

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

39th Annual Scientific Meeting - 2016

FINAL PROGRAM

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

**Friday, November 4th, 2016
and
Saturday, November 5th, 2016**

**Sheraton Harrisburg-Hershey Hotel
Harrisburg, PA**

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Friday November 4th, 2016

Time	Ballroom A	Ballroom B	Ballroom C, D, E
9a	<p>Arterial Stiffness and Pulsatility: Implications for Health and Disease</p> <p><i>Dr. Melissa Witman</i> <i>Wes Lefferts, M.S.</i> <i>Dr. Hirofumi Tanaka</i></p>	<p>Methodological Considerations for Swimming-Related Human Performance Research</p> <p><i>Dr. Elizabeth Nagle</i> <i>Anne Beethe, M.S.</i> <i>Dr. Chris Connaboy</i> <i>Dr. Takashi Nagai</i></p>	<p>The Exercising Female: Knowledge through Research</p> <p><i>Dr. Mary Jane De Souza</i> <i>Emily A. Southmayd</i> <i>Dr. Nancy I. Williams</i> <i>Clara Etter</i></p>
9:30a			
10a			
10:30a	<p>Cardiovascular Research on the Cheap</p> <p><i>Dr. Kevin Heffernan</i> <i>Jacqueline Aileen Augustine, M.S.</i></p>	<p>How We Gather and Process 24h Accelerometer Data</p> <p><i>Dr. Tiago Barreira</i> <i>Dr. Ian Jannsen</i></p>	<p>The Role of Nutrition in Sport: Pre, During and Post Exercise</p> <p><i>Dr. Jackie Berning</i></p>
11a			
11:30a			

1p	<p>Experimental Hemorrhage in Humans</p> <p><i>Dr. Zachary Schlader</i> <i>Dr. Blair Johnson</i></p>	<p>Leveraging Sports Science to Optimize Performance in Pittsburgh Professional Sports</p> <p><i>Dr. Chris Johnson</i> <i>Dr. Matt Darnell</i></p>	<p>Poster Session- IA</p>
1:30p			
2p	<p>Past President: Health & Wellness Coaching: Evidence, Applications, & Emerging Professional Opportunities</p> <p><i>Dr. Gary Sforzo</i></p>	<p>Resistance Training for Kids: Right from the Start</p> <p><i>Dr. Avery Faigenbaum</i> <i>John Graham, M.S.</i></p>	<p>Poster Session- IB</p>
2:30p			
3p	<p>The Next Frontier: Stem Cells and Exercise Physiology</p> <p><i>Dr. James Hagberg</i></p>	<p>Resistance Training for Kids: Right from the Start</p> <p><i>Dr. Avery Faigenbaum</i> <i>John Graham, M.S.</i></p>	<p>Poster Session- IB</p>
3:30p			
4p	<p>Fact, Fraud, and Fantasy: Examining Pseudo-Science and Quackery in Health and Fitness</p> <p><i>Dr. Jeff Lynn</i> <i>Dr. Brock Jensen</i></p>	<p>Resistance Training for Kids: Right from the Start</p> <p><i>Dr. Avery Faigenbaum</i> <i>John Graham, M.S.</i></p>	<p>Poster Session- IB</p>
4:30p			

Friday November 4th, 2016

Time	Pennsylvania	Ash/Birch	Chestnut/Dogwood	Elm/Fir
9a	Clinical Track: Invited Speakers <i>Dr. John Winslow Dr. Jeff Bazarian Dr. Geoff Moore Dr. Tom Trojian Dr. Freddie Fu</i>		Client Commitment: The Use of Motivational Interviewing to Help Your Clients Say “I Do” <i>Dr. Amy Rickman Dr. Joyan Urda</i>	Pre-Paid Registration 7:30-10:00a
9:30a				
10a				
10:30a		College Bowl Preliminary <i>Closed Session</i>	How to Build a Consulting Business: Putting Your Expertise to Work ‘Outside’ of the Classroom <i>Dr. Dan Drury</i>	
11a				
11:30a				

Time	Pennsylvania	Ash/Birch	Chestnut/Dogwood	Elm/Fir	
1p	Clinical Track: Clinical Case Studies	Free Communication I- Masters Awards 1-2:15	Free Communication II- Professional 1-2:30	Free Communication III- Undergraduate 1-2:45	
1:30p					
2p		Free Communication IV- PhD Awards 2:30-3:45		Break 2:45-3	
2:30p					
3p					
3:30p		Student Session: <i>Meet the Experts</i>		Free Communication V- Undergraduate 3-4:45	
4p					
4:30p					

Keynote Presentation: Friday November 4th, 2016

Time	Ballroom A, B, C
7:15-8:15p	<p align="center">Keynote: Coaching the Multiplicity of Mind <i>Margaret Moore aka 'Coach Meg'</i></p>
8:15-11p	Expo, College Bowl, Fitness Challenge, Professional Social

Saturday November 5th, 2016

Time	Ballroom A	Ballroom B	Ballroom C, D, E
8a	<p align="center">Awake with Ashtanga Yoga <i>Dr. Kim Smith</i> <i>Maureen Walsh</i></p>		
8:30a			
9a	<p align="center">New ACSM Recommendations for Exercise Preparticipation Health Screening <i>Dr. Deborah Riebe</i></p>	<p align="center">Muscle: Bench to Clinic <i>Dr. Melissa Whidden</i> <i>Dr. Ashley Smuder</i> <i>Dr. Matt Hudson</i></p>	<p align="center">Poster Session II 9-11a</p>
9:30a			
10a			
10:30a	<p align="center">EIM Ambassador Program <i>Dr. Carena Winters</i></p>		

Time	Pennsylvania	Ash/Birch	Chestnut/Dogwood	Elm/Fir
8a	<p align="center">Biomechanical considerations for the aging runner <i>Dr. Blaise Williams</i></p>	<p align="center">Free Communication VII MS/PhD 8-9:15a</p>	<p align="center">Free Communication VIII: MS/PhD 8-9:45</p>	<p align="center">Poster Session III</p>
8:30a				
9a	<p align="center">Free Communication: Biomechanics</p>	<p align="center">Free Communication IX: UG Awards 9:15-10:30</p>	<p align="center">Break 9:45-10</p>	
9:30a				
10a				
10:30a	<p align="center">Biomechanics: Interest Group</p>		<p align="center">Free Communication X: MS/PhD 10-11:45a</p>	
11a				
11:30a				

MARC-ACSM Business Meeting and Award Ceremony Luncheon – 12:30 to 2:00p

All Ballrooms

Start Time	End Time	Session Type	Session Title	Speaker	Room
9:00a	9:25a	Basic Science	Consequences of Lack of Pulsatility in LVAD Patients	Dr. Melissa Witman	Ballroom A
9:00a	9:20a	Military	Reliability of a Pool-Based Aerobic Capacity Test	Dr. Elizabeth Nagle	Ballroom B
9:00a	9:40a	Basic Science	How Reversible is Bone Loss following Prolonged Energy Deficiency and Amenorrhea in Female Athletes?	Dr. Mary Jane De Souza	Ballroom C, D, E
9:00a	9:30a	Clinical	Extension-based LBP in Young Athletes: Beyond Bony Healing	Dr. John Winslow	Pennsylvania
9:00a	10:25a	Wellness	Client Commitment: The Use of Motivational Interviewing to Help Your Clients Say "I Do"	Dr. Amy Rickman & Dr. Joyan Urda	Chestnut/Dogwood
9:20a	10:00a	Military	Land-Based Musculoskeletal and Physiological Characteristics as Predictors of Swimming Performance	Anne Beethe, M.S.	Ballroom B
9:25 am	9:50 am	Basic Science	Consequences of Increased Pulsatility on Brain/Cognitive Function	Wes Lefferts, M.S.	Ballroom A
9:30 am	10:00 am	Clinical	Advances in Brain Imaging	Dr. Jeff Bazarian	Pennsylvania
9:40 am	9:50 am	Basic Science	Unique effects of energy versus estrogen deficiency on multiple components of bone strength in exercising women	Emily A. Southmayd, M.S.	Ballroom C, D,E
9:40a	10:00a	Military	Tethered Swimming Test: Reliability and the Association to Swimming Performance and Land-Based Anaerobic Performance	Dr. Elizabeth Nagle	Ballroom B
9:50 am	10:25 am	Basic Science	Exercise and Arterial Stiffness	Dr. Hirofumi Tanaka	Ballroom A
9:50 am	10:30 am	Basic Science	Menstrual Disturbances in Exercising Women: How Stress Biology Explains Underlying Mechanisms	Dr. Nancy I. Williams	Ballroom C, D, E
10:00 am	10:20 am	Military	An assessment of the hydrodynamic characteristics of the flow in SwimEx swim flume: Implications for swimming performance and analysis	Dr. Chris Connaboy	Ballroom B

10:00 am	10:30 am	Clinical	Implementing Financially Sustainable Exercise Management in Primary Care	Dr. Geoff Moore	Pennsylvania
Start Time	End Time	Session Type	Session Title	Speaker	Room
10:00 am	12:00 pm	Activity	College Bowl Preliminary	n/a	Ash/ Birch
10:20 am	10:40 am	Military	Maritime and Amphibious Human Performance Research in Military	Dr. Takashi Nagai	Ballroom B
10:30 am	11:30 am	Applied Science	CV Research on the Cheap	Dr. Kevin Heffernan & Jacqueline Aileen Augustine, M.S.	Ballroom A
10:30 am	10:40 am	Basic Science	Factors Underlying the Contribution of Psychological Stress to the Induction of Exercise-Related Menstrual Disturbances in an Exercise and Dietary Restriction Intervention	Clara Etter, M.S.	Ballroom C, D, E
10:30 am	11:00 am	Clinical	Viscosupplementation for Knee OA	Dr. Tom Trojjan	Pennsylvania
10:30 am	11:30 am	Business	How to Build a Consulting Business: Putting Your Expertise to Work 'Outside' the Classroom	Dr. Dan Drury	Chestnut/ Dogwood
11:00 am	11:25 am	Applied Science	How We Gather and Process 24h Accelerometer Data	Dr. Tiago Barreira	Ballroom B
11:00 am	12:00 pm	Sport Nutrition	The Role of Nutrition in Sport: Pre, During and Post Exercise	Dr. Jackie Berning	Ballroom C, D, E
11:00 am	11:30 am	Clinical	Individualized Anatomical ACL Reconstruction	Dr. Freddie Fu	Pennsylvania
11:25 am	11:50 am	Applied Science	Combination of Movement Behaviors Across the 24h Day Influence Health in Children	Dr. Ian Janssen	Ballroom B
1:00 pm	1:25 pm	Basic Science	Experimental Hemorrhage in Humans	Dr. Zachary Schlader	Ballroom A
1:00 pm	1:40 pm	Strength & Conditioning	Brain-Behavior Relationships Underlying Elite Performance	Dr. Chris Johnson	Ballroom B

Start Time	End Time	Session Type	Session Title	Speaker	Room
1:00 pm	3:00 pm	Poster	Poster Session- IA	Various Presenters	Ballroom C, D, E
1:00 pm	5:00 pm	Clinical	Clinical Track: Clinical Case Studies	Various Presenters	Pennsylvania
1:00 pm	2:15 pm	Communication	Free Communication I- Masters Award	Various Presenters	Ash/ Birch
1:00 pm	2:30 pm	Communication	Free Communication II- Professional	Various Presenters	Chestnut/ Dogwood
1:00 pm	2:45 pm	Communication	Free Communication III- Undergraduate	Various Presenters	Elm/ Fir
1:25 pm	1:50 pm	Basic Science	Experimental Hemorrhage in Humans	Dr. Blair Johnson	Ballroom A
1:40 pm	2:20 pm	Strength & Conditioning	The Science of Fueling the Steelers	Dr. Matt Darnell	Ballroom B
2:00 pm	2:50 pm	Wellness	Past President Lecture: Health & Wellness Coaching: Evidence, Applications, and Emerging Professional Opportunities	Dr. Gary Sforzo	Ballroom A
2:30 pm	3:20 pm	Strength & Conditioning	Resistance Training for Kids: Right From the Start	Dr. Avery Faigenbaum	Ballroom B
2:30 pm	3:45 pm	Communication	Free Communication IV- PhD Awards		Ash/Birch
3:00 pm	3:50 pm	Basic Science	The Next Frontier: Stem Cells and Exercise Physiology	Dr. James Hagberg	Ballroom A
3:00 pm	5:00 pm	Poster	Poster Session- IB	Various Presenters	Ballroom C, D, E
3:00 pm	4:45 pm	Communication	Free Communication V- Undergraduate		Elm/ Fir
3:25 pm	4:15 pm	Strength & Conditioning	Resistance Training for Kids: Right From the Start (Hands-On)	John Graham, M.S.	Ballroom B
4:00 pm	5:00 pm	Wellness	Fact, Fraud, and Fantasy: Examining Pseudo-Science and Quackery in Health and Fitness	Dr. Jeff Lynn & Dr. Brock Jensen	Ballroom A

