

# 2025 MARC-ACSM ANNUAL MEETING PROGRAM



**November 7-8, 2025**  
**Sheraton Harrisburg Hershey Hotel**  
4650 Lindle Road, Harrisburg, PA 17111

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# WELCOME FROM MARC-ACSM PRESIDENT

It is my honor and privilege to welcome you to the 48th Annual MARC-ACSM Conference! This year we're back to our old stomping grounds in Harrisburg. The transition back has had its share of twists and turns (interval training but with logistics), but thanks to the Executive Board's hard work, everything is set for an engaging, productive, and yes, a fun meeting. Special recognition goes to our Expo and Research teams: Drs. Meghan Ramick, Tim Werner, Steve Prior, and Evan Matthews, who took on the heaviest lifts during this transition.



## **Keynote & Program Highlights**

We are especially excited to welcome Dr. Lacy Alexander as our keynote speaker. Her talk, “This Scientific Life – From Pipettes to People,” will unfold in the style of “This American Life”, a three-act story that promises to be innovative, inspiring, entertaining and without any commercial breaks. Our program this year is bursting with energy thanks to the overwhelming number of symposia proposals from our membership. From clinical conditions to vascular and space physiology, biomechanics, nutrition, and sleep, we have got something for everyone.

## **Student Opportunities**

Students remain the heartbeat of MARC-ACSM. This year's Fellowship program will shine a spotlight on student research projects, giving future leaders the chance to showcase their science.

We're also rolling out a brand-new Student Lounge, a relaxed hub where students can connect with experts, swap ideas, and maybe even land their next mentor. Huge thanks to our student rep, Kaitlyn Snyder, whose fresh ideas have helped shape this new space.

## **Community & Networking**

Conferences are as much about great science as they are about connections. Therefore, we have got complimentary coffee breaks on Friday (because caffeine is the universal unofficial conference sponsor) and Desserts and Drinks at the Friday night Social. Drinks will be cash bar, so bring your ID, a few bucks, and maybe your best cornhole game face.

## **Gratitude**

None of this happens without the dedication of the MARC Board. We celebrate Joohee Sanders, who retired earlier this year from her role as Associate Executive Director. Her dedication and behind-the-scenes brilliance have left an incredible legacy. We also applaud Dr. Steve LoRusso, who steps down as Executive Director after six years of service.

# **WELCOME FROM MARC-ACSM PRESIDENT**

Steve has helped MARC with his true passion and bold ideas, and MARC is deeply thankful for his contribution as an executive director. Special thanks also go to Dr. Sara Kovacs, who wrangled our shiny new website into existence, and Dr. Sara Campbell, whose leadership with state reps continues to expand MARC's reach. Our gratitude extends to Drs. Stephanie Carey and Caitlyn Haines for curating excellent clinical speakers, and to Drs. Peter Hosick, Rian Landers-Ramos, and Shannon Lennon for their unwavering support. (And yes, Pete, your service award officially says it better than I can here.)

Thank you for joining us at the 48th Annual MARC-ACSM Conference in Harrisburg. We look forward to a dynamic, inspiring, and collaborative meeting and maybe a few breakthroughs fueled by coffee, dessert, and some hallway conversations that go way past the session time.

Sincerely,

Sushant M. Ranadive, Ph.D.  
MARC-ACSM President

# 2025 MARC-ACSM LEADERSHIP



## EXECUTIVE DIRECTOR

*Stephen LoRusso, Ph.D.  
Mid-Atlantic ACSM*



## PRESIDENT

*Sushant Ranadive, Ph.D.  
University of Maryland*



## VICE PRESIDENT

*Peter Hosick, Ph.D., FACSM  
Montclair State University*



## MEMBER AT LARGE

*Meghan Ramick, Ph.D.  
West Chester University*



## MEMBER AT LARGE

*Evan Matthews, Ph.D.  
Montclair State University*



## PHYSICIAN AT LARGE

*Stephanie Carey, M.D., MPH  
Penn State Hershey Medical Center*



## REGIONAL REPRESENTATIVE

*Sara Campbell, Ph.D., FACSM  
Rutgers University*



## PAST PRESIDENT

*Rian Landers-Ramos, Ph.D.  
Towson University*



## PRESIDENT ELECT

*Shannon Lennon, Ph.D.  
University of Delaware*



## SECRETARY

*Sara Kovacs, Ph.D.  
Temple University*



## MEMBER AT LARGE

*Tim Werner, Ph.D.  
Salisbury University*



## MEMBER AT LARGE

*Steven Prior, Ph.D.  
University of Maryland*



## PHYSICIAN AT LARGE

*Caitlyn Haines, M.D.  
Penn State Hershey Medical Center*



## STUDENT REPRESENTATIVE

*Kaitlyn Snyder  
Rutgers University*

# 2025 MARC-ACSM STATE REPRESENTATIVES



## DE STATE REPRESENTATIVE

*Melissa Witman, Ph.D.*  
University of Delaware



## NJ STATE REPRESENTATIVE

*Lydia Trainor, Ph.D.*  
Rider University



## MD STATE REPRESENTATIVE

*Zachary Townsend, Ph.D.*  
Salisbury University



## MD STATE REPRESENTATIVE

*Masoud Maghaddam, Ph.D.*  
University of Maryland Eastern Shore



## NY STATE REPRESENTATIVE

*Stephen Ives, Ph.D.*  
Skidmore College



## NY STATE REPRESENTATIVE

*Justin Faller, Ph.D.*  
SUNY Brockport



## PA STATE REPRESENTATIVE

*Brandon Snyder, D.H.Sc.*  
East Stroudsburg University



## PA STATE REPRESENTATIVE

*Jim Roberts, Ph.D.*  
Edinboro University



## PA STATE REPRESENTATIVE

*Joseph Pellegrino, Ph.D.*  
Lebanon Valley College



## WV STATE REPRESENTATIVE

*Jason Metz, Ph.D.*  
West Liberty University

If interested in serving as a state representative, please email Dr. Sara Campbell at [saracamp@kines.rutgers.edu](mailto:saracamp@kines.rutgers.edu)

# PAST MARC-ACSM PRESIDENTS AND EXECUTIVE DIRECTORS

## Past Presidents

2024 - Rian Landers-Ramos	2014 - Gene Hong	2004 - Shala Davis	1994 - W. Craig Stevens
2023 - Emily Sauers	2013 - Eric Rawson	2003 - Dan Drury	1993 - M. Paternostro-Bayles
2022 - Michael Bruneau, Jr.	2012 - Bill Farquhar	2002 - Brad Hatfield	1992 - M. Paternostro-Bayles
2021 - Devon Dobrosielski	2011 - H. Scott Kieffer	2001 - Carlos Crespo	1991 - Gary Sforzo
2020 - Melissa Reed	2010 - Kristie Abt	2000 - Ross Anderson	1990 - Tim McConnell
2019 - Kevin Heffernan	2009 - Jim Roberts	1999 - Betsy Keller	1989 - H. Robert Perez
2018 - David Edwards	2008 - Steven Siconolfi	1998 - Sam Case	1988 - Elsworth Buskirk
2017 - Sara Campbell	2007 - Mark Sloniger	1997 - Michael Cox	1987 - Robert Otto
2016 - Michael Holmstrup	2006 - Matthew Kerner	1996 - Karen Mittleman	
2015 - Scott Mazzetti	2005 - Jill Kanaley	1995 - Thomas Doubt	

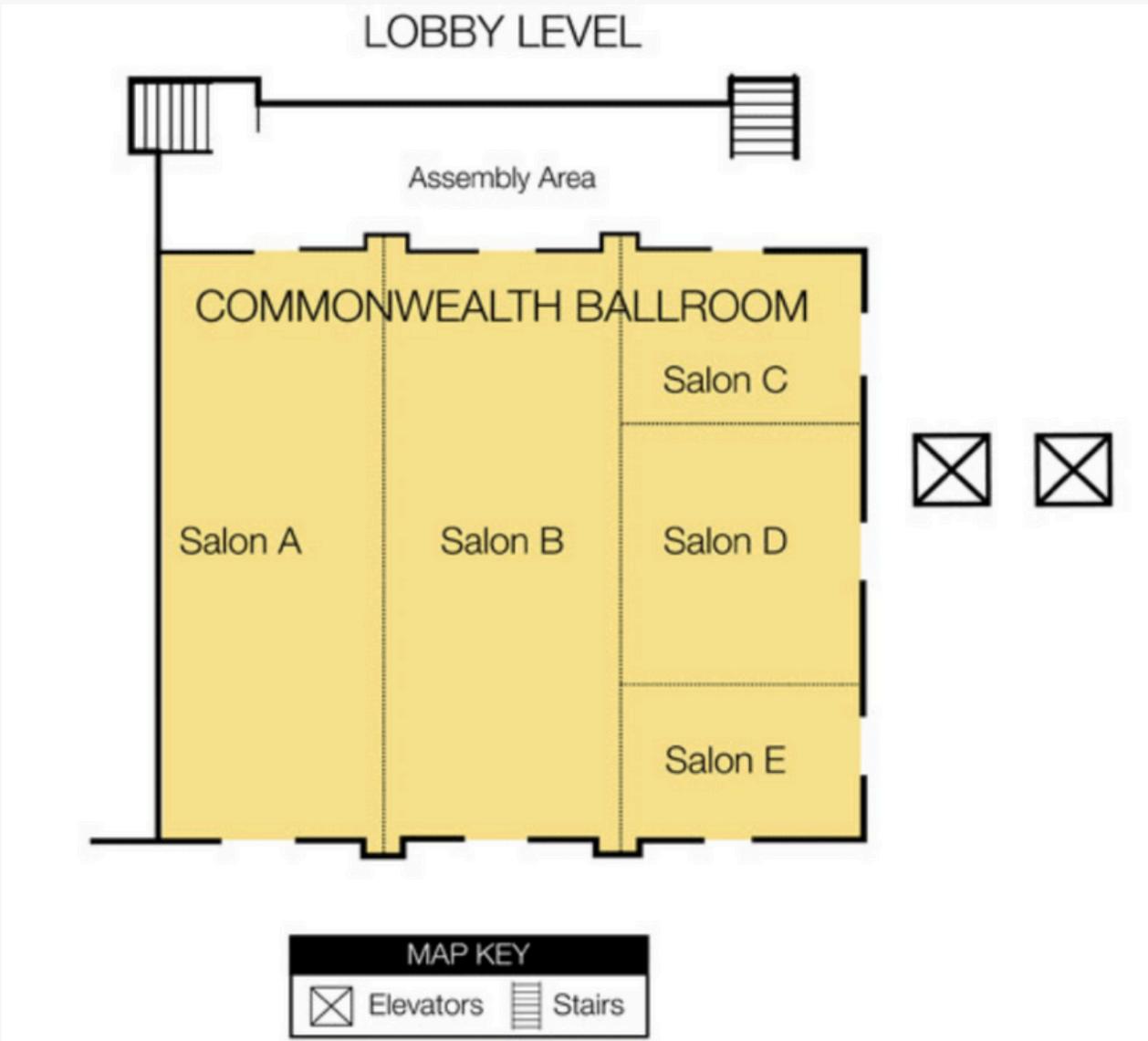
## Executive Directors

2020 - Present - Stephen LoRusso  
2012 - 2020 - H. Scott Kieffer  
2009 - 2012 - Dan Drury  
2001 - 2009 - W. Craig Stevens  
1985 - 2001 - Ed Zambraski

