THURSDAY, February 14, 2019

11:00-1:00  SEACSM EXECUTIVE BOARD MEETING (Teal)
1:00-6:00  REGISTRATION AND STUDENT HELP DESK (Lobby)
1:00-2:00  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
Tiffany Esmat, Kennesaw State University, Kennesaw, GA, Ashlyn Schwartz, University of Tennessee, Knoxville, TN, Emily Bechke, Kennesaw State University, Kennesaw, GA
Chair:
2:00-2:50  PRE-CONFERENCE TUTORIAL (Redbud)
PC2  Overview and Scope of the Certified Exercise Physiologist
Greg Stanley, Carson-Newman University, Jefferson City, TN
Chair:
3:00-3:50  PRE-CONFERENCE SYMPOSIUM (Redbud)
PC3  Rapid Research Race: A Preconference Presentation
B. S. Graves¹, A. Schwartz², E. Bechke³; ¹Florida Atlantic University, Boca Raton, FL; ²University of Tennessee, Knoxville, TN; ³Kennesaw State University, Kennesaw, GA
Chair:
4:00-6:30  EXHIBITS (Prefunctionary 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

D1  NEUROMUSCULAR RESPONSES IN LOWER LIMB BILATERAL DEFICIT
M.T. Byrd, T.K. Dinyer, P.J. Succi, H.C. Bergstrom, University of Kentucky, Lexington, KY

D2  EFFECTS OF DAIRY EXOSOME DEPLETION IN RAT SKELETAL MUSCLE AND LIVER
H.A. Parry¹, C.B. Mobley¹,², P.W. Mumford¹, M.A. Romero¹, Y. Zhang¹, J. Zempleni³, J.J. McCarthy², K.C. Young¹,², M.D. Roberts¹,², and A.N. Kavazis¹,². ¹Auburn University, Auburn, AL, ²University of Kentucky, Lexington, KY, ³University of Nebraska-Lincoln, Lincoln, NE, ⁴Edward Via College of Osteopathic Medicine-Auburn Campus, Auburn, AL

D3  ASSOCIATION BETWEEN SEDENTARY TIME AND PHYSICAL ACTIVITY WITH GLUCOSE CONCENTRATIONS AND GLYCEMIC VARIABILITY
JR Sparks & X Wang. The University of South Carolina, Columbia, SC

D4  CUTANEOUS REACTIVE HYPEREMIA IS ATTENUATED IN NON-HISPANIC BLACKS COMPARED TO NON-HISPANIC WHITES
Casey G. Hollowed¹, Gary J. Hodges², and Brett J. Wong¹. ¹Georgia State University, Atlanta, GA; ²Brock University, St. Catharines, ON, Canada

D5  BODY COMPOSITION, STRENGTH, AND PHYSICAL FUNCTION FOLLOWING TWO TRAINING INTERVENTIONS FOR BREAST CANCER SURVIVORS
A.L. Artese¹,², R.L. Hunt², D.R. Marshall², M. Ormsbee², J-S. Kim², L.B. Panton². ¹Roanoke College, Salem, VA; ²Florida State University, Tallahassee, FL

D6  IMPACT OF ACUTE SEDENTARISM ON CEREBROVASCULAR HEMODYNAMICS
R. Jones¹, D. McArthur¹, SM. McCoy¹, L. Stoner², and DP. Credeur¹. ¹University of Southern Mississippi, Hattiesburg, MS; ²University of North Carolina, Chapel Hill, NC

D7  CIRCADIAN PHASE IS ASSOCIATED WITH SELF-REPORTED CHRONOTYPE IN YOUNG, SEDENTARY ADULTS
J.M. Thomas, J.S. Pendergast, W.S. Black, P.A. Kern, J.L. Clasey, FACSM, University of Kentucky, Lexington, KY
THE EFFECT OF TREADMILL VS. NUSTEP ON GAIT AND LOWER EXTREMITY ELECTROMYOGRAPHY AFTER CHRONIC STROKE
N.J. Siekirk, Q. Lai, V. Pardo, B. Kendall, S.S. Galen. Georgia Southern University, Statesboro, GA; Wayne State University, Detroit, MI

ELEVATED SERUM URIC ACID AND HEART FAILURE IN U.S. ADULTS: 2007-2016 NHANES

GAMING ENJOYMENT, PERCEIVED EXERTION, AND EXERCISE INTENSITY IN ACTIVE VIRTUAL REALITY GAMES
DH. Gomez1, 2, N. Bolter2, J. Bagley2, M. Kern2, CM. Lee2. 1Auburn University, Auburn, AL. 2San Francisco State University, San Francisco, CA

MINIMALIST STYLE MILITARY BOOT IMPROVES RUNNING ECONOMY UNDER LOAD IN TRAINED MALES
M.T. Pace1, J.C. Swain1, D.W. Sharp1, R.T. Albino1, J.M. Green1, L.G. Killen1, H. Chander2, J.D. Simpson3, and E.K. O’Neal1. 1University of North Alabama, Florence, A1, 2Mississippi State University, Mississippi State, MS, 3University of West Florida, Pensacola, FL

RELATIONSHIP BETWEEN WEIGHT HISTORY AND DEPRESSION IN U.S. ADULTS

THE EFFECTS OF EXERCISE TRAINING ON COGNITION AND QUALITY OF LIFE IN BREAST CANCER SURVIVORS

PEAKING FOR A NATIONAL WEIGHTLIFTING COMPETITION

RELATIONSHIP BETWEEN PHYSICAL ACTIVITY AND MOTOR SKILLS IN 3-5 YEAR OLDS: NATIONAL YOUTH FITNESS SURVEY

RATE OF VELOCITY, TORQUE, AND POWER DEVELOPMENT IN MIDDLE-AGED AND OLDER MALES

IMPAIRED COMPENSATORY MUSCLE HYPERTROPHY FOLLOWING 7 DAYS OF FUNCTIONAL OVERLOAD IN APCMIN/+ MICE
KA. Anderson, ER. Walker, LH. Abston, S. Sato. The University of Louisiana at Lafayette, Lafayette, LA

NEIGHBORHOOD RESOURCES SUPPORTING PHYSICAL ACTIVITY: PERCEIVED ACCESS AND WEIGHT-RELATED HEALTH STATUS IN YOUTH
P. Rohrbaugh, H. Kolcz, E. I. Ackley. Roanoke College, Salem VA

DEVELOPING A NO-CUFF METHOD TO MEASURE MITOCHONDRIAL CAPACITY USING NEAR INFRARED SPECTROSCOPY
R.G. Lavender, K.K. McCully. The University of Georgia, Athens, GA

THE RELATIONSHIP BETWEEN MATERNAL PHYSICAL ACTIVITY AND INFANT MOTOR DEVELOPMENT
L. Miller, N. Rajendran, K. Edens, K. Yoho, R. Tinius, & K. Furgal. Western Kentucky University, Bowling Green, KY

THE EFFECT OF BACK SQUAT POTENTIATION ON PITCHING VELOCITY AND ACCURACY
Matthew Howington, Ben Carrick, Christopher Ballmann, Mallory Marshall, Rebecca Rogers, John Petrella, Tyler Williams. Samford University, Birmingham, AL
PREDICTION OF REDUCED AUTOPHAGIC ACTIVATION IN HUMAN PERIPHERAL BLOOD MONONUCLEAR CELLS FOLLOWING MAXIMAL AEROBIC EXERCISE
Valentina Velasquez, Alexandra L. Rodriguez, Michael Whitehurst, Nishant P. Visavadiya, Brandon G. Fico, Aaron L. Slusher, Peter J. Ferrandi, and Chun-Jung Huang. Florida Atlantic University, Boca Raton, FL

REGIONAL DIFFERENCES IN MITOCHONDRIAL CAPACITY OF THE FINGER FLEXOR MUSCLES
A.K. Luquire and K.K. McCully, FACSM. University of Georgia, Athens, GA

SITTING INCREASES ARTERIAL STIFFNESS IN HEALTHY ADULTS
Lauren Bates, William S. Evans, Quentin Willey, Daniel P. Credeur, Lee Stoner, and Erik D. Hanson. University of North Carolina Chapel Hill, NC. University of Southern Mississippi Hattiesburg, MS

4:00-6:00 POSTER FREE COMMUNICATIONS I (Studio)
P1-P42 Authors present, 4:30-6:00 pm

IMPACT OF STRENGTH AND POWER TRAINING ON GOLF PERFORMANCE
B. Justice, J. Fox; Methodist University, Fayetteville, NC

MUSCLE QUALITY AND SIZE RELATIONSHIP TO VO2 MAX IN COLLEGE DISTANCE RUNNERS
E.J. Sobolewski, J. Crow, R. Hutchison, S. Murr, and DR. Tyler. Furman University, Greenville, SC

ATTEMPT PROGRESSIONS OF ELITE MALE RAW POWERLIFTERS
SK Travis, CD Bazyler, MC Zourdos. East Tennessee State University, Johnson City, TN; Florida Atlantic University, Baca Raton, FL

RELATIONSHIP BETWEEN NFL SCOUTING COMBINE AND GAME PERFORMANCE OVER A 5 YEAR PERIOD
J.S. Cook, R.L. Snarr, & G.A. Ryan. Human Performance Lab, Georgia Southern University, Statesboro, GA

AN EXAMINATION OF UPPER BODY POWER AND FAT-FREE MASS IN DIVISION-I CHEERLEADERS

VARIATIONS IN ATHLETIC PROFILES BETWEEN DIVISION I ALL-GIRL AND CO-ED COMPETITION CHEERLEADERS
N. Hicks, M.L. Eisenman, E.L. Langford, B. Munkasy, R.L. Snarr, & G.A. Ryan. Human Performance Lab, Georgia Southern University, Statesboro, GA

WARM-UP WITH WEIGHTED VEST DOES NOT IMPROVE 5-KM TIME TRIAL PERFORMANCE IN COLLEGIATE CROSS-COUNTRY RUNNERS

RELATIONSHIP BETWEEN BONE MINERAL DENSITY AND GRIP STRENGTH IN COLLEGIATE ATHLETES

BONE MINERAL DENSITY COMPARISONS BETWEEN CONTACT AND NON-CONTACT MALE AND FEMALE COLLEGIATE ATHLETES

USING PET THERAPY IN SPORT PERFORMANCE: A PILOT STUDY
C.J. Johnson, C.A. Thurmond, L.A. Porter, C.A. Bailey, M.R. Gross, and J.C. Casey. Department of Kinesiology, University of North Georgia, Oakwood, GA; Department
P11  
**BODY COMPOSITION IN NCAA DIVISION-1 FEMALE BASKETBALL PLAYERS DURING PRESEASON AND OFF-SEASON**  

P12  
**BODY COMPOSITION CHANGE OF FEMALE NCAA SOCCER PLAYERS OVER ONE YEAR**  
K.N. Tucker, M.E. Brown, S.G. Reddy, and J.C. Casey. The University of North Georgia, Dahlonega, GA

P13  
**RELATIONSHIP BETWEEN REPORTED TRAINING DISTRESS, ILLNESS RATES, AND COACHES FEEDBACK IN COLLEGIATE SWIMMERS**  
K. Dobson, S. Kraac, L. Bulatova, S. Ditto, D. C. Nieman, A.J. Groen, A. Pugachev, A.M. Knab. 1Kinesiology Department, Queens University of Charlotte, Charlotte NC; 2North Carolina Research Campus, Appalachian State University, Kannapolis, NC; 3ProteiQ Biosciences GmbH, Berlin, Germany

P14  
**HAND GRIP STRENGTH AND ANTHROPOMETRIC VARIABLES IN DIVISION III SOFTBALL AND BASEBALL PLAYERS**  
M.S. Guard, C.E. Tibbs, S.L. Carroll, A.R. Burwell, C.W. Hale IV, K.J. Kelleran. Bridgewater College, Bridgewater, VA

P15  
**SEASONAL BODY COMPOSITION CHANGES IN DIVISION I CROSS COUNTRY RUNNERS**  
K.R. Hirsch, M.N.M. Blue, G.J. Brewer, A.M. Peterjohn, A.E. Smith-Ryan, FACSM. University of North Carolina at Chapel Hill, Chapel Hill, NC

P16  
**TRACKING CHANGES IN PHYSICAL ACTIVITY DURING THE TRANSITION OUT OF COLLEGE SPORTS: A PILOT STUDY**  
E.J. Reifsteck, J.P. Maher, J.D. Newton, R. Hunt, L.H. Shriver, L. Wideman. UNC Greensboro, NC

P17  
**COMPARISON OF PRECOMPETITION DAILY TRAINING LOADS IN COLLEGIATE SOCCER PLAYERS**  
S.J. Rossi, M.L. Eisenman, & G.A. Ryan. Georgia Southern University, Statesboro, GA

