



## **2024-25 USEMS/FSEM ESSAY COMPETITION**

Please write your essay in the form of a journal editorial on the following topic:

***“Exercise prescription in the race against obesity: leading from the front, or one of the pack***

### **Eligible applicants:**

- ***Undergraduates*** (medical, physiotherapy, allied healthcare professionals) enrolled on a healthcare course at university in either England, Scotland, Wales, Northern Ireland, or the Republic of Ireland, on the closing date.
- or ***recently graduated*** (within 2 years e.g. foundation year 1 & 2 doctors or equivalent)

### **Award**

The successful award winner will receive:

- £100 prize
- A free one-day conference ticket (specifics to be clarified after awarded)
- Mentorship from the FSEM to support the winner to publish their editorial piece (e.g., in BASEM Today).

### **Deadline/Submission**

Please email your submission [pr@fsem.ac.uk](mailto:pr@fsem.ac.uk) before 12pm on **31<sup>st</sup> January 2025.**

In the body of the email please state the following:

- Full Name
- University
- University course and year of study/date of graduation
- Undergraduate or recent graduate status
- Employer (if graduated)
- Contact details (email and mobile)

Please attach your essay in a word document or PDF format.

Please label your essay with the topic title but you must ensure that your name is not contained anywhere in your essay or filename. The competition administration team will rename the files so that marking will be anonymous.

## **Guidelines and Requirements:**

- The essay should be in the style of a journal editorial. An editorial is a piece of writing that expresses the opinion of the author on a topic of public interest. It usually aims to persuade the readers to agree with the author's viewpoint or to take some action (see <https://bjsm.bmj.com/pages/authors#editorial>)
- Formatting should be Times New Roman, font size 12, maximum word count 800 words (excluding title and references)
- A maximum of 3 tables, graphs, or images may be used, although they are not essential
- Quotes should be identified within “ ” and appropriately referenced
- No more than 8 references
- Reference format is Vancouver (number superscript)
- Keep the title short and succinct to attract the readers (max two lines Size 12 font).
- Sub-headings are recommended.
- Include total word count at the end
- All submissions will be double-marked according to the marking criteria below
- **We will aim to release results as soon as possible.**

**Please read the following statement on plagiarism and academic misconduct.**

All content submitted to the essay competition must be your own ideas, thoughts, or judgements, and must be expressed in your own words. You must ensure that you formally recognise and reference the existing knowledge and ideas on which your work is based. The use of artificial intelligence in the preparation or generation of the content for submission to the essay competition is expressly prohibited.

***By submitting your essay, you are confirming that you have read and understood the advice above regarding plagiarism and the use of artificial intelligence in your submission.***

	<b>Excellent (&gt;70%)</b>	<b>Satisfactory (50-69%)</b>	<b>(&lt;50%)</b>	
<i>Establish the problem</i>	<i>The editorial presents a compelling justification for the topic</i>	<i>The editorial presents an acceptable justification for the topic</i>	<i>The editorial presents a vague justification for the topic or does not present a justification for the topic</i>	
<i>Take a stance</i>	<i>The editorial has a clearly stated opinion in the article. The editorial effectively discredits the conflicting opinion</i>	<i>The editorial has an opinion that could be stated more clearly using better words. The editorial attempts to discredit the conflicting opinion but lacks evidence or conviction</i>	<i>The editorial has an opinion which is somewhat confusing or does not adequately show whether it is for or against the issue. The editorial does not discredit the conflicting opinion</i>	
<i>Show of evidence</i>	<i>Arguments are presented in a logical manner. Each point is written in a separate paragraph with a topic sentence and supported with sufficient evidence</i>	<i>Arguments are presented in a reasonably logical manner. Each point is written in separate paragraphs but not necessarily with a topic sentence. Arguments lack sufficient evidence to support opinion.</i>	<i>Arguments are not presented in a logical manner. No topic sentences and little evidence is presented</i>	
<i>Call to action</i>	<i>The Editorial ends with a specific recommendation for the reader to take action and clear reasons for the recommendation</i>	<i>The editorial ends with a recommendation for the reader to take action with few or unconvincing reasons for the recommendation</i>	<i>The editorial ends with a recommendation for the reader to take action without a reason for the recommendation</i>	
<i>Conventions</i>	<i>The editorial is very easy to read based on appropriate use of grammar and simple English presenting arguments with clarity</i>	<i>The editorial contains a few errors in grammar that distract the reader from the content or interrupts the flow of the editorial</i>	<i>The editorial contains several errors in grammar that distract the reader from the content and interrupts the editorial</i>	

