2024 MARC-ACSM ANNUAL MEETING PROGRAM

ACSM Mid-Atlantic Chapter

NOV 1-2, 2024• LANCASTER CONVENTION CENTER

25 South Queen St. Lancaster, PA 17603

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WELCOME FROM MARC-ACSM PRESIDENT

It is my honor and privilege to welcome you to the 47th MARC-ACSM Conference. This year we have returned to Lancaster Marriott and Convention Center and have a program filled with outstanding speakers and topics. The MARC-ACSM Conference has seen many positive changes over the past few years. This year, the MARC-ACSM Board of Directors has spent time fine-tuning those changes based on the valued feedback from our membership.

We are particularly excited to welcome our keynote speaker, Dr. Maureen MacDonald, to MARC-ACSM this year. Dr. MacDonald is a Professor and Dean of Science at McMaster University. She will be sharing her research on “Sex and Gender Considerations in Vascular Exercise Physiology”. This research is part of a critical body of work that seeks to better understand female physiology and the implications that it has on medicine and sport. Amongst other sessions this year, we have several exciting clinical talks, including Dr. Jonathan French speaking about concussion diagnosis, Dr. Christopher Urbanek speaking about interventional orthobiologics, and Dr. Lili Barouch, speaking about the female athlete’s heart. We are also excited to welcome Drs. Carson Smith and Andrew Venezia will present on Exercise, Fitness and Cognitive Function. Among other sessions, we have Dr. Graeme Koelwyn speaking about exercise and the tumor microenvironment, and a Biomechanics Symposia featuring Drs. Erik Hummer and Peter Barrance. Finally, we will close out our 2024 meeting with our Past-President’s Lecture by Dr. Kevin Heffernan presenting on “Resistance exercise and arterial stiffness: something old, something new, something borrowed and something blue”.

In addition to these sessions, we welcomed back proposed tutorial lectures and symposia to this 2024 conference and were thrilled with the response from our membership. We’ve received proposals covering a variety of topics that cover a nearly comprehensive field in exercise and sports medicine. Specifically, our program covers subjects such as metabolic flexibility and diet, long-term youth athlete development, obesity treatment, RED-S, wearable technology, pediatric exercise physiology, military health, performance, and sleep, gut microbiome and metabolomics, head trauma, and sodium and cardiovascular health. We are thrilled to have these speakers share their expertise this year!

We are also excited to have offered our inaugural DEI-B Fellowship this year, with recipients from each state within the Mid-Atlantic region. This Fellowship is just one of many steps that MARC-ACSM is taking to expand our reach and celebrate diversity. We also have several student events that we hope will benefit our student membership. As we have in the past, we look forward to hearing the presentations from our 5 finalists in each of the undergraduate, masters, and doctoral award categories.

WELCOME FROM MARC-ACSM PRESIDENT

We also look forward to re-introducing opportunities for student slide presentations this year and you may also notice that several of our Symposia feature student researchers presenting alongside faculty. These sessions, along with our free communication poster session will provide a variety of opportunities for students to showcase their work.

Meet the Experts will be held on Friday afternoon followed by the College Bowl. Following the footsteps of last year, we will host a combined student and faculty social event immediately after the College Bowl that will feature yard games and a cash bar. Please stick around on Saturday for our student professional development talk by Dr. Sara Campbell entitled “Ciff’s Notes on Abstract, Posters, and Presentations: How to Wow with your Science”. This presentation will be followed by a complimentary buffet lunch served as we announce our 2024 award winners!

Finally, I want to thank the MARC Board for all their time and behind-the-scenes work preparing for the 2024 Conference. A special thank you goes out to our Executive Director, Steve LoRusso, and our Associate Executive Director, Joohee Sanders for all their tiresome work and commitment to this Chapter. I also want to thank our Past-President, Emily Sauers, for her guidance and our President-Elect, Sushant Ranadive, for his support in putting the program together. Pete Hosick, Vice President, is thanked for his organization of moderators, AV, and speaker-ready room. Our Member-at-Large for Research co-chairs, Chris Harnish and Steve Prior, are thanked for their work managing abstract reviews and awards sessions. The Research Committee is also thanked for their expertise in evaluating the abstracts and selecting the awards finalists. Our Member-at-Large for EXPO, Brian Larouere and Meghan Ramick, are thanked for securing sponsors and organizing the EXPO and Grad Fair. Physicians-at Large, Joe Andrie and Stephanie Carey, are thanked for recruiting an impressive crop of physician sessions and for their efforts in organizing and implementing CMEs. Secretary, Racine Emmons, is thanked for her meticulous documentation of meeting discussions and for promoting our social media platforms this year. Cynthia Weiner, Graduate Student Representative, is thanked for all her efforts in organizing the College Bowl and coordinating our Meet the Experts session. Finally, longtime Board member and Regional Representative, Sara Campbell, is thanked for her outstanding leadership amongst the state representatives, communication with National, and her successful efforts to bring a DEI-B Fellowship to our Chapter. As one can see it takes a village of people volunteering their time to make an event like this happen. I am extremely grateful for this team I’ve had the honor of working with.

Thank you for joining us at the 2024 MARC-ACSM Conference in Lancaster. We look forward to a productive and informative meeting!

Sincerely,

Rian Landers-Ramos, Ph.D., CSCS
MARC-ACSM President

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Mid-Atlantic ACSM

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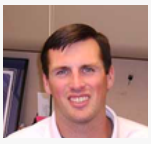

PA STATE REPRESENTATIVE

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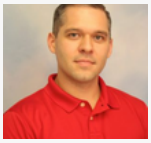
East Stroudsburg University



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University of Scranton

If interested in serving as a state representative, please email Dr. Sara Campbell at saracamp@kines.rutgers.edu

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2023 - Emily Sauers
2022 - Michael Bruneau, Jr.
2021 - Devon Dobrosielski
2020 - Melissa Reed
2019 - Kevin Heffernan
2018 - David Edwards
2017- Sara Campbell
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2015 - Scott Mazzetti
2014 - Gene Hong
2013 - Eric Rawson
2012 - Bill Farquhar
2011 - H. Scott Kieffer
2010 - Kristie Abt
2009 - Jim Roberts
2008 - Steven Siconolfi
2007 - Mark Sloniger
2006 - Matthew Kerner
2005 - Jill Kanaley
2004 - Shala Davis
2003 - Dan Drury
2002 - Brad Hatfield
2001 - Carlos Crespo
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1999 - Betsy Keller
1998 - Sam Case
1997 - Michael Cox
1996 - Karen Mittleman
1995 - Thomas Doubt
1994 - W. Craig Stevens
1993 - M. Paternostro-Bayles
1992 - M. Paternostro-Bayles
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1988 - Elsworth Buskirk
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Al Paolone
Zeb Kendrick
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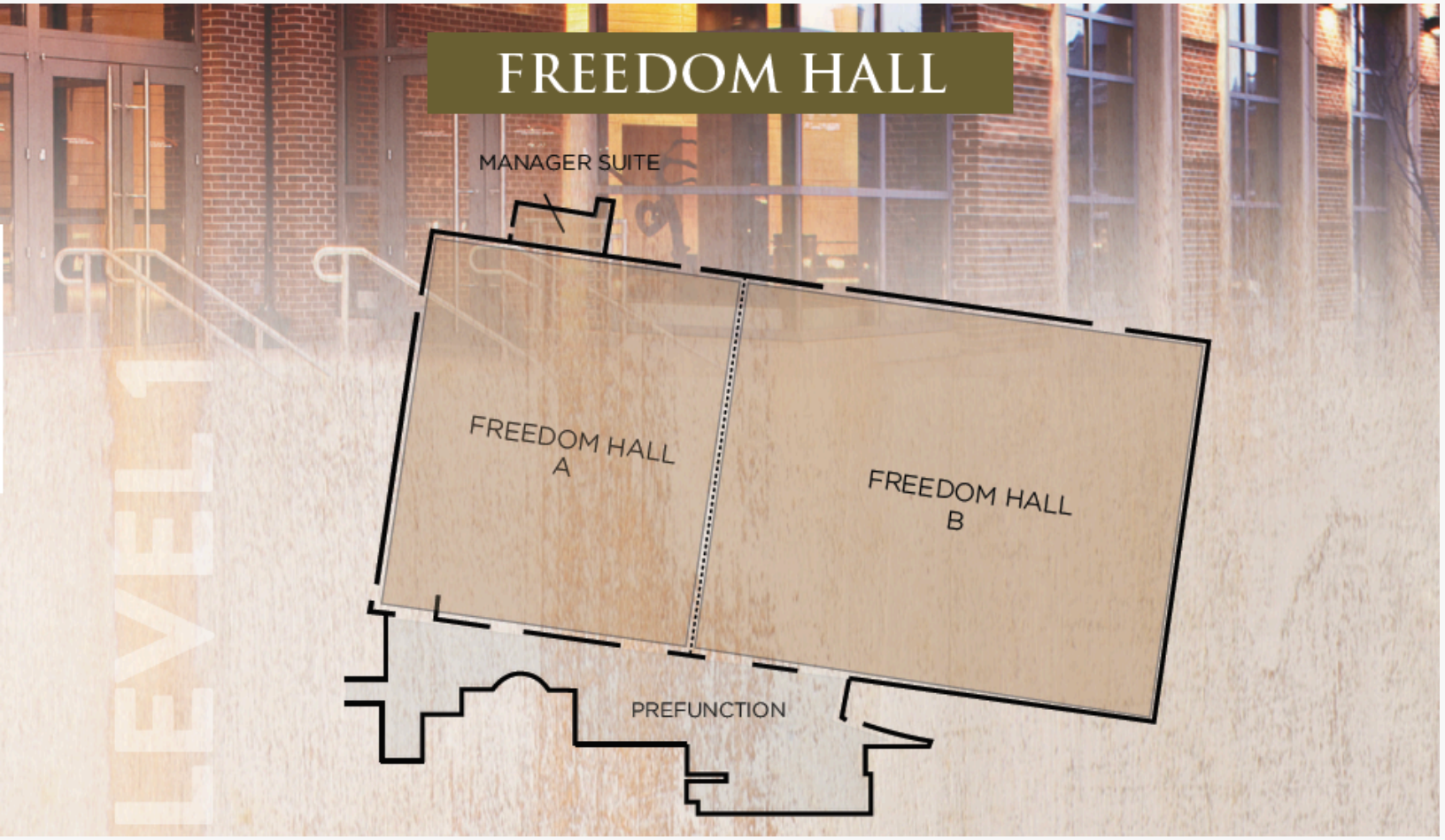
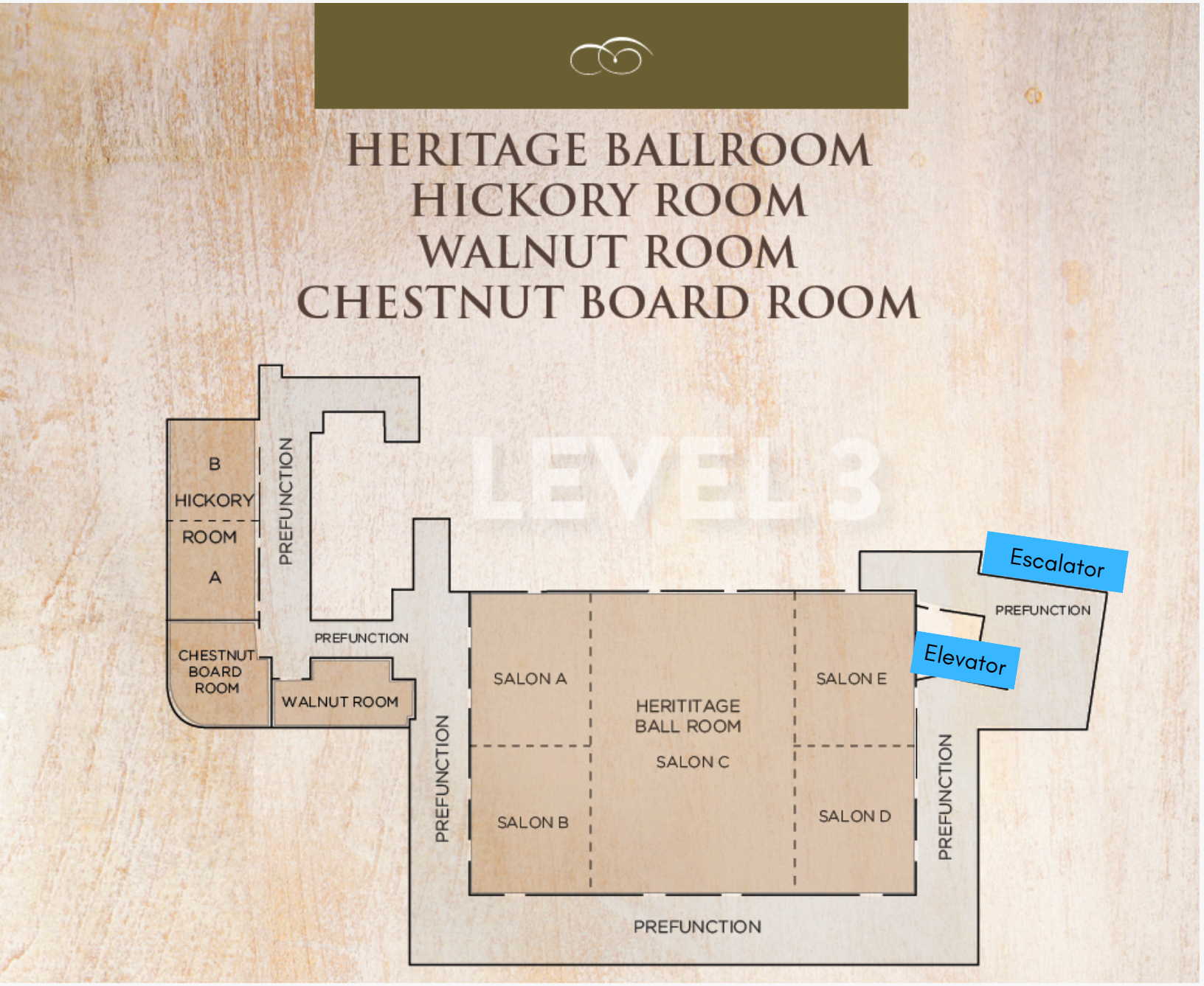
LANCASTER CONVENTION CENTER FLOOR PLANS: LEVEL ONE