P18  
**COMPARISON OF POSITIONAL DIFFERENCES IN 1RM SQUAT PERFORMANCE USING DIFFERING NORMALIZATION METHODS IN FOOTBALL ATHLETES**  
Donahue PT, Hill CM, Wilson, SJ, Williams, CC, Jackson, PM, and Garner JC. 1University of Mississippi, Oxford, MS; 2Georgia Southern University, Statesboro, GA; 3LaGrange College, LaGrange, GA; 4Troy University, Troy, AL

P19  
**THE PHYSICAL AND ATHLETIC PERFORMANCE CHARACTERISTICS OF DIVISION II WOMEN SOCCER PLAYERS**  

P20  
**CHANGES IN SNATCH BARBELL KINETICS WITH INCREASING LOAD IN MASTERS WEIGHTLIFTERS**  
J. Ford, R.G. LeFavi, and B.L. Riemann. Georgia Southern University, Savannah, GA

P21  
**COMPARISON OF PERCEIVED EXERTION AND RECOVERY STATUS SCORES IN COLLEGIATE MALE SOCCER PLAYERS AND COACHES**  
M.L. Eisenman, E.L. Langford, R.L. Snarr, & G.A. Ryan. Human Performance Lab, Georgia Southern University, Statesboro, GA

P22  
**COMPARISONS IN PERCEIVED EXERTION AND RECOVERY STATUS IN FEMALE COLLEGIATE SOCCER PLAYERS AND COACHES**  

P23  
**CHANGES IN HEART RATE RECOVERY AND VARIABILITY IN RESPONSE TO AN ACUTE HIGH INTENSITY LOAD**  
P. Miller, J. Roy, M. Vetter, and L. Vervaecke. The University of South Carolina Upstate, Spartanburg, SC
COMPARISON OF COACH AND PLAYER RATE OF PERCEIVED EXERTION LOAD
B. Hudgins, K. Alphin, O. Sisson, J. Bunn. Campbell University, Buies Creek, NC

A COMPARISON OF MAXIMUM SPRINT SPEED RESULTS BETWEEN GPS RECORDING AND MANUAL CALCULATIONS
K. Alphin, B. Hudgins, O. Sisson, J. Bunn. Campbell University, Buies Creek, NC

PREDICTORS OF CLEAN AND JERK PERFORMANCE FROM SUBMAXIMAL JERK CHARACTERISTICS
J.D. Carreker, J. Ford, R.G. LeFavi, B.L. Riemann. Georgia Southern University, Savannah, GA

LOWER-EXTREMITY TORQUE CAPACITY AND PHYSICAL FUNCTION IN MOBILITY-LIMITED OLDER ADULTS
Gregory J. Grosicki1,2, Davis A. Englund1, Lori Lyn Price1, Megumi Iwai3, Makoto Kashiwa3, Kieran F. Reid1, Roger A. Fielding1. 1Tufts University, Boston, MA; 2Georgia Southern University, Savannah, GA; 3Astellas Pharma Inc.

PARENTAL AND MENTOR INVOLVEMENT IN PHYSICAL ACTIVITY IN ADOLESCENTS WITH AUTISM SPECTRUM DISORDER
Leahy N., Renziehausen J., Rivera P., Garcia J. G. Dept of Kinesiology, University of Central Florida, Orlando

CONTRACTILE PARAMETERS OF THE KNEE EXTensors IN YOUNG, MIDDLE-AGED, AND OLDER MALES

AGE-RELATED COMPARISONS OF DYNAMIC POSTURAL STABILITY AND MAXIMAL RAPID TORQUE PARAMETERS

EFFECTS OF ECCENTRIC ENDURANCE TRAINING ON COGNITIVE FUNCTION IN COMMUNITY-DWELLING OLDER ADULTS
Samantha Johnson, Sandra Stevens, Dana Fuller, & Jennifer Caputo. Middle Tennessee State University, Murfreesboro, TN

GAIT FUNCTION AND SPECIFIC MUSCLE ENDURANCE TEST AMONG OLDER ADULTS
A.A Sanni, K.K McCully. University of Georgia, Athens GA

RELATIONSHIP BETWEEN CONTRACTILE PARAMETERS AND FUNCTIONAL PERFORMANCE IN MIDDLE-AGED AND OLDER MALES

PERCEIVED BARRIERS TO HEALTH AND WELLNESS GOALS AMONG RURAL FIREFIGHTERS: A QUALITATIVE STUDY
M. Weeks1, B. F. Melton1, G.A. Ryan1, J. Pedigo1, & L. Bigham2; 1Georgia Southern University, Statesboro, GA; 2WellStar Health, Atlanta GA

EFFICACY OF A GAME-CENTERED PROGRAM FOR INCREASING PHYSICAL ACTIVITY IN CHILDREN: A PILOT STUDY
S. Dykes, A. Funk, and K.J Crandall. Western Kentucky University, Bowling Green, KY.

MUSCULAR ACTIVATION DIFFERENCES DURING DAILY ACTIVITIES IN A UNILATERAL TRANS-FEMORAL AMPUTEE
R.L. Snarr1, C. Ouellet2. 1Georgia Southern University, Statesboro, GA; 2University of Southern California, Los Angeles, CA

SLEEP RESTRICTION NEGATIVELY INFLUENCES VISUALLY AND MEMORY-GUIDED FORCE CONTROL
SA Brinkerhoff, SM Strayer, JA Roper, A-M Chang, and KA Neely; Auburn University, Auburn, AL, The Pennsylvania State University, State College, PA
P38 THE EFFECTS OF PSYCHING ON MOTOR CORTEX ACTIVATION AND MOTOR UNIT RECRUITMENT
S. Klaiman1, A.A. Ginsberg2, S. Higgins1 C.M. Lu2, G. Gallicchio3, E. Elue2, J. Teso4, M. Bah5, B.D. Hatfield2. 1Elon University, Elon, NC; 2University of Maryland, College Park, MD; 3University of Birmingham, Birmingham, UK.; 4University of California, Santa Cruz, CA; 5Howard University, Washington, DC

P39 HANDGUN SHOOTING EXPERIENCE CONTRIBUTES TO SHOOTING ACCURACY VIA INCREASED IRREGULARITY OF GUN MOTION
K.J. Kelleran1, S. Morrison2, D.P. Swain2, D.M. Russell2; 1Bridgewater College, Bridgewater VA, 2Old Dominion University, Norfolk VA

P40 EFFECTS OF EVIDENCE-BASED MATERIALS AND ACCESS TO LOCAL RESOURCES ON PHYSICAL ACTIVITY DURING PREGNANCY
K. Edens, B. Pitts, K. Yoho, J. Maples, T.S. Lyons, K. Link, M.S. Jones, R. Tinius. Western Kentucky University, Bowling Green, KY

P41 EVIDENCE-BASED EDUCATIONAL BROCHURES INFLUENCED BELIEFS AND IMPROVED KNOWLEDGE REGARDING THE BENEFITS OF EXERCISE DURING PREGNANCY
Kristeen Owens1, Madison L. Alvis2, Cody E. Morris2, Tiana L. Garrard1, Abigail G. Hughes2, Laura Hunt3, Megan M. Koester1, India C. Yocum1, & Rachel A. Tinius1; 1Western Kentucky University, Bowling Green, KY. 2The University of Alabama at Birmingham, Birmingham, AL

P42 PREPREGNANCY WEIGHT STATUS MODIFIES ASSOCIATIONS OF EARLY PREGNANCY PHYSICAL ACTIVITY WITH INFANT SIZE AT BIRTH
SF. Ehrlich1,2, SE. Badon1, MM. Hedderson1, A. Ferrara1. 1Kaiser Permanente Northern California, Oakland, CA. 2University of Tennessee Knoxville, Knoxville, TN

4:00-5:30 THEMATIC POSTERS SESSION I (Think Tank)
TP1-TP6 Biomechanics
Chair:

TP1 ELECTROMYOGRAPHY ACTIVATION PATTERNS DURING THE SOFTBALL SWING AMONG COLLEGIATE SOFTBALL PLAYERS
JK. Washington1 and GD. Oliver2. Berry College, Rome, GA 1Auburn University, Auburn, AL

TP2 ASSESSMENT OF ANKLE MUSCLE ACTIVITY DURING UNEXPECTED AND EXPECTED INVERSION PERTURBATIONS
JT. Lewis1, JD. Simpson1, NK Rendos1, 3, Y. Lee1, L Cosio-Lima1, EM Stewart2, H. Chander2, AC. Knight2. 1University of West Florida, Pensacola, FL, 2Mississippi State University, Mississippi State, MS, 3Andrews Research and Education Foundation, Gulf Breeze, FL

TP3 THE ROLE OF SINGLE LEG SQUATS IN PREDICTING PAIN AMOUNG YOUTH SOFTBALL PLAYERS
A. Brittain, J. Barfield, K. Friesen, G. Oliver. Auburn University, Auburn, AL

TP4 EFFECT OF ARCH TYPES ON CENTER OF MASS DISPLACEMENT AND KINETICS DURING LATERAL HOPPING

TP5 SAGITTAL PLANE KINEMATIC STABILIZATION AND VARIABILITY DURING A 30 MINUTE RUN
S. Wilhoite & J. Mutchler, Georgia Southern University, Statesboro, GA

TP6 MINIMALIST STYLE MILITARY BOOT DOES NOT IMPROVE WALKING ECONOMY UNDER LOAD IN TRAINED MALES
D.W. Sharp1, M.T. Pace1, J.C. Swain1, R.T. Albino1, J.M. Green1, L.G. Killen1, H. Chander2, J.D. Simpson3, E.K. O’Neal1. 1University of North Alabama, Florence, AL; 2Mississippi State University, Mississippi State, MS; 3University of West Florida, Pensacola, FL

4:00-6:00 ORAL FREE COMMUNICATIONS I (Ballroom F)
O1-O8 Body Composition/Energy Balance/Weight Control
Chair:
O1 BMI AND ITS EFFECTS ON GPA OF FEMALE UNG CADETS
Gregory Palevo, Ashley Bruce, Katelyn Bridges, Jake Parham, Seth Weedy, University of North Georgia

O2 THE CALORIC COST OF THE VMI RATLINE AND IMPLICATIONS FOR PERFORMANCE
KG. Baur, BA. King, MM. Ullrich, TS. Baur. Virginia Military Institute, Lexington, VA

O3 ASSOCIATION BETWEEN BODY COMPOSITION AND BONE MINERAL DENSITY IN ELITE COLLEGIATE ATHLETES

O4 EFFECT OF WEIGHT CHANGE FOLLOWING INTENTIONAL WEIGHT LOSS ON BONE IN OLDER ADULTS WITH OBESITY
Daniel Kammire¹, Michael P. Walkup², Walter T. Ambrosius², Leon Lenchik³, Sue A. Shaptes⁴, Barbara J. Nicklas⁵, Anthony P. Marsh¹, W. Jack Rejeski¹, and Kristen Beavers¹; ¹Wake Forest University, Winston-Salem, NC; ²,³,⁵Wake Forest School of Medicine, Winston-Salem, NC; ⁴Rutgers University, New Brunswick, NJ

O5 THE EFFECTS OF TYPE OF EXERCISE TRAINING DURING PREGNANCY ON INFANT BODY COMPOSITION OUTCOMES
B.L. Arbuco¹, L.E. May¹, E.Newton³, C.M. Isler², K. Haven³, D. Kuehn⁴; ¹Human Performance Lab, East Carolina University, Greenville, NC; ²Room 162 Medical Annex - Vidant Medical Center, Greenville, NC; ³Obstetrics & Gynecology-Maternal-Fetal Medicine, ECU, Greenville, NC; ⁴Pediatric Medicine, ECU, Greenville, NC

O6 EFFECTIVENESS OF THE WINNING WEIGHS PROGRAM ON WOMEN’S HEALTH RISKS AND OVERALL WELLNESS
A. Henderson & J.M. Hartman, Gardner-Webb University, Boiling Springs, NC; Liz LaFrancis, CaroMont Health and Fitness Center, Gastonia, NC

O7 AGREEMENT BETWEEN DEUTERIUM OXIDE AND BIOIMPEDANCE SPECTROSCOPY MEASURES OF TOTAL BODY WATER
ZS Cicone¹, CJ Holmes¹, B Hornikel¹, TJ Freeborn¹, JR Moon², MR Esco. ¹University of Alabama, Tuscaloosa, AL; ²Impedimed, Inc., Carlsbad, CA

O8 AGREEMENT BETWEEN TWO BIOIMPEDANCE SPECTROSCOPY DEVICES AND DXA FOR BODY COMPOSITION
ZS Cicone¹, CJ Holmes¹, B Hornikel¹, TJ Freeborn¹, JR Moon², MR Esco, FACSM¹. ¹University of Alabama, Tuscaloosa, AL; ²Impedimed, Inc., Carlsbad, CA

4:00-4:50 SYMPOSIUM SESSION I (Ballroom H)
S1 Running Through the Ages
David Hryvniak, Robert Wilder, Siobhan Statuta
University of Virginia, Charlottesville, VA
Chair:

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
J. R. Moon, ImpediMed, Inc., Carlsbad, CA; United States Sports Academy, Daphne, AL
Chair:

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
Trent A. Hargens, James Madison University, Harrisonburg, Virginia
Chair:

4:00-4:50 TUTORIAL SESSION III (Ballroom G)
T3 Exercise Intervention in Chronic Pain: An Update of Evidence and Practice
B.J. Myers. Campbell University, Buies Creek, NC
Chair:
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<th>Time</th>
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<td>5:00-5:50</td>
<td>SYMPOSIUM SESSION II (Regency C)</td>
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<td><strong>S2</strong> Blood Flow Restriction: Important Updates and Applications</td>
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<td>MB Jessee¹, JG Mouser², SL Buckner³; ¹University of Southern Mississippi, Hattiesburg, MS; ²Troy University, Troy, AL; ³University of South Florida, Tampa, FL</td>
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<td>5:00-5:50</td>
<td>TUTORIAL SESSION IV (Ballroom D and E)</td>
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<td><strong>T4</strong> Effects of Faith Based Initiatives in Improving and Sustaining Health and Wellness</td>
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<td>Walter R. Thompson, and L. Jerome Brandon. Georgia State University, Atlanta, GA</td>
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<td>5:00-5:50</td>
<td>TUTORIAL SESSION V (Ballroom G)</td>
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<td><strong>T5</strong> Physical Activity Guidelines: Where We’ve Been and Where We’re Going</td>
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<td>P.G. Davis. The University of North Carolina at Greensboro, Greensboro, NC</td>
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<td>5:00-5:50</td>
<td>TUTORIAL SESSION VI (Ballroom H)</td>
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<td><strong>T6</strong> Dietary Nitrate Supplementation: What is it Good For? An Ergogenic Aid or Exercise Therapeutic?</td>
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<td>J.D. Allen. The University of Virginia</td>
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<td>7:30-9:00</td>
<td>OPENING REMARKS AND KEYNOTE ADDRESS (Ballroom A and B)</td>
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<td>Windmills or Giants? The Importance of Context</td>
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<td>Barry Braun, Ph.D., Colorado State University</td>
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<td><strong>Presiding:</strong> Lynn Panton, Ph.D., SEACSM President, Florida State University</td>
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<td><strong>Introduction:</strong> Steven Malin, Ph.D., University of Virginia</td>
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<td>9:00-10:30</td>
<td>SEACSM SOCIAL (Teal)</td>
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<td>POSTER FREE COMMUNICATIONS II (Studio)</td>
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<tr>
<td>P43-P107</td>
<td>Athletic Care/Trauma/Rehabilitation; Biomechanics/Gait/Balance; Cellular Regulatory Mechanisms; Chronic Disease and Disability; Respiratory Physiology</td>
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<td>P43</td>
<td>UNDERSTANDING THE PERCEPTIONS OF DRY NEEDLING IN NCAA DIVISION I ATHLETES</td>
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<td>S. McCray &amp; Dr. Joni Boyd, Winthrop University, Rock Hill, SC</td>
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<td>P44</td>
<td>THE EFFICACY OF ACTIVE REHABILITATION VERSUS STANDARD REST IN RECOVERY FROM CONCUSSION: A SYSTEMATIC REVIEW</td>
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<td>N. Reilly, A. Raymer, and E. Schussler. Old Dominion University, Norfolk, VA</td>
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<td>P45</td>
<td>DUAL TASKING INFLUENCES STROOP TEST REACTION TIME</td>
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<td>AM. Fensterer, LT. Donovan, AC. Thomas. University of North Carolina at Charlotte, Charlotte, NC</td>
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<td>P46</td>
<td>MONITORING BALLERS ON A BUDGET: LESSONS LEARNED FROM LOW-COST ATHLETE MONITORING</td>
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<td>O. Sisson, J. Bunn, C. Johnston. Campbell University, Buies Creek, North Carolina</td>
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DIFFERENCES IN LATENCY AND PREDICTIVE ABILITY OF HORIZONTAL SACCADE BETWEEN TWO POPULATIONS OF COLLEGE STUDENTS

THE EFFECT OF ACUTE EXERCISE ON BASELINE CONCUSSION MEASURES
Woodford, K. 1, McAllister-Deitrick, J. 1, Beidler, E. 2, & Wallace, J. 3; 1Coastal Carolina University, Conway, SC, 2Duquesne University, Pittsburgh, PA, 3Youngstown State University, Youngstown, OH

RELIABILITY AND ANALYSIS OF ISOMETRIC HAMSTRING TESTING IN ELONGATED POSITIONS
Sean P Langan, Chris Campos, George J Davies, Bryan L Riemann. Georgia Southern University, Savannah, GA

PERCEPTIONS OF NCAA DIVISION I BASEBALL PITCHERS ON TREATMENT MODALITIES FOR PITCHING ARM HEALTH
Thomas Williams & Joni Boyd. Winthrop University, Rock Hill, SC

SPORT FIELD MECHANICAL PROPERTIES INFLUENCE MUSCLE RECRUITMENT PATTERNS AND METABOLIC RESPONSE
M. Hales, and J.D. Johnson II, Kennesaw State University, Kennesaw. Georgia

LATENCY OF THE PERONEUS LONGUS AND PERONEUS BREVIS DURING UNEXPECTED AND EXPECTED INVERSION PERTURBATIONS
EE. Grammer1, JD. Simpson1, L. Cosio-Lima1, Y. Lee1, NK. Rendos1,3, EM. Stewart2, H. Chander2, & AC. Knight2. 1University of West Florida, Pensacola, FL, 2Mississippi State University, Mississippi State, MS, 3Andrews Research and Education Foundation, Gulf Breeze, FL

CHRONIC ANKLE INSTABILITY ALTERS SPATIOTEMPORAL POSTURAL CONTROL DURING A LATERAL STEP DOWN TEST
JD. Simpson1, EM. Stewart2, AJ. Turner2, NK. Rendos1,3, Y. Lee1, L. Cosio-Lima1, H. Chander2, & AC. Knight2. 1University of West Florida, Pensacola, FL, 2Mississippi State University, Mississippi State, MS, 3Andrews Research and Education Foundation, Gulf Breeze, FL

GROUND REACTION FORCES DURING SINGLE-LEG DROP LANDINGS ON AN INVERTED SURFACE
JE. Arnett1, JD. Simpson1, L. Cosio-Lima1, Y. Lee1, NK. Rendos1,3, EM. Stewart2, H. Chander2, & AC. Knight2. 1University of West Florida, Pensacola, FL, 2Mississippi State University, Mississippi State, MS, 3Andrews Research and Education Foundation, Gulf Breeze, FL

EFFECTS OF ACTIVE SITTING ON READING AND TYPING TASK PRODUCTIVITY
C.E. Doroff, E. Langford, R.L. Snarr. Human Performance Laboratory, Georgia Southern University, Statesboro, GA

AN ACTIVE GLOVE ARM IS ASSOCIATED WITH DECREASED KINETICS IN THE WINDMILL SOFTBALL PITCH
JW. Barfield and GD. Oliver. Auburn University, Auburn, AL

COMPARISON OF SINGLE-LEG HOPPING PARAMETERS ACROSS DIFFERENT ARTIFICIAL TURF SYSTEMS AND NATURAL TURFGRASS
B.E. Decoux, C.M. Wilburn, N.H. Moore, & W.H. Weimar. Auburn University, Auburn, AL
P58 POSTURAL STRATEGY DURING SENSORY ORGANIZATION TEST WHEN EXPOSED TO ALTERNATIVE FOOTWEAR AND WORKLOAD
A. Turner¹, H. Chander¹, C. Morris², S. Wilson³, M. Buckner¹, A. Knight¹, C. Wade⁴ & J. Garner⁵. ¹Mississippi State University, Mississippi State, MS, ²University of Alabama-Birmingham, Birmingham, AL, ³Georgia Southern University, Statesboro, GA, ⁴Auburn University, Auburn, AL, ⁵Troy University, Troy, AL

P59 CHANGES IN BAT SWING KINEMATICS ACROSS THE STRIKE ZONE IN COLLEGIATE BASEBALL PLAYERS
CC. Williams¹, PT. Donahue², SJ. Wilson³, JG. Mouser⁵, CM. Hill², LA. Luginsland², C. Wade⁴ and J.C. Garner⁵; ¹Dept. of Exercise Science, LaGrange College, LaGrange, GA; ²Dept. of Health, Exercise Science, The University of Mississippi, University, MS; ³Dept. of Health Sciences and Kinesiology, Georgia Southern University, Statesboro, GA; ⁴Dept. of Industrial & Systems Engineering, Auburn University, Auburn, AL; ⁵Dept. of Kinesiology & Health Promotion, Troy University, Troy, AL

P60 ANKLE KINEMATICS IN INDIVIDUALS WITH CHRONIC ANKLE INSTABILITY DURING UNEXPECTED AND EXPECTED DROP LANDINGS
MR. Bass¹, JD. Simpson², EM. Stewart¹, AJ. Turner¹, H. Chander¹, & AC. Knight¹. ¹Mississippi State University, Mississippi State, MS, ²University of West Florida, Pensacola, FL

P61 INFLUENCE OF POSTURE-CUEING GARMENTS ON SCAPULAR POSITIONING DURING A SOFTBALL HITTING TASK
S.S. Gascon, A.R. Brittain, J.K. Washington, S.A. Blackstock, G.D. Oliver. Auburn University, Auburn, AL

P62 SUSPENSION TRAINING IMPROVED STATIC POSTURAL STABILITY AND DYNAMIC POSTURAL CONTROL IN COLLEGE-AGE FEMALES
E.P. Kelley, R. Kahn, W.D. Dudgeon, College of Charleston, Charleston SC

P63 INFLUENCE OF PLYOMETRIC TRAINING ON LOWER EXTREMITY DEXTERITY AND STIFFNESS
S. Smith, SPT, T. O’Sullivan, SPT, A. Tao, SPT, M. Foreman, PhD, J. Fox, PhD, Methodist University, Fayetteville, NC

P64 HIP, KNEE, AND ANKLE CONTRIBUTIONS ARE ALTERED DURING SLOPED WALKING IN INDIVIDUALS WITH ACLR
K. Corona, H. Holmes, R. Fawcett, JA. Roper, Auburn University, Auburn, AL

P65 FRONTAL PLANE Tibiofemoral ALIGNMENT IS RELATED TO KNEE LOADING DURING SINGLE-LEG LANDINGS
Hunter J. Bennett, Old Dominion University, Norfolk, VA

P66 JOINT MOMENT CONTRIBUTIONS DURING FLAT, INCLINE, AND DECLINE RUNNING IN INDIVIDUALS WITH ACLR
HH. Holmes, K. Corona, R. Fawcett, JA. Roper, Auburn University, Auburn, AL

P67 NOVEL EVIDENCE OF CORTICAL CONTROL IN SEVERE SLIP RESPONSES
S.J. Wilson¹, P.T. Donahue², C.M. Hill², C.C. Williams³, J.D. Simpson⁴, N. Siekirk¹, J.C. Garner⁵, & D.E. Waddell²; ¹Georgia Southern University, Statesboro, GA; ²University of Mississippi, University, MS; ³LaGrange College, LaGrange GA; ⁴University of West Florida, Pensacola, FL; ⁵Troy University, Troy, AL

P68 FRONTAL PLANE CENTER OF PRESSURE SHIFTS IN COLLEGIATE GOLFERS
JC Garner, Troy University, Troy, AL. SJ Wilson, Georgia Southern University, Statesboro, GA. ZM McCray, Troy University, Troy, AL
NOVICE BASEBALL PITCHERS ARE UNABLE TO MAINTAIN BALL VELOCITY WHEN USING SHORTENED STRIDE LENGTHS
K. Kornatz, M. Mauldin, C. Wendt, and K. Ritsche. Winston-Salem State University, NC

NO CHANGE TO MUSCLE EXCITATION DURING A RUN TO FATIGUE
K. Lewis & J. Mutchler, Georgia Southern University, Statesboro, GA

THE EFFECT OF SHIN-TORSO ALIGNMENT ON MUSCLE ACTIVITY OF THE LOWER EXTREMITY IN HOCKEY PLAYERS
NA Pring, SL Solomon, RT Conners, PN Whitehead. The University of Alabama in Huntsville, Huntsville, AL

EFFECT OF RUNNING SPEED ON KNEE JOINT BIOMECHANICS IN MALE AND FEMALE NOVICE RUNNERS
Lauren Beshada, Kathryn Harrison, Bhushan Thakkar, Sheryl Finucane. Virginia Commonwealth University, Richmond, VA

IMPACT OF PROGRESSION RUN ON SAGITTAL PLANE STANCE PHASE KINEMATICS
Garman, Wight, O’Loughlin, Hooper, Boling, Sloan; Jacksonville University, University of North Florida; Jacksonville, FL

