2019 Annual Meeting
Central States Chapter – American College of Sports Medicine

October 24-25, 2019
Northeastern Oklahoma State University
3100 New Orleans Street
Broken Arrow, OK
Central States Chapter – American College of Sports Medicine

Table of Contents

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sponsors</td>
<td>3</td>
</tr>
<tr>
<td>Quiz Bowl Sponsor-Cleveland University</td>
<td>3</td>
</tr>
<tr>
<td>Silver Level Sponsor-Cosmed</td>
<td>4</td>
</tr>
<tr>
<td>Bronze Level Sponsor-Hans Rudolph</td>
<td>4</td>
</tr>
<tr>
<td>Bronze Level Sponsor-Parker University</td>
<td>4</td>
</tr>
<tr>
<td>Bronze Level Sponsor-Hologic</td>
<td>5</td>
</tr>
<tr>
<td>Bronze Level Sponsor-Southeast Missouri State University</td>
<td>5</td>
</tr>
<tr>
<td>Bronze Level Sponsor-University of Arkansas</td>
<td>5</td>
</tr>
<tr>
<td>Bronze Level Sponsor-Cooper Institute</td>
<td>5</td>
</tr>
<tr>
<td>Sponsor-Garmin</td>
<td>5</td>
</tr>
<tr>
<td>Sponsor-Polar</td>
<td>5</td>
</tr>
<tr>
<td>Directions to Northeastern Oklahoma State University</td>
<td>6</td>
</tr>
<tr>
<td>Directions from conference hotel to conference site</td>
<td>7</td>
</tr>
<tr>
<td>Campus map</td>
<td>8</td>
</tr>
<tr>
<td>Parking permit</td>
<td>9</td>
</tr>
<tr>
<td>Building map</td>
<td>10</td>
</tr>
<tr>
<td>Meeting information</td>
<td>12</td>
</tr>
<tr>
<td>Letter from Past President</td>
<td>13</td>
</tr>
<tr>
<td>Student networking flyer</td>
<td>14</td>
</tr>
<tr>
<td>CSACSM Board of Directors</td>
<td>15</td>
</tr>
<tr>
<td>Conference schedule</td>
<td>16</td>
</tr>
<tr>
<td>One page schedule</td>
<td>19</td>
</tr>
<tr>
<td>Session presenter biographies</td>
<td>20</td>
</tr>
<tr>
<td>Past CSACSM presidents</td>
<td>29</td>
</tr>
</tbody>
</table>
Student Quiz Bowl Sponsor

Cleveland University
KANSAS CITY
Silver Level Sponsor

“...a breakthrough in metabolic technology...”

cosmed.com/wearit

COSMED
The Metabolic Company

Bronze Level Sponsors

PARKER UNIVERSITY
Bronze Level Sponsors

SOUTHEAST MISSOURI STATE UNIVERSITY • 1873

The Cooper Institute®
WELL. INTO THE FUTURE.

HOLOGIC®
The Science of Sure

Other Sponsors
Garmin
Polar

College of Education & Health Professions
Health, Human Performance and Recreation
Directions To Northeastern Oklahoma State University

From Northwest Oklahoma
From the Cimarron Turnpike, connect to Highway 51 near downtown Tulsa (Broken Arrow Expressway). Take the BA Expressway through Tulsa and Broken Arrow to the “Creek Turnpike West” exit (just past the Highway 51 "Coweta" exit). The "Creek Turnpike West" exit will actually take you south to the NSU-Broken Arrow campus. You will see the campus on the right as you approach 101st Street (also called New Orleans Street). Take the 101st/New Orleans Street exit, which will lead you directly to the main campus entrance.

From West or Central Oklahoma
From the Turner Turnpike, take the "Creek Turnpike East" exit, which is just past the Sapulpa exits. This will take you through south Tulsa. After passing the Memorial Street exit, make sure you are in the right lane to remain on the Creek Turnpike through south Broken Arrow (rather than going north on Highway 169). Continue on the Creek Turnpike until it curves north (approximately 6 miles) and you will see the campus directly in front of you. As you approach 101st Street (also called New Orleans Street), the road veers to the right around the campus. Take the 101st/New Orleans Street exit, then turn west (right) on 101st Street to the traffic light at the main entrance of the campus.

From Muskogee Turnpike
As you arrive in east Broken Arrow, take the "Creek Turnpike West" exit, which will actually take you south to the NSU-Broken Arrow campus. You will see the campus on the right as you approach 101st Street (also called New Orleans Street). Take the 101st/New Orleans Street exit, which will lead you directly to the main campus entrance.

