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

41st Annual Scientific Meeting - 2018

FINAL PROGRAM

Friday, November 2nd , 2018
and
Saturday, November 3rd, 2018

Sheraton Harrisburg-Hershey Hotel
Harrisburg, PA

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MARC-ACSM Schedule-at-a-Glance: Fri. Nov. 2nd

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	Pennsylvania	Chestnut/Dogwood	Ash/Birch	Elm/Fir
8:30 AM				Death Among NFL Athletes			
9:00 AM	Sleep Symposium	Exercise and Heart Failure	Suppression of Hunger and Appetite	Throwing Injuries			Pre-Paid Registration Pick-up
9:30 AM				Concussion Mgmt			
10:00 AM		Psycho-Social Perspectives			Student Tutorial	Updates for Clinical Exercise Physiology	
10:30 AM	Cardiovascular Dysfunction			Core Muscle Ultrasound	Truth is, You Gave a Lousy Talk		
11:00 AM			Sport Nutrition	Ex Rx in Sports Medicine	Study Abroad Experiences		
11:30 AM							
	LUNCH 12-1 P						
1:00 PM	Microbiota and the Athlete	Exercise and Cancer	Poster Session I	Clinical Case Studies	Podium Presentations	Master's Research Award Nominees	Podium Presentations
1:30 PM							
2:00 PM	Dietary Supplements and Athlete					Doctoral Research Award Nominees	
2:30 PM		Mixed-Martial Arts and Training					
3:00 PM	Vascular Consequence of Prolonged Sitting		Poster Session II			Meet the Experts	
3:30 PM							
4:00 PM							
4:30 PM							
	DINNER 5-7:15P						
7:15 PM	Keynote Address: A Skin-Deep View of Vascular Aging — *Dr. W. Larry Kenney*						
8:30 PM	Expo, College Bowl, Fitness Challenge			Faculty & Professional Member Social			

MARC-ACSM Schedule-at-a-Glance: Sat. 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	Pennsylvania	Chestnut/Dogwood	Ash/Birch	Elm/Fir
8:00 AM	***Morning Workout Pilates***	Train to Maximize Hypertrophy	Poster Session	Poster Session	Podium Presentations	Podium Presentations	Podium Presentations
9:00 AM	Perforamnce and Military Medicine	Biomechanics Lecture				Undergrad Research Award Nominees	
9:30 AM							
10:00 AM		***Biomechanics Podium Presentations***					
10:30 AM		Biomechanics: Interest Group				Podium Presentations	
11:00 AM							
11:30 AM							
	LUNCH 12:30-2:00 PM						

Program-at-a-Glance: Friday, November 2, 2018 Afternoon Sessions

Start Time	End Time	Session Type	Session Title	Speaker	Room
1:00 pm	1:25 pm	Exercise and Microbiota	Exercise Microbiota: Sex Differences	*Sara Campbell, PhD, FACSM*	Ballroom A
1:00 pm	1:40 pm	Exercise and Cancer	EXERCISE ONCOLOGY:Improving Cancer Care Outcomes	*Claudio Battglini, PhD*	Ballroom B
1:25 pm	1:50 pm	Exercise and Microbiota	Diet and the Microbiota: Considerations for Athletes	*Tiffany Weir, PhD*	Ballroom A
1:30 pm	4:47 pm	Clinical Track	Clinical Case Study Presentations		Pennsylvania
1:40 pm	3:50 pm	Exercise and Cancer	The Promotion of Exercise Oncology as a Standard Part of Clinical Practice Guidelines	*Karen Wonders, PhD*	Ballroom B
2:00 pm	2:50 pm	Past President Lecture	Dietary Supplements and the High-performance Athlete	*Eric Rawson, PhD, FACSM*	Ballroom A
2:20 pm	2:55 pm	Exercise and Cancer	The ACSM/ACS Cancer Exercise	*Stephen LoRusso, PhD*	Ballroom B
3:00 pm	3:50 pm	Inactivity Physiology	Vascular Consequences of Prolonged Sitting	*Jaume Padilla, PhD*	Ballroom A
3:00 pm	4:30 pm	Special Session	Training for Mixed Martial Arts	*Tony Ricci, DSc*	Ballroom B
4:00 pm	5:00 pm				
4:00 pm	5:00 pm	Meet the Experts: Student Session	Meet the Experts: Student Session		Ash/Birch
Program-at-a-Glance: Friday, November 2, 2018 Afternoon Sessions – Free Communications					
1:00 pm	3:10 pm	Poster Session: Undergraduate	Fitness Assessment & Training		Ballroom CDE
1:00 pm	2:15 pm	Oral Presentation: Masters	Masters Award Nominees		Ash/Birch
1:00 pm	2:30 pm	Oral Presentation: Undergraduate	Cardiovascular, Renal, & Respiratory Physiology		Chestnut/Dogwood
1:00 pm	2:30 pm	Oral Presentation: Undergraduate	Fitness Assessment & Training		Elm/Fir
2:30 pm	3:45 pm	Oral Presentation: Doctoral	Doctoral Award Nominees		Ash/Birch
2:30 pm	3:30pm	Oral Presentation: Undergraduate	Biomechanics & Neural control of Movement		Chestnut/Dogwood
2:54 pm	3:15 pm	Oral Presentation: Undergraduate	Psychology, Behavior & Neurobiology		Elm/Fir
3:15 pm	3:45 pm	Oral Presentation: Undergraduate	Epidemiology, Biostatistics and Health Promotion		Elm/Fir
3:20 pm	4:10 pm	Poster Session: Undergraduate	Biomechanics & Neural control of Movement		Ballroom CDE
3:45 pm	5:00 pm	Oral Presentation: Professional	Various Topics		Chestnut/Dogwood
4:30 pm	5:00 pm	Poster Session: Undergraduate	Cardiovascular, Renal, & Respiratory Physiology		Ballroom CDE

Program-at-a-Glance: Friday, November 2, 2018 Evening Sessions

Start Time	End Time	Session Type	Session Title	Speaker	Room
7:15 pm	8:15 pm	Keynote Lecture	A Skin-Deep View of Vascular Aging	W. Larry Kenney, Ph.D., FACSM, FAPS	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 3, 2018 Morning Sessions

Start Time	End Time	Session Type	Session Title	Speaker	Room
8:00 am	8:50 am	Exercise Session	Pilates	*Mindy Smith, MS, CSCS*	Ballroom A
8:00 am	10:00 am	Resistance Training Session	Resistance Training Frequency: How Often Should You Train to Maximize Muscle Hypertrophy?	*Brad Schoenfeld, PhD*	Ballroom B
9:00 am	9:35 am	Military Medicine and Performance	Resilience in Elite Athletes: The Capacity to Perform Under Pressure	*Brad Hatfield, PhD*	Ballroom A
9:00 am	10:00 am	Biomechanics Session	ECU's Wide World of Biomechanics	*Paul Devita, PhD*	Ballroom B
9:25 am	9:50 am	Military Medicine and Performance	Using Complexity Measures to Monitor Resilience during Training in Athletes	*Gavin Moir, PhD*	Ballroom A
9:50 am	10:15 am	Military Medicine and Performance	Characterizing Behavioral Risk in Isolated, Confined and Extreme Environments: A Perception-Action Approach	*Chris Connaboy, PhD*	Ballroom A
10:15 am	10:40: am	Military Medicine and Performance	The Role of the Brain in Chronic Impairment after Traumatic Musculoskeletal Injury	*Shawn Flanagan, PhD*	Ballroom A
10:40 am	11:00 am	Military Medicine and Performance	Applied Technologies for the Advancement of Athlete Health, Performance, and Resiliency	*David Klossner, PhD*	Ballroom A
10:45 am	11:10 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 3, 2018 Morning Sessions – Free Communications					
8:00 am	8:50 am	Poster Session: Prof/MS/PhD	Cardiovascular, Renal, & Pulmonary Physiology		Ballroom CDE
8:00 am	8:30 am	Poster Session: MS/PhD	Biomechanics & Neural Control of Movement		Pennsylvania
8:00 am	12:15 am	Oral Presentation: MS/PhD	Cardiovascular, Renal, & Pulmonary Physiology		Chestnut/Dogwood
8:00 am	10:30 am	Oral Presentation: MS/PhD	Fitness Assessment & Training		Elm/Fir
8:00 am	8:45 am	Oral Presentation: MS/PhD	Clinical Exercise Physiology		Ash/Birch
8:30 am	9:10 am	Poster Session: MS/PhD	Clinical Exercise Physiology		Pennsylvania
9:00 am	10:20 am	Poster Session: Undergraduate	Metabolism & Nutrition Skeletal Muscle, Bone & Connective Tissue		Ballroom CDE
9:00 am	10:15 am	Oral Presentation Undergraduate Award Nominees	Undergraduate Award Nominees		Ash/Birch
9:20 am	11:30 am	Poster Session: Undergraduate	Fitness Assessment & Training		Pennsylvania
10:30 am	11:50 am	Poster Session: Undergraduate/MS/PhD	Cardiovascular, Renal, & Pulmonary Physiology		Ballroom CDE
10:30 am	11:45 am	Oral Presentation: MS/PhD	Psychology, Behavior, & Neurobiology		Elm/Fir
10:30 am	12:00 pm	Oral Presentation: MS/PhD	Epidemiology, Biostatistics, & Health Promotion		Ash/Birch
11:30 am	12:00 pm	Poster Session: Undergraduate	Epidemiology, Biostatistics, & Health Promotion		Pennsylvania
12:30 pm	**2:00 pm**	**Lunch, Award Ceremony and Adjournment**			**Ballroom ABC**

President's Welcome
Dr. Dave Edwards, Ph.D.
University of Delaware

On behalf of the Executive Board of the Mid-Atlantic Regional Chapter (MARC) of the American College of Sports Medicine, I would like to welcome you to our 41st Annual Meeting. This year we solicited ideas for scientific sessions from the MARC membership which resulted in a number of exciting sessions. Many of these sessions address multiple organ systems or take a multidisciplinary approach to a topic which we hope broadens interest and understanding in these areas. In addition, the Clinical Track sessions will once again be held in the Pennsylvania room and will provide clinical updates and case studies.

We are very fortunate to have outstanding scientists in our region and we are excited that Dr. W. Larry Kenney from Pennsylvania State University will provide our keynote on Friday night. Dr. Kenney is a Professor of Physiology and Kinesiology and Marie Underhill Noll Chair in Human Performance at Penn State. Please be sure to attend his keynote address entitled "A Skin-Deep View of Vascular Aging." Following Dr. Kenney's keynote address will be the college bowl. This year we have eliminated the college bowl preliminary rounds so all teams can compete together Friday evening. This should add even more excitement to this student event and we wish all teams the best of luck. The fitness challenge and professional social will also be held Friday evening following Dr. Kenney's keynote.

MARC-ACSM continues to grow and we have once again received a record number of student and professional abstracts. As we worked to squeeze all of these into our program it was heartening to know that there is such a large number of student researchers, from undergraduate to graduate students, ready to step in as the next generation of investigators.

Thank you to the Executive Board for their continued hard work that allows us to organize a high quality regional scientific meeting that meets the needs of our members. Thanks also to our research committee for their review of the record number of abstracts. Both of these highly dedicated groups of volunteers make the MARC-ACSM annual meeting possible. I'd like to highlight the work done by our Executive Director, Dr. Scott Kieffer, and our Associate Executive Director, Dr. Joohee Sanders. They both work tirelessly behind the scenes to pull all of the pieces together for our meeting and keep the chapter moving forward during the year.

Please enjoy this year's meeting. As you browse the program you will see many invited speakers from both inside and outside our region, as well as free communications and poster sessions. There should be something for everyone from undergraduate students through professionals. I hope you learn something new, develop a new collaboration, or find a graduate school mentor at this year's meeting.

2018 MARC-ACSM Executive Board

President	**Dave Edwards, Ph.D.** University of Delaware dge@udel.edu
Past President	**Sara Campbell, Ph.D., FACSM** Rutgers University saracamp@rci.rutgers.edu
President-elect	**Kevin Heffernan, Ph.D.** Syracuse Univeristy ksheffer@syr.edu
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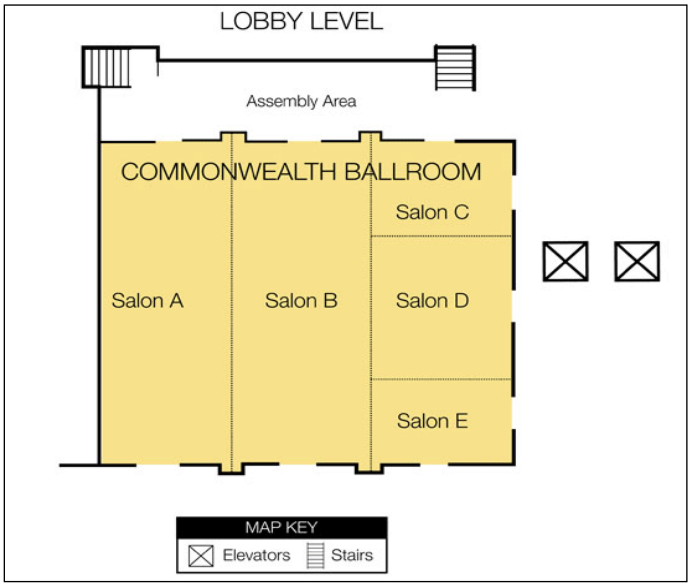
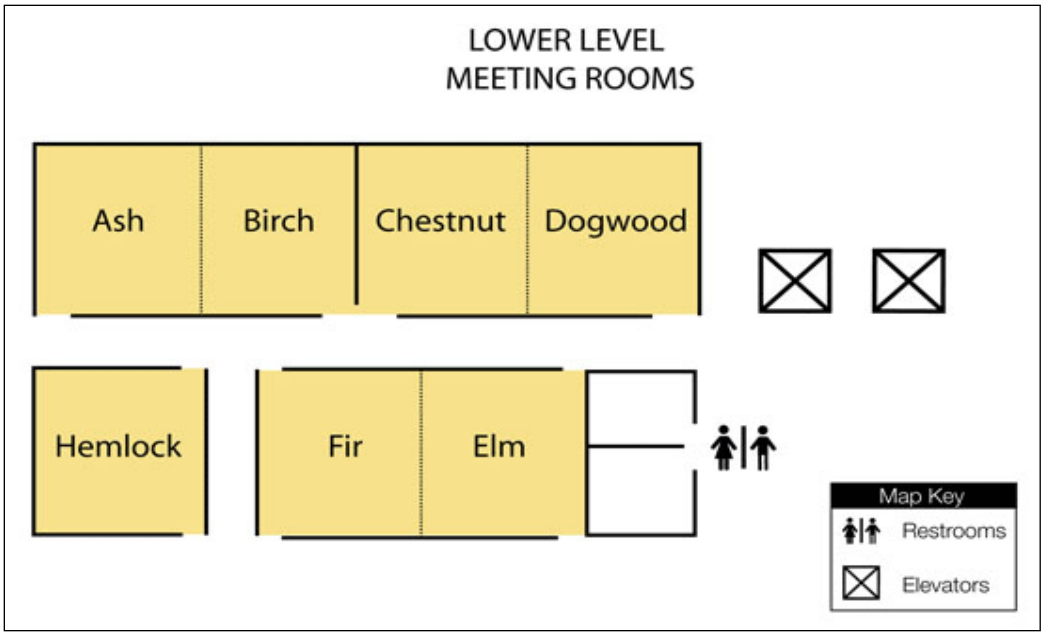
2nd Year Member-at-Large – Research	**Emily Sauers, Ph.D.** East Stroudsburg University esauers@esu.edu
1st Year Member-at Large - Expo	**Michael Bruneau Jr., Ph.D., ACSM C-EP** Drexel University mlb425@drexel.edu
1st Year Member- at-Large - Research	**Devon Dobrosielski, Ph.D.** Towson University ddobrosielski@towson.edu
2nd Year Physician-at-Large	**Thomas Trojian, M.D., FACSM, CAQSM** Drexel University College of Medicine thomas.trojian@drexelmed.edu
1st Year Physician-at-Large	**Jennifer Payne, M.D., CAQSM** **Lancaster General Health Sports Medicine** ironeight@gmail.com
Student Representative	**Joseph Watso** University of Delaware jwatso@udel.edu
ACSM Regional Chapter Representative	**Melissa Reed, Ph.D., ACSM C-EP** West Chester University mreed@marcacsm.org
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:

Hours:

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)..