LANCASTER CONVENTION CENTER FLOOR PLANS: LEVEL TWO

LANCASTER CONVENTION CENTER FLOOR PLANS: LEVEL THREE



Below are several options to grab a quick lunch on Friday from nearby locations

Lancaster Central Market
23 N Market St, Lancaster, PA 17603 (~1 min walk)
Historic public market located in Penn Square with a variety of foods from the Pennsylvania Dutch!

Southern Market
106 S Queen St, Lancaster (~3 min walk)
Just a block away from the center of downtown Lancaster, and offers a variety of cuisines. Nearly all of the market vendors offer vegetarian or vegan foods!

New Holland Coffee Co.
29 East King St. Lancaster, PA 17602 (2 min walk)
Coffee shop with a wide variety of breakfast and lunch items. You can even order on their website for a meal on the go!

Oola Bowls
23 N Market St. Lancaster, PA 17602 (7 min walk)
Features acai bowls or order ingredients to make your own.

Silantra Asian Street Kitchen
101 East King St., Lancaster, PA 17602 (3 min walk)
Healthy, fast, and casual eating. They feature a variety of foods with both vegan and meat options.

Cocina Mexican
112 N Water St. Lancaster, PA 17603 (8 min walk)
Authentic Mexican restaurant in downtown Lancster. Known for having great tacos!

Lunch

Below are several options to grab a quick lunch on Friday from nearby locations

Cabalar Meat Co.
325 N Queen Street, Lancaster, PA 17603 (9 min walk)
Butcher shop and eatery that also has several vegetarian options.

John J Jeffries
300 Harrisburg Ave., Lancaster 17603 (20 min walk)
Delicious seasonal, farm fresh dishes that showcase the best of what Lancaster County has to offer. They are very accommodating to vegetarian and vegan guest and will make adjustments and substitutions to their menu- just be sure to ask your server.

Annie Bailey's Irish Public House
28 East King Street, Lancaster (2 min walk)
Stop by for a pint, whiskey or a specialty cocktail while you enjoy live music and a hefty dose of community and pub vibes.

Quip's Pub
457 New Holland Avenue, Lancaster (20 min walk)
This local watering hole is a little slice of England right here in Downtown Lancaster, with popular British cuisine and drinks to match.

Tellus360
24 East King Street, Lancaster (1 min walk)
A Lancaster favorite for live music and great drinks, Tellus360 features a super cool rooftop bar that's open year-round, multiple stages, and even a speakeasy – all under one roof.

REGISTRATION INFORMATION

PRE-REGISTRATION PICK-UP TIMES

FEDERAL ROOM B (LEVEL 2)

THURSDAY 7-9 PM

FRIDAY 7 AM-5 PM

SATURDAY 7-9 AM

ON-SITE REGISTRATION TIMES

FEDERAL ROOM A (LEVEL 2)

FRIDAY 7 AM-5 PM

SATURDAY 7-9 AM

ATTENDEE INFORMATION

CONTINUING EDUCATION CREDITS

MARC-ACSM is an approved CEC provider for ACSM. Your CEC Certificate will be available for download from the MARC-ACSM website after the meeting has concluded. The ACSM's Professional Education Committee certifies that this Continuing Education offering meets the criteria for 10 credit hours of ACSM Continuing Education Credit (CEC).

SPEAKER READY ROOM

The Speaker Ready Room will be in the Constitution Board Room (Level 2)

Those presenting in **Professional, Early Investigator** and **Student Awards sessions,** are asked to bring their PowerPoint presentations on a jump drive to the speaker ready room at their earliest convenience, but no later than 2 hours prior to the start of their session, e.g. before 11 am for a session that begins at 1 pm, regardless of when the speaker speaks during that session.

Speakers are asked to bring their PowerPoint presentation on a jump drive and load it directly to the computer in their presentation space 15 minutes prior to the start of their session. Invited speakers are welcome to test their PowerPoint presentation in the speaker ready room on a computer similar to those in the presentation spaces.
For the convenience of all our speakers, the speaker ready room will be open during the following hours:

Thursday, October 31st 6:30 pm - 7:30 pm
Friday, November 1st 7:30 am - 11 am; 12:30 -3 pm
Saturday, November 2nd 8 am - 10am

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ATTENDEE INFORMATION

COLLEGE BOWL - SPONSORED BY PARVO MEDICS

College Bowl will be held in the Commonwealth Room on Friday, November 1st from 7pm to 8:30pm

FACULTY AND STUDENT SOCIAL

Join us for the joint faculty and student social in the Commonwealth Room from 8:30pm to 10:30pm (following the College Bowl). Come and enjoy snacks, games and a cash bar!

AWARDS AND LUNCH - SATURDAY 11 AM

Please join us on Saturday for a lunch buffet in the Heritage Room, which will be accompanied by the award ceremony.

MARC-ACSM RESEARCH AWARDS

Matthew Kerner Undergraduate Student Investigator Award

Eligible individuals are any current or recently graduated UG student. Recently graduated students regardless of current employment status (i.e. professionally employed or enrolled in a Master's level program) are eligible provided the work was completed as an undergraduate student and they are not more than one semester removed from UG graduation. 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 Regional Chapter 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.

Master's Student Investigator Award

Eligible individuals are any current or recently graduated Master's level student. Recently graduated students regardless of current employment status (i.e. professionally employed or enrolled in a PhD level program) are eligible provided the work was completed as a Master's student and they are not more than one semester removed from graduation with their Master's degree. The purpose of this award is to recognize and support Master's level student investigative research. The winner receives a plaque and $400. All Master's level students who submit an abstract for a Free Communications/Slide presentation at the MARC Regional Chapter 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.

Doctoral Student Investigator Award

Eligible individuals are any current or recently graduated student in a doctoral or medical program. Students that recently completed their doctoral or medical program are eligible provided they are currently employed as a post-doctoral fellow or equivalent (those employed in faculty positions are NOT eligible) and they are not more than one semester removed from their doctoral or medical program completion. 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 doctoral or medical students who submit an abstract for a Free Communications/Slide presentation at the MARC Regional Chapter 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.

2024 RESEARCH COMMITTEE

The MARC-ACSM Executive Board would like to thank the 2024 Research Committee for their hard work in reviewing abstract submissions and evaluating research award nominees.

Chris Harnish, Committee Chair	Virginia Commonwealth University
Steve Prior, Committee Co-Chair	University of Maryland
Regis Pearson	Defense Centers of Public Health – Aberdeen
Karl Kozlowski	Canisius University
Donal Murray	George Washington University
Nick Knuth	Towson University
Masoud Moghaddam	University of Maryland Eastern Shore
Ben Gordon	University of Pittsburgh
J. Luke Pryor	University at Buffalo
Alexei Wong	Marymount University
Maxime Caru	Pennsylvania State University
Lauren Pacinelli	Frostburg State University
Elizabeth Bell	Towson University
Candace Longoria	Rutgers University
Pragya Sharma Ghimire	Kean University

H. SCOTT KIEFFER SERVICE AWARD

The MARC-ACSM Executive Board honors and recognizes Dr. David Edwards from University of Delaware as the 2024 recipient of the H. Scott Kieffer Service Award.
Please join us in congratulating and thanking David Edwards for his service to the MARC-ACSM.

Dr. Dave Edwards is Professor and Chair of the Department of Kinesiology and Applied Physiology at the University of Delaware. He received his BS from the University of Delaware, MS from Wake Forest University, and PhD from the University of Florida. His research interests include the study of vascular physiology and arterial hemodynamics in health and disease and the effects of diet and exercise on vascular health. His work has been funded by the National Institutes of Health and the American Heart Association. Dr. Edwards previously served as the Associate Dean of Research for the College of Health Sciences and he currently leads the Center of Biomedical Research Excellence in Cardiovascular Health, an NIH funded center with the goal of catalyzing cardiovascular related research at UD.

Dr. Edwards regularly attends the MARC ACSM annual meeting, and his students routinely present their research findings. He co-chaired the World Congress on Basic Science in Exercise and Vascular Health for the 2022 ACSM annual meeting and previously served on the MARC annual meeting program committee, on the MARC research committee, as a member at large on the MARC board, and as MARC president.