From the South
From Highway 75, take the "Creek Turnpike East" exit, which is just a few miles north of the Glenpool traffic light on Highway 75. This will take you through south Tulsa. After passing the Memorial Street exit, make sure you are in the right lane to remain on the Creek Turnpike through south Broken Arrow (rather than going north on Highway 169). Continue on the Creek Turnpike through south Broken Arrow until it curves north, and you will see the campus directly in front of you. As you approach 101st Street (also called New Orleans Street), the road veers to the right around the campus. Take the 101st/New Orleans Street exit, turn west (right) on 101st Street to the traffic light at the main entrance of the campus.

From the North
If arriving in the Tulsa area on Highway 75 from Bartlesville, connect with Highway 51 East (Broken Arrow Expressway) near downtown Tulsa. Take the BA Expressway through Tulsa and Broken Arrow to the "Creek Turnpike West" exit (just past the Highway 51 "Coweta" exit). The "Creek Turnpike West" exit will actually take you south to the NSU-Broken Arrow campus. You will see the campus on the right as you approach 101st Street (also called New Orleans Street). Take the 101st/New Orleans Street exit, which will lead you directly to the main campus entrance.

From the Northeast
From the Will Rogers Turnpike, take the “Creek Turnpike West” option as the Will Rogers Turnpike terminates near Catoosa. Continue south on the Creek Turnpike to the 101st Street (also called New Orleans Street) exit. This exit will take you directly to the main campus entrance.
Directions from Conference Hotel to Broken Arrow Campus

Holiday Inn Express (Note-Town Place Suites is right next to)

2201 N Stone Wood Cir, Broken Arrow, OK 74012

Take N Stone Wood Cir to N Elm Pl

1. Head west toward W Stone Wood Dr
   2 min (0.2 mi)
   161 ft

2. Turn right onto N Stone Wood Cir
   400 ft

3. Turn left onto W Stone Wood Dr
   253 ft

Take OK-51 E and S 193rd E Ave/S 23rd St/County Line Rd to E 91st St in Wagoner County

4. Turn left onto N Elm Pl
   0.2 mi

5. Turn left to merge onto OK-51 E
   2.7 mi

6. Take the OK-51 E exit toward Coweta
   0.5 mi

7. Turn right onto E 81st St S/E Houston St
   0.6 mi

8. Turn left onto S 193rd E Ave/S 23rd St/County Line Rd
   1.0 mi

Follow E 91st St to your destination

9. Turn left onto E 91st St
   1.7 mi

10. Turn right at University Pkwy
    213 ft

11. Turn left
    371 ft

12. Sharp right
    Destination will be on the left
    331 ft

Administrative Services
3100 New Orleans St, Broken Arrow, OK 74014

Drive 7.0 miles, 13 min
PARKING PERMIT
AUTHORIZED VISITOR

DATE: OCTOBER 24-25, 2019

EVENT: CSACSM CONFERENCE

ADMINISTRATIVE SERVICES BUILDING
Auditorium & Annex Stairs
Elevator
Banquet Hall
Administrative Services 1st Floor
Building Entrance from West Parking Lot
10

Auditorium
Annex
10

Floor
Located on 2nd

Lot
West Parking
Building
Meeting Information

Intended Audience

American College of Sports Medicine members, students and professionals interested in the field of sports medicine and exercise science.

Meeting Objectives

The Central States Annual Meeting aims to provide attendees with a blend of research and clinical information. The meeting also provides opportunities for networking and socializing with colleagues from across the region. An integral part of the function of the Central States Chapter is getting students involved in their primary professional organization.

ACSM Continuing Education Credits (CEC’s)

The American College of Sports Medicine’s Professional Education Committee certifies that this annual meeting meets the criteria for 10 credit hours of ACSM CEC’s. Credit is awarded for these CEC’s by attending the Central States Chapter ACSM Annual Meeting. The Central States ACSM is an approved provider of CEC’s for the ACSM. A certificate documenting CEC’s is available at the registration table. If you wish continuing education credit from other governing agencies (e.g., NSCA, NATA), you will have to request credit via their certification boards. Please take a CEC certificate form and the schedule as these are usually requested by these agencies.

Name Badges

Name badges must be worn at all times for admittance to educational sessions, poster sessions, and student quiz bowl. Please always keep your badge with you!

Parking Permits

Parking permits are provided in this program. Please make sure one is displayed in your front dashboard. Please park in the west parking lot (campus map provided on page 8 of program).

