

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

38th Annual Scientific Meeting - 2015

FINAL PROGRAM

(Complete abstracts are available at
www.marcacsm.org)

Friday, November 6, 2015
and
Saturday, November 7, 2015

Sheraton Harrisburg-Hershey Hotel
Harrisburg, PA

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MARC-ACSM Schedule-at-a-Glance: Fri. Nov. 6
Morning Sessions

Time	Ballroom A	Ballroom B	Ballroom C,D,E	Pennsylvania	Chestnut/Dogwood	Ash/Birch	Elm/Fir
8:00 AM							
8:30 AM				Ellen Casey 8:15-9:00 AM <i>ACL Injury: A Multifactorial Problem</i>			
9:00 AM	James Hagberg 9:00-10:15 AM <i>The Next Frontier: Stem Cells and Cardiovascular Exercise Physiology</i>	Dawn Lowe 9:05-9:50 AM <i>Impact of Estrogen-Deficiency on Skeletal Muscle Strength</i>	Larry Kenney 9:30-9:45 AM <i>Loaded Dice: Aging in a Changing Climate</i>	Anthony Beutler 9:00-9:45 AM <i>The Biomechanics of ACL Injury: Truth for the Young and Consequences for the "Older" Athlete</i>			
9:30 AM			Anna Stanhewicz 9:45-10:10 AM <i>Intervention Strategies for Improving Cutaneous Vascular Function During Hyperthermia</i>	BREAK 9:45-10:00 AM			
10:00 AM		Espen Spangenburg 10:00-10:45 AM <i>Reducing Estrogen Function Increases Metabolic Disease Risk</i>	Jody Greaney 10:10-10:35 AM <i>Aging Alters the Skin Blood Flow-Cardiac Output Relation During Heat Stress</i>	Andy Getzin 10:00-10:30 AM <i>Shortness of Breath in the Athlete</i>		10:00 AM-12:00 PM College Bowl Preliminary Closed Session	
10:30 AM	BREAK 10:15-10:30 AM Nick Luden 10:30-11:00 AM <i>Concurrent Training: Can Aerobic Exercise Really Stunt Muscle Hypertrophy? Possible Mechanisms and a Dose of Reality.</i>		Zachary Schiader 10:35-11:00 AM <i>Interactions between Behavior and Cardiovascular Strain during Heat Stress</i>	Harry Bramley 10:30-11:00 AM <i>Concussion, Challenging Pediatric Cases</i>			
11:00 AM	Matt Harber 11:00-11:30 AM <i>Aerobic Exercise Induced Muscle Growth: Practical Applications and Therapeutic Potential.</i>	BREAK 10:45-11:00 AM Bradley Nindl 11:00-11:45 AM <i>Insulin-Like Growth Factor-I as a Biomarker for Health and Fitness: Historical Insights and Current Perspectives</i>		William Meyers 11:00-11:45 AM <i>Understanding Core Injuries (Don't Call Them "Sports Hernia")</i>	Christy Hanson 11:00AM-12:00PM <i>Like, Connect & Tweet: Tips for Using Social Media to Your Professional Advantage</i>		
11:30 AM							
12:00 PM							

LUNCH 12:00-1:00 PM

**MARC-ACSM Schedule-at-a-Glance: Fri. Nov. 6
Afternoon Sessions**

Time	Ballroom A	Ballroom B	Ballroom C,D,E	Pennsylvania	Chestnut/Dogwood	Ash/Birch	Elm/Fir	
1:00 PM	Sean Walsh 1:00-1:45 PM <i>Exercise Genomics: Muscle Mass & Strength: Is it the "Gym" or My "Genes"?</i>	Jeremy Dicus 1:00-2:00 PM <i>Implementation of Critical Thinking (also Pierce, Jensen & Verba)</i>		1:00-2:10 PM Oral Presentations <i>Clinical Case Studies</i>	1:00-2:15 PM Oral Presentations <i>Professional</i>	1:00-2:15 PM Oral Presentations <i>Masters Award Nominees</i>	1:00-2:15 PM Oral Presentations <i>Undergraduate</i>	
1:30 PM	Mark Sarzynski 2:00-2:45 PM <i>Genomic Predictors of CVD Trait Responses to Exercise Training: Progress & Perils (& Promise!)</i>	Jeffrey Lynn 2:00-2:20 PM <i>Think Aloud as a Pedagogical Tool for In-Class Instruction (also Holmstrup)</i>		BREAK 2:10-2:30 PM	BREAK 2:15-3:00 PM	BREAK 2:15-2:30 PM	BREAK 2:15-3:15 PM	
2:00 PM		Jeffrey Lynn 2:20-3:00 PM <i>Think Aloud: Hands-On Application (also Verba & Holmstrup)</i>	2:30-5:00 PM Poster Session <i>Undergraduate</i>	2:30-4:00 PM Oral Presentations <i>Clinical Case Studies</i>	BREAK 2:15-3:00 PM	2:30-3:45 PM Oral Presentations <i>Doctoral Award Nominees</i>	BREAK 2:15-3:15 PM	
2:30 PM	BREAK 2:45-3:00 PM				Carena Winters 3:00-4:00 PM <i>Get Recognized: Exercise is Medicine on Campus University Recognition Program (also Burns)</i>		3:15-5:00 PM Poster Session <i>Doctoral/Professional</i>	
3:00 PM	David Williamson 3:00-3:30 PM <i>REDD1's Role on Insulin Action in Insulin Resistant Skeletal Muscle</i>	Paul Riordan 3:00-3:30 PM <i>Insights into Programming and Strength and Conditioning in the Military</i>						
3:30 PM	Jake Haus 3:30-4:00 PM <i>ADAM's RAGE: The Link between Muscle Contraction and Resolution of Inflammation with Insulin Resistance</i>	Matt Devine 3:30-4:30 PM <i>Tactical Strength and Conditioning Hands-On Workshop (also Riordan)</i>						
4:00 PM	David Wright 4:00-4:30 PM <i>Inflammation with Insulin Resistance</i>							
4:30 PM						BREAK 3:45-4:00 PM		
5-7:00 PM	DINNER 5:00-7:00 PM							
7-8:15 PM	<p align="center">Keynote Speaker Scott Trappe, Ph.D. <i>The Power of Muscle: An Interdisciplinary Approach to Understanding Muscle Plasticity</i></p>							Meet the Experts Student Session Scott Trappe, Carena Winters, Mark Mirabelli, Ellen Sauers, Dave DeGroot
8:15-11 PM	<p align="center">8:15-11:00pm <i>Expo, College Bowl, Fitness Challenge</i></p>							8:15-11:00pm <i>Faculty & Professional Social</i>

MARC-ACSM Schedule-at-a-Glance: Sat. Nov. 7
Morning Sessions

Time	Ballroom A	Ballroom B	Ballroom C,D,E	Pennsylvania	Chestnut/Dogwood	Ash/Birch	Elm/Fir
8:00 AM			8:00-9:00 AM Poster Session Masters Students	Katherine Rizzone 8:00-8:40 AM <i>Sports Specialization: History, Myths and Evidence</i>	8:00-9:00 AM Oral Presentations Doctoral/Undergrad	Jeremy Crenshaw 8:15-8:55 AM <i>Inducing Falls to Prevent Injury</i>	8:00-9:45 AM Oral Presentations Masters/Doctoral
8:30 AM	Maj. Patrick Debenbrock 8:30-9:05 AM <i>Training the Military's Elite Special Forces: Lessons Learned from the Tactical Human Optimization, Rapid Rehabilitation and Reconditioning (THOR3) Program</i>			Jessica Butts 8:50-9:30 AM <i>Exercise in Pregnancy</i>			
9:00 AM	David DeGroot 9:10-9:45 AM <i>Recent Advances in Army Physical Fitness Testing: Optimizing Combat Fitness for National Security</i>	Anastasia Fischer 9:00-9:30 AM <i>The Adolescent Female: Girl, Who ARE You?</i> Emily Sauers 9:30-10:15 AM <i>The Over and Under Fueled Adolescent Female: Implications for Health and Injury Risk</i>	9:00-11:30 AM Poster Session Undergraduate		BREAK 9:00-9:15 AM 9:15-10:30 AM Oral Presentations Undergrad Award Nominees	9:00-11:00 AM Free Communications Biomechanics	
9:30 AM				Robert Kelly 9:40-10:20 AM <i>A Mechanical Approach to the Treatment of Back Pain</i>			
10:00 AM	BREAK 9:45-10:00 AM Takashi Nagai 10:00-10:35 AM <i>Lessons Learned for Human Performance Optimization from the Eagle Tactical Athlete Program at the 101st Airborne Division (Air Assault)</i>	BREAK 10:15-10:30 AM Roberta Anding 10:30-11:15 AM <i>Feeding and Fueling the Female Athlete</i>					BREAK 9:45-10:00 AM 10:00-11:45 AM Oral Presentations Masters/Doctoral
10:30 AM	Bradley Nindl 10:40-11:15 AM <i>Building the Future Combat Super Warfighter through Human Performance Optimization and Injury Prevention Initiatives</i>			Cayce Onks 10:30-11:10 AM <i>Functional Movement Screen: What's the Evidence?</i>			
11:00 AM						11:00 AM-12:00 PM Interest Group Meeting Biomechanics	
11:30 AM							
12:00 PM							

MARC BUSINESS MEETING LUNCHEON, AWARD CEREMONY

Program-at-a-Glance: Friday, November 12, 2015 Morning Sessions

Start Time	End Time	Session Type	Session Title	Speaker	Room
8:15am	9:00am	Clinical Session	ACL Injury: A Multifactorial Problem	Ellen Casey, M.D.	Pennsylvania
9:00am	9:45am	Clinical Session	The Biomechanics of ACL Injury: Truth for the Young and Consequences for the Older Athlete	Anthony Beutler, M.D.	Pennsylvania
9:00am	10:15am	Stand Alone Talk	The Next Frontier: Stem Cells and Cardiovascular Exercise Physiology	James Hagberg, Ph.D.	Ballroom
9:05am	9:50am	Sex Hormones and Skeletal Muscle	Impact of Estrogen-Deficiency on Skeletal Muscle Strength	Dawn Lowe, Ph.D.	Ballroom
9:30am	9:45am	Cardiovascular Consequences of Environmental Heat Stress	Loaded Ice: Changing and Changing Climate	W. Larry Kenney, Ph.D.	Ballroom
9:45am	10:10am	Cardiovascular Consequences of Environmental Heat Stress	Intervention Strategies for Improving Cutaneous Vasculature Function during Hyperthermia	Anna Stanhewicz, Ph.D.	Ballroom
10:00am	10:45am	Sex Hormones and Skeletal Muscle	Reducing Estrogen Function Increases Metabolic Disease Risk	Espen Spangenburg, Ph.D.	Ballroom
10:00am	10:30am	Clinical Session	Shortness of Breath in the Athlete	Andy Getzin, M.D.	Pennsylvania
10:10am	10:35am	Cardiovascular Consequences of Environmental Heat Stress	Aging Alters the Kinetics of Low-Cardiac Output Relation during Heat Stress	Jody Reaney, Ph.D.	Ballroom
10:30am	11:00am	Clinical Session	Concussion: Challenging Pediatric Cases	Harry Bramley, M.D.	Pennsylvania
10:30am	11:00am	Aerobic Exercise and Muscle Size	Concurrent Training: Can Aerobic Exercise Really Stunt Muscle Hypertrophy? Possible Mechanisms and Dose-Response Reality	Nick Luden, Ph.D.	Ballroom
10:35am	11:00am	Cardiovascular Consequences of Environmental Heat Stress	Interactions between Behavior and Cardiovascular Training during Heat Stress	Zachary Schlader, Ph.D.	Ballroom
11:00am	11:30am	Aerobic Exercise and Muscle Size	Aerobic Exercise Induced Muscle Growth: Practical Applications and Therapeutic Potential	Matthew Harber, Ph.D.	Ballroom
11:00am	11:45am	Clinical Session	Understanding Core Injuries: Don't Call them "Sports Hernia"	William Meyers, M.D.	Pennsylvania
11:00am	11:45am	Stand Alone Talk	Insulin-Like Growth Factor-1: A Biomarker for Health and Fitness: Historical Insights and Current Perspectives	Bradley Nindl, Ph.D.	Ballroom
11:00am	12:00pm	Technology Talk	Like, Connect, Tweet: Tips for Using Social Media to our Professional Advantage	Christy Hanson, M.S.	Chestnut/Dog

Program-at-a-Glance: Friday, November 6, 2015 Afternoon Sessions

Start Time	End Time	Session Type	Session Title	Speaker	Room
1:00pm	1:45pm	Genetics of Performance and Adaptations to Exercise	Exercise Economics: Muscle Mass and Strength: Is it My Genes?	Sean Walsh, Ph.D.	Ballroom
1:00pm	2:00pm	Exercise Science Pedagogy	Implementation of Critical Thinking	Jeremy Dicus, Ph.D.	Ballroom
2:00pm	2:45pm	Genetics of Performance and Adaptations to Exercise	Genomic Predictors of VDOT Trait Responses to Exercise Training: Progression Perils (and Promise!)	Mark Szarynski, Ph.D.	Ballroom
2:00pm	2:20pm	Exercise Science Pedagogy	Think Loud: Pedagogical Tool for In-Class Instruction	Jeffrey Lynn, Ph.D.	Ballroom
2:20pm	3:00pm	Exercise Science Pedagogy	Think Loud: Hands-on Application	Jeffrey Lynn, Ph.D.	Ballroom
3:00pm	3:30pm	Insulin Resistance and Skeletal Muscle	REDD1's Role in Insulin Action in Insulin Resistant Skeletal Muscle	David Williamson, Ph.D.	Ballroom
3:00pm	4:00pm	Stand Alone talk: Exercise Medicine	Get Recognized: Exercise Medicine at Campus and University Recognition Program	Carena Winters, Ph.D.	Chestnut/Dog
3:00pm	3:30pm	Tactical Strength and Conditioning in the Military	Insights into Programming and Strength and Conditioning in the Military	Paul Jordan, Ph.D.	Ballroom
3:30pm	4:30pm	Tactical Strength and Conditioning in the Military	Tactical Strength and Conditioning Workshop (Hands-on)	Matt Devine, M.S.	Ballroom
3:30pm	4:00pm	Insulin Resistance and Skeletal Muscle	ADAM'S RAGE: The Link between Muscle Contraction and Resolution of Inflammation with Insulin Resistance	Jake Haus, Ph.D.	Ballroom
4:00pm	4:30pm	Insulin Resistance and Skeletal Muscle	Inflammation with Insulin Resistance	David Wright, Ph.D.	Ballroom
4:00pm	5:00pm	Student Session	Meet the Experts Student Session	Panel of Experts	Ash/Birch
Program-at-a-Glance: Friday, November 6, 2015 Afternoon Sessions - Free Communications					
1:00pm	2:10pm	Free Communications-Oral Presentations	Clinical Case Studies		Pennsylvania
1:00pm	2:15pm	Free Communications-Oral Presentations	Professional		Chestnut/Dog
1:00pm	2:15pm	Free Communications-Oral Presentations	Master Award Nominees		Ash/Birch
1:00pm	2:15pm	Free Communications-Oral Presentations	Undergraduate		Elm/Fir
2:30pm	3:45pm	Free Communications-Oral Presentations	Doctoral Award Nominees		Ash/Birch
2:30pm	4:00pm	Free Communications-Oral Presentations	Clinical Case Studies		Pennsylvania
2:30pm	5:00pm	Free Communications-Poster Session	Undergraduate		Ballroom DE
3:15pm	5:00pm	Free Communications-Poster Session	Doctoral/Professional		Elm/Fir