SOCIAL MEDIA: FOLLOW MARC-ACSM

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Lancaster Marriott and Convention Center

TAG US THROUGHOUT THE MEETING USING #MARC24

PROGRAM AT A GLANCE:
FRIDAY (PRE-LUNCH)

Time	Event	Location
8:00am – 10:00am	Poster setup	Commonwealth
8:00am – 9:00am	Evidence Based Treatment of Concussion: From Risk Factors to Recovery	Hickory
9:00am – 10:00am	Assessing 20 years of Metabolic Flexibility Research in Humans: What's Next?	Independence
9:00am – 10:00am	Exercise, Fitness, and Cognitive Function	Heritage – AB
9:00am – 10:00am	Survival of the Strongest: Foundational Strength for Lifelong Development	Heritage – C
9:00am – 10:00am	Weighing Your Words: The Role of The Fitness Professional in Addressing Weight-Related Bias, Stigma, And Managing Misconceptions in Obesity Treatment	Heritage – DE
9:00am – 10:00am	Basic Science and Clinical Applications of Interventional Orthobiologics	Hickory
10:00am – 11:00am	Impact of Low and High Carbohydrate Diets on Performance, Metabolism, and Cardiometabolic Health in Athletes	Independence
10:00am – 11:00am	The Female Athlete's Heart: Differences in Cardiac Risks and Remodeling	Hickory
11:15am – 12:30pm	Keynote Address - Sex and Gender Considerations in Vascular Exercise Physiology	Heritage
12:30pm – 1:30pm	Lunch (nearby places listed on page 11-12)	

Please see page 12 for information about the speaker-ready room.

PROGRAM AT A GLANCE:
FRIDAY (POST - LUNCH)

Time	Event	Location
1:00pm – 3:30pm	Clinical Case Presentations	Hickory
1:30pm - 2:30pm	Poster Presentation (Free Communication)	Commonwealth
1:30pm - 2:30pm	Slide Presentations - Free Communication I & II	Heritage ABC
1:30pm - 2:30pm	Professional Slides & Early Investigator Award Presentations	Heritage DE
2:45pm - 4:00pm	Doctoral Award Finalist Presentations	Independence
2:45pm - 4:00pm	Master's Award Finalist Presentations	Heritage AB
2:45pm - 3:45pm	Exercise and the Tumor Microenvironment	Heritage C
2:45pm - 3:45pm	Moving Beyond the Female Athlete Triad: Relative Energy Deficiency in Sport	Heritage DE
4:00pm - 5:00pm	Meet the Experts	Independence
4:00pm - 5:00pm	Exercise is Medicine	Hickory
4:00pm - 5:00pm	Harnessing Wearables for Enhanced Physical Activity Insights	Heritage AB
4:00pm - 5:30pm	Pediatric Exercise Physiology is Not for Small Adults: Exercise Physiology, Testing, Rehabilitation, and Research in Children	Heritage C
4:00pm - 5:30pm	Optimizing Military Health and Performance: Advancements in Physiological Assessment and Monitoring	Heritage DE
7:00pm - 8:30pm	**College Bowl**	Commonwealth
8:30pm - 10:30pm	**Social & Special Interest Groups**	Commonwealth

Please see page 12 for information about the speaker-ready room.

PROGRAM AT A GLANCE:
SATURDAY

Time	Event	Location
7:30am - 8:00am	MARC Business Meeting (Open to All)	Hickory
8:00am - 9:15am	UG Award Finalist Presentations	Commonwealth - 1
8:00am - 9:15am	Clinical Biomechanics: Patient Driven Interventions	Commonwealth - 2
8:00am - 9:30am	Interaction of Gut Microbiota, Metabolomics, and Chronobiology for Lifestyle Mediated Health	Commonwealth - 4
8:00am - 9:30am	Head Trauma as a Lifelong Condition: From Repetitive Head Impacts to Traumatic Brain Injury	Independence
9:30am - 11:00am	The Implications of Sodium on Cardiovascular Health	Commonwealth - 1
9:30am - 11:00am	Cliff's Notes on: Abstracts, Posters and Presentations: How to Wow with Your Science	Commonwealth - 2
9:30am - 11:00am	Slide Presentations - Free Communication III	Commonwealth - 4
9:30am - 11:00am	Musculoskeletal Injury and Physical Performance Related Factors in Military Populations	Independence
11:00am - 11:30am	Lunch Buffet and Awards	Heritage
11:30am - 12:15pm	Past President's Lecture: Resistance Exercise and Arterial Stiffness: Something Old, Something New, Something Borrowed and Something Blue	Heritage

Please see page 12 for information about the speaker-ready room.

KEYNOTE SPEAKER

Maureen MacDonald, Ph.D.

Maureen J MacDonald received her Honours BSc in Chemistry from Acadia Universityin 1991 and her MSc (1993) and PhD (1998) in Kinesiology from the University of Waterloo. After post-doctoral research fellowships at the University of British Columbia and the University of Western Ontario she started her academic career as a faculty member at Wilfrid Laurier University. Since 2000 she has been a faculty member in the Department of Kinesiology at McMaster University, where she is a full professorand the Dean of Science. As director of the Vascular Dynamics Laboratory,she conducts research in the area of exercise physiology with specialization in the application of ultrasound techniques to the assessment of the peripheral blood vessels. She was awarded the Canadian Society for Exercise Physiology Mentorship award in 2018. Dr. MacDonald has been continually funded by the Natural Sciences and Engineering Council of Canada since 2001, and currently is also funded by the Canadian Institutes of Health Research. Dr. MacDonald is a member of the Canadian Society for Exercise Physiology, the American College of Sports Medicine, the American Physiological Society,and the European College of Sports Science. She is the Chair of the Canadian Society for Exercise Physiology Equity, Diversity and Inclusion Committee, a member of McMaster University's Equity, Diversity and Inclusion Strategy Steering Committee and a Board Member for Interval House Hamiltonwhich provides emergency shelter, safety planning and support services for women who have experienced abuse or violence.

Join us for Dr. MacDonald's keynote address in the Heritage Ballroom on Friday, November 1st

PAST-PRESIDENT'S LECTURE

Kevin Heffernan, Ph.D.

Kevin Heffernan, PhD., FACSM, is an Associate Professor of Movement Science & Applied Physiology in the Department of Biobehavioral Sciences at Teachers College, Columbia University. His current research explores the impact of exercise (with an emphasis on resistance exercise) on vascular and neurocognitive aging. His teaching obligations include courses in applied physiology and advanced research methods in applied physiology. In addition to being a fellow of the American College of Sports Medicine and past president of the mid-Atlantic regional chapter, he is also an active member of the North American Artery Society. When not hanging out with students in the lab or writing papers about exercise, Dr. Heffernan can be found lifting weights or training to become a professional pickleball player.

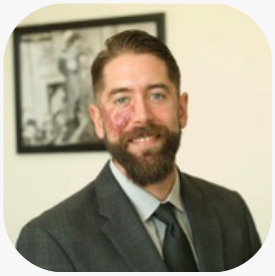
Join us for Dr. Heffernan's Past President Lecture in the Heritage Ballroom on Saturday, November 2nd.

SPEAKERS

J. Carson Smith, Ph.D., FACSM, FNAK

Dr. Smith graduated summa cum laude with a double major in Psychology and Exercise Science from Arizona State University. He went on to complete his doctoral degree in Kinesiology at the University of Georgia, and then a post-doctoral fellowship in Affective Neuroscience at the University of Florida. Dr. Smith is focused on understanding how exercise and physical activity, from single sessions of exercise to long-term exercise training,affect human brain function and cognition, particularly in older adults. Dr. Smith's investigations use magnetic resonance imaging (MRI), neuropsychological testing, and analyses of blood biomarkers to document how exercise protects the brain from age-related cognitive decline and Alzheimer's disease,as well as mental health problems such as depression and anxiety. Dr. Smith and his team of collaborators are currently interested in the potential efficacy for acute and chronic exercise to affect brain function and protect memory in healthy older adults at increased genetic risk for Alzheimer's disease, as well as in patients diagnosed with Mild Cognitive Impairment (MCI). His research is currently funded by grants from the NIH-National Institute on Aging.

Andrew Venezia, Ph.D.



Dr. Andrew Venezia is an Associate Professor in the Department of Health and Human Performance at The University of Scranton. He joined The University of Scranton faculty in 2016 after earning his PhD in Neuroscience and Cognitive Science from the University of Maryland. Prior to his doctoral studies, he earned his bachelor's and master's degrees in Exercise Science from Bloomsburg University of Pennsylvania. Dr. Venezia studies the influence of physical activity on cognitive function and is specifically focused on understanding the mechanisms that underlie beneficial changes to brain function in response to physical activity and exercise. Dr. Venezia began investigating the impact of long-term exercise on cognitive function in older adults. He later transitioned to investigating cellular and molecular adaptions in the rodent brain following chronic exercise, acute exercise, and in utero exercise exposures. Most of his research has focused on the hippocampus, a brain region that is uniquely sensitive to the effects of physical activity and is important for learning, memory, and emotion.Currently, Dr. Venezia is primarily interested in the immediate and delayed effects of acute high-intensity exercise on learning,memory, and mood.

Graeme Koelwyn, Ph.D.

Dr. Graeme Koelwyn is the Dr. James Hogg Chair and Tier 2 Canada Research Chair in Public Health 'Omics in Exercise and Disease at St Paul's Hospital, and an Assistant Professor in the Faculty of Health Sciences at Simon Fraser University in Vancouver, Canada. He received his PhD in Pathobiology and Translational Medicine at the NYU Grossman School of Medicine in 2019. He then completed his postdoctoral training at Memorial Sloan Kettering Cancer Center in New York City. He joined SFU and the Centre for Heart Lung Innovation at St. Paul's in 2021.Dr. Koelwyn's research focusses on the role of exercise in modulating the inflammatory-immune axis to improve outcomes in individuals at risk for, or diagnosed with, cancer and/or cardiopulmonary diseases. His lab utilizes a translational 'omics-based research framework spanning molecular, cellular, tissue and systemic (host) biology, integrated with epidemiology and computational approaches, to discern the mechanisms of exercise-induced disease protection.

SPEAKERS

Erik Hummer, Ph.D.

Erik Hummer, Ph.D. is an Assistant Professor in the Department of Kinesiology and Heath at Rutgers, The State University of New Jersey. He is the director of the Rutgers Applied Biomechanics Laboratory (RABL)and serves as a member on the leadership committee for the American Society of Biomechanics (ASB) Early Career Faculty Affinity Group. His current research emphasis includes the use of visual feedback to enhance rehabilitation for patient populations including individuals post total knee arthroplasty and diagnosed with cerebral palsy. His research has been funded by The New Jersey Health Foundation (NJHF) and the International Society of Biomechanics (ISB). His wider research focus involves clinical biomechanics, cycling biomechanics, and human performance.

Sara C. Campbell, PhD, 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. She has publications in several journals including Atherosclerosis, Preventive Medicine, Exercise and Sports Science Reviews, Medicine and Science in Sports and Exercise, PLoS ONE, Nature Scientific Reports, Aging Cell and Journal of Applied Physiology. She is a Fellow of the American College of Sports Medicine, Regional Representative in the MARC Regional Chapter, and on the National Regional Representative Committee. In 2022, she was awarded the Scott H. Kieffer MARC ACSM Service Award. I have been a member of ACSM since 1999, celebrating 25 years of membership and commitment this year!