Future Meeting Site

The next meeting will be held in October 2020 under the direction of Dr. Chris Todden, Baker University. Exact location to be determined.
Dear Central States Member/Attendee,

Welcome to the Annual Meeting of the Central States Chapter of the American College of Sports Medicine in Broken Arrow, OK. I have always appreciated CSACSM because of its focus on developing the professionals of the future. I believe this conference will again highlight our next generation of researchers and clinical professionals and provide opportunities for our students to grow academically. We had over 90 submissions this year which is the most for our conference while I have been on the board, and of those 90 submissions, more than 30 were from undergraduate students! On Thursday we will have panel discussions focused on helping students gain an inside look at the "next level," whether that be more schooling or their first job. I really want to highlight the Academic Networking session spearheaded by our student representative, Megan-Rosa Caldwell. This session will provide students and current professionals a chance to meet and talk to the distinguished professionals of our field (i.e., you!) in a more relaxed setting. The goal is for students to become more willing to introduce themselves and begin dialogs with other distinguished professionals within our field, as well as with their peers, at national conferences. Megan has done an excellent job planning this event as well as serving as our student representative on the board. If you have not listened to her pod-casts on our Central States website, please take the time to check them out. If you are a graduate student and would like to get more involved, please let us know. We know you have much to offer to this chapter.

Later on Thursday we will get to hear presentations from our Outstanding Student Research Finalists and on Friday we will hear from our Student Grant Winners. These grants were competitively obtained based upon a submission process that ALL student members are eligible for, so please be sure you apply next year! After our Keynote speaker on Thursday, the evening will come to an end with the ever so lively and competitive Student Quiz Bowl. There are bragging rights, complete with a huge, gaudy trophy. The winners will also receive a stipend to attend the national ACSM meeting in San Francisco, May 2020.

In addition to the great speakers we have from our region, I would like to highlight our two non-region based speakers. Andjelka Pavlovic is a researcher at the Cooper Institute and will be our keynote speaker on Thursday. Jon-Kyle Davis is a researcher with the Gatorade Sports Science Institute in Frisco, TX and will be our luncheon speaker on Friday.

I sincerely hope you find this conference welcoming and interesting for both academic and clinical professionals! Enjoy the conference, peer networking, and Broken Arrow/Tulsa!

Sincerely,

adam Bruenger

Adam J. Bruenger, PhD
Past-President CSCACSM
University of Central Arkansas
Central States ACSM Student Networking Event

Come Join Us and Chat with:

- Graduate Schools
- Fitness Professionals
- Post-Doc Faculty Opportunities
- Other Students

Thursday October 24th
Northeastern Oklahoma State University
Broken Arrow, OK

Come join us at our Central States ACSM Regional Meeting from Oct 24-25 and our first annual student networking event Oct 24 in Broken Arrow, OK. Connect and talk with fellow students, potential graduate and post-doc mentors as well a fitness industry professionals!

Questions can be sent to Student Representative Megan Rosa-Caldwell at mrosa@uark.edu
A Special thank you to the Central States ACSM Board of Directors
For all your contributions and leadership

President
Adam Bruenger, PhD
University of Central Arkansas
abruenger@uca.edu

President-Elect
Matt Ganio, PhD
University of Arkansas
msganio@uark.edu

President
Chris Todden, EdD
Baker University
chris.todden@bakeru.edu

Executive Director
Joe Pujol, EdD
Southeast Missouri State University
jpujol@semo.edu

Regional Chapter Rep
Michell Gray
University of Arkansas
rgray@uark.edu

Secretary/Treasurer
Jason Campbell
University of Oklahoma
jcampbell21@ou.edu

Arkansas Representative
Terry DeWitt, PhD
Ouachita Baptist
dewitt@obu.edu

Kansas Representative
Erin Holt, PhD
Baker University
eholt@bakeru.edu

Missouri Representative
Monica Kearny, PhD
Southeast Missouri State University
mkearney@semo.edu

Oklahoma Representative
Jacilyn Olson, PhD
University of Central Oklahoma
jolson3@uco.edu

Student Representative
Megan Rosa-Caldwell, MS
University of Arkansas
mrosa@uark.edu
Thursday, October 24th, 2019

9:00-11:00  Executive Council Board Meeting  ED 219
10:00  Vendor Set-Up  2nd Floor Lobby
10:30  Registration  2nd Floor Lobby
11:00  Lunch Served  Banquet Hall
11:15-11:30  Opening Remarks  Banquet Hall

Adam Bruenger, PhD, Past-President

11:30-12:25  Clinical Track:  Victor Andrews, MS  Banquet Hall
            Kansas State University
            Call to action for adaptive athletes and inclusive fitness trainers
            Scientific Track:  Jason DeFreitas, PhD  Auditorium
            Oklahoma State University
            Neural adaptations to strength training: How much do we actually know?