Program-at-a-Glance: Friday, November 6, 2015 Evening Sessions

Start Time	End Time	Session Type	Session Title	Speaker	Room
7:15pm	8:15pm	Keynote Lecture	The Power of Muscle: An Interdisciplinary Approach to Understanding Muscle Plasticity	Scott Trappe, Ph.D.	Ballroom ABC
8:15pm	11:00pm	Expo, College Bowl, Fitness Challenge			Ballroom ABC
8:15pm	11:00pm	Faculty and Professional Social			Pennsylvania

Program-at-a-Glance: Saturday, November 7, 2015 Morning Sessions

Start	End	Session type	Session title	Speaker	Room
8:00am	8:40am	Clinician's Corner Hot Topics in Sports Medicine	Sports specialization: Myth and Evidence	Katherine Rizzone, M.D.	Pennsylvania
8:15am	8:55am	Biomechanics Session	Inducing falls to prevent injury	Jeremy Crenshaw, Ph.D.	Ash
8:30am	9:05am	Human Performance Optimization: Lessons from the Military	Training the Military: Special Forces: Lessons learned from the Tactical Human Optimization, Rapid Rehabilitation and Reconditioning (THOR) Program	Patrick Debenbrock, M.D.	Ballroom
8:50am	9:30am	Clinician's Corner Hot Topics in Sports Medicine	Exercise in pregnancy	Jessica Butts, M.D.	Pennsylvania
9:00am	9:30am	The Adolescent Female: Finding Balance in Activity, Nutrition, and Health	The Adolescent Female: Girl, Who are you?	Anastasia Fischer, M.D.	Ballroom
9:10am	9:45am	Human Performance Optimization: Lessons from the Military	Recent Advances in Army Physical Fitness Testing: Optimizing Combat Fitness for National Security	David DeGroot, Ph.D.	Ballroom
9:30am	10:15am	The Adolescent Female: Finding Balance in Activity, Nutrition, and Health	The Over and Under fueled Adolescent Female: Implications for Health and Injury Risk	Emily Sauers, Ph.D.	Ballroom
9:40am	10:20am	Clinician's Corner Hot Topics in Sports Medicine	A Mechanical Approach to the Treatment of Back Pain	Robert Kelly, D.P.T.	Pennsylvania
10:00am	10:35am	Human Performance Optimization: Lessons from the Military	Lessons learned for Human Performance Optimization from the Agile Tactical Athlete Program: The 01 "Airborne Division (Air Assault)"	Takashi Nagai, Ph.D.	Ballroom
10:30am	11:15am	The Adolescent Female: Finding Balance in Activity, Nutrition, and Health	Feeding and fueling the female athlete	Robert Anding, Ph.D.	Ballroom
10:30am	11:10am	Clinician's Corner Hot Topics in Sports Medicine	Functional Movement Screen: What's the evidence?	Cayce Onks, D.O.	Pennsylvania
10:40am	11:15am	Human Performance Optimization: Lessons from the Military	Building the Future: Combat Superwarrior through Human Performance Optimization and Injury Prevention Initiatives	Bradley Nindl, Ph.D.	Ballroom
11:00am	12:00pm	Biomechanics Interest Meeting	Biomechanics Interest Group Meeting		Ash/Birch
12:00pm	1:00pm	Lunch, Award Ceremony and Journey			
Program-at-a-Glance: Saturday, November 7, 2015 Morning Sessions - Free Communications					
8:00am	9:00am	Free Communications-Oral Presentations	Doctoral/Undergraduate		Chestnut/Dog
8:00am	9:00am	Free Communications-Poster Session	Masters/Students		Ballroom/DE
8:00am	9:45am	Free Communications-Oral Presentations	Masters/Doctoral		Elm/Fir
9:00am	11:00am	Free Communications-Oral/Poster Session	Biomechanics		Ash/Birch
9:00am	11:30am	Free Communications-Poster Session	Undergraduate		Ballroom/DE
9:15am	10:30am	Free Communications-Oral Presentations	Undergraduate Award Nominees		Chestnut/Dog
10:00am	11:45am	Free Communications-Oral Presentations	Masters/Doctoral		Elm/Fir

President's Welcome



Welcome and thank you! Thank you for supporting MARC ACSM and the development and dissemination of knowledge in our profession as it relates to exercise, athletics, health and disease. And thank you for allowing me to serve MARC ACSM in this capacity; it has been a truly enriching experience for me.

I am proud to represent the Executive Board, the Conference Program Committee, and the many other volunteers who have helped to make this years Annual MARC ACSM Conference what is sure to be a very special and productive meeting. Individual PubMed searches (www.ncbi.nlm.nih.gov/pubmed) performed in Oct. 2015 on our 42 invited speakers for this years conference revealed a combined total of 1300 publications, which is clearly an under-representation of the collective scientific contributions of this group of professionals. From Angiogenic Stem Cells with Dr. James Hagberg to Core Injuries with Dr. William Meyers; from Hormones and Muscle Strength with Dr. Dawn Lowe to ACL Injury with Dr. Ellen Casey; and from Insulin Resistance with Dr. David Wright to Skin Blood Flow with Dr. W. Larry Kenney, this years program is sure to stimulate all of our interests in the Exercise Sciences.

This years Keynote Lecture entitled, "The Power of Muscle: An Interdisciplinary Approach to Understanding Muscle Plasticity" will be given by Dr. Scott Trappe on Friday, Nov. 6 at 7:15pm. Dr. Trappe is the Director of the Human Performance Laboratory and John and Janice Fisher Endowed Chair in Exercise Science at Ball State University. Over the past 20 years, Dr. Trappe has studied skeletal muscle responses and adaptations using a whole body to gene approach in Olympic Athletes, Astronauts, and a wide range of aging adults in an effort to better understand skeletal muscle plasticity. In addition to his numerous scientific contributions, Dr. Trappe takes supporting and preparing young professionals in our field very seriously, and the large student contingent within our MARC ACSM membership will certainly enjoy meeting and talking with him during our "Meet the Experts" Student Session on Friday afternoon, along with Dr. Carena Winters (Slippery Rock University), Dr. Emily Sauers (East Stroudsburg University), Dr. Mark Mirabelli (University of Rochester Medical Center), and Dr. David DeGroot (Army Public Health Command).

Of course what would MARC ACSM be without its annual College Bowl and Fitness Challenge competitions between Universities? These events will follow the Keynote Lecture, and as always, will provide stimulating outlets for everyone involved. Also, please be sure to visit our continuously growing and strengthening Clinical Sessions on Friday and Saturday in the Pennsylvania room, as well as the Biomechanics session on Saturday in the Ash/Birch room. This year, we will have nearly 100 Free Communications from Professionals, Doctoral and Masters students, and of course, Undergraduate students. Please remember to support our young professionals as they develop their scientific research skills. In between talks, be sure to visit our Professional and University Expo/Sponsoring Booths located throughout the facility near the lecture rooms. Lastly, for the rest of us who have adapted to life in Academia, Health Professions, Medicine, and other careers, don't forget the Faculty and Professional Social which will be held in the Pennsylvania room following the Keynote Lecture on Friday evening.

I am truly grateful to all of our speakers, abstract authors/co-authors, the Executive Board, Program Committee, and our Conference Sponsors for supporting a great organization and event. I sincerely hope that this year's meeting exceeds your expectations in every way possible!

Thank you,

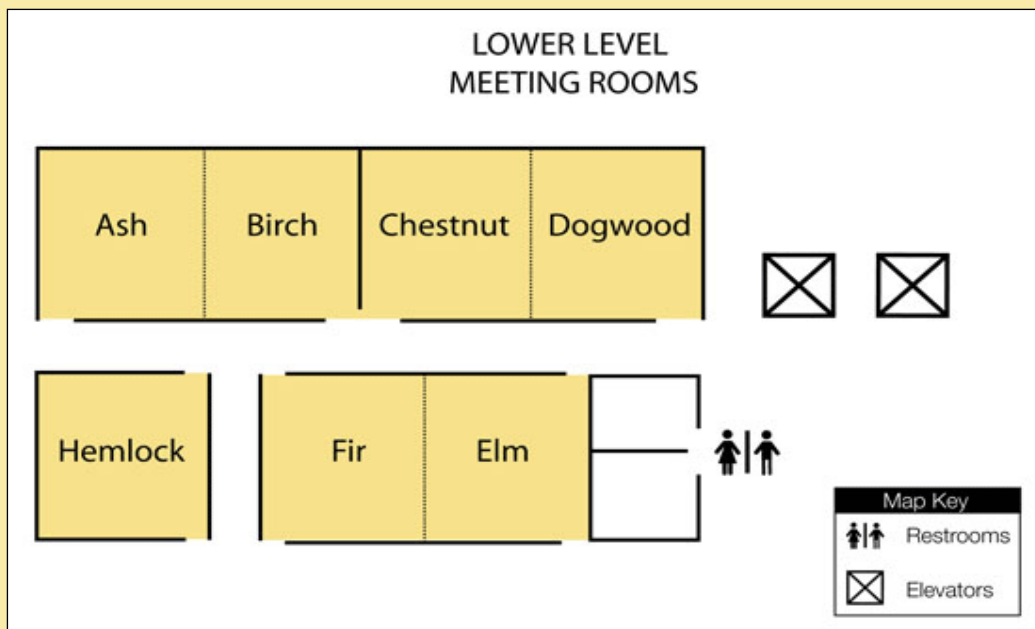
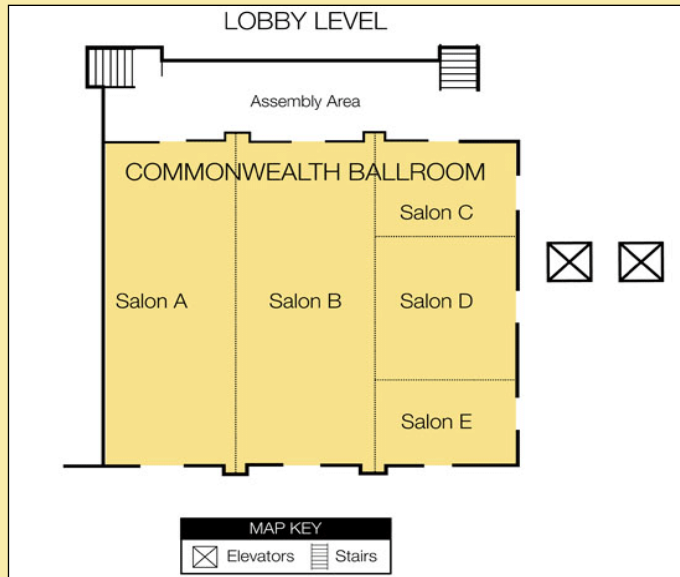
Scott Mazzetti, Ph.D.
MARC ACSM President
Research Director, Laboratory for Human Performance
Associate Professor, Dept. of Health and Sport Sciences
Salisbury University

2015 MARC-ACSM Executive Board

President	Scott Mazzetti, Ph.D., CSCS Salisbury University Email: president@marcacsm.org
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2 nd Year Member-at-Large	Melissa Reed, Ph.D., ACSM CE-P West Chester University Email: mreed@marcacsm.org
1 st Year Member-at-Large	Dave Edwards, Ph.D. University of Delaware Email: dge@udel.edu
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2 nd Year Physician-at-Large	Matthew Silvis, M.D. Penn State Milton S. Hershey Medical Center Email: msilvis@marcacsm.org
1 st Year Physician-at-Large	Mark Mirabelli, M.D. University of Rochester Medical Center Email: mmirabel@gmail.com
Student Representative	Ryan Sapp, M.S. University of Maryland Email: rsapp@umd.edu
MARC Regional Chapter Representative	Jim Roberts, Ph.D., MBA, FACSM Edinboro University Email: jroberts@edinboro.edu
Executive Director	H. Scott Kieffer, Ed.D., FACSM Messiah College Email: executive@marcacsm.org

Sheraton Harrisburg-Hershey Hotel Meeting Rooms

Note the Pennsylvania Room is opposite the registration desk on the lobby level.



REGISTRATION INFORMATION

Registration Table is located outside Ballroom Salons A, B, C and D (Lobby Level).
Registration hours are the following:

Friday Morning from 7:30am – 10:00am:

- Pre-Registration will be on the first floor (lower Level) in Chestnut Dogwood.
- Onsite Registration: Registration Desk outside Ballroom Salons A, B, C and D

Thursday	7:00pm – 9:00pm
Friday	7:30am - 5:00pm
Saturday	7:30am - 10:00am

CONTINUING EDUCATION CREDITS

MARC-ACSM is an approved CEC provider for ACSM. Please be sure to pick up your CEC Certificate at the Registration Area.

The American College of Sports Medicine’s Professional Education Committee certifies that this Continuing Education offering meets the criteria for 14 credit hours of ACSM Continuing Education Credit (CEC).

MARC-ACSM is approved to offer 13 CECs and 3 CMEs. This includes the Keynote Speaker Address on Friday evening.

NSCA members should request a certificate of attendance from the Registration Area for submission related to their certifications. Individuals with other certifications (NATA, AFAA, ACE, etc.) should also pick up a certificate of attendance that may be used to petition CEC’s from their certification organization. However, MARC-ACSM is not responsible for determining if such organizations will or will not approve CEC’s from attending the MARC-ACSM meeting.

