

MEMORANDUM

TO: Student and Faculty Scholars
FROM: Brenda A. Allen, Provost
DATE: January 18, 2012
SUBJECT: Call for Scholarship Communications for WSSU Scholarship Day

The third annual campus-wide Winston-Salem State University Scholarship Day will be held on **April 10, 2012**. This is a day to celebrate all types of scholarship and the scholars on our campus. The day will include a university-wide poster presentation session and departmentally based oral presentations, exhibits, and productions. The poster presentations will take place in the Thompson Center between 11:00 and 1:00. Scholarship presented in forms other than posters (oral, visual etc.) will take place in locations selected by departments, the college, and/or schools before and/or after the poster session. A booklet with all the scholarship abstracts and the calendar of events for the whole day will be available electronically before April 10.

In preparation for Scholarship Day, we need several pieces of information including:

1. A list of presentations to be conducted in each department, the times and the location.
2. Scholarship abstracts (see parameters below) created in Word and submitted through Blackboard by the faculty member or the student's faculty advisor by **midnight on March 7**. All faculty will have access to the blackboard shell titled Scholarship Day.
3. Posters created in PowerPoint and submitted through Blackboard before midnight March 26, 2012. The Provost's Office will arrange to get the posters printed (2' by 3') if they are submitted by the deadline. Faculty mentors are expected to help student scholars **prepare the poster and submit to the Blackboard course by midnight March 26**. Posters will be printed and returned to campus by April 5. Students and faculty can use posters that they created for other presentations as long as they were not presented at a previous WSSU Scholarship Day.

CETL and Scholarship Day committee members will offer sessions on creating an effective poster and the Writing Center is going to assist in editing abstracts for the publication.

Poster Design Workshops will be held in G20-B at the Anderson Center:

- (1) Thursday, March 8, 2012, 3:30 – 4:30pm
- (2) Tuesday, March 20, 2012, 4:00 – 5:00pm
- (3) Thursday, March 22, 2012, 3:30 – 4:30pm

Please help us make this the best Scholarship Day to date by submitting your scholarship for presentation and then by participating in the activities planned for the day.

Instructions and Sample Abstract

(Sample of an abstract to show style. The size of the example box is reduced to save space -Do not use this box size for submission!)

THE IMPACT OF ALTERED LEAD IN PEDAL TIME DURING THE WINGATE TEST

J.A. Hull, D.O. Mackey, B.H. Swain, K.J. Ritsche, M.J. McKenzie. *Dept of Human Performance and Sport Sciences; email addresses of lead author and faculty advisor.*

PURPOSE: The most commonly used test to assess one's anaerobic power is the Wingate Cycle Ergometer Test. The purpose of this study was to compare the differences in various power measurements when a person's lead in pedal time (6, 3, or 0 s respectively) is altered. Recent unpublished data from our laboratory has identified major discrepancies by altering this parameter that has led to unequivocal results. **METHODS:** Testing consisted of 19 recreationally active males (age = 23.6 ± 3.17 yrs; height = 1.79 ± 0.06 m; weight = 82.9 ± 8.3 kg; body fat $18.4\% \pm 7.2$) who performed a randomized lead-in time (6, 3 or 0 sec respectively). A repeated measures ANOVA was used to evaluate differences in anaerobic power output between the three different lead-in times with significance set at $p < 0.05$ a priori. **RESULTS:** Overall, mean power (484 ± 86 vs. 591 ± 87 vs. 621 ± 104 watts), relative mean power (5.85 ± 1.05 vs. 7.15 ± 1.00 vs. 9.28 ± 7.41 watts/kg), minimum power (263 ± 123 vs. 329 ± 100 vs. 348 ± 130 watts), time to peak power (0.48 ± 0.17 vs. 1.77 ± 0.54 vs. 3.53 ± 0.98 sec) and total anaerobic work (14510 ± 2581 vs. 17721 ± 2620 vs. 18616 ± 3109 J) were significantly different ($p < 0.01$), respectively. Although not significantly different, peak power did have a tendency to increase with a shortened lead-in time (1126 ± 155 vs. 1180 ± 202 vs. 1181 ± 268 ; $p > 0.07$). **CONCLUSION:** It therefore appears the optimal lead in time for a Wingate test is between 0-3 seconds.

Funding provided in part by

1. Type the title of paper in all caps. The title should be succinct and descriptive.
2. Indent three spaces and type the names of the authors with the presenting author first. Immediately following the author's names, type the department sponsoring the scholarship. Immediately after type the email addresses of the lead author and the lead faculty advisor.
3. Skip a line and indent three spaces and type the text in one continuous paragraph, flush left, single spaced.
4. Indicate grant or funding information on a single line at bottom, indented.
5. Your abstract should be informative, usually containing: (a) a sentence statement of the study's specific objectives, unless this given by the title; (b) a brief statement of methods, if pertinent; (c) a summary of the results obtained; and (d) a statement of the conclusions.
6. *No figures should be included in abstracts, and the use of tables is discouraged.* Abstracts will appear in the program as submitted. Your abstract must fit into a box with the following dimensions: **5.75 inches wide by 5 inches high**. There is a limit of no more than **25 lines** of text. Title, authors, and department should be included in all abstracts. In order to make all abstracts readable in the program, no more than 14 characters and spaces per horizontal inch and 6 lines-per vertical inch should be used. **Required fonts** for electronic submissions are **TIMES-12 point or TIMES NEW ROMAN- 12 point**. Use of other fonts may result in the loss or changing of characters.