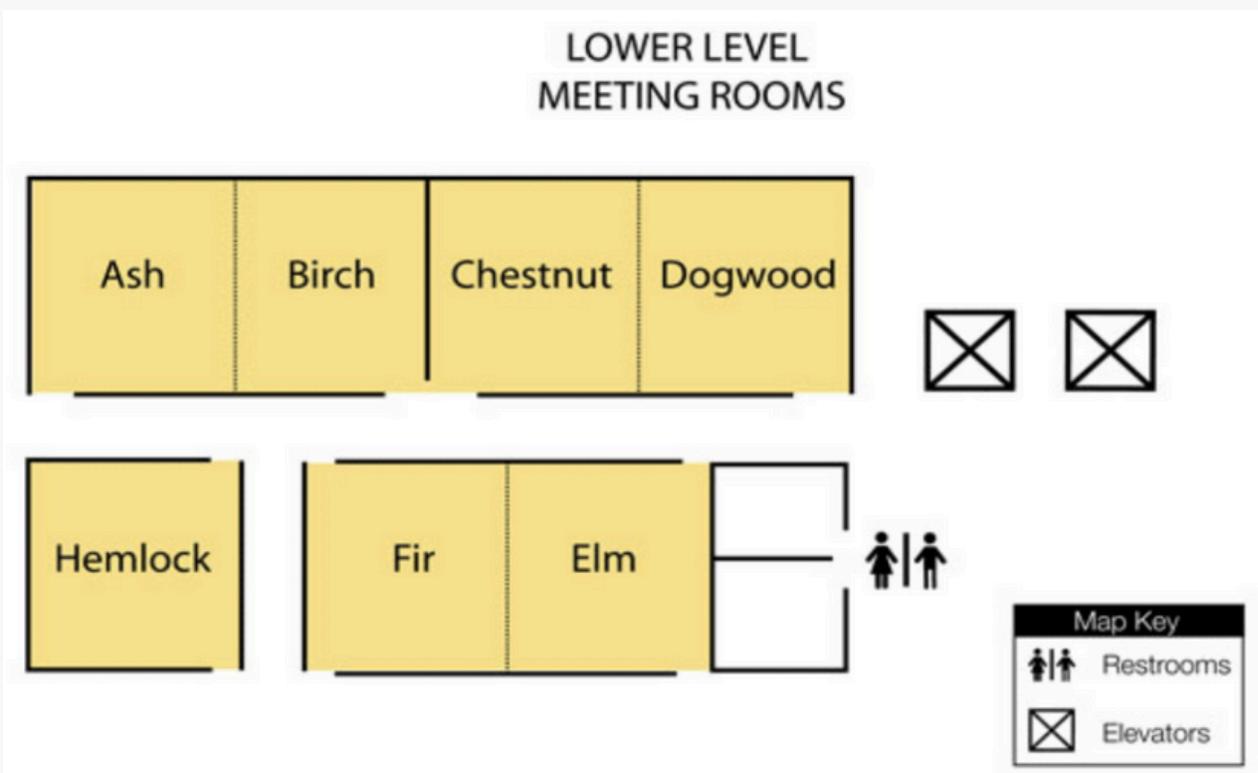
## Founding Members

Ed Zambraski  
Al Paolone  
Zeb Kendrick  
Alan Goldfarb

# SHERATON HARRISBURG-HERSHEY HOTEL MEETING ROOMS: LOBBY LEVEL



# SHERATON HARRISBURG-HERSHEY HOTEL MEETING ROOMS: LOWER LEVEL



# **REGISTRATION INFORMATION**

## **PRE-REGISTRATION PICK-UP TIMES**

### **ELM/FIR ROOM (LOWER LEVEL)**

THURSDAY 7-9 PM

FRIDAY 7 AM-5 PM

(PLEASE NOTE, IT WILL BE MOVE TO HEMLOCK AFTER 8 AM)

SATURDAY 7-9 AM (HEMLOCK ROOM)

## **ON-SITE REGISTRATION TIMES**

### **HEMLOCK ROOM (LOWER LEVEL)**

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 Hemlock Room (Lower Level, last room on the left)

Those presenting in **Free Communication** 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.

**Invited 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, November 6th 6:30 pm - 7:30 pm

Friday, November 7th 7:30 am - 10:30 am; 12:30 - 3:30 pm

Saturday, November 8th 7:45 am - 9:00am

# **ATTENDEE INFORMATION**

## **COLLEGE BOWL - SPONSORED BY PARVO MEDICS**

College Bowl will be held in Ballroom ABCDE on Friday, November 7th from 7:00pm to 8:30pm

## **FACULTY AND STUDENT SOCIAL**

Join us for the joint faculty and student social in the Foyer outside the Ballrooms starting at 7:30pm. Come and enjoy snacks, games and a cash bar! You will receive 1 free drink ticket with your registration.

## **AWARDS AND LUNCH - SATURDAY 11 AM**

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

# STUDENT LOUNGE

## NEW THIS YEAR!!!

**LOCATION:** ELM/FIR

**HOURS:** Friday, Nov 7<sup>th</sup>

8:30-10:00am AND

3:30pm-5:00pm

Students are encouraged to meet and gather in the Student Lounge. We will have faculty and industry folks available to discuss a variety of topics.

### **Faculty AM Session:**

Steve Ives, PhD - Professional development - CV/resume/interview/finding schools

Tiffany Jordan, MS - Certifications and professional development

Sara Campbell, PhD - how to find a mentor/research project

Andy Simonson, MBA, MS - advice on exercise science industry track

### **Faculty PM Session:**

Jason Metz, PhD - picking a research/academic mentor

Lydia Trainor, PhD - how to prep your resume

Melissa Witman, PhD - how to prepare your CV (2:30-3:30 pm)

Brandon Snyder, PhD - general advising (3:30 to 4:30 pm)

Stephanie McAllister, PhD - advice on physical therapy programs

# COLLEGE BOWL SPONSOR



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# 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.

# 2025 RESEARCH COMMITTEE

*The MARC-ACSM Executive Board would like to thank the 2025 Research Committee for their hard work in reviewing abstract submissions and evaluating research award nominees.*

Steve Prior, Committee Chair

University of Maryland

Evan Matthews, Committee Co-Chair

Montclair State University

Ben Gordon

University of Pittsburgh

Nick Knuth

Towson University

Karl Kozlowski

Canisius University

Masoud Moghaddam

University of Maryland Eastern Shore

Donal Murray

George Washington University

Regis Pearson

Defense Centers of Public Health–Aberdeen

J. Luke Pryor

University at Buffalo

Alexei Wong

Marymount University

Jessica Garay

Syracuse University

Chris Kargl

University of Pittsburgh

Davi Mazala

Towson University

Ksenia Power

Temple University

Connor Saker

East Stroudsburg University

Catherine Sapp

McDaniel College

James Wilkes

Children's Hospital of Philadelphia

Mingchia Yeh

Slippery Rock University

# H. SCOTT KIEFFER SERVICE AWARD

*The MARC-ACSM Executive Board honors and recognizes Dr. Hosick from Montclair St. University as the 2025 recipient of the H. Scott Kieffer Service Award. Please join us in congratulating and thanking Dr. Hosick for his service to the MARC-ACSM.*

Peter A. Hosick, PhD, ACSM C-EP, FACSM has been a part of the American College of Sports Medicine Since 2007. He was originally a member of the SouthEast ACSM while completing a master's degree at Appalachian State University and a PhD at the University of North Carolina. After completing his Post-Doctoral Fellowship at the University of Mississippi Medical Center, he joined the faculty of Montclair State University in 2014, bringing his expertise to the MARC-ACSM, where he continues to serve.

At Dr. Hosick's first MARC-ACSM meeting in 2014 he was introduced to Dr. Melissa Reed who convinced him to apply for the Research Committee. He was honored to serve for several years on that committee. During that time, he organized and participated in several scientific symposia before running as Member-At-Large on the MARC-ACSM executive board in 2019. Despite losing that election, a twist of fate led to him serving on the board as Member-At-Large responsible for overseeing the Research Committee. Following his term as Member-At-Large he ran and was elected as Vice President, a role in which he has served for two consecutive terms. He is grateful for the friendships formed and the opportunity to learn from fellow board members as they navigated challenges such as transitioning to virtual meetings during COVID-19, resuming in-person gatherings, multiple updates to the MARC-ACSM Constitution and Bylaws, relocating the annual meeting to Lancaster, and returning home to Harrisburg. He sincerely appreciates the exceptional teamwork of the MARC-ACSM board, which has enabled him to make a meaningful impact.

Beyond his contributions to the MARC-ACSM, Dr. Hosick was awarded Fellowship in ACSM in 2021 and is currently a chair of the ACSM Exhibit Advisory Committee. He serves as a site visitor for the Committee on Accreditation for the Exercise Sciences (CoAES) and is developing an Exercise Is Medicine - On Campus (EIM-OC) program at Montclair State University.



# SOCIAL MEDIA: FOLLOW MARC-ACSM



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**TAG US THROUGHOUT THE MEETING  
USING #MARC25**

# PROGRAM AT A GLANCE: FRIDAY (PRE-LUNCH)

Time	Event	Location
8:00am – 9:00am	Upper Extremity Mechanics and Rehabilitation of the Throwing Athlete	Ballroom CDE
8:00am – 9:30am	Muscle Optimization 101: From Cells to Humans	Ballroom A
8:00am – 9:30am	From Risk to Resilience: Injury Epidemiology and Adaptation in Military Environments	Ballroom B
8:00am – 9:30am	Free Communication Slides	Ash/Birch
8:30am – 10:30am	Poster Session I: Open Viewing (8:30-9:30am) Poster Presentation - Session I (9:30am-10:30am)	Tent- lower level
9:00am – 10:00am	Empowering the Cancer Exercise Trainer: Designing Safe and Effective Exercise Prescriptions	Chestnut/ Dogwood
10:00am – 11:00am	From Application to Acceptance: Insider Tips for Getting into Graduate Allied Health Programs	Ash/Birch
11:00am – 12:00pm	Keynote Address - This Scientific Life: From Pipettes to People	Ballroom ABCDE
12:00pm – 1:00pm	Lunch	Ballroom ABCDE

Please see page 11 for information about the speaker-ready room.

# PROGRAM AT A GLANCE: FRIDAY (POST - LUNCH)

Time	Event	Location
1:00pm – 2:00pm	The Case for Prehabilitation Exercise in Oncology	Chestnut/ Dogwood
1:00pm – 2:30pm	Daily Stress as the Speedometer of Life: How Big Little Things Affect Your Health	Ballroom A
1:00pm – 2:30pm	Master’s Award Finalist Presentations	Ballroom B
1:00pm – 3:30pm	Poster Session II - Open Viewing (1:00pm-2:00pm) Poster Presentation (2:00pm-3:00pm)	Tent - lower level
1:00pm – 3:30pm	Clinical Case Presentations	Ballroom CDE
2:30pm – 3:30pm	How You Can Get Involved in the Physical Activity Alliance and The National Physical Activity Plan	Ash/Birch
3:00pm – 4:30pm	From Sci-Fi to Reality: Metabolic Manipulation & Countermeasures for Spaceflight and Beyond	Ballroom A
3:00pm - 5:00pm	Poster Session III - Open Viewing (3:00pm-4:00pm) Poster Presentation (4:00pm-5:00pm)	Tent - lower level
3:30pm – 4:30pm	Should We Trust our Thirst Mechanism? Evidence-Based Breakdown of the Popular Phrase “If you are thirsty, you are already dehydrated”	Chestnut/ Dogwood
3:30pm – 5:00pm	Doctoral Award Finalist Presentations	Ballroom B
4:00pm – 5:00pm	Sleep Health and Athletic Performance: Optimizing Outcomes for Athletes at All Levels	Ballroom CDE
7:00pm – 8:30pm	<b>College Bowl</b>	Ballroom ABCDE
7:30 pm	<b>Social Event</b>	Foyer outside Ballroom

**Please see page 11 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)	Elm/Fir
8:00am – 9:30am	From Kitchen to Competition: Implementing Culinary Nutrition in Sports Medicine for Optimal Performance and Health	Tent - Lower level
8:00am – 9:30am	Non-Invasive Assessment of Skeletal Muscle Health Using NIRS	Ballroom A
8:00am – 9:30am	Showcasing Biomechanics to Evaluate Movement, Fitness, Exercise, Physical Activity, Health Promotion, Sport, and Prevention of Injury and Disease	Ballroom B
8:00am – 9:30am	UG Award Finalist Presentations	Ash/Birch
9:00am – 11:00am	Free Communication Slides	Chestnut/ Dogwood
9:00am – 10:00am	Neural Adaptations to Strength Training: How Much Do We Actually Know?	Ballroom CDE
9:30am – 11:00am	The Evolving Science of the Female Athlete Triad: Key Updates and Clinical Implications	Ash/Birch
11:00am - 12:00pm	Lunch Buffet and Awards	Ballroom ABCDE
11:00am - 12:00pm	Past President's Lecture: Creatine Supplementation: Beyond Bro-Science	Ballroom ABCDE

Please see page 11 for information about the speaker-ready room.

# KEYNOTE SPEAKER

## Lacy Alexander, Ph.D., FNAK, FACSM, FAPS

Dr. Lacy Alexander is a professor of Kinesiology and holds appointments in Physiology and as an Affiliate Faculty for the Center for Healthy Aging, and in Obstetrics and Gynecology at the Pennsylvania State University. Dr. Alexander's areas of research examine *in vivo* and *in vitro* mechanisms of vascular dysfunction in humans including those with essential hypertension, atherosclerotic vascular disease, primary aging, and women with reproductive disorders. She and her research team have developed and validated a human model for examining mechanisms underlying microvascular dysfunction. Complementary *in vitro* biochemical assays of target tissue samples couple structure with function. This approach allows for a level of pharmacodissection that would not otherwise be possible in humans. Currently, she serves as the Editor-in-Chief for the Journal of Applied Physiology, and on an NIH study section for Clinical and Integrative Cardiovascular Sciences. In her spare time, Dr. Alexander enjoys conducting experiments in the kitchen, spending time thinking on her Peloton and with her three Portuguese Water Dogs (Patsy Cline age 8, Ruthie Bader Ginsberg age 4, and Archibald V. Hill (age 9 weeks)).