IMPACT OF A PROGRESSION RUN ON STRIDE-TO-STRIDE VARIABILITY OF SAGITTAL PLANE JOINT KINEMATICS
D.R. Hooper¹, J.T. Wight¹, J. O’Loughlin¹, J. Garman¹, R.S. Sloan¹, and M.C. Boling². ¹Jacksonville University, Jacksonville, FL; ²University of North Florida, Jacksonville, FL

FOOT FORCES DURING DIFFERENT INTENSITIES OF ROWING
GA Mori, RA Brindle, CG Trudeau, KL Sunderland. High Point University, High Point NC

CORRELATION OF TANDEM WALK TIME AND GAITRITE VARIABLES IN HEALTHY DIVISION I ATHLETES
A. Crawford, S. Wilhoite, K. Neitz, B. Munkasy, Georgia Southern University, Statesboro, GA

IMPACT OF A PROGRESSION RUN ON SAGITTAL PLANE SWING PHASE KINEMATICS
RS Sloan, JT Wight, JA O’Loughlin, DR Hooper, MC Boling, and J Garman. Jacksonville University, Jacksonville, FL and University of North Florida, Jacksonville, FL

BMI IS DIRECTLY RELATED TO GROUND REACTION FORCE AND LOADING RATE DURING STAIR DESCENT
L.G. Moore, R.F. Seay, R. Shapiro, L.M. Bollinger, A.L. Ransom. University of Kentucky, Lexington, KY; Methodist University, Fayetteville, NC

JOINT WORK REDISTRIBUTION FROM LEVEL TO UPHILL WALKING IN OLDER ADULTS
AM Moulder, JC Mizelle, JD Willson, P DeVita. East Carolina University Greenville, NC

INFLUENCE OF BILATERAL ASYMMETRY ON COUNTERMOVEMENT JUMP PERFORMANCE OUTCOMES
C. J. Sole, K. P. Manceaux, The Citadel - The Military College of South Carolina, Charleston, SC

UCL STIFFNESS RESPONSE TO A MODERATE PITCHING BOUT
P82  RELATIONSHIP BETWEEN COLLEGIATE ARCHERS BMI, LEAN MASS, AND BODY FAT PERCENTAGE WITH BALANCE  
B. Ziebell 1, J. Feister 1, A. Bosak 1, R. Lowell 1, M. Phillips 1, H. Nelson 1, and R. Sanders 2.  
1Liberty University, Lynchburg, VA and 2University of Mississippi, Oxford, MS

P83  THE EFFECTS OF ANKLE TAPING ON DOUBLE LEG BALANCE AFTER PLYOMETRIC EXERCISES  
R. Lowell, J. Roper, A. McCarthy, H. Nelson, M. Phillips, A. Frech, A. Blackley, M. de Moors,  
P. Sullivan, B. Ziebell, J. Hornsby, J. Simpson, D. Titcomb, A. Bosak. Liberty University,  
Lynchburg, VA, University of West Florida, Pensacola, FL

P84  CHANGE IN DIRECTION TASK ACROSS DIFFERENT PLAYING SURFACES  
N.H. Moore, B.E. Decoux, C.M. Wilburn, & W.H. Weimar. School of Kinesiology, Auburn  
University, Auburn, AL

P85  COMPARISON OF STIFFNESS IN HEALTHY FEET AND FEET WITH PLANTAR FASCIITIS USING SHEER WAVE ELASTOGRAPHY  
M.R. Pauley 1, E.A. Bell 1, S.I. Ringleb 2, S.A. Meardon 1, J.D. Willson 1, Z.J. Domire 1.  
1East Carolina University, Greenville, NC and 2Old Dominion University, Norfolk, VA

P86  COMPARISON OF OPTIMAL AND ISOMETRIC FORCE IN SQUATS  
J. W. Fox, C.M. Wilburn, A.E. Jagodinsky, L.L. Smallwood, & W.H. Weimar, Methodist  
University, Fayetteville, NC

P87  DO DISTANCE RUNNING SAGITTAL PLANE KINEMATICS BECOME MORE BILATERALLY ASSYMETRIC DURING A PROGRESSION RUN?  
J.T. Wight 1, J.A. O’Loughlin 1, R.S. Sloan 1, J. Garman 1, D.R. Hooper 1, and M.C. Boling 2.  
1Jacksonville University, Jacksonville, FL. 2University of North Florida, Jacksonville, FL

P88  RELATIONSHIP OF LUMBOPELVIC-HIP STABILITY ON BALL SPEED IN FEMALE WINDMILL SOFTBALL PLAYERS  
G.D. Oliver, FACSM, Auburn University, Auburn, AL

P89  EFFECTS OF FOUR YEARS OF COLLEGE ATHLETIC PARTICIPATION ON NORMAL WALKING VARIABLES  
K. Neitz, S. Wilhoite, Georgia Southern University, Statesboro, GA

P90  THE EFFECT OF CUEING ON CADENCE, EFFICIENCY AND PERFORMANCE IN THE RECREATIONAL RUNNER  
E. Bressner, C. Bauld, L. Bollinger, A. Rudolph, J. Fox and J. Sattgast. Methodist University,  
Fayetteville, NC

P91  GAIT SUFFERS MORE THAN COGNITION DURING TREADMILL DESK USE  
Madi Currie, Sarah Duckworth, Rebecca R. Rogers, Mallory R. Marshall  
Samford University, 800 Lakeshore Dr. Birmingham, AL

P92  TREADMILL DESK WALKING IMPROVES TYPING PERFORMANCE IN YOUNG BUT NOT MIDDLE-AGED ADULTS  
S. Duckworth, S. Glaze, R. Rogers, M. Marshall. Dept. of Kinesiology, Samford University,  
Birmingham, AL

P93  EFFECT OF DUAL-TASKING DURING TREADMILL DESK USE ON GAIT CHANGES IN YOUNG AND MIDDLE-AGED ADULTS  
University, 800 Lakeshore Dr. Birmingham, AL
P94  EFFECT OF REPEATED MOTOR CONTROL TESTING ON TIME TO PEAK LOWER EXTREMITY MUSCLE ACTIVITY
C.M.Hill¹, S.J. Wilson², PT. Donahue¹, JG. Mosuer³, H.Chander⁴; ¹University of Mississippi, University MS; ²Georgia Southern University, Statesboro, GA; ³Troy University, Troy AL; ⁴Mississippi State University, Mississippi State, MS

P95  EXCESSIVE WEIGHT GAIN THROUGHOUT ADULTHOOD IS ASSOCIATED WITH SHORTER TELOMERE LENGTHS, PRO-INFLAMMATION, AND PSYCHOLOGICAL STRESS
K.K. Shah¹, A.L. Slusher², T.M. Zúñiga³, C.S. Schwartz¹, E.O. Acevedo, FACSM¹. ¹Virginia Commonwealth Univ., Richmond, VA; ²Univ. of Michigan, Ann Arbor, MI ³Univ. of Arizona, Tucson, AZ

P96  INFLAMM-AGING IS ASSOCIATED WITH IMPAIRING THE PROCESS OF MAINTAINING TELOMERE LENGTH IN LPS STIMULATED PBMCs
Schwartz C.S¹, Slusher A.L. ², Zúñiga T.M. ³, Shah K.K. ¹, Acevedo E.O. ¹, FACSM. ¹Commonwealth Univ. Richmond, VA; ²Univ. of Michigan, Ann Arbor, MI; ³Univ. of Arizona, Tucson, AZ

P97  EFFECT OF MODERATE INTENSITY EXERCISE TRAINING ON HEART RATE VARIABILITY IN OBESE ADULTS DURING EXERCISE
E.S. Edwards, B.L. Rood, K.A. Byrne, J.D. Akers, D.L. Wenos, T.A. Hargens, FACSM. James Madison University, Harrisonburg, VA

P98  ANTHROPOMETRIC AND PHYSIOLOGICAL OUTCOMES ARE IMPROVED AFTER ONCOLOGY CERTIFIED NURSE-SUPERVISED EXERCISE TRAINING IN CANCER SURVIVORS
J.L. Trilk¹, R.R. Porter¹, N. Denham², W.L. Gluck². ¹University of South Carolina School of Medicine Greenville, Greenville, SC; ²Greenville Health System, Greenville, SC

P99  INCREASING REHABILITATION ADHERENCE AND FUNCTION THROUGH PERSONALIZED FEEDBACK IN STROKE
B. Duke, S. Philip, Y. Chen, A. Butler. Georgia State University. Atlanta, GA.

P100  THE FEASIBILITY AND EFFECT OF WEIGHT LOSS INTERVENTION ON PATIENTS WITH FIBROMYALGIA
A. Boggs¹, C. Felkel¹, N. DiCicco¹, D. Ang², J. Katula¹, ¹Wake Forest University, ²Wake Forest Baptist Health; Winston-Salem, NC

P101  EFFECT OF HIGH INTENSITY AEROBIC TRAINING ON FITNESS AND HEALTH IN INDIVIDUALS WITH PARKINSON’S DISEASE
D.A. Edwards¹, S.K. Malin¹, M.J. Barrett¹, M. Bamman², A. Weltman¹. ¹University of Virginia, Charlottesville, VA. ²University of Alabama at Birmingham, Birmingham, AL

P102  DIABETES AND LACTATE THRESHOLD
H.J. Parker, Berry College, Rome, GA

P103  COMPARISON OF PHYSICAL ACTIVITY LEVELS DURING THERAPEUTIC CAMP ACTIVITIES IN YOUTH WITH DISABILITIES
VG. Nocera, TJ. Kybartas, AJ. Wozencroft, DP. Coe. FACSM. University of Tennessee, Knoxville, Knoxville, TN

P104  BODY COMPOSITION, STRENGTH AND PHYSICAL FUNCTION IN SHORT AND LONG TERM BREAST CANCER SURVIVORS
P105  EFFECTS OF 3 WEEKS YOGIC BREATHING PRACTICE ON VENTILATION AND RUNNING ECONOMY
Seltmann, C. L., Green, J. M., Killen, L. G., O’Neal, E. K., Swain, J. C., Frisbie, C. M.
University of North Alabama, Florence AL

P106  EXPIRATORY FLOW LIMITATION IN ELITE ADOLESCENT CYCLISTS DURING EXERCISE
K.R. Smith¹, M.J. Saunders¹, N.D. Luden¹, J.R. Smith², S.P. Kurti¹; ¹James Madison University Harrisonburg, VA; ²Mayo Clinic, Rochester, MN

P107  DOES ACUTE PREPRANDIAL EXERCISE ATTENUATE POSTPRANDIAL AIRWAY INFLAMMATION IN YOUNGER AND OLDER ADULTS?
W.S. Wisseman¹, E.S. Edwards¹, H. Frick¹, M. Mederos¹, C. Sutton¹, M. White¹, S.K. Malin2, D. A. Edwards², S.P. Kurti¹. ¹James Madison University, Harrisonburg, VA; ²University of Virginia, Charlottesville, VA

8:00–9:30  THEMATIC POSTERS SESSION II (Think Tank)
TP7-TP12  Fitness Testing/Assessment
Chair

TP7  EFFECT OF DEPTH JUMP HEIGHT ON LOWER EXTREMITY MUSCLE ACTIVATION

TP8  ELICITING MODERATE-TO-VIGOROUS PHYSICAL ACTIVITY IN PRESCHOOLERS: A COMPARISON OF INTERVENTION STRATEGIES
A. Venezia, J. Johnson, M. Pangelinan, M. Rudisill, & D. D. Wadsworth. Auburn University, Auburn, AL.

TP9  INCREASING NON-EXERCISE PHYSICAL ACTIVITY WITH AEROBIC TRAINING REDUCES CHANCE OF NON-RESPONSE TO EXERCISE
JE McGee¹, NR Gniewek¹, AC Huff¹, PM Brophy¹, CA Solar¹, JA Houmard, FACSM¹, LD Lutes², DL Swift¹. ¹East Carolina University, Greenville, NC. ²University of British Columbia, Kelowna, BC, Canada

TP10  EFFECTS OF REST INTERVALS ON REPETITIONS TO FATIGUE AND BLOOD LACTATE DURING BENCH PRESS EXERCISE
A.J. Rio-Anderson and S. L. Malley. Meredith College, Raleigh, NC

TP11  VALIDITY AND RELIABILITY OF THE YMCA SUBMAXIMAL CYCLE TEST USING AN ELECTRICALLY-BRAKED ERGOMETER
ND Luden, MJ Saunders, CJ Womack. James Madison University, Harrisonburg, VA.

