



## Pre-Recorded Symposium Presentations

| Topic                                                                                    | Speakers and Presentation Titles                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
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| <b>Fitness:<br/>Industry<br/>Insights</b>                                                | <p><b><i>Telling them the good or bad news: Informing clients of fitness test results</i></b><br/>Eric Martin, PhD, California State University Monterey Bay</p> <p><b><i>The habits of successful weight losers from the National Weight Control Registry</i></b><br/>Jason Karp, PhD, Chief Running Officer, Run-Fit</p> <p><b><i>Precision Wellness, health outcomes, and the new opportunities for exercise professionals</i></b><br/>Eric Durak, MS, President, Medical Health and Fitness</p>                                                                                                                                                                                                                                                                                      |
| <b>Physical<br/>Activity<br/>Assessment:<br/>Wearable<br/>Activity<br/>Monitors</b>      | <p><b><i>Wearable Sensors: New insights from rigorous validation and large-scale studies</i></b><br/>Albert Mendoza, PhD, California State University, East Bay</p> <p><b><i>Introduction of student researchers</i></b><br/>James Navalta, PhD, University of Nevada, Las Vegas</p> <p><b><i>The evolution of wearable devices</i></b><br/>Robert Salatto, University of Nevada, Las Vegas</p> <p><b><i>The current state of technology devices in applied settings</i></b><br/>Brenna Barrios, University of Nevada, Las Vegas</p> <p><b><i>The needed considerations in current testing models</i></b><br/>Brayden Jolley, School of Medicine, Tulane University</p> <p><b><i>The future of wearable exercise testing</i></b><br/>Bryson Carrier, University of Nevada, Las Vegas</p> |
| <b>Neurobiology:<br/>Repetitive<br/>Head Impacts</b>                                     | <p><b><i>Repetitive Head Impacts: What are they and why should we care?</i></b><br/>Nicholas Murray, PhD, University of Nevada, Reno</p> <p><b><i>Best practices for measuring head impact exposure</i></b><br/>Nicholas Cecchi, Stanford University</p> <p><b><i>Clinical labwork and actionable recommendations for athletes</i></b><br/>Laura Kunces, PhD, RD, Thorne, Scottsdale, AZ</p>                                                                                                                                                                                                                                                                                                                                                                                             |
| <b>Neurobiology:<br/>Neurological<br/>Disorders &amp;<br/>the Effect of<br/>Exercise</b> | <p><b><i>Pathophysiological alterations to exercise in adults with Cerebral Palsy: From musculoskeletal to cardiovascular systems</i></b><br/>Aream K. Jensen, PhD, San Jose State University</p> <p><b><i>Relationship between physical activity and dementia in older adults: Findings from observational and interventional studies</i></b><br/>Janina Krell-Roesch, PhD, Mayo Clinic, Scottsdale, AZ; Karlsruhe Institute of Technology, Germany</p>                                                                                                                                                                                                                                                                                                                                 |
| <b>Biomechanics:<br/>Running</b>                                                         | <p><b><i>Marathon racing shoes: It's more than just the color*</i></b><br/>Iain Hunter, PhD, Brigham Young University</p> <p><b><i>Gait Retraining and Performance: Friend or Foe?</i></b><br/>Jenevieve Roper, PhD, Loyola Marymount University</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <b>Metabolism:<br/>Diet and<br/>Exercise</b>                                             | <p><b><i>Can you outrun a bad diet?*</i></b><br/>Glenn Gaesser, PhD, FACSM, Arizona State University</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |

\* Speaker will be participating in the live Q and A sessions on Friday, October 30<sup>th</sup>. Conference goers should plan to view the pre-recorded presentation prior to attending the live Q and A session.