Join us for Dr. Alexander's keynote address in Ballroom ABCDE on Friday, November 7<sup>th</sup> at 11am.

# PAST-PRESIDENT'S LECTURE

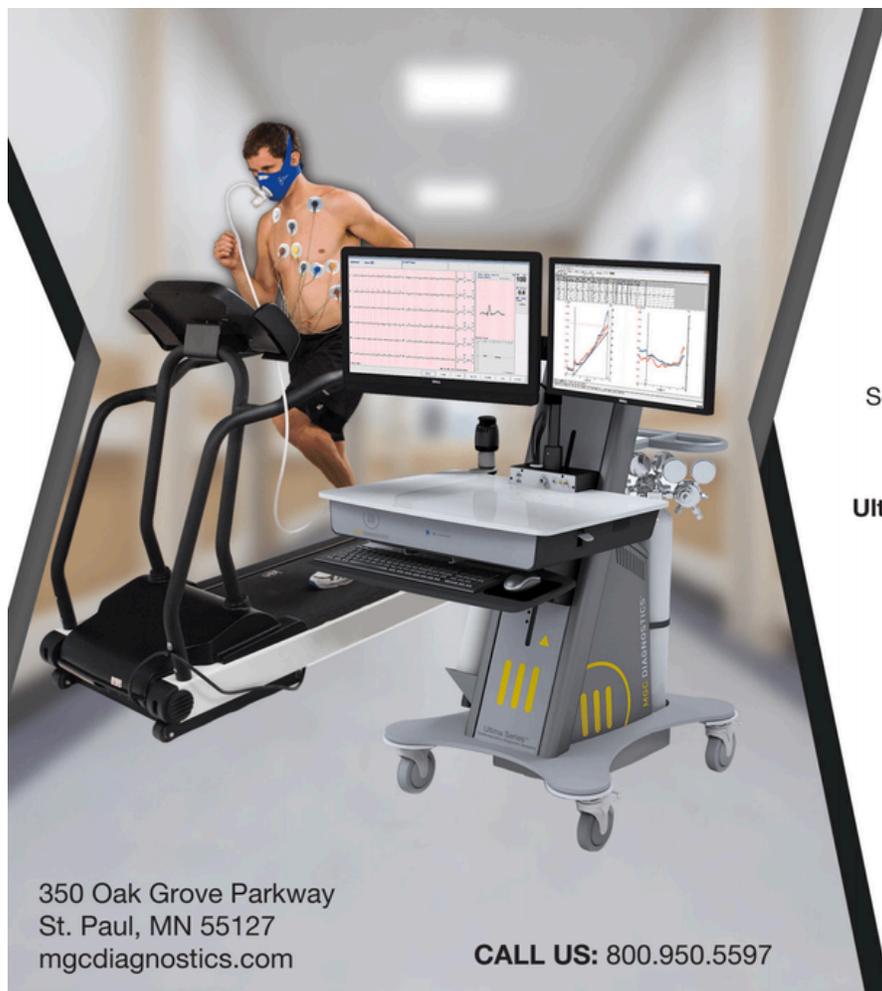
## Eric S. Rawson, Ph.D., FACSM

Eric S. Rawson is Chair and Professor of Health, Nutrition, and Exercise Science at Messiah University 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 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, as Chair of 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 about 200 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.



Join us for Dr. Rawson's Past President Lecture in Ballroom ABCDE on Saturday, November 8th at 11am.

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# SPEAKERS

## Stuart Phillips, Ph.D.



Dr. Stuart Phillips is a Distinguished University Professor in the Department of Kinesiology and a member of the School of Medicine at McMaster University. He is a Tier 1 Canada Research Chair in Skeletal Muscle Health. Dr. Phillips' work centers on the interaction of exercise/physical activity, aging, and nutrition in skeletal muscle and body composition. Dr. Phillips is a fellow of several Academies, Societies, and Colleges, including the ACSM, but was most recently appointed as a Fellow of the Royal Society of Canada (FRSC).

## Brian Glancy, Ph.D.

Brian Glancy graduated with a B.A. in Sport Science from the University of the Pacific prior to receiving a Master's degree in Kinesiology and a Ph.D. in Exercise Science from Arizona State University working with Wayne Willis. He was a postdoctoral fellow with Robert Balaban at the National Heart, Lung, and Blood Institute from 2009 to 2016. Dr. Glancy became an Earl Stadtman Investigator at the NIH with a dual appointment between NHLBI and NIAMS in 2016 and became a tenured Senior Investigator in 2023. He is a member of the American College of Sports Medicine and the American Physiological Society.



## Sarah Kuzmiak-Glancy, PhD.



Dr. Kuzmiak-Glancy is an Assistant Professor at the University of Maryland. She is a lifelong athlete who has merged her love of playing sports with her research focus. After studying Exercise Physiology as an undergraduate at Rutgers University, she became captivated by mitochondrial energetics during her PhD at Arizona State University. Dr. Kuzmiak-Glancy's research has been funded by the American Heart Association and focuses on determining how skeletal and cardiac mitochondrial energy production is exquisitely matched to energy demand and how this coordination is altered during exercise and in disease.

# SPEAKERS



## **Mita Lovalekar, PhD**

Mita Lovalekar is an Associate Professor and Vice Chair for Academic Affairs in the Department of Sports Medicine and Nutrition at the University of Pittsburgh. She is trained as a physician, and has doctoral and master's degrees in Epidemiology. She is a research epidemiologist at the Neuromuscular Research Laboratory, University of Pittsburgh, and is involved with study design, data processing, analysis, and interpretation. Lovalekar's research interests include injury epidemiology and surveillance, injury prevention, and chronic disease epidemiology.

## **Kristen Koltun, PhD, FACSM**

Dr. Kristen Koltun, FACSM 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 interests 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 physical training in exercising and military populations. She has over 50 peer-reviewed publications and several research projects have been successfully funded by the Department of Defense.



## **Christopher Kargl, PhD**

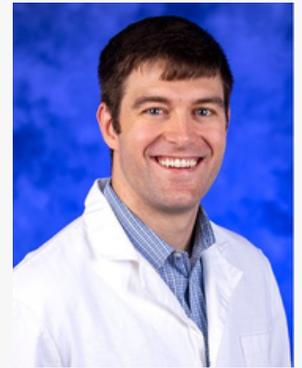


Dr. Kargl is an Assistant Professor of Sports Medicine and Nutrition in the Neuromuscular Research Laboratory and Warrior Human Performance Center at the University of Pittsburgh. Dr. Kargl received his PhD in Exercise Physiology and Gerontology from Purdue University. His research interests at the NMRL include musculoskeletal tissue crosstalk, circulating extracellular vesicles and miRNAs, and established as well as novel biomarkers of stress, resilience and exercise adaptations in military and general populations.

# SPEAKERS

## Michael Haines, MD

Michael Haines, MD is a primary care sports medicine and family medicine physician who is an attending physician at Penn State Milton S. Hershey Medical Center in Hershey, Pennsylvania. He completed residency and his primary care sports medicine fellowship at Jefferson Health in Philadelphia, PA. He is interested in the mechanics of injury in overhead athletes and golf athletes. Dr. Haines is currently the head team physician of Central Dauphin High School and assistant team physician of the Harrisburg Senators.



## Tyson Rose, MPT, SCS, OCS, COMT, LAT, ATC



I am a Staff Physical Therapist/Athletic Trainer at Penn State Health Bone and Joint Institute Therapy Services in Sports Medicine. I am a Board-Certified Clinical Specialist in both Sports and Orthopaedics by the American Physical Therapy Association and currently listed as a Certified Orthopaedic Manipulative Therapist through the North American Institute of Orthopaedic Manual Therapy. My educational background includes Bachelor of Biological Sciences degree and Master of Physical Therapy degree both from Ohio University with an additional Bachelor of Science in Kinesiology/Athletic Training from Penn State University. I am currently employed for the second time at Penn State Health after completing a stint as Rehabilitation Coordinator/Assistant Athletic Trainer at Wake Forest University. Academically, I have been an Adjunct Faculty member for Athletic Training in the Wellness Department at Millersville University as well as the Lebanon Valley College Graduate Athletic Training program. Colleagues and I have completed extensive training in movement evaluations and interventions such as golf rehabilitation through the Titleist Performance Institute. Over the years, I have spoken professionally about a variety of orthopedic and rehabilitative topics. Currently I work out of Penn State Health Therapy Services providing clinical care in-house plus at local professional and college facilities.

## Kristofer Wisniewski, PhD



Dr. Wisniewski is an Associate Professor of Exercise Physiology and Chair of the Department of Health and Human Performance at Saint Francis University. He also serves as the Assistant Director of the Human Performance Lab and previously served as the Director of the Evergreen Exercise Clinic for cancer survivors from 2018-2024 and Director of the MS Exercise Oncology Program from 2022-2024. He earned his BS in Exercise Science from Slippery Rock University, and his MS in Health, Physical Activity, and Chronic Disease and PhD in Exercise Physiology from the University of Pittsburgh. Dr. Wisniewski is a certified Clinical Exercise Physiologist with over 15 years of experience working with clinical populations, specializing in the prevention and treatment of cardiometabolic diseases and cancer using lifestyle behavior change interventions. He holds the Exercise is Medicine credential and is a Certified Strength and Conditioning Specialist.

# SPEAKERS



**DeAnna Hickman, MA**

DeAnna Hickman joined the Department of Physical Therapy at the University of Maryland Eastern Shore in 2015 as the Department Coordinator. She holds a Bachelor of Arts in Psychology from Salisbury University and a Master of Education in Instructional Technology from the University of Maryland Global Campus. DeAnna has a decade of experience in graduate-level admissions in Allied Health programs and especially enjoys working with and advising program applicants

**Masoud Moghaddam, PhD**

Dr. Masoud Moghaddam is an assistant professor in the Department of Physical Therapy at the University of Maryland Eastern Shore, where he has been educating future physical therapists for the past four academic years. He has over a decade of experience teaching undergraduate and graduate students in exercise science, health, and human performance. As a proud member of the American College of Sports Medicine for ten years, Dr. Moghaddam started his ACSM journey as a student and now contributes as a professional member. ACSM has played a key role in shaping his academic and professional path. He is also a certified Exercise Physiologist and Personal Trainer through ACSM, with a passion for mentoring students pursuing careers in allied health



**Stephanie McAllister, PT, DPT, OCS**



Dr. Stephanie McAllister has been a practicing clinician in a variety of clinical settings that include hospital-based acute care, acute and subacute rehabilitation, long term care, home health, and outpatient since 2008. In response to the COVID-19 pandemic, Dr. McAllister established an outpatient clinic that was both on-site and mobile in order to improve access to health care for patients/clients in underserved areas. She currently serves as an Assistant Professor in the Doctor of Physical Therapy program at the University of Maryland Eastern Shore. She is active in the local community collaborating with grant-funded wellness and fall-prevention programs, participating in service projects, and conducting research to improve physical activity across the lifespan. She has presented her research at the state and national levels. Dr. McAllister is a board-certified Orthopedic Clinical Specialist and continues to practice physical therapy regularly. She is passionate about continuing to serve the local Eastern Shore community

# SPEAKERS

## David Almeida, PhD



David Almeida is Professor of Human Development and Family Studies and a faculty member of the Center for Healthy Aging at Penn State University. He earned his Ph.D. in Developmental Psychology from the University of Victoria. Dr. Almeida's research examines the effects of biological and self-reported indicators of stress on health resulting in over 350 scientific publications on this topic. His primary interest has been the role of daily stress on healthy aging but has also examined stress processes in specific populations and contexts, such as the workplace and family interactions, parents of children with developmental disabilities, and family caregivers. Dr. Almeida has held leadership roles in three National Institutes of Health Research Initiatives including: the Midlife in the United States (MIDUS) Study; the Work, Family & Health Research Network; and the Science of Behavior Change Network. He is also the Associate Director of a National Institute of Aging T32 training program on Psychosocial and Biological Pathways to Healthy Aging.

## Jody Greaney, PhD, FACSM

Dr. Jody Greaney is currently an Assistant Professor in the Department of Health Behavior and Nutrition Sciences at the University of Delaware. From 2019-2023, she was an Assistant Professor in the Department of Kinesiology at The University of Texas at Arlington. Her research program centers on uncovering the psychobiological mechanisms responsible for the disproportionate cardiovascular disease (CVD) burden experienced by adults with depression—a pervasive, relapsing-remitting, and often debilitating mood disorder. This information can then be leveraged to inform adjunctive therapies specifically targeting these underlying mechanisms, with the ultimate goal of slowing, preventing, and/or reversing depression-associated future CVD risk. Dr. Greaney's research has been supported by the National Institutes of Health and the American Heart Association, and she is actively recruiting trainees to join her new laboratory.



