

**Mid-Atlantic Regional Chapter
of the
American College of Sports Medicine
(MARC-ACSM)**

40th Annual Scientific Meeting - 2017

FINAL PROGRAM

**(Complete abstracts are available at
www.marcacsm.org)**

**Friday, November 3rd, 2017
and
Saturday, November 4th, 2017**

**Sheraton Harrisburg-Hershey Hotel
Harrisburg, PA**

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MARC-ACSM Schedule-at-a-Glance: Fri. Nov. 3rd

This glance give you general overview of the sessions, please refer to the main program for specific times.

Time	Ballroom A	Ballroom B	Ballroom C,D,E
8:30 AM			
9:00 AM	CARDIOVASCULAR SESSION INFLAMMATION AND VASCULAR FUNCTION: DOES EXERCISE MATTER? <i>Dr. Bo Fernhall</i>	SKELTAL MUSCLE AS AN ENDOCRINE ORGAN METABOLIC AND EXERCISE MEDIATION OF MUSCLE CROSSTALK <i>Dr. John Guers</i>	HEALTHY EATING PATTERNS FOR AMERICANS: SCIENCE, POLICY AND EDUCATION DIETARY GUIDELINES <i>Dr. Virginia Quick</i>
9:30 AM	AEROBIC EXERCISE MODULATES THE REDOX IN THE ADIPOSE MICROVASCULAR <i>Dr. Austin Robinson</i>	REDOX MODULATION OF THE EXERCISE PRESSOR REFLEX IN HEALTH AND DISEASE <i>Dr. Matt Kuczmarski</i>	MEDITERRANEAN DIET: MORE THAN A DIET - A WAY OF LIFE <i>Dr. Labros Siddossis</i>
10:00 AM	ARTERIAL VENTRICULAR COUPLING WITH AGE AND DISEASE: ROLE OF EXERCISE <i>Dr. Paul Chantler</i>	OBESEITY AND FITNESS PHYSICAL ACTIVITY AND EXERCISE FOR TREATING OVERWEIGHT AND OBESITY <i>Dr. Michael Bruneau</i>	DIETARY GUIDELINES AND THE MICRO SNACKING MILLENNIALS <i>Dr. Regina Subach</i>
10:30 AM	β 2 - ADRENERGIC AND ESTROGEN MEDIATED VASODILATION IN WOMEN <i>Dr. Sushant Ranadive</i>	ENDOCRINE DISRUPTION AND CARDIOVASCULAR FITNESS IN OBESITY <i>Dr. Peter Hosiack</i>	SPORT NUTRITION INCORPORATING THE GUIDELINES FOR THE ATHLETE <i>Dr. Stella Volpe</i>
11:00 AM	EXERCISE AND THE BRAIN <i>Dr. Brandon Alderman</i>	PHYSICAL ACTIVITY INTERVENTIONS IN OBESE YOUTH <i>Dr. Jaci Van Heest</i>	
11:30 AM	QIGONG - HANDS-ON/ACTIVITY <i>Master Jose Johnson</i>		
1:00 PM	MICROBIOTA CAN YOU EXERCISE TRAIN YOUR GUT MICROBES? <i>Dr. Jeff Woods</i>	EXERCISE AND CANCER EXERCISE REGULATION OF TUMOR BIOLOGY AND PROGRESSION <i>Dr. Lee Jones</i>	POSTER SESSION POSTER SESSION I Posters presentations will occur every 10 minutes. Please check Your program or specific titles.
1:30 PM		PERSONALIZATION OF EXERCISE THERAPY TO CANCER THERAPY-INDUCED CARDIOVASCULAR <i>Dr. Jessica Scott</i>	
2:00 PM	PAST-PRESIDENT'S LECTURE Rx: ONE BOUT OF EXERCISE AFTER MEALS <i>Dr. Jill Kanaley</i>	LIFESTYLE INTERVENTIONS IN SUPPORTIVE CARE ACROSS THE CANCER CONTROL CONTINUUM <i>Dr. Brian Focht</i>	
2:30 PM			
3:00 PM	MARC: 40 YEARS OF REGIONAL SUCCESS PERSONAL ANECDOTES AND ROUNDTABLE DISCUSSION <i>Various Characters from MARC-ACSM</i>	RESISTANCE TRAINING RESISTANCE TRAINING FOR SPECIAL POPULATIONS LECTURE AND INTERACTIVE SESSION <i>Dr. Pete Ronai</i>	POSTER SESSION POSTER SESSION II Posters presentations will occur every 10 minutes. Please check Your program or specific titles.
3:30 PM		RESISTANCE TRAINING FOR EVERYONE <i>Dr. Gregory Dwyer</i> <i>Doug Lentz</i>	
4:00 PM	EXERCISE IMMUNOLOGY IMPACT OF NUTRITION ON IMMUNE SYSTEM RECOVERY FROM HEAVY EXERTION <i>Dr. David Neiman</i>		
4:30 PM			
7:15 PM	KEYNOTE ADDRESS IS EXERCISE REALLY MEDICINE? <i>Dr. Barry Braun</i> Colorado State University		
8:30 PM	EXPO, COLLEGE BOWL, FITNESS CHALLENGE		FACULTY & PROFESSIONAL MEMBER SOCIAL

MARC-ACSM Schedule-at-a-Glance: Fri. Nov. 3rd

This glance give you general overview of the sessions, please refer to the main program for specific times.

Time	Pennsylvania	Chestnut/Dogwood	Ash/Birch	Elm/Fir
8:30 AM				
9:00 AM	MEDICAL/PHYSICAL TRACK	CONCUSSION SESSION UPDATE AND NEW INSIGHTS		Pre-Paid Registration Pick-up
9:30 AM	DIAGNOSIS AND MANAGEMENT OF EXERCISE INDUCED LARYNGEAL OBSTRUCTION <i>Dr. Rob Strominger</i>	MECHANICAL INJURY INDUCES THE RELEASE OF ETHANOLIC DERIVED EXTRA CELLULAR VESICLES <i>Dr. Jaelyn Caccese</i>		
10:00 AM	PERFORMANCE AND CONDITIONING SCREENING IN COLLEGIATE DANCERS <i>Drs. Maria Benedetto and Sara Wenger</i>	CELLULAR LEVELS OF MICRORNAS IN CIRCULATING BLOOD FOLLOWS HEAD IMPACT <i>Dr. Allison Andrews</i>		
10:30 AM	ACUTE HAMSTRING INJURIES: EVALUATION AND MANAGEMENT AND THE ROLE OF SURGERY <i>Dr. Eric Kropf</i>	RESPIRATORY PERFORMANCE UNDER A DIAGNOSED CONCUSSION IN COLLEGE BOWL PRELIMINARY CLOSED SESSION <i>Dr. Brittany Wilson</i>		
11:00 AM				
11:30 AM	PHYSICAL ACTIVITY IN THE RECOVERY OF CONCUSSION <i>Dr. John Leddy</i>			
LUNCH 12-1 P				
1:00 PM	CLINICAL CASE STUDIES FREE COMMUNICATIONS	RESEARCH FREE COMMUNICATIONS	RESEARCH FREE COMMUNICATIONS	RESEARCH FREE COMMUNICATIONS
1:30 PM			MASTER'S RESEARCH AWARD NOMINEES	
2:00 PM	Case Presentations will occur every 15 minutes. Please check your program or specific topics.	Research presentations will occur every 15 minutes. Please check your program or specific titles.	Research presentations will occur every 15 minutes. Please check your program or specific titles.	
2:30 PM			RESEARCH FREE COMMUNICATIONS	UNDERGRADUATE RESEARCH PRESENTATIONS
3:00 PM			DOCTORAL RESEARCH AWARD NOMINEES	Research presentations will occur every 15 minutes. Please check your program or specific titles.
3:30 PM				
4:00 PM			MEET THE EXPERTS STUDENT SESSION:	
4:30 PM			A session that students can meet and greet our invited speakers 4 - 5 speakers from the conference	
7:15 PM	KEYNOTE ADDRESS IS EXERCISE REALLY MEDICINE? <i>Dr. Barry Braun</i> Colorado State University			
8:30 PM	EXPO, COLLEGE BOWL, FITNESS CHALLENGE			FACULTY & PROFESSIONAL MEMBER SOCIAL

MARC-ACSM Schedule-at-a-Glance: Sat. Nov. 4th

This glance give you general overview of the sessions, please refer to the main program for specific times

Time	Ballroom A	Ballroom B	Ballroom C,D,E
8:00 AM	<p>RESISTANCE WORKOUT SESSION <i>Conner Saker & Sam Fessler</i></p>	<p>BIOMECHANIC LECTURE BIOMECHANICS OF FIGURE SKATING JUMPS <i>Dr. Deborah King</i></p>	<p>POSTER SESSION</p>
9:00 AM	<p>MILITARY MEDICINE/PERFORMANCE PREVENTING INJURIES AND OPTIMIZING PERFORMANCE: LESSONS LEARNED FROM THE US MILITARY SPECIAL OPERATION FORCES <i>Dr. Kim Beals</i></p>	<p>RESEARCH FREE COMMUNICATIONS</p>	<p>POSTER SESSION Posters presentations will occur every 10 minutes. Please check your program or specific titles.</p>
9:30 AM	<p>UNDERSTANDING PERFORMANCE AND INJURY THROUGH THE ACCUMULATION OF MARGINAL GAINS <i>Dr. Chris Connaboy</i></p>	<p>BIOMECHANICS RESEARCH <i>Posters will occur every 10 minutes and research presentations will occur every 15 minutes</i> <i>Please Check Your Program or Specific Topics</i></p>	
10:00 AM	<p>EPIDEMIOLOGY OF MUSCULOSKELETAL INJURIES SUSTAINED BY NAVAL SPECIAL FORCES OPERATORS <i>Dr. Mita Lovalekar</i></p>	<p>BIOMECHANICS: INTEREST GROUP</p>	
10:30 AM			
11:00 AM			
11:30 AM			
12:00 PM			

LUNCH 12:30-2:00 PM

MARC-ACSM Schedule-at-a-Glance: Sat. Nov. 4th

This glance give you general overview of the sessions, please refer to the main program for specific times

Time	Pennsylvania	Chestnut/Dogwood	Ash/Birch	Elm/Fir
8:00 AM	POSTER SESSION	RESEARCH FREE COMMUNICATIONS	RESEARCH FREE COMMUNICATIONS	RESEARCH FREE COMMUNICATIONS
			MS/PH.D. <i>Research presentations will occur every 15 minutes.</i>	
9:00 AM			UNDERGRADUATE RESEARCH AWARD NOMINEES	
			<i>Research presentations will occur every 15 minutes. Please check your program or</i>	
9:30 AM	POSTER SESSION <i>Posters presentations will occur every 10 minutes. Please check your program or specific titles.</i>	MS/PH.D. <i>Research presentations will occur every 15 minutes. Please check your program or specific titles.</i>		MS/PH.D. <i>Research presentations will occur every 15 minutes. Please check your program or specific titles.</i>
10:00 AM				
10:30 AM				
11:00 AM			POSTER SESSION <i>Posters presentations will occur every 10 minutes. Please check your program or specific titles.</i>	
11:30 AM				
12:00 PM				

LUNCH 12:30-2:00 PM

Program-at-a-Glance: Friday, November 3, 2017 Morning Sessions

Start Time	End Time	Session Type	Session Title	Speaker	Room
9:00 am	9:35 am	Cardiovascular Physiology Session	Inflammation and Vascular Function: Does Exercise Matter?	Bo Fernhall, Ph.D.	Ballroom A
9:00 am	9:30 am	Skeletal Muscle as an Endocrine Organ	Metabolic and Exercise Mediation of Muscle Crosstalk	John Guers, Ph.D.	Ballroom B
9:00 am	9:35 am	Healthy Eating Patterns for Americans: Science, Policy and Education	Dietary Guidelines	Virginia Quick, Ph.D.	Ballroom CDE
9:00 am	9:05 am	Clinical Track: Invited Speakers	Welcome and Introductions to the Sessions	Andy Getzin, M.D.	Pennsylvania
9:00 am	9:30 am	Concussions: Updates and New Insights	Potential Implications of Subconcussive Head Impact on Mobility	Jaclyn Caccese, Ph.D.	Chestnut/Dogwood
9:05 am	9:45 am	Clinical Track: Invited Speakers	The Diagnosis and Management of Exercise Induced Laryngeal Obstruction	Rob Stominger, M.D.	Pennsylvania
9:35 am	10:00 am	Cardiovascular Physiology Session	Aerobic Exercise Modulates the Redox in the Adipose Microvasculature	Austin Robinson, Ph.D.	Ballroom A
9:30 am	9:55 am	Skeletal Muscle as an Endocrine Organ	Redox Modulation of the Exercise Pressor Reflex in Health and Disease	Matt Kuczmariski, Ph.D.	Ballroom B
9:30 am	10:10 am	Healthy Eating Patterns for Americans: Science, Policy and Education	Mediterranean Diet: More than a Diet – A Way of Life	Labros Sidossis, Ph.D.	Ballroom CDE
9:30 am	10:00 am	Concussions: Updates and New Insights	Mechanical Injury Induces the Release of Brain Endothelial Derived Extracellular Vesicles	Allison Andrews, Ph.D.	Chestnut/Dogwood
9:45 am	10:25 am	Clinical Track: Invited Speakers	Movement and Conditioning Screening in Collegiate Dancers	Maria Benedetto, DPT Sara Wenger, DPT	Pennsylvania
10:00 am	12:00 pm	College Bowl Preliminary – Closed Session	College Bowl Preliminary – Closed Session		Ash/Birch
10:00 am	10:25 am	Cardiovascular Physiology Session	Arterial Ventricular Coupling with Age and Disease: Role of Exercise	Paul Chantler, Ph.D.	Ballroom A
10:00 am	10:40 am	Obesity and Fitness	Physical Activity and the Exercise for Treating Overweight and Obesity	Michael Bruneau, Ph.D.	Ballroom B
10:00 am	10:30 am	Concussions: Updates and New Insights	Altered Levels of MicroRNAs in Circulating xEsomes Following Head Impact	Brittany Wilson, Ph.D.	Chestnut/Dogwood
10:10 am	10:45 am	Healthy Eating Patterns for Americans: Science, Policy and Education	Dietary Guidelines and the Micro Snacking Millennials	Reginal Subach, Ed.D., R.D.	Ballroom CDE
10:25 am	11:00 am	Cardiovascular Physiology Session	β 2-Adrenergic and Estrogen Mediated Vasodilation in Women	Sushant Randive, Ph.D.	Ballroom A
10:30 am	11:20 am	Clinical Track: Invited Speakers	Proximal Hamstring Injuries: Evaluation, Management and the Role of Surgery	Eric Kropf, M.D.	Pennsylvania
10:30 am	11:00 am	Concussions: Updates and New Insights	Impaired Respiratory Performance up to and Following a diagnosed Concussion in Collegiate Athletics	Sherry Adams, Ph.D.	Chestnut/Dogwood
10:40 am	11:20 am	Obesity and Fitness	Exercise Disruption and Cardiovascular Fitness in Obesity	Peter Hoscic, Ph.D.	Ballroom B
10:45 am	11:00 pm	Healthy Eating Patterns for Americans: Science, Policy and Education	Overall Question and Answer		Ballroom CDE
11:00 am	11:30 am	Exercise and the Brain	Exercise as a Stand-Alone or Adjunct Treatment for Cognitive Deficits in Neuropsychiatric Disorders	Brandon Alderman, Ph.D.	Ballroom A
11:00 am	12:00 pm	Healthy Eating Patterns for Americans: Science, Policy and Education	Incorporating the Guidelines for the Athletes	Stella Volpe, Ph.D.	Ballroom CDE
11:20 am	12:00 pm	Obesity and Fitness	Physical Activity Interventions in Obese Youth	Jaci Van Heest, Ph.D.	Ballroom B
11:20 am	12:00 pm	Clinical Track: Invited Speakers	Early Physical Activity in the Recovery of Concussion	John Leddy, M.D.	Pennsylvania
11:30 am	12:00 pm	Exercise and the Brain	Qigong/Tai Chi – Hands-on/Interactive Session	Master Jose Johnson	Ballroom A

Program-at-a-Glance: Friday, November 3, 2017 Afternoon Sessions

Start Time	End Time	Session Type	Session Title	Speaker	Room
1:00 pm	2:00 pm		Can Exercise Train Your Gut Microbes	Jeff Woods, Ph.D.	Ballroom A
1:00 pm	1:40 pm	Exercise and Cancer	Exercise Regulation of Tumor Biology and Progression	Lee Jones, Ph.D.	Ballroom B
1:05 pm	3:50 pm	Clinical Track	Clinical Case Studies		Pennsylvania
1:40 pm	2:20 pm	Exercise and Cancer	Personalization of Exercise Therapy to Mitigate Cancer Therapy-induced Cardiovascular Toxicity	Jessica Scott, Ph.D.	Ballroom B
2:00 pm	2:50 pm	Past President Lecture	Rx: One Bout of Exercise After Meals	Jill Kanaley, Ph.D.	Ballroom A
2:20 pm	2:55 pm	Exercise and Cancer	Lifestyle Interventions in Supportive Care Across the Cancer Control Continuum	Brian Focht, Ph.D.	Ballroom B
3:00 pm	3:50 pm	MARC: 40 Years of Regional Success and Roundtable Discussion	MARC: 40 Years of Regional Success and Roundtable Discussion	Various Current and Former MARC Members	Ballroom A
3:00 pm	4:30 pm	Resistance Training – Lecture and Interactive Sessions	Resistance Training for Special Populations; Resistance Training for Everyone	Pete Ronai, Ph.D. Gregory Dwyer, Ph.D. and Doug Lentz, M.S.	Ballroom B
4:00 pm	5:00 pm		Impact of Nutrition on Immune System Recovery from Heavy Exertion	David Neiman, Ph.D.	Ballroom A
4:00 pm	5:00 pm	Meet the Experts: Student Session	Meet the Experts: Student Session		Ash/Birch