The West Chester University, College of Health Sciences, is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. West Chester University, College of Health Science, designates this education activity for a maximum of 2 AMA PRA Category 1 Credit(s)ä. 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 2018 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 Emily Sauers, Ph.D. from the East Stroudsburg University.

The MARC-ACSM Executive Board would like to extend our thanks to those who served on the 2018 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 fia 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 2, 2018 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 2rd, 2018 to have it loaded on the proper computer for your presentation.

2018 MARC-ACSM Keynote Speaker

W. Larry Kenney, Ph.D., FACSM, FAPS

Professor of Physiology and Kinesiology

Marie Underhill Noll Chair in Human Performance

Pennsylvania State University

Dr. Larry Kenney is the Marie Underhill Noll Chair in Human Performance and Professor of Physiology and Kinesiology at the Pennsylvania State University. Dr. Kenney was awarded the prestigious Faculty Scholar Medal by Penn State and has published more than 220 journal articles and dozens of book chapters on the topic of human responses to exercise, heat and cold stress, and dehydration as well as the biophysics of heat exchange between humans and the environment. He was continuously funded by NIH from 1986 through 2015, one of the longest-running R01 grants. He has mentored 38 M.S. or Ph.D. students throughout his career along with 8 postdoctoral fellows and numerous undergraduate scholars.

Dr. Kenney is the primary author of *Physiology of Sport and Exercise*, a best-selling textbook in exercise physiology now in its 7th edition. He served as President of the American College of Sports Medicine from 2003-04 and received the Citation Award from that organization in 2008. He is also a Fellow of the American Physiological Society (APS) and was presented with the Adolph Distinguished Lectureship Award by that organization in 2017. He serves on many scientific advisory panels including Nike's Science Advisory Board, and formerly chaired the Gatorade Sports Science Institute.

Dr. Kenney will present "A Skin-Deep View of Vascular Aging" on Friday evening

Service Award
Dr. Stephen M LoRusso, Ph.D.

Dr. LoRusso is Professor of Physical Therapy and Exercise Physiology and coordinator of the Exercise Physiology Program at Saint Francis University. He received his PhD from Temple University, and completed a Post Doctoral Fellowship at the Pennsylvania Muscle Institute at the University of Pennsylvania School of Medicine, Department of Anatomy. He is also co-founder of the Center for Rural Cancer Survivors and the MS Cancer Care program, an Exercise Oncology Program, at Saint Francis University. The program is the first true program focused on developing Exercise Professionals with a focus in Oncology. The curriculum is focused on understanding the disease; its biology, epidemiology, diagnosis and treatment. There is also a strong focus on understanding the psychosocial and spiritual impacts of the disease and its treatment.

Honor Award

W. Larry Kenney, Ph.D., FACSM, FAPS
Pennsylvannia State University

Please see the Bio on the previous page!

MARC-ACSM 2018 Annual Meeting Speakers
(Listed in alphabetical order)

Claudio Battaglini, PhD., FACSM

Dr. Claudio Battaglini is a Professor of Exercise and Sport Science (Exercise Physiology Specialization) at the University of North Carolina at Chapel Hill and a Fellow of the American College of Sport Medicine. Dr. Battaglini received his BS degree from the Catholic University of Brasilia Brazil (1992) and his MA (1999) and PhD from the University of Northern Colorado in 2004. In 2010, Dr. Battaglini was a visiting scholar at Dr. Lee Jones Cardio-Oncology Research Laboratory at the Duke University Medical Center, Department of Radiation Oncology. Dr. Battaglini's research focuses on the effects of acute and chronic exercise on physiological, psychological, and physical functioning in cancer patients. He directs the UNC Exercise Oncology Research Laboratory, the Get REAL & HEEL Breast Cancer Rehabilitation Program and the EQUAL Project (Exercise and Quality of Life of Leukemia and Lymphoma patients). Over the past 14years, Dr. Battaglini has published over 200 journal articles and scientific abstracts and 5 textbooks chapters related to exercise oncology. His research has been funded by different agencies including, the National Institutes of Health, Kay Yow Cancer Fund, Petro Kulynych Foundation, Komen NC Triangle Affiliate of the Susan G. Komen foundation, Health-E-North Carolina. Dr. Battaglini was the 2017 recipient of the Lifetime Distinguished Leadership Award in Sports and Health at Dana-Faber/Harvard Cancer Institute, Harvard Medical Center for his research in exercise oncology, the 2015 UNC C. Knox Massey Distinguished Service Awards and the Office of the Provost Engaged Scholarship Award for Research, 2010 the Tanner Award for Excellence in Undergraduate Teaching and Mentoring presented by the University of North Carolina Chapel Hill College of Arts and Sciences. Dr. Battaglini also serves on editorial boards and reviews for many peer-review professional journals in the area of exercise oncology.

Ksenia Berestetska, M.S.

Ksenia is a PhD student at Temple University majoring in Kinesiology with a concentration in Psychology of Human Movement. Ksenia's research interests include the effects of exercise addiction on student-athletes' overall well-being; facilitation of post-graduation exercise adherence and sport commitment for NCAA athletes. Ksenia is also a Teaching Assistant for courses related to psychology of sport and physical activity. In addition Ksenia is a Volunteer Assistant Women's Tennis Coach at Temple University. Ksenia obtained her Master's degree at The University of Akron in Physical Education and Coaching. For her master's thesis, she examined the effects of coaching behaviors, intrinsic motivation, and scholarship status on NCAA Division I tennis players' sport commitment. Ksenia was also a Volunteer Assistant Women's Tennis Coach at the University of Akron, while completing her Master's. In addition, she actively participated in the Exercise & Wellness Education program, promoting physical activity for Akron city public schools. Ksenia received her Bachelor's degree from The University of Akron in Communications with a concentration in Radio and Television, where she also played Division I tennis from 2010 – 2014. As a Division I tennis player, she was named the Most Valuable Player (2014) and the Most Improved Player (2013) at The University of Akron.

Aisha Bhimla, M.S.

Ms. Aisha Bhimla is Doctoral Candidate in the Department of Kinesiology. She received her undergraduate degree in Kinesiology from The University of Toronto and completed her Master's Degree in Public Health at The University of South Florida. Her current research focuses on physical activity interventions for chronic disease prevention and identifying factors contributing to physical activity participation among ethnic minorities. Her research combines the fields of health disparities, epidemiology, and kinesiology to study how individual, social and neighborhood factors affect physical activity levels specifically among ethnic minorities in the United States. Her dissertation will examine how the social environment, built environment, and psychosocial factors interact to influence physical activity participation among individuals in ethnically dense neighborhoods. Additionally, she serves as a Research Assistant at the Center for Asian Health at Temple Lewis Katz School of Medicine and assists with NIH and CDC funded projects related to health disparities in cancer screening behaviors and chronic disease prevention among underserved populations.

Peter H. Brubaker, Ph.D.

Peter H. Brubaker, PhD is Professor and Chair of the Department of Health and Exercise Science at Wake Forest University in Winston-Salem, NC. From 1991-2016 he was the Executive Director of the Healthy Exercise & Lifestyle ProgramS (formerly Cardiac Rehabilitation). He has been an active member (Fellow) of both the American College of Sports Medicine and the American Association of Cardiopulmonary Rehabilitation. He has published more than 120 articles/chapters in exercise physiology or cardiology journals/books and authored a textbook entitled "Coronary Artery Disease: Essentials of Prevention and Rehabilitation Programs". He was the Clinical Section Editor (7th ed.) of the ACSM Guidelines for Exercise Testing and Prescription and is on Editorial Boards for MSSE and JCRP. For 25+ years his research and clinical work have been in the area of heart failure and the prevention and management of chronic diseases, particularly CVD. Current NIH and industry funded research focuses on the effect of exercise and other lifestyle interventions on heart failure, cancer, heart failure, obesity and aging. Pete enjoys running, yoga, and scuba diving.

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

Sara Chelland Campbell, Ph.D., FACSM

Dr. Campbell is an Associate Professor in the Department of Kinesiology and Health. She received her BS and MS from Bloomsburg University of Pennsylvania and PhD from
Florida State University. Following her PhD she completed a three-year postdoctoral fellowship supported by the USDA. Currently, the Campbell research focuses on two lines of inquiry related to exercise and the intestine. The first includes how exercise impacts the gut microbiome. The microbiome is an expanding area of research focused on how high-fat diets alter the gut microbiome and how this impacts systemic health. Our group aims to understand how exercise can protect the intestine from inflammation and maintain epithelial integrity. Our second line of inquiry is focused on providing an understanding for how changes in the microbiome impact intestinal health and ultimately disease state. Our lab has four main questions we ask: 1) why do high-fat diets alter gut microbial ecology; 2) what role does exercise play in altering this outcome; 3) how (mechanism) does exercise influence intestinal integrity; and 4) what impact does this have on physiological functions to impact overall health?

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 his PhD in Biomechanics and Motor Control and his MSc in Biomechanics at the University of Edinburgh. Prior to coming to the University of Pittsburgh, Dr. Connaboy worked at the University of Houston, TX and Edinburgh Napier University. Prior to undertaking his academic career Dr Connaboy was a soldier in the Black Watch, Royal Highland Regiment in the UK Armed Forces. As a researcher, he has expertise in human performance optimization with a specific focus on movement, coordination and the perceptuo-motor processes involved in performing skilled actions in elite soldiers and athletes. He currently serves as Co-Principal investigator on a study funded by the U.K. Ministry of Defence, to examining the Optimization of Training and Physical Performance for Women in Ground Close Combat Roles (WGCC 5.5.6: Task 0107). He was also serving as a co-investigator on a NASA funded study (NNX15AC13G) examining the Interrelationships Between Physical Health, Psychological Risk And Performance When Operating In Isolated, Confined And Extreme Environments. He is currently a Co-investigator on a Congressionally Directed Medical Research Program award (W81XWH-16- PHTBIRP-CR3A): Characterization of Psychological Resilience and Readiness: Cross-Validation of Cognitive and Behavioral Metrics During Acute Military Operational Stress. Also, he recently completed a project serving as PI on a study for the Air-Force the Special Operations Command (FA8650-12-2-6271): Injury Prevention and Human Performance Research Initiative.

Paul Devita, Ph.D.

It was obvious to Dr. DeVita that I was destined to become a locomotion biomechanist when in 1967 while sitting in 7th grade German glass and gazing out the window as would most future scientists, most future non-scientists and, let's face it, practically any 7th grade German student, he marveled at how he recognized Matty Rossoff far in the distance by the way he walked. All the rest is secondary, however, Dr. DeVita graduated from several Departments with several degrees and currently works at Department of Kinesiology, East Carolina University. He holds one of two Leroy T. Walker Distinguished Professorships in the College of Health and Human Performance and he is Past-President of the American Society of Biomechanics. Dr. DeVita has received research funding from the National Institutes of Health, the National Athletic Trainers' Association, the Department of Defense, and the North Carolina Institute on Aging, among other organizations. Dr. DeVita has investigated biomechanics of human locomotion for the past 30 years and has concentrated on neuromuscular adaptations, i.e. biomechanical plasticity, in several populations including older adults, adults with knee osteoarthritis, and obese adults. Dr. DeVita serves on the Editorial Boards of Exercise and Sport Science Reviews and the Journal of Biomechanics and he reviews grants for the MRS Study Section of NIH. He is a member and Fellow of the American Society of Biomechanics, the American College of Sports Medicine, and the National Academy of Kinesiology and he is a member of the International Society of Biomechanics. Dr. DeVita is the creator and director of National Biomechanics Day and he invites everyone to participate in this exciting and fun event. He is pretty good at ping pong and says some funny things now and then.

Devon Dobrosielski, Ph.D.

Prior to joining the Towson faculty in 2012, Dr. Dobrosielski was in Instructor in Medicine at the Johns Hopkins School of Medicine, where he led research that established the effectiveness of diet and exercise for reducing obstructive sleep apnea severity in older adults. In 2014, he was honored as a Junior Scholar by the Towson Academy of Scholars and was awarded a NIH Academic Research Enhancement Award (AREA) in 2016 to determine whether structured exercise serves as an effective countermeasure to the cardiovascular burden often observed in obese adults with sleep apnea. He is certified by the American College of Sports Medicine as a clinical exercise physiologist and has over 15 years of experience implementing exercise programs for clinical populations. Dr. Dobrosielski is the Faculty Director for the "Peru: Life at the Top" study abroad program which is designed to provide students with experiential knowledge of the challenges, responses and factors of exertion affected by high altitude. He is a strong advocate of undergraduate research and is committed to building a state of the art training/research program capable of clinically relevant instruction and research excellence.