Start Time	End Time	Session Type	Session Title	Speaker	Room
4:00 pm	5:00 pm	Communication	Meet the Experts	Various Presenters	Ash/ Birch
7:15 pm	8:15 pm	Keynote	Keynote: Coaching the Multiplicity of Mind	Margaret Moore	Ballroom A, B, C
8:15 pm	11:00 pm	Activity	Expo, College Bowl, Fitness Challenge		Ballroom A, B, C

Saturday November 5th, 2016

Start Time	End Time	Session Type	Session Title	Speaker	Room
8:00 am	9:00 am	Activity	Awake with Ashtanga Yoga	Dr. Kim Smith and Maureen Walsh	Ballroom A
8:00 am	8:50 am	Biomechanics	Biomechanics: Invited Speaker	Dr. Blaise Williams	Pennsylvania
8:00 am	9:15 am	Communication	Free Communication VII: MS/PhD	Various Presenters	Ash/Birch
8:00 am	9:45 am	Communication	Free Communication VIII: MS/PhD	Various Presenters	Chesnut/Dogwood
9:00 am	9:50 am	Applied Science	New ACSM Recommendations for Exercise Preparticipation Health Screening	Dr. Deborah Riebe	Ballroom A
9:00 am	9:30 am	Applied Science	Muscle: Bench to Clinic	Dr. Melissa Whidden	Ballroom B
9:00 am	11:00 am	Poster	Poster Session II	Various Presenters	Ballroom C

Start Time	End Time	Session Type	Session Title	Speaker	Room
9:00 am	11:00 am	Communication	Free Communication: Biomechanics	Various Presenters	Pennsylvania
9:15 am	10:30 am	Communication	Free Communication IX: Undergraduate Awards	Various Presenters	Ash/Birch
9:30 am	10:15 am	Applied Science	Muscle: Bench to Clinic	Dr. Ashley Smuder	Ballroom B
10:00 am	11:00 am	E.I.M.	EIM Ambassador Program	Dr. Carena Winters	Ballroom A
10:00 am	11:45 am	Communication	Free Communication X: MS/PhD	Various Presenters	Chestnut/ Dogwood
10:15 am	11:00 am	Applied Science	Muscle: Bench to Clinic	Dr. Matt Hudson	Ballroom B
10:30 am	10:50 am	E.I.M.	EIM Ambassador Program Sign-Up	Dr. Carena Winters	Ballroom A
11:00 am	12:00 pm	Communication	Biomechanics: Interest Group	n/a	Pennsylvania

President's Welcome



I am very excited to welcome you to the 2016 MARC-ACSM Annual Scientific Meeting. I hope that you are taking advantage of some of the opportunities that our region has to offer, and networking with our amazing members. As a former undergraduate roaming the halls of our conference (back in the Bushkill days), I can remember being stunned by the variety of presenters, topics, and experiences available. We continue to offer our student and professional membership this level of science, networking, and enjoyment. I have been privileged to experience the growth of our organization, thanks to the tireless efforts of our past and present Executive Board members and the dedication of our students and professionals. It has truly been a rewarding experience to work with you all! I cannot wait to see what the next 15 years will bring our region.

Our Annual Scientific Meeting takes a tremendous amount of collaboration and planning to organize. Our high-quality docket of speakers, sessions, and activities would not come together without the wisdom and patience of our Executive Board and tireless efforts of our Executive and Associate Executive Directors, Dr. Scott Kieffer and Dr. Joohee Sanders, respectively. We have a series of themes running through our conference this fall, which include strong clinical, biomechanics, and basic science tracks, a pair of excellent strength and conditioning sessions, and several sessions dedicated to the ever-important topic of wellness. Our Board has brought together speakers with incredible research tracks, decades of hands-on experience, and countless accolades. Importantly, each of these speakers will be pleased to chat and network with our students and young professionals. I'm not kidding, just be brave enough to ask!

I am quite enthusiastic about hearing Margaret Moore, our keynote speaker, present *Coaching the Multiplicity of Mind*. Coach Meg has impressive resumes in both the biotechnology and wellness fields. She founded the Wellcoaches Corporation 2000. The ACSM has endorsed Wellcoaches' certifications due to their quality, science, and applicability. Coach Meg brings this quality together into an exciting and engaging package. Her keynote address is sure to make you think about your motivations and provide you with the tools to improve your personal and professional lives!

As of the abstract deadline, our busy, busy Research Committee received 118 research and 23 clinical abstracts. This number is a major record for the MARC Annual Scientific Meeting, and we are already excited to how many submissions come through for 2017! Time to start planning your next research project!

Friendly competition is a cornerstone of our MARC student experience, with the Annual College Bowl and Fitness Challenge events immediately following the keynote. Come on our and cheer for your favorite university! For those of you who desire a quiet opportunity to catch up with old friends and colleagues, don't miss our Faculty and Professional Social. This event also follows the keynote, and will take place in the Pennsylvania Room. Sorry students, but professional name tags are required for entry!

In between talks, be sure to visit our sponsors located in the hallways near the registration desks. These fine sponsors (university and corporate alike) are a driving force behind the success of our meeting. Stop by and give them a big MARC thank you!

Thank you for your attendance at our Annual Scientific Meeting. If you are a member, thank you for your continued support. If you are a newcomer, thank you for giving our meeting a try! In either case, please make my MARC-ACSM experience better by dropping in to chat with me this weekend.

I look forward to meeting you.

Sincerely,

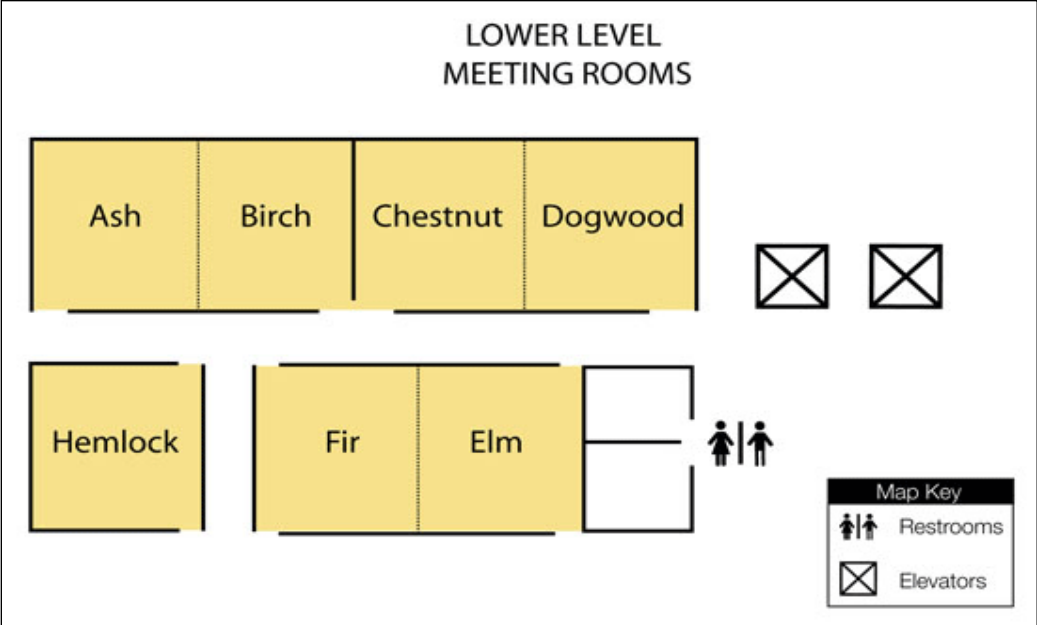
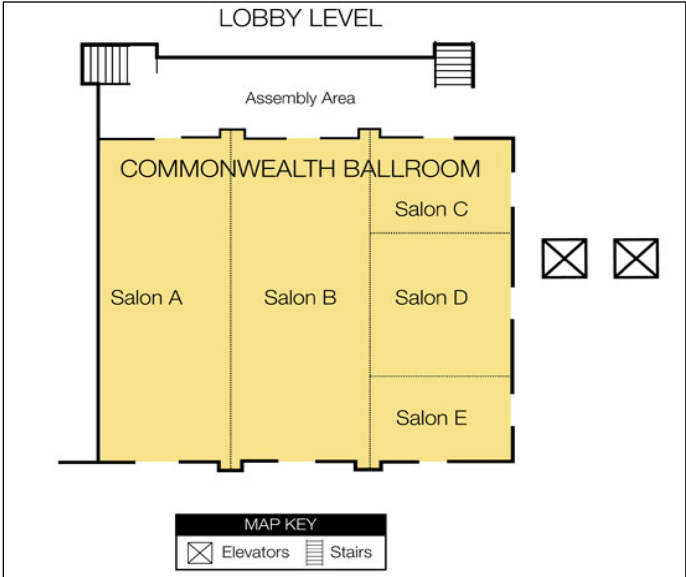
Michael

2016 MARC-ACSM Executive Board

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1 st Year Physician- at-Large	Andrew Getzin, MD Cayuga Medical Center agetzin@cayugamed.org
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MARC Regional Chapter Representative	Jim Roberts, Ph.D., MBA, FACSM Edinboro University jroberts@edinboro.edu
Associate Executive Director	Joohee Sanders, Ph.D. Shippensburg University JISanders@ship.edu
Executive Director	H. Scott Kieffer, Ed.D., FACSM Messiah College 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 hours are:

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

On Friday Morning from 7:30a–10:00a:

Pre-Registered individuals will check in on the first floor (lower Level) in Elm/Fir.

Onsite registration will be at the tables outside of Ballroom (Salon) C, D, E.

CONTINUING EDUCATION CREDITS:

MARC-ACSM is an approved CEC provider for ACSM. Please be sure to pick up your CEC Certificate at the tables outside of Ballroom (Salon) C, D, E. The ACSM'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, including the Keynote Speaker Address on Friday evening.

NSCA professionals should request a certificate of attendance from the registration table 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 certifying organization. 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.

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.

The 2016 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 Dave Edwards, Ph.D. from the University of Delaware.

The MARC-ACSM Executive Board would like to extend our thanks to those who served on the 2016 Research Committee. We appreciate your hard work and support!

STUDENT FUND RAFFLE:

Each year the MARC-ACSM Student Representative conducts a raffle where a variety of prizes (e.g., textbooks, etc.) are awarded throughout the meeting. Tickets can be purchased outside of Ballroom (Salon) C, D, E. All proceeds from the student raffle are used to support our student representative's trip to the National ACSM Annual Scientific 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 jump drive to the speaker ready room before 10 AM on Friday November 4th, 2016 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 5th, 2016 to have it loaded on the proper computer for your presentation

2016 MARC-ACSM Keynote Speaker: Margaret Moore, MBA



Founder, CEO, Wellcoaches Corporation

Faculty, Harvard University Extension School

Co-Founder/Co-Director, Institute of Coaching, McLean Hospital

Co-Founder/Board Member, National Consortium for Credentialing Health & Wellness Coaches

Margaret Moore is a 17-year veteran of the biotechnology industry in the US, UK, Canada, France. In 2000, Margaret founded Wellcoaches Corporation, in strategic partnership with the American College of Sports Medicine, which has trained more than 10,000 health professionals as health and wellness coaches in 45 countries. Margaret is co-founder and co-director of the Institute of Coaching at McLean Hospital, a Harvard Medical School affiliate, and co-director of the annual Coaching in Leadership & Healthcare conference offered by Harvard Medical School. Margaret teaches a science of coaching psychology program at Harvard University Extension School. She co-founded and co-leads the National Consortium for Credentialing Health & Wellness Coaches, delivering national standards and certification for health and wellness coaches. Margaret co-authored the Coaching Psychology Manual published by Wolters Kluwer (2009, 2015), and two Harvard Health books: Organize Your Mind, Organize Your Life (2012), and Organize Your Emotions, Optimize Your Life (2016).