Program-at-a-Glance: Friday, November 3, 2017 Afternoon Sessions – Free Communications

1:00 pm	3:10 pm	Free Communications – Poster Session: Undergraduate	Fitness Assessment & Training		Ballroom CDE
3:10 pm	3:20 pm	Free Communications – Poster Session: Undergraduate	Clinical Exercise Physiology		Ballroom CDE
3:20 pm	4:40 pm	Free Communications – Poster Session: Undergraduate	Biomechanics & Neural control of Movement		Ballroom CDE
4:40 pm	5:00 pm	Free Communications – Poster Session: Undergraduate	Psychology, Behavior & Neurobiology		Ballroom CDE
1:00 pm	2:15 pm	Free Communications – Oral Presentation: Masters	Masters Award Nominees		Ash/Birch
2:30 pm	3:45 pm	Free Communications – Oral Presentation: Doctoral	Doctoral Award Nominees		Ash/Birch
1:00 pm	2:00 pm	Free Communications – Oral Presentation: Professional	Fitness Assessment & Training		Chestnut/Dogwood
2:00 pm	2:30 pm	Free Communications – Oral Presentation: Professional	Epidemiology, Biostatistics & Health Promotion		Chestnut/Dogwood
2:45 pm	3:15 pm	Free Communications – Oral Presentation: Professional	Skeletal Muscle, Bone, & Connective Tissue		Chestnut/Dogwood
3:15 pm	3:30 pm	Free Communications – Oral Presentation: Professional	Cardiovascular, Renal, & Respiratory Physiology		Chestnut/Dogwood
3:30 pm	3:45 pm	Free Communications – Oral Presentation: Professional	Psychology, Behavior, & Neurobiology		Chestnut/Dogwood
1:00 pm	2:00 pm	Free Communications – Oral Presentation: Undergraduate	Fitness Assessment & Training		Elm/Fir
2:00 pm	2:30 pm	Free Communications – Oral Presentation: Undergraduate	Biomechanics & Neural control of Movement		Elm/Fir
2:45 pm	3:30 pm	Free Communications – Oral Presentation: Undergraduate	Metabolism & Nutrition		Elm/Fir
3:30 pm	4:00 pm	Free Communications – Oral Presentation: Undergraduate	Epidemiology, Biostatistics, & Health Promotion		Elm/Fir
4:00 pm	4:30 pm	Free Communications – Oral Presentation: Undergraduate	Clinical Exercise Physiology, Environmental & Occupational Therapy		Elm/Fir

Program-at-a-Glance: Friday, November 3, 2017 Evening Sessions

Start Time	End Time	Session Type	Session Title	Speaker	Room
7:15 pm	8:15 pm	Keynote Lecture	Is Exercise Really Medicine?	Barry Braun, Ph.D.	Ballroom ABC
8:15 pm	11:00 pm	Expo, College Bowl, Fitness Challenge			Ballroom ABC
8:15 pm	11:00 pm	Faculty & Professional Social			Pennsylvania

Program-at-a-Glance: Saturday, November 4, 2017 Morning Sessions

Start Time	End Time	Session Type	Session Title	Speaker	Room
8:00 am	8:50 am	Resistance Workout Session	Resistance Workout Session	Conner Saker & Sam Fessler	Ballroom A
8:00 am	9:00 am	Biomechanics Session	Biomechanics of Figure Skating Jumps	Deborah King, Ph.D.	Ballroom B
9:00 am	10:00 am	Biomechanics Session – Oral Presentation	Biomechanics Session – Oral Presentation	Various Speakers	Ballroom B
9:00 am	9:35 am	Military medicine and Performance	Preventing Injuries and Optimizing Performance: Lessons Learned from the US Military Special Operations Forces	Kim Beals, Ph.D.	Ballroom A
9:35 am	10:10 am	Military medicine and Performance	Understanding Performance and Injury Risk Through the Accumulation of Marginal Gains	Chris Connaboy, Ph.D.	Ballroom A
10:10 am	10:45 am	Military medicine and Performance	Epidemiology of Musculoskeletal Injuries Sustained by Naval Special Forces Operators and Students	Mita Lovalekar, Ph.D.	Ballroom A
10:30 am	11:00 am	Biomechanics Session	Biomechanics Interest Group Meeting		Ballroom B
12:30 pm	2:00 pm	Lunch, Award Ceremony and Adjournment			Ballroom ABC
Program-at-a-Glance: Saturday, November 4, 2017 Morning Sessions – Free Communications					
8:00 am	11:00 am	Free Communications – Poster Session: Professional			Pennsylvania
8:00 am	10:00 am	Free Communications – Poster Session: MS/PhD	Fitness Assessment & Training		Ballroom CDE
10:10 am	10:50 am	Free Communications – Poster Session: MS/PhD	Fitness Assessment & Training		Ballroom CDE
10:50 am	11:10 am	Free Communications – Poster Session: MS/PhD	Metabolism & Nutrition		Ballroom CDE
11:10 am	11:30 am	Free Communications – Poster Session: MS/PhD	Cardiovascular, Renal, & Pulmonary Physiology		Ballroom CDE
11:30 am	11:50 am	Free Communications – Poster Session: MS/PhD	Environmental & Occupational Physiology		Ballroom CDE
11:50 am	12:00 pm	Free Communications – Poster Session: MS/PhD	Athletic Care & Clinical Medicine		Ballroom CDE
8:00 am	8:15 am	Free Communications – Oral Presentation: Ph.D.	Fitness Assessment & Training		Chestnut/Dogwood
8:15 am	8:30 am	Free Communications – Oral Presentation: Ph.D.	Environmental & Occupational Physiology		Chestnut/Dogwood
8:30 am	12:00 pm	Free Communications – Oral Presentation: Ph.D.	Cardiovascular, Renal, & Pulmonary Physiology		Chestnut/Dogwood
8:00 am	9:00 am	Free Communications – Oral Presentation: Masters	Cardiovascular, Renal, & Pulmonary Physiology		Elm/Fir
9:00 am	9:30 am	Free Communications – Oral Presentation: Masters	Metabolism & Nutrition		Elm/Fir
9:45 am	11:00 am	Free Communications – Oral Presentation: Masters	Fitness Assessment & Training		Elm/Fir
11:15 am	11:30 am	Free Communications – Oral Presentation: Masters	Clinical Exercise Physiology		Elm/Fir
11:30 am	11:45 am	Free Communications – Oral Presentation: Masters	Epidemiology, Biostatistics, & Health Promotion		Elm/Fir
11:45 am	12:00 am	Free Communications – Oral Presentation: Masters	Environmental & Occupational Physiology		Elm/Fir
8:00 am	8:15 am	Free Communications – Oral Presentation: MS/PhD	Psychology, Behavior, & Neurobiology		Ash/Birch
8:15 am	8:45 am	Free Communications – Oral Presentation: MS/PhD	Skeletal Muscle, Bone, & Connective Tissue		Ash/Birch
9:00 am	10:15 am	Free Communications – Oral Presentation	Undergraduate Award Nominees		Ash/Birch
10:30 am	10:50 am	Free Communications –Poster Session: Undergraduate	Cardiovascular, Renal, & Pulmonary Physiology		Ash/Birch
10:50 am	11:40 am	Free Communications –Poster Session: Undergraduate	Metabolism & Nutrition		Ash/Birch
11:40 am	12:30 pm	Free Communications –Poster Session: Undergraduate	Skeletal Muscle, Bone, & Connective Tissue		Ash/Birch
12:30 pm	2:00 pm	Lunch, Award Ceremony and Adjournment			Ballroom ABC

President's Welcome



The American College of Sports Medicine membership is unlike that of other professional organizations in that we are united by a collective theme; the importance of physical activity. The expertise of our members: educators, researchers, clinicians, practitioners, and students, crosses an enormous range of disciplines. It is the interdisciplinary nature of the ACSM that allows us to successfully bridge so many professions and serve the needs of so many.

This is the 40th MARC-ACSM conference anniversary, thus the Executive Board had the special task to “kick things up a notch” to deliver a unique and diverse program with the theme of addressing various body systems and exercise. As such, the 2017 MARC-ACSM program offers something for everyone.

We are thrilled to have Dr. Barry Braun as our keynote speaker. Dr. Braun is a Professor and Department Head as well as the Executive Director of the Human Performance Clinical Research Laboratory at Colorado State University. Please be sure to attend his keynote address entitled “Is Exercise Really Medicine?” on Friday at 7:15 PM. Sit in on a highlighted session celebrating the 40th anniversary of MARC which will focus on our success as a regional chapter (Friday at 3:00PM). We have also invited many other nationally and internationally known speakers who will speak throughout the day. Attend their sessions, ask questions, and even introduce yourself before or after their sessions. One of the benefits of a regional meeting is the friendly and casual atmosphere; it's ideal for establishing collaborations and expanding your professional network.

I encourage you to reach outside your comfort zone and attend a session in an area unfamiliar to you in the effort to extend your knowledge and understand how interconnected each system truly is!

Please take several moments to browse the program. It has greatly expanded due to the growth of the MARC-ACSM meeting. There are many professional sessions by invited speakers, numerous free communications, and a record number of thematic poster presentations. In between sessions, visit our corporate sponsors, and the university representatives from all over the region to learn about their programs. In all, over 100 professionals and students submitted abstracts for inclusion for this year's program.

Back by popular demand are the College Bowl and the Fitness Challenge, which take place in the ballroom following the Keynote Address and Expo on Friday night. For the Faculty and professional members, a social will be held in the Pennsylvania Room beginning at 8:45 PM. This is a time for professionals to renew acquaintances and network with new professionals in the region. Join us!

I would like to thank two groups that have worked tirelessly over the past year orchestrating this meeting, The Executive Board and the research committee. The Executive Board (see page 10) is a volunteer board that works tirelessly during the year in planning all aspects of the meeting. The board helps to develop sessions and locate the best speakers. A special thanks goes to them and other session planners: Dr. Jill Bush, Dr. Dave Edwards, Dr. Andrew Geztin, Dr. Michael Holmstrup, Dr. Stephen LoRusso, Dr. Jean McCrory, Dr. Brad Nindl, Dr. Melissa Reed, Dr. Jim Roberts, Dr. Emily Sauers, Dr. Thomas Trojian, Dr. Joy Urda, Dr. Melissa Whidden, and Mr. Joseph Watso. The research committee is a dedicated group who evaluates and scores abstracts and presentations. Thank you to all!

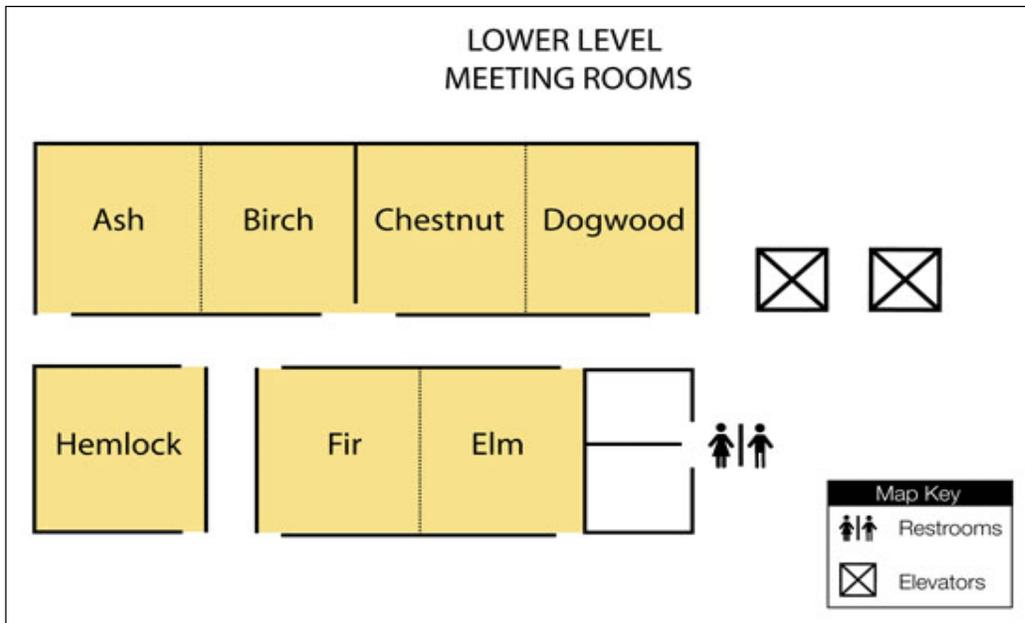
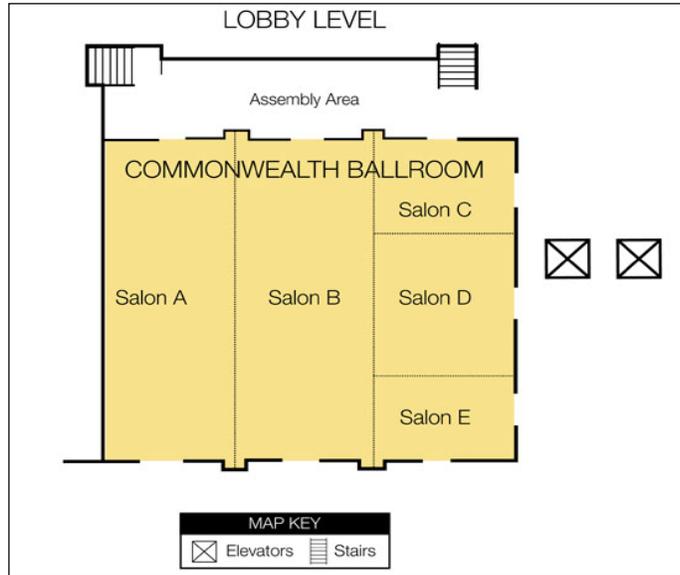
I want to encourage everyone to personally thank our Executive Director Dr. Scott Kieffer and Associate Executive Director Dr. Joohee Sanders. Dr. Kieffer and Dr. Sanders work incredibly hard behind the scenes to keep our chapter moving forward.

2017 MARC-ACSM Executive Board

President	Sara Campbell, Ph.D., FACSM Rutgers University saracamp@rci.rutgers.edu
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Associate Executive Director	Joohee Sanders, Ph.D. Shippensburg University JISanders@ship.edu
Executive Director	H. Scott Kieffer, Ed.D., FACSM Messiah College executive@marcacsm.org

Sheraton Harrisburg-Hershey Hotel Meeting Rooms

Note: The Pennsylvania Room is opposite the registration desk on the lobby level.



REGISTRATION INFORMATION:

Registration hours are:

Thursday	7:00pm – 9:00pm
Friday	7:30am - 5:00pm
Saturday	7:30am - 10:00am

On Friday Morning from 7:30a–10:00a:

Pre-Registered individuals will check in on the first floor (lower Level) in Elm/Fir.

Onsite registration will be at the tables outside of Ballroom (Salon) C, D, E.

CONTINUING EDUCATION CREDITS:

MARC-ACSM is an approved CEC provider for ACSM. Please be sure to pick up your CEC Certificate at the tables outside of Ballroom (Salon) C, D, E. The ACSM's Professional Education Committee certifies that this Continuing Education offering meets the criteria for 14 credit hours of ACSM Continuing Education Credit (CEC). MARC-ACSM is approved to offer 13.

CMEs - "The West Chester University, College of Health Sciences, designates this education activity for a maximum of 2 AMA PRA Category 1 Credit(s). Physicians should only claim credit commensurate with the extent of their participation in the activity."

NSCA professionals should request a certificate of attendance from the registration table for submission related to their certifications. Individuals with other certifications (NATA, AFAA, ACE, etc.) should also pick up a certificate of attendance that may be used to petition CEC's from their certifying organization. MARC-ACSM is not responsible for determining if such organizations will or will not approve CEC's from attending the MARC-ACSM meeting.

STUDENT AWARDS:

MARC-ACSM is pleased to present the following awards:

- **MARC-ACSM Matthew Kerner Undergraduate Student Investigator Award**

Eligible individuals are a current or recently graduated UG student who is not enrolled in a Master's level program. The purpose of this award is to recognize and support undergraduate student investigative research. The winner receives a plaque and \$250. All undergraduate students who submit an abstract for a Free Communications/Slide presentation at the MARC-ACSM Annual Meeting will be eligible for this award. The award is based on the quality of the submitted abstract and the presentation at the meeting. All abstracts will be evaluated, but only the top abstracts will have their presentations evaluated.