TP12  Abstract retracted

8:00–10:00  ORAL FREE COMMUNICATION II (Ballroom F)
09-016  Psychology/Psychiatry/Behavior
Chair:  Dawn Coe

09  THE RELATIONSHIP BETWEEN AEROBIC FITNESS AND THE ATTENTIONAL BLINK IN COLLEGE STUDENTS
C-T. Wu, B.C. Williams, & J. Kamla, University of South Carolina Upstate, Spartanburg, SC

010  THE RELATIONSHIP BETWEEN PHYSICAL ACTIVITY AND POST-TRAUMATIC STRESS DISORDER IN VETERANS
R.C. Huseth, MTSU Murfreesboro, Tn, J.L. Caputo Murfreesboro Tn, MTSU, D.K. Fuller, MTSU Nashville, Tn, S.L. Stevens, MTSU Nashville, TN

011  DO AEROBIC EXERCISE AND MINDFULNESS ACT SYNERGISTICALLY TO MITIGATE PSYCHOLOGICAL DISTRESS IN HIGH-STRESS COLLEGE STUDENTS?
G. Zieff, L. Stoner FACSM, B. Frank, S. Gaylord, S. Battle, and A.C. Hackney. The University of North Carolina at Chapel Hill, Chapel Hill, NC
CONFIRMATION OF EMA SELF-REPORTED AMBULATORY EXERCISE BOUTS  
L.P. Toth, L.F. Sheridan, K. Strohacker, FACSM. The University of Tennessee Knoxville, Knoxville TN

ASSOCIATIONS BETWEEN ANXIETY, STRESS, AND GASTROINTESTINAL SYMPTOMS DURING DISTANCE RUNNING EVENTS  
P.B. Wilson and H.C. Russell. Old Dominion University, Norfolk, VA; Gustavus Adolphus College, St. Peter, MN

FACTORS INFLUENCING ATTITUDE TOWARDS, AND PARTICIPATION IN, PHYSICAL ACTIVITY IN EASTERN NORTH CAROLINA  
M. Marcellus, C. T. Ricks, M. Magal, S. K. Crowley, North Carolina Wesleyan College, Rocky Mount, NC

PARENTAL REWARDS FOR CHILDREN’S PHYSICAL ACTIVITY: A QUANTITATIVE AND QUALITATIVE ANALYSIS  
TJ Kybartas, PM Ferrara, DP Coe, and K Strohacker. The University of Tennessee, Knoxville, TN

FACTORS INFLUENCING ATTITUDE TOWARDS, AND PARTICIPATION IN, PHYSICAL ACTIVITY IN EASTERN NORTH CAROLINA  
M. Marcellus, C. T. Ricks, M. Magal, S. K. Crowley, North Carolina Wesleyan College, Rocky Mount, NC

COLLEGE STUDENTS’ RESISTANCE TRAINING HABITS AND MOTIVATIONS  
M.C. Smith, T.L. Haydu, J.A. Steeves, and J.F. Oody. Maryville College, Maryville, TN

8:00-8:50 TUTORIAL SESSION VII (Regency C)  
T7 A Role for Exercise Physiologists on the Oncology Care Team  
G. Stephen Morris, PT, PhD, Wingate University; Wingate, NC

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  
M.A. Spano, Atlanta, GA

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?  
J.R. Jaggers, K. Wintergerst. University of Louisville, Louisville, KY

9:00-9:50 TUTORIAL SESSION IX (Regency C)  
T9 Walk With Us  
WH. Weimar, CW. Wilburn, BE. Decoux, and JA. Roper. Auburn University, Auburn, AL

9:00-9:50 SYMPOSIUM SESSION V (Ballroom D and E)  
S5 Developing and Implementing A Strength and Conditioning and Wellness Program for Firefighters  
G.A. Ryan & B.F. Melton, Georgia Southern University, Statesboro, GA

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  
A. Bosak. Liberty University, Lynchburg, VA

9:00-9:50 TUTORIAL SESSION XI (Ballroom H)  
T11 How Our Thoughts on Skeletal Muscle Injury Have Changed Over the Last Three Decades  
G.L. Warren¹, C.W. Baumann².¹ Georgia State University, Atlanta, GA; ² University of Minnesota, Minneapolis, MN

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)
Connecting Fitness with Healthcare to Treat Patients
Robert Sallis, M.D., ACSM Past President, Kaiser Permanente
Presiding: Lynn Panton, Ph.D., SEACSM President, Florida State University
Introduction: Matthew Close, D.O., SEACSM Clinical Representative, Denver, CO

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

12:30-1:15 BIOMECHANICS INTEREST GROUP (Crepe Mrytle)
Hunter Bennett, Ph.D., Old Dominion University
Zac Domire, Ph.D., East Carolina University

12:30-1:15 MINORITY HEALTH AND RESEARCH INTEREST GROUP (Redbud)
Lyndsey Hornbuckle, Ph.D., University of Tennessee
Tamerah Hunt, Ph.D., Georgia Southern University

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: Yuri Feitro, Ph.D., Kennesaw State University

2:30-4:00 POSTER FREE COMMUNICATIONS III (Studio)
P108-P173
Cardiovascular Physiology; Exercise Evaluation/Clinical;
Psychology/Psychiatry/Behavior; Research Design
Chair:
P108 THE EFFECTS OF PROLONGED SITTING ON CEREBRAL PERFUSION AND EXECUTIVE FUNCTION
Jade Blackwell¹, Quentin Willey¹, Bill Evans², Katie Burnet¹, Erik Hanson¹, Daniel Credeur³, and Lee Stoner FACSM¹; ¹Dept. of Exercise and Sport Science, University of North Carolina, Chapel Hill, USA ²University of Maryland, College Park, MD ³University of Southern Mississippi, Hattiesburg, MS

P109 THE RELIABILITY OF LOWER-LIMB PULSE-WAVE VELOCITY ASSESSMENTS USING AN OSCILLOMETRIC TECHNIQUE
J. Diana¹, E. Kelsch¹, K. Burnett¹, K. Stone², D. Creuder², S. Fryer³, and L. Stoner FACSM¹. ¹University of North Carolina, Chapel Hill, USA. ²University of Gloucestershire, Gloucester, UK. ³University of Southern Mississippi, Hattiesburg, MS

P110 THE EFFECTS OF RESISTANCE TRAINING ON CARDIOVASCULAR FUNCTION
E.M. Witwer, C.C. Rushing, A.R. Carmichael, R.M. Kappus. Appalachian State University, Boone NC.

P111 AEROBIC TRAINING AND VASCULAR PROTECTION: INSIGHT FROM ALTERING BLOOD FLOW PATTERNS
A. Darling, J. Weggen, K. Decker, A.C. Hogwood, A. Michael, B. Imthurn, A. McIntrye, and R.S. Garten. Virginia Commonwealth University, Richmond, VA

P112 SUPINE AND STANDING HEART RATE VARIABILITY RESPONSES TO TRAINING IN WOMEN’S SOCCER PLAYERS
MA. Christiani, AA. Flatt. Georgia Southern University, Savannah, GA. Auburn University Montgomery, Montgomery, AL

P113 ACUTE EFFECTS OF WATER AND SPORTS BEVERAGE INGESTION ON HEART RATE VARIABILITY
CC. Ragsdale, JT Ellis, J. Phelps, N. Foster, AA. Flatt. Georgia Southern University, Savannah, GA
BREATHING LIMITED AIR SITUATIONAL TRAINING MASKS VERSUS SELF-
CONTAINED BREATHING APPARATUS FOR FIREFIGHTERS: A PILOT STUDY
S. Valladao¹, T.L. Andre¹, D.C. Reisbeck¹, and, S.M. Walsh². ¹The University of Mississippi, Oxford, MS; ²Peru State College, Peru, NE

AVERAGED RESTING HEART RATE VARIABILITY MEASURES MAY NOT CORRELATE
WITH HEART RATE RECOVERY IN FEMALES
E. Bechke¹, C. Williamson¹, Z. Green¹, R., Lopez¹, M.D. Tillman¹, FACSM, M. Esco², C. McLester¹, B. Kliszczewicz¹, FACSM. ¹Kennesaw State University, Kennesaw, Ga, ²University of Alabama2, Tuscaloosa, AL

THE IMPACT OF POSTTRAUMATIC STRESS DISORDER ON PERIPHERAL VASCULAR
FUNCTION
J. Weggen, A. Hogwood, B. Imthurn, A. McIntyre, A. Darling, K. Decker and R. Garten. Virginia Commonwealth University, Richmond, VA

IMPACT OF UNINTERRUPTED SITTING ON COGNITIVE FUNCTION AND CEREBRAL
PERFUSION
SM. McCoy¹, SM. Miller¹, L. Stoner², DR. Dolbow³, and DP. Credeur¹. ¹University of Southern Mississippi, Hattiesburg, MS; ²University of North Carolina, Chapel Hill, NC; ³William Carey University, Hattiesburg, MS

IMPACT OF ATHLETIC COMPRESSION SOCKS ON LOWER-LIMB HEMODYNAMICS
AND TISSUE OXYGENATION
DP. Credeur, R. Jones, SM. McCoy, and SG. Piland. University of Southern Mississippi, Hattiesburg, MS

CHARACTERIZING THE CENTRAL HEMODYNAMIC RESPONSE TO ORTHOSTASIS:
INFLUENCE OF SEX, FITNESS AND BODY COMPOSITION
B. Schreck¹, R. Jones¹, L. Stoner², and DP. Credeur¹. ¹University of Southern Mississippi, Hattiesburg, MS; ²University of North Carolina, Chapel Hill, NC

EFFECTS OF AEROBIC AND RESISTANCE EXERCISE ON INFANT HEART
MATURATION
L.E. May, S.M. McDonald, D. Steed, D. Kuehn, E. Newton, C. Isler, K. Haven, East Carolina University, Greenville, NC

HEART RATE RESPONSE DURING ESPORT: FORTNITE
D.W. Cox¹, T.L. Andre¹, S. Valladao¹, and J.D. Middleton². ¹The University of Mississippi, Oxford, MS; ²Esports Performance Lab, Kansas City, MO

LOW-CALORIE DIET WITH OR WITHOUT INTERVAL EXERCISE REDUCES POST-
PRANDIAL AORTIC WAVEFORM IN OBESE WOMEN
E.M. Heiston, N.M. Gilbertson, N.Z.M. Eichner, S.K. Malin, University of Virginia, Charlottesville, VA

THE EFFECTS OF GENDER DIFFERENCES AND BODY COMPOSITION ON CENTRAL
HEMODYNAMICS DURING ADOLESCENCE
A. Lassiter¹, E. Fowler², J. Horton³, S. Patil⁴, T. Silva⁵, M. Meucci¹. ¹Department of Health and Exercise Science, Appalachian State University, Boone, NC. ²Uwharrie Charter Academy High School, Asheboro, NC. ³Franklin County Early College High School, Louisburg, NC. ⁴Raleigh Charter High School, NC. ⁵Newton-Conover High School, Newton, NC

USING LOWER LOADS ATTENUATES THE CARDIOVASCULAR RESPONSE TO BLOOD
FLOW RESTRICTED HANDBRIP EXERCISE
DM Stanford, DP Credeur, R Jones, SM McCoy, MB Jessee. University of Southern Mississippi, Hattiesburg, MS
SEX DIFFERENCES IN AUGMENTATION INDEX IN ADOLESCENTS
K. T. McShea¹, A. Bhawsinka², C. Cheng³, S. Korrapati³, and M. Meucci¹. ¹Appalachian State University, Boone, NC, ²Weddington High School, Matthews, NC, ³Ardrey Kell High School, Charlotte, NC

RESTING HEART RATE VARIABILITY DOES NOT INFLUENCE STATE-TRAIT ANXIETY INVENTORY
R., Lopez¹, E. Bechke¹, C. Williamson¹, Z. Green¹, M.D. Tillman¹, FACSM, M. Esco², C. McLester¹, B. Kliszczenicz¹, FACSM. ¹Kennesaw State University, Kennesaw, GA. ²University of Alabama, Tuscaloosa, AL

NOCTURNAL HYPERTENSION STATUS AND C-REACTIVE PROTEIN LEVELS BEFORE AND AFTER AEX
A. O. Adeyemo, M. D. Brown. Auburn University, Auburn, AL

STABILITY OF HRV FROM ADOLESCENCE TO YOUNG ADULTHOOD; COMPARISON OF PRETERM AND TERM BORN PERSONS
B.M. Kimura and P.A. Nixon, Wake Forest University, Winston-Salem, North Carolina

EFFECT OF PNEUMATIC LEG COMPRESSIONS ON ARTERIAL STIFFNESS AND CENTRAL HEMODYNAMIC LOAD DURING PROLOONGED SITTING
K. Albright¹, SM. Miller¹, AK. Downey¹, R. Jones¹, SM. McCoy¹, L. Stoner², and DP. Credeur¹. ¹University of Southern Mississippi, Hattiesburg, MS; ²University of North Carolina, Chapel Hill, NC

ECG STRESS TESTING AS A SCREENING TOOL FOR SUDDEN CARDIAC DEATH IN DIVISION II COLLEGE ATHLETES: A PILOT STUDY

MODERATE INTENSITY EXERCISE TRAINING IMPROVES HEART RATE VARIABILITY IN OBESE ADULTS DURING ACUTE EXERCISE RECOVERY
Breanna L. Davidson¹, Brittany L. Rood¹, Kristen A. Byrne¹, Elizabeth S. Edwards¹,2, Jeremy D. Akers¹, David L. Wenos¹, Trent A. Hargens, FACSM. ¹James Madison University, Harrisonburg, VA, ²Morrison Bruce Center, Harrisonburg, VA