## Agus Surachman, MD



Dr. Surachman is a social epidemiologist interested in understanding the intersectionality between life course socioeconomic status (SES) and race as critical social factors that differentiate access to resources promoting health and preventing diseases. In addition, his research examines the impact of social stratifications on psychological factors implicated in health disparities through the lens of the daily stress process or minor day-to-day challenges. One major pathway that links the daily stress process to disease is accelerated aging, an important biological marker for multiple age-related chronic diseases, for which there are known SES and racial disparities. He examines accelerated aging through multiple physiological pathways, including epigenetic modification, inflammation, metabolic syndrome, and accelerated renal aging.

# SPEAKERS

## Suh Ah Lee, PhD

Lee earned her dual-title PhD in Human Development and Family Studies and Social Data Analytics from Penn State University. She was a predoctoral fellow in the T32 Pathways Training program, which supports interdisciplinary research identifying psychosocial determinants and biological pathways underlying healthy aging. Her training at Penn State laid the foundation for a research program grounded in biopsychosocial perspectives. Lee is a developmental health psychologist with a research focus on the dynamic interplay between mental and physical health across the life span. Her research examines how healthy aging unfolds through day-to-day psychosocial (e.g., daily stress) and behavioral experiences (e.g., daily health behaviors). She leverages multi-time scale data, combining traditional longitudinal panel designs with intensive longitudinal data. She also incorporates multi-modal data, including wearable technologies and biomarkers, to enrich the measurement of real-world experiences. In addition, her research includes methodological innovations to model intraindividual changes and temporal dynamics, advancing our understanding of how daily life contributes to long-term health outcomes.



## Melanie Potiaumpai, PhD



Dr. Melanie Potiaumpai is the director of the ‘Momentum in Oncology Via Exercise (MOVE)’ lab at the University of Pittsburgh School of Medicine and the Co-Director of the UPMC Moving Through Cancer Program at UPMC Hillman Cancer Center. The focus of the MOVE lab is the development, use, and implementation of exercise for cancer prevention, control, and survivorship and the expanding exercise services into oncology clinical care. Dr. Potiaumpai’s research aims to understand how targeted exercise impacts important clinical, functional, and patient-centered outcomes in people living with and beyond cancer. To date, Dr. Potiaumpai’s clinical trials have investigated the effect of pre-treatment exercise interventions, or “prehab” that integrate into the oncology clinical workflow to help ensure patient adherence and healthcare provider support. The MOVE lab also provides free exercise lectures and classes to people living with and beyond cancer in the greater Pittsburgh community.

# SPEAKERS

## Monte Ward

Monte Ward is the Vice President of Government Relations for the American College of Sports Medicine. In this role, he is charged with building and maintaining relationships on Capitol Hill to further the legislative and regulatory goals of ACSM. He is further charged with developing and inspiring the grassroots efforts of ACSM's members. Mr. Ward is the staff liaison to ACSM's Health and Science Policy committee.

Mr. Ward is president of and formed Advanced Capitol Consulting 23 years ago to provide strategic counsel in the areas of government relations, trade association representation, political fundraising for members of Congress and political action committees and grassroots advocacy. Prior to forming Advanced Capitol Consulting, Mr. Ward served as Vice President of Federal Affairs for the National Association of Mutual Insurance Companies. He also worked as a Legislative Director for five years in the U.S. House of Representatives.



## W. Craig Stevens, PhD

Dr. Craig Stevens is in his 9<sup>th</sup> year as the chair of the Department of Kinesiology at West Chester University. He has been at West Chester for 34 years. Dr. Stevens has been a member of ACSM's Health and Science Committee since 2014 and has served as its chair for the last six years. He has been a MARC-ACSM member since the mid-1980's and has served as a member-at-large, president-elect, president, and past president of MARC. Dr. Stevens further served MARC-ACSM for nine years as its executive director.

## Rick Howard, DSc, CSCS \*D, RSCC E, FNSCA

Rick Howard earned his doctorate in Health Promotion and Wellness from Rocky Mountain University of Health Professions (UT). He is an Associate Professor in Applied Sports Science, Sports Performance Coordinator, and Coaching Minor Advisor at West Chester University (PA) and Visiting Professor at Reykjavik University, Iceland. He contributes peer-reviewed articles and presents nationally and internationally on long-term athletic development (LTAD) and collective impact advocacy strategies to provide solutions to increase physical activity cradle-to-grave. He is a masters strongman competitor and leads by example demonstrating the value of strength and skills across the lifespan.



# SPEAKERS

## Katharyn Flickinger, PhD

Dr. Kate Flickinger is an exercise physiologist, and TRISH Postdoctoral Fellow in the Department of Emergency Medicine at the University of Pittsburgh. She graduated from Allegheny College in 2012, with a degree in Biology and began working in the Department of Emergency Medicine as her first job upon graduation. She worked her way through school earning a master's degree and successfully completing her PhD in exercise physiology in August of 2022. Dr. Flickinger is continuing her postdoctoral training as the principal physiologist managing the department's Applied Physiology Lab (APL). Her postdoctoral work is studying metabolic measurement, manipulation and countermeasure strategies and their utility for spaceflight and in clinical populations. Her research experience also includes; temperature manipulation and the use of other metabolic parameters as potential therapeutic tools; human performance under stress and fatigue; and examining the influence of physical treatments on the recovery and the associations between rehabilitative interventions and outcomes important to patients, and the development of more individualized care for patients with critical illness.



## Ben Gordon, PhD



Dr. Ben Gordon is an Assistant Professor in the Department of Health and Human Development at the University of Pittsburgh and an ACSM Certified Clinical Exercise Physiologist. His research centers on low-burden exercise and lifestyle interventions to reduce cardiovascular risk, with a particular focus on hypertension, sedentary behavior, and aging. He leads the Pittsburgh IsoTension Laboratory within the Physical Activity Research Center at Pitt. Dr. Gordon also explores how these strategies can be adapted for extreme environments, including spaceflight. In collaboration with a multidisciplinary team, he investigates isometric-based exercise as a method to preserve muscle mass and strength during prolonged bedrest, contributing to the development of countermeasures for long-duration space missions. He holds a B.S. in Exercise Science from Western Michigan University, an M.S. in Clinical Exercise Physiology from East Stroudsburg University of Pennsylvania, and a Ph.D. in Biological Sciences with a specialization in Exercise Physiology from the University of North Carolina at Charlotte.

## Marie Mortreux, PhD

Dr. Mortreux is an Assistant Professor of Nutrition and a Ryan Assistant Professor of Neuroscience at the University of Rhode Island. Her laboratory investigates the connection between Metabolism and Muscle Biology by using several spaceflight models to better understand physiological adaptations to space stressors, and receives funding from NASA Space Biology and the Human Research Program. Her work leverages nutritional countermeasures to preserve health, metabolism, and musculoskeletal function. She also uses several minimally-invasive biomarkers to better track muscle alterations in response to environmental factors, including Electrical Impedance Myography.



# SPEAKERS

## Dan Neofes, MS

Dan Neofes is pursuing a PhD in Exercise Physiology at the University of Pittsburgh where he also received his Masters degree in Clinical Exercise Physiology. He has professional experience in both inpatient and outpatient cardiopulmonary rehabilitation. His research focused experience surrounds novel exercise-based interventions to mitigate muscle loss resulting from prolonged bed rest and address cardiovascular conditions such as hypertension in older adults. His work aims to inform clinical applications for the preservation of musculoskeletal and cardiovascular health.



## Michelle Stehman, PhD



Dr. Michelle Stehman started out as a licensed athletic trainer who decided to pursue a PhD in Exercise Physiology after developing an interest in sweat, hydration, and environmental research. Dr. Stehman has both research and athletic training experience working with a diversity of athletes including division I, division II and professional athletes such as the Philadelphia Flyers and Philadelphia Eagles. She has published research on hydration and is passionate about educating others on the dangers of overhydration, so much so that she hears her students often reminding each other to “drink to thirst”. Dr. Stehman currently teaches at Saint Francis University where she teaches the undergraduate Environmental Exercise Physiology course among many others. In her Environmental Physiology course, students complete a sweat lab where they create sweat patches, run around to get sweaty, followed by an individual analysis of their sweat electrolyte concentrations. Students also learn about the impact of different environmental conditions on the human body such as the effects of altitude and get real hands-on experience by hiking a local mountain with over 1,000 feet of elevation gain to evaluate if what they are learning in the classroom is translatable to the real world. Outside of teaching, Dr. Stehman enjoys outdoor adventures, eating a lot of good food, and constantly convincing people they need to buy a pair of crocs.

# SPEAKERS

## Joanna Fong-Isariyawongse, MD

Dr. Joanna Fong-Isariyawongse is an Associate Professor of Neurology at the University of Pittsburgh, specializing in Sleep Medicine and Epilepsy. She is a nationally recognized advocate for sleep health and brain health, working to turn scientific evidence into actionable public policy. Her efforts focus on issues like later school start times for adolescents, adoption of permanent standard time, and improved care and education for people living with epilepsy. Clinically, Dr. Fong-Isariyawongse provides expert care for individuals with epilepsy, including those undergoing surgical evaluation for drug-resistant seizures. She also sees patients with a wide range of sleep concerns, helping individuals improve sleep quality to enhance cognitive function, emotional resilience, and overall performance. In addition, she leads critical care continuous EEG services across eight UPMC hospitals, ensuring timely neurological monitoring for patients in intensive care. Her commitment to patient-centered care has earned her UPMC's Excellence in Patient Experience Award and recognition as a Pittsburgh Magazine Best Doctor since 2019. She serves on national advocacy and health policy committees for the American Academy of Neurology (AAN), the American Academy of Sleep Medicine (AASM), and the American College of Sports Medicine (ACSM), where she helps shape legislation and healthcare priorities at both state and federal levels. She is a board member of the Pennsylvania Neurological Society, a physician advisory board member for the Epilepsy Association of Western and Central Pennsylvania, and a professional advisory board member for the Epilepsy Foundation of Eastern Pennsylvania. Dedicated to public education, Dr. Fong-Isariyawongse speaks widely on the science of sleep and its role in learning, mood, seizure control, athletic performance, and public safety. Her outreach spans school districts, athletic teams, first responders, and public transportation workers. She also serves as a neurology consultant to the Pittsburgh Steelers. Whether in the clinic, the classroom, or the Capitol, Dr. Fong-Isariyawongse is committed to building a healthier, more well-rested future for all.



## Nick Yonko, MS, RD



Nick Yonko, MPS, RD, LD, CSCS, is the Assistant Athletic Director for Performance Nutrition at Penn State University, where he has been part of the athletics department since 2020. He oversees the performance nutrition program that supports roughly 800 student-athletes across 31 sports, with a mission to optimize performance, health, and long-term well-being through fueling strategies and behavior change.

Prior to Penn State, Nick spent five years as a Sports Dietitian at the University of Louisville, where he supported several conference championship teams and NCAA tournament contenders. Earlier in his career, he worked as a research coordinator at Baylor College of Medicine on pediatric obesity and diabetes management studies, and as a strength and conditioning coach in Houston, Texas.

Nick is a Registered Dietitian and a Licensed Dietitian in Pennsylvania.

# SPEAKERS

## Rian Landers-Ramos, PhD

Rian Landers-Ramos, Ph.D., is an Associate Professor of Exercise Science in the Department of Kinesiology at Towson University (TU). Her interests focus broadly on translational research investigating the effects of acute and chronic exercise on vascular and musculoskeletal health across the lifespan. Most recently, she has been using near-infrared spectroscopy to assess differences in indices of skeletal muscle health based on age, sex, and in response to acute exercise. Before joining the faculty at TU, she completed her postdoctoral training at the University of Maryland School of Medicine and the Veterans Affairs Medical Center. She received her Ph.D. in Kinesiology from the University of Maryland in College Park. Dr. Landers-Ramos is also a NSCA-certified Strength and Conditioning Specialist. She is actively involved in MARC ACSM, having previously served as the graduate student representative, Member-at-Large for Research, and most recently as Past-President of the MARC ACSM Board of Directors



## Steven J. Ives, PhD, FACSM

Dr. Stephen Ives is a Professor and Chair of the Department of Health and Human Physiological Sciences at Skidmore College. He earned his Ph.D. in Exercise Physiology from the University of Utah and completed a postdoctoral fellowship in Geriatrics at the Salt Lake City VA Medical Center. Dr. Ives' research centers on cardiovascular physiology, with a particular focus on vascular function, exercise, and dietary interventions such as capsaicin. At Skidmore, he mentors undergraduate researchers and leads investigations into microvascular health, cardiometabolic risk, and sex-specific responses to exercise and nutrition.



## Nicolas Knuth, PhD

Dr. Knuth is an Associate Professor of Exercise Science and Chair of the Department of Kinesiology at Towson University. He earned his Ph.D. in Exercise Physiology from the University of Michigan and completed two postdoctoral fellowships at the National Institutes of Health (NIDDK and NIA). His research focuses on human metabolism, energy balance, and the physiological effects of aging and physical activity, using advanced techniques to assess muscle function, body composition, and real-world activity. His work bridges clinical precision with practical application, spanning athletes, older adults, and individuals with chronic conditions.