- **MARC-ACSM Master's Student Investigator Award**

Eligible individuals are any student who is currently enrolled in a Master's level program, even if the work was completed as an UG student. The purpose of this award is to recognize and support Master's level student investigative research. The winner receives a plaque and \$400. All undergraduate students who submit an abstract for a Free Communications/Slide presentation at the MARC-ACSM Annual Meeting will be eligible for this award. The award is based on the quality of the submitted abstract and the presentation at the meeting. All abstracts will be evaluated, but only the top abstracts will have their presentations evaluated.

- **MARC-ACSM Doctoral Student Investigator Award**

Eligible individuals are any student who is currently enrolled in a doctoral or medical program, even if the work was completed as a Master's student. The purpose of this award is to recognize and support graduate student investigative research. The winner receives a plaque and \$500 to be used to defray either travel costs to the National ACSM meeting or her/his research expenses. All graduate students who submit an abstract for a Free Communications/Slide presentation at the MARC-ACSM Annual Meeting will be eligible for this award. The award is based on the quality of the submitted abstract and the presentation at the meeting. All abstracts will be evaluated, but only the top abstracts will have their presentations evaluated.

The MARC-ACSM Research Committee screens all student abstracts that are submitted for an oral presentation using a rubric. The top five ranked abstracts for each academic category identified above present their research during an oral session with the other class finalists (i.e. there is an UG Award Nominee Session, MS Award Nominee Session, and a Ph.D. Award Nominee Session) during the MARC-ACSM Annual Meeting. These finalists are ranked by a sub-committee of the MARC-ACSM Research Committee to determine the award recipients.

The 2017 award winners (and honorable mentions) will be announced at the Business Meeting and Award Ceremony Luncheon on Saturday at 12:30 pm.

The Research Committee is chaired by Jill Bush, Ph.D. from the College of New Jersey.

The MARC-ACSM Executive Board would like to extend our thanks to those who served on the 2017 Research Committee. We appreciate your hard work and support!

STUDENT FUND RAFFLE:

Each year the MARC-ACSM Student Representative conducts a raffle where a variety of prizes (e.g., textbooks, etc.) are awarded throughout the meeting. Tickets can be purchased outside of Ballroom (Salon) C, D, E. All proceeds from the student raffle are used to support our student representative's trip to the National ACSM Annual Scientific meeting.

EVALUATION FORMS:

Evaluation forms will be sent via an electronic survey approximately 1 week following the conference. Your feedback is extremely important, as this information will be used in the planning of future meetings and conferences

SPEAKER READY ROOM:

The Speaker Ready Room will be in the Hemlock Room (last room on the first floor).

Friday Presentations: Please bring your jump drive to the speaker ready room before 10 AM on Friday November 3, 2017 to have it loaded on the proper computer for your afternoon presentation.

Saturday Presentations: Please bring your disk or jump drive to the speaker ready room (Hemlock Room) before 3 PM on Friday, November 3rd, 2017 to have it loaded on the proper computer for your presentation.

2017 MARC-ACSM Keynote Speaker

Barry Braun, Ph.D., FACSM



Professor and Department Head at Colorado State University

Department of Health and Exercise Science

Executive Director of the Human Performance Clinical Research Lab

Barry Braun received his Ph.D. in Nutrition from the University of California, Berkeley and did post-doctoral work at Stanford University Medical School. He spent 14 years as Professor of Kinesiology and Director of the Energy Metabolism Laboratory at the University of Massachusetts Amherst. Since 2014, he is Professor and Head of the Department of Health and Exercise Science at Colorado State University. Dr. Braun's research is focused on optimizing the use of exercise to prevent and/or manage type-2 diabetes, the role of exercise in preventing recurrence of breast cancer and the impact of activity and inactivity on hormonal regulation of appetite. Dr. Braun's work is funded by governmental and private sources including the National Institutes of Health, the American Diabetes Association and Pfizer pharmaceutical company. He has published more than 95 peer-reviewed research articles in journals such as the *American Journal of Physiology*, *Journal of Clinical Endocrinology and Metabolism* and *Diabetes Care*. He is a Fellow of the National Academy of Kinesiology and the American College of Sports Medicine and a past chairperson of their Nutrition Interest Group. He has received several awards for undergraduate teaching including the highest honor from the University of Massachusetts Amherst, their Distinguished Teaching Award.

**Dr. Braun will present “Is Exercise Really Medicine?”
on Friday evening from 7:15p to 8:15p**

Service Award
Dr. Jean McCrory, PhD
West Virginia University



Jean has been an active member of MARC ACSM and has worked behind the scenes with consistency and determination to further the mission of the Chapter. Jean was part of a movement 10 years ago to bring more biomechanic sessions to the Mid-Atlantic Regional Chapter. What started out as a small group of like minded professionals working to bring more posters/free communications to the Annual Meeting has turned into an Annual Biomechanics session on Saturday mornings. The program has grown to include a dedicated speaker, biomechanic specific posters/free communications and an interest group meeting. At each part of the development of the Biomechanics session, Jean has been a key contact for the Board and liason to the other biomechanic professionals in the region. The MARC-ACSM leadership gives her this award for her dedication and commitment to working with the MARC Board, the annual Program Committee, other biomechanic professionals in the region and students at every level of their education. Thank you Jean for your service!

Honor Award
H. Scott Kieffer, Ed.D., FACSM
Messiah College



Scott has been involved in ACSM for over 30 years and has supported national and regional initiatives. Scott began ACSM service as the South Dakota Representative to the Northland Chapter of ACSM and after accepting a position at Messiah College dedicated his service to the Mid-Atlantic Regional Chapter. During his time in the Mid-Atlantic Region, he has served as a Moderator, Research Committee reviewer, Member-at-Large, President and since 2012, he has served as the Executive Director. Each year we celebrate science and research at our Annual Meeting; however, what most of us do not realize the depth and breadth of planning that it takes to host an event with 800 attendees, 170 abstracts/Clinical Case Studies, 40+ invited speakers, 40+ moderators/volunteers and a 15 member Board. We dedicate this award to all the hours and behind the scenes work that Scott does for the MARC-ACSM Regional Chapter.

MARC-ACSM 2017 Annual Meeting Speakers

(Listed in alphabetical order)

Sherry Adams, Ph.D.



Sherry Adams is an Assistant Professor and the Department Chair of Health and Exercise Science at Pfeiffer University, where she has been a faculty member since 2015. Dr. Adams completed her Ph.D. in Physiology and M.S. in Exercise Physiology at the University of Florida and her B.S. in Exercise Science at University of Central Missouri. Her research interests focus on the effect of exercise on ventilatory control post-concussion. Respiratory compensation requires neuromuscular compensation and integration due to increased metabolic demands during exercise. My lab is looking at how this respiratory compensation is affected post-concussion. The current research also explores how concussion affects cognitive function by evaluating trait anxiety scores, rating of perceived exertion, and the urge to terminate an exercise bout.

Brandon Alderman, Ph.D.



Dr. Alderman has established a patient-oriented research program to study how exercise and other behavioral interventions can be used to enhance physiological, neurocognitive and psychological resilience. His research program incorporates psychophysiological and cognitive neuroscience techniques, including event-related potentials (ERPs) and impedance cardiography, to better understand acute and chronic adaptations to exercise, and how knowledge of these adaptations can be applied to intervention development. The ultimate goal is to better understand how exercise and/or physical activity may improve emotional reactivity and cognitive function among at-risk patient populations.

Allison Andrews, Ph.D.



Dr. Allison Andrews received her Bachelors of Science in Agricultural & Biological Engineering from the University of Florida where she graduated Magna Cum Laude. She then attended Drexel University and received her doctorate in 2012 from the Biomedical Engineering department. Her thesis, under the advisement of Dr. Kenneth A. Barbee and Dr. Dov Jaron, was on the mechanism of shear stress (flow)-induced nitric oxide production from endothelial cells. As part of the project, she designed a unique device and method for measuring nitric oxide from endothelial cells exposed to flow. She was awarded a patent on the device and method in 2014. Following her Ph.D., she did a Post-Doc under the advisement of Dr. Victor Rizzo in Temple University's Cardiovascular Department. Her work involved studying the role of caveolae in microparticle-induced activation of lung endothelial cells. She then joined Dr. Ramirez's lab in 2014 in order to expand her expertise in endothelial biology to that of the blood-brain barrier. Her work

involves studying the production of extracellular microvesicles from brain endothelial cells in response to neuroinflammation, mechanical injury, HIV and drugs of abuse.

Kim Beals, Ph.D.



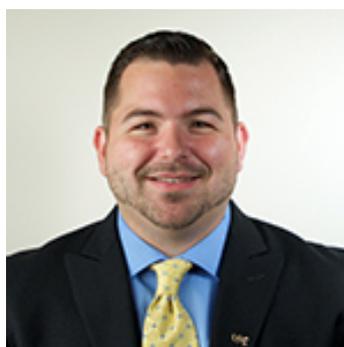
Dr. Beals is an Assistant Professor in the Department of Sports Medicine and Nutrition within the School of Health and Rehabilitation Sciences at the University of Pittsburgh. She is also an Associate Director of the University of Pittsburgh's Neuromuscular Research Laboratory (NMRL). Dr. Beals completed her PhD in Exercise Physiology at the University of Pittsburgh. She is a registered dietitian and certified specialist in sports dietetics. Her research interests include nutrition and exercise strategies to modify body composition and to enhance physical performance. In addition, she is interested in the evaluation of dietary constituents and their role in reducing systemic inflammation due to exercise stress, recovery and long-term health.

Maria Benedetto, DPT



Maria Benedetto has been a physical therapist for more than 30 years. Her primary clinical experience is in pediatrics. Currently, she is working with a team to develop a clinical assessment tool, the Timed Obstacle Assessment Tool (TOAT), that measures balance and functional mobility for children with mobility problems. Teaching responsibilities are primarily in the entry level DPT program and include motor control & motor learning, growth & development, pediatrics, and posture & balance. She also teaches in the Pathways to Health Professions for pre-PT students. She teaches an online course for health care providers in Alternative Movement Therapies for the Complimentary Integrative Therapies Certificate Program.

Michael Bruneau Jr., Ph.D.



Michael Bruneau Jr., Ph.D. is an Assistant Teaching Professor of Health Sciences in the College of Nursing and Health Professions with a joint appointment in the Department of Nutrition Sciences at Drexel University. His research interests include the use of physical activity and exercise as non-pharmacological lifestyle therapies for the prevention, treatment, and control of chronic disease. His more recent work has involved the examination of supervised exercise in clinical populations, including those living with overweight and obesity, hypertension, chronic kidney and end-stage renal disease, HIV/AIDS, prostate cancer, and substance use disorder. In addition to his experience with exercise interventional trials, Michael has conducted research in the sciences of systematic review and meta-analysis, has gained clinical experiences as an exercise physiologist and cardiovascular specialist at Hartford Healthcare's *All Heart Cardiac*

Rehabilitation Program, and has served regional and national committees for the American College of Sports Medicine and the Clinical Exercise Physiology Association.

Jaclyn Caccese, Ph.D.



Dr. Jaclyn B. Caccese is postdoctoral research fellow in the Department of Kinesiology and Applied Physiology at the University of Delaware College of Health Sciences. Her research focuses on head impact biomechanics during soccer heading, as well as multisensory fusion for balance. Her current project explores underlying mechanisms of postural control impairments and vestibular dysfunction due to head impact. Dr. Caccese received a BSE in Bioengineering at the University of Pennsylvania, and a MS and PhD in Biomechanics and Movement Science at the University of Delaware.

Paul Chantler, Ph.D.



My laboratory has research interests focusing on the interaction with aging, lifestyle, and various disease states, in particular the Metabolic Syndrome (MetS) and Stroke, and how they impact arterial ventricular coupling. We tackle our research questions using both human subject research and basic science approaches to offer a translational perspective. Over the last few years, we have examined how chronic stress affects arterial function, and how exercise can buffer some of the stressful stimulus on arterial health. We have also begun to determine the physiological and molecular mechanisms that predispose MetS to a worse ischemic stroke on stroke outcome. This project has both a human and animal arm. My lab employs a wide range of contemporary and novel experimental techniques to study the research questions in both humans and rodents.

Chris Connaboy, Ph.D.



Dr. Chris Connaboy is an Assistant Professor in the Department of Sport Medicine and Nutrition, working within the Neuromuscular Research Laboratory and Warrior Human Performance Research Center. Dr Connaboy completed both his PhD in Biomechanics and Motor Control and his MSc in Biomechanics at the University of Edinburgh, Scotland. His research interests center around understanding the processes of human performance optimization with regards to movement, coordination and the perceptuo-motor processes involved in performing skilled actions.

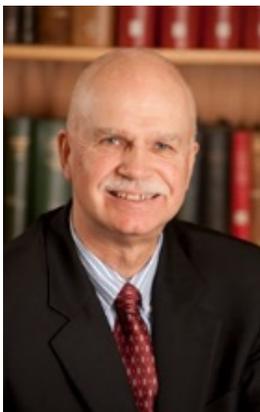
Greg Dwyer, Ph.D.



Dr. Gregory B. Dwyer is a Clinical Exercise Physiologist and Professor in the Department of Exercise Science at East Stroudsburg University of Pennsylvania (ESU). Dr. Dwyer has taught for the past 27 years in higher education. Dr. Dwyer has been at ESU since the fall of 1998. Prior to ESU, Dr. Dwyer was a Professor at Ball State University in Muncie, Indiana. Dr. Dwyer is a FELLOW (FACSM) of the American College of Sports Medicine (ACSM). He is certified by the ACSM as an ACSM Exercise Test Technologist_{SM}, ACSM Clinical Exercise Specialist[®], and ACSM Program Director_{SM}. In addition, Dr. Dwyer is also an ACSM Registered Clinical Exercise Physiologist_{SM}. He received his undergraduate degree

from the University of Texas at Austin. Dr. Dwyer went on to receive his master's degree from Wake Forest University and his Ph.D. in Clinical Exercise Physiology from Indiana University, Bloomington. Dr. Dwyer has served and continues to serve the ACSM in several capacities as a past and current member of the Committee on Certification and Registry Board, and as a board member of the Clinical Exercise Physiology Association. Dr. Dwyer has written/edited for several textbooks for ACSM (including the ACSM Certification Review Manual, ACSM Health-Related Physical Fitness Assessment Manual and the ACSM Metabolic Calculations Handbook and CD-ROM). In addition, he has written and/or presented well over 100 research abstracts and presentations and authored more than 15 peer-reviewed articles. Dr. Dwyer is also one of the current Associate Editors for the Journal of Clinical Exercise Physiology.

Bo Fernhall, Ph.D.



Dr. Bo Fernhall is currently Dean of the College of Applied Health Sciences and Professor of Kinesiology and Nutrition at the University of Illinois at Chicago. He started his career with a focus on cardiac rehabilitation, and he spent over 20 years directing university based cardiac rehabilitation programs. This shaped his current research interests in exercise physiology with a specialization in cardiovascular function and health throughout the lifespan. He has an active research program on the effect of exercise and physical activity on heart and arterial health. He is especially interested in the how exercise impacts the interaction of heart, arterial function and inflammation. Dr. Fernhall research program has a special focus on aging, racial and ethnic health disparities and cardiovascular health and function in individuals with disabilities or

chronic disease conditions. Dr. Fernhall has been recognized for his work earning several awards, including the G. Lawrence Rarick National Research Award for research in individuals with intellectual disabilities, and the King James McCristal Distinguished Scholar Award. He was inducted into the National Academy of Kinesiology in 2005. He is a Fellow of the American Heart Association and the American College of Sports Medicine.

Brian Focht, Ph.D.



Dr. Focht's research and professional interest is in the area of exercise and health psychology/behavior with a particular emphasis on exercise oncology, physical activity promotion in chronic disease prevention/management, and the effects of exercise on quality of life/psychological well-being. Dr. Focht is the Director of the Exercise and Behavioral Medicine Lab and an Associate Member of The Ohio State University Comprehensive Cancer Center and Food Innovation Center. Dr. Focht has over 75 refereed publications and his research has been funded by the National Institute of Aging, National Cancer Institute, National Institute of Arthritis, Musculoskeletal, and Skin Disorders, LIVESTRONG Foundation, and the OSU Comprehensive Cancer Center and Food Innovation Center. Dr. Focht is a Fellow of the American College of Sports Medicine, a National Strength and Conditioning Association Certified Strength and Conditioning Specialist, and has served as a consultant to the National Institutes of Health, Italian Ministry of Health, and Canadian Cancer Society.

John Guers, Ph.D.



Dr. John J. Guers, is currently an assistant professor in the newly developed Department of Exercise Science at Stockton University. Dr. Guers received both his Bachelor's and Master's Degrees in Exercise Science from East Stroudsburg University before continuing on to receive his Doctoral training in Applied Physiology from the University of Delaware under the advisement of Dr. Shannon Lennon. As a doctoral student, Dr. Guers was recognized by both the National ACSM by receiving a Doctoral Research Grant and by MARC ACSM by winning a Doctoral Student Investigator and President's Cup Award. Most recently Dr. Guers has completed his Post-Doctoral training at Rutgers University-New Jersey Medical School in the lab of Dr. Stephen Vatner where he studied novel biological mechanisms that mediate enhanced exercise performance. Dr. Guers recently gave oral presentations on his research concerning brown adipose tissue and exercise at both Experiment Biology and the American Diabetes Association conferences.