More at:

www.coachmeg.com

www.wellcoaches.com

www.instituteofcoaching.org

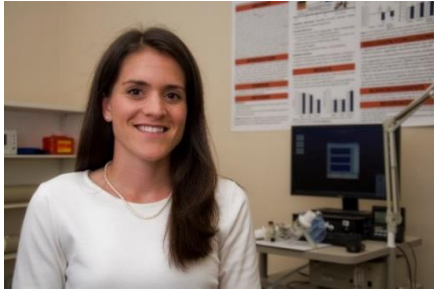
www.ncchwc.org

**Coach Meg will present “Coaching the Multiplicity of Mind”
on Friday evening from 7:15p to 8:15p**

MARC-ACSM 2016 Annual Meeting Speakers

(Listed in alphabetical order)

Jacqueline Augustine, MS



Jacqueline Augustine is a PhD Candidate in Science Education/Exercise Science at Syracuse University. She completed her B.A. at The College of the Holy Cross in Psychology with a concentration in Biological Psychology. She completed her M.S. in Exercise Science under the direction of Dr. Kevin Heffernan at Syracuse University. Her thesis examined subclinical atherosclerosis in endurance-trained amenorrheic women. Jacqueline's current research examines sex differences in cardiovascular function and structure in veteran endurance-trained athletes. Her broad research interests include how excessive endurance exercise impacts risk for cardiovascular disease and how sex hormones may modulate cardiovascular adaptations to exercise.

Jeff Bazarian, MD, MPH



Jeff Bazarian MD, MPH, is a 1983 graduate of Brown University and a 1987 graduate of the University of Rochester School of Medicine and Dentistry. He completed a residency in Internal Medicine in 1990 and earned a Masters of Public Health in 2001, both at the University of Rochester. He is board certified in Internal Medicine and Emergency Medicine but practiced Emergency Medicine exclusively from 1990 until 2012. In 2010, Dr. Bazarian joined the University of Rochester Sports Concussion Clinic, providing outpatient concussion care to area high and collegiate athletes. Dr. Bazarian has been actively involved in concussion research since 1997. He has served as the lead investigator on projects to determine concussion epidemiology and outcome (K23 from NINDS), to use advanced MRI techniques to image axonal injury acutely after concussion (R01 from NICHD), to determine the role of the astrocyte protein S100B in the diagnosis of intracranial hemorrhage after concussion (New York State Department of Health), and to validate new serum protein markers of axonal injury after sports-related concussion (K24 NICHD). More recently he and his research team have focused on brain injury resulting from sub-concussive head blows and their links to neurodegenerative disorders such as chronic traumatic encephalopathy. Dr. Bazarian has served on several TBI-related task forces and panels for the Centers for Disease Control and Prevention, the National Institutes of Health, the National Science Foundation, and the Institute of Medicine.

Anne Beethe, MA, ATC, CSCS



Anne is currently a Graduate Student Researcher at the University of Pittsburgh, and is earning her PhD in Rehabilitation Science. She is currently working at the Neuromuscular Research Laboratory, and involved in all their military aquatic research initiatives. Her research specialties include aquatic physiology, biomechanics, and musculoskeletal injuries, particularly the glenohumeral and scapulothoracic joints. Her undergraduate is in Exercise Science from Creighton University and her Masters' Degree is in Athletic Training from the University of Nebraska Omaha. Before coming to the University of Pittsburgh, she worked as a college athletic trainer with men's soccer, women's basketball, and baseball teams.

Jackie Berning, PhD



Dr. Berning's education includes a B.S. degree in Clinical Dietetics from Northern Arizona University in Flagstaff, AZ and an M.S. in Exercise Physiology from the University of Colorado in Boulder, CO. She received her Ph.D. in Nutrition from Colorado State University in Ft. Collins, Colorado. She is board certified by the Academy of Nutrition and Dietetics as a Certified Specialist in Sports Dietetics (CSSD). Currently, she is a Professor at the University of Colorado at Colorado Springs and Chairs the Health Science Department in the Helen and Arthur E Johnson Bethel College of Nursing and Health Science. Dr. Berning has been the recipient of numerous teaching and service awards at the University and from her professional organization. Her expertise is in sports nutrition and teaching students and athletes how to make wise food choices for increased performance. She works extensively with collegiate athletes at the University of Colorado (Boulder) where she consulted for more than 20 years. Additionally, she was the nutrition consultant for the Denver Broncos for over 25 years, where her role was to teach young football players the importance of nutrition. Jackie was also the sports dietitian for the Cleveland Indians for 18 years and the sport dietitian for the Colorado Rockies for 8 years. Dr. Berning is currently the sport dietitian for the UCCS Athletic Department and is a member of the US Lacrosse Sports Science and Safety Committee.

Chris Connaboy, PhD



Dr. Chris Connaboy is an Assistant Professor in the Department of Sport Medicine and Nutrition, working within the Neuromuscular Research Laboratory and Warrior Human Performance Research Center. Dr Connaboy completed his PhD in Biomechanics and Motor Control and his MSc in Biomechanics at the University of Edinburgh, Scotland. His research interests center around understanding the processes of human performance optimization with regards to movement, coordination and the perceptuo-motor processes involved in performing skilled actions.

Matt Darnell, PhD



Dr. Darnell is an Assistant Professor within the Department of Sports Medicine and Nutrition at the University of Pittsburgh and Director of the Master of Science program in Wellness and Human and Performance. Additionally, he also serves as the Sports Dietitian for the Pittsburgh Steelers. Matt has a Doctorate degree in Rehabilitation Science. He earned his bachelor's and master's degrees in Clinical Dietetics and Nutrition at the University of Pittsburgh. Matt is a Registered Dietitian, Board Certified Specialist in Sports Dietetics, and Certified Strength and Conditioning Coach. His research interests include nutrition and exercise approaches for improved athletic performance, injury prevention, and rehabilitation.

Mary Jane De Souza, PhD



Dr. De Souza is a Professor in Kinesiology and Physiology at Penn State University in the USA. Dr. De Souza's research has focused on the physiological basis of how exercise modulates reproductive function and bone health through alterations in energy balance. Dr. De Souza has published over 100 peer reviewed papers, book chapters, monographs and letters to the editor. Dr. De Souza's specific research "niche" has been defined by a series of studies performed demonstrating significant associations of menstrual disturbances, metabolic adaptation, and bone health. To date, Dr. De Souza has a very large database that allows for detailed examinations of relationships among daily ovarian hormones, menstrual cyclicity, indices of bone health and energy balance, and psychometric inventories describing eating attitudes and behaviors for interested researchers. This work has also provided the basis for an ongoing randomized clinical trial in its 8th year of funding from the US DOD, aimed at reversing menstrual disturbances and related bone loss by using nutritional interventions. The latter study is clearly the "next step" clinically, and is the first randomized controlled trial of its kind. Dr. De Souza is a Past President of the Female Athlete Triad Coalition: An International Consortium dedicated to the study of the Female Athlete Triad.

Dan Drury, PhD, FACSM



Dr. Dan Drury is an Exercise Physiologist and Chair of the Health Sciences department at Gettysburg College. He teaches a variety of courses including Exercise is Medicine, Environmental Physiology, Chronic Disease, Neuromuscular Physiology and others. He is a Fellow of the American College of Sports Medicine (ACSM) where he has also served as President and Executive Director of the Mid-Atlantic Chapter. In addition to his academic and professional responsibilities, Dr. Drury has served as President of Clinical Kinetics LLC. where he has provided consulting services to a variety of businesses for over 25 years. In this role, he has written white papers, produced educational videos, participated in the R & D of new products and he has served as an 'Expert' in litigation. In addition, he has been hired by several start-up companies and he has served as a member of numerous Advisory Boards. His presentation will be geared towards individuals that already have expertise in the field of exercise physiology but do not know how to identify and serve business who can benefit from their knowledge.

Avery Faigenbaum, EdD, FACSM, FNCSA



Dr. Avery Faigenbaum is a Full Professor in the Department of Health and Exercise Science at The College of New Jersey. His research interests focus on pediatric exercise, resistance training, and preventive medicine. He has co-authored over 200 peer-reviewed publications, 40 book chapters and 10 books including *Youth Strength Training*, *Strength and Power for Young Athletes*, and *Progressive Plyometrics for Kids*. He has been an invited speaker at more than 300 conferences in 13 countries. Considered by many to be a preeminent scholar in the field of pediatric resistance training, Dr. Faigenbaum continues to share his knowledge with others at conferences and professional meetings worldwide.

Freddie H. Fu, MD, D.Sc. (Hon.), D.Ps. (Hon.)



Dr. Fu's major research interest lies in anatomic ACL reconstruction, clinical outcomes, and bioengineering of sports-related problems. Dr. Fu has been honored with over 260 professional awards and honors, made over 1150 national and international presentations, co-authored 173 book chapters, is an author of over 570 peer-reviewed articles, and edited 30 major orthopaedic textbooks. He is a member and has held offices in numerous academic organizations including the prestigious Herodicus Society and American Orthopaedic Association. He served as the President of the Pennsylvania Orthopaedic Society and as a board member of the Arthroscopy Association of North America. In 1996, he was a co-recipient of the prestigious Kappa Delta Award for his shoulder research, as well as being awarded by the National Athletic Trainers' Association Presidential Challenge Award for significant contributions in athletic training. In 1998, he was elected to the Inaugural Executive Board of the International Cartilage Repair Society. In 2008, he assumed the Presidency of the AOSSM for a one-year term and, in 2009 was named President of the International Society of Arthroscopy, Knee Surgery and Orthopaedic Sports Medicine (ISAKOS) for a two-year term. He has also held Board positions with the Orthopaedic Research and Education Foundation and the American Orthopaedic Society for Sports Medicine (AOSSM).

James Hagberg, PhD



Jim Hagberg, PhD, is a Professor in the Department of Kinesiology, Medicine, Epidemiology, and Public Health at the University of Maryland. Dr Hagberg is also the Chair of the University of Maryland IRB. His major academic emphasis is research and teaching and his research 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. His research currently 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. Dr. Hagberg has published approximately 250 research manuscripts and they have been cited over 17,000 times.

Kevin Heffernan, PhD



Kevin Heffernan is an assistant Professor and director of the Human Performance Laboratory (HPL) in the Department of Exercise Science at Syracuse University. He is also director of the graduate program. He received his BS in Exercise Science from the University of Scranton, his MS in Applied Physiology and Nutrition from Teachers College- Columbia University, and his PhD in Kinesiology from the University of Illinois at Urbana-Champaign under the guidance and dedicated mentorship of Dr. Bo Fernhall. He has been a member of ACSM since 2000 and serves as a member of the ACSM Foundation grant review committee. He received the New Investigator Award from ACSM in 2010. Dr. Heffernan engages students in an active lab environment. The HPL is currently conducting several funded studies on the interaction of diet, nutritional supplementation and exercise (with an emphasis on resistance exercise) on vascular function across the human lifespan. Dr. Heffernan thoroughly enjoys mentoring students through the research process, from idea conceptualization to manuscript publication. Students in the HPL regularly present at MARC and the national ACSM conference and have received regional and national recognition for their scholarship.

Matthew Hudson, PhD



Dr. Matthew Hudson is the Director of the Integrative Muscle Physiology at Temple University. He completed his undergraduate training at the University of Wyoming and was an Academic All-American in outdoor track and field. Before beginning his graduate training, he was an intern with US Speedskating in Salt Lake City, Utah. His M.S. training was with Dr. John Quindry at Appalachian State University, and his PhD training was with Dr. Scott Powers at the University of Florida. He was an NIH postdoctoral research fellow in Dr. Russ Price's lab in the Department of Medicine at Emory University. Dr. Hudson has a research expertise in both exercise-induced oxidative stress and the advanced

molecular and biochemical processes involved in the progression of skeletal muscle disorders, dysfunction, and atrophy.