STUDENT AWARDS

MARC-ACSM is pleased to present the following awards:

- MARC-ACSM Matthew Kerner Undergraduate Student Investigator Award
Eligible individuals are a current or recently graduated UG student who is not enrolled in a Master’s level program. The purpose of this award is to recognize and support undergraduate student investigative research. The winner receives a plaque and \$250. All undergraduate students who submit an abstract for a Free Communications/Slide presentation at the MARC-ACSM Annual Meeting will be eligible for this award. The award is based on the quality of the submitted abstract and the presentation at the meeting. All abstracts will be evaluated, but only the top abstracts will have their presentations evaluated.
- MARC-ACSM Master’s Student Investigator Award
Eligible individuals are any student who is currently enrolled in a Master’s level program, even if the work was completed as an UG student. The purpose of this award is to recognize and support Master’s level student investigative research. The winner receives a plaque and \$400. All undergraduate students who submit an abstract for a Free Communications/Slide presentation at the MARC-ACSM Annual Meeting will be eligible for this award. The award is based on the quality of the submitted abstract and the presentation at the meeting. All abstracts will be evaluated, but only the top abstracts will have their presentations evaluated.
- MARC-ACSM Doctoral Student Investigator Award

Eligible individuals are any student who is currently enrolled in a doctoral or medical program, even if the work was completed as a Master's student. The purpose of this award is to recognize and support graduate student investigative research. The winner receives a plaque and \$500 to be used to defray either travel costs to the National ACSM meeting or her/his research expenses. All graduate students who submit an abstract for a Free Communications/Slide presentation at the MARC-ACSM Annual Meeting will be eligible for this award. The award is based on the quality of the submitted abstract and the presentation at the meeting. All abstracts will be evaluated, but only the top abstracts will have their presentations evaluated.

Determination of Finalists and Award Recipients for the Student Investigator Awards

The MARC-ACSM Research Committee screens all student abstracts that are submitted for an oral presentation using a rubric. The top five ranked abstracts for each academic category identified above present their research during an oral session with the other class finalists (i.e. there is an UG Award Nominee Session, MS Award Nominee Session, and a Ph.D. Award Nominee Session) during the MARC-ACSM Annual Meeting. These finalists are ranked by a sub-committee of the MARC-ACSM Research Committee to determine the award recipients.

Announcement of Award Winners

The 2015 award winners (and honorable mentions) will be announced at the Business Meeting and Award Ceremony Luncheon on Saturday at 12:00 pm.

The Research Committee is chaired by:

Melissa Reed, West Chester University of Pennsylvania

MARC-ACSM would also like to extend a thank you to those who served on the 2015 Research Committee. Thank you for all of your hard work and support!

STUDENT FUND RAFFLE

Each year the MARC-ACSM Student Representative is responsible for the student fund raffle in which a variety of prizes (e.g., textbooks, etc.) are raffled off throughout the meeting. Raffle tickets can be purchased in the Registration Area. All proceeds from the student raffle are used to support the student representative's trip to the National Annual meeting.

EVALUATION FORMS

Evaluation forms will be provided at the registration desk throughout the conference, as well as during the Saturday afternoon Business Meeting/Award Ceremony Luncheon. Your feedback is extremely important, as this information will be used in the planning of future meetings and conferences. Please be sure to complete your evaluation form and return it (at the Registration Desk or Luncheon).

SPEAKER READY ROOM

The Speaker Ready Room will be in the Hemlock Room (last room on the first floor).

Friday Presentations: Please bring your disk or jump drive to the speaker ready room (next to the on-site registration table) before 10 AM on Friday November 6, 2015 to have it loaded on the proper computer for your afternoon presentation.

Saturday Presentations: Please bring your disk or jump drive to the speaker ready room (next to the on-site registration table) before 3 PM on November 6, 2015 to have it loaded on the proper computer for your presentation

2015 Mid-Atlantic Regional Chapter Awards:

Honor Award Dr. Eugene Hong, M.D. Drexel University College of Medicine



Eugene Hong, M.D., is chairman of the Department of Family, Community & Preventive Medicine and Chief of the Division of Sports Medicine at Drexel University College of Medicine. He is a leading authority on concussions, cardiac issues in athletes, overuse injuries and sports-injury prevention. Dr. Hong serves as the head team physician for Drexel University and Philadelphia University. He is also a team physician for St. Joseph's University and Plymouth Whitemarsh High School in suburban Philadelphia. Dr. Hong is also an active member of several professional committees and associations including the American Medical Society for Sports Medicine, the American College of Sports Medicine, the Society of Teachers of Family Medicine, and the American Academy of Family Physicians.

Dr. Hong has been an active member of the Mid-Atlantic Regional Chapter of ACSM for the past 10+ years and has served as our Medical Liaison. Dr. Hong has been instrumental in developing our medical section from a small group gathering of 10 physicians to a major section of our conference that has increased the number of physicians attending and general sessions that have attracted over 250 of our conference attendees. In addition, he helped develop the new Board position of Physician-at-large as well as helping create the Clinical Case Study oral/poster sessions and expansion of our medical section to a Saturday morning block. Gene has lead the way for our physician base to become a pillar of our Annual Meeting as well the MARC-ACSM name in the medical community.

Service Award Dr. William Farquhar, Ph.D. University of Delaware



Bill Farquhar is a Professor and Chair in the Department of Kinesiology and Applied Physiology at the University of Delaware. He completed his BS and MS degrees from East Stroudsburg University, and Ph.D. from Penn State University. His post-doctoral training was completed at Beth Israel Deaconess Medical Center and the Hebrew Rehabilitation Center. He is trained as an exercise physiologist, and his recent work focuses on the effect of diet and exercise on physiological function. His research is funded by the National Institutes of Health, and he regularly publishes in peer-reviewed journals. Bill was an active student member of MARC-ACSM when he was in graduate school (East Stroudsburg University and Penn State University) and has since served on the Research Committee as an evaluator for two terms, as the Member-at-Large (Research Chair) and as President of MARC-ACSM. Bill has worked hard to blend the different arms of the sports medicine field into our expanding Annual Meeting; however, Bill has helped grow and maintain a distinct track in the basic sciences over the past 10 years.

2015 MARC-ACSM Keynote Speaker

Scott Trappe, Ph.D., FACSM



John and Janice Fisher Professor of Exercise Science Director, Human Performance Laboratory Ball State University Muncie, IN

Scott Trappe, Ph.D. is the Director of the Human Performance Laboratory and John and Janice Fisher Endowed Chair in Exercise Science at Ball State University. He received his undergraduate training at the University of Northern Iowa and was captain of the swim team. He worked for US Swimming at the Olympic Training Center in Colorado Springs while conducting his graduate (M.S.) studies at the University of Colorado. His Ph.D. training was with Dr. David Costill at Ball State University and post-doctoral training in muscle physiology with Dr. Robert Fitts at Marquette University. For the past 20 years, Dr. Trappe has been working with NASA to help optimize the exercise prescription for astronauts. Concurrent to the work with NASA, Dr. Trappe has conducted several exercise training studies in older adults, aging athletes and various college and elite athletes. Using a whole body to gene approach, Dr. Trappe and his colleagues have gained a better understanding of muscle plasticity and the powerful effects of exercise for health and performance. Dr. Trappe is a fellow of the American College of Sports Medicine and member of the American Physiological Society.

**Dr. Scott Trappe will present his Keynote Lecture
“The Power of Muscle: An Interdisciplinary
Approach to Understanding Muscle Plasticity”
Friday evening from 7:15 to 8:15**

MARC-ACSM 2015 Annual Meeting Speakers

(Speakers are listed in alphabetical order)

Roberta H. Anding, M.S., R.D./L.D., C.D.E., C.S.S.D.



**Clinical Dietitian & Director of Sports Nutrition
Department of Pediatrics
Adolescent Medicine and Sports Medicine
Baylor College of Medicine/Texas Children's Hospital**

Roberta Anding received her Bachelor's degree in Dietetics in 1977 and her Master's in Nutrition from Louisiana State University in 1980. She is currently a licensed dietitian in the state of Texas, a Registered Dietitian with the Academy of Nutrition and Dietetics, a Certified Diabetes Educator, and a Certified Specialist in Sports

Dietetics.

Ms. Anding began her career at the Tulane Medical Center/Medical School in 1982 where she was a part time Assistant Professor and Outpatient Clinical Dietitian Education Coordinator. She joined the faculty of The University of Houston School of Nursing in 1986 as Assistant Professor of Clinical Nursing. She later joined the faculty of Rice University as an instructor in the Department of Kinesiology teaching an undergraduate course in nutrition. At Rice, she is one of two sports dietitians for Rice University Athletics. She is also presently a faculty member of the Baylor College of Medicine in the Department of Pediatrics and the Director of Sports Nutrition for Texas Children's Hospital. For twelve years, Roberta was the sports dietitian for the Houston Texans NFL franchise. She is currently the sports dietitian with the Houston Astros MLB franchise.

Ms. Anding has most recently received the Superior Teaching Award from Rice University Alumni in 2012. Roberta has been honored by her peers receiving awards for service to the profession. The Sports, Cardiovascular and Wellness Nutrition Dietetic Practice Group (SCAN) presented Roberta with the SCAN Achievement Award in 2011. She also received the Texas Distinguished Dietitian Award in 2008, the Texas Dietetic Association Media Award in 2006, the Houston Area Dietetic Association Media Award in 2006 and 2004, and the Houston Area Dietetic Association Award for the Dietetic Internship Educator of the Year in 2001. Prior to focusing on dietetic education, Roberta was honored with the John P. McGovern Outstanding Teacher of the Year Award while at the University of Texas-Houston School of Nursing.

Anthony Beutler, M.D.



**Lieutenant Colonel, United States
Associate Professor, Department of Family Medicine
Program Director, NCC Tri-Service Sports Med Fellowship**

Dr. Beutler is a faculty member in the Department of Family Medicine and the medical director of the USU Injury Prevention Research Laboratory (don't let the "director" title fool you: he's the only sports doc there, so of course he's the director!) He enjoys basketball, bike-riding, and writing IRB proposals while jabbing sharp sticks into his eyes in his spare time.

Education and Research

Dr. Beutler is an acclaimed international educator and researcher in sports medicine and musculoskeletal injury prevention. He directs the Tri-service military sports medicine fellowship in Washington DC and is the educational director for 8-10 sports medicine fellows in the Washington DC Regional Sports Medicine Collaboration each year. As a member of the JUMP-ACL Partnership and of the CHAMP Consortiums, his study teams have received multiple national grants and awards for their ground-breaking work in injury prevention and injury prediction, both in military and civilian populations. Lt Col Beutler has authored numerous peer-reviewed publications, edited a sports medicine textbook, and successfully evoked deep slumber and copious drool from unsuspecting lecture attendees around the world.

Executive Leadership

Lt Col Beutler is on the executive committee for multiple national and military organizations dedicated to improving the health and safety of military and civilian populations. As an executive committee member of the Consortium for Health and Military Performance (CHAMP) at USU, Dr. Beutler works to translate scientific knowledge into policies and clinical practice that optimize physical resilience in military warfighters.

Background and Personal Data

Dr. Beutler was born in Lafayette, Indiana. His Hoosier birthright proving insufficient to overcome his congenital lack of athletic talent--he was forced to seek gainful employment outside the NBA. He pursued his Family Practice residency at Travis, AFB and completed his Sports Medicine Fellowship at the Uniformed Services University and U.S. Naval Academy. Due to circumstances largely beyond his control, he received his M.D. from Duke University and is an active member of the AOA. Upon arriving home he transforms into a large plaything for his five young children and volunteers as a team physician for the U.S. Naval Academy.

Research Interests

ACL Injury mechanisms, musculoskeletal injury mechanisms, post-traumatic arthritis, musculoskeletal education, sudden death in athletes, and exercise as a treatment for anything

Harry Bramley, M.D.



Dr. Bramley graduated from the Philadelphia College of Osteopathic Medicine and completed his Pediatric Residency training at Hershey Medical in 1999. He spent 6 years at York Hospital as a Pediatric Hospitalist where he supported the Trauma service and was the medical director of a complex care service. He returned to Hershey Medical Center in 2005 as one of the pediatric hospitalist, pediatric rehabilitation physicians, and founded the Penn State Hershey Concussion Program. Dr. Bramley continues to provide oversight of the concussion program and sees about 25 patients per week with concussion and brain injury. He also continues to provide inpatient service on the pediatric rehabilitation unit, is the medical director of the Penn State Hershey Pediatric Headache Program, and is the

medical director at Pediatric Specialty Care, a home for children with complex health care needs. He has published multiple articles on concussion, and is actively involved in clinical research.

Jessica Butts, M.D.



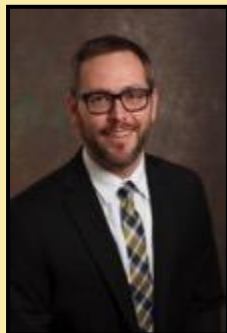
Dr. Jessica Butts is a native of Connecticut, but has spent time all over the country during her time training and working. She attended medical school in Washington, DC at The George Washington University and completed her residency in Family Medicine at Tufts University in Boston. She then went on to complete a fellowship in Sports Medicine at Indiana University in Indianapolis. During her time practicing both Family Medicine and Sports Medicine she has had the opportunity to care for athletes at all levels, from recreational athletes and high school athletes to NCAA Division I, II and III athletes at multiple schools, including Purdue University. Additionally, she has cared for athletes at the professional level including the Indianapolis Colts and the Tennessee Titans. Currently she works for The Milton S. Hershey Penn State Medical Center where she is part of a team taking care of 6 local high schools, Lebanon Valley College, Elizabethtown College, Penn State – Harrisburg, the Harrisburg Senators and the Hershey Bears.

Ellen Casey, M.D.



Ellen Casey, M.D. is an Assistant Professor in Sports Medicine at Drexel University College of Medicine. Her clinical practice focuses on the conservative treatment of acute sports medicine injuries and spine disorders. She has particular expertise in the female athlete, including the female athlete triad, physical activity during and after pregnancy, and musculoskeletal injuries throughout the female lifespan. She is skilled in fluoroscopically-guided spine injections and ultrasound-guided peripheral joint and soft tissue injections. Dr. Casey serves as the team physician for Lincoln University and Philadelphia University. Dr. Casey is actively involved in research regarding injury prevention in the female athlete. She has received several research awards, including a K-12 grant from the National Institutes of Health from 2011-2014.

Jeremy Crenshaw, Ph.D.



