8Xu7gVpuwuUg/viewform>

The receipt of your abstract submission through Google Forms will be confirmed by email. You will receive notification of the abstract decision by August 5th 2022.

Please contact aipgconf@dcu.ie if you have any additional questions.

SAMPLE ABSTRACT

Effectiveness of functional movement screening in predicting injury rates amongst soccer players

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Introduction

Screening tests are employed to assess an athlete's risk of injury (Cook et al., 2006). Research has linked lower Functional Movement Screen (FMS) scores with increased injury prevalence. A score of ≤ 14 is reported to be the cut-off point for possible increased injury risk (Kiesel et al., 2007; Chorba et al., 2010). Such studies had small sample sizes and included limited analysis of injury types, severities and other relevant factors. This research aimed to identify if FMS tests can be used to predict the likelihood of various injury types/severities occurring in soccer players.

Method

A sample of 116 senior League of Ireland players participated. During pre-season participants were assessed on the seven FMS tests (Cook et al., 2006), and tracked throughout the 2014 season to monitor injury occurrence rates and soccer activity exposure. Odds ratios were used to establish the likelihood of different injury types/severities occurring based on FMS score.

Results

A total of 109 injuries were recorded, 66 injuries were non-contact injuries, 64.22% occurred during matches and an average time loss absence per injury of 12.4 days. The odds ratio of a player scoring ≤ 14 on the FMS receiving an injury was 0.80 (0.57 for non-contact injuries). When taking into account only moderate or severe injuries (>8 days), this increased to 1.71.

Discussion

Contrary to previous research (Kiesel et al., 2007), the results of this study suggest there is no increase in likelihood of an injury occurring due to a score of <14 on the FMS. Similarities in injury rates between low and high FMS scorers were present when all injuries were pooled and when contact injuries and non-contact injuries were assessed separately.

Conclusion

Practitioners should consider that the previously reported strong links between FMS score and injury risk were not present in this population of soccer players.

References

Chorba, R.S., Chorba, D.J., Bouillon, L.E., Overmyer, C.A., Landis, J.A. (2010). *N Am J Sports Phys Ther*, 5(2), 47-54. Cook, G., Burton, L., & Hoogenboom, B. (2006). *N Am J Sports Phys Ther*, 1(2), 62-72, 1(3), 132-139. Kiesel, K., Plisky, P., & Voight, M. (2007). *N Am J Sports Phys Ther*, 2(3), 147-158.

Abstract Submission Guidelines - Completed Research / Preliminary Findings

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Introduction

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Methodology

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Results

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Discussion

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Introduction

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Methodology

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