Ian Janssen, PhD



Dr. Ian Janssen received his PhD in Exercise Physiology from Queen's University in Kingston, Canada in 2002 at which time he was awarded the Canadian Governor General's Academic Gold Medal for his thesis research. Dr. Janssen completed his postdoctoral training in epidemiology at Tufts University and Queen's University. In 2004, Dr. Janssen was hired as a faculty member at Queen's University where he is currently a Professor and the Canada Research Chair in Physical Activity and Obesity. His research program focuses on the surveillance, causes, and health consequences of physical inactivity. He has published more than 200 scientific papers in these topic areas. Dr. Janssen has won several major national awards and honors in his home country. In 2014 he was named a Thomas Reuters highly-cited researcher, an honor which identifies researchers who published the most top 1% cited articles in their subject field.

Brock Jensen, PhD



Dr. Brock Jensen is an Associate 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 antineoplasticity, effects of exercise on inter-arm systolic blood pressure difference, and the use of critical-thinking pedagogy to improve reasoning and enhance problem solving in undergraduate Exercise Science students.

Blair Johnson, PhD



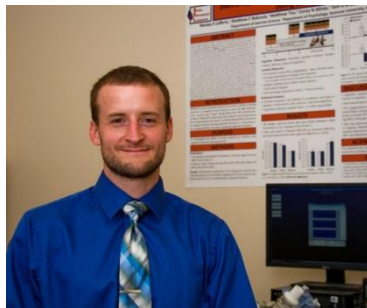
Blair Johnson, PhD, is an Assistant Professor in the Department of Exercise and Nutrition Sciences and a member of the Center for Research and Education in Special Environments at the University at Buffalo. He obtained BS degrees from North Dakota State University, a MS degree from the University of Wisconsin-La Crosse, a PhD from Indiana University, and completed post-doctoral training at the Mayo Clinic. His research is broadly focused on reflex control of the circulation, ventilation, and metabolism. Currently, his research is concentrated on the control of ventilation during hyperbaric environments, the pathophysiology of concussion, and developing methods to mitigate cardiovascular decompensation during hemorrhage.

Chris Johnson, PhD



Dr. Chris Johnson is a clinical neuropsychologist specializing in brain function under stress. He has worked extensively with special operations forces and intelligence community personnel providing actionable insights on optimal brain response. He has worked in a variety of unique settings, including military survival school (SERE), Marine Corps Basic Reconnaissance, and Naval Special Warfare close-quarters combat (CQC). Additionally, Dr. Johnson has extensive experience with behavioral analysis, interviewing, and psychological assessment and selection for high-risk special operations units. His research on brain-behavior relationships in elite performers has been sponsored by DARPA, the Office of Naval Research (ONR), and the Office of Secretary of Defense. Dr. Johnson is a 1993 graduate of the US Coast Guard Academy. He served 6 years on active-duty as a boarding officer in the US Coast Guard. Following active-duty service he earned his Ph.D. in psychology from UCLA. He then completed two-years of post-doctoral training in clinical neuroscience at Yale University School of Medicine. As a psychologist for the U.S. Intelligence Community (IC) he specialized in counter-terrorism and counterintelligence, and has briefed E-ring leadership at the Pentagon, the National Counter-Terrorism Center (NCTC), the Defense Science Board, Special Operations Command (SOCOM), The RAND Corporation, and other government agencies. In 2006, Dr. Johnson was selected as the American Psychological Association's summer research fellow in counterintelligence. He has over 30 peer-reviewed scientific publications, and has testified in federal, state, and military courts on cases involving brain function under stress, interviewing, suggestibility, and false confession. From 2014-2015 he served on staff with the Golden State Warriors during their first championship in 40 years. In 2015 Dr. Johnson left full-time government service and currently serves as Director of Performance for the Pittsburgh Pirates.

Wesley Lefferts, MS



Wesley Lefferts is a PhD candidate at Syracuse University, working under the guidance of Dr. Kevin Heffernan. Wesley completed his BS in Exercise Science at Skidmore College working with Drs. Denise Smith and Patricia Fehling studying the effect of heat stress and firefighting activity on cardiovascular strain. Currently, Wesley's research interests include cerebrovascular physiology, the relationship between vascular hemodynamics and cognition, hypertension, and environmental stressors such as hypoxia and heat stress. Wesley's dissertation investigates the effect of aerobic exercise on cognitive and cerebrovascular function in adults with hypertension.

Jeffrey Lynn, PhD



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.

Geoffrey Moore, MD



Geoff is a graduate of Brown University, the University of Texas Southwestern Medical School, has been an ACSM member since 1987, and became a Fellow in 1994. Trained as a traditional physician-physiologist, Dr. Moore has worked since 2003 to bridge the gap between scientific knowledge in clinical exercise and the dearth of clinical exercise programs and services for patients. These efforts include establishing a pilot private practice to provide exercise medicine services, guiding Cayuga Medical Center in developing the Cayuga Center for Healthy Living, and founding Sustainable Health Systems Corporation. He has served ACSM on the Health & Science Policy and Budget & Finance committees, presented in 14 annual meeting and regional chapter symposia, been an associate editor of ACSM's Health and Fitness Journal, contributed to ACSM's Guidelines for Exercise Testing and Prescription, has 40 peer-reviewed research publications and served as chief editor of the 4th edition of ACSM's *Exercise Management for Persons with Chronic Diseases and Disabilities*.

Takashi Nagai, PhD, ATC



Dr. Nagai is an Assistant Professor in the Department of Sports Medicine and Nutrition at the University of Pittsburgh. He completed his PhD in Rehabilitation Science at the University of Pittsburgh, MS in Exercise Physiology at the University of Utah, and BS in Athletic Training at the University of Charleston. Dr. Nagai's research interests include the sensorimotor system in relation to musculoskeletal injuries and functional joint stability, intervention strategies for injury prevention and human performance optimization, neck pain/low back pain in military, and amphibious warfighter research.

Elizabeth Nagle, PhD



Elizabeth Nagle, Ph.D., FACSM is an Associate Professor in the Department of Health and Physical Activity (HPA) within the School of Education at the University of Pittsburgh where she serves as the undergraduate program coordinator and graduate faculty. She also has a secondary appointment within the School of Health and Rehabilitative Sciences. Dr. Nagle completed her Ph.D. at the University of Pittsburgh. She is a certified ACSM Exercise Physiologist and Level 2 USA Swimming Coach. Her research interests include development and validation of aquatic test protocols of aerobic and anaerobic capacity for shallow water running, swimming, and military performance, as well as studying energy expenditure related to aquatic exercise. She teaches courses in exercise physiology and research methods and has previously served on the MARC Executive Board as Member at Large.

Deborah Riebe, PhD



Deborah Riebe, Ph.D., FACSM is the Associate Dean of the College of Health Sciences at the University of Rhode Island. Dr. Riebe served as President of the New England Chapter of ACSM in 2001. Nationally, she served as the Chair of ACSM's Committee for Certification and Registry Boards and as a member of the Board of Trustees representing education and allied health. Dr. Riebe is serving as Senior Editor of the tenth edition of ACSM's Guidelines for Exercise Testing and Prescription. She has authored over 60 refereed journal articles and book chapters and has received research funding from the American Cancer Society, the National Institutes of Health, and the Champlin Foundations.

Amy Rickman, PhD



Dr. Rickman is an Assistant Professor in the Exercise and Rehabilitative Sciences Department at Slippery Rock University. Previously, she was an Assistant Professor in the Department of Health and Physical Activity and the Assistant Director of the Physical Activity and Weight Management Research Center at the University of Pittsburgh. Dr. Rickman holds a doctorate degree in Exercise Physiology and is also a Registered Dietitian, completing her undergraduate coursework in Clinical Dietetics and Nutrition. The combination of these areas of education allowed her the opportunity to work with a variety of short and long-term intervention trials. Dr. Rickman has experience in numerous specialized areas and has worked with a number of NIH Clinical Research Trials in the area of diabetes treatment and prevention, pregnancy, amenorrhea, premenopausal women, and obesity prevention and treatment. Dr. Rickman has served as a Principal Investigator and a Co-Investigator on several NIH-funded clinical trials. Dr. Rickman holds professional memberships in the following organizations: American College of Sports Medicine (fellow) and The Center for Science in the Public Interest. She currently is serving as a DSMB member for an NIH funded trial and is the chair of the Exercise is Medicine Science Committee for the American College of Sports Medicine.

Gary Sforzo, PhD- Past President Lecture



I am Professor and Coordinator of Applied Exercise Sciences in the Department of Exercise & Sport Sciences at Ithaca College. This provides a wonderful place for my career endeavors allowing opportunities for sharing the latest wellness and exercise physiology information with interested students and colleagues. Moreover, my position allows me to work with others pursuing research to create new knowledge in these very exciting fields. My research focuses on maximizing the effects of exercise programming for health, wellness, and performance. I am currently working on related projects with both graduate and undergraduate students. I also have a passion for health & wellness coaching and spend much of my time researching and writing about the exciting and emerging field of coaching. This is an exciting time for research in exercise & sport sciences with many new projects in the hopper! My membership with the ACSM goes back more than 30 years and I have participated in activities, and served the Mid-Atlantic Chapter for an equal period.

Zachary Schlader, PhD



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 research focuses largely on understanding the mechanisms of body temperature regulation and blood pressure regulation, as well as examining interactions between these two processes in humans.

Kimberly Smith, PhD



Dr. Kimberly Smith is an Associate Professor of Exercise Science at Slippery Rock University. She is a Yoga Alliance 200-hour Registered Yoga Teacher (RYT) who has predominately been trained in Ashtanga and Vinyasa yoga. Dr. Smith has a passion for studying and sharing not only the physical aspects of yoga, but also the deeper philosophies of the practice which may be used as a pathway to enhance physical, emotional and spiritual wellness.

Ashley Smuder, PhD



Ashley Smuder, Ph.D. is an Assistant Professor of Exercise Physiology in the Department of Applied Physiology and Kinesiology at the University of Florida. Dr. Smuder completed her doctoral training in Exercise Physiology under the mentorship of Dr. Scott Powers at the University of Florida. Her pre-doctoral work focused on oxidative stress and proteolysis of the diaphragm during prolonged mechanical ventilation. During her post-doctoral training, Dr. Smuder evaluated exercise-mediated changes in respiratory and cardiac muscle, and the role these changes play in providing protection against muscular injury. Currently, her laboratory focuses on neural regulation of diaphragm muscle plasticity during inactivity.

Hirofumi Tanaka, PhD



Hiro Tanaka is currently a Professor and the Director of the Cardiovascular Aging Research Laboratory at the University of Texas at Austin. He received a B.A. in physical education/martial arts at the International Martial Arts University in Japan, a M.S. in Bioenergetics from Ball State University, and a Ph.D. in applied physiology from the University of Tennessee. Dr. Tanaka's research interests revolve around preventive cardiology and preventive gerontology, with primary research interests involving habitual exercise, aging, and vascular function. He has published over 200

research articles in the area. He is an elected fellow of various professional organizations including the American College of Sports Medicine, the American Heart Association, the Gerontological Society of America, and the Society for Geriatric Cardiology. Dr. Tanaka has been a member of the ACSM since 1991 and has served for the ACSM in various capacities, including a board member of the Texas ACSM, a president of the Rocky Mountain and Texas chapters of the ACSM, and an associate editor for the society journal, *Exercise and Sports Sciences Reviews*.

Thomas Trojian, MD



Dr. Trojian is a professor in the Department of Family, Community & Preventive Medicine at Drexel University College of Medicine, Chief of the division of Sports Medicine and director of the Sports Medicine Fellowship program. He is the chair of the OA Action Alliance Steering Committee. He previously served as UConn Team Physician. He also served as sports medicine fellowship director, and director of injury prevention and sports outreach programs for the New England Musculoskeletal Institute at University of Connecticut School of Medicine. He is editor for two prominent sports medicine journals, he is the section editor of *Nutrition and Ergogenic Aides for Current Sports Medicine Reports* and the associate editor for *CJSM Thematic Issue*. He has published in the area of ACL injury prevention and other areas of

Sports Medicine with over 40 publications.