Cayce A. Onks, DO, MS, AT

Dr. Onks started his career in Sports Medicine as a Certified Athletic Trainer following graduation from The University of Tennessee with a degree in Exercise Science and Master's Degree in Athletic Training from Ohio University. Dr. Onks returned to school after several years of practice to receive his medical degree from the Philadelphia College of Osteopathic Medicine (PCOM). He completed a Family Medicine residency program at the Wake Forest University in Winston-Salem, North Carolina and Sports Medicine Fellowship training at Penn State University in State College. Dr. Onks is an academic physician who has practiced as a Family and Sports Medicine physician since 2012 and is a Professor in the departments of Family Medicine and Orthopedics for the Penn State College of Medicine. He was part of the leadership team implementing the Physical Activity Vital Sign into the Penn State Health System as well as developing infrastructure for exercise consultation referrals to happen in the medical setting.

SPEAKERS

Lili A. Barouch, MD

Dr. Barouch is the Director of Sport Cardiology and Associate Professor of Medicine in the Division of Cardiology, Department of Medicine, Johns Hopkins University School of Medicine. Dr. Barouch received her undergraduate degree from Harvard University in 1992 and her medical degree from Johns Hopkins in 1996. She continued at Hopkins for residency in Internal Medicine, completed in 1999, followed by fellowship in Cardiovascular Disease and Advanced Heart Failure/Transplant, after which she joined the Hopkins faculty in 2003. Dr. Barouch is an expert in sports cardiology, cardiac care for athletes, outpatient management of advanced heart failure and cardiomyopathy, and women's cardiovascular health. She is the founder of the Johns Hopkins Sports Cardiology Program, which provides expert cardiac care to athletes of all types and abilities.

Avery Faigenbaum, EdD, ACSM-CEP, CSCS

Dr Avery Faigenbaum is a Full Professor in the Department of Kinesiology and Health Sciences at The College of New Jersey. His research interests focus on resistance training, pediatric exercise science, and physical activity promotion. He has co-authored over 250 scientific publications, 50 book chapters and 10 books including ACSM's Essentials of Youth Fitness. He has been an invited speaker at more than 300 national and international conferences. He is a Fellow of the American College of Sports Medicine, the National Academy of Kinesiology and of the National Strength and Conditioning Association. He was awarded the Boyd Epley Lifetime Achievement Award from the National Strength and Conditioning Association in 2017.

Jong Cheol Shin, PhD

Jong Cheol Shin is an Assistant Professor at the College of Health at Lehigh University. His primary research interests center on examining individual and community-level environmental exposures and their impact on human behaviors, specifically sleep and physical activity. He utilizes health technologies, including mobile and wearable devices, to conduct his studies.

Matthew Barberio, PhD

Dr. Barberio is an Assistant Professor in the Department of Exercise and Nutrition Sciences and a Special Volunteer in the Children's Research Institute at Children's National Medical Center. Dr. Barberio's research efforts are concentrated on understanding systemic metabolic and molecular changes in skeletal muscle, adipose tissue, and plasma in individuals with obesity and metabolic syndrome. Dr. Barberio's laboratory utilizes a translational approach that includes combining feeding and exercise protocols with molecular techniques such a transcriptomics and metabolomics.

SPEAKERS

Jessica L. Garay, PhD, RDN, CSSD, FAND

Jessica L. Garay, PhD, RDN, CSSD, FAND, is an Assistant Professor in the Department of Nutrition and Food Studies at Syracuse University. Her main areas of professional interest include women's health and sports nutrition, particularly the impact of health behaviors during pregnancy on short-and long-term maternal and fetal outcomes and the impact of diet quality and energy availability on exercise performance for female athletes. Dr. Garay teaches undergraduate and graduate courses in Research Methods, Dietary Supplements, and Sports Nutrition. She is also the consulting sports dietitian for LeMoyne College Athletics. Dr. Garay earned a PhD in Science Education from Syracuse University, a MS degree in Exercise Science from George Washington University, and BS degrees in Nutritional Sciences and Human Development from Cornell University.She is a Registered Dietitian Nutritionist and has worked at the Food Bank of Central New York, Washington (DC) Cancer Institute, and in her private practice, Major League Wellness. In addition, Dr. Garay is a Board-Certified Specialist in Sports Dietetics, a Certified Strength and Conditioning Specialist, and a 200-hour Registered Yoga Teacher.

Daehyoung Lee, PhD

Daehyoung"DH" Lee, PhD is currently an Assistant Professor of Health Behavior Sciences at the University of Delaware. His research centers around physical activity and health promotion in people with and without disabilities using interactive technologies, such as mobile health apps and wearable devices.

Sara J. Kovacs, PhD

Dr. Sara J. Kovacs is faculty member at Temple University. She has extensive training in physical activity and weight management; her research experience has focused on identifying the best strategies for improving physical activity participation and promoting long-term physical activity engagement for individuals who are overweight, obese, or undergoing bariatric surgery. As an associate professor and undergraduate program director for the Exercise and Sport Science and Kinesiology undergraduate programs at Temple University in the College of Public Health, she is passionate about preparing current and future fitness professionals to promote physical activity in an inclusive and sustainable way. Many of the courses that she instructs include a focus on physical activity promotion, creating a bridge between science and practice, and many include discussions on evidence-based approaches for promoting healthy lifestyle behaviors, weight management and fostering an inclusive exercise environment.

SPEAKERS

Philip Prins, PhD

Dr. Prins is currently Chair and Associate Professor of Exercise Science at Grove City College.He is originally from Cape Town, South Africa.Dr. Philip Prins holds a BS and MS degree in Kinesiology from Georgia Southern University. He earned his PhD in Exercise Physiology with a specialization in Human Performance and Nutrition from the University of Pittsburgh. His area(s) of expertise include Nutritional Ketosis, Sports Performance, Sports Nutrition, Metabolism, and Exercise Physiology. Dr. Prins's research focuses on multisystem response to exercise with and without ergogenic aids across parameters of health and human performance. More specifically, his research concentrates on the practical impact of lifestyle on metabolism and how metabolism impacts health, disease,and performance outcomes and the implementation of nutritional ketosis and metabolic health modulators across populations.Dr. Prins has mentored numerous student research projects. Dr. Prins has written and published several manuscripts and abstracts on sports nutrition, supplementation,and human performance.

Thomas A. Buckley, Ed.D., ATC

Dr. Buckley is a Professor in the Department of Kinesiology and Applied Physiology at the University of Delaware. Dr. Buckley earned his Bachelor's degree in Athletic Training from Springfield College, his Master's degree in Athletic Training from Indiana State University, and his Doctoral degree from Columbia University, Teachers College. Dr. Buckley is the director of the Concussion Research Lab, was a site investigator for the NCAA-DoD CARE Consortium, and has received over $3 million in research funding from the NIH, DoD, the NCAA, and private industry partners leading to over 180 peer-reviewed publications.

Christopher Urbanek, MD

Christopher Urbanek is a board-certified sports medicine physician currently practicing in Dickson City, Pennsylvania as part of the Lehigh Valley Orthopedic Institute. He is fellowship trained in sports medicine by the University of Pittsburgh Medical Center and has a second fellowship in interventional orthobiologics at the prestigious Centeno-Schultz Clinic in Broomfield, Colorado. His clinical practice includes broad spectrum sports medicine care with a focus on interventional orthobiologics of the spine and extremities. In his free time, he enjoys running, drumming, and spending time with his wife Megan and their shepherd-husky dog Mya.

SPEAKERS

Tiago Barreira, PhD

Dr. Barreira has developed into a researcher with expertise in measurement and evaluation. He has worked both with objective measurement of human physical behaviors (i.e., physical activity (PA), sedentary behavior (SB) and sleep), more specifically in the use of pedometers and accelerometers. He began his training in physical activity measurement and research started with Dr. Minsoo Kang at Middle Tennessee State University. His training continued under the supervision of Dr. Peter Katzmarzyk and Dr. Tudor Locke at the Pennington Biomedical Research Center. Currently, at Syracuse University Dr. Barreira is the director of the Kinesmetrics Laboratory and the principal investigator in several studies related to reliability and validity of physical behavior and body composition measurement tools.

Bradley Nindl, PhD

Dr. Nindl is a Professor and Director of the Neuromuscular Research Laboratory in the Department of Sports Medicine and Nutrition at the University of Pittsburgh. He previously worked as a research physiologist at the US Army Research Institute of Environmental Medicine. He received his BS in biology from Clarkson University in 1989, MS in physiology of exercise from Springfield College in 1993, Ph.D. in physiology from The Pennsylvania State University in 1999, and a Master of Strategic Studies from the US Army War College in 2012.

Kristen Koltun, PhD

Dr. Koltun is an Assistant Professor of Sports Medicine and Nutrition at the Neuromuscular Research Laboratory and Warrior Human Performance Center at the University of Pittsburgh. Dr. Koltun completed her PhD in Kinesiology from Penn State University and her Master's in Exercise and Sport Science from the University of North Carolina at Chapel Hill, both specializing in Exercise Physiology. Dr. Koltun's research projects have been supported by the Department of Defense and primarily focus on women's health, sex-differences in the effects of energy deficiency on metabolism and reproductive function, and physiological factors underlying bone adaptation to arduous physical training in exercising and military populations.

Christopher Kargl, PhD

Dr. Kargl is a postdoctoral associate in the Neuromuscular Research Laboratory and Warrior Human Performance Center at the University of Pittsburgh. Dr. Kargl received his PhD in Exercise Physiology and Gerontology from Purdue University studying muscle-capillary cross talk. His postdoctoral research interests include bone-muscle crosstalk, circulating extracellular vesicles and miRNAs, and general biomarkers of stress, resilience and exercise adaptations in military and general populations.

SPEAKERS

Aimee Layton, MD

Dr. Layton is an Associate Professor of Applied Physiology in Pediatrics at Columbia University Medical Center and the Director of the Pediatric Cardiovascular Exercise Program Director for Morgan Stanley Children's Hospital -New York Presbyterian Hospital. Dr. Layton has been with Pediatric Cardiology for 4 years and prior to joining the team was the director of the exercise laboratory for the Division of Pulmonary, Dept. of Medicine at Columbia for seven years. Dr. Layton's research has been the principal investigator on 13 studies which included investigating tele-medicine, pulmonary rehabilitation, tele-rehabilitation and predicting mortality using exercise outcomes. She has lectured nationally and internationally on exercise testing, tele-rehabilitation and exercise breathing mechanics. Dr. Layton has been part of several scientific advisory committees including the public company Peloton and the non-profit Uplifting Athletes.In addition to her work as a clinical physiologist and professor, she is a competitive cyclist and enjoys coaching her children's sports

Michael McBride, PhD

Dr. McBride has been actively involved in providing diagnostic, interpretive, and database maintenance endeavors for the Children's Hospital of Philadelphia research studies over the last 25 years. He has served as the CHOP primary investigator for several studies and Co-Investigator for the Sidenafil Fontan Cross sectional Study. He has been lead author or co-author on several peer-review articles related to exercise performance in children with congenital heart disease. His other roles in Cardiology include serving as the Director of the Non-Invasive Cardiac Laboratories (ECHO, EKG, EXERCISE). He is the current Past President of the North American Society of Pediatric Exercise Medicine and serves as a journal reviewer for Circulation, Current Respiratory Reviews, Pediatric Exercise Medicine, and the Journal of Pediatrics.

