



# Northland ACSM 2023 Annual Meeting

## PRESIDENT'S CUP COMPETITION

The President's Cup is a research competition held annually during the national ACSM Annual Meeting. The President's Cup is organized with the assistance of the Student Affairs Committee and ACSM national staff. Each regional chapter will select one student based on the quality of presentation at their regional chapter annual meeting and this student will represent the chapter in the President's Cup competition at the national ACSM Annual Meeting. A panel of judges, using an established judging rubric, will select the ultimate winner. ACSM will provide a \$1,200 stipend to each regional chapter winner. The purpose of this is to support student attendance and travel to the ACSM Annual Meeting to present their work at the national-level competition. The stipend will be paid post-meeting after the competitor has participated in the event.

### President's Cup Requirements

1. Each regional winner must be a current member of both the national ACSM organization and the Northland ACSM regional chapter.
2. Each regional winner must be a student enrolled in a program at the time of the regional chapter meeting. However, if the student were to graduate before the ACSM Annual Meeting, they are still eligible for the national-level competition.
3. Each regional winner must be able to attend the national ACSM Annual Meeting in Denver, CO (May 30 – June 3, 2023) for the national President's Cup competition.
4. Current Student Affairs Committee and/or BOT members are NOT eligible for the President's Cup competition.
5. Past President's Cup regional and national winners are NOT eligible for the President's Cup competition.
6. The type of project conducted by the student must align with the mission of ACSM, which is to: "... advance and integrate scientific research to provide educational and practical applications of exercise science and sports medicine".
7. If a student is chosen as the Northland ACSM regional chapter winner, he/she MUST attend the national ACSM Annual Meeting to present their work in the national competition.

### President's Cup Format

Students will give an oral presentation (with PowerPoint slides) lasting 5 minutes, followed by 3 minutes for questions. Each of the following categories be evaluated on a scale of 1 (Unsatisfactory) to 5 (Exceptional), which is consistent with the standardized rubric used to judge the national competition.

1. **Significance:** How well the project relates to the mission statement of ACSM, which is to "advance and integrate scientific research to provide educational and practical applications of exercise science and sports medicine."
2. **Innovation:** The novelty of the project, especially relating to the use of new methodologies, studying of under investigated populations and/or addressing emerging problems relating to exercise and sports medicine.
3. **Project Design:** The ability of the methodologies used to address the research question and hypothesis. Additionally, the appropriate use of experimental design and statistics to test the hypothesis.
4. **Ability to Respond to Questions:** Ability of the student to demonstrate knowledge of the literature related to their field of study as well as demonstrate critical thinking for future studies.
5. **Presentation Design and Presentation Skills:** Clarity of the presentation and description of research project.