12:30-1:25  PhD/Master:  Panel Discussion  Banquet Hall
            Moderator:  Megan Rosa-Caldwell, MS: University of Arkansas
            Chris Black, PhD: University of Oklahoma
            Aaron Caldwell, PhD: U.S. Army Research Institute of Environmental Medicine
            Danielle Hemingson, PhD: Baker University
            Veronika Pribyslav ska, PhD: Arkansas State University
            What I wish I knew before my first job in academia
            Undergraduate/Master:  Panel Discussion  Auditorium
            Moderator:  Adam Bruenger, PhD: University of Central Arkansas
            Matt Bubak, PhD Student: University of Kansas
            Kainon Clark, Graduate Assistant: University of Central Arkansas
            Cody Diehl, PhD Student: Oklahoma State University
            Andrew Hefner, DPT Student: University of Central Arkansas
            What I wish I knew before graduate school
            Professional:  Chris Todden, EdD  ED 219
            Baker University
            Let's talk: Programmatic and professional credentialing

1:30-2:25  Clinical Track:  Stuart McIntosh, DC  Banquet Hall
            Cleveland University
            Current trends in the use of therapeutic modalities in the treatment of
            sports injuries
            Scientific Track:  Jay Campbell, PhD  Auditorium
            University of Oklahoma
            Wearable sports monitoring devices

2:30-3:15  Megan Rosa-Caldwell,  Banquet Hall
            MS University of Arkansas
            Academic Networking
Thursday, October 24th, 2019

3:20-4:45  **Student Research Awards**  
Undergraduate:  
Carissa Stevens, Stephens College  
*Changes in heart rate variability parameters during exercise do not reliably predict changes in cardiac autonomic tone during exercise*  
Lauren Westervelt, University of Arkansas  
*Mitochondrial health during the development of cancer cachexia in female mice*  
Masters:  
Stephanie Sontag, University of Kansas  
*Acute androgen and glucocorticoid receptor response following a moderate intensity resistance exercise bout*  
Brendan Welch, Southeast Missouri State University  
*The relationship between different measures of body fat in dehydrated and euhydrated male recreational athletes*  
Doctoral:  
Bryce Daniels, University of Arkansas  
*Exercise is medicine: Preliminary results of physical fitness and workplace success of faculty and staff*  
Cody Diehl, Oklahoma State University  
*Interrater reliability of assessing the 1-minute push-up test*  

4:45-5:00  **Break**  
Posters set up in the banquet hall during this time-Candidates for Presidential Cup judging must have posters up at this time for pre-judging

5:00-5:55  **Andjelka Pavlovic, PhD**  
*The Cooper Institute today*  

6:00-7:30  **Student Quiz Bowl**  
Joe Pujol, PhD, FACSM Southeast Missouri State University
Friday, October 19, 2018

8:00-8:15  **Opening Remarks**, Adam Bruenger, PhD, Past President
Banquet Hall

8:15-9:15  **Poster Presentations**
Banquet Hall

9:15-9:30  Break (Take down posters)

9:30-10:55  **Student Grant Award Winners**
Auditorium
Undergraduate:
Benton McCann, Baker University
*The effects of hip range of motion on balance assessments with the presence or absence of a warm-up*
Nicolas Philipp, University of Central Missouri
*Eccentric rate of force development as a predictor for acceleration performance in collegiate football players*

Masters:
Beth Novak, Oklahoma State University
*Regimen adherence and self-management in persons with impaired glucose tolerance and type 2 diabetes*

Doctoral:
Matthew Bubak, University of Kansas
*Potential novel signaling pathway associated with satellite cells following muscle damage*
Ryan Miller, University of Oklahoma
*Age-related changes in muscular strength, power, endurance, and quality in women*

11:00-11:55  **Clinical Track**: Danielle Hemingson, EdD
Baker University
*Let’s move for Parkinson’s disease: An evidence based approach*

**Scientific Track**: Matt Ganio and Brendon McDermott University of Arkansas
*Hydration: From lab bench to sideline bench*

12:00-12:30  **Luncheon Speaker**
Banquet Hall
Jon-Kyle Davis, PhD
Gatorade Sports Institute-Frisco TX
*Performance testing and practical applications for recovery with team sports*

1:30-2:30  **Professional Meeting**
Banquet Hall
Chris Todden, EdD, Current President

2:30-2:45  **Closing Remarks**-Adam Bruenger, PhD, Past President
Banquet Hall
## Thursday October 24th

