

MARC ACSM

 **ACSM**
Mid-Atlantic
Chapter

2025 ANNUAL MEETING

NOVEMBER 7 & 8

HARRISBURG, PA

KEYNOTE
LECTURE

**THIS SCIENTIFIC LIFE:
FROM PIPETTES TO
PEOPLE**

**11:00AM - 12:00PM
BALLROOM ABCDE**



DR. LACY ALEXANDER

Day 1 - Pre Keynote

Muscle Optimization 101: From Cells to Humans

SYMPOSIUM

8AM - 9:30AM

Epidemiological Investigations and Methods for Capturing Musculoskeletal Injuries in Military Populations

SYMPOSIUM

8AM - 9:30AM

Overuse Baseball Injury Mechanics

CLINICAL

8AM - 9AM

Empowering the Cancer Exercise Trainer: Designing Safe and Effective Exercise Prescriptions

CLINICAL

9AM - 10AM

From Application to Acceptance: Insider Tips for Getting into Graduate Allied Health Programs

TUTORIAL

10AM - 11AM

Free Communication Slides

8:00AM- 9:30AM

Poster Presentation - I

9:30AM- 10:30AM

Day 1 - Post Keynote

Stress and Cardiovascular Health

SYMPOSIUM

1:00PM - 2:30PM

The Case for Prehabilitation Exercise in Oncology

EIM

1:00PM - 2:00PM

How You Can Get Involved in the Physical Activity Alliance and The National Physical Activity Plan

ADVOCACY

2:30PM - 3:30PM

From Sci-Fi to Reality: Metabolic Manipulation & Countermeasures for Spaceflight and Beyond

SYMPOSIUM

3:00PM - 4:30PM

Should We Trust Our Thirst Mechanism? Evidenced-Based Breakdown of the Popular Phrase "If you are thirsty, you are already dehydrated"

CLINICAL

3:30PM - 4:30PM

Sleep Health and Athletic Performance: Optimizing Outcomes for Athletes at All Levels

CLINICAL

4PM - 5PM

Poster Presentation - II

2:30PM - 3:30PM

College Bowl, Social & Meet the Mentors

6:30PM - 9:30PM

Day 2

Non-invasive Assessment of Skeletal Muscle Health Using NIRS

SYMPOSIUM

8AM - 9:30AM

Showcasing biomechanics to evaluate movement, fitness, exercise, physical activity, health promotion, sport, and prevention and treatment of injury and disease

SYMPOSIUM

8AM - 9:30AM

From Kitchen to Competition: Implementing Culinary Nutrition in Sports Medicine for Optimal Performance and Health

TUTORIAL

8AM - 9:30AM

Neural Adaptations to Strength Training: How Much Do We Actually Know?

CLINICAL

9:30AM - 11:00AM

The Evolving Science of the Female Athlete Triad: Key Updates and Clinical Implications

CLINICAL

9:30AM - 11AM

Free Communication Slides

9:00AM - 11:00AM

PAST PRESIDENT LECTURE

Creatine Supplementation: Beyond Bro-Science

11AM - 12:15PM
BALLROOM ABCDE

Lunch Buffet & Awards



DR. ERIC RAWSON

Day 1 - Speakers

Skeletal Muscle Design

Dr. Stuart Phillips
Dr. Brian Glancy
Dr. Sarah Glancy

The Case for Prehabilitation Exercise in Oncology

Dr. Melanie Potiaumpai

Stress and Cardiovascular Health

Dr. David Almeida
Dr. Jody Greaney
Dr. Agus Surachman
Dr. Sun Ah Lee

Empowering the Cancer Exercise Trainer: Designing Safe and Effective Exercise Prescriptions

Dr. Kristofer Wisniewski

Epidemiological Investigations and Methods for Capturing Musculoskeletal Injuries in Military Populations

CPT Regis C Pearson
MAJ Shay Lopez
Dr. Joseph Pierce

Overuse Baseball Injury Mechanics

Dr. Michael Haines
Dr. Tyson Rose

How You Can Get Involved in the Physical Activity Alliance and The National Physical Activity Plan

Dr. W. Craig Stevens
Dr. Rick Howard

From Sci-Fi to Reality: Metabolic Manipulation & Countermeasures for Spaceflight and Beyond

Dr. Kate Flickinger
Dr. Dan Neofes
Dr. Ben Gordan
Dr. Marie Mortreux

Sleep Health and Athletic Performance: Optimizing Outcomes for Athletes at All Levels

Dr. Joanna Fong-Isariyawongse
Dr. Nick Yonko

From Application to Acceptance: Insider Tips for Getting into Graduate Allied Health Programs

Dr. Masoud Moghaddam
Dr. Stephanie McAllister
Dr. DeAnna Hickman

Should We Trust Our Thirst Mechanism? Evidenced-Based Breakdown of the Popular Phrase "If you are thirsty, you are already dehydrated"

Dr. Michelle Stehman

Day 2 - Speakers

*Non-invasive Assessment of
Skeletal Muscle Health Using
NIRS*

Dr. Rian Landers-Ramos
Dr. Nicolas Knuth
Dr. Stephen Ives

*From Kitchen to Competition:
Implementing Culinary Nutrition in Sports
Medicine for Optimal Performance and
Health*

Dr. Olivia Thomas

*Showcasing biomechanics to evaluate
movement, fitness, exercise, physical
activity, health promotion, sport, and
prevention and treatment of injury and
disease*

Dr. Allison Singles
Gina Garcia
Dr. Cabel McCandless
Dr. Lisa Custer

*Neural Adaptations to Strength Training:
How Much Do We Actually Know?*

Dr. Jason DeFreitas

*The Evolving Science of the Female
Athlete Triad: Key Updates and Clinical
Implications*

Dr. Kristen Koltun