Peter Hosick, Ph.D.



Peter A. Hosick, Ph.D., RCEP is an Assistant Professor of Exercise Science in the College of Education and Human Services at Montclair State University in Montclair NJ. His research specialization is in the area of endocrine function and metabolism, particularly in the exercise response of obese individuals. Prior to arriving at Montclair State, Dr. Hosick completed a NIH funded Post-doctoral research fellowship in the Department of Physiology and Biophysics at The University of Mississippi Medical Center in Jackson, MS. Beyond his work Dr. Hosick enjoys running, lifting, fantasy football, and staying active with his family as he desperately tries to stave off the dreaded "Dad Bod".

Lee Jones, Ph.D.



Dr. Jones is an exercise scientist at the Memorial Sloan Kettering Cancer Center. His area of research focuses on the efficacy and mechanisms of exercise training on cardiovascular toxicities and tumor initiation and progression.

Jill Kanaley, Ph.D.



Dr. Kanaley is a Past-President of MARC ACSM and is now serving on the faculty at the University of Missouri. Her areas of research include exercise endocrinology and metabolism, issues related to type 2 diabetes and weight loss and the effects of meal frequency on body composition/hormonal responses and how exercise training alters this response. The MARC Board welcomes Jill back to give the 2nd Annual Past-President's Lecture.

Deborah King, Ph.D.



Deborah L. King, Ph.D. is a professor of biomechanics in the Department of Exercise and Sport Sciences at Ithaca College. She began her work with figure skating in 1993 while with the United States Olympic Committee Athlete Performance Division and has continued to work with the sport for the last 25 years including two projects with pairs and singles figure skating at the 2002 Salt Lake Olympics Games. Her work in skating ranges from studying the biomechanics of figure skating jumps, focusing on 3D kinematics, of national and international level figure skaters to studying impact forces in skating through the development of an instrumented blade to study impact forces in figure skating. The International Olympic Committee, the United States Olympic Committee, and United States Figure Skating have funded her work.

John Leddy, MD



Dr. Leddy serves as medical director of the University at Buffalo Concussion Management Clinic, which is located at UB South Campus. This is the first center in the United States to use a standardized treadmill test to establish recovery from concussion and to use exercise in the rehabilitation of patients with prolonged concussion symptoms. I'm also the director of outcomes research for the Department of Orthopaedics and program director for the UB Primary Care Sports Medicine fellowship. His primary research interest is the investigation of the basic mechanisms of the disturbance of whole body physiology in concussion and how to help to restore the physiology to normal to help patients recover to safely return to activity and sport.

Matthew Kuzmarski, Ph.D.



I am currently a postdoctoral scholar working under the advisement of [Dr. Gail Thomas](#) in the Heart and Vascular Institute. Our main research interest involves studying neural control of cardiovascular function during exercise in health and disease. We specifically focus on determining the mechanisms responsible for increases in blood pressure during exercise as well as inhibition of sympathetic vasoconstriction that optimizes perfusion to the working muscle

Mita Lovalekar, Ph.D



Mita Lovalekar, MBBS, PhD, MPH, is an assistant professor in the Department of Sports Medicine and Nutrition, School of Health and Rehabilitation Sciences, University of Pittsburgh. She is trained as a physician, and has doctoral and master's degrees in Epidemiology. She is an associate-investigator with the Department of Defense and Neuromuscular Research Laboratory research projects, and is involved with study design, data processing, analysis, and interpretation. Dr. Lovalekar's research interests include injury epidemiology and surveillance, injury prevention, and chronic disease epidemiology.

David C. Nieman, DPH



David Nieman is a professor in the College of Health Sciences at Appalachian State University, and director of the Human Performance Lab at the North Carolina Research Campus (NCRC) in Kannapolis, NC (www.ncresearchcampus.net). Dr. Nieman is a pioneer in the research area of exercise immunology, and helped establish that 1) regular moderate exercise lowers upper respiratory tract infection rates while improving immunosurveillance, 2) heavy exertion increases infection rates while causing transient changes in immune function, and 3) that carbohydrate and flavonoid ingestion by athletes attenuates exercise-induced inflammation. Dr. Nieman's current work is centered on investigating unique nutritional products as countermeasures to exercise- and obesity-induced immune dysfunction, inflammation, illness, and oxidative stress using a metabolomics-based approach (www.ncrc.appstate.edu). Dr. Nieman has received \$9.1 million in research grants and published more than 330 peer-reviewed publications in journals and books, and sits on 10 journal editorial boards including the *Journal of Applied Physiology* and *Medicine and Science in Sports and Exercise*. Dr. Nieman's Google Scholar h-index is 87, and his publications have been cited more than 27,000 times. He is the author of nine books on health, exercise science, and nutrition, including *Exercise Testing and Prescription: A Health-Related Approach* (New York: McGraw-Hill, 2011, now in its 7th edition). Dr. Nieman served as vice-president of the American College of Sports Medicine (ACSM), president of SEACSM, and two terms as president of the International Society of Exercise and Immunology. Dr. Nieman received the "100 Scholars Faculty Research Award" from ASU in 1997, the Montoye Scholar Award from the Southeastern American College of Sports Medicine in 2006, the ASU College of Fine and Applied Arts

researcher of the year award in 2006, ACSM's Citation Award in 2013, and represented ASU four times as the Oliver Max Gardner nominee (ASU's highest award). He was an acrobatic gymnast and coach for 10 years, and has run 58 marathons (PR 2:37) and ultramarathons.

Virginia Quick, Ph.D., RD



Virginia Quick, PhD, RD, is the interim Director of the Didactic Program in Dietetics in the Department of Nutritional Sciences at Rutgers University. She holds her Bachelor of Science and Doctorate degrees in Nutritional Sciences from Rutgers University and is a Registered Dietitian. She has prior training as a Postdoctoral Fellow in the Interdisciplinary Research Training in Child and Adolescent Primary Care Fellowship Training Program at the University of Minnesota's Division of Epidemiology and Community Health, and as a Postdoctoral Fellow at the National Institutes of Health (NIH), *Eunice Kennedy Shriver* National Institute of Child Health and Human Development (NICHD). Dr. Quick continues to be involved as an active program manager for the food aid & emergency food systems project in Athens, Greece and as a data analyst and

consultant for a behavioral obesity prevention program in families with young children called HomeStyles. Dr. Quick has published over 55 manuscripts in peer-reviewed nutrition and health journals with research focused on the etiology and prevention of obesity and disordered eating behaviors, community nutrition interventions, and program assessment and evaluation across the lifespan.

Sushant Ranadive, Ph.D.



My research primarily focusses on studying different aspects of integrative human physiology with a focus on aging, sex differences, cardiovascular and autonomic function. My educational background in *Exercise Physiology and Occupational Therapy* makes me uniquely well suited to study these variables in humans. I have worked extensively on research projects involving vascular function in relation to aging, inflammation and environmental stressors. I had the opportunity to work on the NIH funded SCOR projects at Mayo Clinic and develop research projects focused on vascular function in postmenopausal women. While working on these projects, it was evident that there is significant gap in

knowledge regarding the mechanisms relating to higher prevalence of hypertension in postmenopausal women. In this context, I am currently studying the mechanisms related to the higher prevalence of hypertension in postmenopausal women as compared with age-matched men. I plan to specifically study neurovascular control mechanisms in both pre and postmenopausal women that are either unstudied or understudied.

Austin Robinson, Ph.D.



Austin Robinson, PhD, MS, CSCS is a postdoctoral researcher and exercise physiologist broadly interested in investigating the impact of nutrition and physical activity on cardiometabolic health and disease. He earned his PhD at the University of Illinois at Chicago where he investigated the protective effects of regular exercise against acute vascular challenges such as high fat feeding and exertional hypertension in healthy and overweight humans. Currently working in Dr. William Farquhar’s Cardiovascular Physiology Laboratory at the University of Delaware, Austin is working on projects investigating the effects of excess dietary salt, excess dietary fructose, and mild dehydration on cardiovascular and autonomic function. In addition, he is specifically interested in determining if high levels of aerobic fitness or physical activity offset some of the potentially adverse cardiovascular and autonomic effects of excess dietary salt.

Pete Ronai, M.S.



Peter Ronai, M.S., FACSM, RCEP, CEP, EP-C, CSCS-D is a clinical associate professor of exercise science in the Department of Physical Therapy and Human Movement Sciences at Sacred Heart University in Fairfield Connecticut. He is a Fellow of the American College of Sports Medicine (ACSM). He is a past-president of the New England Chapter of ACSM (NEACSM). He is also an associate editor for the National Strength and Conditioning Association's “Strength and Conditioning Journal” (SCJ) and the American College of Sports Medicine’s “Health & Fitness Journal” (FIT). His areas of interests include exercise programming for persons with chronic diseases and disorders and also on proper exercise technique instruction, selection and performance.

Jessica Scott, Ph.D.

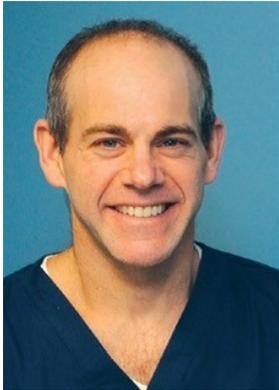


Labros Sidossis, Ph.D.



Dr Labros S. Sidossis is a Distinguished Professor and Chair of the Department of Kinesiology and Health and Professor of Medicine at the Robert Wood Johnson Medical School at Rutgers University. His research over the past 25 years has focused on the role of lifestyle factors (nutrition and physical activity) in the prevention and treatment of various diseases, including obesity, insulin resistance and dyslipidemias. His studies have been funded by the NIH, the American Diabetes Association, the National Center for Research Recourses, the Shriners Hospitals for Children, the European Union, and the industry. His 170+ papers in peer-reviewed journals have been cited > 9000 times.

Robert Strominger, MD



Robert Strominger, MD lives and practices otolaryngology in Ithaca, NY. His primary practice is Cayuga Ear, Nose, Throat - Head & Neck Surgery. His subspecialty interest is in neurolaryngology having worked as a postdoctoral fellow in this field at the National Institute of Deafness and other Communication Disorders. He is also a fellow of the American Academy of Otolaryngologic Allergy. These interests have led to his collaboration with Dr. Andrew Getzin, MD in forming the Cayuga Sports Medicine shortness of breath with exercise clinic, and the treatment of exercise induced laryngeal obstruction (EILO). He also teaches masters speech language pathology students at Ithaca College in the Ithaca Voice and Swallowing Clinic, and otolaryngology residents at the University of

Rochester School of Medicine.

Jeanie Subach, Ed.D.



Dr. Jeanie Subach is an Assistant Professor in the Department of Nutrition at West Chester University. She is the sports nutritionist for the Philadelphia 76ers, starting with the team in 1989. She held the role of team nutritionist for the Philadelphia Eagles under coach Andy Reid from 1999-2013 and for the Philadelphia Flyers from 1989 to 1997. Jeanie currently acts as the nutrition preceptor for the Sports Medicine Fellows in the Crozer Keystone Sport Medicine fellowship program. She is on the editorial review board

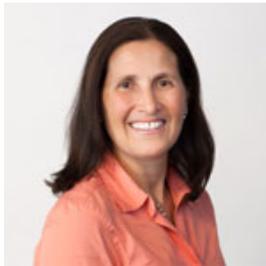
for the publication *The Physician and Sports Medicine*. Jeanie also serves as a consultant to Metz Culinary Management as well as numerous high schools and Universities as a sports nutritionist, and in the development of sports nutrition fueling stations.

Jaci L. VanHeest, Ph.D.



Jaci L. VanHeest, Ph.D. is an Associate Professor of Educational Psychology in the Neag School of Education with a joint appointment in the Department of Kinesiology at the University of Connecticut. She serves as the Faculty Director of the Public Health Learning Community at the University. Her research specialization is in the area of endocrine control of body weight and metabolism. Prior to her tenure at UCONN, Dr. VanHeest was the exercise physiologist for USA Swimming researching factors impacting both developmental and Olympic level athletes. Beyond her research publications, Jaci has published numerous book chapters and lay articles on the developing athlete. Dr. VanHeest utilizes basic and applied science techniques in her work with overweight children and competitive athletes.

Stella Volpe, Ph.D.



Stella L. Volpe, PhD, RD, LDN, FACSM is Professor and Chair of the Department of Nutrition Sciences. She is a nutritionist and exercise physiologist whose work on obesity and diabetes prevention, body composition, bone mineral density, and mineral metabolism and exercise represent more than a decade of consistent funding. Dr. Volpe's research focuses on the prevention of obesity and diabetes across the lifespan. Her three distinct areas of approaching the obesity and diabetes epidemics are: 1) mineral metabolism, 2) exercise and diet trials, 3) changing the environment to encourage healthier eating and increased physical activity

Brittany Wilson, Ph.D.



Dr. Brittany E. Wilson is postdoctoral research fellow in the Department of Kinesiology and Applied Physiology at the University of Delaware College of Health Sciences. Her current research focuses on the study of extracellular vesicles and their potential role as biomarkers in pathological diseases such as muscular dystrophy as well as the potential implications of repetitive subconcussive head impact. Her current project involves subconcussive head impact and the subsequent microRNA signature found in the blood. Dr. Wilson received a BS in Exercise Science at the University of Connecticut, and a MS and PhD in Kinesiology at Temple University.

Jeff Woods, Ph.D.



Jeff Woods received his BS degree from the University of Massachusetts at Amherst, MS from Springfield College (MA), and his doctorate from the University of South Carolina at Columbia. He did a post-doctoral fellowship at the Minneapolis Medical Research Foundation in the area of neuroimmunology. He has received several awards including the ACSM's New Investigator Award (1998), the *Psychoneuroimmunology Research Society's* Young Investigator Award (1999) and the

King James McCristal Distinguished Scholar Award (2009). He is currently a Professor of Kinesiology and Community Health with additional appointments in the Division of Nutritional Science and the new Carle-Illinois College of Medicine at the University of Illinois at Urbana/Champaign (UIUC). He is an expert on the effects of exercise on the immune system and the microbiome. He has authored over 120 peer-reviewed journal articles. He has been a Principal Investigator on ~5 million dollars and a co-investigator on >20 million dollars of funded research. He is a Fellow of the ACSM and the National Academy of Kinesiology and is past-President of the *International Society for Exercise and Immunology*. He has served on numerous NIH review groups, was Chair of the ACSM Research Review Committee, and acts as an Associate Editor for several journals in his field. He is currently the Director of UIUC's Center of Health, Aging and Disability and Associate Dean for Research for the College of Applied Health Sciences.