EFFECT OF WEIGHT LOSS ON PHYSICAL FUNCTION IN OVERWEIGHT AND OBESE INDIVIDUALS
JM. Brown¹, GD. Miller². ¹Wake Forest Baptist Health, Winston Salem, NC, ²Wake Forest University, Winston Salem, NC

HOME-BASED EXERCISE IMPROVES CARDIORESPIRATORY FITNESS AND MUSCLE STRENGTH DURING METASTATIC PROSTATE CANCER TREATMENT
M. Alzer¹, J.L. Carver¹, A. Lucas², M. Bass¹, Y. Whang¹, M. Harrison³, M. Milowsky¹, R. L. Bitting², C.L. Battaglini¹, FACSM, E.D. Hanson¹. ¹University of North Carolina, Chapel Hill, NC, ²Wake Forest University, ³Duke University, Durham, NC

PATIENT COMPLIANCE IN VARIOUS CLINICAL SETTINGS

THE VALIDITY AND REPRODUCIBILITY OF A 5-MINUTE ENDURANCE TEST OF THE DIAPHRAGM MUSCLE
E.K. Pryor, H.R. Wachsmuth, K.K. McCully FACSM, University of Georgia, Athens, GA

ENDURANCE INDEX OF THE RECTUS AND BICEPS FEMORIS
M.D. Smith, S. Greene, R.L. Lamison, C. Bennett, J.H. Patel, and R.W. Thompson. The University of South Carolina, Columbia, SC
P137  FEASIBILITY AND ADHERENCE TO HOME-BASED EXERCISE DURING METASTATIC CASTRATION-RESISTANT PROSTATE CANCER TREATMENT
M. Bass1, J.L. Carver1, A. Lucas2, M Alzer1, Y. Whang1, M. Harrison1, M. Milowsky1, R.L Bitting2, C.L. Battaglini2, FACSM, E.D. Hanson1. 1University of North Carolina, Chapel Hill, NC. 2Wake Forest University, Winston-Salem, NC. 3Duke University, Durham, NC

P138  MEASURES OF REPRODUCIBILITY FOR THE ENDURANCE INDEX
C.L. Bennett, J.A. Lefkowitz, S. Greene, M.D. Smith, J.H. Patel, R.W. Thompson. The University of South Carolina, Exercise Science Department, Columbia, SC

P139  SEX DIFFERENCE IN ABSOLUTE AND RELATIVE TO FAT FREE MASS VO2 AT AEROBIC THRESHOLD IN ADOLESCENTS
H. Kim1, A. Kumar2, R. Padma3, M. Meucci1. 1Appalachian State University, Boone, NC. 2Weddington High School, Matthews, NC. 3Providence High School, Charlotte, NC

P140  THE EFFECTS OF GENDER DIFFERENCE AND BODY COMPOSITION ON MAXIMAL AEROBIC CAPACITY
N. D. Tocci1, D. C. Adell1, D. Ellis2, R. Smith3, E. Weaver4, M. Meucci1. 1Appalachian State University, Boone, NC. 2The North Carolina Leadership Academy, Forsyth, NC. 3Chatham Charter School, Siler City, NC. 4Carolina Day School, Asheville, NC

P141  EFFECTS OF A STRETCHING INTERVENTION ON MUSCULAR STRENGTH AND PERFORMANCE

P142  OBJECTIVELY MEASURING RESISTANCE TRAINING EXERCISES WITH THE WRIST-WORN ATLAS MONITOR
T.A. Perry1, S.A. Conger2, A.H.K. Montoye3, J.A. Steeves1; 1Maryville College, Maryville, TN; 2Boise State University, Boise, ID; 3Alma College, Alma MI

P143  THE RELATIONSHIP OF PERSEVERANCE, PSYCHOLOGICAL FACTORS, AND CONDITIONING TO PERFORMANCE IN LACROSSE
P. Parker, O. Sisson, J. Bunn. Campbell University, Buies Creek, NC

P144  ATTITUDES TOWARDS PHYSICAL ACTIVITY PARTICIPATION AND SCHOOL ENGAGEMENT IN ELEMENTARY SCHOOL CHILDREN

P145  PERCEIVED PHYSICAL ABILITY AND SELF-PERCEPTION OF ADEQUACY AND ENJOYMENT FOR PHYSICAL ACTIVITY IN ELEMENTARY STUDENTS

P146  WHAT A DIFFERENCE A MENTALLY-TOUGHENING OFF-SEASON MAKES: A CASE OF NCCAA DI ROWERS.
Andreas Stamatis, State University of New York at Plattsburgh, Plattsburgh, NY; Zacharias Papadakis, Barry University, Miami Shores, FL

P147  ENJOYMENT ASSESSMENT IN CHILDREN AFTER STRUCTURED FITNESS BASED PROGRAM
D. Winkler, K. Suire, A. Venezia and D. Wadsworth. Auburn University, Auburn, AL.

P148  MANIPULATING THE FITT PRINCIPLE DOES NOT AFFECT ADHERENCE TO ACSM’S RECOMMENDED PHYSICAL ACTIVITY GUIDELINES: A SYSTEMATIC REVIEW
E Kelsch1, K Burnet1, M Bass1, JB Moore2, L Stoner1. 1 University of North Carolina at
P149  IMPLEMENTATION OF EXERCISE IS MEDICINE ON CAMPUS AT THE UNIVERSITY OF NORTH CAROLINA - CHAPEL HILL
K. Burnet, E. Kelsch, T. Chai, L. Stoner. University of North Carolina at Chapel Hill, Chapel Hill NC

P150  PREVALENCE OF DEPRESSION AND ANXIETY AMONG ROTC COLLEGE STUDENTS
Allison Smith, Toni Torres-McGehee, Devin Potter (University of South Carolina), Dawn Emerson (University of Kansas)

P151  SELF-DETERMINATION FOR EXERCISE AMONG EMPLOYEES
P. Tran and R. Ellis. Georgia State University, Atlanta, GA

P152  SCREENING ATHLETES FOR DISORDERED EATING: ARE WE ASKING THE RIGHT QUESTIONS?

P153  EFFECTS OF A SINGLE BOUT OF YOGA ON SELF-ESTEEM, SELF-EFFICACY, AND HAPPINESS OF COLLEGE STUDENTS
J. W. White III, J. D. Boyd. Winthrop University, Rock Hill, SC

P154  INDIVIDUAL DIFFERENCES PREDICT HIGH INTENSITY INTERVAL AND MODERATE INTENSITY CONTINUOUS EXERCISE ENJOYMENT
D. R. Greene, Augusta University, Augusta, GA; S. J. Petruzzello, University of Illinois at Urbana-Champaign, Urbana, IL

P155  ADULTS’ SMARTPHONE USE PREDICTS BEING AN “ACTIVE COUCH POTATO”
K. Chambers¹, J.E. Barkley², A. Lepp², C. Fennell¹; ¹University of Montevallo, Montevallo, AL; ²Kent State University, Kent, OH

P156  EXAMINING INTRA-INDIVIDUAL VARIABILITY OF PERCEIVED PHYSICAL DISCOMFORT IN YOUNG ADULTS: A POTENTIAL EXERCISE ANTECEDENT
CT Beaumont, K Strohacker, FACSM. University of Tennessee, Knoxville, Knoxville, TN

P157  SOCIAL MEDIA-BASED PHYSICAL ACTIVITY PROMOTION BY REGIONAL CRAFT BREWING ESTABLISHMENTS
PM Ferrara, EC Fitzhugh, CT Beaumont, K Strohacker. The University of Tennessee, Knoxville, TN

P158  SELF-EFFICACY AND EXERCISE ADHERENCE IN KNEE OSTEOARTHRITIS
R.S. Adelkopf, S.L. Mihalko, M.J. Love, D.P. Beavers, and S.P. Messier. Wake Forest University and Wake Forest School of Medicine, Winston Salem, NC

P159  OUTDOOR PHYSICAL ACTIVITY, TIME SPENT OUTDOORS, AND NATURE AFFINITY LEVELS AMONG COLLEGE STUDENTS: A PILOT STUDY
R.K. Hess, R.A. Battista, R.W. Christiana, J.J. James, V.L. Labi. Appalachian State University, Boone, N.C

P160  EXERCISE AFFECTS NEURAL ACTIVATION IN OLDER ADULTS
A.B. Slutsky, J.L. Etnier, J. Vance, L. Wideman. University of North Carolina at Greensboro, Greensboro, NC

P161  THE DOSE RESPONSE EFFECT OF MUSIC TEMPO ON CARDIORESPIRATORY FITNESS
TM. Purdom, C. Bell, B. Kelly, D. Buchanan, H. Foster. Longwood University, Farmville, VA
TAKING THE FAMILY TO THE GREAT OUTDOORS: PARK PRESCRIPTION IMPACT ON FAMILY OUTDOOR PHYSICAL ACTIVITY
AV Farrell, RW Christiana, RA Battista, JJ James. Appalachian State University, Boone, NC

PHYSICAL ACTIVITY AND SEDENTARY BEHAVIOR LEVELS IN CHURCHGOING ADULTS IN A SOUTHEASTERN CHURCH
M. Gregg, A. Simmons, A. Durall, E.D. Hathaway. University of Tennessee at Chattanooga, Chattanooga, TN

DO ALL EMPLOYEES DESIRE2MOVE?
R. Sweigart and R. Ellis, Georgia State University, Atlanta, GA

A PILOT STUDY INVESTIGATING THE USE OF TEXT MESSAGES TO INCREASE PHYSICAL ACTIVITY AMONG OLDER ADULTS
C. A. Parker and R. Ellis, Georgia State University, Atlanta, GA

MENTAL HEALTH IN FIRST RESPONDERS AND MILITARY PERSONNEL: IS PHYSICAL ACTIVITY A Viable OPTION?
A.G. Box, S.J. Petruzzello, FACSM. University of Illinois Urbana-Champaign, Urbana, IL

IMPACT OF ACUTE TENNIS ACTIVITY ON SELECTIVE ATTENTION AND READING COMPREHENSION IN CHILDREN
A.R. Moore, C.R. Darracott, and J. Eunice. Augusta University, Augusta, GA

EXPLORING QUALITATIVE DETERMINANTS OF REGULAR GROUP INDOOR CYCLING PARTICIPATION IN A DIVERSE SAMPLE OF ADULTS
A.L. Morton¹, M. Aranda¹, D.T. Yates¹, C.L. Anderson², and L.M. Hornbuckle¹. ¹The University of Tennessee, Knoxville, Knoxville, TN, ²Georgia State University, Atlanta, GA

HYDRATION STATUS IS ASSOCIATED WITH COGNITIVE PERFORMANCE IN OVERWEIGHT OLDER ADULTS

GENERATING AND APPLYING A PHYSICAL ACTIVITY MODEL FOR AN UNDERSERVED COMMUNITY: A MIXED METHODS APPROACH
KJ Hahn, KC Hamilton, S Howard-Baptiste, MC Powell, MI Faragalli, and GW Heath. The University of Tennessee at Chattanooga, Chattanooga, TN

EFFECTIVENESS OF 6-ISCHEMIC CUFF MITOCHONDRIAL CAPACITY ANALYSIS
M.D. Sumner, I. Das, K.K. McCully. University of Georgia, Athens GA

IDENTIFICATION OF NON-WEAR USING A HIP WORN ACTIGRAPH GT9X
S.R. LaMunion and S.E. Crouter, The University of Tennessee, Knoxville, TN

IMPROVING THE EFFICIENCY OF MITOCHONDRIAL CAPACITY MEASUREMENTS USING NEAR INFRARED SPECTROSCOPY
S. Beard, M. Benefield, I. Das, K.K. McCully. University of Georgia, Athens, GA

2:30-4:00 THEMATIC POSTERS SESSION III (Think Tank)
Body Composition/Energy Balance/Weight Control
Chair:

TP13 THERMONEUTRAL HOUSING EFFECTS ON ENERGY METABOLISM IN MICE
M.B. Brown, E.P. Plaisance. University of Alabama Birmingham, Birmingham, AL

TP14 BODY COMPOSITION CHARACTERISTICS AND KNEE INJURY PREVALENCE OF NCAA DIVISION I WOMEN’S SOCCER AND LACROSSE
**TP15** COMPARISON OF VARIOUS BODY COMPOSITION MEASURES FOR DIVISION-I COLLEGIATE MALE ATHLETES

**TP16** DIFFERENCES IN CHARACTERISTICS AND BEHAVIORS OF COLLEGE STUDENTS ATTEMPTING TO LOSE OR GAIN WEIGHT

**TP17** BODY COMPOSITION ASSESSMENTS AND CARDIOMETABOLIC RISK IN AFRICAN AMERICAN ADOLESCENTS
A.M. Davis¹, L. Proctor² & L.J. Brandon ¹; ¹Georgia State University, Atlanta, GA; ²Grambling State University, Grambling, LA