## Pre-Recorded Symposium Presentations (continued)

| Topic                                                             | Speakers and Presentation Titles                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
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| Metabolism:<br>Female<br>Athlete<br>Challenges                    | <p><b><i>Oral contraceptive use and exercise metabolism, performance and bone health</i></b><br/>Gretchen Casazza, PhD, California State University, Sacramento</p> <p><b><i>Ovarian suppression associated with relative energy deficiency-Significance for training adaptations and sports performance*</i></b><br/>Karine Schaal, PhD, California State University, Sacramento; University of California, Davis</p> <p><b><i>Research gaps and perspectives on menstrual cycle and birth control strategies in exercise recovery and performance</i></b><br/>Gwenaelle Begue, PhD, California State University, Sacramento</p>                             |
| Environmental<br>Physiology                                       | <p><b><i>Heat Stress and Solar Load: Implications for Endurance Runners and Cyclists</i></b><br/>Khalil Lee, PhD, Gatorade Sport Science Institute</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| Nutrition:<br>Plant-based<br>Diets and<br>Athletic<br>Performance | <p><b><i>Plant-based diets: what are they, and why should athletes care?*</i></b><br/>Heidi Lynch, PhD, RDN, Point Loma Nazarene University</p> <p><b><i>Soy protein supplementation produces gains in muscle mass and strength similar to animal protein</i></b><br/>Mark Messina, PhD, Soy Nutrition Institute; Nutrition Matters, Inc</p> <p><b><i>How athletes excel on plant-based diets: The science and practice*</i></b><br/>Nanci Guest, PhD, RD, University of Toronto</p> <p><b><i>Sustainability integration into sports nutrition: Practical applications from field to plate</i></b><br/>Alba Reguant Closa, RD, PhD, University of Andorra</p> |
| Athlete Care:<br>Paralympic<br>Athletes &<br>Performance          | <p><b><i>Return to Performance for the Adaptive Athlete: The Multidisciplinary Approach</i></b><br/>Amber Donaldson, DPT, United States Olympic and Paralympic Committee, Colorado Springs, CO</p> <p><b><i>Sports Nutrition Challenges for Paralympic Athletes</i></b><br/>Jacque Scaramella, United States Olympic and Paralympic Committee, Chula Vista, CA</p>                                                                                                                                                                                                                                                                                            |
| Undergraduate<br>Student<br>Research<br>Competition               | <p><b>Finalists will be selected in early October and record a 10-minute oral presentation*</b></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| Graduate<br>Student<br>Research<br>Competition                    | <p><b>Finalists will be selected in early October and record a 10-minute oral presentation*</b></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |

\* Speaker will be participating in the live Q and A sessions on Friday, October 30<sup>th</sup>. Conference goers should plan to view the pre-recorded presentation prior to attending the live Q and A session.



## Live Q and A Zoom Sessions: Friday, October 30th

| Time (PDT)      | Session Title                              | Speakers and Talk Descriptions                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
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| 12:00 – 12:30pm | Undergraduate Student Research Competition | <p><b>All finalists will participate in the live session</b><br/>Co-Moderators: Sarah L. Dunn, PhD, California State University, San Bernardino and Jenevieve Roper, PhD, Loyola Marymount University</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| 1:00 – 1:30pm   | Graduate Student Research Competition      | <p><b>All finalists will participate in the live session</b><br/>Co-Moderators: Sarah L. Dunn, PhD, California State University, San Bernardino and Jenevieve Roper, PhD, Loyola Marymount University</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| 4:00 – 5:00pm   | Health and Performance Q and A Panel       | <p><b>Glenn Gaesser, PhD, FACSM, Arizona State University: <i>Can you outrun a bad diet?</i></b><br/>Dr. Gaesser's presentation will address the literature that focuses on whether exercise can offset the deleterious effects of poor dietary habits. He will use data from epidemiological studies and RCTs of short-term interventions to answer the question: "If one exercises regularly (primarily vigorous intensity), does diet matter?"</p> <p><b>Nanci Guest, PhD, RD, University of Toronto: <i>How athletes excel on plant-based diets: The science and practice</i></b><br/>Research shows that a well-planned, appropriately supplemented plant-based diet can effectively support endurance, and power/strength sports in addition to optimizing body composition goals. The current science surrounding the need for special foods and specific supplements beyond the well-known micronutrients (i.e. iron, vitamin B12), such as creatine, carnitine, and choline for specific populations will be reviewed. Dr. Guest will also briefly share some of her experiences working with high performance plant-based vegan athletes.</p> <p><b>Iain Hunter, PhD, Brigham Young University: <i>Marathon racing shoes: It's more than just the color</i></b><br/>Dr. Hunter's presentation will focus on the latest styles of marathon racing footwear. He has recently published on aspects of shoe construction and will summarize what is currently known from his own research and others.</p> <p><b>Heidi Lynch, PhD, RDN, Point Loma Nazarene University: <i>Plant-based diets: what are they, and why should athletes care?</i></b><br/>Plant-based diets are becoming more mainstream among the general public and athletes, yet confusion about the meaning of this term and the nutritional adequacy of such diets for athletes remain. Dr. Lynch's talk will explore reasons for following a plant-based diet, and will provide an overview of the literature about exercise performance for athletes following plant-based diets.</p> <p><b>Karine Schaal, PhD, California State University, Sacramento; University of California, Davis: <i>Research gaps and perspectives on menstrual cycle and birth control strategies in exercise recovery and performance</i></b><br/>Dr. Schaal's presentation will provide an overview of female athlete physiology and how the menstrual cycle may affect performance. She will present new insights into different birth control strategies and their effects on training adaptations and acute exercise recovery. In addition, she will provide suggestions for future research studies in this area.</p> |