



Pre-Recorded Symposium Presentations

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

* Speaker will be participating in the live Q and A sessions on Friday, October 30th. 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
Metabolism: Female Athlete Challenges	<p><i>Effects of oral contraceptives on exercise performance and bone health</i> Gretchen Casazza, PhD, California State University, Sacramento</p> <p><i>Decreased energy availability and suppressed ovarian function in overreached female runners*</i> Karine Schaal, PhD, California State University, Sacramento; University of California, Davis</p> <p><i>Research gaps and perspectives: Menstrual cycle phase effects on resistance training adaptations, performance, and recovery</i> Gwenaelle Begue, PhD, California State University, Sacramento</p>
Environmental Physiology	<p><i>Heat Stress and Solar Load: Implications for Endurance Runners and Cyclists</i> Khalil Lee, PhD, Gatorade Sport Science Institute</p>
Nutrition: Plant-based Diets and Athletic Performance	<p><i>Plant-based diets: what are they, and why should athletes care?*</i> Heidi Lynch, PhD, RDN, Point Loma Nazarene University</p> <p><i>Effects of soy protein on hormone levels and gains in muscle mass and strength</i> Mark Messina, PhD, Soy Nutrition Institute; Nutrition Matters, Inc</p> <p><i>How athletes excel on plant-based diets: The science and practice*</i> Nanci Guest, PhD, RD, University of Toronto</p> <p><i>Sustainability integration into sports nutrition: Practical applications from field to plate</i> Alba Reguant Closa, RD, University of Andorra</p>
Athlete Care: Paralympic Athletes & Performance	<p><i>Return to Performance for the Adaptive Athlete: The Multidisciplinary Approach</i> Amber Donaldson, DPT, United States Olympic and Paralympic Committee, Colorado Springs, CO</p> <p><i>Sports Nutrition Challenges for Paralympic Athletes</i> Jacque Scaramella, United States Olympic and Paralympic Committee, Chula Vista, CA</p>
Undergraduate Student Research Competition	<p>Finalists will be selected in early October and record a 10-minute oral presentation*</p>
Graduate Student Research Competition	<p>Finalists will be selected in early October and record a 10-minute oral presentation*</p>

* Speaker will be participating in the live Q and A sessions on Friday, October 30th. 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
12:00 – 12:30pm	Undergraduate Student Research Competition	<p>All finalists will participate in the live session 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>All finalists will participate in the live session 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>Glenn Gaesser, PhD, FACSM, Arizona State University: <i>Can you outrun a bad diet?</i> 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>Nanci Guest, PhD, RD, University of Toronto: <i>How athletes excel on plant-based diets: The science and practice</i> 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>Iain Hunter, PhD, Brigham Young University: <i>Marathon racing shoes: It's more than just the color</i> 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>Heidi Lynch, PhD, RDN, Point Loma Nazarene University: <i>Plant-based diets: what are they, and why should athletes care?</i> 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>Karine Schaal, PhD, California State University, Sacramento; University of California, Davis: <i>Decreased energy availability and suppressed ovarian function in overreached female runners</i> Dr. Schaal's presentation will provide the results from a recent study in which she and colleagues aimed to compare the changes in energy intake (EI), exercise energy expenditure (ExEE), and resulting EA among runners completing a 4-week phase of intensified training (IT) followed by 2-week recovery period. She will discuss how study results compare to the original hypothesis that runners becoming overreached by IT would show decreased EA and signs of energy conservation such as suppressed ovarian function and plasma leptin, compared to those adapting positively (well-adapted, WA) to the IT period.</p>