Joyan Urda, PhD



Joyan Urda, Ph.D., is an assistant professor in the Department of Exercise and Rehabilitative Sciences at Slippery Rock University. Dr. Urda earned her Ph.D. in Health Promotion and Wellness from Rocky Mountain University of Health Professions. She currently serves on the SRU President's Commission on Wellness. In addition, she is a member of the American College of Sports Medicine, International Association for Worksite Health Promotion, and National Wellness Institute.

Maureen Walsh



Maureen Walsh is a Junior Exercise Science student at Slippery Rock University. She is a Yoga Alliance 200-hour Registered Yoga Teacher (RYT) who strives to exemplify that yoga is only practice and never perfection. Her classes are predominantly Ashtanga based with roots in Iyengar pedagogical techniques. Additionally, Maureen enjoys collaborating with faculty on research studies.

Melissa Whidden, PhD



Dr. Melissa Whidden is an Associate Professor of Exercise Science in the Department of Kinesiology at West Chester University. Dr. Whidden earned a B.S. in Exercise Science and her M.S. in Applied Physiology from SUNY Buffalo. She received her Ph.D. in Exercise Physiology from the University of Florida and then completed a three-year post-doctoral fellowship at the University of Florida/North Florida-South Georgia Veterans Affairs Center. Her main research interests include the role of oxidative stress with age and muscle atrophy, ergogenic aids for improved exercise performance, and high intensity interval training. Dr. Whidden serves on the Research committee for MARC-ACSM.

Melissa Witman, PhD



Melissa Witman is an Assistant Professor in the Department of Kinesiology and Applied Physiology at the University of Delaware. She completed her B.S. in Biology at St. Lawrence University and her M.S. in Kinesiology-Exercise Science at the University of New Hampshire. Following several years as an Exercise Science Instructor at the University of New Hampshire, she moved to Utah where she completed her Ph.D. in Exercise Physiology at the University of Utah. During her doctoral training, under the mentorship of Russ Richardson, Ph.D., Dr. Witman focused her research interests on the area of vascular health in the face of aging and chronic disease. Dr. Witman trained as a postdoctoral research fellow at the Salt Lake City Veteran's Affairs Medical Center and led several studies that were focused on heart failure, heart transplant recipients, and patients that had received a left ventricular assist device (LVAD). Dr. Witman's research at the University of Delaware continues to focus on vascular health in patients with cardiovascular disease including both adults and various pediatric populations.

D.S. Blaise Williams, PhD



Dr. Williams is the Director of the VCU RUN LAB in the Department of Physical Therapy at Virginia Commonwealth University. Dr. Williams also holds affiliate academic positions in the Department of Kinesiology and Health Sciences at VCU and the Department of Physical Therapy at East Carolina University. Dr. Williams has lectured extensively throughout the U.S. and Canada and has more than 40 publications related to lower extremity biomechanics and injuries. Dr. Williams has spent the last 20 years studying human movement in various populations. Dr. Williams has studied and presented on gait patterns in runners, walking, jumping and standing in obese adolescents, landing in female college basketball players, ankle movement in individuals with diabetes, balance and coordination in surfers, injury mechanics in dancers, hip movement and strength in National Hockey League players and many more. His current research projects include: enhancing running mechanics as it relates to injury and performance across the lifespan and understanding regularity of human movement in healthy and injured runners. Dr. Williams is the former chair of the Running Special Interest Group and the current Vice President of the Sports Physical Therapy Section of the APTA. Clinically, Dr. Williams works with athletes at all skill levels. Dr. Williams specializes in video and three-dimensional gait analyses as they relate to the evaluation and treatment of injuries.

Nancy Williams, ScD, FACSM



Dr. Williams is currently Professor and Head of the Department of Kinesiology at Penn State University. She earned her doctorate in anatomy and physiology from Boston University in 1992 and then completed postdoctoral work in Reproductive Sciences at the University of Pittsburgh. She is a Fellow of the American College of Sports Medicine and of the National Academy of Kinesiology. The focus of Dr. Williams' research is to improve our understanding of the physiological mechanisms underlying the modulation of reproductive function via alterations in energy balance resulting from changes in diet and or physical activity. The clinical applications of this work relate to fertility and menstrual function, musculoskeletal health, exercise performance, the Female Athlete Triad, and other women's health issues. Dr. Williams has over 80 peer reviewed publications in these areas with a particular focus on prospective studies in exercising women. Dr. Williams co-directs the Women's Health and Exercise Laboratory in the Department of Kinesiology. She has served as the President of the Female Athlete Triad Coalition (www.femaleathletetriad.org) an international organization of physicians, researchers and practitioners who work to promote education and research on the Female Athlete Triad.

John Winslow, PT, DPT, OCS, MTC, ATC, CSCS



Dr. Winslow is a licensed physical therapist and certified athletic trainer with over 25 years of clinical experience. His expertise is in the area of spine rehabilitation, particularly with young athletes. In 2010 Dr. Winslow was awarded the Louis W. Munchmeyer award for clinical excellence. Dr. Winslow was the former director of sports medicine, physical therapy, and athletic training at Cayuga Medical Center, Ithaca, NY. He is a founding member of the Orthopaedic Physical Therapy Residency program at Cayuga Medical Center where he continues to teach Musculoskeletal Imaging and HVLA Thrust Manipulation. Under his leadership Cayuga Medical Center received the Outstanding Center for Physical Therapy Award from the New York/New Jersey Physical Therapy Clinical Education Consortium. Dr. Winslow has published research in the Journal of Orthopaedics and Sports Physical Therapy, Journal of Therapeutic

Massage and Body Work, Foot & Ankle Specialist, and Athletic Training & Sports Health Care.

Currently Dr. Winslow is an Assistant Professor at Ithaca College where he teaches courses in spine rehabilitation, manual therapy, and medical screening. He lives in Lansing, NY with his wife and three sons.

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



Carena S. Winters 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.

Be a part of something big! Join the EIM Ambassador Program and take an active role as a leader in Exercise is Medicine by spreading the EIM message to your local schools and community.

What is the EIM Ambassador Program?

The mission of the EIM Ambassador Program is to develop and assist the next generation of physical activity and health professionals in spreading the mission and vision of Exercise is Medicine® as EIM Ambassadors in their institutions and local communities. All EIM Ambassadors will receive valuable EIM resources and serve as the local sponsors in their respective communities.

What is an EIM Ambassador?

An EIM Ambassador is a faculty, staff, student, or professional whose goal is to merge the healthcare industry with the health/fitness industry utilizing EIM as the model. An EIM Ambassador displays a proficient understanding of EIM and the EIM Solution, joins the EIM Ambassador Facebook and other social media sites, takes an active part in networking with fellow ambassadors, attends the EIM Ambassador meeting at Annual Meeting if present, shares the vision of EIM in local schools & communities, and seeks opportunities to promote EIM at local or regional events, with community health care providers, and/or local educators

Don't miss this opportunity to be an EIM leader!

Program Schedule

(Presented by room and day)

Ballroom A	Friday Morning	Chair/Moderator
Arterial Stiffness and Pulsatility: Implications for Health and Disease		
9:00-9:25a	Consequences of Lack of Pulsatility in LVAD Patients <i>Melissa Witman, PhD</i>	Dave Edwards
9:25-9:50a	Consequences of Increased Pulsatility on Brain and Cognitive Function <i>Wes Lefferts, MS</i>	
9:50-10:25a	Exercise and Arterial Stiffness <i>Hirofumi Tanaka, PhD</i>	
Break 10:25 to 10:30a		
10:30-11:30p	CV Research on the Cheap <i>Kevin Heffernan, PhD</i> <i>Jacqueline Augustine, MS</i>	Brock Jensen
LUNCH BREAK 12:00-1:00p		
1:00-1:50p	Experimental Hemorrhage in Humans <i>Zachary Schlader, PhD- 1:00-1:25</i> <i>Blair Johnson, PhD- 1:25-1:50</i>	Stephen LoRusso
2:00-2:50p	Past President Lecture: Health & Wellness Coaching: Evidence, Applications, and Emerging Professional Opportunities <i>Gary Sforzo, PhD</i>	Michael Holmstrup
3:00-3:50p	The Next Frontier: Stem Cells and Exercise Physiology <i>James Hagberg, PhD</i>	Emily Besecker
4:00-5:00p	Fact versus Fraud <i>Jeff Lynn, PhD</i> <i>Brock Jensen, PhD</i>	Jim Roberts
Dinner 5:00-7:00p		
7:15-11:00p	Keynote, Expo, College Bowl, Fitness Challenge, Professional Social	

Ballroom B		Friday Morning		Chair/Moderator
Methodological Considerations for Swimming-Related Human Performance Research				
9:00-9:20a	Reliability of a Pool-Based Aerobic Capacity Test <i>Elizabeth Nagle</i>	Brad Nindl		
9:20-9:40a	Land-Based Musculoskeletal and Physiological Characteristics as Predictors of Swimming Performance <i>Anne Beethe</i>			
9:40-10:00a	Tethered Swimming Test: Reliability and the Association to Swimming Performance and Land-Based Anaerobic Performance <i>Elizabeth Nagle</i>			
10:00-10:20a	An assessment of the hydrodynamic characteristics of the flow in SwimEx swim flume: Implications for swimming performance and analysis <i>Chris Connaboy</i>			
10:20-10:40a	Maritime and Amphibious Human Performance Research in Military <i>Takashi Nagai</i>			
10:40-10:50	Overall Question and Answer			
BREAK 10:50-11:00a				
11:00-11:25a	How We Gather and Process 24h Accelerometer Data <i>Tiago Barreira</i>	Andrew Venezia		
11:25-11:50p	Combination of Movement Behaviors Across the 24h Day Influence Health in Children <i>Ian Jannsen</i>			
LUNCH BREAK 12:00-1:00p				

Ballroom B		Friday Afternoon	Chair/Moderator
LUNCH BREAK 12:00 to 1:00p			
Leveraging Sports Science to Optimize Performance in Pittsburgh Professional Sports			
1:00-1:40p	Brain-Behavior Relationships Underlying Elite Performance <i>Chris Johnson- Pirates</i>		Todd Miller
1:40-2:20p	Emerging Concepts in Sports Science and Nutrition <i>Matt Darnell- Steelers</i>		
BREAK 2:20-2:30p			
Resistance Training for Kids: Right from the Start			
2:30-3:20p	Resistance Training for Kids: Right from the Start- Lecture <i>Avery Faigenbaum</i>		Jill Bush
3:25-4:15p	Resistance Training for Kids: Right from the Start- Hands-On <i>John Graham, MS, CSCS</i>		
4:15-4:30p	Overall Question and Answer		
DINNER BREAK 5:00-7:00p			
7:15-11:00p	Keynote, Expo, College Bowl, Fitness Challenge, Professional Social		

Ballroom C,D,E		Friday Morning		Chair/Moderator
The Exercising Female: Knowledge through Research				
9:00-9:40a	<p>How Reversible is Bone Loss following Prolonged Energy Deficiency and Amenorrhea in Female Athletes? <i>Mary Jane De Souza</i></p>			Sara Campbell
9:40-9:50	<p>Unique effects of energy versus estrogen deficiency on multiple components of bone strength in exercising women <i>Emily Southmayd</i></p>			
9:50-10:30a	<p>Menstrual Disturbances in Exercising Women: How Stress Biology Explains Underlying Mechanisms <i>Nancy I. Williams</i></p>			
10:30-10:40a	<p>Factors Underlying the Contribution of Psychological Stress to the Induction of Exercise-Related Menstrual Disturbances in an Exercise and Dietary Restriction Intervention <i>Clara Etter</i></p>			
10:40-10:50a	Overall Question and Answer			
BREAK 10:50-11:00a				
11:00-12:00p	<p>The Role of Nutrition in Sport: Pre, During and Post Exercise <i>Jackie Berning</i></p>			Emily Sauers
LUNCH BREAK 12:00 to 1:00p				

