

**SOUTHEAST AMERICAN COLLEGE OF SPORTS MEDICINE
2019 ANNUAL MEETING SCHEDULE (OUTLINE)**

THURSDAY, February 14, 2019

- 12:00-2:00 SEACSM EXECUTIVE BOARD MEETING (Teal)**
- 1:00-6:00 REGISTRATION AND STUDENT HELP DESK (Lobby)**
- 2:00-3:30 AUDIOVISUAL TEAM MEETING (Crepe Myrtle)**
- 2:00-2:50 PRE-CONFERENCE TUTORIAL (Ballroom F)**
PC1 Thriving Not Surviving - Setting Yourself Up for Success at SEACSM
- 2:00-2:50 PRE-CONFERENCE TUTORIAL (Redbud)**
PC2 Overview and Scope of the Certified Exercise Physiologist
- 3:00-3:50 PRE-CONFERENCE SYMPOSIUM (Redbud)**
PC3 Rapid Research Race: A Preconference Presentation
- 4:00-6:30 EXHIBITS (Prefunctory Area)**
- 4:00-6:00 STUDENT AWARD POSTER FREE COMMUNICATIONS I: (Studio)**
D1-D8, M1-M8, U1-U8 Authors present, 4:00-6:00 p.m.
Chair: Mike McKenzie, Ph.D., SEACSM Past-President, Appalachian State University
- 4:00-6:00 POSTER FREE COMMUNICATIONS I (Studio)**
P1-P42 Authors present, 4:30-6:00 pm
Competitive Athletes; Growth/Development/Aging; Motor Control; Reproduction
- 4:00-5:30 THEMATIC POSTERS SESSION I (Think Tank)**
TP1-TP6 Biomechanics
- 4:00-6:00 ORAL FREE COMMUNICATIONS I (Ballroom F)**
O1-O8 Body Composition/Energy Balance/Weight Control
- 4:00-4:50 SYMPOSIUM SESSION I (Ballroom H)**
S1 Running Through the Ages
- 4:00-4:50 TUTORIAL SESSION I (Regency C)**
T1 Enhancing Body Composition Techniques and the Impact of Hydration and Subject Presentation on Various Methods
- 4:00-4:50 TUTORIAL SESSION II (Ballroom D and E)**
T2 ACSM Clinical Exercise Physiologist Certifications and the CEPA Registry for Clinical Exercise Physiologists
- 4:00-4:50 TUTORIAL SESSION III (Ballroom G)**
T3 Exercise Intervention in Chronic Pain: An Update of Evidence and Practice
- 5:00-5:50 SYMPOSIUM SESSION II (Regency C)**
S2 Blood Flow Restriction: Important Updates and Applications
- 5:00-5:50 TUTORIAL SESSION IV (Ballroom D and E)**
T4 Effects of Faith Based Initiatives in Improving and Sustaining Health and Wellness
- 5:00-5:50 TUTORIAL SESSION V (Ballroom G)**
T5 Physical Activity Guidelines: Where We've Been and Where We're Going
- 5:00-5:50 TUTORIAL SESSION VI (Ballroom H)**
T6 Dietary Nitrate Supplementation: What is it Good For? An Ergogenic Aid or Exercise Therapeutic?
- 7:30-9:00 OPENING REMARKS AND KEYNOTE ADDRESS (Ballroom A and B)**
Windmills or Giants? The Importance of Context
Barry Braun, Ph.D., Colorado State University
Presiding: Lynn Panton, Ph.D., SEACSM President, Florida State University
Introduction: Lynn Panton, Ph.D., SEACSM President, Florida State University

9:00-10:30 SEACSM SOCIAL (Teal)

FRIDAY, February 15, 2019

6:45-7:45 MENTORING BREAKFAST (Teal)
(Pre-Register by February 4th)

Finding a Career you are Passionate about

Marie Spano, MS, RD, CSCS, CSSD, Sports Nutritionist, Atlanta Braves, Atlanta Hawks, Atlanta Falcons

Remarks: Judith A. Flohr, Ph.D., SEACSM Past President

8:00-5:00 REGISTRATION AND STUDENT HELP DESK (Lobby)

8:00-6:00 EXHIBITS (Prefunctionary Area)

8:00-9:30 POSTER FREE COMMUNICATIONS II (Studio)

P43-P107

Athletic Care/Trauma/Rehabilitation; Biomechanics/Gait/Balance; Cellular Regulatory Mechanisms; Chronic Disease and Disability; Respiratory Physiology

8:00-9:30 THEMATIC POSTERS SESSION II (Think Tank)

TP7-TP12

Fitness Testing/Assessment

8:00-10:00 ORAL FREE COMMUNICATION II (Ballroom F)

09-O16

Psychology/Psychiatry/Behavior

8:00-8:50 TUTORIAL SESSION VII (Regency C)

T7

A Role for Exercise Physiologists on the Oncology Care Team

8:00-8:50 SYMPOSIUM SESSION III (Ballroom D&E)

S3

Tactical Performance Resiliency: An Interdisciplinary Approach to Fitness and Performance in Military and Paramilitary Populations

8:00-8:50 SYMPOSIUM SESSION IV (Ballroom G)

S4

From Young Athletes to the Elderly: Protein Needs Throughout the Lifespan

8:00-8:50 TUTORIAL SESSION VIII (Ballroom H)

T8

Using Accelerometers to Better Manage Type 1 Diabetes Mellitus: Can It Help Predict the Future?

