
Guidelines for single abstracts submission

General

- The maximum number of abstract submissions allowed as presenter is two.
- The abstract must be written in English and submitted through the designated online system on conference web page: www.hepa2026.si.
- Each abstract must contain original work not previously published or presented; if it has, a clear justification is required.
- Authors are fully responsible for the accuracy of their **submissions**. All spelling, grammar – UK English, and scientific content will be published exactly **as provided**.
- The presenting author must register for the conference if the abstract is accepted. Non-attendance may lead to withdrawal of the abstract from the programme.

Submission Process

- Create or log into your user profile on the conference's abstract submission portal.
- Select the type of submission: abstract or symposium, topic and preferred type of presentation (oral or peach oral) that best fits your submission.
- For all submission types, you will have to choose between research-oriented abstracts, policy or practice-oriented abstracts.
- Enter full details: title, authors (with affiliations and contact details), presenting author designation, keywords, and the abstract text (250 words).
- You may review and update your abstract in the system until the submission deadline. After that point no further modifications will be allowed.
- After successful submission, you will receive a confirmation mail. If not received within the 24 hours, contact the conference organisation team: info@hepa2026.si.

Format and content of submitted abstracts

- The title of the abstract should not exceed 25 words.
- Do not use abbreviations in the title (unless they are widely recognised)
- The main text should not exceed 250 words.
- Regardless of the type of abstract, the practice- and/or policy-implications should be outlined in the conclusions.

Research-oriented abstracts must include the following sections

Background and aim of the study:

State the primary purpose of the study, including the main research questions or hypotheses being addressed, emphasizing what is innovative about this research.

Methods:

- Quantitative studies should include design, participants, measures and analyses.
- Qualitative studies should describe the methods of data generation and analyses used.
- Reviews should include details of the procedures adopted.

Results:

This section should present specific findings.

- Quantitative studies should include a summary of the results, which can contain numerical data.
- Qualitative studies should include an indication of the main results of the analysis.
- Reviews should include a summary of the main findings that will be discussed in the paper.

Conclusions:

Explain the possible contribution to, or implications for, knowledge, methods or practice in the field of health promoting health-enhancing physical activity.

Support/Funding Source:

State how the study was funded.

Keywords: Provide 3-5 keywords that best describe your topic.

Policy/practice-oriented abstract must include the following sections

Background and aim of the study:

State the primary purpose of the project or policy, including the main health-enhancing physical activity and/or health issues being addressed, for which target group, emphasizing what is innovative about this project or policy.

Methods:

Four main topics should be described: development, implementation, evaluation and dissemination. Describe how the project or policy was developed, which stakeholders were

involved, and who was responsible for its implementation. Describe how the implementation took place, how it was evaluated, and – to the extent relevant – how it is, or will be disseminated or scaled-up.

Results

Highlights policy impacts, policy barriers, or policy enablers.

Conclusions:

Explain the possible contribution to, or implications for, knowledge, methods, practice or policy in the field of health enhancing physical activity.

Keywords: Provide 3-5 keywords that best describe your topic.

Guidelines for symposium

General

- The maximum number of symposia submissions allowed as leader (person) is one.
- The symposia must be written in UK English and submitted through the designated online system on conference web page: www.hepa2026.si .
- Each symposium must include from 3 to 5 abstracts.
- The format for symposium abstracts is the same as for single presentations, varying in structure between research-oriented abstracts and policy/practice-oriented abstracts.
- Regardless of the type of abstract, the practice- and/or policy-implications should be outlined in the conclusions.
- Each abstract must contain original work not previously published or presented; if it has, a clear justification is required.
- Authors are fully responsible for the accuracy of their **submissions**. All spelling, grammar – UK English, and scientific content will be published exactly **as provided**.
- All presenting authors must register for the conference if the symposia is accepted. Non-attendance may lead to withdrawal of the symposia from the programme.

