

2026 MARC ACSM ANNUAL MEETING

Program at a Glance

Friday Sessions

Friday am

From Sleep to Steps: The Impact of Lifestyle Behaviors on Health

Speakers: Amanda Paluch, PhD, FAHA; Freda Patterson, PhD

Isometric Exercise for Hypertension: Evidence, Mechanisms, and the Road to Combination Therapy

Speakers: Ben DH Gordon, PhD, Benjamin Gordon, MS, Daniel Neofes, MS

Diagnosis and Treatment of Inflammatory Arthritis in Adult Athletes

Speaker: Shirley Albano-Aluquin, MD

Recognizing and Preventing Heat Stroke and Rhabdomyolysis in High School Football

Speaker: Ryan Nussbaum, DO, CAQSM, RMSK

Poster Session and Rapid Fire Talks

Professional Free Communication Session

KEYNOTE Session

Sex Differences in Athletic and Motor Performance Across the Lifespan

Speaker: Sandra Hunter, PhD, FACSM

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Friday pm

Let's get Physical: Sedentary Behavior and Cardiovascular Risk

Speakers: Matthew Armstrong, PhD; Virginia Nuckols, PhD, Kevin Heffernan, PhD, FACSM

Sleep & Exercise in Pediatric Specialty Populations

Speakers: James Wilkes, PhD, MEd, ATC; Brian Vernau, MD, CAQSM

From Prenatal to Perimenopause: Evidence-Based Nutrition Strategies for Physically Active Women

Speaker: Jessica Garay, PhD, RDN, CSSD, FAND

The Warfighter Tactical Athlete as a Human Stress Model: Lessons Learned for Human Performance Optimization

Speaker: Bradley Nindl, PhD, FACSM, FNAK, COL (USAR, ret.)

Disordered Eating and Compulsive Exercise Among Athletes: Current Evidence and Clinical Considerations

Speakers: Ksenia Powers, PhD; Carly Pacanowski, PhD, RDN

From Application to Acceptance: Navigating Allied Health Graduate Admissions

Speakers: Masoud Moghaddam, PhD; Stephanie McAllister, PT, DPT, OCS; Deanna Hickman, MA

Masters and Doctoral Award Finalist Presentations

Clinical Case Study Presentations

Poster Sessions

Saturday am

Motion Impacts Emotion: Advancing Mental Health Through Physical Activity

Speakers: Amanda Sullivan, PhD, ACSM-EP, ACSM-CPT; Isabel Woelfel, EdD, ACSM-EP, ACSM-EIM, ACE-CPT, NASM-GFI

Current Diabetes Technologies in Exercise and Sports Performance

Speaker: Brian F. Foster, DHSc, MSE, CDCES, ACSM-CEP

The Anti-Obesity Drug Revolution

Speaker: Brandon Roberts, PhD

The Age of Turbulence: Leading Academic Programs Through the Higher Education Cliff

Speaker: Michael Bruneau, Jr., PhD, MBA, FACSM, ACSM-EP

Paths in Biomechanics: Research and Graduate Student Experiences

Speakers: Elizabeth Bell, PhD; Zoey Kearns, BS; Scott Passalugo, BS; Miracle Goin, MS

Poster Sessions

Rapid Fire Sessions

PAST PRESIDENT LECTURE

How Did I Get Here?

Speaker: Dave Edwards, PhD