Ballroom C,D,E		Friday Afternoon		Chair/Moderator
Poster Session 1A : MS/MA/PhD				
Fitness Assessment & Training; Skeletal Muscle, Bone & Connective Tissue				
1:00-1:10p P-1	Caffeine Withdrawal and Acute Consumption Effects on Reaction Time and Muscular Strength, Power, and Endurance <i>Kyle Sprow, Geoffrey M Hudson, Tara Hannings & Loretta DiPietro</i>			Allan Shook
1:10-1:20p P-2	Effects of Hot or Cold Hydrotherapy on Subsequent Power Output Following a Wingate Protocol <i>Jared R. Feister, Kenzie B. Friesen, Alexis E. Albert, Micah J. Armbrust, Elizabeth H. Kappler & James E. Schoffstall</i>			
1:20-1:30p P-3	Effects of a Three-week Core Training Program on Different Unstable Platforms <i>Alexa J. Chandler, Sebastian Harenberg, Joseph DiSalvo, John Fausold, Collin Gill, Victor Lopez-Carmen, Larissa Melendez, Rachel Simkins & Thomas Swensen</i>			
1:30-1:40p P-4	The Effect of Sport Specific, Governed, and Non-Controllable Focal Point on Female Vertical Jump Performance <i>Robert T. Sanders, Andy M. Bosak, Christopher B. Carver, Austin P. Smith, Jonathan M. Houck, Matthew L. Sokoloski & Jared R. Feister</i>			
1:40-1:50p P-5	Assessing the Relationship Between Body Composition and 50-km Running Performance <i>Jonathan M. Houck, Andy M. Bosak, Christopher B. Carver, Austin P. Smith & Matthew L. Sokoloski</i>			
1:50-2:00p P-6	Evaluating the Relationship Between Vertical Jump Performance and FMS in Young Adult Males <i>Austin P. Smith, Andy M. Bosak, Christopher B. Carver, Matthew L. Sokoloski, Jonathan M. Houck, Jared R. Feister & Robert T. Sanders</i>			
2:00-2:10p P-7	An Analysis of Governed vs Different Focal Points on Vertical Jump Performance in Collegiate Males <i>Christopher B. Carver, Andy M. Bosak, Austin P. Smith, Jonathan M. Houck, Matthew L. Sokoloski & Jared R. Feister</i>			Mike LaFontaine
2:10-2:20p P-8	The Correlation of Track & Field Distance Racing to Jumping Performance <i>Kyle R. Reese, Matthew Miltenberger, Gavin L. Moir & Timothy J. Suchomel</i>			
2:20-2:30p P-9	Photo-Plethysmography Heart Rate and Activity Measures During Exercise <i>Joseph M. Stock, Matthew J. Botteri, Ryan T. Pohlig, David G. Edwards & Gregory M. Dominick</i>			
2:30-2:40p P-10	A Randomized Controlled Trial of Riboflavin for Enhancement of Ultramarathon Recovery <i>Hassid, Brandon V., Hoffman, Martin D., Valentino, Taylor R., & Stuempfle Kristin J</i>			
Psychology, Behavior & Neurobiology				
2:40-2:50p P-11	The Effect of Mental Preparation in Muscular Movements <i>Andrew A. Ginsberg, Calvin Lu, Margaret Dumm, Brenda Vega, Nia Johnson & Bradley D. Hatfield</i>			

2:50 – 3:00 P-12	Time-Dependent Effects of Acute Cycling Exercise on Long-Term Emotional Memory and Salivary α-Amylase <i>Lauren R. Weiss, Andrew C. Venezia & J. Carson Smith</i>	
BREAK 3:00-3:10p		
Poster Session 1B: MS/MA/PhD		
Cardiovascular, Renal, Respiratory, Environmental & Occupational Physiology		Paul Cutrufello, Jr
3:10-3:20p P-13	Experimental Intermittent Ischemia Augments Exercise-Induced Inflammatory Cytokine Production <i>Daniel D. Shill, Kristine R. Polley, T. Bradley Willingham, Jarrod A. Call, Jonathan R. Murrow, Kevin K. McCully & Nathan T. Jenkins</i>	
3:20-3:30p P-14	Open Board	
3:30-3:40p P-15	Effects of Cold-water Hand Immersion on Executive Function, Mood, and Memory in Normobaric Hypoxia <i>Mitchell S. Moyer, Hayden D. Gerhart, Jeremiah A. Vaughan, Brittany Followay, Yongsuk Seo, & Ellen Glickman</i>	
Metabolism & Nutrition; Epidemiology Biostats & Health Promotion		
3:40-3:50p P-16	Influence of a high fat, low carbohydrate diet on energy expenditure and recovery time in cyclists <i>Orlando Rivera & Racine R. Emmons</i>	
3:50-4:00p P-17	Self Reported Lifetime Physical Activity in a Sample of Rural Cancer Survivors <i>Leah Geissinger, Zachary Bartolotta, Hannah Carnevali, Emily Krumenacker, Cassandra Smego, Stephen Baker, Stephen LoRusso & Ivan Mulligan</i>	
Poster Session 1C: Undergraduates		
Psychology, Behavior & Neurobiology		Michael Landrom
4:00-4:10p P-18	Perceived Intensity Level During Treadmill Exercise <i>Arney B. & Wisniewski K.</i>	
4:10-4:20p P-19	Examination of self-efficacy to perform exercise before and after a high altitude hike <i>Josue Dupoux, Liam Sweeney, Jeff Katula & Devon A. Dobrosielski</i>	
4:20-4:30p P-20	Viewing Television While Walking: Effects on Preference For Exercise, Treadmill Endurance Time and Behavioral Outcomes <i>Brittany S. Overstreet, David R. Bassett, Scott E. Crouter, Cary M. Springer, Debora Baldwin & Kelley Strohacker</i>	
Environmental & Occupational Physiology		
4:30-4:40p P-21	Effect of an Acute Bout of Resistance Exercise on Math and Attention Skills <i>Andrew P. Schiller, Haley E. VanNostrand, Abby V. Phillips, Jackson T. Balkin, Haley A. Jacobs, Kathryn T. Shoemaker, Fernando Winfield Murillo, Joseph L. Schiller, Richard H. Laird, IV., Jennifer A. McKenzie & Steve D. McCole</i>	
4:40-4:50p P-22	Effect of Dietary Nitrate Supplementation on Step Test Performance at Sea Level and Altitude <i>Chris Goss, Adam Farley, Kyle Moran, Devon A. Dobrosielski</i>	

Epidemiology, Biostats & Health Promotion		
4:50-5:00p P-23	Fasting Blood Lipid Levels in College Students Differ Throughout The Week <i>Theadora J. Schooley & Christopher M. Bopp</i>	
DINNER BREAK 5:00-7:00p		
7:15-11:00p	Keynote, Expo, College Bowl, Fitness Challenge, Professional Social	

Pennsylvania		Friday Morning		Chair/Moderator
Clinical Track: Invited Speakers				
9:00-9:30a	Extension-based LBP in Young Athletes: Beyond Bony Healing <i>John Winslow</i>			Mark Mirabelli
9:30-10:00a	Advances in Brain Imaging <i>Jeff Bazarian</i>			
10:00-10:30a	Implementing Financially Sustainable Exercise Management in Primary Care <i>Geoff Moore</i>			
10:30-11:00a	Viscosupplementation for Knee OA <i>Tom Trojian</i>			
11:00-11:30a	Individualized Anatomical ACL Reconstruction <i>Freddie Fu</i>			
LUNCH BREAK 12:00 to 1:00p				

Pennsylvania		Friday Afternoon		Chair/Moderator
Clinical Track: Clinical Case Studies 1:00pm – 4:00pm Please check the Registration Desk and the PA room for session details and specific titles				
Moderators: Dr. Raj Deu, Dr. Sam Dixit & Dr. Tom Trojian				
DINNER BREAK 5:00-7:00p, Keynote (Ballrooms) 7:15-8:15p				
8:15-11:00p	Faculty and Professional Social			

Ash/Birch		Friday Morning		Chair/Moderator
10:00-12:00p	College Bowl Preliminary- Closed Session			
LUNCH BREAK 12:00-1:00p				
Oral Presentations- Masters Award Nominees				
1:00-1:15p	Effects of Follistatin-like Protein 1 on Myogenic Differentiation and Mitochondrial Respiration in Canine Myoblasts <i>Eric R. Muñoz, Hojun Lee, Boa Kim, David Roul, Fabio Recchia, Joon Y. Park</i>	Toni Lasala		
1:15-1:30p	The Acute Effect of Intermittent Fasting on Resting Energy Expenditure in College-Aged Males <i>Cory T. Beaumont, Ruth A Stauffer, Tania S. Flink</i>			
1:30-1:45p	Influence of Anthropometric Variables on Three Different Maximal Oxygen Consumption Units: NHANES 2003-2004 <i>Nicolas A. Barrios, Evan L. Matthews, Peter A. Hosick</i>			
1:45-2:00p	Comparison of Electromyographic Responses Across Handle Types During Seated Row Exercise <i>Meckes, TF., Meske, S., Drury, D., Mookerjee, S.</i>			
2:00-2:15p	Accuracy and Practicality of a NIRS Device on Blood Lactate Levels <i>John Abbott, Melissa A. Whidden</i>			
BREAK 2:15-2:30p				
Oral Presentations- Doctoral Award Nominees				
2:30-2:45p	Exercise or Reduced-Calorie Diet Attenuates Overnutrition-Induced GLUT4 Carbonylations in Adipose Tissue. <i>Carina M. Pautz, Brittany E. Wilson, Kelli Jackson, Joshua T. Selsby, Carlos A. Barerro, Salim Merali, Ellen M. Kelly, Matthew B. Hudson</i>	Deb Fearheller		
2:45-3:00p	Atrophy of Muscle Cells Results in a Selective Packaging of Proteins into Exosomes <i>Brittany E. Wilson, Carina M. Pautz, Carlos A. Barrero, Joshua T. Selsby, Ellen M. Kelly, Matthew B. Hudson</i>			
3:00-3:15p	Side-to-Side Knee Strength Imbalances and Increased Odds of Reporting Injury in Military Special Forces Operators <i>Shawn R. Eagle, Karen A. Keenan, Chris Connaboy, Meleesa Wohleber, Andrew Simonson, Deirdre McFate, Bradley Nindl</i>			
3:15-3:30p	Core Strength as a Predictor of Performance During Three Functional Movement Screens: A Preliminary Analysis <i>Caleb D. Johnson, Paul N. Whitehead, Erin R. Pletcher, Mallory A. Faherty, Mita T. Lovalekar, Shawn R. Eagle, Karen A. Keenan</i>			
3:30-3:45p	Adipose Tissue Differs and Correlates to Carbohydrate Metabolism and Proinflammatory Adipokines by Level of Spinal Cord Injury <i>Gary J Farkas, Ashraf S Gorgey, David R Dolbow, Arthur S Berg, David R Gater</i>			
BREAK 3:45-4:00p				

4:00-5:00p	MEET THE EXPERTS: Student Session	Ryan Sapp
Dinner 5:00 to 7:00p		

Chestnut/ Dogwood	Friday Morning	Chair/Moderator
9:00-10:30a	Client Commitment: The Use of Motivational Interviewing to Help Your Clients Say “I Do” <i>Amy Rickman, PhD and Joyan Urda, PhD</i>	Heather Grimm
10:30-11:30a	How to Build a Consulting Business: Putting Your Expertise to Work ‘Outside’ of the Classroom <i>Dr. Dan Drury</i>	Dan Drury

Chestnut/ Dogwood	Friday Afternoon	Chair/Moderator
Oral Presentations: Professional		
1:00-1:15p	A System for Evaluating Powerlifting and Other Multi-Event Performances <i>Phillip A. Bishop, Tyler Williams, Alex Heldman, & Paul Vanderburgh</i>	John LaManca
1:15-1:30p	The Impact of a 30 vs. 60 Second Passive Recovery Period on Vertical Jump Performance <i>Andy M. Bosak, Austin P. Smith, Christopher B. Carver, Matthew L. Sokoloski, Jonathan M. Houck, Jared R. Feister, & Robert T. Sanders</i>	
1:30-1:45p	Influence of Aerobic Exercise on Ghrelin-o-Acyltransferase in Normal Weight and Obese Adults: A Pilot Study <i>Michael L. Bruneau Jr., Susan Sotir, Richard J. Wood, Samuel A.E. Headley, Elizabeth O’Neill, Vincent J. Paolone</i>	
1:45-2:00p	Expression of Strength and Power Relative to Lean Body Mass Impacts Results of Caffeine Intervention <i>Geoffrey M Hudson, Kyle Sprow, Tara Hannings, Loretta DiPietro</i>	
2:00-2:15p	Caffeine and short-term exercise, independently and combined, modestly alter eating behavior <i>Leah Panek-Shirley, Carol DeNysschen, & Jennifer Temple</i>	
2:15-2:30p	Acute Effects of Exercise on Cognition in Young Adults: Strength vs. Endurance Protocols <i>Razon S, Lebeau JC, Basevitch I, Boiangin N, Tenenbaum G</i>	