<table>
<thead>
<tr>
<th>Time</th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>10:30</td>
<td>On Site Registration</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11:00</td>
<td>Banquet Hall-Lunch Provided</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11:15</td>
<td>Banquet Hall-Welcome and Opening Remarks-Adam Bruenger</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11:30</td>
<td>Auditorium</td>
<td>Scientific Track</td>
<td></td>
<td>Banquet Hall</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Jason DeFreitas</td>
<td></td>
<td>Clinical Track</td>
</tr>
<tr>
<td></td>
<td></td>
<td>&quot;Neural adaptations to strength training:</td>
<td></td>
<td>Victor Andrews</td>
</tr>
<tr>
<td></td>
<td></td>
<td>How much do we actually know?&quot;</td>
<td></td>
<td>&quot;Call to action for adaptive athletes</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>and inclusive fitness trainers&quot;</td>
</tr>
<tr>
<td>12:30</td>
<td>ED 219</td>
<td>Professional Members</td>
<td></td>
<td>Banquet Hall</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Chris Todden</td>
<td></td>
<td>PhD/Masters Students</td>
</tr>
<tr>
<td></td>
<td></td>
<td>&quot;Let’s talk: Programmatic and</td>
<td></td>
<td>Panel Discussion</td>
</tr>
<tr>
<td></td>
<td></td>
<td>professional credentialing”</td>
<td></td>
<td>&quot;What I wish I knew before my first job&quot;</td>
</tr>
<tr>
<td>1:30</td>
<td>Auditorium</td>
<td>Scientific Track</td>
<td></td>
<td>Banquet Hall</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Jay Campbell</td>
<td></td>
<td>Clinical Track</td>
</tr>
<tr>
<td></td>
<td></td>
<td>&quot;Wearable sports monitoring devices&quot;</td>
<td></td>
<td>Stuart McIntosh</td>
</tr>
<tr>
<td>2:30</td>
<td>Banquet Hall-Megan Rosa-Caldwell-“Academic Networking”</td>
<td></td>
<td></td>
<td>&quot;Current trends in the use of</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>therapeutic modalities in the</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>treatment of sports injuries&quot;</td>
</tr>
<tr>
<td>3:15</td>
<td>Auditorium</td>
<td>Abstract Finalist Presentations</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4:45</td>
<td>Banquet Hall</td>
<td>Posters may be set up for judging</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5:00</td>
<td>Auditorium</td>
<td>Andjelka Pavlovic- “The Cooper Institute today”</td>
<td></td>
<td></td>
</tr>
<tr>
<td>6:00</td>
<td>Banquet Hall</td>
<td>Quiz Bowl</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

## Friday October 25th

<table>
<thead>
<tr>
<th>Time</th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00</td>
<td>Banquet Hall-Opening</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8:15</td>
<td>Banquet Hall-Poster Presentations</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9:30</td>
<td>Auditorium-Student Grant Winner Presentations</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>11:00</td>
<td>Auditorium</td>
<td>Scientific Track</td>
<td></td>
<td>Banquet Hall</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Matt Ganio and Brendon McDermott</td>
<td></td>
<td>Clinical Track</td>
</tr>
<tr>
<td></td>
<td></td>
<td>&quot;Hydration: From lab bench to sideline</td>
<td></td>
<td>Danielle Hemingson</td>
</tr>
<tr>
<td></td>
<td></td>
<td>bench &quot;</td>
<td></td>
<td>“Let’s move for Parkinson’s disease:</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>An evidence based approach”</td>
</tr>
<tr>
<td>12:00</td>
<td>Banquet Hall-Lunch: Gatorade Speaker</td>
<td>Jon Davis</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>&quot;Performance testing and practical</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>applications for recovery with team sports”</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1:30</td>
<td>Banquet Hall-CSACSM Business Meeting</td>
<td>Chris Todden</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2:30</td>
<td>Banquet Hall-Closing Remarks-Adam Bruenger</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Session Presenter Biographies

Jason DeFreitas, PhD

Dr. Jason M. DeFreitas is an Associate Professor of Health and Human Performance, and Co-Director of the Applied Neuromuscular Physiology Lab at Oklahoma State University. He earned his B.S. in Exercise Science, with a concentration in Strength and Conditioning, from the University of Connecticut while performing research under the advisement of Dr. William J. Kraemer. He then earned his M.S. and Ph.D. in Exercise Physiology from the University of Oklahoma under the advisement of Dr. Travis W. Beck. With over 75 peer-reviewed publications, he has a range of research interests, both basic and applied. His basic research is primarily the neural control of movement (motor unit behavior, sensorimotor integration, cortical activity, etc.). His applied research is in neural and muscular plasticity, especially regarding adaptations to aging, fatigue, or resistance training.
**Chris Todden, EdD**

Chris Todden is currently the Applied Health Sciences Department Chair and Associate Professor at Baker University. Additionally, he currently serves as the President of the Central States region of the ACSM, as well as a member of both the Committee on Accreditation for the Exercise Sciences Accreditation Ambassador Program and Accreditation Expansion Committee. He earned a Bachelor of Arts in Athletic Training from Buena Vista University, a Master of Science in Physical Education and Exercise Science from Western Illinois University, and completed his Doctor of Education degree in Adult and Higher Education at the University of South Dakota. His most current research interests include academic program design and development, clinical education practices, institutional and program accreditation, and the professional education process and credentialing of practicing exercise scientists.