John Phillips, MD

Dr. John Phillips is a pediatric cardiologist and electrophysiologist at the Children's Hospital of Richmond at VCU. He is a Professor of Pediatrics and Director of Pediatric Electrophysiology at the Children's Hospital. He completed medical school at the Pennsylvania State University College of Medicine in Hershey, PA prior to completing his training in pediatric cardiology and electrophysiology at institutes in Virginia, Ohio and Texas. He was the Chief of Pediatric Cardiology at the WVU Medicine Children's Hospital where he practiced for 21 years before moving to Richmond, Virginia to start the first pediatric electrophysiology program in that city.Dr. Phillips began the Virginia Heart Safe Schools Program led by the Children's Hospital of Richmond as the Virginia affiliate to Project ADAM. Over the past 2 years, the Virginia Heart Safe Schools Program has awarded the Project ADAM Heart Safe School designation to 22 schools in Virginia with many more soon to come

SPEAKERS

Andrea Schneider, MD, PhD

Andrea Schneider, MD, PhD is an Assistant Professor of Neurology in the Division of Neurocritical Care with a secondary appointment in the Department of Biostatistics, Epidemiology, and Informatics at the University of Pennsylvania Perelman School of Medicine. She received her MD in 2014 from the Johns Hopkins University School of Medicine and received her PhD in Epidemiology from the Johns Hopkins University Bloomberg School of Public Health in 2012. She is a neuro-epidemiologist who has authored over 100 peer-reviewed publications. Her research program is centered on traumatic brain injury (TBI) epidemiology and the prevention of TBI-related sequelae, with a focus on the prevention of TBI-related neurodegeneration and dementia.

Peter Barrance, PhD

Peter Barrance, PhD, is a senior research scientist in the Center for Mobility and Rehabilitation Engineering Research at Kessler Foundation, and director of the Musculoskeletal Biomotion Laboratory there. He is also a research associate professor in the Physical Medicine and Rehabilitation (PM&R) department at Rutgers New Jersey Medical School. Dr. Barrance received a bachelor's degree in engineering science and a master's degree in engineering mechanics at Iowa State University and received research experience as a biomedical engineer in the Orthopaedic Biomechanics Laboratory at Johns Hopkins University. Following this, he pursued his doctoral degree in mechanical engineering at the University of Delaware. He continues to pursue a long-standing interest in evaluating conservative interventions for osteoarthritis, including a biomechanical evaluation of a knee exoskeleton device. Dr. Barrance's work in the pediatric population explored the use of wearable sensors to provide movement biofeedback to assist gait retraining in children with cerebral palsy.

SPEAKERS

Steven Malin, PhD

Dr. Malin is currently an Associate Professor with dual appointments in the Department of Kinesiology and Health as well as the Department of Medicine Division of Endocrinology, Metabolism and Nutrition at Rutgers University. The primary focus of his clinical translational research is to improve the well-being of people through preventing/treating obesity related type 2 diabetes and cardiovascular disease. In fact, a chief focus of his work is to identify novel strategies in which exercise minimizes insulin resistance. To accomplish this, Dr. Malin views exercise as a "drug" that when prescribed in an appropriate way (e.g. intensity/duration/frequency/mode) can optimize the well-being of people across the lifespan.

Carmen Ortega-Santos, PhD, RD

Carmen Ortega-Santos is an Assistant Professor in the Exercise and Nutrition Sciences Department. Dr. Ortega-Santos joined the Milken Institute School of Public Health in Spring 2024. Before joining the Milken Institute School of Public Health, Dr. Ortega-Santos was a T32 postdoctoral fellow at the University of Colorado-Anschutz Medical campus and the Colorado Nutrition Obesity Research Center (NORC) for two years and a half. She previously earned her Ph.D. in Exercise and Nutritional Sciences at Arizona State University, focusing on the synergistic and independent effects of nutrition and exercise on the gut microbiome. Dr. Ortega-Santos holds a Master of Science in Integrative Physiology from Universitat de Barcelona, Spain, and is a Registered Dietitian Nutritionist. She has practiced weight management and sports nutrition, predominantly with female athletes

Nicholas Foreman, MS

Nick Foreman is a third-year PhD candidate in the Exercise Physiology and Applied Nutrition program at George Washington University. He has a Masters degree in Kinesiology from the University of Minnesota, where he conducted research on distance runners and endurance performance. His current research interests center around the use of postprandial metabolic challenges to understand cardiometabolic disease risk in young adults.

Katherine Hunzinger, PhD

Katie Hunzinger, PhD, ACSM-CEP, CPT is an Assistant Professor of Exercise Science in the College of Rehabilitation Sciences at Thomas Jefferson University. After working in clinical research she completed her PhD in Biomechanics and Movement Sciences from the University of Delaware in 2022. She completed an NINDS T32 funded postdoctoral fellowship in Neurology and Epidemiology at the University of Pennsylvania-Perelman School of Medicine in 2023. Dr. Hunzinger's research focuses on concussion and subsequent musculoskeletal injury as well as the long-term outcomes of repetitive head impact exposure among male and female collision sport athletes, and primarily rugby players. Her secondary research interests focus on utilizing large datasets to investigate the long term morbidity associated with traumatic brain injury (TBI) in older adults.

SPEAKERS

Shannon L. Lennon, PhD, RDN

Dr. Shannon Lennon is a Professor in the Department of Kinesiology and Applied Physiology at the University of Delaware. Dr. Lennon is also a registered dietitian. Her research focuses on the impact of diet on cardiovascular health with a particular interest in the interactive effects of sodium and potassium. Her research studies often utilize a controlled feeding study design and her current work is funded by NIH. She was recently awarded the 2023 Torch Award from the University of Delaware's Women's Caucus for her efforts in advocating for women's equality at UD and the 2023 College of Health Sciences Service Award.

Nathan Romberger, BS

Nathan Romberger received his B.S. in Applied Health Science at Messiah University and is currently a PhD candidate in the Applied Physiology program at the University of Delaware. He works in the Cardiovascular Physiology Research Lab of Dr. William Farquhar, studying the effects of dietary salt intake on the autonomic nervous system and blood pressure regulation. He is currently funded by an NIH F31 predoctoral fellowship to conduct research investigating how salt is sensed in the human brain and whether salt sensing differs between men and women. His research uses functional magnetic resonance imaging to assess brain activity during acute salt loading and how salt sensing in the brain contributes to the effects of salt on blood pressure regulation.

Kathryn Kaseman, BS

Kathryn Kaseman obtained her B.S. in Exercise Science at West Chester University of Pennsylvania and is currently a PhD student in the Applied Physiology program at the University of Delaware. Throughout her PhD, she has worked in Dr. Shannon Lennon's Cardiovascular Nutrition Lab, researching the ability of dietary potassium to mitigate the deleterious effects of high sodium diets on vascular function and, additionally, the effect of high sodium diets on the gut microbiome and intestinal permeability. Her dissertation work, currently funded by an American Heart Association predoctoral fellowship, is investigating the relation between gut function and vascular function and whether age and sex differences affect the relation

Cesar E. Jacintho Moritz, PhD

Dr. Cesar E. Jacintho Moritz earned his M.Sc. in Medical Sciences and Ph.D. in Human Movement Sciences from the Federal University of Rio Grande do Sul (Porto Alegre, RS, Brazil). He is currently a Postdoctoral Researcher in the Department of Kinesiology and Applied Physiology at the University of Delaware (Newark, DE, US). Dr. Moritz works in the Cardiovascular Nutrition Research Laboratory,focusing on the mechanisms of vascular protection through potassium consumption. In addition, he is interested in different non-pharmacological approaches for cardiovascular protection.

SPEAKERS

Wally Bixby, PhD, RDN

Dr. Wally Bixby has a PhD in Kinesiology with a major in Sport and Exercise Psychology from The University of Maryland-College Park. He was a faculty member at Texas Tech University, Elon University, and Anne Arundel Community College. His research has focused on how to get people to exercise and how to improve performance related to physical activity. He currently serves as the Director of Human Performance at United States Naval Academy where he provides education and training to midshipmen to maintain physical readiness and conducts research examining factors which can improve performance in the physical mission of the Naval Academy.

Devon Dobrosielski, PhD

Dr. Dobrosielski is a Professor of Exercise Science in the Department of Kinesiology at Towson University. His overarching research agenda is aimed at exploring the interrelationships between exercise performance, sleep, and chronic disease/injury risk. His recent efforts have focused on examining whether poor sleep quality and quantity are predictors of sport related injury in military and athletic populations. Dr. Dobrosielski is a Fellow of ACSM and served as the President of MARC in 2021.

Peter Lisman, PhD, ATC

Dr. Lisman is an Associate Professor within the Department of Kinesiology at Towson University. His primary research interests have focused on identifying health and performance-related factors associated with musculoskeletal injury risk in athletic and military populations. Dr. Lisman was previously involved in a large research effort to examine the association between physical fitness and injury in military personnel. Dr. Lisman is a certified Athletic Trainer with clinical experience working in the high school, collegiate, and industrial settings.

Bradley M. Ritland, PhD, DPT

Dr. LTC Bradley M. Ritland is currently the Deputy Commander at the U.S. Army Research Institute of Environmental Medicine (USARIEM), which is internationally recognized as a premier laboratory for Warfighter health and performance research. Prior to this position, LTC Ritland helped lead a diverse research program and scientific team at USARIEM that aimed to develop evidence-based solutions to limit musculoskeletal injuries, accelerate return to duty, and optimize physical and cognitive performance in military training and operational environments. LTC Ritland's own research interests have focused on how sleep impacts human health/performance, including the relationship between sleep and musculoskeletal injury. LTC Ritland received his DPT from Baylor University, his PhD from the University of Maryland.

SESSION SPONSORS

COLLEGE BOWL

Parvo Medics

SYMPOSIA

Messiah University, Master of Science Athletic Training

Head trauma as a lifelong condition: From repetitive head impacts to traumatic brain injury

Messiah University, Doctor of Physical Therapy

Musculoskeletal injury and physical performance-related factors in military populations

Messiah University, Master of Occupational Therapy

Pediatric exercise physiology is not for small adults: Exercise physiology, testing, rehabilitation, and research in children