Dr. Jeremy Crenshaw's research interests are in developing assessments and interventions to reduce falls and their related injuries for patient populations. His studies often employ biomechanical analyses of gait and fall recovery. He graduated from Truman State University (Kirksville, MO) with a B.S. in Exercise Science in 2003. He received a master's degree in Exercise Science from the University of Delaware (Newark, DE) in 2007. He then earned a doctoral degree in Movement Sciences from the University of Illinois at Chicago in 2011. It was during his doctoral training, under the mentorship of Mark

Grabiner, Ph.D., that Dr. Crenshaw was introduced to research focused on fall recovery. Dr. Crenshaw's doctoral studies focused on older adults and individuals with lower-extremity amputations. Upon graduating, Dr. Crenshaw trained as a postdoctoral research fellow at Mayo Clinic (Rochester, MN). Under the advisement of Kenton Kaufman, Ph.D., he led a prospective study of falls in 125 older adult women (Mayo Clinic SAFER project). Dr. Crenshaw joined the Department of Kinesiology and Applied Physiology at the University of Delaware as an Assistant Professor in 2014. He is continuing his research focus on falls and mobility, applying innovative techniques broadly across patient populations.

MAJ Patrick Debenbrock, Ph.D.

U.S. Army, Fort Bragg, North Carolina

MAJ David W. DeGroot, Ph.D., FACSM



MAJ David W. DeGroot, Ph.D., FACSM is currently the Chief of the Method Development and Molecular Biology Sections at the Army Public Health Center (Provisional). Prior to this assignment he served as the Field Investigation Team Leader in the Injury Prevention Program at APHC and as a Research Physiologist at the US Army Research Institute of Environmental Medicine. MAJ DeGroot's research focuses on environmental physiology, injury prevention and human performance optimization. He is a member of the American Physiological Society, the National Strength and Conditioning Association, and is a Fellow of the American College of Sports Medicine. His education includes a B.S. in Physical Education (SUNY Cortland), M.S. in Exercise Science (Univ of NH) and Ph.D. in Physiology (Penn State). The author of over 30 articles, government technical reports and book chapters, MAJ DeGroot has received research awards from the ACSM Environmental Physiology Interest Group and from the APS Environmental and Exercise Physiology Section.

Matt Devine



Matt Devine currently works with the Department of Defense as a contractor in the greater Washington DC area and teaches Health and Wellness at Northern Virginia Community College as an adjunct instructor. Prior to these stations he worked with soldiers in an outpatient physical therapy clinic and for a nonprofit that focused on the transitional elements of military life. Devine has also worked in the biomechanics lab with US Olympic Committee Sport Sciences and as a volunteer coach with the USOC and the NSCA in Colorado Springs, CO. In addition, he has experience with collegiate athletics at the University of Pennsylvania as well as working with professional and developmental athletes at Velocity Sports Performance, EXOS, and the Moorestown, NJ community Olympic development program.

Jeremy Dicus, Ph.D.



Jeremy Dicus is an Assistant Professor in Slippery Rock University's Exercise Science Program. He completed his B.S. in Athletic Training at High Point University in North Carolina. He then completed his M.S. and Ph.D. at Ohio University in Recreation and Sport Sciences and Curriculum and Instruction respectively. Dr. Dicus is interested in developing and implementing intentional critical thinking pedagogy across a four year exercise science curriculum. He is currently exploring and evaluating methods to assess critical thinking in students.

Anastasia Fischer, M.D., FACSM



Anastasia Fischer, M.D., FACSM, is a member of the Division of Sports Medicine in the Section of Ambulatory Pediatrics at Nationwide Children's Hospital and is a Clinical Assistant Professor of Pediatrics at The Ohio State University College of Medicine. Dr. Fischer attended medical school at The Ohio State University College of Medicine before completing a family practice residency at University of Pittsburgh Medical Center in Pittsburgh, Pennsylvania, and a primary care sports medicine fellowship at Maine Medical Center in Portland, Maine. She is fellowship trained and board certified in sports medicine, and is a member of the

American Medical Society for Sports Medicine and the American College of Sports Medicine, where she has been appointed fellow and sits on the Board of Trustees. She is active in the Ohio Chapter of the American Academy of Pediatrics, the Midwest Chapter of the American College of Sports Medicine, the Female Athlete Triad Coalition, and Action For Healthy Kids, where she sits on the Board of Directors. She has a special interest in research and advocacy regarding the adolescent female athlete and in helping kids have more active lifestyles. Dr. Fischer is a volunteer physician with the Greater Ohio Bicycle Adventure and the Tour de Grandview and also serves as team physician at Groveport Madison High School in the central Ohio area.

Andy Getzin, M.D., FACSM



Andy Getzin, M.D., FACSM is the Clinical Director of Sports Medicine and Athletic Performance at Cayuga Medical Center in Ithaca, NY. He is the team physician for Ithaca College as well as USA triathlon and the Australian triathlon team. He is director of the Cayuga Medical Center Performance Center and the Cayuga Medical Center Shortness of Breath in the Athlete Clinic. Dr. Getzin received a B.A. at Amherst College in history and his M.D. degree from UMDNJ- New Jersey Medical School- Newark. He completed a residency in Family Medicine at Brown University and a sports medicine fellowship at The Ohio State University.

His areas of interest are Shortness of Breath in the Athlete, Extension based back pain in the young athlete, and the care of endurance athletes. He is founder of the Ithaca Triathlon Club and the Cayuga Lake Triathlon and is currently a USA triathlon Level 1 coach. He is a USAT All-American age group athlete for many years running and has completed 5 ironmen including qualifying and competing at Kona. He spends his free time hanging out with his family doctor, ex-USA Olympic diver wife Karen LaFace and shuttling his kids Zoe 13, Lucy 11, and Quentin 7 to their sporting activities.

Jody Greaney, Ph.D.



Jody Greaney graduated from the University of Delaware (Ph.D.) in 2012 and has been a postdoctoral fellow in the Microvascular Research Lab at Penn State University for 2 years. My research interests are sympathetic neural control of the cardiovascular system in humans.

James Hagberg, Ph.D.



Jim Hagberg, Ph.D., is a Professor in the Department of Kinesiology at the University of Maryland, College Park. He is also a Professor of Medicine, Epidemiology, and Public Health at the University of Maryland School of Medicine and Baltimore Veterans Administration Medical Center. Dr. Hagberg is also the Chair of the University of Maryland IRB. His major academic emphasis is research and teaching and he is and has been funded by NIH, the VA, the American Heart Association, and the US Olympic Committee. His graduate students, both Masters and Doctoral, are intimately involved in his research grant projects. His current research addresses the effect of acute and chronic exercise on circulating angiogenic cells, a type of adult stem cell that has recently been recognized as a novel cardiovascular disease risk factor. His work involves functional, gene expression, and molecular studies under cell culture and ex vivo conditions using a number of pharmacologic inhibitors and activators in these cells isolated from a wide range of active and inactive individuals. In 2002 Dr. Hagberg received the University System of Maryland Regent's Award for Research. He also was awarded the American College of Sports Medicine Citation Award in 2004. Dr. Hagberg has published approximately 250 research manuscripts and they have been cited over 17,000 times. Dr. Hagberg is also deeply committed to undergraduate teaching as evidenced by his course entitled "Science of Physical Activity and Cardiovascular Health" that he teaches as part of the campus-wide liberal arts CORE program. Dr. Hagberg was one of six campus-wide UMCP Distinguished Scholar-Teachers for 2002-2003.

Christy Hanson, M.S.



Christy Hanson has over 10 years of experience working in the field of career development, and currently serves as Director of the Career & Professional Development Center at Messiah College. She holds a B.A. in psychology and M.S. in counseling/college student personnel. In her role, Christy enjoys leading a dynamic team that focuses on helping individuals identify and achieve their professional goals. In addition to working with the college-aged population, Christy has facilitated presentations to various youth and community groups, as well as professional teams on the topics of self-assessment, career exploration and planning, and organizational culture and team development.

Matt Harber, Ph.D.



Matthew Harber, Ph.D. is an Associate Professor of Exercise Physiology and the Director of the Clinical Exercise Physiology Program in the Human Performance Laboratory at Ball State University. Dr. Harber's research interest are optimizing the exercise prescription for improving cardiorespiratory fitness and skeletal muscle mass in various populations ranging from healthy aging to chronic heart failure.

Jake Haus, Ph.D.



Jacob Haus joined the UIC Kinesiology and Nutrition faculty in Aug. 2011. His academic and research training was a specialization in exercise physiology and metabolism with a specific focus on protein metabolism and skeletal muscle function with aging, as well as glucose and lipid metabolism with obesity, diabetes and aging. Haus also received training in biotechnology and he uses a clinical-translational approach to study the mechanisms of diabetes and aging.

Michael Holmstrup, Ph.D.



Michael Holmstrup is an Assistant Professor of Exercise Science at Slippery Rock University. He completed both his B.S. and M.S. degrees in Exercise Physiology at East Stroudsburg University, and received his Ph.D. in Science Education/Exercise Science from Syracuse University. He has served MARC ACSM for the past several years in capacities including Student Representative, Secretary/Treasurer, Member-at-Large, and President-Elect.

Michael's recent research examines cognitive and procedural aspects of health-related fitness assessment, and the safety.

Brock Jensen, Ph.D.



Dr. Brock Jensen is an Assistant Professor in the Department of Exercise and Rehabilitative Sciences at Slippery Rock University. He earned his Ph.D. degree in Exercise Physiology from the University of Northern Colorado. His broad research interests include the use of exercise to attenuate the deleterious side effects of cancer treatments, exercise-mediated cardioprotection, and the use of critical-thinking pedagogy to improve reasoning and enhance problem solving in undergraduate Exercise Science students.

Robert Kelly, PT/ATC



Robert Kelly is a physical therapist/athletic trainer in the Sports medicine program at the Penn State Hershey Medical Center, where he has been treating sports medicine and orthopedic patients since 1990. Bob graduated from Penn State University in 1983 earning a Bachelor's degree in Health and Physical Education with an emphasis in athletic training. A certified athletic trainer since 1983, Bob served as an athletic trainer in the Pittsburgh Pirates organization followed by a position at the Cincinnati Sports Medicine Center until 1985. Bob graduated from Hahnemann University in 1987 with a Master's degree in physical therapy. Bob began his physical therapy career in 1987 as a sports physical therapist/athletic trainer at the Delaware Valley Sports Medicine Center. Throughout his professional career, Bob has worked with athletes at all levels. He is currently in his 23rd season as team physical therapist for the Hershey Bears Hockey Club; an affiliation which began in 1993.

W. Larry Kenney, Ph.D., FACSM



Dr. W. Larry Kenney received his Ph.D. in Physiology in 1983. He has been a faculty member at Noll Laboratory, Penn State University, since that time and is currently the Marie Underhill Noll Chair in Human Performance as well as Professor of Physiology and Kinesiology. His research involves human physiological responses to extreme environments, heat and cold stress, and dehydration, with a focus on the impact of aging and disease states on these responses.

Dr. Kenney received the prestigious Faculty Scholar medal from Penn State in 2001, as well as the College of Health and Human Development's Pauline Schmitt Russell Distinguished Research Career Award and the Evan G. and Helen G. Pattishall Outstanding Research Career Award. He has published over 200 journal articles and book chapters. He is the lead author of Physiology of Sport and Exercise, a best-selling textbook in exercise physiology now in its 6th edition.

In addition to his Penn State duties, Dr. Kenney served as President of the American College of Sports Medicine from 2003-2004 and received the Citation Award from that organization in 2008. He is also active in the American Physiological Society. He serves on the American Council on Exercise (ACE) Scientific Advisory Panel and chaired the Gatorade Sports Science Institute for several years.

Dawn Lowe, Ph.D.



Broadly defined my research interests include muscle physiology, aging, muscle disease, and exercise science. The focus of my current research is cellular and molecular mechanisms underlying skeletal muscle deterioration that occurs with age, disease, and injury, with a special emphasis on how estrogen influences the deterioration. The work is also aimed at preventing or reversing musculoskeletal deterioration through exercise and pharmacological interventions, as well as collaborative efforts using protein- and cell-based therapeutics. My group uses tools of biochemistry, molecular biology, and biophysics, but our strong suit is muscle physiology with the distinctive ability to comprehensively analyze contractile function at levels ranging from muscle groups in the anesthetized mouse, to living isolated muscles, to single fibers, and acto-myosin molecular interactions.

Nick Luden, Ph.D.



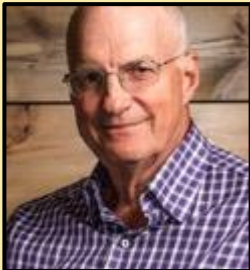
Nick Luden is an Associate Professor of Exercise Physiology in the Department of Kinesiology at James Madison University. He also directs JMU's Graduate Program in Exercise Physiology. Nick's research interests revolve around performance and skeletal muscle plasticity – more specifically how nutraceutical and training strategies can be manipulated to optimize cellular and molecular environments (satellite cell physiology, energetics, and muscle fiber size) for recovery, adaptation and ultimately performance. Most of his work has incorporated aspects of endurance performance.

Jeffrey Lynn, Ph.D.



Jeff Lynn is an associate professor of exercise science and assistant to the Dean of the College of Health, Environment and Science at Slippery Rock University. He has been a member of ACSM for 17 years and served as the Co-Chair of the special interest group on endurance athlete medicine and science for 6 years. He earned his Ph.D. from Kent State University and completed a Post-Doctoral Fellowship at the University Of Colorado School Of Medicine. His research has spanned from weight loss and fat metabolism to physiologic parameters of ultra-endurance athletes.

William Meyers, M.D.



William C Meyers has dedicated his life to the liver and surgical innovation. He matriculated at Harvard, Columbia, and Wharton; and trained at Duke University where he became chief of general, HPB and MIS surgery. He ran a very large liver service and developed many techniques used today. Alongside his interest in liver surgery, he has maintained a long-time hobby in sports medicine and developed a number of repairs for muscle injuries of the hip and pelvis. Dr. Meyers led the awareness that the whole core muscle complex, inclusive with the hip joint, contributes to the injury that has advanced old terminology such as athletic pubalgia or sports hernia. He has evaluated over 15,000 patients, including professional players from the National Football League, National Hockey League, National Basketball Association, Major League Baseball, Major League Soccer, Professional Tennis, Professional Golf, Professional Bull Riding, Swimming, Olympic Track and Field, collegiate and recreational athletes. In 2013 he built Vincera Institute, an independent integrated hospital system in The Navy Yard in Philadelphia that is totally devoted to “core medicine.”