**TP18** BODY COMPOSITION CHANGES ASSOCIATED WITH A STRUCTURED EXERCISE PROGRAM AMONG CHILDREN AND ADOLESCENTS
K. Suire, A. Venezia, D. Winkler, A. Peart and D.D. Wadsworth. Auburn University, Auburn, AL

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

**017** Biomechanics/Gait/Balance
Chair

**O17** A REGRESSION MODEL PREDICTING DIVISION I NCCA SOFTBALL PITCHERS’ ERA BASED ON UPPER EXTREMITY KINEMATICS
K. Friesen, J. Barfield, A. Brittain and G. Oliver. Auburn University, Auburn, AL

**O18** ACCUTE EFFECTS OF RESISTANCE TUBING DEVICE ON HAND PATH IN YOUTH BASEBALL AND SOFTBALL HITTERS
KW. Wasserberger, JW. Barfield, KA. Giordano, MW. Young, GD. Oliver. Auburn University, Auburn, AL

**O19** KINEMATIC EFFECTS OF A RESISTANCE TUBING TRAINING DEVICE INTERVENTION ON YOUTH BASEBALL AND SOFTBALL SWINGS
KA. Giordano, JW. Barfield, KW. Wasserberger, GD. Oliver. Auburn University, Auburn, AL

**O20** INCREASING INERTIAL LOAD DOES NOT AFFECT SAGITTAL PLANE KINEMATICS DURING FLYWHEEL-BASED SQUATS

**O21** GROUND REACTION FORCES DURING SLIP EVENTS: IMPACT OF MILITARY FOOTWEAR AND LOAD CARRIAGE
S. N. K. Kodithuwakku Arachchige¹, H. Chander¹, A. Knight¹, S. Wilson², C. Wade³, J. Garner³ & D. Carruth¹. ¹Mississippi State University, Mississippi State, MS, ²Georgia Southern University, Statesboro, GA, ³Auburn University, Auburn AL

**O22** DISTANCE RUNNING STRIDE-TO-STRIDE VARIABILITY: ARE THERE GENDER DIFFERENCES FOR SAGITTAL PLANE KINEMATICS?

**O23** KINEMATIC CHANGES IN BASEBALL PITCHING DURING MATURATION IN ADOLESCENT BASEBALL PITCHERS
JL. Downs, JW. Barfield, TM. Verhage, MK. Myrick, GD. Oliver. Auburn University, Auburn, AL

**O24** FATIGUE INCREASES CENTER OF PRESSURE SWAY

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

**T12** Graduated Now What? Succeeding in the Exercise Profession
Meir Magal¹, Francis B. Neric². ¹North Carolina Wesleyan College, Rocky Mount, NC; ²American College of Sports Medicine, Indianapolis, IN
Chair:
2:30-3:20 SYMPOSIUM SESSION VI (Ballroom G)
S6 Exercise and Dietary Energy Availability: Effects on Cardiovascular, Pulmonary and Metabolic Disease Risk
S.K. Malin¹, E.P. Plaisance², and S.P. Kurti³; ¹University of Virginia, Charlottesville, VA; ²University of Alabama at Birmingham, Birmingham, AL; ³James Madison University, Harrisonburg, VA
Chair:

2:30-3:20 TUTORIAL SESSION XIII (Redbud)
T13 Risky Play: Is the Risk Greater Than the Reward?
D.P. Coe¹, T.J. Kybartas¹, and M.E. Chaney². ¹The University of Tennessee, Knoxville, TN; ²Wauhatchie School, Chattanooga, TN
Chair:

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
RS Garten, DL Kirkmann, P Rodriguez-Miguelez. Virginia Commonwealth University, Richmond, VA
Chair:

3:30-4:20 TUTORIAL SESSION XIV (Ballroom G)
T14 Graduate Students and A Program Director’s Perspective on Achieving Academic and Professional Goals
R. Lowell, H. Nelson, M. Phillips, B. Ziebell, & A. Bosak. Liberty University, Lynchburg, VA
Chair:

4:30-6:00 STUDENT BOWL SPONSORED BY KENNESAW STATE 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

6:30-7:30 Run through Downtown Greenville (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
Chair:

P174 COMMON TENDENCIES FOR WINTER WEIGHT GAIN IN APPARENTLY HEALTHY COLLEGE AGED INDIVIDUALS
D.C. Andrews, K. Moten, P. Cummings, D. Woods, and A. Jackson. Kinesiology Department, Jacksonville State University, Jacksonville, AL

P175 GENDER DIFFERENCES IN THE DUAL TASK COST OF TREADMILL DESK WALKING
S. Glaze, A. Giboney, M. Marshall, R. Rogers. Samford University, Birmingham, AL
P176  IMPLICATIONS OF MARITAL AND PARENTAL STATUS IN THE EVALUATION OF CARDIAC AND METABOLIC BIOMARKERS IN LOSEWELL PARTICIPANTS
Irina Geiculescu¹, Megan Ingle², Madeline Lang¹, Cassandra DeV³, J. Alrin Enabore², Alex Ewing³, and Irfan Asif². ¹The University of South Carolina School of Medicine Greenville, Greenville, SC, ²Greenville Health System, Greenville, SC

P177  COMPARING A 3-COMPARTMENT MODEL TO CRITERION MEASURES FOR ESTIMATING BODY COMPOSITION IN ATHLETES
B. Willian, E.L. Langford, R.L. Snarr & G.A. Ryan. Human Performance Lab, Georgia Southern University, Statesboro, GA

P178  COMPARISON OF DUAL-ENERGY X-RAY ABSORPTIOMETRY AND AIR PLETHYSMOGRAPHY IN COLLEGE ATHLETES
S.A. Gibson, M.L. Eisenman, E.L. Langford, R.L. Snarr & G.A. Ryan. Human Performance Lab, Georgia Southern University, Statesboro, GA

P179  THE EFFECT OF RACE AND POSITION ON ABDOMINAL ADIPOSITY IN FOOTBALL LINEMEN
M.N.M. Blue, K.R. Hirsch, E.T. Trexler, A.M. Peterjohn, G.J. Brewer, A. E. Smith-Ryan; University of North Carolina at Chapel Hill, Chapel Hill, NC

P180  SELF PERCEPTION OF BODY IMAGE, WEIGHT CONTROL PRACTICES, AND BODY COMPOSITION IN NCAA DIVISION I ATHLETES
P. A. Volgunina, T. A. Madzima, and S. Nepocatych. Elon University, Elon, NC

P181  THE INFLUENCE OF VARIOUS MARKERS OF PHYSICAL ACTIVITY ON ENERGY BALANCE
R. Buresh, B. Kliszczewicz, K. Hayes, and J. Julian. Kennesaw State University, Kennesaw, GA

P182  PHYSICAL PERFORMANCE VARIABLES IN PRE-ADOLESCENT INDIAN CHILDREN – EXPLORING TRENDS AND CORRELATIONS TO OBESITY
MS Kamath¹, JD Taylor² and KA Neely¹; ¹Auburn University, Auburn, AL, ²University of Arkansas for Medical Sciences, Fayetteville, AR

P183  COMPARISON BETWEEN CALORIC EXPENDITURE SITTING ON A STANDARD CHAIR, STABILITY BALL, AND BALANCED ACTIVE SITTING
E.L. Langford, R.L. Snarr, Georgia Southern University, Statesboro, GA

P184  SEDENTARY BEHAVIOR IN ADOLESCENTS AND PARENTS ENROLLING IN AN ADOLESCENT WEIGHT MANAGEMENT PROGRAM
SM Farthing, RK Evans, S Yildiz, IO Keener, EP Wickham, and MK Bean. Virginia Commonwealth University, Richmond, VA

P185  THE EFFECT OF ACUTE EXERCISE ON DUAL-ENERGY X-RAY ABSORPTIOMETRY (DXA) BODY COMPOSITION RESULTS
Megan Green, Marika Papadopoulos, Rebecca Rogers, Mallory Marshall, Tyler Williams, Christopher Ballmann. Dept. of Kinesiology, Samford University, Birmingham, AL

P186  INFLUENCE OF HIGH INTENSITY BODY-WEIGHT CIRCUIT TRAINING IN ADULTS WITH TYPE II DIABETES.
B. Kliszczewicz, R. Buresh, E. Bechke, Kennesaw State University, Kennesaw, GA

P187  EPOC AND ENJOYMENT RESPONSE FOLLOWING SELF-PACED CONTINUOUS AND INTERMITTENT WALKING
C. Krupa, A. Long, A.J. Collado, C. Fennell, J.B. Mitchell. University of Montevallo, Montevallo, AL
AN ELECTROMYOGRAPHY COMPARISON OF SEX DIFFERENCES DURING THE BACK SQUAT
K. D., Mehls, B., Grubbs, J., Ying Jin, J. M., Coons, Middle Tennessee State University, Murfreesboro, TN

ASSOCIATIONS OF MUSCLE FIBER TYPE AND INSULIN SENSITIVITY, BLOOD LIPIDS, AND VASCULAR HEMODYNAMICS IN PREMENOPAUSAL WOMEN
C Behrens¹, S Windham¹, P Griffin, J Warren², B Gower¹, G Hunter¹; ¹The University of Alabama at Birmingham, Birmingham, AL; ²Duke University, Durham, NC

BONE MINERAL DENSITY IN DISTANCE RUNNERS: EVIDENCE FOR THE MALE ATHLETE TRIAD?
K.A. Lacek, T.K. Snow, and M.L. Millard-Stafford. Georgia Institute of Technology, Atlanta, GA

THE EFFECT OF MUSCLE LENGTH ON MUSCLE ENDURANCE AND OXYGEN SATURATION
S.G. Williamson, K.K. McCully, University of Georgia, Athens, GA

A COMPARISON OF ACCELEROMETER WEAR SITES IN THE ASSESSMENT OF SKELETAL LOADING
S. Higgins, M.W. Wittstein, S. Vallabhajosula. Elon University, Elon, NC

COMPARING TWO MUSCLE SPECIFIC ENDURANCE TESTS
E.G. Jones, K.K. McCully. The University of Georgia, Athens, GA

NEURAL ACTIVATION OF THE THORACOLUMBAR FASCIA DURING THE FUNCTIONAL MOVEMENT SCREEN

ENDOGENOUS TESTOSTERONE AND BODY COMPOSITION CHANGES DURING INTENSIVE BODYBUILDING PROGRAM IN OLDER HEALTHY MALE
P.M. Magyari, University of North Florida, Jacksonville, FL

THE CORTISOL AWAKENING RESPONSE IS DEPENDENT ON OBJECTIVE MEASURES OF PHYSICAL ACTIVITY AND SLEEP QUALITY
Travis Anderson, Suzanne Vrshek-Schallhorn, Maria Ditcheva, Gail M. Corneau, Laurie Wideman; University of North Carolina at Greensboro, NC

HIGH SCHOOL SOFTBALL PLAYER WITH TYPE 1 DIABETES 72-HOUR GLUCOSE RESPONSE: A CASE STUDY
AE Kozerski, JR Jaggers, KM King, K Wintergerst. University of Louisville, Louisville, KY

SHIFT WORK ALTERS T-CELL BUT NOT NATURAL KILLER CELL FREQUENCIES
ED Hanson¹,², R Bescos²,³, S Sakkal², GK McConell², DJ Kennaway⁴. ¹University of North Carolina, Chapel Hill, NC; ²University of Plymouth, Plymouth, UK; ³Victoria University, Melbourne, Australia; ⁴University of Adelaide, Adelaide Australia

IMPACT OF FITNESS ON MACROPHAGE POLARIZATION FOLLOWING ACUTE AEROBIC EXERCISE
A.M. Blanks, T.H. Wagamon, L.M. Lafratta, L.N. Pedersen, N.J. Bohmke, R.L. Franco. Virginia Commonwealth University, Richmond, VA

SERUM URIC ACID LEVELS IN HEALTHY ADOLESCENTS
J.R. Gabaldon, N.T. Berry, J. Dollar, L. Shanahan, S. Keane, L. Shriver, S. Calkins, L. Wideman. UNCG, Greensboro, NC; University of Zurich, Zurich, SW
P201  FITNESS-RELATED DIFFERENCES IN POLARIZATION OF LIPID-EXPOSED MACROPHAGES FOLLOWING ACUTE EXERCISE  
L.N. Pedersen, L.M. LaFratta, N.J. Bohmke, A.M. Blanks, V.L. Mihalick, M.B. Senter, R.L. Franco, Virginia Commonwealth University, Richmond, VA

P202  MONOCYTE ADHESION MOLECULE EXPRESSION FOLLOWING AN ACUTE BOUT OF MODERATE INTENSITY CYCLING  
N.J. Bohmke, L.M. LaFratta, L.N. Pedersen, A.M. Blanks, V.L. Mihalick, M.B. Senter, R.L. Franco, Virginia Commonwealth University, Richmond, VA