# SPEAKERS

## Gina Garcia, PhD

Dr. Garcia earned her Bachelor's degree in Exercise and Sport Science from the University of North Carolina at Chapel Hill and her Master's in Kinesiology (Biomechanics focus) at the University of Maryland - College Park, where she is currently a Ph.D. Candidate. Her doctoral research examines the effects of transcutaneous electrical nerve stimulation on jump performance and lower extremity injury risk. Professionally, she is a Senior Research Specialist at Exos' Human Performance Lab, where she leads and supports applied research studies in collaboration with industry partners. Her work focuses on product innovation in sports biomechanics and sports technology. At Exos, she contributes to all stages of research, including project scoping, protocol development, data collection, and analysis, with the goal of translating rigorous, lab-based research into meaningful, real-world performance solutions for athletes of all levels.



## Cabel McCandless, PhD



Cabel McCandless, PhD, is an Assistant Professor in the Department of Kinesiology at Towson University. His research investigates how progressive fatigue influences lower-limb mechanics during sport and exercise, with a sub-focus on how attentional cueing strategies may reduce injury risk as fatigue sets in. He has applied this work as a sport science consultant for the United States Olympic & Paralympic Committee. In addition to his research and teaching, he serves as a social media coordinator for the Journal of Applied Biomechanics, where he works to promote high-quality research and strengthen scientific communication within the kinesiology community.

## Lisa Custer, PhD, ATC

Dr. Lisa Custer (Chinn) is an Associate Professor in the Athletic Training Program at Towson University in Towson, MD. She has been a certified athletic trainer for over 20 years. Her primary research interests are the biomechanical, sensorimotor, and postural control alterations that occur in individuals following lower extremity musculoskeletal injuries, with a focus on chronic ankle instability. Dr. Custer has published and presented her research nationally and internationally,



## Allison Altman Singles, PhD



Dr. Altman-Singles is an Associate Professor in Kinesiology and Mechanical Engineering at Penn State Berks in Reading, PA. Dr. Altman Singles earned her bachelor's degree from the University of Rochester, doctorate from the University of Delaware, and completed a postdoc at the University of Pennsylvania. Dr. Altman-Singles is the director of the Biomechanics and Gait Evaluation Laboratory (BaGEL), a collaborative research space at Penn State Berks. Her main line of research focuses on the mechanics of stroller running and the implications for overuse injuries in parents of young children. Dr. Singles spends her free time running and spending time outdoors with her family.

# SPEAKERS



## **Olivia Thomas, MS, RD**

Olivia Thomas, MS, RDN, LDN, is the Director of Nutrition Innovation and Implementation at Boston Medical Center, where she leads efforts to integrate food-based interventions into clinical care and develop community-driven, culturally affirming programs to prevent and manage diet-related chronic diseases. Olivia pioneered nutrition-focused training for healthcare professionals by co-founding the Boston University Medical School culinary medicine program, Eat to Treat. Additionally, she leads hands-on workshops nationwide and consults with institutions like Columbia University, Penn State University, and the Obesity Medicine Association, designing and implementing culinary medicine programs tailored to diverse audiences, including students, healthcare providers, and community members. A passionate advocate for accessible, inclusive, and equitable nutrition resources, Olivia has spearheaded the development of technology-enabled products that bring personalized culinary medicine beyond the teaching kitchen and into homes, customized to individuals' languages and personal preferences. An accomplished writer and speaker, Olivia also regularly publishes and presents on nutrition, culinary medicine, and community engagement topics. Olivia is a PhD student at Australian Catholic University, where her research focuses on sports nutrition and supporting high-performing athletes through culinary medicine. She serves as Co-Chair of the Membership Strategy Committee for the Teaching Kitchen Collaborative. She previously led the Culinary Medicine Interest Group of the American College of Lifestyle Medicine.

# SPEAKERS

## Jason DeFreitas, PhD

Jason DeFreitas joined the Department of Exercise Science in the Falk College of Sport at Syracuse University in the Fall 2024 semester as a Professor and Department Chair. Prior to joining Syracuse University, DeFreitas was an associate professor and program coordinator of the Health and Human Performance program at Oklahoma State University. He spent 11 years at Oklahoma State, where he primarily taught classes in neuroanatomy and neuromuscular physiology. DeFreitas' research focuses on how the brain controls movement, and how that control system changes with aging and/or training. His lab utilizes brain stimulation techniques, functional brain imaging, nerve conduction studies, and more. He has a strong applied focus with goals of reducing fall risk in older adults through physical activity interventions and improved diagnostic testing. His lab, the Neural Health Research Laboratory, is currently supported by the De Luca Foundation and the American Federation for Aging Research (AFAR) Award in Aging Biology and Geroscience Research, a three-year award sponsored by the Hevolution Foundation. DeFreitas earned a Ph.D. in 2013 and M.S. in 2009, both in Exercise Physiology from the University of Oklahoma. He received his B.S. in Exercise Science in 2007 from the University of Connecticut.



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# FRIDAY AM SESSION SPONSORS

## SYMPOSIA

### **Upper Extremity Mechanics and Rehabilitation of the Throwing Athlete**

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### **Muscle Optimization 101: From Cells to Humans**

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### **Empowering the Cancer Exercise Trainer: Designing Safe and Effective Strategies**

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# FRIDAY AM SESSION SPONSORS

## SYMPOSIA

### **From Application to Acceptance: Insider Tips for Getting into Graduate School**

Sponsored by:

- Logan University
- Seton Hill University

Nov 07, 2025 | Morning

**8:00AM - 9:00AM**

**Session - Upper Extremity Mechanics and Rehabilitation of the Throwing Athlete**

**Ballroom CDE**

**Speakers - Michael Haines, MD and Tyson Rose, MPT**

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**8:00AM - 9:30AM**

**Symposium - Muscle Optimization 101: From Cells to Humans**

**Ballroom A**

Talk Title - Understanding the Blueprint for Human Muscle Hypertrophy

**Speaker - Stuart Phillips, PhD**

Talk Title - How Your Muscle Cells are Built

**Speaker - Brian Glancy, PhD**

Talk Title - How Your Muscles are Powered

**Speaker - Sarah Kuzmiak-Glancy, PhD**

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**8:00AM - 9:30AM**

**Symposium - From Risk to Resilience: Injury Epidemiology and Adaptation in Military Environments**

**Ballroom B**

Talk Title - Sex differences in musculoskeletal injury epidemiology and subsequent loss of tactical readiness during Marine Corps Officer Candidates School

**Speaker - Mita Lovalekar, PhD**

Talk Title - Resilience vs. Risk: Baseline Predictors and Longitudinal Indicators of Adaptation and Injury during Military Training

**Speaker - Kristen J. Koltun, PhD, FACSM**

Talk Title - Magnitude and Mediators of the Biological Response to Multi-stress Military Training

**Speaker - Christopher Kenneth Kargl, PhD**

**FRIDAY**

Nov 07, 2025 | Morning

8:00AM - 9:30AM

Slide Presentations - Free Communication I (presenters listed on page 77)

Ash/Birch

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8:30AM - 10:30AM

Poster Session I - Abstracts listed on Pages 80-83

Tent, Lower level

Poster viewing - 8:30am - 9:30am

Poster presentation - 9:30am - 10:30am

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8:30AM - 10:00AM

Student Lounge

Elm/Fir

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9:00AM - 10:00AM

Practicum Session - Empowering the Cancer Exercise Trainer:  
Designing Safe and Effective Exercise Prescriptions

Chestnut/Dogwood

Speaker - Kristofer Wisniewski

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10:00AM - 11:00AM

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

Ash/Birch

Speaker 1 - Masoud Moghaddam, PhD

Speaker 2 - Stephanie McAllister, PhD

Speaker 3 - DeAnna Hickman, MA

FRIDAY

Nov 07, 2025 | Morning

## KEYNOTE ADDRESS

11:00AM - 12:00PM

Session - This Scientific Life: From Pipettes To People

Ballroom ABCDE

Speaker - Lacy Alexander, PhD, FACSM

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12:00PM - 1:00PM

LUNCH

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FRIDAY

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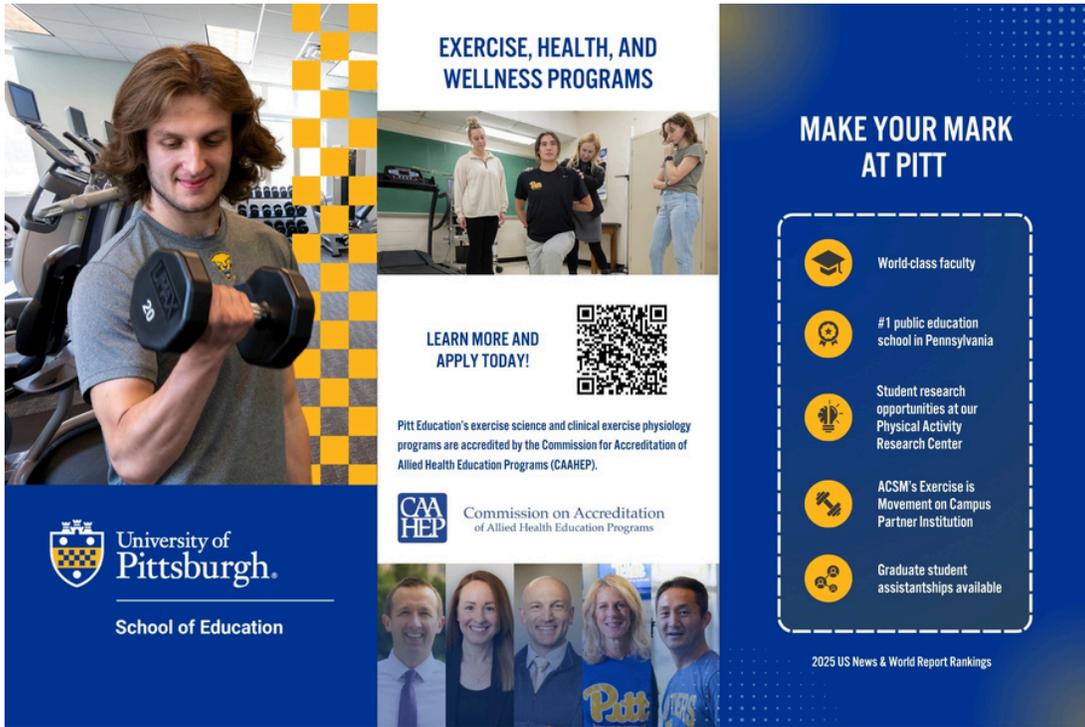
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*Accelerated | Master of Science*  
*Erie, Pennsylvania*

# MARC-ACSM MEETING SPONSORS



## DEPARTMENT OF PHYSICAL THERAPY

## DOCTOR OF PHYSICAL THERAPY PROGRAM

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### State-of-the Art Facilities

Acute Care, Balance and Neuro Management, Cardiopulmonary, Gross Anatomy, Motion Analysis, and Real-Time Ultrasound Labs

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Ideal student-faculty ratio. Small class sizes allow for individualized guidance and more opportunities for hands-on learning

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### Innovative Research Opportunities

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### Diverse Clinical Partnerships

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### Outstanding value

Exceptional outcomes for an affordable cost



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# FRIDAY PM SESSION SPONSORS

## SYMPOSIA

### **Stress and Cardiovascular Health**

Sponsored by:

- MGC Diagnostics
- Cosmed
- Electramed
- Cedar Crest College
- East Stroudsberg University
- Lebanon Valley College
- Montclair University

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

Sponsored by:

- West Chester University

### **Sleep Health and Athletic Performance: Optimizing Outcomes**

Sponsored by:

- ATCOR Medical
- Messiah University
- Gannon University

Nov 07, 2025 | Afternoon

**1:00PM - 3:30PM**

**Clinical Case Presentations - Podium talks listed on pages 75-76**

**Ballroom CDE**

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**1:00PM - 3:00PM**

**Poster Session II - Abstracts listed on Pages 84-87**

**Tent Lower Level**

Poster viewing - 1:00pm - 2:00pm

Poster presentation - 2:00pm - 3:00pm

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**1:00PM - 2:30PM**

**Symposium: Daily Stress as the Speedometer of Life: How Big Little Things Affect Your Health**

**Ballroom A**

**Introduction**

**Speaker - David Almedia, PhD**

Talk title - Financial Hardship, Daily Stress Process, and Epigenetic Aging

**Speaker - Agus Surachman, MD**

Talk title - A psychobiological pathway transducing daily stress into excessive cardiovascular risk in adults with depression

**Speaker - Jody Greaney, PhD, FACSM**

Talk title - Daily affect dynamics mediate the longitudinal and reciprocal relationships between depressive symptoms and inflammation

**Speaker - Sun Lee, PhD**

**FRIDAY**

Nov 07, 2025 | Afternoon

**1:00PM - 2:30PM**

**Master's Award Finalist Presentations - Presenters listed on page 72**

**Ballroom B**

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**2:30PM - 3:30PM**

**Advocacy Session: How You Can Get Involved in the Physical Activity Alliance and National Physical Activity Plan**

**Ash/Birch**

**Speakers - W. Craig Stevens, PhD; Rick Howard, PhD; Monte Ward**

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**3:00PM - 4:30PM**

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

**Ballroom A**

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

**Speaker 1- Katharyn Flickinger, PhD**

Talk title - The Space Bridge: Adapting Clinical and Exercise Strategies for Astronaut Health and Prolonged Space Travel

**Speakers 2 & 3 - Ben Gordon, PhD, ACSM-CEP and Dan Neofes, MS**

Talk title - Mission: Muscle – Innovations in Noninvasive Monitoring and Nutrition for Astronaut Health and Human Performance

**Speaker 4 - Marie Mortreux, PhD**

**FRIDAY**

Nov 07, 2025 | Afternoon

**3:00PM - 5:00PM**

Poster Session III - Abstracts listed on Pages 88-93

Tent Lower Level

Poster viewing - 3:00pm - 4:00pm

Poster presentation - 4:00pm - 5:00pm

---

**3:30PM - 4:30PM**

Session - Should We Trust Our Thirst Mechanism? Evidence-Based Breakdown of the Popular Phrase “If you are thirsty, you are already dehydrated”.