Program Schedule

(Presented by room and day)

Ballroom A	Friday Morning	Chair/Moderator
Cardiovascular Physiology Session		
9:00-9:35a	Inflammation and Vascular Function: Does Exercise Matter? <i>Bo Fernhall, PhD FACSM</i>	
9:35-10:00a	Aerobic Exercise Modulates the Redox in the Adipose Microvasculature <i>Austin Robinson, PhD</i>	
10:00-10:25a	Arterial Ventricular Coupling with Age and Disease: Role of Exercise <i>Paul Chantler, PhD</i>	Dave Edwards, PhD
10:25-11:00a	β2 – Adrenergic and Estrogen Mediated Vasodilation in Women <i>Sushant Randive, PhD</i>	
Exercise and the Brain		
11:00-11:30a	Exercise as a Stand-Alone or Adjunct Treatment for Cognitive Deficits in Neuropsychiatric Disorders. <i>Brandon Alderman, PhD</i>	H. Scott Kieffer, Ed.D.
11:30-12:00p	Qigong/Tai Chi – Hands-on/Interactive Session <i>Master Jose Johnson</i>	
LUNCH BREAK 12:00-1:00p		
1:00-1:50p	Can Exercise Train Your Gut Microbes? <i>Jeff Woods, PhD FACSM</i>	TBD
2:00-2:50p	Past President Lecture: Rx: One Bout of Exercise After Meals <i>Jill Kanaley, PhD FACSM</i>	Michael Holmstrup, PhD
3:00-3:50p	MARC: 40 Years of Regional Success and Roundtable Discussion <i>Various Current and Former MARC Members</i>	Craig Stevens, PhD
4:00-5:00p	Impact of Nutrition on Immune System Recovery from Heavy Exertion <i>David Neiman, PhPH, FACSM</i>	Doug Miller, PhD
Dinner 5:00-7:00p		

Ballroom B	Friday Morning	Chair/Moderator
Skeletal Muscle as an Endocrine Organ		
9:00-9:30a	Metabolic and Exercise Mediation of Muscle Crosstalk <i>John Guers, PhD</i>	
9:30-9:55a	Redox Modulation of the Exercise Pressor Reflex in Health and Disease <i>Matt Kuczmarski, PhD</i>	John Guers, PhD
Obesity and Fitness		
10:00-10:40a	Physical Activity and Exercise for Treating Overweight and Obesity <i>Michael Bruneau, PhD</i>	
10:40-11:20a	Exercise Disruption and Cardiovascular Fitness in Obesity <i>Peter Hosick, PhD</i>	Abigail Duffine, MS, RD, LDN
11:20-11:55a	Physical Activity Interventions in Obese Youth <i>Jaci Van Heest, PhD</i>	
LUNCH BREAK 12:00-1:00p		
Exercise and Cancer		
1:00-1:40p	Exercise Regulation of Tumor Biology and Progression <i>Lee Jones, PhD</i>	
1:40-2:20p	Personalization of Exercise Therapy to Mitigate Cancer Therapy-induced Cardiovascular Toxicity <i>Jessica Scott, PhD</i>	Steve LoRusso, PhD
2:20-2:55p	Lifestyle Interventions in Supportive Care Across the Cancer Control Continuum <i>Brian Focht, PhD FACSM</i>	
Resistance Training – Lecture and Interactive Sessions		
3:00-4:30p	Resistance Training for Special Populations <i>Pete Ronai, PhD FACSM</i>	
	Resistance Training for Everyone <i>Gregory Dwyer, PhD FACSM</i> <i>Doug Lentz, MS</i>	
Dinner 5:00-7:00p		

Ballroom C,D,E		Friday Morning		Chair/Moderator
Healthy Eating Patterns for Americans: Science, Policy and Education				
9:00-9:30a	Dietary Guidelines <i>Virginia Quick, PhD, RD</i>			
9:30-10:10a	Mediterranean Diet: More than a Diet – A Way of Life <i>Labros Sidossis, PhD</i>			
10:10-10:45a	Dietary Guidelines and the Micro Snacking Millennials <i>Regina Subach, Ed.D, RD</i>	Stella Volpe, PhD		
10:45-11:00a	Overall Question and Answer			
11:00-12:00p	Incorporating the Guidelines for the Athletes <i>Stella Volpe, PhD FACSM</i>		Eric Rawson, PhD	
LUNCH BREAK 12:00 to 1:00p				
Poster Session: Undergraduate				
Fitness Assessment & Training				
1:00-1:10p P-1	The Effects of a Six-Week Weight Loss Program on Body Composition and Metabolic Rate <i>Antonia L. Battaglino, Alexis N. Trumbetti, Jamie M. Blose, Jared M. James, Anna K. Schade, Katie M. Cooper, Paul K. Stickles, Melissa A. Reed, Selen Razon, Melissa A. Whidden. West Chester University, West Chester, PA</i>			Ben Meyer, PhD
1:10-1:20p P-2	Effects of Treadmill-Training on Solid Meal Gastric Emptying in a Rodent Model <i>Theresa M. Blickenstaff, Emily M. Besecker, Gettysburg College, Gettysburg, PA</i>			
1:20-1:30p P-3	Assessment of Demographic, Anthropometric, and Physical Performance Variables as Predictors of Sprint Cycling Power <i>James S. Mellen, Giampietro L. Vairo. The Pennsylvania State University, State College, PA</i>			
1:30-1:40p P-4	The Effects of Virtual Reality Training on Balance and Stability in Female Athletes <i>Kristin M. Donohue, Alyssa C. Sadorf, Karalyn J. Schmidt, Harold S. Kieffer, Wendy Cheesman, Messiah College, Mechanicsburg, PA</i>			
1:40-1:50p P-5	Acute Physiological Responses to Steady State and High Intensity Interval Training <i>Francis Frabasile, Toni T. LaSala, Jordan L. Cola. William Paterson University, Wayne, NJ</i>			

1:50-2:00p P-6	The Effects of Aerobic vs Anaerobic Exercise on Cognitive Function in College Aged Individuals <i>Megan E. Marquart, Erika Huffman, Cheyanne Zelonis, Shannon Brown, Joohee Sanders. Shippensburg University, Shippensburg, PA</i>	
2:00-2:10p P-7	The Effects of Small Group Exercise on Rate of Perceived Exertion and Mood State in College Students <i>Nicole Martorella, Xiomara Espinosa, Nicholas Lewis, Zachary Altland, Tyler Emerich, Samuel Forlenza, Joohee Sanders, Shippensburg University, Shippensburg, PA</i>	
2:10-2:20p P-8	The Effects of Intermittent Fasting on Endurance Performance <i>Payton H. McCord, Meghan M. Lokay, Emily J. Sauers. East Stroudsburg University, East Stroudsburg, PA</i>	
2:20-2:30p P-9	The Effects of a Six-Week Weight Loss Program on Muscular Strength and Endurance <i>Katie M. Cooper, Paul K. Stickles, Jamie M. Blose, Antonia L. Battaglino, Alexis N. Trumbetti, Jared M. James, Anna K. Schade, Melissa A. Reed, Selen Razon, and Melissa A. Whidden. West Chester University, West Chester, PA</i>	
2:30-2:40p P-10	Functional Movement Assessment in the Performing Arts <i>Jamie Misegades, Melissa L. Rasimowicz, Jennifer Cabrera, Kim C. Vaccaro, Talin K. Dabaghian, Drue T. Stapleton. Rider University, Lawrenceville, NJ</i>	John LaManca, PhD
2:40-2:50p P-11	Improvement in High School 1600-Meter Run Times Within and Between Seasons <i>Thomas P. O'Toole and Michael G. Wortley. Georgian Court University, Lakewood, NJ</i>	
2:50-3:00p P-12	Effects of Different Exercise Modalities on Executive Cognitive Function <i>Nathanael J. Sprunk, Dana L. Ault, Brooke O. Beatty, Lauren E. Dietz, John R. Gould, Priya M. Graczyk, Alex R. Moldovan, Angelina N. Negron, Philip J. Prins, Mary B. Shannon, Allen M. Steimling, Tabitha N. White. Grove City College, Grove City, PA</i>	
3:00-3:10p P-13	Validity of the Fitbit Charge HR2 for Measuring Step Count and Heart Rate During Exercise <i>Emily Vosburg¹, Diana Zaichenko¹, Sophie Knittle¹, Gary Sforzo¹, Frank Micale¹, Jennifer Crawford², Andrea Lavoie², Sebastian Harenberg¹. ¹Ithaca College, Ithaca, NY, ²Regina Qu'Appelle Health Region, Regina, SK</i>	Matt Miltenberger, PhD
3:10-3:20p P-14	Effects of Sodium Bicarbonate Dosage on Blood Lactate Levels in Trained and Recreational Athletes <i>Tyler Cover, Camryn Moss, Austin Rosenberry, Artie Millner, William Braun, Joohee Sanders. Shippensburg University, Shippensburg, PA</i>	
Biomechanics & Neural Control of Movement		
3:20-3:30p P-15	Relationships Among sEMG Measures of Neuromuscular Excitation <i>Jake C. Diana, Micah D. Josephson, Christopher K. Knight.</i>	

	<i>University of Delaware, Newark, DE</i>	
3:30-3:40p P-16	Psyching Effects on Voluntary Torque Production and Cortico-Cortical Communication using Electroencephalography <i>Eric Elue¹, Mohamed Bah², Andrew Ginsberg¹, Calvin Lu¹, Bradley D. Hatfield¹. ¹University of Maryland College Park, MD, ²Howard University, Washington, DC</i>	Matt Miltenberger, PhD
3:40-3:50p P-17	Electromyography and Y-Balance Test for Assessment of Neuromuscular Control of Lower Extremities in Collegiate Athletes <i>Aaron A. Griffith¹, Von Homer², R. Christopher Mason¹, Adam Kuperavage¹. ¹Delaware State University, Dover, Delaware, ²Barry University, Miami Shores, FL</i>	
3:50-4:00p P-18	The Effects of Vision Impairment on Balance in Athletes and Non-Athletes <i>Rebecca N. Narr, Kiersten M. Daly, Alicia A. O'Neill, Kellie A. Linkhorst, Joohee I. Sanders, Sally Paulson. Shippensburg University, Shippensburg, PA</i>	
4:00-4:10p P-19	High Speed Cycling and the Law of Initial Values in Parkinson's Disease <i>Benjamin E. Sibson, Rebecca J. Daniels, Sherron L. Howard, Micah D. Josephson, Christopher Knight. University of Delaware, Newark, DE</i>	
4:10-4:20p P-20	Hip Strength Influences Ground Reaction Force Attenuation on a Side Leap in Collegiate Dancers <i>Michelle S. Sobel; David J. Stearne, Kenneth P. Clark, West Chester University, West Chester, PA</i>	Brandon Snyder, PhD
4:20-4:30p P-21	Ground Contact Times and Flight Times at Different Running Speeds in Novice and Competitive Runners <i>Tara Vitale, Thomas P. O'Toole, Michael G. Wortley. Georgian Court University, Lakewood, NJ</i>	
4:30-4:40p P-22	Effects of a Short-Term Neuromuscular Training Program on Jump Performance and Landing Mechanics <i>Tyler D. Whitacre, Chris E. Toland, Kenneth P. Clark. West Chester University, West Chester, PA</i>	
Psychology, Behavior, & Neurobiology		
4:40-4:50p P-23	Comparisons of Body Consciousness and Expected Barriers and Outcomes for Women Performing Two Exercise Regimens <i>Abigail E. Wagner, Jessica L. Bachman. University of Scranton, Scranton, PA</i>	Brandon Snyder, PhD
4:50-5:00p P-24	The Effects of a Six-Week Boot Camp Program on Exercise-related Affects and Perceptions <i>Jared M. James¹, Anna K. Schade¹, Antonia L. Battaglino¹, Alexis N. Trumbetti¹, Jamie M. Blose¹, Katie M. Cooper¹, Paul K. Stickles¹, Umit Tokac², Melissa A. Reed¹, Melissa A. Whidden¹, Selen Razon¹. ¹West Chester University, West Chester, PA ²University of Missouri, St. Louis, MI</i>	

Clinical Track: Invited Speakers

9:00-9:05a	Welcome and Introductions to the Session <i>Andy Getzin, MD</i>	
9:05-9:45a	The Diagnosis and Management of Exercise Induced Laryngeal Obstruction <i>Rob Stominger, MD</i>	
9:45-10:25a	Movement and Conditioning Screening in Collegiate Dancers <i>Maria Benedetto, DPT</i> <i>Sara Wenger, DPT</i>	Andy Getzin, MD
10:30-11:20a	Proximal Hamstring Injuries: Evaluation, Management and the Role of Surgery <i>Eric Kropf, MD</i>	
11:20-12:00p	Early Physical Activity in the Recovery of Concussion <i>John Leddy, MD FACSM</i>	

LUNCH BREAK 12:00 to 1:00p

Clinical Track: Clinical Case Studies

1:05-1:15p	Shortness of Breath – Collegiate Softball Player Anthony Spinelli, ATC (Sponsor: Andrew Getzin, MD, FACSM) Cayuga Medical Center, Ithaca, NY	Moderators: Jeanne Doperak, MD
1:16-1:26p	Shoulder Injury - Wrestling Vip Sharma, MD (Sponsor: David Ross, MD) Geisinger Sports Medicine, Wilkes-Barre, PA	Matt Sedgley, MD
1:27-1:37p	Knee Injury – Soccer Brian Schutzbach, MD (Sponsor: Mark Lavallee, MD, FACSM) Wellspan Health, York, PA	Giselle Aerni, MD
1:38-1:48p	Shoulder and Elbow Pain - Baseball Stephanie Schmidt, MD (Sponsor: Bradley Bley, DO) Christiana Care Health System Sports Medicine	

- 1:49-1:59p Hamstring Injury - Softball**
Vip Sharma, MD (Sponsor: Tom Trojian, MD)
Drexel University College of Medicine
- 2:00-2:10p Cough and Shortness of Breath in a Masters Marathoner**
Devesh Patel, MD (Sponsor: Martin E. Matsumura, MD)
Geisinger Medical Center, Wilkes-Barre, PA
- 2:11-2:21p Knee Injury - Farmer**
Jason Pan, MD (Sponsor: Justin G. Tunis, MD)
Geisinger Health System, Wilkes-Barre, PA
- 2:22-2:32p Shoulder Pain - Pediatrics**
Megan LaBuz, MD (Sponsor: Bradley Sandella, DO)
Christiana Care Health System Sports Medicine
- 2:33-2:43p Knee Pain – Non-Athlete**
Linda Lafferty, MD (Sponsor: Jessica Butts, MD)
Penn State Health, Sports Medicine, Hershey, PA
- 2:44-2:54p Rim Enhancing Lesions in Bilateral Vastus Lateralis**
Rebecca King, MD and Jessica Butts, MD (Sponsor: Matt Silvis, MD)
Penn State Health, Sports Medicine, Hershey, PA
- 2:55-3:05p Back and Shoulder Pain in a Female Weight Lifter with Ehlers Danlos**
James Kelley, MD (Sponsor: Mark Lavalley, MD, FACSM)
Wellspan Health
- 3:06-3:16p Bilateral Arm Pain – Swimming and Diving**
Frazier Keitt, MD (Sponsor: Tom Trojian, MD)
Drexel University School of Medicine
- 3:17-3:27p A Pop in the Foot of a Football Player**
Kiyomi Goto, MD (Sponsor: Peter Seidenberg)
Penn State Health Sports Medicine, State College, PA
- 3:28-3:38p Foot Pain in Adolescent Female Runner**
Ethan Beaudett, MD, Katherine Rizzone, MD (Sponsor: Mark Mirabelli, MD)
University of Rochester, Rochester, NY
- 3:39-3:49p Foot Injury – Track and Field**
Nathaniel Baer, MD (Sponsor: Jill Sadoski, MD)
United Health Services Sports Medicine Center, Binghamton, NY

Ash/Birch		Friday Morning		Chair/Moderator
10:00-12:00p		College Bowl Preliminary- Closed Session		
LUNCH BREAK 12:00-1:00p				
Oral Presentations: <i>Masters Award Nominees</i>				
1:00-1:15p	Elevated Temperature Inside a Lower Body Positive Pressure Treadmill During Exercise: A Possible Environmental Constraint <i>Casey Austin, Allison Schumann, James F. Hokanson. State University of New York at Cortland, Cortland, NY</i>	Melissa Whidden, PhD		
1:15-1:30p	Balance and Muscular Torque Difference Between Recreationally Active Males and Females <i>Nicolas A. Barrios & Peter A. Hosick. Montclair State University, Montclair, NJ</i>			
1:30-1:45p	Segmented Motor Output in Parkinson's Disease Improved with Speed-Based Exercise <i>Rebecca J. Daniels, Christopher A. Knight. University of Delaware, Newark, DE</i>			
1:45-2:00p	Manipulation of Retrograde Shear in the Superficial Femoral Artery in Recreationally Active and Exercise-Trained Men <i>Patricia Pagan, Adam J. Palamar, Jacob P. DeBlois, Wesley K. Lefferts, Kevin S. Heffernan. Syracuse University, Syracuse, NY</i>			
2:00-2:15p	The Effects of Pedometers on Body Weight and Metabolic Factors in Patients with Prediabetes <i>James J. Pinola, Patricia Davidson, Melissa A. Reed. West Chester University, West Chester, PA</i>			
BREAK 2:15-2:30p				
Oral Presentations: <i>Doctoral Award Nominees</i>				
2:30-2:45p	Central Hemodynamics and Wave Separation Analysis in Lower Body Aerobic Exercise <i>Joseph M. Stock, David G. Edwards. University of Delaware, Newark, DE</i>			
2:45-3:00p	The Use of an Experimental, Topical Foam to Enhance Skin Cooling and Sodium Retention <i>Caleb D. Johnson¹, Matthew E. Darnell¹, Bradley C. Nindl¹, FACSM, Aaron V. Mares^{1,2}, Mark J. Sakr^{1,2}. ¹University of Pittsburgh, Pittsburgh, PA, ²University of Pittsburgh Medical Center, Pittsburgh, PA</i>			

<p>3:00-3:15p</p>	<p>Blood Pressure Reactivity During Short-term Water Restriction in Young Adults <i>Joseph C Watso¹, Matthew C Babcock¹, Austin T Robinson¹, Kamila U Migdal¹, Sean Stocker², Megan M Wenner¹, William B Farquhar¹. ¹University of Delaware, Newark, DE; ²University of Pittsburgh, Pittsburgh, PA.</i></p>	<p>Stella Volpe, PhD</p>
<p>3:15-3:30p</p>	<p>Effect of Dietary Salt Intake on Blood Pressure Variability <i>Kamila U. Migdal¹, Joseph C. Watso¹, Matthew C. Babcock¹, Austin T. Robinson¹, Megan M. Wenner¹, Sean D. Stocker², William B. Farquhar.¹ ¹University of Delaware, Newark, DE; ²University of Pittsburgh, Pittsburgh, PA</i></p>	
<p>3:30-3:45p</p>	<p>Adapting Sedentary Video Games to Require Physical Activity <i>Christen J. Mendonca, Sinclair A. Smith. Drexel University, Philadelphia, PA</i></p>	
<p>BREAK 3:45-4:00p</p>		
<p>4:00-5:00p</p>	<p>MEET THE EXPERTS: Student Session</p>	<p>Joe Watso, MARC Student Rep</p>
<p>DINNER 5:00-7:00p</p>		

Chestnut/ Dogwood	Friday Morning	Chair/Moderator
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Concussions: Updates and New Insights