George Mason University

Exercise, Fitness, and Cognitive Function

LIST OF EXHIBITORS

EXPO

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MGC Diagnostics

Bertec

Cosmed

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VO2 Master

AMTI

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Temple University

Montclair University

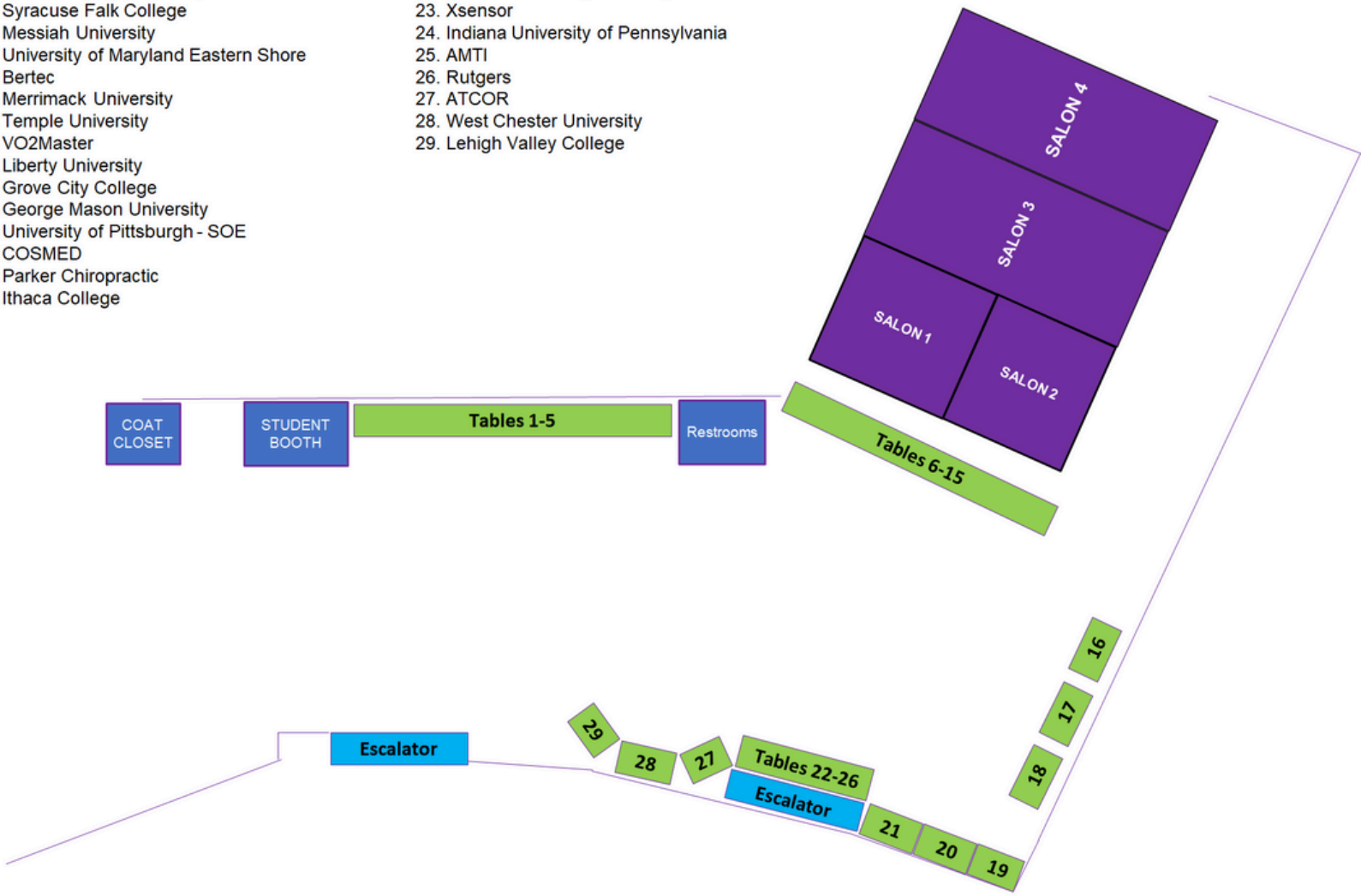
Kean University

West Chester University

MAP OF EXHIBITOR BOOTHS

Expo & Grad Fair Exhibitors

1. University of Delaware
2. MGC Diagnostics
3. Immaculata University
4. Palmer College of Chiropractic
5. Syracuse Falk College
6. Messiah University
7. University of Maryland Eastern Shore
8. Bertec
9. Merrimack University
10. Temple University
11. VO2Master
12. Liberty University
13. Grove City College
14. George Mason University
15. University of Pittsburgh - SOE
16. COSMED
17. Parker Chiropractic
18. Ithaca College
19. Montclair University
20. Kean University
21. University of Pittsburgh - NML
22. East Stroudsburg University
23. Xsensor
24. Indiana University of Pennsylvania
25. AMTI
26. Rutgers
27. ATCOR
28. West Chester University
29. Lehigh Valley College



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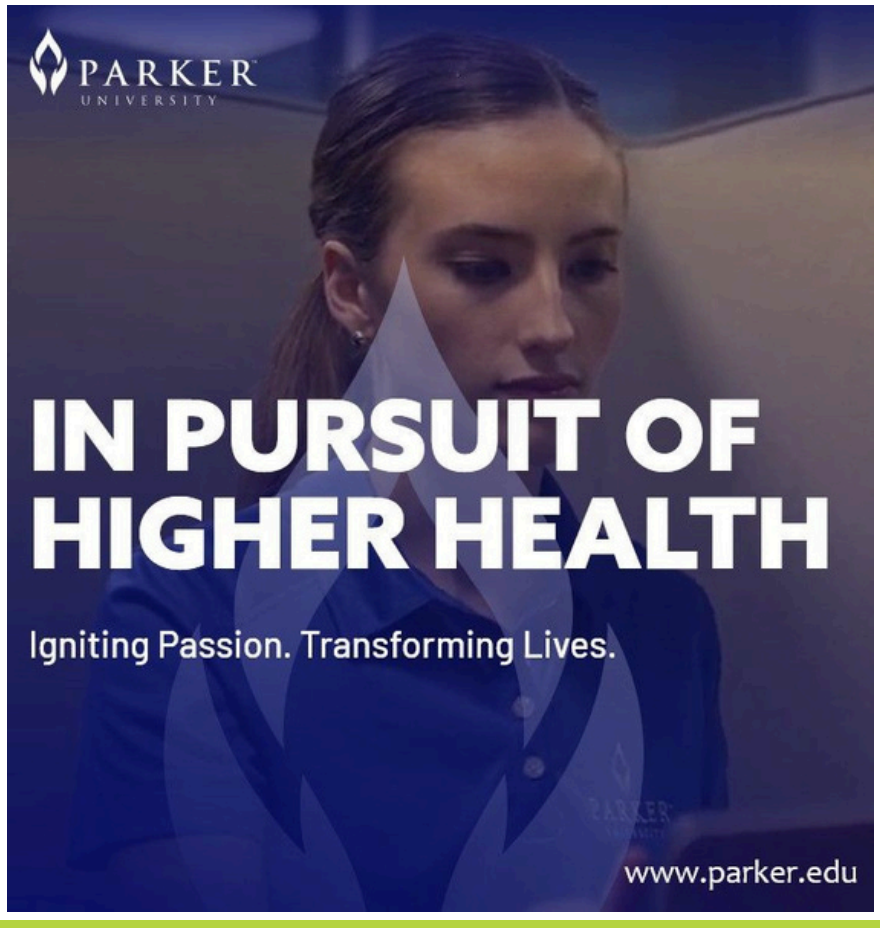

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FRIDAY

01 Nov, 2024 | Morning

8:00AM – 9:00AM

Session - Evidence Based Treatment of Concussion: From Risk Factors to Recovery

Hickory

Speaker - Johnathan French, PsyD

9:00AM – 10:00AM

Session - Assessing 20 years of Metabolic Flexibility Research in Humans: What's Next

Independence

Speaker - Matthew Barberio, PhD

9:00AM – 10:00AM

Session - Exercise, Fitness and Cognitive Function

Heritage - AB

Talk Title - Neural networks that drive the protective effects of fitness on cognition

Speaker - J. Carson Smith, PhD

Talk Title - The effects of acute exercise on learning, memory, and mood-state following a cognitive load

Speaker - Andrew Venezia, PhD

Session Sponsored by George Mason University

FRIDAY

01 Nov, 2024 | Morning

9:00AM - 10:00AM

Session - Survival of the Strongest: Foundational Strength for Lifelong Development

Heritage C

Speaker - Avery Faigenbaum, EdD

Session Sponsored by West Chester University

9:00AM - 10:00AM

Session - Weighing Your Words: The Role of The Fitness Professional in Addressing Weight-Related Bias, Stigma, and Managing Misconceptions in Obesity Treatment

Heritage DE

Speaker - Sara Kovacs, PhD

9:00AM -10:00AM

Session - Basic Science And Clinical Applications of Interventional Orthobiologics

Hickory

Speaker - Christopher Urbanek, DO

FRIDAY

01 Nov, 2024 | Morning

10:00AM – 11:00AM

Session - Impact of Low and High Carbohydrate Diets on Performance, Metabolism & Cardiometabolic Health in Athletes

Independence

Speaker - Phillip Prins, PhD

10:00AM – 11:00AM

Session - The Female Athlete's Heart: Differences in Cardiac Risks & Remodeling

Hickory

Speaker - Lili Barouch, MD

KEYNOTE ADDRESS

11:15AM – 12:30PM

Session - Sex & Gender Considerations in Vascular Exercise Physiology

Heritage

Speaker - Maureen MacDonald, PhD

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FRIDAY

01 Nov, 2024 | Afternoon

1:00PM -3:30PM

Clinical Case Presentation

Hickory

1:30PM - 2:30PM

Slide Presentations - Free Communication I & II

Heritage AB & C

1:30PM - 2:30PM

Professional Slide Presentations and Early Investigator Award Presentation

Heritage DE

1:30PM - 2:30PM

Poster Presentation Free Communication - Abstracts listed on Pages 65 - 73

Commonwealth

2:45PM - 4:00PM

Doctoral Award Finalist Presentations

Independence

2:45PM - 4:00PM

Master's Award Finalist Presentations

Heritage AB

FRIDAY

01 Nov, 2024 | Afternoon

2:45PM – 3:45PM

Session - Exercise and the Tumor Microenvironment
Heritage C
Speaker - Graeme J. Koelwyn, PhD

2:45PM – 3:45PM

Session - Moving Beyond the Female Athlete Triad: Relative Energy Deficiency in Sport
Heritage DE
Speaker - Jessica Garay, PhD, RD, CSSD

4:00PM – 5:30PM

Session - Harnessing Wearables for Enhanced Physical Activity Insights
Heritage AB
Talk Title - Investigating the impact of environmental exposure on physical activity: Insights from an apple watch study
Speaker - Jong Cheol Shin, PhD

Talk Title - Measuring sleep with wearable devices
Speaker - Tiago Barreira, PhD

Talk Title - Does the placement matter? Comparison of ActiGraph watches worn on dominant and non-dominant wrists of young adults in free-living environments
Speaker - Daehyoung Lee, PhD

FRIDAY

01 Nov, 2024 | Afternoon

4:00PM – 5:00PM

Session - Meet the Experts
Independence
Speakers - Maureen MacDonald, PhD; Matthew Barberio, PhD; Christopher Urbaneck, PhD; Kevin Heffernan, PhD

4:00PM – 5:00PM

Session - How can we all improve clinical implementation of EIM: A physicians perspective
Hickory
Speaker - Cayce Onks, OD

4:00PM – 5:30PM

Session - Pediatric Exercise Physiology is Not For Small Adults: Exercise Physiology, Testing, Rehabilitation, and Research in Children
Heritage C

Talk Title - Assessing excessive dyspnea with exercise in the pediatric population. What should I look for in my exercise testing to point me in the right direction?
Speaker - Aimee Layton, PhD

Talk Title - Pediatric electrophysiology: What you think you know that may not be so?
Speaker - John Phillips, MD

Talk Title - Pediatric clinical exercise physiology: The evolution of from adult cardiac rehab to exercise therapy in children
Speaker - Michael McBride, PhD

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FRIDAY

01 Nov, 2024 | Evening

4:00PM – 5:30PM

Session - Optimizing Military Health and Performance: Advancements in Physiological Assessment and Monitoring
Heritage DE
Talk Title - Military human performance optimization and musculoskeletal resiliency
Speaker - Bradley Nindl, PhD

Talk Title - Musculoskeletal tissue plasticity following arduous physical training
Speaker - Kristen J. Koltun, PhD

Talk Title - Circulating biomarker responses to multistressor military training
Speaker - Christopher Kargl, PhD

4:45PM – 5:30PM

College Bowl Team Check-In
Commonwealth

5:45PM – 6:45PM

Research Committee Meeting (Business Meeting only for Research Committee Members)
Hickory