Takashi Nagai, Ph.D., ATC



Takashi Nagai, Ph.D., ATC is an Assistant Professor within the Department of Sports Medicine and Nutrition. He was involved in the Eagle Tactical Athlete Program (ETAP) at the UPitt Warrior Human Performance Research Center at Fort Campbell, KY from 2007 to 2012. Dr. Nagai is currently involved in the Marine Corps Forces Special Operations Command Injury Prevention and Human Performance Research Initiative. He completed his PhD in Rehabilitation Science at the University of Pittsburgh and MS in Exercise Physiology at the University of Utah. Dr. Nagai’s research interests include exercise interventions for injury prevention and performance optimization and neck pain/low back pain in military.

Bradley C. Nindl, Ph.D., FACSM



Bradley C. Nindl, Ph.D., FACSM is Director of the Neuromuscular Research Laboratory/Warrior Human Performance Research Center and Professor in the Department of Sports Medicine in the School of Health and Rehabilitation Sciences at the University of Pittsburgh. Prior to coming to the University of Pittsburgh, Dr. Nindl worked for over 20 years as a government scientist working for the US Army Research Institute of Environmental Medicine within the US Army Medical Research and Materiel Command and

the Army Institute of Public Health within the US Army Public Health Command. Dr. Nindl received a B.S. in biology from Clarkson University in 1989, an M.S. in physiology of exercise from Springfield College in 1993, a Ph.D. in physiology from The Pennsylvania State University in 1999, and a Master of Strategic Studies from the US Army War College in 2012. His research interests span human performance optimization/injury prevention domains with a focus on adaptations of the neuromuscular and endocrine systems (growth hormone/insulin-like growth factor-I axis) to both exercise and military operational stress. He is internationally recognized for his work in these areas and was Co-Chair of the 3rd International Congress on Soldiers' Physical Performance in 2014 and has performed research sabbaticals at the University of Jyväskylä in Finland (2009) and the University of Wollongong in Australia (2014). His previous awards include the American College of Sports Medicine Young Investigator Award in 2002 and the US Army's Surgeon General "9A" Proficiency Designator (the Army Medical Department's highest award for professional excellence, bestowed on less than 2% of AMEDD military officers) in 2013. He is an associate editor for *Medicine and Science in Sports and Exercise* and the *Journal of Strength and Conditioning Research* and a Fellow in the American College of Sports Medicine. He has over 120 peer-reviewed publications indexed on PubMed that have been cited over 2800 times with an h-index of 30. Dr. Nindl is also an Army Reservist (LTC(P)) having been deployed in 2004-2005 in Mosul, Iraq where he was awarded a Bronze Star and the Combat Action Badge. He and his wife Jeanne have 5 children: Ashley, Lyndsey, Zachary, Joshua, and Cooper.

Cayce A. Onks, D.O., M.S.



Cayce A. Onks, D.O., M.S., started his career in Sports Medicine as a Certified Athletic Trainer following graduation from The University of Tennessee with a degree in Exercise Science and Master's Degree in Athletic Training from Ohio University. Dr. Onks graduated from Philadelphia College of Osteopathic Medicine (PCOM). He completed an osteopathic internship through PCOM and the Crozer-Keystone Health System in Philadelphia and a Family Medicine residency program at the Wake Forest University in Winston-Salem, North Carolina. He then completed his Sports Medicine Fellowship training at Penn State University in State College. Dr. Onks serves as team physician for the Hershey Bears Hockey Club, Lebanon Valley College, and Lebanon High School. He practices inpatient and outpatient family medicine and sports medicine. His clinical and research interests include ultrasound guided injections, concussions, and injury prevention.

Patty Pierce, Ph.D.



Patty Pierce is a professor of exercise science, Chairperson of the Department of Exercise and Rehabilitative Sciences, and assistant to the Dean of the College of Health, Environment and Science at Slippery Rock University. She earned her Ph.D. in Exercise Physiology from the University of Pittsburgh. She has over 25 years of teaching

experience and her interests include improving exercise science education through innovative pedagogy and assessment.

Paul Riordan, M.S.



Paul Riordan is a Senior Physical Activity Scientist for the Consortium for Health and Military Performance (CHAMP) at the Uniformed Services University of the Health Sciences located in Bethesda, MD. He serves as project lead on a Department of Defense (DOD) initiative focused on educating services members on recovery from and prevention of common musculoskeletal injuries. For the five years prior to his position at CHAMP, he was a performance coach within the DOD, where he developed, managed, and successfully integrated a sports performance training system into service members' existing physical fitness routine. He earned a Master of Science in Exercise Science with a concentration in Strength & Conditioning from George Washington University and a Bachelor of Science in Physical Education and Psychology at Ohio Wesleyan University. While at George Washington he was first exposed to training of the military athlete while completing his internship at the National Strength & Conditioning Association (NSCA) Headquarters under the Tactical Strength & Conditioning (TSAC) program.

Katherine Rizzone, M.D.



Assistant Professor of Orthopaedics and Rehabilitation and Pediatrics at the University of Rochester Medical Center. Research areas include sports specialization, female athlete triad and injury prevention. Former college athlete. Current mother to two very active boys who are rather injury prone (as they are diversified in their sporting activities).

Mark Sarzynski, Ph.D.



Dr. Mark Sarzynski is an Assistant Professor in the Department of Exercise Science in the Arnold School of Public Health at the Univ. of South Carolina. Dr. Sarzynski's research integrates data across multiple -omics technologies (e.g., genomics, transcriptomics, proteomics, metabolomics, and lipidomics) to identify and characterize the biological factors associated with the response of lipid and lipoprotein traits to behavioral interventions. The goal is to better predict which individuals are most likely to benefit from lifestyle therapies in the management of dyslipidemias and the overall lipid profile and to identify the features/functions of lipoprotein particles contributing to the cardioprotective benefits of a healthy lifestyle. Dr. Sarzynski's research has been supported by NIH and AHA grants to achieve these aims.

Emily Sauers, Ph.D., CES



Emily Sauers is an Assistant Professor in the Department of Exercise Science at East Stroudsburg University. Her training includes: B.S in Health and Human Performance at the University of Montana, M.A. in Exercise Physiology and Ph.D in Bioenergetics and Exercise Science at East Carolina University. Emily's research interests include the effects of exercise training and nutrition on fat metabolism. Emily currently serves on the Research Committee for MARC-ACSM and Strategic Health Initiative-Women, Sport, and Physical Activity for ACSM.

Zachary Schlader, Ph.D.



Zachary Schlader is an Assistant Professor in the Department of Exercise and Nutrition Sciences at the University at Buffalo. He completed his bachelors degree in Health at Austin Peay State University (Clarksville, TN) in 2006, his masters in Exercise Physiology at Indiana University (Bloomington, IN) in 2008, and his PhD in Sport and Exercise Science at Massey University (Palmerston North, New Zealand) in 2011. Zac then went on to complete a postdoctoral fellowship at the Institute for Exercise and Environmental Medicine (Dallas, TX) working in the Thermal and Vascular Physiology Laboratory, under the direction of Dr. Craig Crandall. His broad research interest involves understanding the determinants of human health during thermal stress. This research focuses largely on understanding the behavioral aspects of temperature regulation in humans, as well as understanding interactions between the environment and cardiovascular control during hemorrhagic injury.

Espen Spangenburg, Ph.D.



Dr. Espen Spangenburg is an Associate Professor in the East Carolina Diabetes and Obesity Institute and the Department of Physiology in the School of Medicine at East Carolina University. His lab is currently funded by a RO1 from the National Institutes of Health and a Basic Science Award from the American Diabetes Association. He has published more than 70 papers with a focus on understanding the endocrine-based regulation of physiological and metabolic function of skeletal muscle. He serves as a frequent grant reviewer for the NIH and the ADA and is currently an Editorial Board Member for the American Journal of Physiology (Cell), Frontiers in Physiology, and Journal of Applied Physiology. He has been awarded The New Investigator Award by the American Physiological Society and Outstanding Alumnus Award from Virginia Tech.

Anna Stanhewicz, Ph.D.



I graduated from the University of Rhode Island with my B.S. in 2009, and from Penn State with my Ph.D. in 2014.

Steve Verba, Ph.D.



Steve Verba is an Assistant Professor of Exercise Science in the Department of Exercise and Rehabilitative Sciences at Slippery Rock University and is an active member of ACSM and the Wilderness Medical Society. Dr. Verba earned his Ph.D. in Exercise Physiology from the University of Pittsburgh while conducting behavioral weight loss intervention research under Dr. John Jakicic. His interests include the promotion of physical activity in rural populations, wilderness and environmental medicine, and the exploration of pedagogical strategies for use in exercise science.

Sean Walsh, Ph.D., FACSM



Dr. Sean Walsh is an Associate Professor at Central Connecticut State University in the Department of Physical Education and Human Performance. He is currently the Immediate Past President of the New England Chapter of the American College of Sports Medicine and has previously served as Vice President of Health for the Connecticut Association of Health, Physical Education, Recreation, and Dance. Dr. Walsh earned his B.S in Physical Education from Eastern Connecticut State University, his M.A. in Sport and Exercise Science from The Ohio State University, and his Ph.D. in Kinesiology from the University of Maryland. His main area of research has been in Exercise Genomics with a focus specifically trying to further understand the genetic link to the inter-individual variation observed in muscle mass and strength amongst individuals. Dr. Walsh has served as a reviewer of the single most internationally read and referenced text in sports medicine, exercise science, and health and fitness; the Ninth Edition of ACSM's Guidelines for Exercise Testing and Prescription. He currently serves on the Executive Committee of ACSM's Pronouncements Committee. Additionally Dr. Walsh is a Fellow of the American College of Sports Medicine and has received several teaching awards having three times received an Excellence in Teaching Award at CCSU as well as the Distinguished Teaching Assistant award at the University of Maryland.

David Williamson, Ph.D.



Our laboratory's research seeks to determine how skeletal muscle protein accretion is affected through alterations in translation initiation and the key regulatory signaling pathway controlling these processes, during obesity- and age-related muscle atrophy. Given my graduate training in human muscle physiology at the Human Performance Laboratory at Ball State, I expanded my knowledge of muscle physiology during my post-doctoral training at Hershey Medical Center by employing animal and cell models.

In doing so, I studied how AMPK activation alters mTOR and mRNA translation in physiological contexts. Then arriving at West Virginia University, I further sought to determine how altered states of AMPK and/or mTOR activation would influence muscle differentiation and/or growth, using cell and mouse models of obesity and aging. Now at the University at Buffalo our laboratory focuses on aberrant regulation of mTOR during aging and obesity, establishing the role of the mTOR inhibitor, REDD1, on the development of an anabolic resistant skeletal muscle phenotype.

Carena S. Winters, Ph.D., M.P.H., FACSM, ACSM-CES



Carena S. Winters, Ph.D., M.P.H., FACSM, ACSM-CES is an assistant professor at Slippery Rock University. Dr. Winters launched Exercise is Medicine® On Campus (EIM-OC) with Dr. Bob Sallis in May 2009. She is an ACSM Certified Clinical Exercise SpecialistSM with the EIM Level III Credential. Dr. Winters is a member of the EIM Advisory Board and is chair of the EIM-OC committee. Dr. Winters' passion is sharing her knowledge of exercise physiology and the powerful impact exercise has on health in the classroom and in the community.

David Wright, Ph.D.



Dr. Wright is an Associate Professor and Tier II Canada Research Chair in the Department of Human Health and Nutritional Sciences at the University of Guelph. Dr. Wright, completed his Ph.D. in Human Bioenergetics from Ball State University and postdoctoral training at Washington University School of Medicine in St. Louis. His research is focused on understanding how exercise modulates adipose tissue and liver metabolism, the mechanisms underlying this process, and the impact this has on whole body fuel utilization. His research is funded by NSERC, CIHR and the Canada Research Chairs Program.

Program Schedule

Program schedule is presented by room
and day (Friday/Saturday).

Friday, November 6, 2015

Ballroom A		Friday, November 6, 2015		Chair/Moderator
9:00-10:15 AM	The Next Frontier: Stem Cells and Cardiovascular Exercise Physiology Speaker: James Hagberg, Ph.D.	Rian Landers MS		
BREAK 10:15-10:30 AM				
10:30-11:00 AM	Concurrent training: can aerobic exercise really stunt muscle hypertrophy? Possible mechanisms and a dose of reality. Speaker: Nick Luden, Ph.D.	David Williamson Ph.D.		
11:00-11:30 AM	Aerobic exercise induced muscle growth: practical applications and therapeutic potential. Speaker: Matthew Harber, Ph.D.			
Lunch Break 12:00 to 1:00 PM				
1:00-1:45 PM	Exercise Genomics: Muscle mass & strength: Is it the "gym" or my "genes"? Speaker: Sean Walsh, Ph.D.	Andrew Venezia MS		
2:00-2:45 PM	Genomic predictors of CVD trait responses to exercise training: progress & perils (& promise!) Speaker: Mark Sarzynski, Ph.D.			
BREAK 2:45-3:00 PM				
3:00-3:30 PM	REDD1's role on insulin action in insulin resistant skeletal muscle Speaker: David Williamson, Ph.D.	Matthew Harber Ph.D.		
3:30-4:00 PM	ADAMs RAGE: The link between muscle contraction and resolution of inflammation with insulin resistance Speaker: Jake Haus, Ph.D.			
4:00-4:30 PM	Inflammation with insulin resistance Speaker: David Wright, Ph.D.			
Dinner 5:00-7:00 PM				
7:15-8:15	Keynote Speaker: The Power of Muscle: An Interdisciplinary Approach to Understanding Muscle Plasticity Scott Trappe, Ph.D.			
8:15-11:00 PM	Expo, College Bowl, Fitness Challenge			

Ballroom B		Friday, November 6, 2015	Chair/Moderator
9:05-9:50 AM	Impact of estrogen-deficiency on skeletal muscle strength Speaker: Dawn Lowe, Ph.D.	Jennifer Payne MD	
10:00-10:45 AM	Reducing estrogen function increases metabolic disease risk Speaker: Espen Spangenburg, Ph.D.		
BREAK 10:45-11:00 AM			
11:00-11:45 AM	Insulin-Like Growth Factor-I as a biomarker for health and fitness: Historical insights and current perspectives Speaker: Bradley Nindl, Ph.D.	Kristofer Wisniewski Ph.D.	
Lunch 12:00 to 1:00 PM			
1:00-2:00 PM	Implementation of Critical Thinking (<i>also with Patty Pierce, Ph.D., Brock Jensen, Ph.D., & Steve Verba, Ph.D.</i>) Speaker: Jeremy Dicus, Ph.D.	Steve Verba Ph.D.	
2:00-2:20 PM	Think aloud as a pedagogical tool for in-class instruction (<i>also with Michael Holmstrup, Ph.D.</i>) Speaker: Jeffrey Lynn, Ph.D.		
2:20-2:55 PM	Think Aloud: Hands-on application (<i>also with Steve Verba, Ph.D. and Michael Holmstrup, Ph.D.</i>) Speaker: Jeffrey Lynn, Ph.D.		
BREAK 2:55-3:00 PM			
3:00-3:30 PM	Insights into programming and strength and conditioning in the military Speaker: Paul Riordan, M.S.	Todd Miller Ph.D.	
3:30-4:30 PM	Tactical Strength and Conditioning Workshop (hands-on) (<i>also with Paul Riordan, M.S.</i>) Speaker: Matt Devine, M.S.		
Dinner 5:00 PM-7:00 PM			
7:15-8:15 PM	Keynote Speaker: The Power of Muscle: An Interdisciplinary Approach to Understanding Muscle Plasticity Scott Trappe, Ph.D.		
8:15-11:00 PM	Expo, College Bowl, Fitness Challenge		