9:00-9:30a	Potential Implications of Subconcussive Head Impact on Mobility <i>Jaclyn Caccese, PhD</i>	
9:30-10:00a	Mechanical Injury Induces the Release of Brain Endothelial Derived Extracellular Vesicles <i>Allison Andrews, PhD</i>	
10:00-10:30	Altered Levels of MicroRNAs in Circulating Exosomes Following Head Impact <i>Brittany Wilson, PhD</i>	Matt Hudson, PhD
10:30-11:00	Impaired Respiratory Performance up to and Following a Diagnosed Concussion in Collegiate Athletics <i>Sherry Adams, PhD</i>	

LUNCH BREAK 12:00 to 1:00p

Oral Presentations: *Professional*

Fitness Assessment & Training		
1:00-1:15p	Maturity-Related Differences in the Adaptations to Anaerobic Capacity following Sprint Interval Training amongst Boys <i>Kyle S. Beyer^{1,2}, Jeffrey R. Stout², Michael J. Redd², Kayla M. Baker², Haley C. Bergstrom³, Jay R. Hoffman², David H. Fukuda². ¹Bloomsburg University, Bloomsburg, PA ²University of Central Florida, Orlando, FL ³University of Kentucky, Lexington, KY</i>	Paul Cutrufello, Jr, PhD
1:15-1:30p	Bilateral Training Results in Superior Strength Improvements to Unilateral Despite Similar Changes in Fat-Free Mass <i>Courtenay Dunn-Lewis, Raymond Scalise. University of Pittsburgh, Pittsburgh, PA</i>	
1:30-1:45p	The Effect of a Short-Term Plyometric Training Intervention on Power and Strength in Collegiate Club Hockey Players <i>J. David Mosinski, Brennan S. Clouner, and Kory A. Stauffer. Gannon University, Erie, PA</i>	

1:45-2:00p	<p>Evaluating the Effects of Two-Minutes Active Recovery on a “Booster” VO₂max Test Using Ultramarathon Runners <i>Andy M. Bosak¹, Will W. Peveler¹, Jonathan M. Houck², Matthew L. Sokoloski³, Hannah E. Nelson¹, Jimmy Kelly¹, Austin P. Smith⁴, and Robert T. Sanders¹. ¹Liberty University, Lynchburg, VA, ²The University of New Mexico, Albuquerque, NM, ³Texas Woman’s University, Denton, TX, and ⁴East Tennessee State University, Johnson City, TN.</i></p>	
Epidemiology, Biostatistics, & Health Promotion		
2:00-2:15p	<p>Reaching At-Risk Female Adolescents for Inactivity: Case Study for Increasing Educational Interventions <i>Suzanne E. Kitts, Tania S. Flink. Gannon University, Erie, PA</i></p>	
BREAK 2:15-2:45p		
Skeletal Muscle, Bone, & Connective Tissue		
2:45-3:00p	<p>Comparison of Oxygenation Trends in the Latissimus Dorsi Across Handle Types During Seated Row Exercise <i>Swapan Mookerjee¹, Kyle S. Beyer¹, Sam W. Meske¹, Daniel G. Drury², ¹Bloomsburg University, Bloomsburg, PA, ²Gettysburg College, Gettysburg, PA</i></p>	
3:00-3:15p	<p>Case Study: Monitoring Sleeping Patterns of a Boy with Duchenne Muscular Dystrophy and his Caregivers <i>Jonathan H. Anning¹, Margaret Feltman², Natalie Little², Zhou Zhu², Annmarie Kelleher², Roxanna M. Bendixen². ¹Slippery Rock University, Slippery Rock, PA, ²University of Pittsburgh, Pittsburgh, PA</i></p>	
Cardiovascular, Renal, & Respiratory Physiology		
3:15-3:30p	<p>Effect of Continuous BFR Exercise on Tissues Oxygenation Characteristics in Incomplete Spinal Cord Injured Patients <i>Jon R. Stavres^{1,2,3}, Tyler Singer¹, John D. McDaniel^{1,2}. ¹Kent State University, Kent, OH, ²Louis Stokes Cleveland VA Medical Center, Cleveland, OH, ³Penn State University, Hershey, PA</i></p>	Michael Bruneau, PhD
Psychology, Behavior, & Neurobiology		
3:30-3:45p	<p>Is Seeing Believing? Validity of Modern Sham Coil as a Placebo in Neuromodulation Studies <i>Shawn D. Flanagan^{1,2}, Courtenay Dunn-Lewis¹, James A. Onate², Jeff S. Volek², Carl M. Maresh², William J. Kraemer². ¹University of Pittsburgh, Pittsburgh, PA, ²The Ohio State University, Columbus, OH</i></p>	
3:45-4:00p	<p>Cardiorespiratory Fitness and Cancer in Women <i>Baruch Vainshelboim^{1,2}, Stephen M. LoRusso¹, Ivan Mulligan¹, Stephen Baker¹ Patricia Fitzgerald¹, Kristofer Wisniewski¹, Jonathan Myers². ¹Saint Francis University, Loretto, PA, ²Stanford University, Palo Alto, CA</i></p>	

Elm/Fir		Friday	Chair/Moderator
7:30-10:00a		Pre-Paid Registration	
LUNCH BREAK 12:00-1:00p			
Oral Presentations: <i>Undergraduate</i>			
Fitness Assessment & Training			
1:00-1:15p	Impact of a 6-Week Exercise Intervention on Prison Inmates <i>Jenna A. Duff, Katelynn C. Kletzli, Alexander P. Kern, Jonathan M. Timko, Aryana J. Wing, Brett M. Kelly, Jake E. Reed, Kellie S. Ferlin, Aileen R. Roulston, Kelsey E. Finn, Lance C. Savidge, Joseph M. Blumer, Ariane C. Guillergan, Leslie M. Peterson, Sarah Hess, Marketa Schublova, Sarah Kuehn, Rebecca Ridener, and Kimberly A. Smith. Slippery Rock University, Slippery Rock, PA</i>	Michael Landram, PhD	
1:15-1:30p	The Effects of Hyperhydration and Salt Loading on Bioelectrical Impedance Analysis Body Fat Estimates <i>Marisa M. Maertens, Sarah M. Kilian-Meneghin, Peter A. Hosick, Evan L. Matthews. Montclair State University, Montclair, NJ</i>		
1:30-1:45p	Breaking Sedentary Behavior among Faculty and Staff: Are Acoustic and/or Vibrational Stimuli Effective? <i>Matthew D. Moran, Scott Dreisbach, Matthew B. Rhudy, Praveen Veerabhadrapa, The Pennsylvania State University, Berks, Reading, PA</i>		
1:45-2:00p	Using Near Infrared Spectroscopy to Access Muscle Post-exercise Oxygen Debt <i>Meghan E. Smith¹, Christen J. Mendonca¹, Joohee I. Sanders², Sinclair A. Smith¹. ¹Drexel University, Philadelphia, PA, ²Shippensburg University, Shippensburg, PA</i>		
Biomechanics & Neural Control of Movement			
2:00-2:15p	A Comparison of Self-Reported Pain Levels in Minimally-Shod vs. Traditionally-Shod Runners with Different Forefoot Types <i>Lauren K Cline¹, Erica M. Casto², Kyla M. Galbreath¹, Jean L. McCrory, FACSM¹. ¹West Virginia University, Morgantown, WV, ²University of Massachusetts, Amherst, MA</i>		

2:15-2:30p	Evaluation of Active Sitting Using Hip Accelerations <i>Zachary B. Fox, Matthew B. Rhudy, Praveen Veerabhadrapa. The Pennsylvania State University, Berks Campus, Reading, PA</i>		
BREAK 2:30-2:45p			
Metabolism & Nutrition			
2:45-3:00p	Comparison of Energy Expenditure between Hacky Sack and Elliptical Cross Trainer <i>Colleen E. Lynch, Benjamin M. Meister, Alison C. Schwartz, Cody B. Revel, Ryan M. Sapp, Kerry E. Lynch, Amar L. Naboulsi, Nicholas A. Carlini, Zackary J. Valenti, William A. Fountain, Michael E. Quarantillo, Scott A. Mazzetti. Salisbury University, Salisbury, MD</i>	Amy Haufler, PhD	
3:00-3:15p	Influence of Acute Resistance Exercise on Glycemic Control <i>Helene Miller, Daniel Hauck, Schuyler Harting, Acacia Rightmyer, Gabriel Hirsch, and William Braun FACSM. Shippensburg University, Shippensburg, PA</i>		
Epidemiology, Biostatistics, & Health Promotion			
3:15-3:30p	Post-Traumatic Stress Disorder, Obesity, and Marijuana Use in Marine Corps Veterans <i>Andrew S. Vetter, Cole Williamson, Josh Zaback, Emily J. Sauer. East Stroudsburg University of Pennsylvania, East Stroudsburg, PA</i>		
3:30-3:45p	The Impact of Communication Frequency on a 12-Week Walking Program <i>Katherine E. DeVivo, Michaela A. Golden, Tyler M. Ben, Kimberly A. Smith. Slippery Rock University, Slippery Rock, PA</i>		
Clinical Exercise Physiology, Environmental & Occupational Therapy			
3:45-4:00p	Exercise Duration Augments Inter-Arm Systolic Blood Pressure Difference <i>Melanie M. Clarke, Sarah R. Allen, Maureen A. Walsh, Lindsey A. Kerecman, Rebecca T. Cannizzaro, Michael E. Holmstrup, Brock T. Jensen. Slippery Rock University, Slippery Rock, PA</i>		
4:00-4:15p	Using a Urinal Screen Color Assessment Apparatus as a Predictor of Hydration Status <i>Nicholas Corbi, Emily Turner, Emily Besecker, Daniel Drury. Gettysburg College, Gettysburg, PA</i>		

Ballroom A	Saturday Morning	Chair/Moderator
8:00-8:50a	Resistance Workout Session <i>Conner Saker</i> <i>Sam Fessler</i>	
Military Medicine and Performance		
9:00-9:35a	Preventing Injuries and Optimizing Performance: Lessons Learned from the US Military Special Operation Forces <i>Kim Beals, PhD</i>	
9:35-10:10a	Understanding Performance and Injury Risk Through the Accumulation of Marginal Gains <i>Chris Connaboy, PhD</i>	Brad Nindl, PhD
10:10-10:45	Epidemiology of Musculoskeletal Injuries Sustained by Naval Special Forces Operators and Students <i>Mita Lovalekar, PhD</i>	
Ballrooms: MARC-ACSM Business Meeting and Award Ceremony Luncheon – 12:30 to 2:00p		

Ballroom B	Saturday Morning	Chair/Moderator
8:00-9:00a	Biomechanics of Figure Skating Jumps <i>Deborah King, PhD</i>	Jean McCrory, PhD
9:00-9:15a	Differences in Neuromuscular Excitation Rates in Young Adult, Older Adult, and People with Parkinson's Disease <i>Micah D. Josephson, Christopher A. Knight. University of Delaware, Newark, DE</i>	Ken Clark, PhD
9:15-9:30a	Action Boundary Perception, Depression and Visuomotor Symptoms Differentiate Healthy Controls from Athletes with Recent Concussion <i>Shawn R. Eagle¹, Bradley C. Nindl¹, FACSM, Caleb D. Johnson¹, Anthony P. Kontos², Chris Connaboy¹. ¹University of Pittsburgh, Pittsburgh, PA. ²UPMC Sports Medicine, University of Pittsburgh, Pittsburgh, PA</i>	
9:30-9:45a	Effects of Feedback Content on Bivariate Error Measures in a Throwing Task <i>Ben Meyer. Shippensburg University, Shippensburg, PA</i>	
9:45-10:00a	Predictors of Two Kilometer Rowing Ergometer Time Trial Performance <i>Jason W. Metz, Fredric Goss, Robert Robertson, Elizabeth Nagle, Jonathan Abt. University of Pittsburgh; Pittsburgh, PA</i>	
10:00-10:30a	Biomechanics Interest Group Meeting	

Ballroom C,D,E		Saturday Morning	Chair/Moderator
Poster Session: MS/PhD			
Fitness Assessment & Training			
8:00–8:10a P-25	The Relationship between Waist Circumference and Anaerobic Power Output in College Students <i>Colton J. Appleman, Cody A. Croall, Joseph L. Andreacci</i> <i>FACSM. Bloomsburg University, Bloomsburg, PA</i>		Craig Stevens, PhD
8:10-8:20a P-26	Evaluating the Potential Impact of Fatigue on Ultimate Frisbee Players During Tournament Play <i>Jared R. Feister, Robert T. Sanders, Christopher B. Carver, Hannah E. Nelson, James A. Kelly, Andy M. Bosak.</i> <i>Liberty University, Lynchburg, VA.</i>		
8:20-8:30a P-27	Effects of Manipulating Rest Periods Within a Lower-Body Resistance Training Program <i>Amy B. Fiorentini, Mitchell Moyer, M.S., Ruby Pressl, Madeline P. Bayles FACSM, Mark A. Sloniger FACSM, Pao Ying Hsiao, Hayden D. Gerhart, Indiana University of Pennsylvania, Indiana, PA</i>		
8:30-8:40a P-28	Metabolic Expenditure of Video-Instructed Hula Dancing in Novice Females <i>Krisella L. Gabriele¹, Rachel L. Eckert², Connor. J. Holohan³, Rebecca A. Kudrna⁴.</i> <i>¹Liberty University, Lynchburg, VA, ²Phoenix Rehabilitation & Health Services Inc, Pottsville, PA, ³Moravian University, Bethlehem, PA, ⁴DeSales University, Center Valley, PA.</i>		
8:40-8:50a P-29	The Influence of Emotions on Heart Rate in Horseback Riders <i>Jessica L. Jelinek, Selen Razon, Jeffrey E. Harris, W. Craig Stevens.</i> <i>West Chester University of Pennsylvania, West Chester, PA.</i>		
8:50-9:00a P-30	An Observation of Resistance Training History in Ultramarathon Runners and Implications on Performance <i>Kathryn E. Jones, Madeline P. Bayles, FACSM, Kristi L. Storti, Mark A. Sloniger, FACSM, and Hayden D. Gerhart.</i> <i>Indiana University of Pennsylvania, Indiana, PA</i>		
9:00-9:10a P-31	The Effect of High-Intensity and Moderate-Intensity Exercise on Enjoyment and General Mood <i>Catherine G. Majchrowicz¹, Dana L. Ault², Nikki V. Enas², Holly A. Kennel².</i> <i>¹Indiana University of Pennsylvania, Indiana, PA, ²Grove City College, Grove City, PA</i>		

<p>9:10–9:20a P-32</p>	<p>An Assessment of a 15 vs. 30 Second Recovery Period on Vertical Jump Performance <i>Hannah E. Nelson, Andy M. Bosak, Russell K. Lowell, Branden M. Ziebell, Robert T. Sanders, Jared R. Feister, and Madeline M. Phillips. Liberty University, Lynchburg, VA.</i></p>	<p>Nick Knuth, PhD</p>
<p>9:20–9:30a P-33</p>	<p>Test-Retest Reliability and Learning Effect of the Modified CTSIB Balance Protocol <i>Ashley Carroll, Emily Brocht, Emily Walter, H. Scott Kieffer, Paula Johnson. Messiah College, Mechanicsburg, PA.</i></p>	
<p>9:30–9:40a P-34</p>	<p>Promoting Exercise Performance in Adults with Intellectual Disabilities through Visual Schedules and Systematic Prompting <i>Haley Novak, Kelly Quigley, Amelia Gerson, Iva Obrusnikova. University of Delaware, Newark, DE.</i></p>	
<p>9:40–9:50a P-35</p>	<p>Assessing the Impact of a Governed Focal Point on Broad Jump Performance in Collegiate Females <i>Madeline M. Phillips, Robert T. Sanders, Jared R. Feister, Andy M. Bosak, Hannah E. Nelson, Russell K. Lowell, and Branden M. Ziebell. Liberty University, Lynchburg, VA.</i></p>	
<p>9:50–10:00a P-36</p>	<p>Effects of an Acute Bout of Moderate and Vigorous Exercise in College Students with Anxiety <i>Nicholas E. Rodriguez, Nicole M. McClement, Kristi L. Storti, Madeline Paternostro-Bayles, FACSM. Indiana University of Pennsylvania, Indiana, PA.</i></p>	
<p>BREAK 10:00-10:10a</p>		
<p>10:10-10:20 P-37</p>	<p>Assessing The Impact of Body Fat Percentage And Lean Mass, on Wingate Performance <i>Robert T. Sanders¹, Andy M. Bosak¹, Matthew Sokoloski², Hannah E. Nelson¹, James A. Kelly¹, Jared R. Feister¹. ¹Liberty University, Lynchburg, VA, ²Texas Woman's University, Denton, TX.</i></p>	
<p>10:20-10:30a P-38</p>	<p>Association Between Aerobic Combat Swimming Performance and Anaerobic Kicking Power in Adult Fitness Swimmers <i>John Snyder¹, Anne Z. Beethe², Takashi Nagai², Elizabeth Z. Nagle, FACSM², Meghan M. Schmidt², Chris Connaboy², Mita Lovalekar², John P. Abt, FACSM³, Scott M. Lephart³, Bradley C. Nindl, FACSM². ¹East Stroudsburg University, East Stroudsburg, PA, ²University of Pittsburgh, Pittsburgh, PA, ³University of Kentucky, Lexington, KY</i></p>	