**Megan Rosa-Caldwell, MS**

Megan Rosa-Caldwell is currently a 4th year Doctoral Candidate at the University of Arkansas and the Graduate Student Representative for Central States ACSM. Megan graduated with Bachelor of Science in Exercise Science and Chemistry from Baker University in 2014 and a Master of Science in Kinesiology from the University of Arkansas in 2016. Currently, Megan works under the mentorship of Dr. Nic Greene in the Integrative Muscle Metabolism Laboratory. Her current research interests include autophagy as a mediator of muscle health as well as sex differences in progression and etiology of muscle-related diseases.
Session Presenter Biographies

Christopher Black, PhD
Chris Black is an Associate Professor in the Department of Health and Exercise Science at the University of Oklahoma. He graduated from Hendrix College in Conway, AR with a B.A. in Biology in 2000 and received both his Master’s and Ph.D. in Exercise Physiology from the University of Georgia, completing his Ph.D. in 2007. Chris also served as a post-doctoral fellow at UGA during 2007-2008. His primary research interests and training are in the area of neuromuscular physiology and the causes and performance consequences of exercise-related musculoskeletal pain. Specifically, on the effects of daily physical activity on acute and chronic changes in endogenous pain-inhibitory function as well as the impact of pain, muscle damage, and a host of supplements (e.g., caffeine and carbohydrate mouth-rinsing) on neuromuscular function.

Aaron Caldwell, PhD
Aaron Caldwell is an ORISE postdoctoral fellow currently supporting operations at the US Army Research Institute of Environmental Medicine (USARIEM). He currently serves on the executive board for the Society for Transparency, Openness, and replication in Kinesiology (STORK) and is the Steering Chair for SportRxiv (sportrxiv.org) a preprint server for sport science. He earned his PhD in Health, Sport and Exercise Science at the University of Arkansas with a graduate certificate in research Methods and Statistics, his M.Sc. in Kinesiology from Texas Christian University and B.Sc. in Exercise Science from Baker University. His physiology research focuses on the effects of extreme environments, ranging from hypercapnia to hyperthermia, on human performance. He also has a continued interest in the application of statistical inference in sport and exercise science and has developed multiple statistical packages in the R programming language.
Danielle Hemingson, EdD
Danielle Hemingson is an assistant professor in the departments of Biology and Applied Health Sciences at Baker University. She earned her EdD in Adult and Higher Education at the University of South Dakota as well as her masters degree in Kinesiology and Sport Science and received her undergraduate degree in athletic training from Buena Vista University. Danielle is certified in and has developed many fitness and wellness programs including Delay the Disease for people who have Parkinson’s disease, Silver Sneakers for active older adults, and Making Strides for people who have multiple sclerosis. Her research focuses on perceptions of a person’s credibility based on their somatotype. She is an ACSM certified exercise physiologist, certified health and wellness coach (Wellcoaches), ACSM Exercise is Medicine Credential Level 2, ACE Group Fitness Instructor, and an athletic trainer.

Veronica Pribyslavska, PhD
Veronika Pribyslavska, a native of Prague, Czech Republic, came to the U.S. in 2008 to play soccer at the Murray State University in Kentucky. She received her Bachelor of Science degree in Exercise Science from there and continued her education by receiving a masters degree in Human Performance from the University of North Alabama and a doctorate in Health and Human Performance from the Middle Tennessee State University. Now, she works as an assistant professor in Exercise Science at the Arkansas State University. Some of her research interests include evaluating the accuracy of consumer-based activity monitors and examining the effects of external loading and hydration on performance. Married to Dr. Eric Scudamore, she enjoys travelling with her husband, mountain biking, and snowboarding. She is still passionate about soccer and attempts to stay in touch with the sport by joining local indoor and outdoor soccer leagues.
Session Presenter Biographies

Matthew Bubak, MS
Matthew Bubak is a fourth year Doctoral Candidate in the Applied Physiology Laboratory in the Health, Sport and Exercise Sciences Department at The University of Kansas. He earned his Bachelors in Exercise Science from Creighton University and his Masters in Exercise Science with an emphasis in Exercise Physiology at the University of Nebraska at Omaha. His research examines the expression of damage markers in response to exercise-induced muscle damage in human skeletal muscle. He utilizes RT-qPCR, Western Blotting, RNA sequencing and electron microscopy to understand the expression patterns of damage markers in humans.