Ballroom C,D,E		Friday, November 6, 2015	Chair/Moderator
9:30-9:45 AM	Loaded Dice: Aging in a Changing Climate Speaker: W. Larry Kenney, Ph.D.		Jody Greaney Ph.D. and Anna Stanhewicz Ph.D.
9:45-10:10 AM	Intervention Strategies for Improving Cutaneous Vascular Function during Hyperthermia Speaker: Anna Stanhewicz, Ph.D.		
10:10-10:35 AM	Aging Alters the Skin Blood Flow-Cardiac Output Relation during Heat Stress Speaker: Jody Greaney, Ph.D.		
10:35-11:00 AM	Interactions between Behavior and Cardiovascular Strain during Heat Stress Speaker: Zachary Schlader, Ph.D.		
Lunch 12:00 to 1:00 PM			
2:30-5:00 PM	Poster Session-Undergraduate	Chair/Moderator	
2:30-2:40 PM Poster #1	Simvastatin Alters the RhoA Adaptation to Skeletal Muscle Stress Conditions. Amici DR., Chen D., Chin ER. University of Maryland, College Park, MD	Nick Knuth Ph.D. (2:30-3:20pm)	
2:40-2:50 PM Poster #2	Prevalence of Metabolic Syndrome Risk Factors in College-Aged Students. Biben, S., Orkin, S., Bopp, C. Department of Kinesiology, Pennsylvania State University, University Park, PA		
2:50-3:00 PM Poster #3	Preliminary Analysis of Incident Rate of Head Impacts in Collegiate Women's Lacrosse. Bula, MK., Stritch, T., Higgins MJ. Towson University, Towson, MD		
3:00-3:10 PM Poster #4	Physical and Strength Characteristics of College Lacrosse Players in Relation to Player Role. Burns, DC, Peditto, BD, Bernier, JP, Colish, A, Wilson, JK. DeSales University, Center Valley, PA		
3:10-3:20 PM Poster #5	Rest Interval Length Does Not Affect Total Exercise Volume during Lower Body Resistance Training. Carroll, ME., Reed, KJ., Prins, PJ., McKusick, CR. Grove City College, Grove City, PA		
3:20-3:30 PM Poster #6	Discrepancies in Obesity Levels by Three Separate Criteria (Waist Girth, BMI, and Body Fat Percentage). Cassaro, J., Rossi, C., Bopp, CM. Department of Kinesiology, Pennsylvania State University, University Park, PA		

2:30-5:00 PM	Poster Session-Undergraduate (cont.)	Chair/Moderator
<p>3:30-3:40 PM Poster #7</p>	<p>Effects of Dietary and Plasma Lipid Levels on Vascular Health Measures. Chavis, LN. Getty, AK., Wisdo, TR., Ciesielka, KA., Close, S., Cruz, J., Derella, C., DiCiurcio, W., Jasinski, R., McLaughlin, K., Onitiri, H., Perez, A., Stewart, K., Polimeni, A., Hill, J., & Feairheller, DL. HEART Laboratory, Department of Health & Exercise Physiology, Ursinus College, Colledgeville, PA</p>	
<p>3:40-3:50 PM Poster #8</p>	<p>Objectively Measured Physical Activity Varies by Task and Accelerometer Location in Younger and Older Adults. Chen KM, Schrack JA, Knuth ND. Towson University, Towson, Maryland, Johns Hopkins University, Baltimore, Maryland.</p>	<p>Toni Lasala Ph.D. (3:20-4:00pm)</p>
<p>3:50-4:00 PM Poster #9</p>	<p>Changes in Balance Measures During a Pedometer-Based Senior Citizen Walking Program. Cover, T., Meyer, B., Farabaugh, J., Horowitz, M., Raya, H., Bourassa, D., Forlenza, S., Paulson, S., Sanders, J. Shippensburg University, Shippensburg, PA</p>	
<p>4:00-4:10 PM Poster #10</p>	<p>Effects of a Six-Month Walking Intervention on the Physical Activity Measures among Older Adults. Farabaugh, J., Paulson, S., Cover, T., Horowitz, M., Raya, H., Bourassa, D., Forlenza, ST., Meyer, B., Sanders, J. Shippensburg University, Shippensburg, PA</p>	
<p>4:10-4:20 PM Poster #11</p>	<p>Comparing Short Physical Performance Battery Results in Active vs. Non-Active Geriatric Individuals. Horowitz, M., Forlenza, ST., Cover, T., Farabaugh, J., Raya, H., Bourassa, D., Meyer, B., Paulson, S., Sanders, J. Shippensburg University, Shippensburg, PA</p>	<p>Matt Miltenberger Ph.D. (4:00-5:00)</p>
<p>4:20-4:30 PM Poster #12</p>	<p>Differences between an Aerobic and Yoga Group Exercise on Measures of Mood, Stress, and Group Cohesion. Kuzo, A., Morales, K., Slabonik, E., Metz, Z., Willard, R., Paulson, S. Shippensburg University, Shippensburg, PA</p>	
<p>4:30-4:40 PM Poster #13</p>	<p>Effect of Recovery Modality on Rate of Force Development, Vertical Jump, and Lactate Clearance. Lawrence, JT., Arseneault, RL., Barbeito, SK., Karloff, AA., Kellen, CD., Winfield, Murillo, F., McKenzie, JA., Laird, RH. McDaniel College, Westminster, MD</p>	

2:30-5:00 PM	Poster Session-Undergraduate (cont.)	Chair/Moderator
4:40-4:50 PM Poster #14	The Effects of Foam Rolling vs Dynamic Stretching on Anaerobic Performance. Lawton, J., Pabon, R., Kline, S., Carter, Z., Owens, S., Sanders, J., Robinson, R. Shippensburg University, Shippensburg, PA	Jim Roberts Ph.D. (4:00-5:00)
4:50-5:00 PM Poster #15	Texting & Walking: A Dual-Task Study on Gait Patterns in a College-Aged Sample. Long, S., Barton, A., Betz, K., Brockman, M., Paulson, S. Shippensburg University, Shippensburg, PA	
Dinner 5:00 PM-7:00 PM		
7:15-8:15	Keynote Speaker: The Power of Muscle: An Interdisciplinary Approach to Understanding Muscle Plasticity Scott Trappe, Ph.D.	
8:15-11:00 PM	Expo, College Bowl, Fitness Challenge	

Pennsylvania		Friday, November 6, 2015	Chair/Moderator
8:00-8:15 AM	Opening Remarks		Matt Silvis M.D. and Mark Mirabelli M.D.
8:15-9:00 AM	ACL Injury: A Multifactorial Problem Speaker: Ellen Casey, M.D.		
9:00-9:45 AM	The Biomechanics of ACL Injury: Truth for the Young and Consequences for the "Older" Athlete Speaker: Anthony Beutler, M.D.		
10:00-10:30 AM	Shortness of Breath in the Athlete Speaker: Andy Getzin, M.D.		
10:30-11:00 AM	Concussion, Challenging Pediatric Cases Speaker: Harry Bramley, M.D.		
11:00-11:45 AM	Understanding Core Injuries (don't call them "sports hernia") Speaker: William Meyers, M.D.		
Lunch 12:00 to 1:00 PM			
1:00-3:00 PM	Oral Presentations: <i>Clinical Case Studies</i>		Chair/Moderator
1:00-1:10	Wrist Pain in a Non-athletic Individual. Amoako, A. Drexel University, Philadelphia, PA	Matt Silvis M.D. and Mark Mirabelli M.D.	
1:10-1:20	Hip Pain in a Male High School Runner, Betchart, C., University of Rochester, Rochester, NY		
1:20-1:30	Acute Patella Subluxation in Crossfit Athlete, Not So Fast, Davis, R., Geisinger Sports Medicine		

1:00-3:00 PM	Oral Presentations: <i>Clinical Case Studies (cont.)</i>	Chair/Moderator
1:30-1:40	Elbow Injury-Football , Kelley, A., York Hospital Sports, York, PA	Matt Silvis M.D. and Mark Mirabelli M.D.
1:40-1:50	Shoulder Injury - Recreational Bowler , Kelley, J. and Amoako, A., Penn State Hershey Family Medicine, Hershey, PA	
1:50-2:00	Knee Injury - Fall , Kraft, M., Christiana Care Health System Sports Medicine, Christiana, PA	
2:00-2:10	Bilateral Lower Extremity Cramping in a Lacrosse Player , Kropa, J., Thomas Jefferson University Primary Care Sports Medicine, Philadelphia, PA	
2:10-2:30	BREAK	
2:30-2:40	Bilateral Ankle Injury - Non-traumatic , Lee, D.A., Penn State University Primary Care Sports Medicine, State College, PA	Matt Silvis M.D. and Mark Mirabelli M.D.
2:40-2:50	Acute Abdominal Injury in a Collegiate Hockey Player , Loeffert, J.R., Penn State University Primary Care Sports Medicine, State College, PA	
2:50-3:00	An unusual hip injury in a male soccer player , Marschilok, C.A., Thomas Jefferson University Hospital, Philadelphia, PA	
3:00-3:10	Groin Pain - Collegiate Soccer Player , Nassim, A., Drexel Univ. Sports Medicine, Philadelphia, PA	
3:10-3:20	Leg Pain in a Female College Soccer Player , Requa, E., York Hospital Sports, York, PA	
3:20-3:30	Arm pain and weakness - Football , Sadeghi, E., St. Joseph's Family Medicine	
3:30-3:40	"I stopped boxing, and now my wrist hurts" , Szymaszek, L., Christiana Care Health System Sports Medicine	
3:40-3:50	Hamstring Injury - Football , Tunis, J.G., Geisinger Health System Sports Medicine	
3:50-4:00	Wrap-up	
Dinner 5:00 PM-7:00 PM		
8:15-11:00 PM	Faculty and Professional Social	

Ash/Birch Friday, November 6th, 2015		
10:00-12:00 PM	College Bowl Preliminary Closed Session	
Lunch Break 12:00 to 1:00 PM		

Ash/Birch (cont.)		Friday, November 6th, 2015	
1:00-2:15 PM	Oral Presentations: <i>MS Award Nominees</i>	Chair/Moderator	
1:00-1:15 PM	Acute Effects of High-Intensity Exercise on Peripheral Conduit Artery Blood Flow. Babcock, M., Lefferts, W., Heffernan, K. Syracuse University, Syracuse, NY	Emily Sauers Ph.D. (1:00-2:15)	
1:15-1:30 PM	The Effects of Testosterone Boosters on Testosterone, Strength, and Body Composition in Young Trained Males Gonzalez, MW., Harding, BA., Cattano, N., Fowkes-Godek, S. and Reed, MA., West Chester University, West Chester, PA		
1:30-1:45 PM	Caloric Expenditure of Normal and Lower Body Positive Pressure Treadmill Running Hupman, S., Hokanson, J.F., Van Langen, D., Lind, E., True, L. State University of New York Cortland, New York		
1:45-2:00 PM	Perceived Exertion and Affective Responses During Normal and Lower Body Positive Pressure Treadmill Running LaVaute, B., Lind, E., Hokanson, JF., Van Langen, D., and True, L. State University of New York – Cortland, Cortland, NY		
2:00-2:15 PM	Physical Activity Mediates the Relationship between Sleep and Vascular Health in Older Adults Nunemacher, KM., Augustine, JA., Lefferts, WK., Barreira, TV., Heffernan, KS. Syracuse University, Syracuse, N		
2:30 to 3:45 PM	Oral Presentations: <i>Doctoral Award Nominees</i>	Chair/Moderator	
2:30-2:45 PM	Endurance Training Attenuates Chemoreflex Sensitivity to Intermittent Hypoxia Ross, A.J., Sauder, C.L., Cauffman A.E., Blaha, C.A., Leuenberger, U.A. Pennsylvania State University College of Medicine, Hershey, PA	Amy Jo Haufler Ph.D. (2:30-3:45)	
2:45-3:00 PM	Exercise Prevents Reactive Oxygen Species Mediated Endothelial Dysfunction in Rats Fed a High Sodium Diet Guers, JG., Kasecky-Lardner, L., Farquhar, WB., Edwards, DG., Lennon-Edwards, S. University of Delaware, Newark, DE		

2:30 to 3:45 PM	Oral Presentations: <i>Doctoral Award Nominees (cont.)</i>	Chair/Moderator
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3:00-3:15 PM	Nocturnal Blood Pressure Dipping in Normotensive Adults: Effect of Dietary Sodium and Sex Brian, MS., Dalpaiz, A., Matthews, EL., Lennon-Edwards, S., Edwards, DG., Farquhar, WB. Department of Kinesiology and Applied Physiology, University of Delaware, Newark, DE, USA	Amy Jo Haufler Ph.D. (2:30-3:45)
3:15-3:30 PM	Menstrual Phase and the Vascular Response to Acute Resistance Exercise In Women Augustine, J., Nunemacher, K., Heffernan, K. Syracuse University, Syracuse, NY	
3:30-3:45 PM	Acute Cheese Consumption Reduces Sodium-Induced Cutaneous Microvascular Dysfunction by Decreasing Oxidative Stress Alba, BK., Stanhewicz, AE., Kenney, WL., and Alexander, LM. Penn State University, University Park, PA	
Break 3:45 to 4:00 PM		Chair/Moderator
4:00-5:00 PM	MEET THE EXPERTS: Student Session MAJ David DeGroot, Ph.D. – Method Devel. & Molecular Biology, Army Public Health Center Mark Mirabelli, M.D. – Family Medicine, Orthopaedics, and Rehabilitation, University of Rochester Medical Center Emily Sauers, Ph.D. – Exercise Training & Nutrition, East Stroudsburg University Scott Trappe, Ph.D. – Human Performance Laboratory, Ball State University Carena Winters, Ph.D. – Exercise Science & Exercise is Medicine, Slippery Rock University	Ryan Sapp M.S.
Dinner 5:00 to 7:00 PM		