Submission Process

- Create or log into your user profile on the conference's symposia submission portal.
- Select the topic that best fits your submission.
- Enter full details: title, authors (with affiliations and contact details), moderator, keywords, and the symposia description text, up to 250 words.
- Review and edit your symposia in the system up until the submission deadline. After that point no further modifications will be allowed.
- After successful submission, you will receive a confirmation mail. If not received within the 24 hours, contact the conference organisation team: info@hepa2026.si .

Format and content of submitted abstracts

- The title of the symposia should not exceed 25 words.
- Do not use abbreviations in the title (unless they are widely recognised)
- Short description of the symposium should not exceed 250 words.
- Provide 3-5 keywords that best describe your topic.

Research-oriented abstracts must include the following sections

Background and aim of the study:

State the primary purpose of the study, including the main research questions or hypotheses being addressed, emphasizing what is innovative about this research.

Methods:

- Quantitative studies should include design, participants, measures and analyses.
- Qualitative studies should describe the methods of data generation and analyses used.
- Reviews should include details of the procedures adopted.

Results:

This section should present specific findings.

- Quantitative studies should include a summary of the results, which can contain numerical data.
- Qualitative studies should include an indication of the main results of the analysis.
- Reviews should include a summary of the main findings that will be discussed in the paper.

Conclusions:

Explain the possible contribution to, or implications for, knowledge, methods or practice in the field of health promoting health-enhancing physical activity.

Support/Funding Source:

State how the study was funded.

Keywords: Provide 3-5 keywords that best describe your topic.

Policy/practice-oriented abstract must include the following sections

Background and aim of the study:

State the primary purpose of the project or policy, including the main health-enhancing physical activity and/or health issues being addressed, for which target group, emphasizing what is innovative about this project or policy.

Methods:

Four main topics should be described: development, implementation, evaluation and dissemination. Describe how the project or policy was developed, which stakeholders were involved, and who was responsible for its implementation. Describe how the

implementation took place, how it was evaluated, and – to the extent relevant – how it is, or will be disseminated or scaled-up.

Results

Highlights policy impacts, policy barriers, or policy enablers.

Conclusions:

Explain the possible contribution to, or implications for, knowledge, methods, practice or policy in the field of health enhancing physical activity.

Keywords: Provide 3-5 keywords that best describe your topic.

Early Career Research Award Guidelines

1. General information

HEPA Europe recognizes the importance of supporting early-career researchers in developing their professional identity. At the 17th HEPA Europe Conference, we are pleased to once again open the Early Career Research Award, which aims to acknowledge the valuable contributions of researchers at the beginning of their scientific careers. Early-career researchers are invited to participate in this prestigious competition celebrating scientific excellence.

2. Eligibility and Selection Guidelines

Abstracts submitted by the **15.3.2026** whose authors expressed interest and met the eligibility criteria for the Early Career Research Award will be considered. Conference registration is required for all presenters to be considered for the Award. Shortlisted authors will be notified via email by **15.5.2026**. Final assessments will be made during session presentations by representatives from the HEPA Europe Conference Scientific Committee and Session Chairs. Presentations will be assessed for clarity, scientific quality, novelty and contribution to the field.

Note: Only one abstract per candidate will be considered for the Award.

3. Eligibility Criteria

To be eligible for the award, the individual must:

- be presenting as the lead author,
- be within 5 years of receiving their highest degree,
- live, work or study within a country of the WHO European Region,
- provide a short biography (max 200 words) which will be requested following notification of the shortlisting process.

4. Award

The winner will receive the Early Career Research Award certificate which will be presented during the closing ceremony on the final day of the HEPA Europe conference.

Further inquiries for authors whose abstracts were accepted for oral presentations and have been considered for the Early Career Research Award can be made by contacting: info@hepa2026.si.

Conference Journal – Kinesiologia Slovenica

Accepted conference abstracts will be published in a special issue/supplement of the Kinesiologia Slovenica. *Kinesiologia Slovenica* is an international, double-blind, peer-reviewed scientific journal published three times a year. It serves as a leading platform for research in kinesiology and sports sciences, covering diverse topics across the natural sciences, social sciences, and humanities.

The HEPA conference organizers invite authors to submit full-length articles to the journal, which focuses on recent advancements in health-enhancing physical activity.