Kainon Clark, BS
Kainon Clark is a certified strength and conditioning specialist (CSCS) through the National Strength and Conditioning Association. He is currently a strength and conditioning graduate assistant coach at the University of Central Arkansas. Kainon played football for and graduated from Northern Michigan University. He has held internships with Northern Michigan University, Yale University, Arkansas State University, and the University of Notre Dame Football Department prior to coming to UCA.
Session Presenter Biographies

Cody Diehl, MS
Cody Diehl is originally from Dayton, Ohio and attended the both the University of Dayton/Chaminade and the University of Honolulu during his undergraduate career. During that time he worked primarily as a strength and conditioning coach as well as an emergency medical technician (EMT). After interning at the University of Minnesota, he received his master’s degree from Western Michigan University in exercise physiology. Cody is currently a PhD student at Oklahoma State University working as a research/teaching assistant under Dr. Bert Jacobson. His research interests include neuropriming—specifically transcranial direct current stimulation (tDCS), neural adaptations to resistance training, and ergogenic aids for sport performance.

Andrew Heffner, BS
Andrew is currently a DPT student at University of Central Arkansas (UCA). He graduated from UCA with a bachelor's degree in health sciences. Andrew also spent 10 years in the Air Force prior to starting his educational career.
Stuart McIntosh, DC
Stuart McIntosh is an assistant professor for Cleveland University-Kansas City’s (CUKC) Doctorate of Chiropractic program. After several years in private practice, Dr. McIntosh joined CUKC in 2014. He has managed patient care in the Chiropractic Health Center as a full-time clinical educator, and currently serves as an academic instructor for the chiropractic program teaching physiotherapy courses that focus on functional movement assessment, soft tissue diagnosis and management, and rehabilitation.

He holds BS from Lindenwood University, MS in Sports Science and Rehabilitation from Logan University, and a DC degree from Logan University. He is certified through the National Strength and Conditioning Association (CSCS) and Functional Movement Systems (SFMA).

He has worked with the National Board of Chiropractic Examiners (NBCE) as both a committee member and a member of the inaugural NBCE Evidence Informed Practice Workshop. He has also worked with the Southeast Missouri State University Sports Medicine Department, the Hidden Valley Ski Patrol, as an onsite corporate wellness provider with Active Release Techniques, and has coached high school track and field athletes.

Dr. McIntosh works with athletes of all ages to correct poor movement patterns and enjoys working with “occupational athletes,” or those who perform manual labor for a living.

Jay Campbell, PhD
Dr. Jay A. Campbell began his doctoral work in Exercise Physiology at Springfield College (2003, Springfield, MA) and later completed it at the University of Alabama following a successful career as an NCAA Women’s Gymnastics coach at Springfield College, the University of Rhode Island, and The Ohio State University. After completing his PhD in 2010, Dr. Campbell served as an Assistant Professor at Murray State University (Murray, KY) where he was tasked with revamping the research program for the exercise science program in the Department of Wellness and Therapeutic Sciences. Currently, Dr. Campbell is an Assistant Professor at the University of Oklahoma (Norman, OK) and the Director of the Sport and Tactical Performance Analytics Laboratory (STPAL) in the Department of Health and Exercise Science. Dr. Campbell’s research work largely has focused on fatigue assessment and recovery monitoring following exercise/ performance induced stress in athletic and tactical populations. Earlier in his career, he investigated the challenges to thermoregulation in humans while wearing encapsulated suits, related to the pervasive microenvironment they induce. His latest work has focused on the capacity of various technologies to accurately assess the external and internal loads experienced in tactical and athletic populations during performance. His work is designed to understand the psychosocial and physiological markers that best determine post-exercise recovery and subsequent readiness to perform with the aim of reducing injury risk from training and improvement of the training process in these populations.
Matthew Ganio, PhD
Dr. Matthew S. Ganio received his Undergraduate and Master’s degrees from the University of Georgia, his Ph.D. from the University of Connecticut and did post-doctoral training at University of Texas Southwestern Medical School in Dallas. He is currently an Associate Professor at the University of Arkansas and Department Head of Health, Human Performance and Recreation. Dr. Ganio has been awarded over $750,000 in grants and contracts, published 98 peer-reviewed journal articles, and published 8 book chapters related to his research on hydration, thermoregulation, and health. Specifically, Dr. Ganio is investigating the mechanisms by which cardiovascular and thermoregulatory responses may be altered in healthy and patient populations during stresses such as dehydration, exercise, and heat exposure.