Chestnut/ Dogwood		Friday, November 6th, 2015	Chair/Moderator
11:00-12:00 PM	Like, Connect & Tweet: Tips for Using Social Media to Your Professional Advantage” Speaker: Christy Hanson, M.S.	H. Scott Kieffer Ed.D.	
Lunch Break 12:00-1:00 PM			

Chestnut/	Friday, November 6th, 2015	Chair/Moderator
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Dogwood		
1:00 - 2:15 PM	Oral Presentations: <i>Professional</i>	Chair/Moderator
1:00-1:15 PM	Effect of Carbohydrates on Landing Mechanics and Postural Stability During Intermittent High-Intensity Exercise to Fatigue Darnell, ME., Whitehead, PN., Heebner, NR., Sell, TC., Beals, K., Lephart, SM. University of Pittsburgh, Pittsburgh, PA, OR University of Kentucky, Lexington, KY	John LaManca Ph.D. (1:00-2:15)
1:15-1:30 PM	Risk Factors Associated with Running Related Injuries in Physically Active Young Men. Grier, T., Canham-Chervak, M., Anderson, M., Bushman, T., Jones, BH., FACSM. United States Army Public Health Center, Aberdeen Proving Ground, MD	
1:30-1:45 PM	Effect of Physical Fitness on the Risk of Stress Fracture Injury in Army Basic Training Rossi, S., Hauret, J., Jones, B. FACSM. U.S. Army Public Health Center, Aberdeen, MD	
1:45-2:00 PM	The Effects of an Acute Bout of Self-Myofascial Release on the Physiological Parameters of Running Stroiney, D., Herrick, S., Vitti, S., Bossi, J., Paolone, V., FACSM. Gannon University, Erie, PA, Springfield College, Springfield, MA.	
2:00-2:15 PM	Using Statistical Simulation to Visualize and Quantify Day-to-Day Measurement Error in Indirect Calorimetry Tenan, MS. United States Army Research Laboratory, Aberdeen Proving Ground, MD	
2:15-2:30 PM	Different Ankle Joint Energetic Pattern between Subjects with Copers and Ankle Instability Kim, H. ¹ , Son, SJ. ² , Seeley MK. ² , Hopkins, JT., FACSM ² . ¹ West Chester University, West Chester, PA, ² Brigham Young University, Provo, UT	
BREAK 2:30-3:00 PM		
3:00-4:00 PM	Get Recognized: Exercise is Medicine on Campus University Recognition Program (<i>also with Joseph Burns</i>) Speaker: Carena Winters, Ph.D.	Joseph Burns M.S.

Elm/Fir		Friday, November 6th, 2015	
1:00 - 2:15 PM	Oral Presentations: <i>Undergraduate</i>	Chair/Moderator	
1:00-1:15 PM	Observation of Inter-arm Systolic Blood Pressure Difference during Exercise Conner, C.R., Clarke, M.M., Holmstrup, M.E., Jensen, B.T. Slippery Rock University, Slippery Rock, PA	Paul Curtrufello Ph.D. (1:00-2:15)	
1:15-1:30 PM	Greater Forearm Blood Flow is Associated with Higher Physical Activity in Older Individuals Duvall, PK., Coulbourn T., Dobrosielski, DA., Knuth, ND. Towson University, Towson, Maryland.		
1:30-1:45 PM	The Influence of Series Elastic Bands on Energy during Acceleration Training Hays, C., Tommarello, D., Cook, A., Sprigle, SH., Hughes, CJ., Anning, JH. Slippery Rock University, Slippery Rock, PA, Georgia Tech, Atlanta, GA.		
1:45-2:00 PM	The Effect of Headphone Verses Room Music on Aerobic Performance Jones, J., Berstecher, M., Parks, A., Mullen, S., Brennan, K., Forlenza, S., Sanders, J. Shippensburg University, Shippensburg, PA		
2:00-2:15 PM	Simple Cardiac Screening of NCAA and USAC Collegiate Athletes Using Smartphone Electrocardiogram Luck, JC., Baquero, GA., Luck JC. Penn State College of Medicine, Hershey, PA, Lees-McRae College, Banner Elk, NC		
BREAK 2:15-3:15 PM			
3:15-5:05 PM	Poster Session: <i>Doctoral/Professional</i>	Chair/Moderator	
3:15-3:25 PM Poster #16	Exercise Improves Vascular Dilator Reactivity in Chronically Stressed Rats with Pre-existing Metabolic Syndrome Branyan, KW, Brooks SD, Asano S, Hoskinson HN, Mancini BB, Bryner RW, Olfert IM, Frisbee JC, Chantler, PD. West Virginia University, Morgantown, WV	Michael Landram Ph.D. (3:15-4:15)	
3:25-3:35 PM Poster #17	Perivascular Adipose Tissue Diminishes Nitric Oxide Bioavailability in Metabolic Syndrome DeVallance, E., Branyan, KW., Seldomridge, A., Lemaster, KA., Skinner, RC., Asano, S., Setola, V., Frisbee, JC., Chantler, PD. West Virginia University, Morgantown, WV.		

Elm/Fir		Friday, November 6th, 2015	
3:15-5:05 PM	Poster Session: <i>Doctoral/Professional (cont.)</i>	Chair/Moderator	
3:35-3:45 PM Poster #18	Changes in Health Behaviors of Students during Summer Break Following a Year-Long School Health Intervention Gilman A, Werner E, Higgins B, Volpe S, FACSM Drexel University, Philadelphia, Pennsylvania	<p style="text-align: center;">Deborah Fairheller Ph.D. (4:15-5:05)</p>	
3:45-3:55 PM Poster #19	The Relationship Between Lower Extremity Functional Strength and Aerobic Performance in Youth with Cerebral Palsy (CP) Mendonca CJ., Hawkins JL., O'Neil ME., Drexel University, Philadelphia, PA		
3:55-4:05 PM Poster #20	Cardiac Output Dependency on Exercising Muscle Mass during Ergometer Exercise in Healthy Women Hale, RF., McConnell, TR., Steele, CN. Bloomsburg University of Pennsylvania, Bloomsburg, PA		
4:05-4:15 PM Poster #21	Effects of Cognitive Fatigue on High Intensity Circuit Exercise: Preliminary study Tweedell, AJ., Head, JR., Tenan MS., Davis, HC., LaFiandra, M., & Helton, W.S. Army Research Laboratory, Aberdeen Proving Ground, MD, University of North Carolina at Chapel Hill, Chapel Hill, NC, University of Canterbury, Christchurch, New Zealand		
4:15-4:25 PM Poster #22	The Effects of Tart Cherry Supplement on Markers of Inflammation and Quality of Life in Arthritic Patients Hillman, AR., Uhranowsky, KU., Ramos J. Marywood University, Scranton, PA		
4:25-4:35 PM Poster #23	Acute Caffeine Supplementation in Regular Caffeine Consumers Minimally Affects Strength in Knee Flexors Hudson GM., Hanning T., Visek AJ., DiPietro, L. The George Washington University, Washington, D.C.		
4:35-4:45 PM Poster #24	Can We Reduce Prolonged Sitting? Feasibility of a Tactile Vibration Prompt To Initiate Movement Julian, JE., Trignano, S., Duer-Hefele J., Sundquist, K., Schwartz, JE., Davidson, KW., Shimbo, .D, Diaz, KM. Columbia University Medical Center, New York, NY, Stony Brook University, Stony Brook, NY.		

3:15-5:05 PM	Poster Session: <i>Doctoral/Professional (cont.)</i>	Chair/Moderator
4:45-4:55 PM Poster #25	24-hour Heart Rate is Related to Lower Extremity Venous Vascular Function in Persons with Paraplegia Lombard, AT., Cirnigliaro, CM., Rosado-Rivera, D., Kirshblum, SC., Bauman, WA., Wecht, JM. James J. Peters VA Medical Center, Bronx, NY, Kessler Foundation, West Orange, NJ, Kessler Institute for Rehabilitation, West Orange, NJ, Mount Sinai School of Medicine, NY, NY	
4:55-5:05 PM Poster #26	Aerobic Capacity after Bilateral Total Knee Replacement Surgery: A Case Study Report Whidden, MA. and Stevens, WC., FACSM. West Chester University, West Chester, PA	
Dinner 5:00-7:00 PM		

Saturday, November 7, 2015

Ballroom A	Saturday, November 7 th , 2015	Chair/Moderator
8:30-9:05 AM	Training the military's elite special forces: Lessons learned from the Tactical Human Optimization, Rapid Rehabilitation and Reconditioning (THOR3) Program Speaker: Patrick Debenbrock, M.D.	Bradley Nindl Ph.D.
9:10-9:45 AM	Recent advances in Army physical fitness testing: Optimizing combat fitness for National Security Speaker: David DeGroot, Ph.D.	
10:00-10:35 AM	Lessons learned for human performance optimization from the Eagle Tactical Athlete Program at the 101st Airborne Division (Air Assault) Speaker: Takashi Nagai, Ph.D.	
10:40-11:15 AM	Building the future combat super warfighter through human performance optimization and injury prevention initiatives Speaker: Bradley Nindl, Ph.D.	

Ballroom B		Saturday, November 7th, 2015	Chair/Moderator
9:00-9:30 AM	The adolescent female: Girl, who ARE you? Speaker: Anastasia Fischer, M.D.	Emily Sauers Ph.D.	
9:30-10:15 AM	The over and under fueled adolescent female: Implications for health and injury risk Speaker: Emily Sauers, Ph.D.		
10:30-11:15 AM	Feeding and fueling the female athlete Speaker: Roberta Anding, Ph.D.		

Ballroom C,D,E		Saturday, November 7th, 2015	Chair/Moderator
8:00-9:00 AM	Poster Session: <i>Masters Students</i>	Brian Larouere Ph.D. (8:00-9:00)	
8:00 – 8:10 AM Poster #27	Four Days of Caffeine Withdrawal in Caffeine Consumers Lowers Strength in Knee Flexors and Extensors Hanning T., Hudson GM., Visek AJ., DiPietro, L. The George Washington University, Washington, DC		
8:10 – 8:20 AM Poster #28	Can Deep Water Exercise Training Improve Arterial Stiffness in Women with Metabolic Syndrome? Moore, CM., Fournier, SF., DeVallance, E., Lee, K., Bonner, D., Donley, D., Chantler, PD. West Virginia University, Morgantown, WV		
8:20 – 8:30 AM Poster #29	Muscle MiR-27a is Decreased During Diabetes and is Regulated by Calcineurin Signaling Munoz, ER., Folk, AL., Rahnert, JA., Wang, XH., Price, SR., Jeka, JJ., Park, JY and Hudson, MB. Temple University, Philadelphia, PA, Emory University, Atlanta, GA		
8:30 – 8:40 AM Poster #30	Gender Differences in O₂ Pulse During Single Set vs. Multiple-set Resistance Exercise Nocera, VG., Meske, S., Mookerjee, S. Bloomsburg University, Bloomsburg, PA		
8:40 – 8:50 AM Poster #31	The Acute Effect of Exposure to Barefoot Running on VO₂ Peak, Fatigue, and Time to Exhaustion in Recreational Runners Pecha, A., Dowden, R., Miltenberger, M., Keshel, T., Munford, S., Sauers, E. East Stroudsburg University, East Stroudsburg PA		

8:00-9:00 AM	Poster Session: <i>Masters Students (cont.)</i>	Chair/Moderator
<p>8:50 – 9:00 AM Poster #32</p>	<p>Exercise as a Treatment for Peripheral Vascular Dysfunction caused by Metabolic Syndrome and Depression Skinner, RC., Branyan KW., Brooks SD., Asano S., Hoskinson, HN., Mancini BB., Olfert, IM., Bryner, RW., Frisbee JC., Chantler, PD. West Virginia University, Morgantown, WV</p>	<p>Brian Larouere Ph.D. (8:00-9:00)</p>
9:00 – 11:20 AM	Poster Session: <i>Undergraduate</i>	Chair/Moderator
<p>9:00 – 9:10 AM Poster #33</p>	<p>Examination of Weekly Step Count Patterns during a 12 Week Pedometer Program Mahoney, S., Zuchowski, T., & Smith, K. Slippery Rock University, Slippery Rock, PA</p>	
<p>9:10 – 9:20 AM Poster #34</p>	<p>The Relation Between Self-Reported Activity and Fitness Levels in Primary Care Mienza, E., Snyder, JD., Phan P., Freeman G., Dobrosielski, DA., Towson University, Towson, MD</p>	
<p>9:20 – 9:30 AM Poster #35</p>	<p>Relationship Among Waist Girth, Body Mass Index, Total Cholesterol in College-Aged Males Miltenberger, M, Papalia, Z, DiLeo, T, Bopp, C. Department of Kinesiology, Pennsylvania State University, University</p>	
<p>9:30 – 9:40 AM Poster #36</p>	<p>Examining Gender Differences in the Relationship Between Active Travel and Fitness Outcomes O'Neill, A., Bopp, M., Bopp, C., Shaffer, K., Papalia, Z. Pennsylvania State University, University Park, PA</p>	
<p>9:40 – 9:50 AM Poster #37</p>	<p>Effectiveness of a Walking Program for Children and Their Families O'Neill, M., Vaughn, R., Ihlenfeld, S., Smith, K., Billek-Sawhney, B. Slippery Rock University, Slippery Rock, PA</p>	<p>Michael Holmstrup Ph.D. (9:00-10:30)</p>
<p>9:50 – 10:00 AM Poster #38</p>	<p>Effect of a Walking Program on Functional Fitness Measures in Older Adults Raya, H., Sanders J., Cover, T., Farabaugh, J., Horowitz, M., Bourassa, D., Forlenza, ST., Meyer, B., Paulson, S. Shippensburg University, Shippensburg, PA</p>	
<p>10:00-10:10 Poster #39</p>	<p>Correlation Between Handgrip Strength and Functional Fitness Among Older Adults ¹Rippon, P., ¹Paulson, S., ²Gray, M. ¹Shippensburg University, Shippensburg, PA; ²University of Arkansas, Fayetteville, AR</p>	

