**SUBMISSION GUIDELINES FOR THE 2016 NORTHWEST BIOMECHANICS SYMPOSIUM**

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# **INTRODUCTION**

We are pleased to announce the 12th Northwest Biomechanics Symposium (NWBS) to be held June 3-4, 2016 at the University of British Columbia in Vancouver, BC. These instructions contain information about the abstract submission process and represent a model for abstract formatting. All abstracts for the 2016 NWBS must be submitted electronically by 11:59pm on April 18, 2016. Email your abstract to [nwbs@mech.ubc.ca](mailto:nwbs@mech.ubc.ca) with the subject line *NWBS 2016*.

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**Figure 1**: Ensure that text and graphics are readable and can be clearly understood. Color can be used and will display on the online version of the abstract.

All abstracts must be submitted as PDF files and files should not be larger than 4 MB. The title of the file should be the last name of the first author Abstracts that meet standards of acceptability will be included in the symposium booklets and website.

# **METHODS**

The abstract is limited to one letter size page (8.5 x 11 inches), with two columns of text, justified. Left and right margins should be 0.5 inch; top and bottom margins should be 0.75 inch. Type font is Times New Roman 10 pt. It is best if abstracts are formatted using this document as a template. Please do not change the formatting from that within this template document. The symposium organizers reserve the right to reject abstracts that do not adhere to the formatting guidelines in this document.

The title (in bold caps), authors, and author affiliations should be centered across the top of the page. Use numerical superscripts to distinguish authors from different institutions. An email address of the corresponding author should be included. A web address of department, laboratory or author may be included if desired.

The body of the manuscript should be divided into sections specifically titled as follows: Introduction, Methods, Results and Discussion, and Conclusions (optional). Text within each section should be full justified, without paragraph indentations. Use double line spacing between paragraphs.

# **RESULTS AND DISCUSSION**

Figures and tables may be incorporated within the document and must be referenced in the text (Figure 1). Captions must be legible and placed below each Figure, and above each Table. Tables may extend across two columns when needed (Table 1). Use “Format -> Columns” to control which parts of the text are in single column format.

Reference citations within the text are to be made with numbers [1,2]. References are to be formatted as illustrated on this page. Place the journal or book title in Italics, with volume numbers in bold [3].

Questions about the conference should be addressed to [nwbs@mech.ubc.ca](mailto:nwbs@mech.ubc.ca).

# **CONCLUSIONS**

Abstracts for the 2016 NWBS must be submitted electronically by April 18, 2016 following the instructions in this template. Authors will be notified of acceptance by May 9. All accepted papers will be considered for awards.

# **REFERENCES**

1. Chou L-S, and Lee, H-J. *Proceedings of ISB XXI*, Taipei, Taiwan, Abstract 207, 2007.
2. Sabick MB, et al. *Am J Sports Med* **33**, 1716-1722, 2005.
3. Lin DC, and Vasavada AN. *NWBS Aficianados*, Wazzu Publishing, Pullman, WA, 2009.

# **ACKNOWLEDGEMENTS**

Acknowledgments are optional.

**Table 1:** Tables may extend across both columns and, if they do so, should be included at the bottom of the abstract.

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| --- | --- | --- | --- | --- | --- | --- |
| **Joint Angle (deg)** | **Running Speed (m.s-1)** | | | | | |
|  | 3 | **3.5** | **4** | **4.5** | **5** | **5.5** |
| **Knee Flexion** | 23.1 ± 2.3 | 27.2 ± 2.6 | 28.5 ± 3.3 | 31.3 ± 4.1 | 35.1 ± 2.8 | 38.7 ± 7.3 |
| **Hip Flexion** | 30.1 ± 2.7 | 33.2 ± 3.3 | 33.5 ± 1.9 | 35.9 ± 3.6 | 36.1 ± 4.5 | 39.2 ± 2.3 |