Chestnut/Dogwood

Speaker - Michelle Stehman, PhD, ATC

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**3:30PM - 5:00PM**

Doctoral Award Finalist Presentations - Presenters listed on page 73

Ballroom B

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**3:30PM - 5:00PM**

Student Lounge

Elm/Fir

**FRIDAY**

Nov 07, 2025 | Afternoon

**4:00PM - 5:00PM**

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

**Ballroom CDE**

Talk Title - The Hidden Costs of Sleep Loss: Performance, Hormones, and Nutrition

**Speaker - Joanna Fong-Isariyawongse, MD**

Talk Title - Sleep Well, Fuel Well, Perform Well: Recovery Strategies to Maximize Athletic Performance

**Speaker - Nick Yonko, MS**

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**5:45PM - 6:45PM**

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

**Location TBD**

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**FRIDAY**

Nov 07, 2025 | Evening

**6:30PM - 7:00PM**

**College Bowl Team Check-In**

**Foyer outside Ballroom ABCDE**

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**7:00PM - 8:00PM**

**College Bowl**

**Ballroom ABCDE**

---

**STARTING AT 7:30PM**

**Onsight Social with Cash Bar, Games and Cancer SIG**

**Foyer outside Ballroom ABCDE**

**FRIDAY**

# MARC-ACSM MEETING SPONSORS



## Graduate Assistant appointments:

- Human Performance Laboratory
- *SPRINT* - Sport Performance & Risk of Injury Training Center
- Health Sciences Fitness Center / Athletics
- Exercise and Sport Psychology / Counseling
- Exercise is Medicine (EIM) Programs
- Strength & Conditioning Offsite Appointments

## MS in Exercise and Sport Science

### Online-Asynchronous-Immersive Format

Applied Sports Performance (S540)

Clinical Exercise Physiology (S541)

Sport and Exercise Psychology (S542)

#### Capstone Options:

Thesis – Research Report – Applied Clinical

#### Common Research Core (18 credits):

- EXS 570 (Concepts in Exercise and Sport Science)
- HEA 526 (Biostatistics) / STA 501 (Methodologies in Applied Stats.)
- EXS 501 (Research Methods)
- EXS 500 (Graduate Research Seminar)
- EXS 698/EXS 699 (Mentored Research I and II)

#### Concentration Electives (15 credits):

Discipline-specific electives (12 credits) in Applied Sports Performance, Clinical Exercise Physiology, and Sport and Exercise Psychology + Free Elective (3 credits) to add Specialized Coursework, Independent Study, Practicum, or Certification Prep.

#### Admission Requirements:

- Prerequisite Coursework: A&P I and II, Exercise Physiology, Biomechanics
- GPA  $\geq$  2.8 Undergraduate (No GRE required) – 33 credits to graduate

# MARC-ACSM MEETING SPONSORS

**Build Expertise. Advance Health.  
Lead in Exercise and Nutrition.**



## **Earn Your M.S. in Exercise Science**

Join a research-focused graduate program designed to prepare you for dynamic careers in clinical, corporate, and rehabilitative settings, with opportunities for interdisciplinary study and hands-on experience through labs, research, and tailored electives.

### **Program Highlights:**

- Applied Physiology
- Biomechanics
- Cardiopulmonary Function
- Interdisciplinary Study
- Hands-On Lab & Research Experience
- Tailored Electives

Whether you're passionate about performance, recovery, or wellness, this program equips you with the skills and knowledge to lead in the field.

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Prepare for a rewarding career as a registered dietitian nutritionist (RDN) through a rigorous graduate program that combines coursework with supervised experiential learning.

### **Program Highlights:**

- ACEND-Accredited (meets eligibility for the RDN exam)
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- Comprehensive examination
- Didactic instruction + supervised experiential learning rotations in clinical, community, and food service management settings.

Join a program that equips you to lead in the field of nutrition and dietetics.

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- M.S. in Occupational Therapy
- M.S. in Physician Assistant
- M.S. in Speech-Language Pathology



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## We Ignite Learning in Health and Exercise

- Degrees in exercise science, clinical physiology, health/wellness management, and more!
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## UNIVERSITY *of* MARYLAND SCHOOL OF MEDICINE

DEPARTMENT OF PHYSICAL THERAPY  
AND REHABILITATION SCIENCE

# MARC-ACSM MEETING SPONSORS



# CEDAR CREST COLLEGE



ITHACA COLLEGE



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COLLEGE FOR COMMUNITY HEALTH

**Master of Science in Kinesiology**

#### Key Features of our Program

- Offers concentrations in Exercise Science or Sport Administration.
- Majority of courses are offered in a hybrid format to allow flexibility for working professionals.
- Is located in the NYC / northern New Jersey metropolitan area.
- Access to the state-of-art Human Performance Laboratory for instructional and research activities.
- Now accepting applications for a January 2025 start date.
- No GRE required.

Perfect for those who wish to pursue careers in strength and conditioning with college and professional athletes, in clinical exercise physiology in rehabilitative and hospital settings, in management of fitness and professional sport organizations, or be better positioned to continue their education to become physical therapists, physicians, physician's assistants, or university professors.



# MARC-ACSM MEETING SPONSORS



**Northeast**  
College of Health Sciences

# SATURDAY AM SESSION SPONSORS

## SYMPOSIA

### **Neural Adaptations to Strength Training**

Sponsored by:

- Neumann University
- Rutgers University
- Syracuse University
- Ithaca College

### **Non-invasive Assessment of Skeletal Muscle**

Sponsored by:

- Palmer College of Chiropractic
- University of Maryland Eastern Shore

### **Biomechanics**

Sponsored by:

- Xsensor

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

Sponsored by:

- Northeast College

Nov 08, 2025 | Morning

7:00AM - 7:30AM

Executive Board Meeting (MARC Board Members Only)

Elm/Fir

7:30AM - 8:00AM

MARC Business Meeting - OPEN TO ALL

Elm/Fir

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8:00AM - 9:30AM

Undergraduate Award Finalist Presentations - Presenters listed on page 74

Ash/Birch

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8:00AM - 9:30AM

**Symposium - Non-Invasive Assessment of Skeletal Muscle Health Using NIRS**

**Ballroom A**

Talk Title - Considering Age and Sex Differences in Indices of Skeletal Muscle Health Using Near-infrared Spectroscopy

**Speaker - Rian Landers-Ramos, PhD**

Talk Title - Association Between Whole-Body and Skeletal Muscle Oxygen Consumption Rate at Rest and while Ambulatory

**Speaker - Nicolas Knuth, PhD**

Talk Title - Insights into the Effects of Limb, Sex, and Dietary Capsaicin on the NIRS Vascular Occlusion Test

**Speaker - Steven Ives, PhD**

**SATURDAY**

Nov 08, 2025 | Morning

8:00AM - 9:15AM

**Symposium - Biomechanics**

**Ballroom B**

Talk Title - Breaking out of the Lab and onto the Field: Product innovation at Exos' Human Performance Lab

**Speaker - Gina Garica, PhD**

Talk Title - Mind Over Mechanics: The Role of Focus in Fighting Fatigue

**Speaker - Cabel McCandless, PhD**

Talk Title - Evaluation and Treatment of Biomechanical Adaptations in Those with Chronic Ankle Instability

**Speaker - Lisa Custer, PhD**

Talk Title - Pushing the Limits: The Biomechanics of Running with a Stroller

**Speaker - Allison Altman Singles, PhD**

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8:00AM - 9:00AM

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

**Pennsylvania**

**Speaker - Olivia Thomas, RD**

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9:00AM - 11:00AM

**Slide Presentations - Free Communication II (abstracts listed on page 78-79)**

**Chestnut/Dogwood**

**SATURDAY**

Nov 08, 2025 | Morning

**9:00AM - 10:00AM**

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

**Ballroom CDE**

**Speaker - Jason DeFreitas, PhD**

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**10:00AM - 11:00AM**

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

**Pennsylvania**

**Speaker - Kristen Koltun, PhD**

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

**Lunch Buffet and Awards Ceremony**

**Ballroom ABCDE**

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## **PAST PRESIDENT'S LECTURE**

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

**Creatine Supplementation: Beyond Bro-Science**

**Ballroom ABCDE**

**Speaker: Eric Rawson, PhD, FACSM**

**SATURDAY**

# RESEARCH AWARD SESSIONS

**MASTERS**

1:00 PM Friday, Nov 7, 2025  
Ballroom B

**1:00**

Exercise Time of Day Training on Appetite Regulation: A Pilot in Prediabetes/Type 2

[Adrian Becker, Rutgers University](#)

**1:15**

Children with Increased Variability in Sleep Duration are Less Physically Active, Independent of Sleep Duration

[Evan Ciecko, University of Delaware](#)

**1:30**

Do Gymnastic Training History and Gynecological Age Predict Distal Forearm Skeletal Maturation in Adolescent Girls?

[Carson Hobler, SUNY Update Medical University](#)

**1:45**

Sickle Cell Disease Increases Glycolytic Muscle Fiber Proportions while Impairing Muscular Strength in Mice

[Evan Bota, University of Maryland, College Park](#)

**2:00**

Radiographic Evaluation of Lumbar Vertebral Angles and Intervertebral Disc Spacing in Female Gymnasts Versus Non-gymnasts

[Edward Grabov, SUNY Update Medical University](#)

# RESEARCH AWARD SESSIONS

DOCTORAL

3:30 PM Friday, Nov 7, 2025  
Ballroom B

**3:30**

Peer-Led Multicomponent Lifestyle Intervention Improves Function and Physical Activity in Older Veterans With Dismobility  
[Ben Friedman, University of Maryland, Baltimore](#)

**3:45**

ROTC Physical Training Does Not Confer Benefits to Power in a Resisted-Ballistic Exercise Test  
[Nadia Havens, University of Pittsburgh](#)

**4:00**

Potassium Supplementation Lowers Inflammation and Improves Endothelial Function Under High-Sodium  
[Jessica Irwin, University of Delaware](#)

**4:15**

Age and Physical Activity Predict Functional Fall Risk in Older Adults  
[Mahsa Moghadassi, Columbia University](#)

**4:30**

Femoral Oscillatory Shear Patterns and Vascular Structure in Women Who Use Oral Contraceptives  
[Paige Williams, Columbia University](#)

# RESEARCH AWARD SESSIONS

UNDERGRADUATE

8:00 AM Saturday, Nov 8, 2025  
Ash/Birch

**8:00**

Autonomic Function Predicts Change in Cerebrovascular Pulsatility During Cognitive Stress in Healthy Young Adults  
[Alexa Rios, Columbia University](#)

**8:15**

Blood Pressure and Arterial Stiffness in Former Contact and Non-Contact Athletes  
[Nicolas Burrus, University of Delaware](#)

**8:30**

Arterial Stiffness, Theta Oscillations in Resting State EEG, and Neurovascular Coupling in Young Adults  
[Sydney Brice, Columbia University](#)

**8:45**

Distinct Muscle Oxygenation Profiles in Treadmill vs. Overground Walking Despite Equivalent Oxygen Consumption Rate  
[Haniel Lopez, Towson University](#)

**9:00**

Relationship Between Dual Task Cost During Treadmill-Based Perturbation Trials and Unperturbed Overground  
[Tony Lalta, Syracuse University](#)

# CLINICAL CASE PRESENTATIONS

## CLINICAL CASES

1:00 PM Friday, Nov 7, 2025  
Ballroom CDE

**1:00**

Torn Between Two Ligaments: An Atypical Posterior Sag Sign in an ACL Injury

[Melissa Sun, Penn State Health, Hershey](#)

**1:10**

Chronic Anterior Knee Pain in a High School Girls Lacrosse Player

[Emily Nepomuceno, University of Rochester Medical Center](#)

**1:20**

Beyond the Olecranon: Digging under the Surface

[Makenna Brezitski, Penn State Health, Hershey](#)

**1:30**

You've Hear of the Chicken and the Egg, but how about this?