Elm/Fir	Friday	Chair/Moderator	
7:30-10:00ap	Pre-Paid Registration		
LUNCH BREAK 12:00-1:00p			
Oral Presentations: Undergraduate			
Psychology, Behavior & Neurobiology			
1:00-1:15p	Subconcussive Head Impact Results in a Unique Circulating Exosomal MicroRNA Signature <i>Carolina T. Cabán, Kelli Jackson, Catherine L Pinson, Fernando V. Dos Santos, John J. Jeka, Ryan T. Tierney, Ellen M. Kelly & Matthew B. Hudson</i>	Ben Meyer	
Metabolism & Nutrition			
1:15-1:30p	Neuromuscular and Metabolic Activity During Concentric and Eccentric Squat Exercise <i>William A. Fountain, Colleen E. Lynch, Nicholas A. Carlini, Zackary J. Valenti, Samantha R. Guarnera, Thomas Heinbockel, Thomas Burke, Benjamin M. Meister, Russell Webb, April Wilson, & Scott A. Mazzetti</i>		
1:30-1:45p	Comparison of Metabolic Rate Between Concentric and Eccentric Muscle Actions <i>Zackary J. Valenti, Samantha R. Guarnera, Nicholas A. Carlini, William A. Fountain, Thomas Heinbockel, Colleen E. Lynch, Benjamin M. Meister, Ian M. Matthews, Catherine Raley & Scott A. Mazzetti</i>		
1:45-2:00p	“Expert” Advice On Dietary Supplements <i>Tianna N. Wikert, Katelynn C. Kletzli, Amy D. Rickman & Jeffrey S. Lynn</i>		
2:00-2:15p	Effects of a Sedentary vs. Active Lifestyle on Blood Glucose Uptake <i>Bogner A, Brant K, Raya H, Stanley C & Sanders J</i>		
Fitness Assessments & Training			
2:15-2:30p	Self-Selected Intensity of Four Different Modes of Aerobic Exercise in Sedentary Adults <i>Heather J. Porter, Luke Haile & Curt B. Dixon</i>		
2:30-2:45p	Ability of Fitness Trackers to Accurately Measure Caloric Expenditure of College-Aged Students during Submaximal Exercise <i>Michelle Schultz, Shaniece Jackson, Caitlyn Deeter, Rebecca Campbell, Norman Dorsey- Poles, William Braun & Sally Paulson</i>		
2:45-3:00p	Effects of Supplemental Glucose and Bicarbonate for Promoting Recovery During Swim Training <i>Selma Hamzabegovic, Stefan Szilagyi, Carolyn Meier, Sally Paulson & William Braun</i>		
BREAK 3:00-3:15p			

3:15-3:30p	Differences between Two Commonly Measured 'Suprailiac' Skinfold Sites <i>Rebecca T. Cannizzaro, Michael E. Holmstrup, Steven D. Verba & Jeffrey S. Lynn</i>	Geoffrey Hudson
3:30-3:45p	Comparing Daily Class Schedule and its Influence on Undergraduate Students' Physical Activity Patterns <i>Matthew D. Moran, Dina D. Kendle, Matthew B. Rhudy, Kristin Gift, Marissa Ruggiero, Carolyn Gray & Praveen Veerabhadrapa</i>	
3:45-4:00p	Validation of Fitbit Blaze Activity Monitor during Treadmill Walking and Running <i>Mitchell D. Renninger, Matthew D. Moran, Matthew B. Rhudy & Praveen Veerabhadrapa</i>	
Cardiovascular, Renal, Respiratory, Clinical Exercise, Environmental & Occupational Physiology		
4:00-4:15p	Effect of Sitting Time on Measures of Subclinical Atherosclerosis in Older Adults <i>Jacob P. DeBlois, Wesley K. Lefferts, Jacqueline A. Augustine, Kayla M. Nunemacher, Kevin S. Heffernan</i>	
4:15-4:30p	The Utility of Aortic Doppler Ultrasound Measurements in the Parasternal Long Axis View <i>Stephanie A. Guarino, Jennifer M. Masiddo, Peter A. Hosick & Evan L. Matthews</i>	
4:30-4:45p	Blood Pressure Cuff Selection: Does One Size Fit All? <i>Maureen A. Walsh, Tyler A. Kuhn, Jessica A. McFadden, Taylor M. Weeter, Michael E. Holmstrup & Brock T. Jensen</i>	
4:45-5:00p	Wearing Personal Protective Equipment and Carrying Tools Effect on Cardiac and Metabolic Stress of Firefighters <i>Sean T. McCauley, Kurt Lippy & Joohee I.Sanders</i>	
Dinner 5:00 to 7:00p		

Ballroom A	Saturday Morning	Chair/Moderator
8:00-8:50a	Awake with Ashtanga Yoga <i>Kim Smith, PhD</i> <i>Maureen Walsh</i>	Kim Smith
BREAK 8:55-9:00a		
9:00-9:50a	New ACSM Recommendations for Exercise Pre-participation Health Screening <i>Deborah Riebe, PhD</i>	Doug Burns
BREAK 9:55-10:00a		
10:00-11:00a	EIM Ambassador Program <i>Carena Winters, PhD</i>	Carena Winters
Ballrooms: MARC-ACSM Business Meeting and Award Ceremony Luncheon – 12:30 to 2:00p		

Ballroom B	Saturday Morning	Chair/Moderator
Muscle: Bench to Clinic		
9:00-9:30a	<i>Melissa Whidden, PhD</i>	Brittany Wilson
9:30-10:15a	<i>Ashley Smuder, PhD</i>	
10:15-11:00a	<i>Matt Hudson, PhD</i>	
Ballrooms: MARC-ACSM Business Meeting and Award Ceremony Luncheon – 12:30 to 2:00p		

Ballroom C,D,E		Saturday Morning	Chair/Moderator
Athletic Care, Clinical Medicine & Clinical Exercise Physiology Poster Session			
9:00–9:10a P-24	Performance Measures in Female Collegiate Soccer Players According to ACL Injury Status <i>Bennett, N., Foggia, N. & Wisniewski, K</i>		
9:10–9:20a P-25	Vascular Health Improves with a 4-Week Functional Exercise Program in Volunteer Firefighters <i>Allyson K. Getty, William DiCurcio, Tia R. Wisdo, Lauren N. Chavis, Samantha Close, Cassandra Derella, Rejeanna Jasinski, Kelly McLaughlin, Avery N. Perez, Meaghan Corbin, Alyssa Polimeni, Jessica Hill & Deborah L. Fairheller</i>		
Metabolism & Nutrition			
9:20–9:30a P-26	Development of a Computational Tool for Optimal Resting Metabolic Rate Calculation <i>Junke Zhang, Matthew Darnell, Bradley C. Nindl & Qi Mi</i>		Nick Knuth
9:30–9:40a P-27	Do Sport Beverages Affect Self-Efficacy and Anaerobic Performance? <i>Gabe Hirsch, John Drop, Robert Kitchen, Corrine Urland, Sally Paulson & William Braun</i>		
9:40–9:50a P-28	Effects of Energy Drink Functional Ingredients on Running Performance <i>Catherine G. Majchrowicz, Philip J. Prins, Jessica C. Althausen, Natalie X. Sorek, Teresa M. Dallatore & Gary L. Welton</i>		
Cardiovascular, Renal & Respiratory Physiology			
9:50–10:00a P-29	Effects of a 4-Week Fitness Intervention on Vascular Health and Fitness in Firefighters vs Non-Firefighters <i>Tia R. Wisdo, Allyson K. Getty, Lauren N. Chavis, Samantha Close, Cassandra Derella, William DiCurcio, Rejeanna Jasinski, Kelly McLaughlin, Avery Perez, Meaghan Corbin, Alyssa Polimeni, Jessica Hill & Deborah L. Fairheller</i>		
10:00-10:10 P-30	Ambulatory Blood Pressure and Habitual Physical Activity in Chronic Kidney Disease <i>Krishna Suresh, Danielle L Kirkman, Bryce J Muth, Joseph M Stock & David G Edwards</i>		
10:10-10:20a P-31	Blood Pressure Responses to Emergency Calls in Volunteer Firefighters and Emergency Medical Technicians <i>Cassandra C. Derella & Deborah L. Fairheller</i>		Arthur Deluigi
Fitness Assessment & Training			
10:20-10:30a P-32	Effects of a Four-Week Intervention of Occupational Stress and Health of University Employees <i>Abigail Nerenhausen, Ellen Dyche, Morgan Horowitz, Thomas Bonitz, Sally Paulson & Russell Robinson</i>		

10:30-10:40a P-33	Assessment of Acute Balance and Agility Following Submaximal Plyometrics and Cycling <i>Amanda N. Kuzo, Erica Miller, Samantha Cowan, Russell Robinson & Sally Paulson</i>	
10:40-10:50a P-34	Comparison of Lung Volumes and Estimated VO_{2max} in College-aged Wind Musicians Versus Aerobic Athletes <i>Morgan P. Petro, Brian J. Larouere, Ted DiSanti & Jenna M. Bracken</i>	
10:50-11:00a P-35	Effects of Pre-workout Supplementation on Trained College Weight Lifter's Muscular Performance and Psychological Factors <i>Megan Marquart, Frank Carpinello, Brian Herbold, Heather Cunningham, Brianna Graczyk & Joohee Sanders</i>	
Ballrooms: MARC-ACSM Business Meeting and Award Ceremony Luncheon – 12:30 to 2:00p		

Pennsylvania		Saturday Morning	Chair/Moderator
8:00-8:55a	Biomechanical considerations for the aging runner <i>Blaise Williams, PhD</i>		Jean McCrory
Biomechanics Free Communications			
9:00-9:15a	Sensitivity Analysis of Biomechanical Models for NASA's Digital Astronaut Project <i>Elaine C. Schmidt & William K. Thompson</i>		
9:15-9:30a	The Influence of Proximal versus Distal Strength on Balance Control in Athletes versus Non-Athletes <i>Chahal IK, Meyers MF, Casto EM & McCrory JL</i>		
9:30-9:45a	A Comparison of Self-Reported Pain Levels in Minimally-Shod vs Traditionally-Shod Runners <i>Lauren K Cline, Erica M. Casto & Jean L. McCrory</i>		
9:45-10:00a	Ball Release Velocity and Pre-Release Range of Motion for Five Types of Softball Pitches <i>Tara Bicko & Ben Meyer</i>		
10:00-10:15a	Habitual Users of Minimalist Footwear Display Better Dynamic Postural Stability During a Jump Landing Task <i>Michael R. Tammaro, Joseph L. Schmitz, Matthew E. Darnell & Paul N. Whitehead</i>		
10:15-10:30a	Differences in Male and Female Scapular Strength and the Relationship to Sprint Swimming Performance <i>Anne Z. Beethe, Elizabeth F. Nagle, Christopher Connaboy, John P. Abt, Scott M. Lephart, Mita T. Lovalekar & Takashi Nagai</i>		
Biomechanics Thematic Posters			
10:30-10:40a P-36	Minimalist Footwear Reduces Muscle Activity in the Lower Leg During a Jump Landing Task <i>Paul N. Whitehead, Michael R. Tammaro, Joseph L. Schmitz, Matthew E. Darnell</i>		

10:40-10:50a P-37	Effects of Texting and Walking on Gait Pattern and Attention to Detail in College-Aged Students <i>Joe Farabaugh, Jessica Harding, Cassandra Langone, Paige Rippon, Amanda Ruth, Sally Paulson</i>	
10:50-11:00a P-38	Comparison of Lower Extremity Muscle Activity in Sliding Lunges versus Standard Lunges <i>Daniel Drill, Adam Fong, Victoria Voorhees, Rumi Singh Kakar, Deborah L. King.</i>	
11:00-11:10a P-39	Reliability of Identifying EMG Onset of Complex Human Movement Electromyography Signals <i>Victoria Voorhees, Adam Fong, Daniel Drill, Deborah L. King, Matthew S. Tenan</i>	
11:10-11:20a P-40	Relationships Between Mobility Tests and Maximum Bicycling Cadence during Speed Training in Older Adults <i>Benjamin E. Sibson, Maria Bellumori & Christopher A. Knight</i>	
11:20-11:30a P-41	The Effects of Modern Climbing Holds on the Finger Forces <i>Dylan Herman-Dunphy & Deborah L. King</i>	
11:30 AM-12:30 PM	Interest Group Meeting <i>Biomechanics</i>	