<p>10:30-10:40a P-39</p>	<p>Effects of Caffeine on the Muscular Endurance, Perceived Pain, and Effort of Resistance Trained Women <i>Adam W. Naugle, Stephanie A. Bartlam, Amy B. Fiorentini, Ruby R. Pressl, Madeline P. Bayles, FACSM, Hayden D. Gerhart, Kristi L. Storti, Mark A. Sloniger, FACSM. Indiana University of Pennsylvania, Indiana, PA</i></p>	<p>Allan Shook, PhD</p>
<p>10:40-10:50a P-40</p>	<p>Effects of Fatigue Induced by Intermittent Running on Muscular Strength, Power, and Glycogen Content <i>Regina K. Stump, Erin Pletcher, Chris Connaboy, Katelyn F. Allison, Mita Lovalekar, Matthew E. Darnell, Takashi Nagai. University of Pittsburgh, Pittsburgh, PA</i></p>	
<p>Metabolism & Nutrition</p>		
<p>10:50-11:00a P-41</p>	<p>Metabolic and Microbial Responses to Exercise in C57 Wild-type and Adenylyl Cyclase 5 KO Mice <i>Robert A. Dowden, Paul J. Wisniewski, John Guers, Marco Oydanich, Stephen F Vatner, Lora McGuinness, Lee Kerkhof, Sara C Campbell FACSM. Rutgers, The State University of New Jersey, New Brunswick, NJ</i></p>	
<p>11:00-11:10a P-42</p>	<p>Antibiotics Reduce While Forced-Exercise Increases Inflammation in the Small Intestine <i>Paul J. Wisniewski II¹, Laurie B. Joseph², Stanley A. Lightfoot⁴, Robert Dowden¹, John Guers³, Stephen F. Vatner³, Sara C. Campbell FACSM¹. ¹Department of Exercise Science and Sports Studies; ²Ernest Mario School of Pharmacy, The State University of New Jersey, ¹New Brunswick, NJ & ²Piscataway, NJ; ³Cardiovascular Research Center, Rutgers New Jersey Medical School, Newark, NJ; ⁴Chief Pathologist, Oklahoma City, OK</i></p>	
<p>Cardiovascular, Renal, & Pulmonary Physiology</p>		<p>Evan Matthews, PhD</p>
<p>11:10-11:20a P-43</p>	<p>Performing Resistance Type Exercise in Various Body Positions Elicits Different Cardiovascular Responses <i>Timothy P Sheenan^{1,2}, Timothy R. McConnell¹, Joseph L Andreacci¹. ¹Bloomsburg University, Bloomsburg, PA; ²Penn State College of Medicine, Hershey, PA</i></p>	
<p>11:20-11:30a P-44</p>	<p>Hydrogen Sulfide Does Not Functionally Contribute to Acetylcholine-Mediated Vasodilation in Young Healthy Adults <i>Sean W. Shank, Jody L. Greaney, Lacy M. Alexander, FACSM. Penn State University, University Park, PA</i></p>	
<p>Environmental & Occupational Physiology</p>		
<p>11:30-11:40a P-45</p>	<p>Effect of Increasing Military-Related Load Carriage Magnitude on Dynamic Postural Stability in Men and Women <i>Alice D. LaGoy, Caleb D. Johnson, Katelyn F. Allison, Shawn D. Flanagan, Mita T. Lovalekar, Takashi Nagai, Chris Connaboy. University of Pittsburgh, Pittsburgh, PA</i></p>	

11:40-11:50a P-46	Effects of Beetroot Juice Supplementation on Physiological Response during Submaximal Exercise in Normoxia and Hypoxia <i>Connor M. Saker, Nicole Villaneuva, Chad A. Witmer, Shala E. Davis, Emily J. Sauers, Samantha Fessler, Amber Mross. East Stroudsburg University of Pennsylvania, East Stroudsburg, PA</i>	
Athlete Care & Clinical Medicine		
11:50-12:00a P-47	Face Cooling Reveals Transient Cardiac Parasympathetic Dysfunction in Recently Concussed College Athletes <i>Muhammed M. McBryde, James R. Sackett, Morgan C. O'Leary, Zachary J. Schlader, John J. Leddy, and Blair D. Johnson. University at Buffalo, Buffalo, NY</i>	

Pennsylvania		Saturday Morning	Chair/Moderator
Poster Session: Professional			
Fitness Assessment & Training			Tracey Greenwood, PhD
8:00-8:10a P-49	Association of Body Composition to Aerobic Capacity and Swimming Performance in Adult Fitness Swimmers <i>Meghan M. Schmidt¹, Elizabeth Nagle¹, Takashi Nagai¹, Anne Beethe¹, Mita T. Lovalekar¹, Chris Connaboy¹, John P. Abt, FACSM², Scott M. Lephart, FACSM², Bradley C. Nindl, FACSM¹. ¹University of Pittsburgh, Pittsburgh, PA, ²University of Kentucky, Lexington, KY</i>		
8:10-8:20a P-50	Six-week Pilates Program Improved Postural Stability, Balance, and Isometric Back Strength in College-aged Athletes <i>Melinda B. Smith, Tyler Mitcheltree, H. Scott Kieffer, FACSM, Douglas K. Miller, Messiah College, Mechanicsburg, PA</i>		
8:20-8:30a P-51	The Effect of Physiological Performance Variables on 3000m Times in Collegiate Mid-Distance and Distance Runners <i>Alexander J. Zubko, Shala E. Davis, Matthew R. Miltenberger, Chad A. Witmer. East Stroudsburg University, East Stroudsburg, PA.</i>		
8:30-8:40a P-52	Heart Rate, Perceived Exertion, and Speech Characteristics across Cycling Exercise Intensity Levels <i>Erik Lind, Sarah E. Fuller, Eileen Gravani, Kevin D. Dames. State University of New York at Cortland, Cortland, NY</i>		

Clinical Exercise Physiology		Amy Rickman, PhD
8:40-8:50a P-53	Simple Assessment of Lower Extremity Soft Tissue Pain in Obesity <i>Geoffrey E. Moore, FACSM¹, Deborah L. King¹, Jake Veigel². ¹Ithaca College, Ithaca, NY; ²Utah Sports Medicine, Salt Lake City, UT.</i>	
Metabolism & Nutrition		
8:50-9:00a P-54	Age and Waist Circumference Modify Discordance of Body Fat Measurements in Adults with Obesity <i>Scott T. Jamieson¹, Craig Wood, MS¹, Christopher D. Still¹, Jamie L. Seiler¹, Adam M. Cook¹, Peter Benotti¹, Joseph L. Andreacci FACSM², Curt B. Dixon FACSM³. ¹Geisinger, Obesity Institute, Danville, PA, ²Bloomsburg University of Pennsylvania, Bloomsburg, PA, ³Lock Haven University, Lock Haven, PA</i>	
9:00-9:10a P-55	Effects of Energy Drinks on Resting Cardiovascular Measures <i>Will W. Peveler¹, Andy M. Bosak¹, and Gabe Sanders². ¹Liberty University, Lynchburg, VA, ²Northern Kentucky University, Highland Heights, KY.</i>	
Cardiovascular, Renal, & Respiratory Physiology		
9:10-9:20a P-56	Assessment of Vascular Function throughout the Menstrual Cycle <i>Alexandra E. Hirt, Elissa K. Katulka, Megan M. Wenner, Melissa A.H. Witman. University of Delaware, Newark, DE</i>	
9:20-9:30a P-57	Withdrawn	
9:30-9:40a P-58	The Effect of Dietary Nitrates on Exercise Capacity in Chronic Kidney Disease <i>Meghan G. Ramick^{1,2}, Danielle L. Kirkman², Joseph M. Stock², Bryce J. Muth², David G. Edwards² ¹West Chester University, West Chester, PA, ²University of Delaware, Newark, DE</i>	
9:40-9:50a P-59	Prediction Of Carotid Artery Intima-Media Thickness From Biomarkers In Persons With Spinal Cord Injury <i>Adam F. Specht¹, Christopher M. Cirnigliaro¹, Alexander T. Lombard, MS¹, Michael F. LaFontaine^{1,4}, Joshua C. Hobson, Susan J. Sauer⁵, Steven C. Kirshblum^{5,6}, Cristin McKenna^{5,6}, Ann M. Spungen¹⁻³, William A. Bauman¹⁻³ ¹James J. Peters VA Medical Center, Bronx, NY; ²Spinal Cord Injury and Medical Services, James J. Peters VA Medical Center, Bronx, NY; ³Icahn School of Medicine at Mount Sinai, New York, NY; ⁴Seton Hall University, South Orange, NJ; ⁵Kessler Institute for Rehabilitation, West Orange, NJ; ⁶Rutgers New Jersey Medical School, Newark, NJ</i>	
Skeletal Muscle, Bone, & Connective Tissue		

<p>9:50–10:00a P-60</p>	<p>The Effects of Self-Myofascial Release vs. Instrument Assisted Soft Tissue Mobilization on Performance <i>Debra Stroiney¹, Rebecca Mokriss¹, John Ranney¹, Gary Hanna². ¹Gannon University, Erie, PA, ²Edinboro University, Edinboro, PA</i></p>		
BREAK 10:00-10:10a			
Epidemiology, Biostatistics, & Health Promotion			
<p>10:10-10:20a P-61</p>	<p>Effects of Meditation on Heart Rate and Blood Pressure: A Mindfulness-based Study <i>Selen Razon, Kathleen B. Pickard, Donald A. McCown, and Melissa A. Reed. West Chester University, West Chester, PA.</i></p>	James Hokanson, PhD	
<p>10:20-10:30a P-62</p>	<p>Evaluating the Effectiveness of a Health Promotion Intervention in an Urban Population Regarding Stair Utilization <i>Alexis E. Silverio, Rickie Brawer, Amy E. Leader, Marianna D. LaNoue, Thomas Jefferson University, Philadelphia, PA</i></p>		
Psychology, Behavior, & Neurobiology			
<p>10:30-10:40a P-63</p>	<p>Use of Interdisciplinary Bilingual Home Simulation to Facilitate Multicultural Learning for Kinesiology Students: Students' Perceptions <i>Cara J. Gomez, Jennifer L. Akey. Delaware State University, Dover, DE</i></p>		
Biomechanics & Neural Control of Movement			
<p>10:40-10:50a P-64</p>	<p>Learning Effect of Anchoring Bias in Combination with Action-Perception Coupling in Novice Golf Putting <i>Andrew C. Nixon, Matthew Miltenberger, Shala Davis, Gavin Moir. East Stroudsburg University, East Stroudsburg, PA</i></p>		
<p>10:50-11:00a P-65</p>	<p>Asymmetry of Ground Contact Times and Flight Times during Running at Different Speeds <i>Michael G. Wortley, Tara M. Vitale, and Thomas P. O'Toole. Georgian Court University, Lakewood, NJ.</i></p>		
Poster Session: MS/PhD			
Biomechanics & Neural Control of Movement			
<p>11:00-11:10a P-66</p>	<p>Excessive Foot Mobility Enhances Static Stability under Visual Perturbation <i>Richard P. Bruno, David J. Stearne, Kenneth P. Clark, Molly Murphy, Hyunsoo Kim, West Chester University, West Chester, PA</i></p>		
<p>11:10-11:20a P-67</p>	<p>The Effect of Mental Preparation on Voluntary Torque Production and Cortico-Cortical Communication</p>		

	<i>Andrew A. Ginsberg¹, Calvin M. Lu¹, Eric Elue¹, Mohammad Bah², Bradley D. Hatfield¹. ¹University of Maryland, College Park, MD, ²Howard University, Washington, D.C.</i>	Steve Verba, PhD
11:20-11:30a P-68	Indexing Attentional Focus: A Critical Neural Element of Athletic Performance <i>Calvin M. Lu, Bradley D. Hatfield. University of Maryland, College Park, MD</i>	
11:30-11:40a P-69	Intermittent Theta Burst Stimulation Doesn't Improve Reaction Speeds in Females with Anterior Cruciate Ligament Injuries <i>Anne Z. Beethe, Courtenay Dunn-Lewis, Christopher Connaboy, Shawn D. Flanagan. University of Pittsburgh, Pittsburgh, PA</i>	
11:40-11:50a P-70	Inter-Segmental Coordination Strategies and Kinematics Utilized During a Single Leg 180° Jump <i>Kellen T. Krajewski¹, Carla McCabe², Susan Brown³, Chris Connaboy¹. ¹University of Pittsburgh, Pittsburgh, PA; ²University of Ulster, Belfast, Northern Ireland, UK, ³Edinburgh Napier University, Edinburgh, Scotland, UK</i>	
11:50-12:00a P-71	Does Fatiguing Exercise Influence Performance on an Affordance-Based Action Boundary Task? <i>Aaron M. Sinnott, Mita Lovalekar, Elizabeth Z. Nagle, FACSM¹, Anne Z. Beethe, Takashi Nagai, Bradley C. Nindl, FACSM, Christopher Connaboy PhD. University of Pittsburgh, Pittsburgh, PA</i>	

Chestnut/Dogwood		Saturday Morning	Moderator
Oral Presentations: <i>PhD</i>			
Fitness Assessment & Training			
8:00-8:15a	Relationship Between Land-Based Performance Assessments and Swimming Force During Combat Swim Flutterkick <i>Meaghan E. Beckner¹, Elizabeth Z. Nagle, FACSM¹, Anne Z. Beethe¹, Takashi Nagai¹, Meghan M. Schmidt¹, Chris Connaboy¹, John P. Abt, FACSM², Scott M. Lephart, FACSM², Bradley C. Nindl, FACSM¹. ¹University of Pittsburgh, Pittsburgh, PA, ²University of Kentucky, Lexington, KY.</i>		
Environmental & Occupational Physiology			
8:15-8:30a	Consumption of a Caffeinated Soft Drink during Exercise in the Heat Worsens Dehydration <i>Christopher L. Chapman, Blair D. Johnson, James R. Sackett, Mark D. Parker, Zachary J. Schlader. University at Buffalo, Buffalo, NY.</i>		

Cardiovascular, Renal, & Pulmonary Physiology		
8:30-8:45a	Sex Differences in Aortic Stiffness, 24-hour Aortic Blood Pressure, and Cardiac Deformation in Marathon Runners <i>Jacqueline A. Augustine¹, Wesley K. Lefferts¹, Jacob P. Deblois¹, Tiago V. Barreira¹, Kan Liu², Beth A. Taylor³, Kevin S. Heffernan¹. ¹Syracuse University, Syracuse, NY¹. ²State University of New York Upstate Medical University, Syracuse, NY. ³University of Connecticut, Storrs, CT</i>	Debbie Van Langen, PhD
8:45-9:00a	Central Chemosensitivity is Augmented during Thermoneutral Head Out Water Immersion in Healthy Adults <i>James R. Sackett, Zachary J. Schlader, Christopher L. Chapman, Blair D. Johnson. University at Buffalo, Buffalo, NY.</i>	
9:00-9:15a	Aerobic Exercise Training in Chronic Kidney Disease Improves Cardiopulmonary Exercise Test Measures <i>Bryce J. Muth, Danielle L. Kirkman, Joseph M. Stock, David G. Edwards. University of Delaware, Newark, DE</i>	
9:15-9:30a	Altered Vascular Function in Chronic Kidney Disease: Evidence from Passive Leg Movement <i>Elissa K. Katulka, Alexandra E. Hirt, Danielle L. Kirkman, David G. Edwards, and Melissa A.H. Witman. University of Delaware, Newark, DE</i>	
9:30-9:45a	Influence of High-Intensity Exercise on Aortic Stiffness and Femoral Artery Shear Patterns <i>Jacob P. DeBlois, Wesley K. Lefferts, Kevin S. Heffernan. Syracuse University, Syracuse, NY</i>	
9:45-10:00a	Effect of Aerobic Exercise on Artery Stiffness and Cerebrovascular Pulsatility in Hypertensive and Non-Hypertensive Adults <i>Wesley K. Lefferts, Jacob D. DeBlois, Girolamo L. Mammolito, Elizabeth A. Dressel, Candace N. Receno, Kevin S. Heffernan. Syracuse University, Syracuse, NY</i>	
BREAK 10:00-10:15a		
10:15-10:30a	Dietary Sodium and Resting Sympathetic Outflow <i>Matthew C Babcock¹, Austin T. Robinson¹, Joseph C. Watson¹, Kamila U. Migdal¹, Megan M Wenner¹, Sean D Stocker², William B Farquhar¹. ¹University of Delaware, Newark, DE; ²University of Pittsburgh, Pittsburgh, PA</i>	Meghan Ramick, PhD
10:30-10:45a	Low-Flow-Mediated Constriction is Preserved across the Menstrual Cycle in Healthy Young Women <i>Andrew V. Kuczmarski, Kelly N. Sebzda, Megan M. Wenner. University of Delaware, Newark, DE</i>	
10:45-11:00a	High Dietary Potassium Attenuates Effect of High Dietary Sodium on Vascular Function <i>Katarina Smiljanec¹, Alexis U. Mbakwe¹, Bryce J. Muth¹, Meghan G. Ramick², David G. Edwards¹, William B. Farquhar¹, Shannon L. Lennon¹. ¹University of Delaware, Newark, DE, ²West Chester University, West Chester, PA</i>	