[Alaina Demalis, Penn State Health, Hershey](#)

**1:40**

Manubriosternal Joint Arthropathy presenting as Chronic Anterior Chest Pain

[Andrew Pham, Touro University Nevada College of Osteopathic Medicine](#)

**1:50**

Beyond the Sidelines: A Rare Case of Atraumatic Knee Pain

[Aditi Kumar, Penn State Health, Hershey](#)

**2:00**

Below the Belt but beyond the Obvious: Unraveling Persistent Groin Pain in an Adolescent

[Patrick Matian, Penn State Health, Hershey](#)

# CLINICAL CASE PRESENTATIONS

## CLINICAL CASES

1:00 PM Friday, Nov 7, 2025  
Ballroom CDE

### **2:10**

When Muscle Turns to Bone: Myositis Ossificans Following Quadriceps Trauma in an Adolescent Athlete

[James McLimsey, WellSpan Health](#)

### **2:20**

Bleeding After Whistle: Delayed Onset Bleeding and Compartment Syndrome in Athlete with Hemophilia

[Joshua Paisley, Penn State Health, Hershey](#)

### **2:30**

A Young Female with Recurrent Tenosynovial Giant Cell Tumor

[Jeffrey Berg, Penn State Health, State College](#)

### **2:40**

When the going gets Tough, the Shins get Tender

[Omar Ahmad, Christiana Care Health System](#)

### **2:50**

Unusual Right Thigh Pain and Atrophy in a 60-Year-Old with Autoimmune Hepatitis

[Patrick Wang, Geisinger Medical Center](#)

### **3:00**

Crushed by the Load: An Avascular Twist on Wrist Pain

[Matthew Dickson, Penn State Health, Hershey](#)

### **3:10**

An Unusual Cause of Knee Pain

[Patrick Roman, Geisinger Medical Center](#)

# FREE COMMUNICATION SLIDES I

8:00 AM Friday, November 7, 2025  
Ash/Birch

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**8:00**

Sustained Impact of Acute Ozone Exposure on Locomotion, Anxiety-like Behavior, and Microglia in Rats

[Candace Longoria, Rutgers University](#)

**8:15**

Mind Over Age: How Sex and Exercise Shape Cognitive Aging

[Kaleigh Gillis, Drexel University](#)

**8:30**

Dual task performance during treadmill-based perturbation trials in young adults

[Anthony Zhang, Syracuse University](#)

**8:45**

The Association Between Cardiovagal Baroreceptor Sensitivity and Brain Mechanical Properties Across the Lifespan

[Nathan Romberger, University of Delaware](#)

**9:00**

Predicting Concussion History Through Force Plate Performance Metrics

[Lucas Van Horn, DeSales University](#)

**9:15**

Comparing Virtual Reality Derived-BESS Scores and Human Evaluation Scores

[Anna Breneman, Towson University](#)

# FREE COMMUNICATION SLIDES II

9:00 AM Saturday, November 8, 2025  
Chestnut/Dogwood

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## **9:00**

Exercise Time of Day Training on 24-hour Glycemia in Impaired Glucose Tolerance: A Pilot Study

[Allen Pikus, Rutgers University](#)

## **9:15**

Acute Exercise Alters Reward Center Cerebral Blood Flow and Appetite Perception in Adults with Hyperglycemia

[Joslyn Ramirez, Rutgers University](#)

## **9:30**

UPF Consumption and Type 2 Diabetes Risk in Middle-Aged Adults on a Controlled Diet

[Bailey Capra, Virginia Tech](#)

## **9:45**

Age Moderates the Association Between Handgrip Strength and Arterial Stiffness in Women

[Sara Mascone, Rutgers, University of Maryland, College Park](#)

## **10:00**

Mental Health, Central Blood Pressure, and Physical Activity in Young Adult Refugees in Syracuse, NY

[Andrew Heckel, Juniata College](#)

# FREE COMMUNICATION SLIDES II

*9:00 AM Saturday, November 8, 2025  
Chestnut/Dogwood*

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## **10:15**

Wrist-Worn Heart Rate Trackers in Action: Validity During Cycling and Treadmill Workouts

[Alyssa Pearce, Slippery Rock University](#)

## **10:30**

Lower Limb Muscle Morphology in Individuals with Coronary Artery Disease: A Cadaveric Pilot Study

[Dominic Violi, Duquesne University](#)

## **10:45**

Achilles Tendon and Myotendinous Morphological and Performance Adaptations to U.S. Marine Corps Mountain

[Allen Redinger, University of Pittsburgh](#)

# FREE COMMUNICATION - POSTERS I

9:30 AM Friday, November 7, 2025  
Tent, Lower Level

---

**Board 1:** NCAA Division II Student-Athletes Mental Health: Workforce Perceptions Regarding Screening and Resource Allocation - Qualitative Analysis

[Brandon Snyder, East Stroudsburg University](#)

**Board 2:** Social and Structural Factors Influence Injury Perception, Reporting, and Treatment in Pre-Professional Ballet Training Programs

[Alyssa Sipman, Muhlenberg College](#)

**Board 3:** Large Artery Stiffness and Neurovascular Coupling across the Lifespan: Impact of Age and Sex

[Jessica Cassette, Columbia University](#)

**Board 4:** Recovery of Heart Rate Complexity After a 50-Mile Ultra-Marathon Race

[Zoe Climenhaga, State University of New York at Cortland](#)

**Board 5:** Effect of Weighted Vest Exercise on Lower Limb Blood Flow and Postural Sway

[Zeyi Wu, Columbia University](#)

**Board 6:** Effects of Acute Antioxidants on Post-Night-Shift Vascular Function in First Responders: A Pilot Study

[Alexs Matias, University of Delaware](#)

**Board 7:** Endothelial Function in Former Contact and Non-Contact Athletes

[Dae Sik Song, University of Delaware](#)

**Board 8:** High-Intensity Interval Training Increases Blood Pressure Reactivity in Sedentary Females

[Samuel Zercher, University of Delaware](#)

**Board 9:** The Effect of a 50-Mile Ultra-Marathon Race on Vagal Modulation

[Madigan Baxter, State University of New York at Cortland](#)

**Board 10:** The Effect of a 50-Mile Ultra-Marathon Race on Arterial Stiffness

[Nathan Bearup, State University of New York at Cortland](#)

# FREE COMMUNICATION - POSTERS I

9:30 AM Friday, November 7, 2025

Tent, Lower Level

---

**Board 11:** The Effect of a 50-Mile Ultra-Marathon Race on Autonomic Modulation

[Victoria Cave, State University of New York at Cortland](#)

**Board 12:** Post-Exercise Vagal Recovery During Cognitive Testing

[Paul Cutrufello III, University of Scranton](#)

**Board 13:** Central Arterial Wave Reflection in Duchenne Muscular Dystrophy: Potential Effects of Ambulation and Corticosteroid Treatment

[Grant Maxa, University of Delaware](#)

**Board 14:** Muscle Power in Individuals with Uremic Myopathy across stages of Chronic Kidney Disease

[Gracie Ritchey, High Point University](#)

**Board 15:** Impact of Blood Flow Restriction Cuff Design on Upper Body Exercise

[Sean Zupnik, Salisbury University](#)

**Board 16:** Males Exhibit Higher Arterial Stiffness but Similar Augmentation Index and Microvascular Reactivity Compared with Females

[Olivia Zakrewski, Towson University](#)

**Board 17:** A Meta-Analysis of Glycemic Responses to Exercise in Chronic Kidney and End-Stage Renal Disease

[Mansi Patel, Drexel University](#)

**Board 18:** Beverage Versus Capsule Delivery of Inorganic Nitrate: Effects on Exercise Economy in Postmenopausal Females

[Kaylen Clark, University of Virginia](#)

**Board 19:** Isometric Handgrip Training: Impact on Blood Pressure, Grip Strength, and Perceived Stress in College Students

[Andrew Fisher, Grove City College](#)

**Board 20:** Mitochondrial Hypoxia and Reperfusion Result in the Reorganization of the Electron Transport Chain: Could Dynamic Changes in Mitochondria Underlie Exercise Capacity?

[Shannon Khan, University of Maryland, College Park](#)

# FREE COMMUNICATION - POSTERS I

9:30 AM Friday, November 7, 2025  
Tent, Lower Level

---

**Board 21:** Impact of Seasonal Exercise Training on Cardiometabolic Risk in Adults with Obesity  
[IsabellaChee, Rutgers University](#)

**Board 22:** Higher cost-to-capacity ratio in aging relates to insulin resistance and aortic waveforms  
[Males Miladinov, Rutgers University](#)

**Board 23:** Impact of Insulin Infusion on Brachial Artery Low Flow-Mediated Constriction in Adults with Obesity  
[Sahil Shah, Rutgers University](#)

**Board 24:** A Framework for Exercise-Induced Cardioprotection in Childhood Cancer Survivors  
[Chloe Sholler, Cornell University](#)

**Board 25:** Effects of Mindfulness on Heart Rate Variability and Pain Response During Cold Pressor Test  
[John Zimmerman, Ithaca College](#)

**Board 26:** Effects of Prenatal Exercise Mode on Infant Gross Motor Skill Trajectories  
[Kara Kern, Gannon University](#)

**Board 27:** The Effects of Mixed Reality Cycling During Head Down Tilt Cycling with College Students  
[Steven Dixon, East Stroudsburg University](#)

**Board 28:** Agreement Between Self-Reported and Accelerometer Derived Sleep Durations  
[Mona Alidadi, Syracuse University](#)

**Board 29:** Age-Varying Associations Between Disrupted Circadian Rest-Activity Rhythms and Frailty Among 7,236 U.S. Adults  
[Jisu Kim, Virginia Commonwealth University](#)

**Board 30:** Legliz, Lekòl, Lakay: A Pilot Study Assessing Aging Biomarkers in Haitian Immigrants  
[Shekinah Dorceus, Drexel University](#)

# FREE COMMUNICATION - POSTERS I

9:30 AM Friday, November 7, 2025  
Tent, Lower Level

---

**Board 31:** Nurse Practitioner and Physician Assistant Students' Preparedness and Interest in Utilizing Physical Activity in Patient Care  
[Barrett Snyder, West Chester University](#)

**Board 32:** Influential Factors of Physical Activity: A Comparison of Three Different Universities  
[Susannah Taylor, Salisbury University](#)

**Board 33:** The Effects of Blood Flow Restriction Resistance Exercise on Cardiovascular Function in Normotensive College Women  
[Shane Jablonski, Slippery Rock University](#)

**Board 34:** 5-Times Sit-to-Stand Performance Related to Intra-Trial Decrements in Time-to-Peak-Force in Older Adults  
[Kamran Mattu, The George Washington University](#)

**Board 35:** The Implication and Validity of the 5 Sit-To-Stand Test for Lower Limb Strength Evaluation in Individuals Aged 65 and Older  
[Ziyue Pan, The George Washington University](#)

**Board 36:** Impact of Core Strengthening on Walking Endurance and Fall Risk Perception in Adults Over 65  
[Melissa Cencetti, Misericordia University](#)

**Board 37:** Monitoring clinical, functional, and psychosocial changes in adults with hematologic malignancies undergoing CAR T-cell therapy  
[Adeline Farrington, University of Pittsburgh](#)

**Board 38:** The Impact of a Baseball Season on Body Composition in NCAA Division II Baseball Pitchers  
[Connor Saker, East Stroudsburg University](#)

**Board 39:** Qualitative Analysis of Mental Toughness in Young Female Athletes  
[Megan St Jean, West Chester University](#)

# FREE COMMUNICATION - POSTERS II

2:00 PM Friday, November 7, 2025

Tent, Lower Level

---

**Board 1:** Differences Between Student and Strength Professional AI Perceptions and Use

[Christopher Gutt, University of Scranton](#)

**Board 2:** Monitoring Fatigue Across a NCAA Division II Women's Lacrosse Regular Season

[Elaina Ohlson, East Stroudsburg University](#)

**Board 3:** Effect of Mouthpiece Style on VO<sub>2</sub> Performance

[Hunter Webber, William Paterson University](#)

**Board 4:** Effects of a Multicomponent Training Program on Health Outcomes in Community-Dwelling Older Adults

[Theresa Craig, East Stroudsburg University](#)

**Board 5:** The Impact of Modified 5-3-1 Training on Strength in NCAA Division II Female Lacrosse Athletes

[Brendan Finn, East Stroudsburg University](#)