7:00PM – 8:30PM

College Bowl
Commonwealth Ballrooms

8:30PM – 10:30PM

Onsight Social with Cash Bar, Games and SIGS
Commonwealth Ballrooms

MARC-ACSM MEETING SPONSORS

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SATURDAY

02 Nov, 2024 | Morning

7:00AM – 7:30AM

Executive Board Meeting (MARC Board Members Only)
Hickory

7:30AM – 8:00AM

MARC Business Meeting - OPEN TO ALL
Hickory

8:00AM – 9:15AM

Undergraduate Award Finalist Presentations
Commonwealth - 1

8:00AM – 9:30AM

Session - Head Trauma as a Lifelong Condition: From Repetitive Head Impacts to Traumatic Brain Injury
Independence

Talk Title - Repetitive head impacts effects on early and midlife adult's functional outcomes
Speaker - Katie Hunzinger, PhD

Talk Title - Mild head trauma, repetitive head impacts effects and mild traumatic brain injury, on older adults neurological health
Speaker - Thomas Buckley, EdD, ATC

Talk Title - The lifelong challenges of moderate to severe traumatic brain injury
Speaker - Andrea Schneider, MD

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GRADUATE PROGRAM IN ATHLETIC TRAINING

MARC-ACSM MEETING SPONSORS

SATURDAY

02 Nov, 2024 | Morning

8:00AM – 9:15AM

Session - Clinical Biomechanics: Patient-Driven Interventions
Commonwealth - 2
Talk Title - Applied Biomechanics – Addressing Clinical Needs to Further Healthspan
Speaker - Erik Hummer, PhD

Talk Title - Developing Low Cost Patient Driven Gait Retraining Interventions
Speaker - Peter Barrance, PhD

8:00AM – 9:30AM

Session - Interaction of Gut Microbiota, Metabolomics, and Chronobiology for Lifestyle Mediated Health
Commonwealth - 4
Talk Title - Role of exercise time of day on cardiometabolic risk reduction in prediabetes and type 2 diabetes
Speaker - Steven Malin, PhD

Talk Title - Beyond gut microbiota composition: understanding the functional activity of microbes for precision nutrition
Speaker - Carmen Ortega-Santos, PhD, RD

Talk Title - The effect of body composition on postprandial metabolism in young adults
Speaker - Nicholas Foreman, MS

Talk Title - Postprandial metabolomics – insight into what feeding challenges and plasma metabolites can tell us about metabolism and metabolic function
Speaker - Matthew Barberio, PhD

SATURDAY

02 Nov, 2024 | Morning

9:30AM – 11:00AM

Session - The Implications of Sodium on Cardiovascular Health
Commonwealth - 1
Talk Title - Implications of high sodium diets on the vasculature
Speaker - Shannon Lennon, PhD, RD

Talk Title - Salt sensing in the brain: implications for sex differences in neurohormonal responses to salt
Speaker - Nathan Romberger, BS

Talk Title - The salty gut: the relation between the gut microbiota, intestinal permeability, and vascular function on a high sodium diet.
Speaker - Kathryn Kaseman, BS

Talk Title - Potassium consumption as a potential strategy against high sodium diets
Speaker - Cesar Jacintho Mortiz, PhD

9:30AM – 11:00AM

Session - Cliff's Notes on Abstract, Posters, and Presentations: How to Wow with your Science
Commonwealth - 2
Speaker - Sara Campbell, PhD

9:30AM – 11:00AM

Slide Presentations - Free Communication III
Commonwealth - 4

SATURDAY

02 Nov, 2024 | Morning

9:30AM – 11:00AM

Session - Musculoskeletal Injury and Physical Performance-related Factors in Military Populations

Independence

Talk Title - Resilience and the physical mission at the US Naval Academy
Speaker - Walter R. Bixby, PhD

Talk Title - Understanding how sleep may impact military performance and the potential mechanisms associated with this relationship
Speaker - Bradley Ritland, PhD, DPT

Talk Title - Impact of physical fitness on musculoskeletal injury risk in military personnel
Speaker - Peter Lisman, PhD, ATC

Talk Title - The association between sleep and musculoskeletal injuries in military personnel
Speaker - Devon Dobrosielski, PhD

Session Sponsored by

MESSIAH UNIVERSITY
DOCTOR OF PHYSICAL THERAPY PROGRAM

11:00AM – 11:30AM

Lunch Buffet and Awards Ceremony

Heritage

PAST PRESIDENT'S LECTURE

11:30AM –12:15PM

Resistance Exercise and Arterial Stiffness: Something Old, Something New, Something Borrowed and Something Blue

Heritage

Speaker - Dr. Kevin Heffernan

MARC-ACSM MEETING SPONSORS

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RESEARCH AWARD SESSIONS

DOCTORAL

2:45 PM Friday, November 1, 2024
Independence

2:45
Altered Peripheral Arterial Function and Wave Reflection in Boys with Duchenne Muscular Dystrophy
Alexs Matias, University of Delaware

3:00
Physical Activity Improves The Quality Of Life Of Children with Brain Tumor: Parents As Facilitators
Ariane Levesque, Université de Montreal

3:15
Potential Role of Physical Activity on Hypertension in Immigrants Versus Non-Immigrants
Andrew Heckel, Syracuse University

3:30
Association Between Allostatic Load And Physical And Psychosocial Performance Among US Marine Corps Officer Candidates
Evan Feigel, University of Pittsburgh

3:45
The Effect of a Diet High in Added Sugars on Circulating Brain-Derived Neurotrophic Factor
Nicholas Rizzi, University of Delaware

RESEARCH AWARD SESSIONS

MASTERS

2:45 PM Friday, November 1, 2024
Heritage AB

2:45
Carotid Artery Viscoelasticity Following Acute Exercise: Insight from Shear Wave Elastography
Joshua Kuo, Teachers College at Columbia University

3:00
Exploring a Potential Relation Between Vitamin D and Blood Pressure Variability in Young Black Women
Evan Ciecko, University of Delaware

3:15
The Impact of Sodium Phosphate Supplementation in Trained vs Untrained Females: A Pilot Study
Emily Shaw, West Chester University

3:30
Superficial Femoral Artery Reactivity in Young Adults with Previous ACL Injury
Paige Williams, Teachers College at Columbia University

3:45
Execution of Complex Action Sequences Under Various Cognitive Demand With and Without Hand Biomechanics Alterations
Hunter Frisk, University of Maryland College Park

RESEARCH AWARD SESSIONS

UNDERGRADUATE

8:00 AM Saturday, November 2, 2024
Commonwealth - 1

8:00
Exercising Blood Pressure and Left Ventricular Mass in Women with a Family History of Hypertension
Dojana Mulaj, Montclair State University

8:15
Alterations in Skeletal Muscle Metabolic Rate Following Various Exercise Intensities are Evident Using Near-Infrared Spectroscopy
Thomas Silva, Towson University

8:30
Potential Role of Baseline Visceral Fat on Exercise Response in Young Adults with Overweight/Obesity
Eleanor Kwacz, Syracuse University

8:45
Associations Between Eating Attitudes and Dietary Intake Patterns in Physically Active Men and Women
Nicole Chiu, University of Pittsburgh

9:00
Synchronized Exercise Training Uniquely Influences Glucose Tolerance, Hemodynamics, and Cognition in People with Prediabetes or Type 2 Diabetes
Joslyn Ramirez, Rutgers, The State University of New Jersey

PROFESSIONAL & EARLY INVESTIGATOR

1:30 PM Friday, November 1, 2024
Heritage DE

1:30
Understanding the Role of Race in Sarcopenia Using Imaging and Physical Function
Julie Rekant, Baltimore VA Maryland Healthcare System

1:45
Skeletal Characteristics Differ Between Division I Male Basketball and Cross-Country Athletes
Livia Wunderlich, University of Pittsburgh

2:00
Chronic Exposure of Rodents to Inhaled Ozone Causes Mitochondrial Fission in Skeletal Muscle
Candace Longoria, Rutgers, The State University of New Jersey

2:15
Autoregulation During Blood Flow Restriction Training: A Pilot Study on Acute Neuromuscular and Morphological Adaptations
Masoud Moghaddam, University of Maryland Eastern Shore

FREE COMMUNICATION SLIDES - I

1:30 PM Friday, November 1, 2024
Heritage AB

1:30
The Association Between Visceral Fat and Cerebral Blood Flow in POTS vs. Healthy Adults
Tara Cuddihee, Syracuse University

1:45
Does Acute Exercise Impact Central Hemodynamics in Adults with POTS?
Alaina Glasgow, Syracuse University

2:00
Elevated Sympathetic Nervous System Activity Does Not Impact the Near-Infrared Vascular Occlusion Test (NIRS-VOT)
Stephen Ives, Skidmore College

2:15
Gut Microbiota is Different between Gender Affirming Hormone Therapy Compared to Gender Affirming Surgery
Kaitlyn Snyder, Rutgers, The State University of New Jersey

FREE COMMUNICATION SLIDES - I I

1:30 PM Friday, November 1, 2024
Heritage C

1:30
Long-Term Benefits of Gerofit: Improving Physical Function and Health in Older Veterans
Ben Friedman, Baltimore VA Maryland Healthcare System

1:45
Comparison of Serratus Anterior and Lattisimus Dorsi Muscle Activation during Hypopressive Exercises: A Cross-Sectional Study
Tamara Rial Rebullido, Monmouth University

2:00
Psychological, Physical, and Cognitive Predictors of Tactical Performance During a Military Relevant Virtual Reality Scenario
Jennifer Forse, University of Pittsburgh

2:15
Hormonal Contraceptive Use May Affect Physical Performance in Female Marine Officer Candidates
Jenna Goulart, University of Pittsburgh

FREE COMMUNICATION SLIDES - I I I

9:30 AM Saturday, November 2, 2024
Commonwealth - 4

9:30
A Comparative Biomechanical Analysis of the Farmer's and Zercher Carry Exercises
Accalia Decker, Slippery Rock University

9:45
Sex-Based Differences in the Relationship Between Musculoskeletal Injuries/Pain and Social Health Among Marine Corps Officers
Thea Aquino, Penn State University

10:00
Impact of Weighted Balls Versus Resistance Bands on Pitch Velocity in Collegiate Baseball Pitchers
John Rorick, DeSales University

10:15
Associations Between Self-Reported Soreness, Training Desire, and Training Readiness Over a 12- week Training Program
Nadia Havens, University of Pittsburgh

10:30
The Essential Role of Healthcare Professionals in Encouraging Physical Activity for Childhood Cancer Survivors
Lauryn Six, Penn State College of Medicine

10:45
Epidemiology of Subjective Sleep Disturbance after Pediatric and Adolescent Concussion
James Wilkes, Children's Hospital of Philadelphia

FREE COMMUNICATION - POSTERS

1:30 PM Friday, November 1, 2024
Commonwealth

Board 1: Plant-Based Protein Associated with Lower Body Fat Percentage in Division III Female Athletes
Jiseung Kim, Skidmore College

Board 2: Lifestyle Intervention Among Obese Children and Caregiver: A Pilot Study
Michelle Manochio, Kean University

Board 3: Rest Time Duration After Post-Activation Potentiation Does Not Impact Vertical Jump Height
Isaiah Reed, Commonwealth University- Lock Haven

Board 4: Assessing Information Provided Via Artificial Intelligence Regarding Distal Biceps Tendon Repair Surgery
Suhasini Gupta, University of Massachusetts, T.H. Chan School of Medicine