Shawn Flanagan, PhD

Shawn D. Flanagan, Ph.D., is an Assistant Professor at the Neuromuscular Research Laboratory/Warrior Human Performance Research Center in the School of Health and Rehabilitation Sciences at the University of Pittsburgh. Dr. Flanagan received his baccalaureate from Denison University, a master's degree in Kinesiology at the University of Connecticut, a master's degree in Health Policy and Management at the University of Pittsburgh, and a doctorate in Kinesiology and Neuroscience at The Ohio State University. His background is in neuroscience and physiology with training in brain stimulation, imaging, neuroendocrinology, and physical exercise. At the University of Pittsburgh, Dr. Flanagan's overall research interests emphasize the neurobiological basis of human performance optimization, stress, resilience, and injury. Current work includes the influence of the brain/cognition on injury and human performance optimization, psychological and physiological resilience, biomarkers of adaptation and injury, novel clinical rehabilitation techniques for return to duty/play, and human performance enhancement. Dr. Flanagan's research projects are/have been supported by the Department of Defense, National Aeronautics and Space Administration, and the National Strength and Conditioning Association. Dr. Flanagan is a member of the Society for Neuroscience, American Physiological Society, Endocrine Society, and American College of Sports Medicine. He is a past recipient of the *Ohio State University* Doctoral Fellowship Award, the *American Kinesiology Association* Graduate Student Writing Award, and he co-authored two research publications that were awarded Best Scientific Paper by the *Journal of the American College of Nutrition*. He has over 35 peer-reviewed publications and was recently named as an associate editor for the *Journal of Strength and Conditioning Research*

Jody Greaney, Ph.D.

Jody Greaney is a postdoctoral fellow at The Pennsylvania State University, working with both Drs. Lacy Alexander and W. Larry Kenney. As a postdoc, she has completed a series of studies investigating altered sympathetic control of the cutaneous vasculature during thermal stress in healthy older adults and also in middle-aged hypertensive adults. Currently, she is examining the mechanisms mediating neurovascular dysfunction in adults with clinical depression, with the aim of further understanding the link between depression and cardiovascular disease risk. This work is in collaboration with Dr. Erika Saunders and is supported by NIH and AHA funding.

Brad Hatfield, Ph.D., FACSM

Dr. Bradley Hatfield is Professor and Chair of the Department of Kinesiology and Associate Dean for Faculty Affairs in the School of Public Health at the University of Maryland, College Park with adjunct appointments in the Neuroscience and Cognitive Sciences (NACS) as well as the Center on Aging and a secondary appointment in the School of Medicine (Department of Epidemiology and Public Health). He received his PhD in 1982 from the Pennsylvania State University where he was supported by the Research Council of Canada as a doctoral fellow and a Master of Sport Administration degree from the College of Business at Ohio University in addition to a Master of Science degree from Penn State. He holds two bachelor's degrees in Physical Education and Psychology from the University of New Brunswick in Canada. His research is focused on: (1) exercise and the aging brain as well as (2) brain dynamics underlying cognitive-motor performance using a cognitive neuroscience approach to address these topics via brain imaging techniques such as electroencepahalography (EEG), event-related potentials (ERPs), magnetoencephalography (MEG), and functional magnetic resonance imaging (fMRI). He has published in a number of scholarly journals including Neuroimage, Cerebral Cortex, Psychophysiology, Biological Psychology, as well as Medicine and Science in Sports and Exercise and others while also serving as a grant reviewer for the National Institutes of Health (NIH), the National Science Foundation (NSF) and numerous scholarly journals. Dr. Hatfield's research efforts have been supported by the Department of Defense – Army Research Office (ARO), and the National Institutes of Health (NIH) as well as the U.S. Army Research Institute for the Behavioral and Social Sciences, the American Heart Association, the Erickson Foundation, and the Johns Hopkins University Center for Health and Information Technology. His current research is focused on 1) the assessment of cognitive load based on cerebral cortical dynamics during motor performance (funded by Lockheed-Martin Corporation) and 2) the role of physical activity and genetics in mental health.

Blair Johnson, Ph.D.

Blair Johnson, PhD, has been an Assistant Professor in the Center for Research and Education in Special Environments in the Department of Exercise and Nutrition Sciences at the University at Buffalo since 2014. He received Bachelor of Science degrees from North Dakota State University and a Master of Science degree from University of Wisconsin-La Crosse. He obtained his Doctorate from Indiana University followed by post-doctoral training at the Mayo Clinic. Dr. Johnson's work is currently focused on studying autonomic activity during water immersion and hyperbaric environments as well as autonomic function following a concussion.

NiCole R. Keith, Ph.D., FACSM

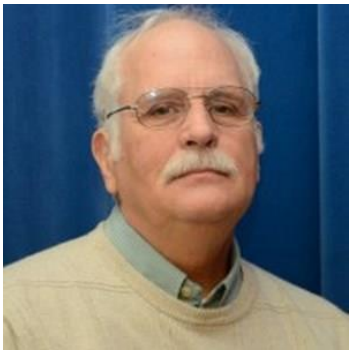
NiCole R. Keith, Ph.D., FACSM is the Associate Dean of Faculty Affair in the School of Health and Human Sciences at Indiana University-Purdue University, Indianapolis. She is a Full Professor in the Department of Kinesiology, a Research Scientist at IU Center for Aging Research, and a Regenstrief Institute Investigator. Dr. Keith was the 2014-2016 Vice-President of the American College of Sports Medicine. She is co-founder of the Physically Active Residential Communities and Schools (PARCS) program, a partnership between Indianapolis Public Schools, Eskenazi Health and IUPUI since 2002. This award-winning program provides physical activity opportunities for over 3,000 adults and children living in Indianapolis. Dr. Keith serves on the National Physical Activity Plan (NPAP) Revision Executive Committee and leads the NPAP Diversity Workgroup. She is dedicated to conducting research and programming that increases physical activity participation, improves fitness, and positively influences health outcomes while addressing health equity. Dr. Keith earned her B.S., M.S., and Ph.D. degrees from Howard University, the University of Rhode Island, and the University of Connecticut, respectively.

H. Scott Kieffer, Ed.D., FACSM

Scott is a Professor of Applied Health Science at Messiah College. He teaches a variety of classes in exercise physiology, exercise & pathology, research and cadaver anatomy. In addition to teaching, Scott works with the Undergraduate Research Program at Messiah College and has mentored over 70 students who have presented at MARC-ACSM or National ACSM. His current research includes the functional aspects of training (balance and older adults) as well as the genetic influences of caffeine on human function. Scott also serves as the Executive Director of the MARC-ACSM and helps coordinate the Annual Meeting with the MARC-Board.

Christopher E. Kline, Ph.D.

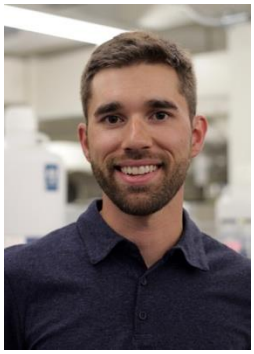
Dr. Christopher Kline is an assistant professor in the Department of Health and Physical Activity at the University of Pittsburgh. He received his BA in Sports Science from Malone College and his MS and PhD in exercise science from the University of South Carolina, where he began conducting research in the Chronobiology Laboratory of Dr. Shawn Youngstedt. After completing his PhD, he completed a postdoctoral fellowship in translational research training in sleep medicine at the University of Pittsburgh. Dr. Kline's main research interests focus on the utility of exercise in the management of sleep disorders, the cardiometabolic consequences of poor sleep, and how exercise may reduce cardiometabolic risk through improved sleep. His research is currently supported by an NHLBI Career Development Award from the National Institutes of Health.



Stephen M. LoRusso, Ph.D.
Dr. LoRusso is Professor of Physical Therapy and Exercise Physiology and coordinator of the Exercise Physiology Program at Saint Francis University.

He received his PhD from Temple University, and completed a Post Doctoral Fellowship at the Pennsylvania Muscle Institute at the University of Pennsylvania School of Medicine, Department of Anatomy. He is also co-founder of the Center for Rural Cancer Survivors and the MS Cancer Care program, an Exercise Oncology Program, at Saint Francis University. The program is the first true program focused on developing Exercise Professionals with a focus in Oncology. The curriculum is focused on understanding the disease; its biology, epidemiology, diagnosis and treatment. There is also a strong focus on understanding the psychosocial and spiritual impacts of the disease and its treatment.

Christopher Martens, Ph.D.



Dr. Christopher Martens is an Assistant Professor in the Department of Kinesiology & Applied Physiology at the University of Delaware. He earned his Ph.D. from the University of Delaware before completing postdoctoral training at the University of Colorado Boulder where he studied the effects of lifestyle and nutritional interventions for improving cardiovascular health with aging. Upon returning to Delaware in 2017 he founded the Neurovascular Aging Laboratory, which seeks to understand the mechanisms by which hypertension and memory impairment. The long-term goal of the laboratory is to identify novel lifestyle and pharmacological strategies for reducing risk of age-related neurodegenerative disorders such as Alzheimer's disease. In this regard, Dr. Martens is currently funded by the National Institute on Aging (NIA) to study the effect of a novel calorie-restriction mimicking nutritional supplement on memory and cerebrovascular function in patients with MCI.

Gavin Moir, Ph.D.

Dr. Gavin Moir joined the Exercise Science Department at East Stroudsburg University after receiving his Ph.D in biomechanics from the University of Edinburgh, Scotland. He has since published over 40 journal articles as well as book chapters and a text book promoting the application of biomechanical principles to strength and conditioning. Dr. Moir's most recent research endeavours focus on the use of complexity measures to monitor adaptations to training different programs in athletes.

Jennifer A Nasser, PhD, RD

Dr Nasser received her PhD in Food Science and Nutrition from Rutgers University and completed her dietetic internship through Marywood University. She also completed two NIH traineeships, one in obesity and one in addiction psychiatry, both through Columbia University College of Physcians and Surgeons. Her research focuses on human eating behavior and the effect of nutrients and food on the brain. Dr Nasser has pioneered the use of non-invasive brain imaging techniques that allow for in studying

human eating behavior under “naturalistic” conditions. Her work with functional near infra red spectroscopy and electroretinography has been featured on The Rachael Ray Show, two BBC documentaries, as well articles in the Guardian and Daily Mail (UK newspapers).

Francis Neric, M.S., M.B.A.

Francis Neric is the National Director of Certification for the American College of Sports Medicine (ACSM). Neric leads the development and administration of ACSM's state-of-the-art certification programs. He also serves on the Committee on Accreditation for the Exercise Sciences (CoAES) which directly supports the mission, vision, and values of the College. Neric also has 14 years of coaching experience of age-group, collegiate, and masters level swimming. Neric has an Exercise Science BS from CSU Long Beach, a Clinical Exercise Physiology MS from CSU Fullerton, and a Management MBA from University of Colorado at Colorado Springs. While at CSU Fullerton Neric published "Comparison of Swim Recovery and Muscle Stimulation on Lactate Removal After Sprint Swimming" with the Journal of Strength and Conditioning Research.

Cemal Ozemek, Ph.D.

Cemal Ozemek, PhD, ACSM-CEP is a Clinical Assistant Professor and Director of the Cardiac Rehabilitation Program at the University of Illinois at Chicago. He received a BS in exercise biology from the University of California-Davis, MS in health and exercise science from Wake Forest University, PhD in clinical exercise physiology Ball State University, and completed his postdoctoral research fellowship at the University of Colorado Anschutz Medical Campus. He has extensive experience working in clinical settings that provide exercise testing, prescription, and monitoring services for older adults, outpatient cardiac, pulmonary, bariatric surgery, and oncology patients. In addition to his clinical work, Dr. Ozemek has an active research agenda investigating; cardiac and vascular adaptations to physical activity and exercise interventions in patients with cardiovascular disease, cardiopulmonary exercise testing across populations, and community based health and wellness promotion.

Brittany Overstreet, Ph.D., RCEP

Brittany Overstreet, Ph.D., RCEP is an Assistant Professor in the Department of Kinesiology and Applied Physiology at the University of Delaware. She earned her Ph.D. in Kinesiology at the University of Tennessee where her research focused on altering the exercise experience to enhance outcomes related to future exercise behavior. At the University of Delaware, she coordinates the Clinical Exercise Physiology Graduate Program as well as the Community Exercise Counseling program at UD Health. Additionally, she serves on the University of Delaware’s Faculty Senate Committees (Committee of Committees and Nominations and Student Life) and is the faculty advisor of the Kinesiology Graduate Student Organization. Brittany has been a member of

the American College of Sports Medicine since 2010, serving on regional (SEACSM student representative, MARC-ACSM Research Committee) and national committees (Student Affairs Committee). Dr. Overstreet is also an active member of the Clinical Exercise Physiology Association, serving on the organization's Legislative Committee.

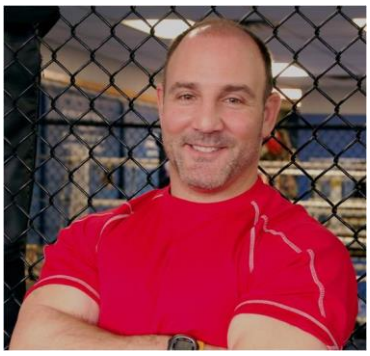
Jaume Padilla, Ph.D.

Dr. Jaume Padilla is an Assistant Professor in the Department of Nutrition and Exercise Physiology and Investigator of the Dalton Cardiovascular Research Center at the University of Missouri. His laboratory focuses on understanding the physiological and molecular mechanisms by which physical inactivity, obesity, and type 2 diabetes lead to an increased risk for vascular dysfunction and disease. Dr. Padilla's research is integrative and incorporates in vitro cell and tissue culture models and studies in mice, pigs, and human patients, thus highlighting the translational nature of his work. His talk will summarize some of the recent work related to the deleterious effects of inactivity, and particularly excessive sitting, on the vasculature.

Selen Razon, Ph.D.

Selen Razon is an assistant professor in the Department of Kinesiology, College of Health Sciences at West Chester University. Selen has received her master's degree in Counseling Psychology from University of Miami and her Ph.D. in Sport and Exercise Psychology from Florida State University. She is co-editor of the recently published *Applied Exercise Psychology: The Challenging Journey from Motivation to Adherence*. Selen's research interests focus on exercise promotion in underserved populations and the effects of exercise on cognitions and affects.