9:00-9:50 TUTORIAL SESSION IX (Regency C)

T9

Walk With Us

9:00-9:50 SYMPOSIUM SESSION V (Ballroom D and E)

S5

Developing and Implementing A Strength and Conditioning and Wellness Program for Firefighters

9:00-9:50 TUTORIAL SESSION X (Ballroom G)

T10

Using Your Exercise Science Degree to Improve Your Future Physical or Occupational Therapy School Experience

9:00-9:50 TUTORIAL SESSION XI (Ballroom H)

T11

How Our Thoughts on Skeletal Muscle Injury Have Changed Over the Last Three Decades

10:00-11:00 ANDREW KOZAR ACSM PRESIDENTIAL ADDRESS (Ballroom A & B)

Exercise for Cancer Prevention and Control: Update from a 2018 ACSM Roundtable

Kathryn Schmitz, Ph.D., President ACSM, Pennsylvania State College of Medicine

Presiding: Lynn Panton, Ph.D., SEACSM President, Florida State University

Introduction: Walt Thompson, Ph.D., ACSM Past President, Georgia State University

11:10-12:00 CLINICAL CROSSOVER LECTURE (Ballroom A & B)

Title to be determined

Robert Sallis, M.D., ACSM Past-President,

Presiding: Lynn Panton, Ph.D., SEACSM President, Florida State University

Introduction: Kenneth Barnes, M.D., M.Sc., Clinical Representative, Greensboro Orthopaedics

12:00-1:00 PAST PRESIDENT'S LUNCH (Teal)

12:30-1:15 BIOMECHANICS INTEREST GROUP (Roberts)

Hunter Bennett, Ph.D., Old Dominion University
Zac Domire, Ph.D., East Carolina University

12:30-1:15 MINORITY HEALTH AND RESEARCH INTEREST GROUP (Kelley)

Lyndsey Hornbuckle, Ph.D., University of Tennessee
Alvin Morton, M.S., University of Tennessee

SEACSM CLINICAL TRACK (Ballroom H)

"Hot Topics in Sports Medicine"

12:30 pm **Welcome and Announcements**

12:45 pm

1:15 pm

1:45 pm

2:15 pm **Break**

2:45 pm Case Presentation #1 "Decreased ROM of Right Arm in Non-Verbal Child" -Eric Bankert, MD

3:00 pm Case Presentation #2 "Preseason Dyspnea...Unfortunately NOT another case of Deconditioning"-Ian McKeag, MD

3:15 pm Case Presentation #3 "When Roughing the Kicker gets Real"-William Manning, MD

3:30 pm

4:00 pm **Break**

4:15 pm

4:45 pm

5:15 pm

5:45 pm Adjourn

6:30-7:45 **CLINICAL TRACK RECEPTION (Ballroom F)**

Sponsored by XXXX

1:15-2:15 BASIC SCIENCE LECTURE (Ballroom A&B)

Muscle Plasticity and Performance

Andrew Galpin, Ph.D., California State University - Fullerton
Presiding: Lynn Panton, Ph.D., SEACSM President, Florida State University
Introduction: Lynn Panton, Ph.D., SEACSM President, Florida State University

2:30-4:00 POSTER FREE COMMUNICATIONS III (Studio)

P108-P173 Cardiovascular Physiology; Exercise Evaluation/Clinical; Psychology/Psychiatry/Behavior; Research Design

2:30-4:00 THEMATIC POSTERS SESSION III (Think Tank)

TP13-TP18 Body Composition/Energy Balance/Weight Control

2:30-4:30 ORAL FREE COMMUNICATION III (Ballroom F)

017-024 Biomechanics/Gait/Balance

2:30-3:20 TUTORIAL SESSION XII (Ballroom D & E)

T12 Graduated Now What? Succeeding in the Exercise Profession

2:30-3:20 SYMPOSIUM SESSION VI (Ballroom G)

S6 Exercise and Dietary Energy Availability: Effects on Cardiovascular, Pulmonary and Metabolic Disease Risk

- 2:30-3:20 TUTORIAL SESSION XIII (Redbud)**
T13 Risky Play: Is the Risk Greater Than the Reward?
- 3:30-4:20 SYMPOSIUM SESSION VII (Ballroom D & E)**
S7 Novel Techniques to Assess Peripheral Vascular Function and Blood Flow Regulation in Health and Disease
- 3:30-4:20 SYMPOSIUM SESSION XIII (Redbud)**
S8 It Just Makes Good "Cents". Cost Benefits of Physical Activity
- 3:30-4:20 TUTORIAL SESSION XIV (Ballroom G)**
T14 Graduate Students and A Program Director's Perspective on Achieving Academic and Professional Goals
- 4:30-6:00 STUDENT BOWL SPONSORED BY GANNON UNIVERSITY**
(Ballroom A, B and C)
 MC: Judith A. Flohr, Ph.D., SEACSM Past President
 Professor Emeritus James Madison University
- 6:15-7:45 SEACSM GRADUATE STUDENT FAIR SPONSORED BY NOVA SOUTHEASTERN UNIVERSITY (Teal)**