Board 5: Long-term Resistance Exercise Training Prevents Impaired Macrovascular Function Following Acute Resistance Exercise in Middle-Aged Women
Sara Mascone, University of Maryland, College Park

Board 6: Effects of Exercise on Blood Glucose in Chronic Kidney and End-Stage Renal Disease: A Meta-Analysis
Max Olstad, Drexel University

Board 7: Standardizing Intra-Set Rest Does Not Impact Accuracy of Repetitions in Reserve in Resistance Trained College Females
Chase Hood, McDaniel College

Board 8: Childhood Cancer Survivors Engage In A Physical Activity Program: Insights From A Pilot Randomized Trial
Deepika Pugalenthi Saravanan, Penn State College of Medicine

Board 9: Menstrual Cycle Syncing Exercise in Recreationally Active College-aged Females
Connor Saker, East Stroudsburg University

FREE COMMUNICATION - POSTERS

1:30 PM Friday, November 1, 2024
Commonwealth

Board 10: Grip Type Does Not Affect Deadlift Performance in Females
Ashley Bitner, DeSales University

Board 11: The Low-Cost GRIP-X Hand Grip Dynamometer Produces Comparable Results to a High-Cost Smedley Type-D Hand Grip Dynamometer
Matthew Holman, Mary Baldwin University

Board 12: Associations Between Sleep Quality and Phase Angle: A Sex-Specific Analysis in College Students
Jillian Ryan, Rowan University

Board 13: Monitoring Fatigue Across a NCAA Division II Women's Lacrosse Regular Season
Elaina Ohlson, East Stroudsburg University

Board 14: Effects of Resistance Exercise Training on Cognitive Function in Adults with Alzheimer's Disease and Related Dementias
Janani Krithivasan, Drexel University

Board 15: Comparison of Muscle Activation During Quadrupedal Movement Training and Traditional Bodyweight Exercises
Margaret Daugherty, Grove City College

Board 16: Critical Illness Myopathy and Peripheral Neuropathy in a Patient with Miliary Tuberculosis: A Multidisciplinary Approach to Recovery
Mario Soliman, University of Pittsburgh Medical Center Lititz

Board 17: Comparative analysis of cerebrovascular techniques for studying cognitive aging
Kevin Decker, University of Delaware

Board 18: Analyzing Heart Rate Differences and Positional Factors on a Division II Men's Soccer Team
Jonah Zembower, Seton Hill University

FREE COMMUNICATION - POSTERS

1:30 PM Friday, November 1, 2024
Commonwealth

Board 19: Performance and Perceptual Responses to Different Chambered Blood Flow Restriction Cuffs
Lucas Kuriawa, Salisbury University

Board 20: OpenCap May Reliably and Accurately Measure Knee Flexion Angle During Running
Shayla Sargent, Towson University

Board 21: A Systematic Review and Meta-Analysis Examining if Humans Undergo Hyperplasia in Response to Resistance Exercise
Nicholas Barton, Rowan University

Board 22: Tibial Microarchitecture is Similar Across Positions in American Football After Adjusting for Body Size
Kelly Mroz, University of Pittsburgh

Board 23: The Impact of Sport Performance Variables on Game Statistics in NCAA Division II Softball Players
Tiffany Jordan, East Stroudsburg University

Board 24: The Effects of Short-Term Fasting on Performance and Cognitive Function in Soccer Athletes
Andrew Versis, Shippensburg University

Board 25: Consumption of Macronutrients in Master Ice & Field Hockey Athletes
Amanda Foster, Drexel University

Board 26: Harmful or Helpful? A Content Analysis of Online 'Yoga for Low Back Pain' Videos
Travis Pollen, Thomas Jefferson University

Board 27: Acute Reorganization of Complex V In Response To Calcium In Mammalian Mitochondria
Maria Clara Canellas da Silva, University of Maryland, College Park

FREE COMMUNICATION - POSTERS

1:30 PM Friday, November 1, 2024
Commonwealth

Board 28: Prediction of Visceral Adipose Tissue Area from Clinical and Anthropometric Variables
Nicholas Foreman, George Washington University

Board 29: The Effect of Heel Wedge on Back Squat Kinematics and Kinetics in Female Resistance-Trained Individuals
Sadie Cotton, Ithaca College

Board 30: The Effects of Palm Cooling on Repeat Sprint Performance Following Fatigue in Collegiate Female Athletes
Rachel Jones, Grove City College

Board 31: The Relationship of Social Connectedness, Self-Esteem, and Stress on Athletic Performance
Snabu Neupane, Juniata College

Board 32: OpenCap May Reliably determine Knee Position Relative to Foot Position When Performing a Squat
Karla Mendoza, Towson University

Board 33: The Effects of Stress on Physical and Mental Performance in College Students
Raychael Holtry, Shippensburg University of Pennsylvania

Board 34: The Relationship Between Sports Performance Variables and Hitting Performance in NCAA Division II Softball Athletes
Chrystiana Brettle, East Stroudsburg University

Board 35: The Effect of Eccentric Training on Cardiovascular Responses on Parkinson's Disease Patients
Zoe Climenhaga, SUNY Cortland

Board 36: Mitochondrial Reoxygenation Following Hypoxia Results in the Reorganization of ATP Synthase: Could Dynamic Changes in Mitochondria Underlie Exercise Adaptations?
Shannon Khan, University of Maryland, College Park

FREE COMMUNICATION - POSTERS

1:30 PM Friday, November 1, 2024
Commonwealth

Board 37: The Effects of Pre-Exercise Preparation on Bench Press Endurance Performance
Joseph Hoyler, Shippensburg University

Board 38: The Effect of Mini-Hurdle (Wicket) Training on Running Mechanics: A Pilot Study
Aubriana Marranca, Rider University

Board 39: The Relationship of Grip Strength with Bat and Batted Ball Velocity in Collegiate Baseball Players
Antonio Colecio, East Stroudsburg University

Board 40: Cardiovascular Responses to Single- vs. Multi-Chambered Blood Flow Restriction Cuffs
Sean Zupnik, Salisbury University

Board 41: The Effect of Long Distance Running on Perceived Stress in NCAA Division II Male Collegiate Athletes
Jacob Williams, East Stroudsburg University

Board 42: Correlation Between Ultrasound Measurements and Lower Body Strength/Function in Young/Middle Aged Adults - A Pilot Study
Daniel McLaughlin, Towson University

Board 43: Effects of a Novel Multi-ingredient Nootropic Coffee Additive on Acute Cognitive Function and Reaction Time
Nathan Clark, Grove City College

Board 44: Effects of an Intensified Training Phase on Power Related Variables in Swim Athletes
Mackenzie Longworth, Shippensburg University

Board 45: The Effects of Cellphone Usage on Mental Health in College-Aged Individuals
Leah Boardman, Grove City College

FREE COMMUNICATION - POSTERS

1:30 PM Friday, November 1, 2024
Commonwealth

Board 46: Effects of Resistance Training on Skeletal Muscle Fiber Size and Capillarization in Sarcopenic Older Adults
Evan Bota, University of Maryland

Board 47: Perceived Exertion Levels of Varying Exercise Intensities in Adults Greater than 65 Years Old
Noah Schober, Seton Hill University

Board 48: Validity of the Gallon Jug Shelf Transfer Test in Aging Males and Females
Lydia Trainor, Rider University

Board 49: Blood Lactate snd Heart Rate Response Post-Preseason Training in Collegiate Male Soccer Players: A Pilot Study
Dylan Walter, Immaculata University

Board 50: The Implementation of a Modified 5-3-1 Training Method on Strength Measures in Collegiate Baseball Players
Brendan Finn, East Stroudsburg University

Board 51: Baseline Data: Sex Differences in Human Performance
Daniel DeSio, Rutgers University

Board 52: Perceived Everyday Discrimination is Not Associated with Early Vascular Aging in Black Emerging Adults
Cynthia Weiner, University of Maryland, College Park

Board 53: Pre-Purple Line Snapshot: EIM-OC and Current PAVS at the University of Maryland, College Park
Brooke Kohlheim, University of Maryland, College Park

Board 54: Female Student Athlete's Sprint Time and Performance Running Barefoot, in College Shoes, and Personal Shoes
Marissa Foor, Shippensburg University

FREE COMMUNICATION - POSTERS

1:30 PM Friday, November 1, 2024
Commonwealth

Board 55: The Effects of Inter-Set Cyclic Sigh Breathing on Barbell Back Squat Repetitions to Failure
Makenna Isles, Grove City College

Board 56: Veterans and Collegiate Athletes Together (VCAT): Pre-Exercise Dual Task Balance Performance
Scott Passalugo, University of Delaware

Board 57: Similar Vascular Function and Oxidative Stress Following a High-Fat Meal in Both Men and Women
Naomi Gedion, University of Maryland, College Park

Board 58: 10-Week Lifestyle Intervention of First Responders on the Delmarva Peninsula
Rebecca Orr, Salisbury University

Board 59: Relationship of Pitching Mechanics and Fastball Velocity in Collegiate Baseball Pitchers
Zachary Sylvester, Seton Hall University

Board 60: Learning under Stress: The Effects of Chronic Anxiety on Motor Sequence Learning Ability
Yuanyuan Sunchen, Juniata College

Board 61: Effect of Incorporating Plyometric Training into a Resistance Training Program
Evie Rembold, Commonwealth University- Lock Haven

Board 62: Circulating Multi-Omics Predictors of Cognitive and Motor Function in Sedentary and Habitually Active Adults
Meghan Smith, Drexel University

Board 63: Comparison of Repetitions in Reserve (RIR) Accuracy Between Collegiate Power and Endurance Athletes
Jessica Millard, McDaniel College

FREE COMMUNICATION - POSTERS

1:30 PM Friday, November 1, 2024
Commonwealth

Board 64: Exercise Metabolic Flexibility is Not Associated with Body Fat in Healthy Young Adults
Eleanor Flacke, The George Washington University

Board 65: Wingate Anaerobic Testing on a Cycle Ergometer and Swim Ergometer
Emma Rambo, Rider University

Board 66: Acute Physiological and Performance Effects of a Novel Energy-dense Ketogenic Bar on 10k Running Performance
Zachary Furry, Grove City College

Board 67: Caffeinated Gum Has No Impact on Time to Exhaustion During Cycling
Julia Haines, Commonwealth University- Lock Haven

Board 68: Effects of Different Warm-up Protocols on the Cardiopulmonary Responses to Exercise Testing in Youth
Avery Faigenbaum, The College of New Jersey

Board 69: Heart Rate Variability Responses to a High-Fat Meal Across the Menopausal Transition
Emilee Pak, University of Maryland, College Park

Board 70: Mental Health in Former Amateur Ice Hockey Players: Considerations for Lifestyle Factors and Career Duration
Caitlin Gallo, University of Delaware

Board 71: The Effects of State and Trait Autonomy in Self-Controlled Learning and Performance Conditions
Sarah Castle, Juniata College

Board 72: Assessment of the Physical Activity Environment in Rural Community Parks: An Audit of Maryland's Eastern Shore
Ariene Ohimor, Salisbury University

FREE COMMUNICATION - POSTERS

1:30 PM Friday, November 1, 2024
Commonwealth

Board 73: Fall Risk in Community-Dwelling Elderly: A Potential Role of Physical Activity in Counteracting Age-Related Impairment
Luke Pool, Rutgers, The State University of New Jersey

Board 74: The Effects of Acute Vinyasa Yoga on Cognitive Function in Yoga-Naïve, College-Aged Males
Emma Plank, Grove City College

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