Tony Ricci, D.Sc, MS, FISSN, CSCS, PES, CNS, CDN



Tony Ricci is a highly accredited athletic performance specialist, and performance nutritionist. He has a lifetime of practice and academic study dedicated to health, fitness, nutrition, and sports science. At the age of 11, he began lifting weights and practicing martial arts. He is a former Mr. Eastern USA Bodybuilding Champion and holds black belts in multiple combat disciplines. For the better part of 30 years he has trained, coached, and consulted thousands with varied objectives; ranging from weight loss and improved fitness, to Olympic competition. For the last 23 years, his efforts have focused exclusively on fight physiology and performance. Ricci has worked with scores of Division I collegiate wrestlers, and kickboxing/boxing champions like Bobby Campbell, Daria Albers, Chris Algieri and Heather Hardy. In MMA Ricci has been fortunate to work with Ryan LaFlare, Dennis Bermudez, Elias Theodorou, Gian Villante, Aljamain Sterling, Liam McGeary, Marcos Galvao, Ulka Sasaki, Mizuki Inoue, Katlyn Chookagian, and World Champion Chris Weidman. Ricci also works as a sports science consultant for Team Serra-Longo. Away from his coaching endeavors, Ricci is an Associate Professor at Long Island University, teaching undergraduate and graduate courses in Sports Nutrition, Exercise Science, Nutritional Biochemistry, and Strength and Conditioning. In addition, he is the founder of Fight Shape International, a multi discipline health/wellness and performance enhancement company. Ricci is a Fellow of the International Society of Sports Nutrition, serves on the ISSN Advisory Board, as well as the scientific advisory board for Dymatize Nutrition, the President of the Fight Science Institute and CoHost of MMA and Beyond Podcast. Ricci holds Master's degrees in human nutrition, exercise physiology and has done doctoral work in Health Sciences. He is currently completing a Doctorate in Sports Psychology & Performance through Western States University. He is a certified Performance Enhancement Specialist, Strength & Conditioning Specialist, and is a board and state licensed/certified nutritionist.

Elizabeth Anne Rohrer, OTR/L (Pennsylvania); BSc. OT Reg.(Ontario)

Elizabeth Anne Rohrer is an Occupational Therapist with extensive experience and training in concussion and traumatic brain injury rehabilitation. She is licensed in both Pennsylvania and Ontario Canada and works at Lancaster General Health's Neuroscience Institute as the Lead Occupational Therapist in the Concussion Recovery Program. Liz also works PRN at Acadia's Long Term Brain Injury Rehabilitative program and at Lancaster Rehab Hospital, advocating for early binocular visual assessments and intervention for patients with neurological injuries in order to improve and enhance patient outcomes. For over 23 years, Liz has had a passion for our dynamic visual system and has advocated for a holistic treatment approach. Seeing a void in addressing the visual system in rehab recovery, Liz sought out specially trained Neuro Optometrists and Neuro Ophthalmologists including Dr. Eric Singman and Dr. Patrick Quaid. Liz also had the unique opportunity to become licensed as an Occupational Therapist in Ontario Canada and worked with Dr. Quaid and Shift Concussion Management, rehabilitating young athletes and motor vehicle accident survivors that were diagnosed with concussions. Liz graduated from Elizabethtown College with a BS in Occupational Therapy in 1995. She has attended advanced conferences in brain injury and visual rehabilitation and has continued to receive personalized guidance, education and the latest researched based information from her colleagues in Neuro Optometry and Neuro Ophthalmology.

Eric Rawson, Ph.D., FACSM

Eric S. Rawson is Chair and Professor of Health, Nutrition, and Exercise Science at Messiah College in Mechanicsburg Pennsylvania. Dr. Rawson received his Ph.D. from the University of Massachusetts, Amherst where he studied under the direction of Dr. Priscilla Clarkson. Over the past two decades, Dr. Rawson's research has focused on the interactions between nutrition and skeletal muscle. In particular, Dr. Rawson has extensively studied the effects of the dietary supplement creatine on muscle and brain function. Dr. Rawson has been an active member in the American College of Sports Medicine (ACSM) since 1996, has served on the ACSM Board of Trustees, on the ACSM Annual Meeting Program Committee, as Chair of the ACSM National Chapter Nutrition Interest Group, and is a past president of the Mid-Atlantic ACSM regional chapter. Dr. Rawson has delivered more than 150 professional presentations, is co-editor of the text *Nutrition for Elite* Athletes, co-author of *Nutrition for Health Fitness and Sport*, and has authored/co-authored numerous articles and book chapters. His research has been funded by the National Institutes of Health and various foundations.

Michael Sachs, Ph.D.

Michael Sachs is a Professor in the Department of Kinesiology, College of Public Health, at Temple University, Philadelphia, PA. His bachelor's degree in psychology is from Union College (NY), and he has two master's degrees – one in general experimental psychology from Hollins College (VA) and one in counseling psychology from Loyola University (MD). He received his Ph.D. in sport psychology from Florida State University. Michael is co-editor of the recently published *Applied Exercise Psychology: The Challenging Journey From Motivation to Adherence*, and is associate editor of *Psychology of Running* and coeditor of *Running as Therapy: An Integrated Approach*. He also co-wrote *The Total Sports Experience for Kids: A Parents' Guide to Success in Youth Sports*. He is a co-editor of the recently published 12th edition of the *Directory of Graduate Programs in Applied Sport Psychology* (AASP - the Association for Applied Sport Psychology). He has written or co-authored numerous book chapters, academic articles on various topics within exercise and sport psychology, and articles on the psychology of running in popular publications. His research interests focus upon exercise psychology, particularly motivation and adherence, excusercise, exercise addiction, exercise identity, and the psychology of running. Michael is a Past-President of both AASP and Division 47, the Society for Sport, Exercise and Performance Psychology, of the American Psychological Association (APA). He is a Certified Mental Performance Consultant with AASP. Michael enjoys exercising, particularly running and swimming, and has run two marathons: the Joe Steele Rocket City Marathon (Huntsville, AL) and the New York City Marathon.

Brad Schoenfeld, PhD, CSCS, CSPS, FNSCA

Brad Schoenfeld, PhD, CSCS, CSPS, FNSCA, is an internationally renowned fitness professional and widely regarded as one of the foremost authorities on

body composition optimization. The 2011 NSCA Personal Trainer of the Year is a lifetime drug-free bodybuilder who has won numerous natural bodybuilding titles. As a personal trainer, Schoenfeld has worked with numerous elite-level physique athletes, including many top pros. Also, he was elected to the National Strength and Conditioning Association's Board of Directors in 2012 and was the recipient of the 2016 Dwight D. Eisenhower Fitness Award, presented by the United States Sports Academy for outstanding achievement in fitness and contributions to the growth and development of sport fitness through outstanding leadership activity. Schoenfeld is the author of multiple consumer-oriented fitness books, including *The M.A.X. Muscle Plan* and *Strong and Sculpted*, as well as the seminal textook, *Science and Development of Muscle Hypertrophy*. He has been published or featured in virtually every major fitness magazine, and has appeared on hundreds of television shows and radio programs across the United States. Currently, he writes the "Ask the Muscle Doc" column for Bodybuilding.com. Schoenfeld earned his PhD in health promotion and wellness at Rocky Mountain University, where his research focused on elucidating the mechanisms of muscle hypertrophy and their application to resistance training. He has published more than 150 peer-reviewed scientific papers and serves on the editorial advisory boards for several journals, including the *Journal of Strength and Conditioning Research* and *Journal of the International Society of Sports Nutrition*. He is an assistant professor of exercise science at Lehman College in the Bronx, New York, and heads their human performance laboratory. He also currently serves as Sports Nutritionist for the New Jersey Devils hockey organization.

Melinda (Mindy) Smith, M.S.

Melinda (Mindy) Smith, M.S., CSCS, is the director of Student Wellness and Senior Lecturer in the Health, Nutrition, and Exercise Science Department at Messiah College. At Messiah, she tailors Pilates training for undergraduate and graduate students, student-athletes, and employees of all ages. Mindy is currently a doctoral candidate in the Ed.D. in Kinesiology program at the University of North Carolina at Greensboro. Mindy's interests include service-learning, strategies for promoting meaningful lifetime physical activity, and the impact of Pilates training for collegiate student-athletes. For her dissertation work, she is creating the *PILATES Connect* program to provide support for student-athletes as they transition to lifetime physical activity after college.

Andrea Spaeth, PhD

Trained as an experimental psychologist, Dr. Spaeth has dedicated herself to a career in sleep research aimed at advancing our understanding of how changes in sleep behaviors affect health outcomes, with a focus on weight management and metabolic health. Dr. Spaeth developed her own independent line of research in this area as a graduate student by assessing the impact of sleep on weight, caloric intake and energy expenditure in healthy adults participating in an ongoing in-laboratory sleep restriction protocol. As a postdoctoral researcher, she gained experience in the implementation of sleep and meal timing interventions outside of the laboratory and examined the impact of these interventions on cardiometabolic outcomes. The ultimate goal of Dr Spaeth's research is to develop and implement effective lifestyle modification interventions related to sleep in diverse at-risk populations to promote health and wellness.

Stella Lucia Volpe, PhD, RDN, ACSM-CEP, FACSM

Stella Lucia Volpe, PhD, RDN, ACSM-CEP, FACSM, is Professor and Chair of the Department of Nutrition Science at Drexel University, Philadelphia, PA. Her degrees are in both Nutrition and Exercise Physiology; she also is an ACSM Certified Clinical Exercise Physiologist® and a Registered Dietitian Nutritionist. Dr. Volpe's research focuses on obesity and diabetes prevention

using traditional interventions, mineral supplementation, and by altering the environment to result in greater physical activity and healthy eating. She also conducts research on athletes of all levels, from recreational to professional. Prior to beginning her faculty appointment at Drexel University, Dr. Volpe was on faculty at the University of Pennsylvania, and previous to that, she was on faculty at the University of Massachusetts Amherst. Dr. Volpe is Editor-in-Chief of *Current Nutrition Reports*. She is an associate editor of *ACSM's Health & Fitness Journal*® and the *Translational Journal of ACSM*. Dr. Volpe is on various committee for ACSM, including Program Committee. She is a past Vice President of ACSM and was President of the New England Chapter of ACSM. She was Program Chair for the 2018 Sports, Cardiovascular and Wellness Dietetics Practice Group Conference of the Academy of Nutrition and Dietetics. Dr. Volpe is a competitive athlete in field hockey, rowing and ice hockey. She enjoys being active with her husband, Gary and their German Shepherd dogs, Sasha and Bear.

Dale R Walton, PT

Dale has been a Physical Therapist for 33 years. She started her career and Lancaster General Hospital and Returned to LGH after leaving to work in the skilled care setting for 15 years. Since returning to LGH in 2009 Dale has been focusing her career in the treatment of neurological conditions. In 2012 she received her vestibular competency. That same year she started the Rehabilitation portion of the Post-concussion program at LGH. Dale has extensive experience treating vestibular disorders of all kinds; both peripheral and central in nature. Dale earned her board certification as a neuroscience clinical specialist in 2015. Dale lectures on vestibular and concussion management at Lebanon Valley College and elsewhere. Dale enjoys keeping up with the rapidly evolving evidence in regards to concussion management. Dale is currently conducting research on the importance of using binocular screening measures as part of the evaluation of post-concussion patients with protracted recovery. Dale feels privileged that she can work so closely with the OT department and various vision professionals in order to keep on the cutting edge of assessment and treatment of binocular vision disorders in conjunction with visuo-vestibular disorders.

Tiffany Weir, Ph.D.

Tiffany Weir is an Associate Professor of Nutrition at Colorado State University. She received bachelor's and master's degrees from Penn State University and earned a PhD in Cell and Molecular Biology from Colorado State University. Her research focuses on understanding the interactions between dietary components and the gut microbiota as well as unraveling the mechanisms linking gut dysbiosis to cardiometabolic diseases. She teaches graduate and undergraduate level courses on complementary nutrition practices, personalized nutrition, and fermentation microbiology. In her free time she loves hiking with her family or rock climbing with her son in the Colorado mountains.

Melissa A. Whidden, PhD, FACSM

Melissa A. Whidden is an Associate Professor and the Exercise Science Coordinator of the Exercise Science program in the Department of Kinesiology at West Chester University. She earned her B.S. in Exercise Science and her M.S. in Applied Physiology from SUNY Buffalo. She received her Ph.D. in Exercise Physiology from the University of Florida and then completed a three year post-doctoral research fellowship at the University of Florida/North

Florida-South Georgia Veterans Affairs Center. She has been a member of ACSM since 2011 and became a fellow this past May. She travels with the organization to Washington DC every year for National Health through Fitness Day. Regionally, she has served as a Member-At-Large for the past two years, as a member of the research committee and as a conference moderator since 2014. Her main research interests include ergogenic aids for improved exercise performance, high intensity interval training and the role of oxidative stress with age and muscle atrophy. Dr. Whidden has contributed to 25 plus peer-reviewed journal publications and has published in the *Journal of Applied Physiology*, *CHEST*, and the *Journal of Hypertension*. At West Chester University, she is the Chair of the Exercise Science Assessment and Curriculum committee and Chair of the College of Health Sciences Student Success committee. Dr. Whidden has mentored numerous undergraduate and graduate students and has been honored with the Faculty Academic Advisor Appreciation Award three times since 2013 and more recently received a certificate of achievement from the Panhellenic Council for outstanding faculty performance.

Karen Wonders, Ph.D.

Karen Wonders, Ph.D., is the Founder and Director of Maple Tree Cancer Alliance, and Professor of Exercise Physiology at Wright State University. She is also the best-selling author of the 40-day devotional, Beauty from Ashes. Her passion is to advocate for exercise as part of the standard of care for cancer. Maple Tree provides free exercise training, nutrition counseling, and emotional support to hundreds of cancer survivors every month at several locations across Ohio and Pennsylvania. Karen was recently recognized for her work by the Dayton Business Journal's "*Forty under 40"* award. In addition, Maple Tree has been awarded "*Best in Dayton*" for Health and Fitness four years in a row. Karen is committed to evidence-based practice in her facilities, and has a robust research program that has published two text books, four book chapters, and more than 40 peer reviewed manuscripts on the topic of exercise and cancer recovery. A gifted communicator, Karen has given numerous professional presentations on the national, state, and local levels, including a talk at TEDxDayton 2017 on Exercising through Cancer Care. Karen is married to her college sweetheart, Andrew, and together they have seven (yes, seven!) children. If you think her hands are full, you should see her heart!