9:00 – 11:20 AM	Poster Session: <i>Undergraduate (cont.)</i>	Chair/Moderator
10:10-10:20 AM Poster #40	World Aging Lessons Learned: Engaging Older Adults in International Activities to increase Physical Activity Levels Root, L., Benatti, L., Orsega-Smith. E. University of Delaware, Newark, DE	Michael Holmstrup Ph.D. (9:00-10:30)
10:20-10:30 AM Poster #41	Gender Differences in Health-Related Physical Fitness Among College Students Shaffer, L., Barton, A., Moxley, J., Vigo, A., James-Hassan, M. Towson University, Towson, MD	
10:30-10:40 AM Poster #42	Body Weight Perceptions and Contributing Weight Gain Factors in Scandinavian, French, and American College Students Staub, A., Kubala, A., & Smith, KA. Slippery Rock University, Slippery Rock, PA	Ken Clark Ph.D. (10:30-11:30)
10:40-10:50 AM Poster #43	A New Prescription for Pain Management in Humans: Does Exercise Dose Matter? Sweetnich, RR., Polaski, AM., Kostek, MC., Kolber, BJ., Szucs, KA. Duquesne University, Pittsburgh, PA	
10:50-11:00 AM Poster #44	Blood Lactate Levels and the Effects of Recovery Methods on Repeated Sprint Performance Todora, J., Augustine, B., Jendrzewski, N., Price, Z., Smith, B., Paulson, S., Braun, W. (FACSM) Shippensburg University, Shippensburg, PA	
11:00-11:10 AM Poster #46	Effects of Exercise Intensity on Post-Exercise Oral Glucose Tolerance Test Response Urland, C., Bennett, W., Chattin, K., DeFrancisco J., Paulson S., Braun W. (FACSM) Department of Exercise Science, Shippensburg University, Shippensburg PA	
11:10-11:20 AM Poster #46	Comparison of Astrand VO₂max Prediction to a Graded Leg Ergometry VO₂ Max Test in Endurance Athletes Van Horn, L., Cuomo, M., Huntbach, S., O'Donel, A., Mullin, C., Sanders, J., Braun W. (FACSM) Department of Exercise Science, Shippensburg Univ., Shippensburg, PA	

Pennsylvania		Saturday, November 7th, 2015	Chair/Moderator
8:00-8:40 AM	Sports Specialization: History, Myths and Evidence Speaker: Katherine Rizzone, M.D.	Matt Silvis M.D.	
8:50-9:30 AM	Exercise in Pregnancy Speaker: Jessica Butts, M.D.		
9:40-10:20 AM	A Mechanical approach to the Treatment of Back Pain Speaker: Robert Kelly, PT/ATC		
10:30-11:10 AM	Functional movement screen: What's the evidence? Speaker: Cayce Onks, D.O.		

Ash/Birch			Saturday, November 7th, 2015
8:15-8:55 AM	Inducing falls to prevent injury Speaker: Jeremy Crenshaw, Ph.D.	Hyunsoo Kim Ph.D.	
9:00 – 11:00 AM	Free Communications: <i>Biomechanics</i>	Chair/Moderator	
9:00- 9:15 AM Oral Communication	Reliability of Mainstream Tablets for 2D Analysis of a Drop Jump Landing M Calo, T Anania, J Bello, V Cohen, S Stack, M Wells, B Belyea, D King, J McKeon, Ithaca College, Ithaca, NY.	Deborah King Ph.D. (9:00-10:00)	
9:00- 9:15 AM Oral Communication	Kinematic Variability in Three Types of Softball Windmill Pitches T Bicko, B Meyer, Shippensburg University, Shippensburg, PA		
9:00- 9:15 AM Oral Communication	The Influence of a Morton's Foot on Arch Characteristics in Minimally-Shod Runners EM Casto, KM Galbreath, JL McCrory, FACSM. Division of Exercise Physiology, West Virginia University, Morgantown, WV		
9:00- 9:15 AM Oral Communication	The Effect of Added Weight on Foot Anthropometry in Pregnant Women and Controls ¹ McCrory, JL, FACSM, ¹ Harrison, KD, ² Mancinelli, CA, ³ Meszaros, P and ² Thomas K. ¹ Division of Exercise Physiology, ² Division of Physical Therapy, ³ Department of Obstetrics and Gynecology, West Virginia University, Morgantown, WV		

9:00 – 11:00 AM	Oral and Poster: <i>Biomechanics</i> (cont.)	Chair/Moderator
10:15-10:25 AM Poster #47	Performance Asymmetry in the Star Excursion Balance Test Phillips, A., Condon, T., Keith, T., McKeon, P., King, D., Ithaca College, Ithaca, NY	Ben Meyer Ph.D. (10:00-11:00)
10:25-10:35 AM Poster #48	Cross Validation of a Figure Skating Blade Instrumented to Measure Figure Skating Impact Forces Stahl, C., Adair, C., Harper, B., Tuttle, N., Charles, S., Ridge, S. King, D. Ithaca College, Ithaca, NY, Brigham Young University, Provo, UT	
10:35-10:45 AM Poster #49	Functional Movement Screen Scores in High School Football Players Rettig, J., Lisman, P., Hildebrand, E., Leppert, K., Parr, J., Higgins, M., Nadelen, M. Towson University, Towson, MD	
10:45-10:55 AM Poster #50	The Effects of Kinesio Tape on Postural Control in Female Athletes with Chronic Ankle Instability Wilson, H., Berger, M., McKiernan, K., Simon, R., Sollenberger, E., Cheesman, W., & Kieffer, H.S. FACSM Messiah College, Mechanicsburg, PA	
	BREAK 10:55-11:00 AM	Chair/Moderator
11:00 AM-12:00 PM	Interest Group Meeting <i>Biomechanics</i>	Jean McCrory Ph.D.

Chestnut/Dogwood Saturday, November 1, 2014		
8:00 – 9:00 AM	Oral Presentations: <i>Doctoral/Undergrad</i>	Chair/Moderator
8:00-8:15 AM	Comparison of Muscle Activation during an Overhead Press: Kettlebell v. Dumbbell Shuler, K.T., Rice, T., Raybuck, S., Siddons, C., Dicus, J.R., Holmstrup, M.E. Slippery Rock Univ., Slippery Rock, PA	Melissa Whidden Ph.D. (8:00-9:00)
8:15-8:30 AM	The Effects of De-Training and Re-Training the Cardiovascular and Respiratory Systems on Female Collegiate Swimmers Somer, K., Weisenbach, KJ., Reed, MA. West Chester University, West Chester, PA.	
8:30-8:45 AM	Noninvasive Measurement of Coronary Blood Flow During Exercise and Adrenergic Receptor Stimulation Vargas-Pelaez, AF., Gao, Z., Ahmad, TA., Muller, MD. Penn State College of Medicine, Hershey, PA	
8:45-9:00 AM	An Analysis of Musculoskeletal Variables, Comparative to Team Norms, Leading to an ACL Rupture Johnson, CD., Faherty, MS., Varnell, MS., Lovalekar, M., Williams, VJ., Csonka, J., Salesi, K., Sell, TC. University of Pittsburgh, Pittsburgh, PA	
	BREAK 9:00 – 9:15 AM	

9:15 – 10:30 AM	Oral Presentations: <i>Undergrad Award Nominees</i>	Chair/Moderator
9:15-9:30 AM	Examination of Sedentary Time and Physical Activity in University Office Workers Glasgow, J., Urda, J., Lynn, J., Larouere, B. Slippery Rock University, Slippery Rock, PA.	Jill Bush Ph.D. (9:15-10:30)
9:30-9:45 AM	Endothelin-B Receptor Responses in Young and Postmenopausal Women Kuczmariski AV., Sebzda KN., Mraz SN., and Wenner MM. Department of Kinesiology and Applied Physiology, University of Delaware, Newark, DE	
9:45-10:00 AM	Oral Sapropterin Increases Reflex Vasodilation but Not Cardiac Output during Passive Heating in Older Adults McMahon, L., Greaney, J., Stanhewicz, A., Alexander, L., and Kenney, WL. Penn State University, University Park, PA	
10:00-10:15 AM	Greater Energy Cost During Standardized Walking is Associated With Diminished Fitness in Older Adults Ross, AF, Schrack, JA, Dobrosielski, DA, Knuth, ND. Towson University, Towson, MD, Johns Hopkins Univ., Baltimore, MD	
10:15-10:30 AM	The Effects of Acute Resistance Exercise on Vascular and Cognitive Function Wade, MJ., Lefferts, WK., Heffernan, KS. Monroe Community College, Syracuse University, NY	
Ballrooms: MARC-ACSM Business Meeting and Award Ceremony Luncheon – 12:30 to 2:00 PM		

Elm/Fir Saturday, November 7th, 2015		
8:00 AM to 9:45 PM	Oral Presentations: <i>Masters/Doctoral</i>	Chair/Moderator
8:00-8:15 AM	Arterial Stiffness and Central Blood Pressure Response to Dietary Sodium in Young and Middle-Aged Adults Muth, B.J., Brian, MS., Matthews, EL., Ramick, MG., Lennon-Edwards, S., Farquhar, WB., Edwards, DG. University of Delaware, Newark, DE	Bill Sullivan Ph.D. (8:00-9:00)
8:15-8:30 AM	Effect of Hypoxia on Cerebrovascular and Cognitive Function During Exercise Lefferts, WK., Babcock, MC., Tiss, M., White, CN., Brutsaert, TD., Heffernan, KS. Syracuse University, Syracuse, NY	
8:30-8:45 AM	Youth who are Obese Sustain Moderate-to-Vigorous Physical Activity Intensity during Active Video Games Hawkins, J. O'Neil, M. Drexel University, Philadelphia, PA.	
8:45-9:00 AM	Physical Performance Differences in Sea, Air and Land (SEAL) Operator Cohorts Separated by Demographics Eagle S, Abt J, FACSM, Beals K, Wood D, Lephart S, FACSM, Sell T. University of Pittsburgh, Pittsburgh, PA, University of Kentucky, Lexington, KY, Department of the Navy	
9:00-9:15 AM	Topical Menthol Application Augments Cutaneous Microvascular Blood Flow Craighead, DH., Conlon, CC., Alexander, LM., FACSM. Penn State University, University Park, PA	
9:15-9:30 AM	Method Validation of Testosterone Assays in Samples from Resistance Trained Males Harding, BA., Gonzalez, MW., Pruitt, JR., Cattano, NM., Reed, MA. West Chester University of Pennsylvania, West Chester, PA	
9:30-9:45 AM	Post Activation Potentiation of Back Squat and Trap Bar Deadlift on Acute Sprint Performance Chmiel, J., Carillo, J., Cerone, D., Phillips, J., Swensen, T., Kaye, M. Ithaca College, Ithaca, NY	
Break 9:45 to 10:00 AM		

Elm/Fir Saturday, November 7th, 2015		
10:00 to 11:45 AM	Oral Presentations: <i>Masters/Doctoral</i>	Chair/Moderator
10:00-10:15 AM	Longitudinal Changes of Breakfast and Physical Activity Behaviors of Children in 5th Grade Higgins, BD., Werner, EN., Gilman, AD., Volpe, SL., FACSM. Drexel University, Philadelphia, PA	Geoffrey Hudson Ph.D. (10:00-11:45)
10:15-10:30 AM	Pedometer Use on Walking Performance, Body Composition, and Bone Density in Older Adults Kearns-King, CN., Flink, TS., Gannon University, Erie, PA	
10:30-10:45 AM	Impact of Cell Phone Texting on the Amount of Time Spent Exercising at Different Intensities Maldonado, TL., Rebold, MJ., Dirlam, MT., O'Donnell, DM., Sheehan, TP. Bloomsburg University of Pennsylvania, Bloomsburg, PA	
10:45-11:00 AM	Effect of Depth Jumps and Back Squats on Eliciting Postactivation Potentiation for a 40-meter Sprint Landrigan, J., Swensen, T., Kaye, M. Exercise and Sport Sciences, Ithaca College, Ithaca NY	
11:00-11:15 AM	The Abdominal Musculature and Cycling Performance Meuwissen, T., Chandler, A., Swensen, T. Department of Exercise and Sport Sciences, Ithaca College, Ithaca, NY	
11:15-11:30 AM	The Effects of Creatine Monohydrate and Creatine Hydrochloride Supplementation on Power in Trained Individuals Packer, A., Whidden, MA., Stevens, WC., Klepfer, A., Reed, MA. West Chester University of Pennsylvania, West Chester, PA	
11:30-11:45 AM	Evaluation of Average Nutrient Intakes of Collegiate Athletes and ROTC Cadets and Midshipmen Werner, EN., Van Grouw, J., Kelley, RC., Allessio, F., Riley, S., Volpe, SL., FACSM. Drexel University, Philadelphia, PA, University of Florida, Gainesville, FL, Rutgers University, New Brunswick, NJ	

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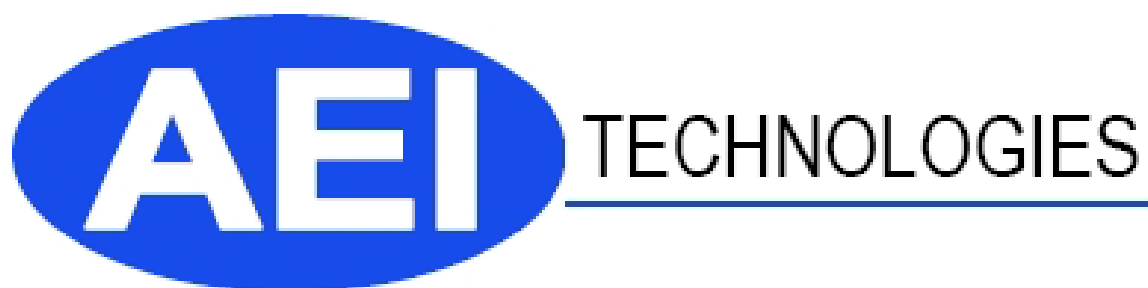
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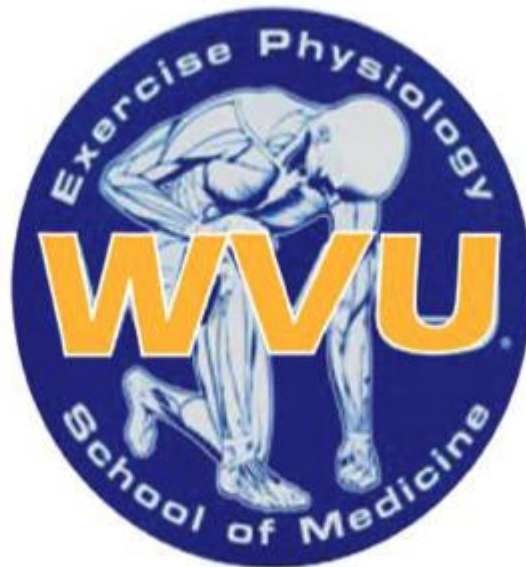




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