11:00-11:15a	Beverage Sodium Content Delays Time to Net Fluid Balance in Older, but not Young, Adults <i>Megan M. Clarke, Anna E. Stanhewicz, W. Larry Kenney. The Pennsylvania State University, University Park, PA</i>
11:15-11:30a	Acute Ultraviolet Radiation Exposure Attenuates Nitric Oxide-Mediated Vasodilation in the Cutaneous Microvasculature <i>S. Tony Wolf, Anna E. Stanhewicz, Tyler B. Garner, Nina G. Jablonski, and W. Larry Kenney. The Pennsylvania State University, University Park, PA</i>
11:30-11:45a	Repeatability of the Neurocardiovascular Responses to Static Handgrip in Young Adults <i>Gabrielle A. Dillon, Jody L. Greaney, Lacy M. Alexander. The Pennsylvania State University, University Park, PA</i>
11:45a-12:00p	Fitness and MetS Components Affect Serum-Induced Endothelial Migration and MicroRNAs in Postmenopausal African-American Women <i>Ryan M. Sapp¹, Daniel D. Shill¹, Chiranjeev Dash², Lucile L. Adams-Campbell², James M. Hagberg¹. ¹University of Maryland, College Park, MD, ²Georgetown Lombardi Comprehensive Cancer Center, Washington, D.C.</i>

Elm/Fir	Saturday Morning	Chair/Moderator
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Oral Presentations: Masters

Cardiovascular, Renal, & Pulmonary Physiology		Kris Wisniewski, PhD
8:00-8:15a	Muscular Strength is Inversely Associated with Central Hemodynamic Load in Young Women <i>Allison P. Keller, Wesley K. Lefferts, Jacqueline A. Augustine, Jacob P. DeBlois, Kevin S. Heffernan, Syracuse University, Syracuse, NY</i>	
8:15-8:30a	Relationship between Arm Microvascular Reactivity and Brachial Artery Flow Mediated Dilation <i>Ryan S. Delgado, Peter A. Hosick, Evan L. Matthews. Montclair State University, Montclair, NJ</i>	
8:30-8:45a	Effects of Germinated Chickpea Flour Incorporated in Pasta on Brachial Artery Flow Mediated Dilation <i>Alexander L. Enrique, Joseph A. Bruno, Charles H. Feldman, Adrian L. Kerrihard, Evan L. Matthews. Montclair State University, Montclair, NJ</i>	
8:45-9:00a	Sex Hormone-Binding Globulin and Resting Testosterone Levels in Relation to Weight Status: NHANES 2003-2004 <i>Joseph M. Willett, Evan L, Matthews, Peter A. Hosick. Montclair State University, Montclair, NJ</i>	
Metabolism & Nutrition		

9:00-9:15a	<p>Beetroot Juice Supplementation Lowers Oxygen Cost of Vigorous Intensity Aerobic Exercise in Trained Endurance Athletes</p> <p><i>Nathaniel S. Ashton¹, Erik Lind¹, Joanna L. Fiddler², Ryan E. Fiddler¹. ¹State University of New York at Cortland, Cortland, N.Y. ²Cornell University, Ithaca, NY</i></p>	
9:15-9:30a	<p>Comparison of Measured and Predicted Resting Energy Expenditure Equations in Obese Pre-bariatric Surgery Patients</p> <p><i>Chelsea Wenrich^{1,2}, Scott T. Jamieson², G. Craig Wood², Adam M. Cook², Christopher D. Still², Luke Haile¹, Curt B. Dixon, FACSM³, Joseph L. Andreacci, FACSM¹. ¹Bloomsburg University, Bloomsburg PA, ²Geisinger, Danville, PA, ³Lock Haven University, Lock Haven PA</i></p>	
BREAK 9:30-9:45a		
Fitness Assessment & Training		
9:45-10:00a	<p>The Effects of a Six-Week Weight Loss Program on Cardiovascular Measures and Blood Profile</p> <p><i>Jamie M. Blose, Jared M. James, Antonia L. Battaglino, Alexis N. Trumbetti, Anna K. Schade, Katie M. Cooper, Paul K. Stickles, Melissa A. Reed, Selen Razon, and Melissa A. Whidden. West Chester University, West Chester, PA</i></p>	Emily Sauers, PhD
10:00-10:15a	<p>Cardiovascular Fitness Testing in Students Diagnosed with Autism Spectrum Disorder</p> <p><i>Gage M. Bunker, Tania S. Flink. Gannon Univ., Erie, PA</i></p>	
10:15-10:30a	<p>The Effects of Agonist-Antagonist Paired Set vs. Traditional Set Training on Forearm Strength</p> <p><i>William C. Huff, Kenneth P. Clark, Hyunsoo Kim, Melissa A. Reed. West Chester University, West Chester, PA.</i></p>	
10:30-10:45a	<p>Comparison of Maximal Treadmill Test Using Open-Circuit Spirometry and Maximal Effort Two-Mile Run Test Performance</p> <p><i>Joshua C. McIntire, John D. Mosinski, Tania S. Flink, Kory A. Stauffer. Gannon University, Erie, PA.</i></p>	
10:45-11:00a	<p>The Effects of Aerobic, Concurrent, and Resistance Exercise on Compensatory Eating Behaviors</p> <p><i>Mark P. Takacs, Shawn Munford, Chad A. Witmer, Emily J. Sauers. East Stroudsburg University of Pennsylvania, East Stroudsburg, PA</i></p>	
BREAK 11:00-11:15a		
Clinical Exercise Physiology		
11:15-11:30a	<p>The Effectiveness of Individualized Exercise Programs on the Physical Fitness of Rural Cancer Survivors</p> <p><i>Gabrielle M. Brennan, Henry Piascik, Sara D. Dieterich, Maura L. Jegerski, Baruch Vainshelboim, Kristofer S. Wisniewski. Wisniewski. Saint Francis University, Loretto, PA.</i></p>	Ryan Fiddler, PhD

Epidemiology, Biostatistics, & Health Promotion		
11:30-11:45a	The Epidemiology of DII Baseball, Basketball, and Soccer Injuries and Potential Preventive Strategies <i>Christopher P. Holdren, Andrea J. Fradkin FACSM. Bloomsburg University, Bloomsburg, PA.</i>	
Environmental & Occupational Physiology		
11:45a-12:00p	The Effects of Loaded Fatigue on Loaded Postural Stability <i>Jordan S. Lane, Heather M. Bansbach, Chris Connaboy, Matthew E. Darnell, Karen Keenan, Mita Lovalekar, Takashi Nagai, Katelyn F. Allison. University of Pittsburgh, Pittsburgh, PA</i>	
Ash/Birch	Saturday	Chair/Moderator
Oral Presentations: MS/PhD		
Psychology, Behavior, & Neurobiology		
8:00-8:15a	Memory System Engagement as a Potential Neurocognitive Mechanism Underlying the Effectiveness of Self-Regulated Practice <i>Kyle J. Jaquess¹, Yingzhi Lu^{1,2}, Andrew Ginsberg¹, Calvin Lu¹, Bradley Ritland¹, Hyuk Oh¹, Li-Chuan Lo¹, Steven Kahl, Jr.¹, Bradley D. Hatfield^{1,3}, & Rodolphe J. Gentili^{1,3,4}. ¹University of Maryland, College Park, MD, ²Shanghai University of Sport, Shanghai, China, ³Neuroscience and Cognitive Science Program, University of Maryland, College Park, MD, ⁴Maryland Robotics Center, College Park, MD</i>	Erik Lind, PhD
Skeletal Muscle, Bone, & Connective Tissue		
8:15-8:30a	Muscle-Released Exosome Contain Diverse Protein Cargo and Deliver Protein and RNA to Other Muscle Cells <i>Carina M. Pautz, M.S., Eric R. Munoz, M.S., Brittany E. Wilson, Matthew B. Hudson. University of Delaware, DE</i>	
8:30-8:45a	The Human Piriformis Muscle: Sensory, Postural, or Just a Pain <i>Timothy Dusch, Rachel Sweetnich, Matthew Kostek. Duquesne University, Pittsburgh, PA</i>	
BREAK 8:45-9:00a		
Oral Presentations: Undergraduate Award Nominees		
9:00-9:15a	Examination of Vascular Function Changes with Exercise in Overweight Men With and Without Sleep Apnea <i>Monib M. Fakheri, Esther A. Odagbodo, Michelle O. Ufua, Callie L Cromer, Brianna M Meola, Devon A. Dobrosielski. Towson University, Towson, MD</i>	

9:15-9:30a	Effects of Dietary Sodium Intake on Ambulatory Central Blood Pressure <i>Brendan W. Kaiser, Matthew C. Babcock, Kamila U. Migdal, Austin T. Robinson, Joseph C. Watso, Megan M. Wenner, David G. Edwards, William B. Farquhar. University of Delaware, Newark, DE</i>	Peter Hosick, PhD
9:30-9:45a	The Acute Effects of Loaded Jump on Vertical Jump Performance and Perception <i>Austin D. Hoffman, Taylor Halteman, Selma Hamzabegovic, Caitlin Wallace, Sally Paulson, Joohee Sanders. Shippensburg University, Shippensburg, PA</i>	
9:45-10:00a	The Effects of Ballistic Exercise on Cognitive Function <i>Katelynn M. Mastrorocco, Allan J. Shook, Toria A. Crispin, Joshua A. Logan. Slippery Rock University, Slippery Rock, PA</i>	
10:00-10:15a	The Characterization and Prediction of a Safe Workload for the Unilateral Loaded Carry <i>Caleb L. Kiess, Michael A. Kelley, Kyla R. Calhoun, Amanda S. Goodrick, Michael E. Holmstrup. Slippery Rock University, Slippery Rock, PA</i>	
BREAK 10:15-10:30a		
Poster Session: Undergraduate		
Cardiovascular, Renal, & Respiratory Physiology		Brian Larouere, PhD
10:30-10:40a P-72	Pulse Wave Velocity in Youth With Visual Impairments <i>Lauren C. Bates¹, Chelsea Jentsch¹, Ali Brian², Lauren J. Lieberman¹, Brooke E. Starkoff^d. ¹The College at Brockport, Brockport, NY; ²University of South Carolina, Columbia, SC</i>	
10:40-10:50a P-73	Relationship Between Sedentary Behavior and Arterial Stiffness in Physically Active College Students <i>Chelsea Jentsch, Randi Snopkowski, Brooke E. Starkoff, Elizabeth K. Lenz. The College at Brockport, Brockport, NY</i>	
Metabolism & Nutrition		
10:50-11:00a P-74	Evaluation of the Accuracy of the ACSM Walking Metabolic Equations During the Bruce Protocol <i>Kayla E. Brennan, Patricia I. Fitzgerald, Kristofer S. Wisniewski. Saint Francis University, Loretto, PA</i>	
11:00-11:10a P-75	Measuring Stress Response to Daily Self-weighing <i>Adrienne L Fraczkowski, Carly R Pacanowski, Kenneth Kirschner, MS. University of Delaware, Newark, DE</i>	
11:10-11:20a P-76	The Influence of Caffeine on Resistance Exercise Performance and Post-Exercise Glucose Control <i>Daniel Hauck and William Braun FACSM. Shippensburg University, Shippensburg, PA</i>	

<p>11:20-11:30a P-77</p>	<p>The Effect of Differing Fluid Replacement Strategies on Running Performance <i>Stefani L. Wendelschaefer, Jake B. Gordon, Meghan S. Healey, Erin C. Koehler, Marisa Tonkovich, Philip J. Prins. Grove City College, Grove City, PA</i></p>	
<p>11:30-11:40a P-78</p>	<p>The Effects of Caffeine on Cycling Performance in College-Aged Males <i>Amber M. Mross, Kelsey L. Heston, Sarah M. Myles, Shawn N. Munford, Emily J. Sauers, Shala E. Davis. East Stroudsburg University, East Stroudsburg, PA</i></p>	
Skeletal Muscle, Bone, & Connective Tissue		
<p>11:40-11:50a P-79</p>	<p>The Acute Effect of Different Self-Myofascial Release Modalities on Anaerobic Sports Performance and Functional Movement <i>Julie A. Fijal, Jessica C. Althausen, Lydia R. Keiper, Teresa M. Dallatore, Kara E. Heckman, Philip J. Prins. Grove City College, Grove City, PA</i></p>	
<p>11:50a-12:00p P-80</p>	<p>Menstrual Cycle Phase Not Exercise Intensity Affects ACL Laxity in Women <i>Mary K. Halligan, Michaela M. Hogg, Kailyn Schaedel, Stephen R. Kalinoski, Megan E. Shannon, Angelica R. Del Vecchio, Michael J. Landram. University of Scranton, Scranton, PA.</i></p>	
<p>12:00-12:10p P-81</p>	<p>Exercise but Not Menstrual Cycle Phase Increases Hamstring Flexibility <i>Michaela M. Hogg, Mary K. Halligan, Kailyn Schaedel, Stephen R. Kalinoski, Megan E. Shannon, Angelica R. Del Vecchio, Michael J. Landram. The University of Scranton, Scranton, PA.</i></p>	<p>Debra Stroiney, PhD</p>
<p>12:10-12:20p P-82</p>	<p>Self-Induced Myofascial Release with the Thera-Band® Roller Massager™ Improves Muscle Soreness and Cutaneous Blood Flow <i>Ashlee E. Snyder, Billie K. Alba, and Lacy M. Alexander, FACSM. Penn State University, University Park, PA</i></p>	
<p>12:20-12:30p P-83</p>	<p>Is the Sport Supplement Deer Velvet Antler Effective for Injury Repair? <i>Timothy Winschel, McKenzie Burge, and Irene M. Wolf. Saint Francis University, Loretto, PA</i></p>	

Elm/Fir		Saturday Morning		Chair/Moderator	
Oral Presentations: <i>Masters</i>					
Cardiovascular, Renal, & Pulmonary Physiology				Brock Jensen, PhD	
8:00-8:15a	Muscular Strength is Inversely Associated with Central Hemodynamic Load in Young Women <i>Allison P. Keller, Wesley K. Lefferts, Jacqueline A. Augustine, Jacob P. DeBlois, Kevin S. Heffernan, Syracuse University, Syracuse, NY</i>				
8:15-8:30a	Relationship between Arm Microvascular Reactivity and Brachial Artery Flow Mediated Dilation <i>Ryan S. Delgado, Peter A. Hosick, Evan L. Matthews. Montclair State University, Montclair, NJ</i>				
8:30-8:45a	Effects of Germinated Chickpea Flour Incorporated in Pasta on Brachial Artery Flow Mediated Dilation <i>Alexander L. Enrique, Joseph A. Bruno, Charles H. Feldman, Adrian L. Kerrihard, Evan L. Matthews. Montclair State University, Montclair, NJ</i>				
8:45-9:00a	Sex Hormone-Binding Globulin and Resting Testosterone Levels in Relation to Weight Status: NHANES 2003-2004 <i>Joseph M. Willett, Evan L. Matthews, Peter A. Hosick. Montclair State University, Montclair, NJ</i>				
Metabolism & Nutrition					
9:00-9:15a	Beetroot Juice Supplementation Lowers Oxygen Cost of Vigorous Intensity Aerobic Exercise in Trained Endurance Athletes <i>Nathaniel S. Ashton¹, Erik Lind¹, Joanna L. Fiddler², Ryan E. Fiddler¹. ¹University of New York at Cortland, Cortland, N.Y. ²Cornell University, Ithaca, NY</i>				
9:15-9:30a	Comparison of Measured and Predicted Resting Energy Expenditure Equations in Obese Pre-bariatric Surgery Patients <i>Chelsea Wenrich^{1,2}, Scott T. Jamieson², G. Craig Wood², Adam M. Cook², Christopher D. Still², Luke Haile¹, Curt B. Dixon, FACSM³, Joseph L. Andreacci, FACSM¹. ¹Bloomsburg University, Bloomsburg PA, ²Geisinger, Danville, PA, ³Lock Haven University, Lock Haven PA</i>				
BREAK 9:30-9:45a					
Fitness Assessment & Training					
9:45-10:00a	The Effects of a Six-Week Weight Loss Program on Cardiovascular Measures and Blood Profile <i>Jamie M. Blose, Jared M. James, Antonia L. Battaglino, Alexis N. Trumbetti, Anna K. Schade, Katie M. Cooper, Paul K. Stickles, Melissa A. Reed, Selen Razon, and Melissa A. Whidden. West Chester University, West Chester, PA</i>				

10:00-10:15a	Cardiovascular Fitness Testing in Students Diagnosed with Autism Spectrum Disorder <i>Gage M. Bunker, Tania S. Flink. Gannon University, Erie, PA</i>	Heath Gaiser, PhD	
10:15-10:30a	The Effects of Agonist-Antagonist Paired Set vs. Traditional Set Training on Forearm Strength <i>William C. Huff, Kenneth P. Clark, Hyunsoo Kim, Melissa A. Reed. West Chester University, West Chester, PA.</i>		
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Epidemiology, Biostatistics, & Health Promotion			
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Ballrooms: MARC-ACSM Business Meeting and Award Ceremony Luncheon – 12:30-2:00p			

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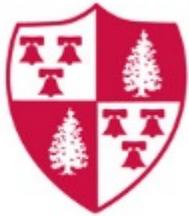
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