Program Schedule

(*Presented by room and day*)

Ballroom A	Friday Morning	Chair/Moderator
"Moving" Sleep to the Forefront of Exercise Science		
9:00-9:25a	**Does Exercise Confer Cardioprotection in Obstructive Sleep Apnea?** *Devon Dobrosielski, PhD*	Devon Dobrosielski, PhD
9:25-9:50a	**How Does Sleep Impact Energy Balance?** *Andrea Spaeth, PhD*	
9:50-10:15a	**Exercise as a Behavioral Treatment Option for Obstructive Sleep Apnea** *Chris Kline, PhD*	
Cardiovascular Dysfunction in Non-traditional Special Populations		
10:30 -10:55a	**Autonomic Function Following Concussion** *Blair Johnson, PhD*	Zach Schlader, PhD
10:55-11:20a	**Mechanisms and Modifiers of Vascular Dysfunction in Adults with Clinical Depression** *Jody Greaney, PhD*	
11:20-11:45	**Beyond Plaques and Tangles: Getting to the Heart of Alzheimer's Disease** *Chris Martens, PhD*	
LUNCH BREAK 12:00-1:00p		
Exercise and Microbiota		
1:00-1:25p	**Exercise Microbiota: Sex Differences** *Sara Campbell, PhD, FACSM*	Sara Campbell, PhD,
1:25-1:50p	**Diet and the Microbiota: Considerations for Athletes** *Tiffany Weir, PhD*	
2:00-2:50p	**Past President Lecture:** **Dietary Supplements and the High-performance Athlete** *Eric Rawson, PhD, FACSM*	Doug Miller, PhD
3:00-3:50p	**Vascular Consequences of Prolonged Sitting** *Jaume Padilla, PhD*	Jordan Patik, PhD
Dinner 5:00-7:00p		

Ballroom B	Friday Morning	Chair/Moderator
Exercise and Heart Failure		
9:00-9:50a	**Is it Time for Heart Failure Patients to HIIT the Weights?** *Pete Brubaker, PhD, FACSM*	Austin Robinsion, PhD
Participation, Adherence, and Addiction to Exercise		
10:00-10:40a	**Exertive Pain and Lactate Accumulation Impact Exercise-related Enjoyment: Prescribing for Improving Exercise-related Affects and Adherence in clinical and Non-clinical Populations** *Selen Razon, PhD*	
10:40-11:20a	**A Community-based Zumba® Program: Effects on Body Weight, BMI and Exercise-related Motivation in an Underserved Population** *Aisha Bimla, MS*	Selen Razon, PhD
11:20-12:00p	**Hooked on Exercise: Beyond Participation and Adherence, the Relationship Between Exercise Adherence and Exercise Addiction in Division 1 Collegiate Athletes** *Kensia Beretstetska, MS* *Michael Sachs, PhD*	
LUNCH BREAK 12:00-1:00p		
Exercise and Cancer		
1:00-1:40p	**EXERCISE ONCOLOGY: Improving Cancer Care Outcomes** *Claudio Battglini, PhD*	
1:40-2:20p	**The Promotion of Exercise Oncology as a Standard Part of Clinical Practice Guidelines** *Karen Wonders, PhD*	Stephen LoRusso, PhD
2:20-2:55p	**The ACSM/ACS Cancer Exercise Trainer: More Than Just Exercise** *Stephen LoRusso, PhD*	
Mixed Martial Arts – Lecture and Interactive Session		
3:00-4:30p	**Mixed Martial Arts** *Tony Ricci, DSc*	Sara Campbell, PhD
Dinner 5:00-7:00p		

Ballroom C,D,E	**Friday Morning**	Chair/Moderator
Lifestyle Therapies for the Suppression of Hunger and Appetite		
9:00-9:30	**The Biology of Hunger and Appetite** *Jennifer Nasser, PhD, RD*	Michael Bruneau, PhD
9:30-10:05	**The Role of Physical Activity and Exercise in the Suppression of Hunger and Appetite** *Michael Bruneau, PhD*	
10:05-10:35a	**Dietary Approaches to the Suppression of Hunger and Appetite** *Stella Volpe, PhD FACSM*	
10:35-10:50a	**Overall Question and Answer**	
Community Health		
11:00-12:00p	**Students Transforming Community Health** *NiCole Ruth, PhD, FACSM*	Eric Rawson, PhD
LUNCH BREAK 12:00 to 1:00p		
Ballroom C, D, E	**Friday Afternoon**	**Moderator**
Poster Session I : *Undergraduate*		
Fitness Assessment & Training		
1:00-1:10p **P-1**	**How Does Sleep Affect Body Mass Index in College Students?** *Lauren Dell'Arciprete, Sydney Ollinger, Jennifer A. Moxley, Andrea T. Barton, Tara B. Blackshear*	Suzanne Kitts, PhD
1:10-1:20p **P-2**	**The Prevalence of Hypertension Among University Students Using Both Old and New Guidelines: Comparative Study** *Kadiatu Kamara, Christopher, M. Bopp, Oliver W. A. Wilson, Zack Papalia, Melissa Bopp*	
1:20-1:30p **P-3**	**Comparisons of BMI, Body Fat Percentage, and Abdominal Girth as Obesity Indexes for College Students** *Zi H. Zou., Oliver W. A. Wilson, Zack Papalia, Melissa Bopp (FACSM), Christopher, M. Bopp*	
1:30-1:40p **P-4**	**The Cardiorespiratory Response of Qigong Performed at Different Intensities** *Roise Hartman, Danielle Patterson, Rachel Kriebel, Megan Groff, Jenna Kelsey, Sarah Zigarelli, H. Scott Kieffer*	
1:40-1:50p **P-5**	**The Effects of Static and Dynamic Stretching on Postural Stability, Hip Flexibility, and Power** *Seth Williams, Haley Maraday, Jean P. Paul Marrero-Rivera, Kayla Starr, Dani Kreiger, H. Scott Kieffer*	
1:50-2:00p **P-6**	**Does Wrist Taping Improve Performance of a Bench Press Exercise?** *Haley F. Miller, Haley N. Larney, Branden Emerich, Kristyn Fogg, Joohee I. Sanders, Sally Paulson*	
Break 2:00-2:10		

2:10-2:20p **P-7**	**Effects of Environmental Temperature on Physiologic Measures and Reaction Time During Graded Leg Ergometry** *Dylan Beaver, Devin Grove, Allison Mooney, Matthew Lawrence, Lindsay Sheehan, Joohee Sanders, Sally Paulson, William Braun*	John LaManca, PhD
2:20-2:30p **P-8**	**Effects of Varied Rest Intervals on Vertical Countermovement Jump Performance and Fatigue Index** *Cory Woolf, Jillian Bertino, Allyson Smarsh, Sarah White, Joohee I. Sanders*	
2:30-2:40p **P-9**	**Video Measures of Running Ground Contact Times and Vertical Ground Reaction Forces** *Sabrina M. Mangeri, Tyler D. Whitacre, David J. Stearne, and Kenneth P. Clark*	
2:40-2:50p **P-10**	**The Validity of Biometric Feedback from Popular Activity Monitors** *Abby Monko, Nicole Carney, Amanda Banzhoff, Natalie Hoober, Matt Knab, Ashley Carroll, H. Scott Kieffer*	
2:50-3:00p **P-11**	**Validity of Fitness Watches for Cadence Measurement in Collegiate Runners** *Anthony J. Ardino, Drue T. Stapleton*	
3:00-3:10p **P-12**	**Validity and Reliability of Electronic Devices to Measure Muscular Power during Linear Weight Lifting Movements** *Eben Sneddon, Kyle Bjorkman, Jennifer Fairbanks, Bryce Watkins, Malachi Thompson, Kevin Ogden, H. Scott Kieffer*	
Break 3:10-3:20		
Poster Session II : *Undergraduate*		
Biomechanics & Neural Control of Movement		
3:20-3:30p **P-13**	**Differences in Lower-Extremity Kinematics Among Female Collegiate Soccer and Volleyball Players** *Marisa J. Christensen, Dustin Malandra, Anjuli Gairola*	Mark Sutherlin, PhD
3:30-3:40p **P-14**	**Examining the Effect of a Dance Technique Class on Postural Stability in Novice Collegiate Dancers** *Hannah Weighart, Mary Roberts, Sarah DiPasquale*	
3:40-3:50p **P-15**	**Comparison of Gait Patterns and Everyday Dual-Tasks in College Students** *Kimberly Williams, Megan Coppola, Jen Pruskowski, Natalie Dalfo, Sean Castillo, Samuel T. Forlenza, Sally Paulson*	
Psychology, Behavior, & Neurobiology		
3:50-4:00p **P-16**	**Facial Expressions and Performance: Testing the Effects during a Muscular Endurance Task** *David Woods, Elizabeth Schultz, Annie O'Brien, Umit Tokac, Jeffrey Harris, Melissa A. Reed, Melissa A. Whidden, Selen Razon*	Erik Lind, PhD
4:00-4:10p **P-17**	**Psychological Effects of Pre-Workout Supplement vs. Placebo on Strength Training** *Evan T. Courtney, Kayleigh Reid, Libby Hurley, Melissa Klock, Keilyn Rivera, Samuel T. Forlenza*	
4:10-4:20p **P-18**	**Apple Watch's Breathing Application for Stress Management** *Sydney Drayer, Emily Lucas, Emily Kuperavage, Matthew Rhudy, Nathan Greenauer, Praveen Veerabhadrappa*	
BREAK 4:20-4:30p		
Poster Session IIA : *Undergraduate*		
Cardiovascular, Renal & Respiratory Physiology		

4:30-4:40p **P-19**	**Cardiovascular Health Improvements with Diet and Exercise Intervention** *Concetta M. Magliochetti, Kevin M. Gill, Amber N. Orfe, Emily H. Reeve, Rachel L. Dickinson, Clara N. Baker, Emily N. Blaszkow, Megan A. Carty, Rachel L. Coleman, Paige E. DeAlba, Matisen L. O'Brien, Christopher S. Pak, Emily E. Ruch, Lindsay J. Rush, Brielle S. Clarke, Deborah L. Feairheller*	Shannon Lennon, PhD
4:40-4:50p **P-20**	**Exercise Pressor Response is Associated with Impaired Claudication Outcomes in Symptomatic Peripheral Artery Disease** *Polly S. Montgomery, Marcos Kuroki, Ming Wang, Chixiang Chen, Danielle Jin-Kwang Kim, Andrew W. Gardner*	
4:50-5:00p **P-21**	**Perivascular Adipose Tissue Growth and the Impact of Adrenergic Stimulation in Rats With and Without Heart Failure** *David B. Rekhtman, Daniel D. Shill, Jackson W. Durbin, James M. Hagberg, Sarah Kuzmiak-Glancy*	

Pennsylvania	Friday Morning	Chair/Moderator
	Clinical Track: Invited Speakers	
8:25-8:30a	**Welcome and Introductions to the Session** *Thomas Trojian, MD* *Jennifer Payne, MD*	
8:30-9:15a	**Risk and Causes of Death among Former National Football League Players** *Andrew Lincoln, MS, ScD*	
9:15-10:00a	**Throwing Injuries** *Corey Keller, DO*	Dr. Thomas Trojian
10:00-10:45a	**Post-Concussion Management and Triage Care** *Dale Walton, DPT* *Elizabeth Anne Rohrer, OTR/L, BSc, OT Reg*	and Dr. Jennifer Payne
10:45-11:30a	**Core Muscle Ultrasound** *Rob Monaco, MD, MPH*	
11:30-12:15p	**Exercise is Medicine®: Incorporating Exercise Prescription into Practice** *Melissa Reed, Ph.D., ACSM C-EP* **Exercise Prescription in Sports Medicine** *Aernie Gissele, MD*	
	LUNCH BREAK 12:15 to 1:30p	
	Clinical Track: Clinical Case Studies	
1:30-1:42p	**Hand Injury in a Motorcycle Rider** *Carla M. Basadre Quiroz (Sponsor: Bradley Sandella, DO)*	
1:43-1:55p	**Left Calf Pain—Runner** *Thomas Chu, (Sponsor: Thomas Trojian, MD)*	
1:56-2:08p	**Shoulder Injury in a Female Soccer Goalie** *Utsav Hanspal (Sponsors: James Tom, MD, Thomas Trojian, MD)*	Matt Sedgley, MD
2:09-2:21p	**Catching a déjà vu? A Repeat Finger Injury in a High School Football Player** *Eldra W. Daniels (Sponsor: Jayson Loeffert, MD)*	and

2:22-2:34p	**Recurrent Knee Effusions in Gymnast** *Stephanie A. Carey (Sponsor: Shawn Phillips, MD)*	
2:35-2:47p	**Abnormal Uterine Bleeding – Rugby** *Elizabeth L Albright (Sponsor: Peter H Seidenberg, MD)*	Shawn Phillips, MD
2:48-3:00p	**Shortness of Breath in a Swimming Athlete** *Anthony Spinelli (Sponsor: Andrew Getzin, MD)*	
3:00-3:15p	**Break**	
3:15-3:27p	**Unusual Headaches After a Concussion in a Basketball Player** *Hamad Saleemi (Sponsor: Andrew Getzin, MD)*	
3:28-3:40p	**Leg Injury – World Champion Super-Heavyweight Weightlifter** *David Cole (Sponsor: Mark E. Lavallee, MD)*	Matt Sedgley, MD
3:41-3:53p	**More Than Just a Hand Injury in a World Champion** *Joseph Medellin, (Sponsor: Mark E. Lavallee, MD)*	
3:54-4:06p	**Foot and Ankle Injury — Soccer** *Ryan Reese (Sponsor: Mark Lavallee, MD)*	and
4:07-4:19p	**Interesting Case of Abdominal Pain and Knee Pain in a Soccer Player** *Eliza S. Reed (Sponsor: Richard Davis, MD)*	
4:20-4:32p	**Ankle Pain - Dancer** *Shawn Potteiger (Sponsor: Justin Tunis, MD)*	Shawn Phillips, MD
4:34-4:46p	**Lower Leg Injury – Fall Off a Flatbed Trailer** *Tracy Tomjack (Sponsor: Justin Tunis, MD)*	