SATURDAY, February 16, 2019

SEACSM CLINICAL TRACK (Ballroom D and E)
"Hot Topics in Sports Medicine"

- 7:30
- 7:45
- 8:15
- 8:45
- 9:15 **Break**
- 9:45 Case Presentation #4 More than just a Contusion: When a Baseball Player's Knee meets the Outfield Wall"-Jason Williams, MD
- 10:00 Case Presentation #5 Groin Pain in a Collegiate Baseball Pitcher"-David Neblett, MD
- 10:15 Case Presentation #6 Remote Hip Pain in Middle-Aged Female Following Indirect Trauma From Fall"-Emily Sherrard, MD
- 10:30
- 10:50 **Break**
- 11:15
- 11:45 Case Presentation #7 Atraumatic Recurrent Knee Effusion in a Collegiate Athlete- Soccer"-Darwin McKnight, MD
- 12:00 Case Presentation #8 Problems on the Pommel Horse"-Mashala Temas, MD
- 12:15 Case Presentation #9 Net Nausea"-Jana Upshaw, MD
- 12:30 Voting for Best Case Presentation
- 12:45 Adjourn

SATURDAY February 16, 2019

- 6:30-7:30 YOGA (Ballroom H) Must Pre-Register at Student Help Desk (Lobby)**

- 6:30-7:30 Run through Downtown Chattanooga (Meet in Lobby)**
- 8:00-12:00 EXHIBITS (Perfunctory area)**
- 8:00-9:25 POSTER FREE COMMUNICATIONS IV (Studio)**
P174-P235 Body Composition/Energy Balance/Weight Control; Connective Tissue; Endocrinology/Immunology; Environmental Physiology; Epidemiology & Preventative Medicine; Metabolism/Carbohydrate, Lipid, Protein
- 8:00-9:30 THEMATIC POSTERS SESSION IV (Think Tank)**
TP19-TP24 Cardiovascular Physiology
- 8:00-10:00 ORAL FREE COMMUNICATION IV (Ballroom F)**
025-032 Fitness/Testing/Assessment
- 8:00-8:50 SYMPOSIUM IX (Regency C)**
S9 Move More, Move Together: Promoting Active Families
- 8:00-8:50 TUTORIAL SESSION XV (Ballroom G)**
T15 Convergence of Physical Activity and Health: Promising Career Paths For the Future
- 8:00-8:50 TUTORIAL SESSION XVI (Ballroom H)**
T16 Endurance Training with Low Carbohydrate Availability
- 9:00-9:50 SYMPOSIUM SESSION X (Ballroom G)**
S10 Sports Injury Surveillance: State of the Science and Applications to Injury Prevention
- 9:00-9:50 TUTORIAL SESSION XVII (Ballroom H)**
T17 The Role of Biogenic Amines in Movement
- 9:00-9:50 TUTORIAL SESSION XVIII (Redbud)**
T18 Creating An Effective and Professional Social Media Strategy
- 9:30-11:00 POSTER FREE COMMUNICATIONS V (Studio)**
P283-P299 Fitness/Testing/Assessment; Nutrition and Exercise/Sports
- 10:00-10:50 SYMPOSIUM SESSION XI (Ballroom G)**
S11 Sitting is the New Smoking: Acute Sitting and Chronic Whole-Body Cardiovascular Assault
- 10:00-10:50 TUTORIAL SESSION XIV (Ballroom H)**
T19 Considerations for Qualitative and Quantitative Analysis of Wearable Technology
- 10:00-10:50 SYMPOSIUM SESSION XII (Redbud)**
S12 Exercise Is Medicine-On Campus: Going for Gold, Lessons Learned from Small, Medium and Large Campuses
- 11:00-12:00 HENRY J. MONTOYE AWARD LECTURE 2010 (Regency C)**
My Long and Winding Road
 Allan Goldfarb, Ph.D., FACSM, SEACSM Past President, UNCG
 Presiding: Lynn Panton, Ph.D., SEACSM President, Florida State State University
 Introduction: Mike McKenzie, Ph.D., SEACSM Past President, Appalachian State University
- 12:00-2:00 SEACSM LUNCHEON AND LECTURE (Ballroom A&B)**
(Pre-Register by February 4th)
Cardiovascular Health: A Potential Hurdle in the Upcoming Space Race
 Micheal Delp, Ph.D., Dean, College of Human Sciences, Florida State University
 Presiding: Lynn Panton, Ph.D., SEACSM President, Florida State State University
 Introduction: Lynn Panton, Ph.D., SEACSM President, Florida State State University
- 2:00-3:00 SEACSM EXECUTIVE BOARD MEETING (Teal)**