**Board 6:** The Impact of Being Fasted vs Fed on Submaximal and Maximal Treadmill Running

[Adam Seasholtz, Commonwealth University of Pennsylvania](#)

**Board 7:** Are Smartwatches Ready for Blood Pressure Monitoring? A Pilot Validity Study Across Multiple Conditions

[Matthew Deemer, Slippery Rock University](#)

**Board 8:** Palm Cooling Between Sets Reduces Perceived Exertion Without Enhancing Performance During High-Load Deadlifts

[Jonny Aloï, Grove City College](#)

**Board 9:** The Effects of Senaptec Vision Training on Hitting Stats in NCAA Division II Baseball Players

[Antonio Colecio, East Stroudsburg University](#)

**Board 10:** A Comparison of Three Metabolic Carts During Graded Exercise Testing

[Madison Danser, High Point University](#)

# FREE COMMUNICATION - POSTERS II

2:00 PM Friday, November 7, 2025

Tent, Lower Level

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**Board 11:** The Effects of Screen Time on Response Times, Cognitive Function, and Physical Performance

Dakota Ebert, Shippensburg University

**Board 12:** The Influence of Age and the Val66Met Polymorphism on Serum BDNF Following Moderate Exercise

Liliana Greer, Messiah University

**Board 13:** Short Duration Training with Repetitions in Reserve (RIR) Did Not Improve RIR Accuracy

Chase Hood, McDaniel College

**Board 14:** Effects of Reflexive Performance Reset (RPR) on Vertical Jump, Broad Jump, and Pro Agility

Lena Lewis, Shippensburg University

**Board 15:** Effects of Mouth vs. Nasal Breathing on Physiologic Variables During and Following Aerobic Exercise

Olivia McElhenie, Shippensburg University

**Board 16:** Student Versus Strength Professional Ability to Predict Human Versus AI Created Exercise Programs

Michael McGreal, University of Scranton

**Board 17:** Testing the Validity of Smartwatches at Measuring Heart Rate and Distance on a Treadmill

Josalyn Nelligan, Shippensburg University

**Board 18:** Exploring Postural and Cueing Strategies for Standing Limb Occlusion Pressure Measurement

Dillon Otero, Salisbury University

**Board 19:** Heart Rate, Power Output, and Perceived Effort: Taking it All in Stryd

Trevor Persch, State University of New York at Cortland

**Board 20:** Examining Effects of Differing Inter-Set Rest Postures During a Lower Body Muscular Fatiguing Protocol

Haylie Porter, Grove City College

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**Board 21:** The Effect of Meditation on Heart Rate Variability and BDNF following an Acute Stress Event

[Grace Sagna, Messiah University](#)

**Board 22:** Examining the Relationship Between Visual and Sensorimotor Skills and In-Game Performance in Men's Division II College Basketball Players

[Mark Takacs, East Stroudsburg University](#)

**Board 23:** Intraday and Interday Repeatability of the YMCA Step Test

[Felix Doebbel, Montclair State University](#)

**Board 24:** Pre-exercise and Recovery Peripheral and Central Hemodynamic Response Unchanged Following Three Weekly Maximal Exercise Tests

[Katelyn Combs, High Point University](#)

**Board 25:** Effects of Chronic and Short-Term Resistance Training on Circulating Inflammatory Cytokines in Middle-Aged Women

[David Kim, University of Maryland, College Park](#)

**Board 26:** Examining Ethnic Differences in the Agreement Between BMI and Percent Body Fat Among College Students

[Joshua Gray, Penn State Harrisburg](#)

**Board 27:** Effect of Dietary Intake on Exercise Performance in Collegiate Rowers

[Jessica Garay, Syracuse University](#)

**Board 28:** Comparison of Cisgender and Transgender Individuals' Aerobic Fitness and Associated Parameters

[Brooke Thompson, Drexel University](#)

**Board 29:** Effects of Acute Refueling on Anaerobic Power Test Performance During Pre-Season Soccer Training

[Drew Williams, Shippensburg University](#)

**Board 30:** Differences in Total Work and Contraction-intensity on Resistance Exercise Energy Expenditure with Varying Explosive Repetitions

[Audrey Harrington, Salisbury University](#)

# FREE COMMUNICATION - POSTERS II

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**Board 31:** Comparison of Cisgender and Transgender Individuals' Aerobic Fitness and Associated Parameters

[Levi Vazquez, CUNY, Lehman College](#)

**Board 32:** Effect of Anatomical Placement on Accuracy of Wearable Heart Rate Monitors Across Activity Intensities

[James Collins, University of Maryland Eastern Shore](#)

**Board 33:** Impact of Sex and Body Composition on the Accuracy of Photoplethysmography-Based Wearable Heart Rate Monitors

[Caroline Gardner, University of Maryland Eastern Shore](#)

**Board 34:** No Effects of Acute Refueling Composition on Soccer Athlete Motivation Measures During Pre-Season Training

[Nora Braun, Shippensburg University](#)

**Board 35:** The Behavioral and Physical Effects of Surf Therapy with Developmentally Delayed Pediatrics: A Case Study

[Jerry-Thomas Monaco, Seton Hall University](#)

**Board 36:** Sarcopenia Prevalence is Higher in Veterans Compared with Non-Veterans Across Diagnostic Criteria

[Julie Rekant, University of Maryland, Baltimore](#)

**Board 37:** Sleep Quality and Obesity Markers in Low-Income Hispanic Adults in Southern New Jersey

[Yesenia Mendieta Reyes, Rowan University](#)

**Board 38:** Classifying Acute Ankle Spraining: The Role of Soft-Tissue Imaging

[James Koch, ChristianaCare Health System](#)

# FREE COMMUNICATION - POSTERS III

4:00 PM Friday, November 7, 2025

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**Board 1:** The Acute Effects of Action Observation Perspective on Lower Limb Corticospinal Excitability

Zahra Pourhatami, Syracuse University

**Board 2:** Comparing Corticospinal and Reticulospinal Tract Influences on Upper Limb Motor Control: A Preliminary Analysis

Calvin Smith, Syracuse University

**Board 3:** Do Proprioception and the Vestibular System Influence Fear of Falling in Older Adults?

Claire Smith, Syracuse University

**Board 4:** Influences of Methodology on Nerve Conduction Studies: Does Probe Pressure Influence M-Wave Variability?

Sierra Washington, Syracuse University

**Board 5:** Effects of a Novel Balance Training Device on Individuals with Parkinson's Disease: A Pilot Study

Bohdan Doyle, DeSales University

**Board 6:** Three Day of Creatine Monohydrate Supplementation Does Not Impact Lower Limb Corticospinal Excitability

Farmchan Saechao, Syracuse University

**Board 7:** Comparison of Visceral Fat Area Using Bioelectrical Impedance to Dual-Energy X-Ray Absorptiometry

Travis Combest, Walter Reed National Military Medical Center

**Board 8:** Metabolic and Physiological Effects of Allulose on Half-Marathon Performance in Trained Male Runners

Courtney DeCarlo, Grove City College

**Board 9:** Impact of Insulin-Stimulation on Neuronal Extracellular Vesicle Insulin Signaling in Prediabetes

Mehardeep Kahlon, Rutgers University

# FREE COMMUNICATION - POSTERS III

4:00 PM Friday, November 7, 2025

Tent, Lower Level

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**Board 10:** Effects of Short-Term High-Dose Allulose Supplementation on Endurance, Metabolism, and Muscle Glycogen in Male Cyclists  
[Ruby Krummel, Grove City College](#)

**Board 11:** Creatine Supplementation and Cognitive Performance: Findings from a Three-Week Trial in College-Aged Adults  
[Emily Larson, Grove City College](#)

**Board 12:** Changes in Muscle Size, Strength, and Exercise Adherence Following a Peer-Leader Program  
[Jack Chernyenko, Rowan University](#)

**Board 13:** Retrospective Analysis of the Relationship Between Antioxidant Consumption and Arterial Stiffness in Law Enforcement Officers  
[Nicholas Sorensen, High Point University](#)

**Board 14:** Effect of Caffeine on Metabolic Efficiency During a  $VO_2$  Submaximal Test in Collegiate Female Athletes  
[Ava Dzurenda, Saint Francis University](#)

**Board 15:** The Effects of Added Sugar Intake on Sleep Health in Midlife Adults  
[Kevin Decker, University of Delaware](#)

**Board 16:** Electrical Stimulations Only Confer Small Increases in Energy Expenditure: A Meta-Analysis  
[Joseph Juliano, Rowan University](#)

**Board 17:** Acute Betalain-Rich Concentrate Supplementation Does Not Improve Repeated Sprint Performance or Recovery: A Pilot Study  
[Steven Vitti, Drexel University](#)

**Board 18:** NCAA Division II Student-Athletes Mental Health: Investigating Best Practice for Screening During the Academic Year  
[Marc Gaudet, East Stroudsburg University](#)

**Board 19:** Physical Activity Motivation Through the All Stars Moving Together Program: A Mixed-Methods Study  
[Tamara Rial-Faigenbaum, Monmouth University](#)

# FREE COMMUNICATION - POSTERS III

4:00 PM Friday, November 7, 2025  
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**Board 20:** The Effects of High-Intensity Interval Cycling and Normobaric Hypoxia Measures of Executive Function  
[Emily Erb, Thiel College](#)

**Board 21:** Qualifying the Effects of Selective Serotonin Reuptake Inhibitors on Exercise Metabolism, Recovery, and Performance  
[Maggie Plaisted, West Chester University of Pennsylvania](#)

**Board 22:** Strike! How Older Adults Embrace Nintendo Switch Bowling  
[Serena Schade, University of Delaware](#)

**Board 23:** Cohesion, Motivation, and Stress Resilience Effects on Collegiate Football Performance and Well-being  
[Tamanna Chhabra, Juniata College](#)

**Board 24:** A Peer-Leader Program to Increase Knowledge and Confidence Performing Resistance Exercise  
[Luke Gordy, Rowan University](#)

**Board 25:** Mood State Following RPE-Based Hard Cycling and Cognitive Work  
[Tyler Guidetti, University of Scranton](#)

**Board 26:** The Effect of Performance on An Athlete's Sense of Meaning in Life  
[Jace Irvin, Juniata College](#)

**Board 27:** Comparison between self-controlled and coach-controlled groups in a golf setting  
[Tyler Mack, Juniata College](#)

**Board 28:** Quality and Duration of Sleep and Sports Performance in Acrobatics and Tumbling Athletes  
[Ryan Koenig, West Liberty University](#)

# FREE COMMUNICATION - POSTERS III

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**Board 29:** The Effects of Immediate Static Stretching on Inflammation and Delayed Onset Muscle Soreness Post-Eccentric Exercise  
[Valarie DiMartino, Caldwell University](#)

**Board 30:** Distinct Bone Phenotypes Exhibit Differential Biomarker Responses Following Acute Ballistic Loaded Exercise  
[Jenna Goulart, University of Pittsburgh](#)

**Board 31:** Short-term Creatine Monohydrate Supplementation Does Not Impact Muscle Quality  
[Rylie DiMaio, Syracuse University](#)

**Board 32:** Muscle Morphology and Quality Are Similar Between Individuals from Different Racial Backgrounds  
[Daniel McLaughlin, Towson University](#)

**Board 33:** Effects of Congenital Hand Differences on Grip Strength and Muscle Morphology  
[Taylor Mink, University of Tennessee](#)

**Board 34:** The Acute Effects of Action Observation Perspective on Lower Limb Strength  
[Eli Beinstein, Syracuse University](#)

**Board 35:** Short-Term Handgrip Training Does Not Alter Muscle Echo Intensity in Older Adults  
[JoCarol Shields, Syracuse University](#)

**Board 36:** Radiographic Evaluation of Ulnar Variance from Childhood to Adulthood in Female Gymnasts Versus Non-gymnasts  
[Irina Sokolik, State University of New York, Upstate Medical University](#)

**Board 37:** Diagnosis of Tibial Plateau Fracture in a Pediatric Patient  
[Inongo Agmombai, ChristianaCare Health System](#)

# FREE COMMUNICATION - POSTERS III

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Tent, Lower Level

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**Board 38:** Recurrent Atypical Femoral Fractures and Hardware Complications

[Simran Kaur, Rowan Virtua School of Osteopathic Medicine](#)

**Board 39:** Post-Traumatic Osteoarthritis Diagnosis After Motor Vehicle Accident

[Haley O'Malley, ChristianaCare Health System](#)

**Board 40:** Chronic Ankle Instability in an Avid Skateboarder

[Mitchell Crane, ChristianaCare Health System](#)

**Board 41:** A Collaborative Approach to Oligoarticular Joint Pain

[Joshua Messing, Wellspan Health](#)

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International Journal of Exercise Science,  
Issue 14, Volume 9, November 2025

# SAVE THE DATE! 2026 MARC ANNUAL MEETING



**NOVEMBER 6-7, 2026**

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Harrisburg, PA