Ash/Birch	Friday Morning	Chair/Moderator
Transforming Clinical Exercise Physiology: Current Updates and New Perspectives for Clinical and Academic Professionals		
9:30-10:00a	**ACSM Clinical Exercise Physiologist: Current and Future State of the Certification** *Francis Neric, MS, MBA*	
10:00-10:30a	**Advancing the role of Clinical Exercise Physiologist in Multidisciplinary Settings** *Brittany Overstreet, PhD, RCEP*	Brittany Overstreet, PhD
10:30-11:00a	**Integrating Clinical and Academic Programs to Foster Excellence** *Cemal Ozemek, PhD*	
11:00-11:30a	**Clinical Exercise Physiology Association: News and Updates**	Clinical Exercise Physiology Association
LUNCH BREAK 12:00-1:00p		
Ash/Birch	**Friday Afternoon**	**Chair/Moderator**
Oral Presentations- *Masters Award Nominees*		
1:00-1:15p	**Effects of External Calf Compression on Microvascular Oxygenation in the Lower Limb of Young Men** *Patricia Pagan Lassalle, Adam J. Palamar, Jacob P. DeBlois, Wesley K. Lefferts, Kevin S. Heffernan*	Jerry Jerome, PhD
1:15-1:30p	**Mild Acute Dehydration Does Not Affect Anaerobic Power Output** *Arielle Sheris, Evan L. Matthews, Peter A. Hosick*	
1:30-1:45p	**The Relationship Between Body Mass Index and Aortic Stiffness in Females Across the Lifespan** *Allison P. Keller, Wesley K. Lefferts, Jacqueline A. Augustine, Jacob P. Deblois, Kevin S. Heffernan*	
1:45-2:00p	**Metabolic and Cardiovascular Effects of Standing While Performing Computer Work** *Joseph Willet, Evan L. Matthews, Peter A. Hosick*	
2:00-2:15p	**Comparison of the Effect of Sprint Interval Exercise, Steady State Exercise and Control on RMR** *Ellen P. Stinger, Chad Witmer, Shala E. Davis, Emily Sauers, Connor Saker, Samantha N. Fessler*	
Break 2:15-2:30p		
Oral Presentations- *Doctoral Award Nominees*		

2:30-2:45p	**Static and Dynamic Handgrip Exercise Increases Wave Reflection in Healthy Young Adults** *Joseph M. Stock, Nicholas V. Chouramanis, Julio A. Chirinos, David G. Edwards*	Peter Hosick, PhD
2:45-3:00p	**Static Cerebral Autoregulation is Not Altered in Symptomatic Concussed Athletes During Acute Central Hypervolemia** *Morgan L. Worley, Morgan C. O'Leary, James R. Sackett, Zachary J. Schlader, John J. Leddy, Blair Johnson*	
3:00-3:15p	**The Effect of Vegetarian and Western Diets on Vascular Function in Healthy Adults** *Macarena Ramos Gonzalez, Alexis Mbakwe, Katarina Smiljanec, Michelle Zuelch, Melissa Witman, Shannon Lennon*	
3:15-3:30p	**Blood Pressure Reactivity During Short-term Water Restriction in Older Adults** *Joseph C. Watso, Matthew C. Babcock, Austin T. Robinson, Kamila U. Migdal, Sean D. Stocker, Megan M. Wenner*	
3:30-3:45p	**Adiposity and ET-1 Responses in Postmenopausal Women** *Sangeetha Nathaniel, Andrew Kuczmarski, and Megan M. Wenner*	
BREAK 3:45-4:00p		
4:00-5:00p	**MEET THE EXPERTS: Student Session**	
Dinner 5:00 to 7:00p		

Chestnut/ Dogwood	Friday Morning	Chair
	Student Tutorial	
10:00-11:00a	**Truth is, You Gave a Lousy Talk** *W. Larry Kenney, PhD, FACSM, FAPS*	Joe Watso, MS
	Special Interest	
11:00-12:00p	**Building Study Abroad Experiences for Exercise Science** *Devon Dobrosielski, PhD* *Melissa Whidden, PhD, FACSM* *H. Scott Kieffer, EdD, FACSM*	Devon Dobrosielski, PhD
	LUNCH BREAK 12:00 to 1:00p	
Chestnut/ Dogwood	**Friday Afternoon**	**Moderator**
	Oral Presentations: *Undergraduate*	
	Cardiovascular, Renal, and Respiratory Physiology	
1:00-1:15p	**The Relationship between the Inter-arm Systolic Blood Pressure Difference, Vascular Health, and Cognitive Function** *Dan L. Komoroski, Sarah R. Allen, Brock T. Jensen, Michael E. Holmstrup*	Kris Wisniewski, PhD
1:15-1:30p	**Acute Handgrip Exercise Alters the Inter-arm Systolic Blood Pressure Difference in Young Males and Females** *Lance S. Neuscheler, Marlea A. Sprandle, Stephanie N. Ace, Rachel K. Borland, Brock T. Jensen, Michael E. Holmstrup*	
1:30-1:45p	**Resting Systolic Blood Pressure Variability is Predictive of the Pressor Response to Isometric Handgrip in Young Adults** *Zachary Lichter, Gabrielle Dillon, Jody Greaney, Lacy Alexander*	
1:45-2:00p	**Activation of TRPM8 Receptors Mediates a Reflex Increase in Skin Blood Flow Across the Dermatome** *Arthur A. Minahan, Gabrielle A. Dillon, Rachel M. Pitman, Lacy M. Alexander*	
2:00-2:15p	**Skin Erythema and Blood Flow Responses to Acute Ultraviolet Radiation Exposure** *Imani N. Hill, S. Tony Wolf, Anna E. Stanhewicz, W. Larry Kenney*	
2:15-2:30p	**Greater Forearm Blood Flow is Associated with Better Walking Economy and Gait Speed in Older Adults** *Kevin N. Hamidi, Devon A. Dobrosielski, Jennifer A. Schrack, Nicolas D. Knuth*	
	Break 2:30-2:45p	
	Biomechanics and Neural Control of Movement	

2:45-3:00p	**A Comparison of Self-Reported Pain Levels in Minimally-Shod vs Traditionally Shod Runners with Different Arch Characteristics** *Lauren E. Davis, Lauren K. Cline, Erica M. Casto, Jean L. McCrory*	Ken Clark, PhD
3:00-3:15p	**Investigating Bilateral Asymmetries in Joint Angular Motion of the Lower Limb During Running** *Tyler D. Whitacre, Sabrina M. Mangeri, David J. Stearne, Kenneth P. Clark*	
3:15-3:30p	**The Effect of Quadriceps Femoris and Gluteus Strength on the Star Excursion Balance Test** *Megan Kupiec, Cole Rinehart, Justine Carlson, Natalie Sharpe, Rachel Meilun, Hannah Robison, Lusmer Quintana, Deborah King, Patrick McKeon*	
Break 3:30-3:45p		
Oral Presentations: *Professional*		
3:45-4:00p	**Positive Reward System Encourages Student Engagement in Anatomy Courses** *Cara J. Gomez, Megan A. Rothermel, Julai D.C. Olsen, Chetanath Gautum*	Anjuli Gairola, PhD
4:00-4:15p	**Perceptions, Knowledge, and Attitudes of Inter-professional Education and Collaboration** *Jessica M. Walter, Meghan S. East, Voncelia S. Brown, Meredith J. Madden*	
4:15-4:30p	**Exercise Intensity: Do Individuals Perceive It as We Physiologically Define It?** *Kistofer S. Wisniewski*	
4:30-4:45p	**The Effects of High-Intensity Treadmill Running on the Stomach in a Rodent Model** *Emily M. Besecker*	
4:45-5:00p	**Relative Age Effects in Men's Collegiate Soccer are Influenced by Nationality, Position, Class, and Success** *Kyle S. Beyer, Eoin Hurley, Luke Haile, Brett A. Comstock*	

Elm/Fir	Friday	Moderator
7:30-10:00a	**Pre-Paid Registration**	
11:00-11:10a **Preview Posters**	**Focused Poster Session - Occupational**	
11:10-11:20a **Poster 22**	**Assessing Mood and Cognitive Performance of EMT Students During Occupational and Heat Stress** *Kenneth Rogers, Amy B. Firoentini, Madeline P. Bayles, Kristi L. Stori, Robert Alman, Yongsuk Seo, Hayden D. Gerhart*	Jessica Walter, PhD
11:20-11:30a **Poster 23**	**Tradeoffs Between U.S. Army Trainees' Performance on the Occupational Physical Assessment Test and Body Composition** *Joseph R. Pierce, Keith G. Hauret, Joseph A. Alemany, Tyson L. Grier, Marylin A. Sharp, Jan E. Redmond, Stephen A. Foulis, Bruce S. Cohen, Maria C. Canino, Bruce H. Jones*	
11:30-11:40a **Poster 24**	**Initial Observations on the Influence of Cognitive Stress on Motor Evoked Potentials in Military Personnel** *Felix Proessl, Anne Z. Beethe, Adam J. Sterczala, Courtneay Dunn-Lewis, Christopher Connaboy, Bradley C. Nindl, Shawn D. Flanagan*	
11:40-11:50a **Poster 25**	**Ambulatory Blood Pressure Monitoring Tracks Alarm-Activated Blood Pressure Surges in Control vs Firefighter Populations** *Rachel L. Dickinson, Emily H. Reeve, Clara N. Baker, Cassandra M. Bowman, Emily N. Blaskgow, Kevin M. Gill, Deborah L. Feairheller*	
11:50-12:00p **Poster 26**	**An Examination of Physiological Responses in EMT Students During Occupational and Heat Stress** *Amy B. Firoentini, Madeline P. Bayles, Kristi L. Stori, Robert Alman, Yongsuk Seo, Hayden D. Gerhart*	
LUNCH BREAK 12:00-1:00p		
Oral Presentations: *Undergraduate*		
Fitness Assessments & Training		
1:00-1:15p	**Validity of Barbell Velocities Recorded from the GymAware Device during Squat and Bench Press Exercises** *Dylan S. Zangakis, Gavin L. Moir, Brandon W. Snyder, Shawn N. Munford*	Matthew Barberio, PhD
1:15-1:30p	**Acute Resistance Exercise Fails to Alter Post-Exercise Glycemic Control** *Zach Rollar, William Braun*	
1:30-1:45p	**Effects of Caffeine Supplementation on Acute Rope Exercise Performance and Metabolism** *Hannah E. Mercado, Jill A. Bush, Julianne Collins, Morgan Choma, Nicholas A. Ratamess, Jie Kang, Avery D. Faigenbaum*	
1:45-2:00p	**Does Quantify of Sleep Affect Cardiovascular Endurance in College Students?** *Lauren Mandelbaum, Alexis Ahern, Melissa Bowling, Mykala Porter, Jennifer A. Moxley, Andrea T. Barton, Tara B. Blackshear*	

2:00-2:15p	**The Effects of Caffeine Ingestion and the -163A>C CYP1A2 Polymorphism on Long Anaerobic Exercise Performance** *Kristen E. Hasse, Rachel J. Steckbeck, Madison R. Wright, Brian Shenk, Michael Shin, H. Scott Keiffer*	
2:15-2:30p	**Effects of an Eight Week Periodization Training Program in Adolescents** *James J. Gresko, Mary G. Ruggieri, Joshua D. Graham, Patricia I. Fitzgerald, Kristopher S. Wisniewski*	
BREAK 2:30-2:45p		
Psychology, Behavior & Neurobiology		
2:45-3:00p	**Analgesia, Hyperalgesia and Behavior Modifications are Mediated by Endogenous Opioids Following Forced Swimming Exercise** *Harlee B. York, Bryce J. Muth, Kelly A. Dougherty, John J. Guers*	Micah Josephson, PhD
3:00-3:15p	**The Impact of Anxiety and Knowledge in College-Aged Students on Attendance of a Fitness Facility** *Jenna Rose Bilancia, Katherine R. Cygan, Alexy Bantel, Emily J. Sauers, Connor M. Saker*	
Epidemiology Biostatistics & Health Promotion		
3:15-3:30p	**Handgrip Strength Positively Correlates With Percent Fat Free Mass in Students at Messiah College** *Britta L. Heath, Michal A. Shelton, Cassandra J. Stief, Sarah Summerson*	Micah Josephson, PhD
3:30-3:45p	**Can Alexa Influence Physical Activity in the Office Setting?** *Emily Kuperavage, Sydney Drayer, Matthew B. Rhudy, Praveen Veerabhadrappa*	
Dinner 5:00 to 7:00p		

Ballroom A	Saturday Morning	Chair/Moderator
8:00-8:50a	**Pilates** **Mindy Smith**	
Advances in the Measurement and Enhancement of Resilience		
9:00-9:25a	**Resilience in Elite Athletes: The Capacity to Perform Under Pressure** *Brad Hatfield, PhD*	
9:25-9:50a	**Using Complexity Measures to Monitor Resilience during Training in Athletes** *Gavin Moir, PhD*	
9:50-10:15a	**Characterizing Behavioral Risk in Isolated, Confined and Extreme Environments: A Perception-Action Approach** *Chris Connaboy, PhD*	Brad Nindl, PhD
10:15-10:40a	**The Role of the Brain in Chronic Impairment after Traumatic Musculoskeletal Injury** *Shawn Flanagan, PhD*	
10:40-11:00a	**Applied Technologies for the Advancement of Athlete Health, Performance, and Resiliency** *David Klossner, PhD*	
Ballrooms: MARC-ACSM Business Meeting and Award Ceremony Luncheon – 12:30 to 2:00p		

Ballroom B	Saturday Morning	Chair/Moderator
Resistance Training Lecture		
8:00-8:50a	**Resistance Training Frequency: How Often Should You Train to Maximize Muscle Hypertrophy?** *Brad Schoenfeld, PhD*	
Biomechanics Session		
9:00-10:00a	**ECU's Wide World of Biomechanics** *Paul Devita, PhD*	Jean McCory, PhD
Biomechanics Communications		**Moderator**
Oral Presentations		
10:00-10:15a	**Leveraging Machine Learning Techniques to Reveal Relationships between Neuromuscular Traits in Previously Concussed Warfighters** *Shawn R. Eagle, Qi Mi, Shawn D. Flanagan, Bradley C. Nindl, FACSM, Kim Beals, Chris Connaboy*	Joseph Pierce, PhD
10:15-10:30a	**Positional Difference in Linear Momentum During Vertical Jump in Division II College Football Players** *Marquez R. Norford, Meghan K. Magee, Justine E. Fox, Scott E. Williams, Johnathan M. Kollars, Allison N. McCracken, Kyle S. Beyer*	
10:30-10:45a	**Mechanical Constraints of Force Production during a Stationary Sprint-Start** *Lance C. Brooks, Kenneth P. Clark, Laurence J. Ryan, Peter G. Weyand*	
10:45-11:15	**Biomechanics Interest Group Meeting**	
Ballrooms: MARC-ACSM Business Meeting and Award Ceremony Luncheon – 12:30 to 2:00p		