Ash/Birch		Saturday	Chair/Moderator
Oral Presentations- MS/PhD			
Fitness Assessment & Training			Michael Bruneau
8:00-8:15a	Effects of a 6-week Resistance Training Program on Muscular Strength and Endurance in Older Adults <i>Helen F. Lawry, Chelsea Zoltewicz, Scott Heinerichs, Melissa A.</i>		
8:15-8:30a	The Effects of an Acute Bout of Resistance Training on College-Aged Male 24hr RMR <i>Connor M. Saker, Chad A. Witmer, Shala E. Davis, Gavin L. Moir</i>		
8:30-8:45a	Physical Fitness Predictors of a Proposed Combat Readiness Test <i>Hung-Chun Huang, Takashi Nagai, Timothy C. Sell, Mita Lovalekar, Bradley C. Nindl & David A. Stone</i>		
8:45-9:00a	Greater Ankle Strength and Anaerobic Capacity in Female Marines Who Completed Military Occupational Specialties School. <i>Erin R. Pletcher, Karen Keenan, Mita Lovalekar, Bradley C. Nindl & Katelyn Allison</i>		
Psychology, Behavior & Neurobiology			

9:00-9:15a	Empirical Evidence for the Relationship Between Cognitive Workload and Attentional Reserve <i>Kyle J. Jaquess, Li-Chuan Lo, Hyuk Oh, Clayton A. Domingues, Seth R. Neiman, Jeremy C. Rietschel, Matthew W. Miller, Ying Y. Tan, Rodolphe J. Gentili, & Bradley D. Hatfield</i>	
Oral Presentations- Undergraduate Awards		
9:15-9:30a	Disease Burden is Associated with Differences in Diurnal Patterns of Physical Activity in Older Adults <i>Anna Kuegler, Morgan Gralla, Devon A. Dobrosielski, Jennifer A. Schrack, Nicolas D. Knuth</i>	Peter Hosick
9:30-9:45a	Angiotensin-II Induces Atrophic Signaling in Muscle Cells <i>Catherine L. Pinson, Kelli E. Jackson, Marcus A. Burke, Carolina T. Caban, Joshua T. Selsby, Ellen M. Kelly & Matthew B. Hudson</i>	
9:45-10:00a	Single-leg Squat: Interrater Reliability and Sex Differences in Medial Knee Displacement in Collegiate Athletes <i>Gillian A. McCarren, Regina M. Misuraca, Dalton Nichols, Daniel C. MacLea, Peter J. Lisman</i>	
10:00-10:15a	Effect of Minimalist Footwear on Landing Kinematics of the Knee in Physically Active Adults <i>Joseph L. Schmitz, Michael R. Tammaro, Matthew E. Darnell, Paul N. Whitehead</i>	
10:15-10:30a	Run Economy of Trained Endurance Athletes on a Lower Body Positive Pressure Treadmill <i>Allison Schumann & James F. Hokanson</i>	

Chestnut/Dogwood		Saturday Morning	Chair/Moderator
Oral Presentations: PhD/MS/UG E-Posters			
8:00-8:15a	Experimental Intermittent Ischemia Augments Exercise-Induced Inflammatory Cytokine Production <i>Daniel D. Shill, Kristine R. Polley, T. Bradley Willingham, Jarrod A. Call, Jonathan R. Murrow & Kevin K. McCull</i>	Brian Larouere	
8:15-8:30a	Aerobic Exercise Attenuates Risk of Coronary Artery Disease and Improves Mobility In SCI <i>James J. Bresnahan, Gary J. Farkas, Jody L. Clasey, James W. Yates & David R. Gater</i>		
8:30-8:45a	The Effects of Normobaric Hypoxia on CIVD and MBT Following a Bout of Submaximal Exercise <i>Hayden D. Gerhart, Mitchell S. Moyer, Jeremiah A. Vaughan, Brittany N. Followay, Yongsuk Seo, & Ellen L. Glickman</i>		
8:45-9:00a	Exercise Reduces High-Fat Diet Induced Colon Inflammation but Does Not Influence MUC2 Expression <i>Paul J. Wisniewski II, Laurie B. Joseph, Gabriella Composto, Stanley A. Lightfoot & Sara C. Campbell</i>		
9:15-9:30a	Effects of Submaximal Downhill Running on Cytokine Expression in Young, Endurance Trained Men and Women <i>Jennifer N. Macko, Ryan M. Sapp, Rian Landers-Ramos, Jack T. Skelton & James M. Hagberg</i>		
9:30-9:45a	Vascular Health Improves with a 4-Week Functional Exercise Program in Volunteer Firefighters <i>Allyson K. Getty, William DiCiurcio, Tia R. Wisdo, Lauren N. Chavis, Samantha Close, Cassandra Derella, Rejeanna Jasinski, Kelly McLaughlin, Avery N. Perez, Meaghan Corbin, Alyssa Polimeni, Jessica Hill & Deborah L. Fearheller</i>		
BREAK- 9:45-10:00a			
Oral Presentations: Professional E-Posters			
10:00-10:15a	Effects of Dynamic Cycling on Motor Function, Gait, and Balance in Individuals with Parkinson's Disease <i>Dana L. Ault & Angela L. Ridgel</i>	Amy Haufler	
10:15-10:30a	Altering Awareness: Attentional Focus Responses to Weighted and Unweighted Walking and Running on a Treadmill <i>Lind, E., Hokanson, JF., Van Langen, D., True, L., Fiddler, R., & Hupman, S.</i>		
10:30-10:45a	The Effects of Squats and Jump Squats on Mechanical Work and Energy Expenditure <i>Shawn N. Munford, Michael L. Rossetti, Gavin L. Moir, Brandon W. Snyder, Shala E. Davis</i>		
10:45-11:00a	The Validity of Apple Watch For Energy Expenditure Estimation In Physical Activity <i>Chad Witmer, Peng Zhang, Steven Godin, Dongsheng Che, Matthew Owens, Amanda Hanna, Thomas Casey, Rebecca Finnegan & Cleo Niewojt</i>		

11:00-11:15a	Viewing Television While Walking: Effects on Preference For Exercise, Treadmill Endurance Time and Behavioral Outcomes <i>Brittany S. Overstreet, David R. Bassett, Scott E. Crouter, Cary M. Springer, Debora Baldwin & Kelley Strohacker.</i>	
11:15-11:30a	The Effects of Multiple Sets of Squats and Jump Squats on Mechanical Variables <i>Brandon W. Snyder, Michael L. Rossetti, Gavin L. Moir, Shawn N. Munford & Shala E. Davis</i>	
Ballrooms: MARC-ACSM Business Meeting and Award Ceremony Luncheon – 12:30 to 2:00p		

Elm/Fir	Saturday Morning	Chair/Moderator
Oral Presentations		
8:00 – 8:15a	Peripheral Chemosensitivity during Head Out Water Immersion <i>James R. Sackett, Zachary J. Schlader, Suman Sarker, Christopher L. Chapman, & Blair D. Johnson</i>	John Guers
8:15-8:30a	The Effect of a Backpack Hip Strap on Energy Expenditure While Walking <i>Ryan S. Delgado, Jamie Pigman, William Sullivan, Steven Leigh & Peter A. Hosick</i>	
Metabolism, Nutrition, Epidemiology, Biostats & Health Promotion		
8:30-8:45a	The Effects of Beetroot Juice Supplementation on Cycling Time-Trial Performance in Normoxia and Moderate Hypoxia <i>Samantha N. Fessler, Chad A. Witmer, Shala E. Davis, Matthew R. Miltenberger</i>	
8:45-9:00a	Psychometric Validation of Physical Activity from the Youth Health Behavior Survey <i>Duffine, AE, Bruneau Jr., ML, Werner EN, Higgins BD, Hanrahan DE, Kochenour, K, Shewokis, PA & Volpe SL</i>	
Cardiovascular, Renal & Respiratory Physiology		
9:00-9:15a	Blood Pressure Response to Exercise During Short-term Water Restriction <i>Joseph Watso, Matthew C Babcock, Erin M Ryan, Megan M Wenner & William B Farquhar</i>	
9:15-9:30a	Blood Pressure Responses to Metaboreflex Activation During Acute and Chronic Volume Loading <i>Matthew C. Babcock, Michael S. Brian, Austin T. Robinson, Joseph Watso, Megan M. Wenner & William B. Farquhar</i>	
Athlete Care & Clinical Medicine		
9:30-9:45a	Oral TRP Agonists Delay Cramp Onset and Decrease Muscle Soreness in a Self-induced Cramp Model <i>Daniel H. Craighead, Sean W. Shank, Jinger S. Gottschall, Lacy M. Alexander, W. Larry Kenney</i>	
	Length Change of the Hip External Rotators in Common	

9:45-10:00a	Stretch Positions <i>Ryan P. McGovern, Benjamin R. Kivlan & RobRoy L. Martin</i>
10:00-10:15	Effects of Exercise and Exogenous Glucose on Short-Term Memory Recall in Young Adults <i>Lucas M. VanHorn, Stefan M. Szilagyi, Steven J. Haase, & William A. Braun</i>
POSTER SESSION III	
10:30-10:40a P-42	The Effects of the Fight-or-Flight Response on the Performance of Margaria-Kalamen Power Test <i>Stephanie Oscilowski, Acacia Rightmyer, Stephen Manbeck, Ashon Rolle, Tyler Buffington & Joohee Sanders</i>
10:40-10:50a P-43	The Inter-Rater Reliability of A-mode Ultrasound for Determining Percent Body Fat Among College-Aged Males <i>Woelkers, C. M., Cutrufello, P. T., Landram, M. J., & Capobianco, N. A. Webb, April Wilson, & Scott A. Mazzetti</i>
10:50-11:00a P-44	Comparison of step test performance between Peruvian and American college students <i>Greg Ryan, Simone Cravens, Lily Nichol & Devon A. Dobrosielski</i>
11:00-11:10a P-45	“Cardiovascular Endurance Among College Students: How is it Related to Overall Fitness?” <i>Andrades, D., Barton, A., Moxley, J. & Vigo, A</i>
11:10-11:20a P-46	Changes in Balance Measures During a Six-Month Senior Citizen Walking Program <i>Tyler Cover, Ben Meyer, Joe Farabaugh, Morgan Horowitz, Hector Raya, Dara Bourassa, Sam Forlenza, Sally Paulson & Joohee Sanders</i>
11:20-11:30a P-47	The Effects of Self-Selected Music on Exercise Performance <i>Brittany A. Benson, Paul T. Cutrufello & Michael J. Landram</i>
11:30-11:40a P-48	Unilateral Fatigue Differences between Novice and Experienced Resistance Trainers <i>Francesca C. Crespo, Jared Fortunato, Jared A. Martz & Melissa A. Whidden</i>
11:40-11:50a P-49	The Effects of a Six-Week HIIT Program on CVD Risk Factors in Sedentary Individuals <i>Jenna N. Domblesky, Shayne T. Rockey, Nicholas M. Hoster, Melissa A. Reed & Melissa A. Whidden</i>
11:50-12:00a P-50	Vascular Health and Fitness Levels in Metabolically Healthy and Unhealthy Obesity <i>Avery N. Perez, Jessica A. Hill, Alyssa N. Polimeni, Tia R. Wisdo, Lauren N. Chavis, Allyson K. Getty, William T. DiCiurcio, Rejeanna M. Jasinski, Cassandra C. Derella, Samantha N. Close, Meaghan Corbin, Kelly McLaughlin & Deborah L. Feairheller</i>

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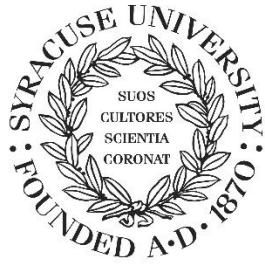




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