Brendon McDermott, PhD
Brendon McDermott is currently an associate professor in the department of Health and Human Performance at the University of Arkansas. He earned his PhD in Kinesiology from the University of Connecticut, his Masters in kinesiology from Indiana University and his Bachelor of Science in athletic training from Northeastern University. His research focuses on thermoregulation, hydration and sudden death in sport. Brendon has more than 60 peer-reviewed publications and has given more than 80 professional presentations. He was the writing chair of the current NATA position statement on rehydration for the physically active, is a fellow of ACSM and is a member of the medical and science advisory board for the Korey Stringer Institute.
Andjelka Pavlovic, PhD

Dr. Andjelka Pavlovic earned her Bachelor of Science (Kinesiology) and Master of Science (Exercise Science) from The University of Arkansas in Fayetteville. In 2015, she graduated from Texas Woman’s University with a Ph.D. in Exercise Physiology with a minor in Statistics. Throughout her doctoral degree, Dr. Pavlovic’s primary research interest focused on the beneficial effects of physical activity/strength training on bone health, specifically osteoporosis. Aside from her collegiate career, Dr. Pavlovic has also been a certified personal trainer for the past 15 years, and continues to practice as a fitness professional. The combination of research and personal training has allowed her to have a solid foundation of science and practical application within the field of exercise science. In 2015, Dr. Pavlovic began her career with The Cooper Institute as an Associate Investigator for the Research and Youth Divisions. Her primary responsibility is to author Cooper Center Longitudinal Study manuscripts for publication in refereed scientific journals. Currently, her research focus is on the role of muscular strength/endurance, alone or in combination with cardiorespiratory fitness, on chronic diseases and health outcomes. Additionally, Dr. Pavlovic is the primary researcher in the Youth Division, and is responsible for various components of evaluation for the following: FitnessGram®, NFL Play 60 FitnessGram Project, and Healthy Zone School Recognition Program.

Jon-Kyle Davis PhD

Jon-Kyle is an Associate Principal Scientist at the Gatorade Sports Science Institute satellite lab in Frisco, Texas. He earned his Bachelor’s and Master’s from Western Kentucky University in Exercise Science. In 2009 he graduated with his PhD from the University of Alabama in Human Performance. As part of the GSSI Frisco team he researches American football along with optimizing player recovery. Jon-Kyle also supports work in the field helping aiding in player recovery monitoring and personalized hydration strategies. He has worked with professional athletes in the NFL, NBA, and NBA G-League. Jon-Kyle was previously a coach at the high school level where he coached baseball, cross country, and track and field.
### Past Central States – ACSM Presidents

<table>
<thead>
<tr>
<th>Year</th>
<th>Name</th>
<th>University/Organization</th>
</tr>
</thead>
<tbody>
<tr>
<td>2004</td>
<td>Rich Sabath</td>
<td>Children's Mercy Hospital</td>
</tr>
<tr>
<td>2005</td>
<td>Michael Rogers</td>
<td>Wichita State University</td>
</tr>
<tr>
<td>2006</td>
<td>Joe Pujol</td>
<td>Southeast Missouri State University</td>
</tr>
<tr>
<td>2007</td>
<td>Barbara Bushman</td>
<td>Missouri State University</td>
</tr>
<tr>
<td>2008</td>
<td>Kenneth Turley</td>
<td>Harding University</td>
</tr>
<tr>
<td>2009</td>
<td>Steve Sayers</td>
<td>University of Missouri</td>
</tr>
<tr>
<td>2010</td>
<td>Phil Gallagher</td>
<td>University of Kansas</td>
</tr>
<tr>
<td>2011</td>
<td>Greg Kandt</td>
<td>Fort Hays State University</td>
</tr>
<tr>
<td>2012</td>
<td>John Thyfault</td>
<td>University of Missouri</td>
</tr>
<tr>
<td>2013</td>
<td>Steve Burns</td>
<td>University of Central Missouri</td>
</tr>
<tr>
<td>2014</td>
<td>Andrew Fry</td>
<td>University of Kansas</td>
</tr>
<tr>
<td>2015</td>
<td>Mike Godard</td>
<td>University of Central Missouri</td>
</tr>
<tr>
<td>2016</td>
<td>Michelle Gray</td>
<td>University of Arkansas</td>
</tr>
<tr>
<td>2017</td>
<td>Scott Richmond</td>
<td>Lindenwood University</td>
</tr>
<tr>
<td>2018</td>
<td>Jason Wagganer</td>
<td>Southeast Missouri State University</td>
</tr>
<tr>
<td>2019</td>
<td>Adam Bruenger</td>
<td>University of Central Arkansas</td>
</tr>
</tbody>
</table>