Ballroom C,D,E	Saturday Morning	Moderator

Poster Session IA: *Graduate and Professional*		
Cardiovascular, Renal & Respiratory Physiology Metabolism & Nutrition		
8:00-8:10a P-27	**Calcium Activation of Mitochondrial Oxidative Phosphorylation is Maintained in Heart Failure Levels of Extramitochondrial Sodium.** *Harry Z. Li & Sarah Kuzmiak-Glancy.*	John Guers, PhD
8:10-8:20a P-28	**Exercise and High-Fat Diets Upregulate Endoplasmic Reticulum Membrane Protein Sensors and Muc2 in Female Mice.** *Paul J. Wisniewski, Natasha Malonza, Lauren A. Hall, Robert A. Dowden, Sara C. Campbell*	
8:20-8:30a P-29	**Analysis of Body Composition Changes in Professional Male Ice Hockey Players** *Joseph R. Stanzione, Stella L. Volpe, Benjamin Peterson, Nyree Dardarian.*	
8:30-8:40a P-30	**Effects of a multi-ingredient pre-workout supplement on the changes in hydration status following exercise** *Justine E. Fox, Meghan K. Magee, Jonathan M. Kollars, Allison N. McCracken, Marquez R. Norford, Palmer J. Steiner, Joseph L. Andreacci, Kyle S. Beyer*	
8:40-8:50a P-31	**Effects of two Multi-ingredient Pre-workout Supplements on VO_{2peak} in healthy recreationally active Males** *Alicia L. Kjellsen, Brian J. Martin, Matthew E. Darnell, Meaghan E. Beckner, Alexis A. Pihoker, Kim Beals, Shawn D. Flanagan, Mita Lovalekar, Paul J. Arciero and Bradley C. Nindl*	
Break 8:50-9:00a		
Poster Session IB : ***Undergraduate***		
Metabolism & Nutrition Skeletal Muscle, Bone & Connective Tissue		
9:00-9:10a P-32	**Comparing Perceived Effects and Usage of Creatine between Division 2 Athletes and Recreationally Active Individuals** *Christopher A. Esposito, Jonathan W. Hummel, Paul J. Zwack, Christian T. Silva, Emily J. Sauers, Connor M. Saker*	Sushant Ranadive, PhD
9:10-9:20a P-33	**Knowledge of Nutritional Habits in NCAA Division I Female Athletes** *Ronetta O. Hunter, Gerard Green, Drue T. Stapleton*	
9:20-9:30a P-34	**Effects of an Exogenous Ketone Supplement on Five-Kilometer Running Performance** *Jillian A. Breckenridge, Jacob F. Seibert, Daniel S. Jackson, Philip J. Prins, Jeffrey D. Buxton, Dana L. Ault*	
9:30-9:40a P-35	**Health Effects of Three Weeks of Time-Restricted Feeding in Apparently Healthy, Normal Weight College-Age Females** *Mary B. Shannon, Christy L. Zimmerman, Lauren M. Hughes, Philip J. Prins, Dana L. Ault, Jeffrey D. Buxton*	
9:40-9:50a P-36	**Anterior vs. Posterior Approach Total Hip Arthroplasty: A Critically Appraised Topic** *Emmaleigh A. Hauck, Drue T. Stapleton*	

9:50-10:00a **P-37**	**Effects of Limb Dominance and Sex on Upper Extremity Tissue Composition** *Jonathan M. Kollars, Luke E. Stong, Roslyn R. Pulcini, Allison N. McCracken, Cristina M. Alvine, Joseph L. Andreacci, Kyle S. Beyer*	
10:00-10:10a **P-38**	**Evaluating Collagen Matrix Degradation after ACL Reconstruction using Quantitative MRI** *Logan K. Faux-Dugan, Jack R. Williams, Kelsey Neal, Ashutosh Khandha, Thomas S. Buchanan*	
10:10-10:20a **P-39**	**Endothelial Permeability Compared at Various Times and Ages Post Skeletal Muscle Injury in Mice** *Sabrina R. Tusavitz, April C. Carpenter*	
Break 10:20-10:30a		
Poster Session II		
Cardiovascular Physiology		
10:30-10:40a **P-40**	**An Examination of Vascular Function Following Acute Exercise in Adults With and Without Sleep Apnea** *Laura Sullam, Christina Rubin, Michelle Ufua, Joseph Auble,Janvi Patel, Christopher Papandreou, Devon A. Dobrosielski*	
10:40-10:50a **P-41**	**The Relationship of Physical Activity and Fruit and Vegetable Intake on Pulse Wave Velocity** *Allison L. Nave, Elizabeth K. Lenz, Ph.D., Craig O. Mattern, and Brooke E. Starkoff*	
10:50-11:00a **P-42**	**Effects of Acute Creatine Supplementation on Arterial Stiffness: a Pilot Study** *Morgan M. Vance, Meghan Shepherd, Austin T. Ortlip, Timothy Staudmyer, Aaron Tate-Moore, Vicente D. Rosette, Nabil E. Boutagy, John J. LaManca, Thomas K. Pellinger, Timothy J. Werner*	Joseph Alemany (10:30-11:10)
11:00-11:10a **P-43**	**Arterial Stiffness and Wave-Reflection in African-American and Caucasian-American Men After Acute Aerobic Exercise** *Catalina A. Chesney, Ryan M. Sapp, Lauren E. Eagan, James M. Hagberg, Sushant M. Ranadive*	_____
11:10-11:20a **P-44**	**Circulating Angiogenic Cell and Microparticle Response to Prolonged Sitting** *William S. Evans, Dan D. Shill, Rian Q. Landers-Ramos, Lee Stoner, Quentin Willey, Daniel Credeur, James M. Hagberg, Steven J. Prior and Erik D. Hanson*	
11:20-11:30a **P-45**	**Effects of a Multi-Ingredient Pre-Workout Supplement on Post-Exercise Brachial Artery Diameter and Blood Flow Velocity** *Alexis A. Pihoker, Brian J. Martin, Meaghan E. Beckner, Matthew E. Darnell, Alicia L. Kjellsen, Kim Beals, Shawn D. Flanagan, Mita Lovalekar, Bradley C. Nindl, Paul J. Arciero*	Ben Meyer, PhD (11:10-11:50)
11:30-11:40a **P-46**	**The Influence of a High Sodium Meal on Cerebrovascular Reactivity** *Kamila U Migdal, Austin T. Robinson, Joseph C Watso, Matthew C Babcock, Jorge M Serrador, William B Farquhar*	
11:40-11:50a **P-47**	**Ethnicity Does Not Affect Large Elastic Artery Stiffness After Acute Aerobic Exercise in Young Men.** *Lauren E. Eagan, Ryan M. Sapp, Catalina A. Chesney, Evelyn M. Zietowski, James M. Hagberg, Sushant M. Ranadive*	

Pennsylvania	Saturday Morning	Moderator
Poster Session : *Graduate* Biomechanics & Neural Control of Movement		
8:00-8:10a P-48	**Biomechanical Mediators of the Relationship between the Knee Osteoarthritis Phenotype and Knee Joint Compressive Forces** *Katherine J. Hunzinger, Daniel P. beavers, Stephen P. Messier*	Kathleen Sturgeon, PhD
8:10-8:20a P-49	**Effect of Treadmill-Based Resistance on Landing Strategy and Force Attenuation in Female Collegiate Lacrosse Players** *Joseph D. Sweeney, David J. Stearne, Kenneth P. Clark, Danielle N. Garfole, Tyler D. Whitacre, Dilys R. Hall, Samantha T. Pederson*	
8:20-8:30a P-50	**Hydrodynamic Flow Velocity Changes with Linear Increase in Flume Speed** *Kellen T. Krajewski, Dennis E. Dever, Anne Z. Beethe, Takashi Nagai, Elizabeth F. Nagel, Bradley C. Nindl, Chris Connaboy*	
Poster Session : *Graduate* Clinical Exercise Physiology, Athlete Care & Clinical Medicine		
8:30-8:40a P-51	**Do Taxane Based Chemotherapies Impair Improvements in VO_2 in Female Cancer Survivors?** *Henry Piascik, Karen Wonders, Stephen M. LoRusso*	Jason Metz, PhD
8:40-8:50a P-52	**Taxane Based Chemotherapies Impact on Balance and VO_2 in Female Cancer Survivors** *Maura Jegerski, Karen Wonders, Stephen M. LoRusso*	
8:50-9:00a P-63	**Inter- and Intra-rater Reliability of B-mode Ultrasound to Assess Body Fat Percentage** *Alexa J. Chandler, Samuel T. Dona, Kristina M. Monaco, Robert Monaco, Shawn M. Arent*	
9:00-9:10a P-54	**Obesity and Functional Status Predict Liver Transplant Waiting-List Death** *Breianna L. Hummer, Gloriany Rivas, Allison Baragona, Ian R. Schreibman, Kathryn H. Schmitz, Jonathan G. Stine*	
BREAK 9:10-9:20a		
Poster Session : *Undergraduate* Fitness Assessment and Training Poster Session		
9:20-9:30a P-55	**Test-Retest Reliability and Learning Effect of the Modified CTSIB Balance Protocol in a Geriatric Population** *Emily Walter, Emily Brocht, Ashley Carroll, Paula Johnson, H. Scott Kieffer*	Meghan Ramick, PhD
9:30-9:40a P-56	**The Reliability of an Isokinetic Dynamometer and Force Gauge in Measuring Core Strength** *Jackson A. Lohr, Rachel Caldwell, Nate Romberger, Joshua Beiler, Micaiah Sidell, Emily Walter, H. Scott Kieffer*	
9:40-9:50a P-57	**Assessing the Correlation between Functional Fitness and Living Arrangements in Older Adults** *Nathan A. Gardner, Helene M. Miller, Schuyler N. Harting, Julia B. Saccucci, Tyler W. Uhlig*	
9:50-10:00a P-58	**Influence of Recovery Positions on Cardiovascular Recovery** *Thomas P. McIntyre, Angela M. Tarabrella, Amanda C. Stubits, Abigail M. Wagner, Joohee I. Sanders*	

10:00-10:10a P-59	**Active and Passive Recovery Impact on Muscular Measures of Female Soccer Players** *Samantha Bray, Mariah M. Varner, Dontez King; Mathew Richman, Joohee I. Sanders*	Meghan Ramick, PhD
10:10-10:20a P-60	**Fatigue Induced Changes in Dynamic Balance in Trained Ballet Dancers** *Christine N. Enright, Nijiera I.R. Addison, Michael G. Wortley, Erin Quinn Bonczek*	
10:20-10:30a P-61	**Effects of Running in Solo, Partnered, and Group Conditions on Half Mile Completion Time** *Juwan M. Foster, Brady Mentzer, Byron Jones, Dustin Grubbs, Joohee I. Sanders, Samuel T. Forlenza*	
10:30-10:40a P-62	**Impact of Active and Passive Recovery on Metabolic Measures in Female Soccer Players** *Mariah M. Varner, Samantha Bray, Dontez King, Mathew Richman, Joohee I. Sanders*	
BREAK 10:40-10:50a		
10:50-11:00a P-63	**Effects of Caffeinated Chewing Gum on Repeated Sprint Performance in Recreationally Active Individuals** *Peter S. Greenland, Brooke R. Berridge, Matthew D. Simcox, Elizabeth D. Schultz, Kenneth P. Clark, Melissa A. Whidden*	Michael Holmstrup, PhD
11:00-11:10a P-64	**Responses of Caffeine Supplementation in Trained and Untrained Individuals during the Wingate Protocol** *Christa Sebeck, Nicole Martorella, Morgan Gantz, Dillon Nguyen, Jeannette Welch, Sam Forlenza, Turi Braun, Ben Meyer*	
11:10-11:20a P-65	**Bilateral Deficit in Common Resistance Training Exercises** *Everett C. Minchew, Michelle C. Furman, Kameron D. Matthews, Paul T. Cutrufello*	
11:20-11:30a P-66	**Upper Body Training Methods and their Effects on Lower Body Performance Tests** *Jonathan W. Hummel, Christopher A. Esposito, Jenna R. Bilancia, Katherine R. Cygan, Shala E. Davis, Shawn N. Munford*	
Poster Session : *Undergraduate* Epidemiology, Biostatistics, and Health Promotion Poster Session		
11:30-11:40a P-67	**Seasonal Differences in Active Transport among College Students** *James B. Kauffman IV, Oliver W.A. Wilson, Zack Papalia, Michele Duffey, Melissa Bopp*	Selen Razon, PhD
11:40-11:50a P-68	**Effect of Duration and Quality of Sleep on College Student Health Behaviors and Outcomes** *Anthony C. Rosso, Oliver W.A. Wilson, Zack Papalia, Michele Duffey, Melissa Bopp*	
11:50a-12:00p P-69	**The Influence of Physical Activity, Diet, and Substance Use on Academic Performance** *Peter J. Matthews, Oliver W.A. Wilson, Zack Papalia, Michele Duffey, Melissa Bopp*	

Chestnut/Dogwood	**Saturday Morning**	**Moderator**
Oral Presentations: *PhD/MS*		

8:00-8:15a	**Sleep Metrics are Associated with Markers of Cardiovascular Disease Risk in Youth** *Elissa K. Katulka, Alexandra E. Hirt, Michele N. D'Agata, Felicia R. Berube, Melissa A.H. Witman*	Nick Knuth, PhD
8:15-8:30a	**Impact of Estrogen on Low-Flow-Mediated Constriction** *Andrew V. Kuczmarski, Kelly N. Sebzda, Megan M. Wenner*	
8:30-8:45a	**2 Minute Walk Distance as a Predictor of VO_2peak in Non-Dialysis CKD** *Nicholas V. Chouramanis, Joseph M. Stock, Bryce J. Muth, Raymond R. Townsend, Danielle L. Kirkman, David G. Edwards*	
8:45-9:00a	**Renal Vascular Responsiveness to Sympathetic Activation is Not Affected to Prior High Intensity Exercise** *Jonathan R. Larson, Julia M. Benati, Christopher L. Chapman, Nicole T. Vargas, Blair D. Johnson, Penelope C. Lema, Zachary J. Schlader*	
9:15-9:30a	**Extra- and Intra-Renal Vascular Responses to Sympathetic Activation are Not Modified Following Cooling Recovery** *Christopher L. Chapman, Julia M. Benati, Nicole T. Vargas, Blair D. Johnson, Penelope C. Lema, Zachary J. Schlader*	
BREAK 9:30-9:45a		
9:45-10:00a	**Carotid Body Chemosensitivity to Hypoxia is Attenuated during Hyperbaric Hyperoxia** *Hayden W. Hess, Corey R. Carden, Bretty A. Siders, Lindsey N. Russo, Brian M. Clemency, David Hostler, Blair D. Johnson*	Emily Besecker, PhD
10:00-10:15a	**Oral Saline Consumption and the Exercise Pressor Reflex** *John J. Del Vecchio, Peter A. Hosick, Evan L. Matthews*	
10:15-10:30a	**Effects of Oral Saline Consumption on Heart Rate Variability and Cardiovagal Baroreflex Sensitivity** *Alexander L. Enrique, John J. Del Vecchio, Peter A. Hosick, Evan L. Matthews*	
10:30-10:45a	**Acute High Sodium Meal Consumption Does Not Impair Vascular Function in Young, Healthy Adults** *Katarina Smiljanec, Alexis U. Mbakwe, Macarena Ramos Gonzalez, Shannon L. Lennon*	
10:45-11:00a	**The Modulating Effects of Sunscreen and Simulated Sweat on Ultraviolet Radiation-Induced Microvascular Dysfunction in the Human Cutaneous Vasculature** *S. Tony Wolf, Anna E. Stanhewicz, Nina G. Jablonski, Sara B. Ferguson, W. Larry Kenney*	
BREAK 11:00-11:15a		
11:15-11:30a	**The Impact of Varying Exercise Protocols on Neurogenesis and Angiogenesis in the Dentate Gyrus** *Darrin A. Lenhart, Chad A. Witmer, Shala E. Davis, Gavin Moir, Christopher Esposito, Sharhan Perez*	Brittany Wilson, PhD
11:30-11:45a	**Racial Differences in the RAAS and its Relationship to Electrolyte Losses in Collegiate Athletes** *Shane McGinty, Sandra Fowkes-Godek, Morgan Worley, Austin Klock, Daniel Webb, Taylor Godek, John Taylor, Jackie Owens, Ro Adesina, Mark LaSorda, Katherine Morrison*	

11:45a-12:00p	**Effects of Mitochondrial Antioxidant Supplementation and Endurance Exercise Training on Microparticles and Endothelial Cell Integrity** *Daniel D. Shill, T. Bradley Willingham, W. Michael Southern, David. B. Rekhtman, Kevin K. McCully, James M. Hagberg, Nathan T. Jenkins*	Brittany Wilson, PhD
12:00-12:15p	**Initial Investigations of Satellite Cell-Derived Extracellular Vesicles as a Potential Therapeutic for Myopathies** *Kyle T. Shuler, Brittany E. Wilson, Eric R. Muñoz, Andrew D. Mitchell, Matthew B. Hudson*	
Ballrooms: MARC-ACSM Business Meeting and Award Ceremony Luncheon – 12:30 to 2:00p		

Elm/Fir	Saturday Morning	Moderator
Oral Presentations: MS/PhD		
Fitness Assessment & Training		
8:00-8:15a	**Reliability and Validity Analysis of the COSMED K5 Portable Metabolic System** *Lindsey E. White, Jacob P. DeBlois, Tiago V. Barreira*	Steve Prior, PhD
8:15-8:30a	**Influence of Testing Sequence on an Adult's Ability to Achieve Maximal Aerobic and Anaerobic Power** *Luke E. Stong, Luke Haile, Kyler S. Beyer, Jonathan M. Kollars, Cristina M. Alvine, Roslyn R. Pulcini, Joseph L. Andreacci*	
8:30-8:45a	**Muscular Fitness, Flexibility, Body Composition, and Physical Activity on the Prevalence of Low Back Pain** *Austin J. Sabo, Adam W. Naugle, Robert E. Alman, Madeline P. Bayles, Kristi L. Storti*	
8:45-9:00a	**The Effects of an Adjustable Workout System on Performance Gains in Collegiate Lacrosse Athletes** *Sabrina M. Murphy, Cory T. Walts, David J. Stearne, Kenneth P. Clark*	
9:00-9:15a	**Effects of a Single Dose Multi-Ingredient Pre-Workout Supplement on Aerobic and Anaerobic Performance in Men** *Meghan K. Magee, Jonathan M. Kollars, Allison B. McCracken, Marquez R. Norford, Palmer J. Steiner, Luke E. Stong, Joseph L. Andreacci, Luke Haile, Kyler S. Beyer*	
BREAK 9:15-9:30a		
9:30-9:45a	**Measured vs. Self-Report Height, Weight and BMI: Relationships with Health Outcomes and Behaviors** *Oliver W.A. Wilson, Christopher M. Bopp, Zack Papalia, Melissa Bopp*	Joanne Donoghue, PhD
9:45-10:00a	**Comprehensive Physical Activity Assessment of U.S. Army Initial Entry Training Using a Three-Tier Model** *Joseph A. Alemany, Joseph R. Pierce, Tyson L. Grier, Bruce H. Jones, Saundra A. Glover*	
10:00-10:15a	**A Backpack Hip Strap Does Not Influence Oxygen Consumption or Blood Pressure in 30 Minutes of Walking** *Angelica Del Vecchio, Ryan S. Delgado, Evan L. Matthews, William Sullivan, Peter A. Hosick*	
10:15-10:30a	**Caffeine Supplementation Effects on Repeated Wingate Sprints** *Karen R. Patel, Toni LaSala, Racine R. Emmons, Michael A. Figueroa, Jordan L. Cola, Jacob Dabon*	
BREAK 10:30-10:45a		
Psychology, Behavior & Neurobiology		
10:45-11:00a	**Action Boundary Perception Across 30 Days in an Isolated and Confined Environment** *Alice D. LaGoy, Aaron M. Sinnott, Kellen T. Krajewski, Richard J. Simpson, Joanne L. Bower, Candice A. Alfano, Christopher Connaboy*	Paul Cutrufello, PhD
11:00-11:15a	**Lower Extremity Motor Evoked Potential Latency as a Biomarker for Warfighter Fatigue: Preliminary Data** *Anne Z. Beethe, Felix Proessl, Adam J. Sterczala, Courtenay Dunn-Lewis, Christopher Connaboy, Bradley Nindl*	
	Prolonged Exposure to an Isolated, Confined, and Extreme Environment: Impact on Vigilance and Cognitive Function	

11:15-11:30a	*Aaron M. Sinnott, Kellen T. Krajewski, Alice D. LaGoy, Richard J. Simpson, Joanne L. Bower, Candice A. Alfano, Christopher Connaboy*	Paul Cutrufello, PhD
11:30-11:45a	**The Acute Effect of Deep Ventilatory Training on Cortical and Cardiovascular Activity** *Calvin M. Lu, Yingzhi Lu, Andrew A. Ginsberg, Kyle J. Jaquess, Bradley M. Ritland, Bradley D. Hatfield*	

Ash/Birch	Saturday	Chair/Moderator
Oral Presentations : MS/PhD		
Clinical Exercise Physiology & Nutrition		
8:00-8:15a	**The Effect of Sucrose vs Non-Nutritive Sweeteners on Blood Glucose Levels During Exercise** *Tyler R. Mortensen, Racine R. Emmons, Michael A. Figueroa, Christopher Seely*	Tania Flink, PhD
8:15-8:30a	**Mission Profile Characteristics of a Special Forces Deployment in Afghanistan** *William R. Conkright, Nicholas D. Barringer, James P. McClung*	
8:30-8:45a	**Patient Perceptions of a Cancer Rehabilitation Program Which Provides 12 Weeks of Individualized Exercise Prescription** *Travis Yahner, Karen Wonders, and Stephen LoRusso*	
Break 8:45 - 9:00A		
Oral Presentations: Undergraduate Awards		
9:00-9:15a	**The Influence of Caffeine and -163A>C CYP1A2 Polymorphisms on Power During the Wingate Anaerobic Test** *Caleb R. Smith, Julia Rodgers, Rachel J. Steckbeck, Madison R. Wright, Brian Shenk, Michael Shin, H. Scott Kieffer*	Evan Matthews, PhD
9:15-9:30a	**Enzymatic H2S Production Does Not Contribute to Local Heating Induced Endothelium-dependent Vasodilation** *Rachel Pitman, Gabrielle Dillon, Anna E. Stanhewicz, Jody L. Greaney FACSM, Lacy M. Alexander*	
9:30-9:45a	**Oxygen Desaturation in Sleep Apnea is Inversely Associated with Vascular Changes Following Exercise Training** *Christina Rubin, Laura Sullam, Michelle Ufua, Joseph Auble, Janvi Patel, Christopher Papandreou, Devon A. Dobrosielski*	
9:45-10:00a	**Effect of Acute Exercise on Endothelial Function in African American and Caucasian Men** *Evelyn M. Zietowski, Ryan M. Sapp, Lauren E. Eagan, Catalina A. Chesney, James M. Hagberg, Sushant M. Ranadive*	
10:00-10:15a	**Skeletal Muscle-Derived Extracellular Vesicle Uptake by Cardiomyocytes** *Andrew D. Mitchell, Brittany E. Wilson, Eric R. Muñoz, Kyle T. Shuler, Matthew B. Hudson*	
Break 10:15 – 10:30		
Poster Session: Professional		
Epidemiology, Psychology & Fitness		
10:30-10:40a P-70	**Appropriateness of the Godin Leisure-Time Exercise Questionnaire to Identify Physically Active College Individuals** *Mark A. Sutherlin, Kevin D. Dames, Kate Polasek*	J. David Mosinski, PhD (10:30-11:20)
10:40-10:50a P-71	**Assessing Health Trends and Disparities of College-aged Students at a Mid-Atlantic HBCU** *Megan A. Rothermel*	

10:50-11:00a **P-72**	**Assessing Self-Reported Physical Activity, Body Composition, and Bone Mineral Density in Wellness Fair Participants** *Kori A. Stauffer and Tania S. Flink*	J. David Mosinski, PhD (10:30-11:20) ——————— Tim Werner, PhD (11:20-12:00)
11:00-11:10a **P-73**	**Association Between Objectively Measured Body Fat Percentage and Two Indirect Measures of Adiposity** *Christopher M. Bopp, Oliver W.A. Wilson, Zack Papalia, Melissa Bopp*	
11:10-11:20a **P-74**	**The Effect of Cognitive Strategies on Brain Dynamics and Muscular Force During Maximal Voluntary Movement** *Andrew Ginsberg, Calvin M. Lu, Germano Gallicchio, Eric Elue, Joshua Teso, Mohammad Bah, Bradley Hatfield*	
11:20-11:30a **P-75**	**Exercise is Medicine Day on Campus: A Survey of Opinions and Attitudes** *Selen Razon, Annie O'Brien, Umit Tokac, Scott Heinerichs, Melissa A. Reed*	
11:30-11:40a **P-76**	**Acute Changes in Positive Well-being, Psychological Distress, and Fatigue After Group Exercise in Older Adults** *Tania S. Flink, Debra A. Stroiney, Kaitlin Wojnarowski*	
11:40-11:50a **P-77**	**Multi-ingredient Pre-workout Supplement Improves Cycling Anaerobic Power in Recreationally Active Men** *Meaghan E. Beckner, Brian J. Martin, Alexis A. Pihoker, Matthew E. Darnell, Alicia L. Kjellsen, Paul J. Arciero (FACSM), Mita Lovalekar, Kim Beals, Shawn D. Flanagan, Bradley Nindl*	
11:50-12:00p **P-78**	**More Cycling, Less Talking: Syllable Production, Attentional Focus, and Affective Responses Across Exercise Intensity Levels** *Erik Lind, Sarah Fuller, Eileen Gravani, Kevin Dames*	

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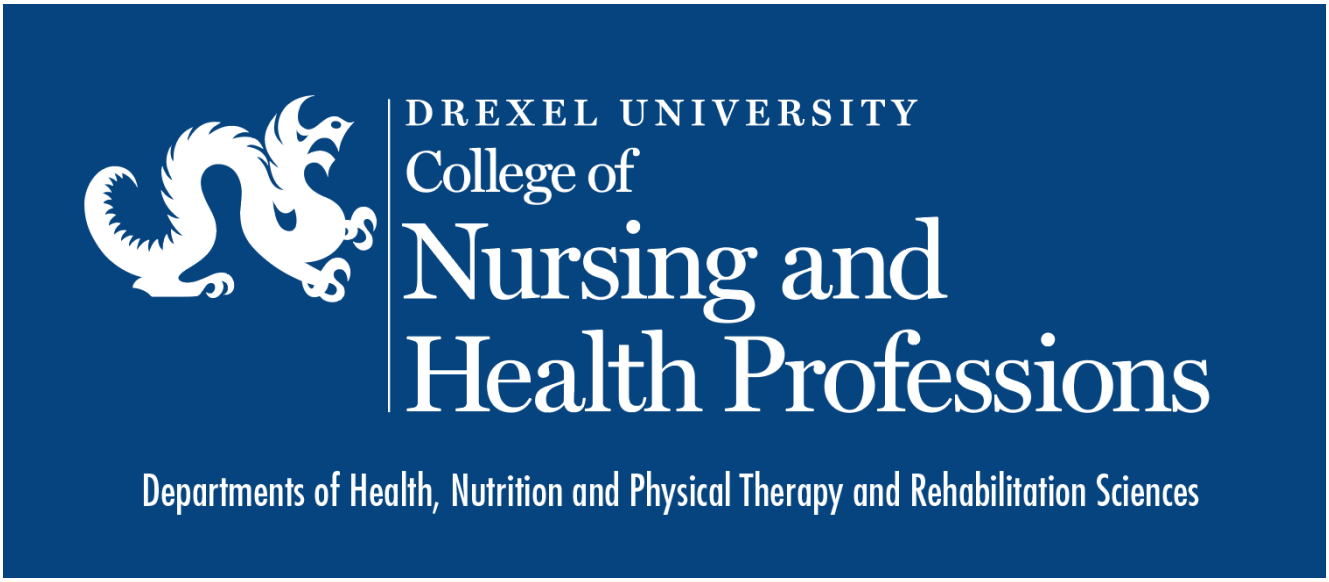
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