P203  THE EFFECT OF COLD AMBIENT TEMPERATURE AND PRECEDING ACTIVE WARM-UP ON LACTATE KINETICS IN FEMALE CYCLISTS AND TRIATHLETES  
M.C. Morrissey¹,², J.N. Kisiolek², T.J. Ragland², B.D. Willingham², R.L. Hunt², R.C. Hickner FACSM²,³, and M.J. Ormsbee²,³ FACSM. ¹University of Connecticut, Storrs, CT; ²Florida State University, Tallahassee, FL; ³University of KwaZulu-Natal, Durban, South Africa

P204  THE RELATIONSHIP BETWEEN NATURE CONNECTEDNESS AND PHYSICAL ACTIVITY PATTERNS IN A SAMPLE OF COLLEGIATE STUDENTS, FACULTY, AND STAFF.  
D.C. Waddy, T. G. Ceaser, Winthrop University Rock Hill, SC

P205  EFFECT OF SAMPLE VOLUME ON MEASURED AND CALCULATED PLASMA OSMOLALITY BASED ON HYDRATION STATUS  
G.M. Kang, M.L. Millard-Stafford. Exercise Physiology Laboratory, Georgia Institute of Technology, Atlanta, GA

P206  HEAT ACCLIMATION PROTECTS C2C12 MYOTUBES AGAINST SUBSEQUENT CHALLENGE WITH HYPOXIA AND LPS  
G.W. Hill, M. R. Kuennen. High Point University, High Point, NC

P207  WHAT NINE DAYS OF SCBA TRAINING DOES TO BODY WEIGHT AND HYDRATION IN FIREFIGHTER RECRUITS.  
M. Villafuerte, R. Lawler & M. Iosia. Lee University, Cleveland, TN

P208  POKEY MON SLOW: A NATURAL EXPERIMENT CAPTURES PHYSICAL ACTIVITY PROFILES OF PLAYING POKÉMON GO.  
C. Beach¹, G. Billstrom¹, E. Anderson Steeves², J.F. Oody¹, & J.A. Steeves¹. ¹Maryville College, Maryville, TN, ²University of Tennessee, Knoxville, TN

P209  FACTORS LEADING TO DISCREPANCIES IN ACCUMULATED PHYSICAL ACTIVITY DURING SCHOOL HOURS IN ELEMENTARY SCHOOL STUDENTS  
R. Booker¹, R. Galloway², ME. Holmes¹; ¹Mississippi State University, Mississippi State, MS; ²Missouri State University, Springfield, MO

P210  PHYSICAL ACTIVITY AMONG US WOMEN WITH A HISTORY OF GESTATIONAL DIABETES AND DIABETES  

P211  RECESS AND OVERWEIGHT AND OBESITY IN CHILDREN 5-11 YEARS OF AGE: 2013-2016 NHANES  
C.D. Rogers, M.R. Richardson, J.R. Churilla. University of North Florida, Jacksonville, FL

P212  THE EXAMINATION OF JUDO ON PHYSICAL ACTIVITY AND SLEEP IN CHILDREN WITH AUTISM SPECTRUM DISORDER  
P.M. Rivera, J.M. Renziehausen, K.M. Baker, N.A. Leahy, and J.M. Garcia. The University of Central Florida, Orlando, FL
P213  EXERCISE IS MEDICINE-ON CAMPUS OUTCOMES FOR YEAR 1 AT MARYVILLE COLLEGE

P214  COMPLIANCE WITH PHYSICAL ACTIVITY GUIDELINES AND ASSOCIATIONS WITH PHYSICAL LITERACY AMONG FUTURE PHYSICAL EDUCATORS
K.E. Spring, M.E. Holmes, Y.J. Ryuh, C.C. Chen. Mississippi State University, Starkville, MS

P215  ASSOCIATION OF CARDIOVASCULAR HEALTH TRAJECTORIES AND CARDIORESPIRATORY FITNESS: THE CARDIA STUDY
BS Pope¹, JJ Ruiz-Ramie¹, JL Barber¹, AD Lane-Cordova¹, DM Lloyd-Jones², M Carnethon², CE Lewis³, PJ Schreiner³, MP Bancks³, S Sidney⁶, MA Sarzynski¹; ¹University of South Carolina, Columbia, SC; ²Northwestern University, Chicago, IL; ³University of Alabama at Birmingham, Birmingham, AL; ⁴University of Minnesota, Minneapolis, MN; ⁵Wake Forest University, Winston-Salem, NC; ⁶Kaiser Permanente, Northern California, Oakland, CA

P216  THE PREVALENCE OF OBESITY AND ITS ASSOCIATION WITH PREVIOUS MUSCULOSKELETAL INJURY IN PROBATION OFFICERS

P217  EFFECTS OF SEDENTARY BEHAVIOR ON CORE STRENGTH, FLEXIBILITY, AND POSTURE IN COLLEGE STUDENTS
A.A. Price, K. Jackson, D. Lane, K.W. Kornatz. Winston-Salem State University, Winston-Salem, NC

P218  GENDER DIFFERENCES IN PHYSICAL ACTIVITY AND SEDENTARY BEHAVIOR INDICES AMONG PHYSICAL EDUCATION PEDAGOGY UNDERGRADUATE STUDENTS
A. Mathis, M.E. Holmes, C.C. Chen, Y.J. Ryuh, K.E. Spring. Mississippi State University, Starkville, MS

P219  WALKING CADENCE DURING MODERATE INTENSITY PHYSICAL ACTIVITY IN PREGNANT WOMEN
Mallory R. Marshall, Beth Birchfield, Rebecca R. Rogers, Christopher G. Ballmann Samford University, Birmingham, AL

P220  VALINE-CATABOLITE, 3-HYDROXYISOBUTERATE ALTERS MYOTUBE METABOLISM AND REDUCES INSULIN SIGNALING
E. Lyon, M. Rivera, M. Johnson, K. Sunderland, R. Vaughan. High Point University, High Point, NC

P221  EFFECT OF VALINE ON MYOTUBE METABOLISM AND INSULIN SENSITIVITY
M. Rivera, E. Lyon, M. Johnson, K. Sunderland, R. Vaughan High Point University, High Point, NC

P222  MODEST UPPER BODY LOADING INCREASES MARATHON PACE RUNNING ECONOMY BY 3-4% IN FEMALE RUNNERS

P223  EFFECTS OF EXTRA SIMULATED, UPPER BODY FAT MASS ON MARATHON PACE RUNNING ECONOMY IN MALE RUNNERS
THE EFFECTS OF FASTED OR FED STATE ON PHYSIOLOGICAL MEASURES OF AEROBIC PERFORMANCE IN WOMEN.
M. L. Tarpey, and E. H. Robinson. Meredith College, Raleigh, NC

LIPID PROFILE AND HBA1C VALUES VARY ACROSS AGE GROUPS IN ACTIVE OLDER ADULTS

RELATIONSHIP BETWEEN MEASURES OF ANXIETY AND CHANGE IN RESTING METABOLIC RATE
A.M. Ehlert, J.L. Wynne, P.B. Wilson; Old Dominion University, Norfolk, VA

CHANGES IN RESTING METABOLIC RATE FROM PREGNANCY TO POSTPARTUM
K. Yoho, J. Maples, M. Blankenship, K. Edens, R. Tinius. Western Kentucky University, Bowling Green, KY; University of Tennessee, Knoxville, TN

RESTING ENERGY EXPENDITURE AND METABOLIC EQUIVALENTS IN YOUTH: IMPACT OF INCONSISTENT OPERATIONAL DEFINITIONS
P.R. Hibbing, S.E. Crouter. The University of Tennessee, Knoxville, TN

RELATIONSHIP BETWEEN EXERCISE CLASS PARTICIPATION AND IMPROVEMENT IN CARDIOVASCULAR HEALTH

PRE-SLEEP CONSUMPTION OF CASEIN PROTEIN ON RESTING METABOLIC RATE AND APPETITE IN PREMENOPAUSAL WOMEN
C.M. Schattinger1, J.R. Leonard1, A.L. Artese2, M.J. Ormsbee1, C.L Pappas1, L.B. Panton1. 1Florida State University, FL. 2Roanoke College, VA

LAT1 IMMUNOHISTOCHEMICAL ALTERATIONS FOLLOWING TRAINING AND EFFECTS OF LAT1 OVEREXPRESSION IN C2C12 MYOBLASTS AND MYOTUBES
P. Roberson1, C. Haun1, P. Mumford1, M. Romero1, S. Osburn1, C. Vann1, C. Mobley2, M. Roberts1. 1Auburn University, Auburn, AL. 2University of Kentucky, Lexington, KY

CIRCULATING LACTATE IS ELEVATED IN PREDIABETES PHENOTYPES COMPARED WITH NORMAL GLUCOSE TOLERANT COUNTERPARTS

IMPACT OF SHORT-TERM EXERCISE TRAINING ON GLUCOSE EFFECTIVENESS BETWEEN PHENOTYPES OF PREDIABETES

MITORACE: IN VIVO ASSESSMENT OF MITOCHONDRIAL FUNCTION USING MULTIPHOTON NADH FLUORESCENCE
Brad Willingham1, Yingfan Zhang1, and Brian Glancy1,2; 1Muscle Energetics Laboratory, NHLBI, NIH, Bethesda, MD; 2NIAMS, NIH, Bethesda, MD

AGREEMENT BETWEEN ENERGY EXPENDITURE ASSESSMENTS DURING EXERCISE BY METABOLIC CHAMBERS AND CART
CM Scott, S Chen, RK Evans, FS Celi. Virginia Commonwealth University, Richmond, VA
8:00-9:30  THEMATIC POSTERS SESSION IV (Think Tank)
TP19-TP24  Cardiovascular Physiology
Chair:

TP19  EXAMINING THE IMPACT OF OBESITY ON VENTILATORY RESPONSES DURING ACUTE EXERCISE IN PATIENTS WITH HFPEF
B. Christensen, P. Brubaker, G. Tiarks, J.T. Becton, D. Kitzman. Wake Forest University, Winston-Salem, N.C.

TP20  INFLUENCE OF MENSTRUAL CYCLE PHASE ON CARDIOVASCULAR DRIFT AND MAXIMAL OXYGEN UPTAKE DURING HEAT STRESS
T.M. Stone, S.G. Burnash, B. Hornikel, C.J. Holmes, and J.E. Wingo. The University of Alabama, Tuscaloosa, AL

TP21  VASCULAR PROTECTION IN RESPONSE TO ALTERED SHEAR PATTERNS AT DIFFERENT MENSTRUAL CYCLE PHASES
Austin C. Hogwood, Jennifer Weggen, Ashley Darling, Brandon Imthurn, Andrew McIntyre, Kevin Decker, and Ryan S. Garten. Virginia Commonwealth University, Richmond, VA

TP22  ASSOCIATION BETWEEN ISOLATED VERSUS DAILY AVERAGED HEART RATE VARIABILITY, FITNESS AND BODY COMPOSITION
GD. Hay, JT. Ellis, AA. Flatt. Georgia Southern University, Savannah, GA

TP23  SEX DIFFERENCES IN SITTING-INDUCED VASCULAR DYSFUNCTION: EVIDENCE OF AUGMENTED ANTIOXIDANT DEFENSE
K. Decker, P. Feliciano, M. Kimmel, A. Hogwood, J. Weggen, A. Darling, A. Michael, and R.S. Garten. Dept. of Kinesiology and Health Sciences, VCU, Richmond, VA

TP24  INTERVAL EXERCISE ENHANCES THE REVERSAL OF PRE-EXISTING ENDOTHELIAL DYSFUNCTION ON A LOW-CALORIE DIET
N.M. Gilbertson; S.L. Miller; N.Z.M. Eichner; S.K. Malin. University of Virginia, Charlottesville, VA

8:00-10:00  ORAL FREE COMMUNICATION IV (Ballroom F)
025-032  Fitness/Testing/Assessment
Chair:

O25  PHYSICAL ACTIVITY AND SLEEP QUALITY IN YOUTH WITH AUTISM SPECTRUM DISORDER

O26  Effects of 3 Weeks Yoga on RPE Production During Treadmill Exercise
Swain1, J. C., Seltmann2, C. L., Green1, J. M., Killen1, L. G., O’Neal1, E. K., Frisbee1, C. M.; 1University of North Alabama, Florence, AL; 2Auburn University, Auburn, AL

O27  CRITERION VALIDITY OF ACTIGRAPH GT9X STEP PREDICTIONS IN YOUTH
B.J. Clendenin, P.R. Hibbing, S.R. LaMunion, S.E. Crouter, FACSM. The University of Tennessee, Knoxville, TN

O28  ASSOCIATION BETWEEN PUSH-UPS AND ANTHROPOMETRIC VARIABLES AND UPPER BODY STRENGTH IN WOMEN
MS. Green1, CR. Allen2, A. Hatchett3, MR. Esco4, MV. Fedewa4, TD. Martin1; 1Troy University, Troy, AL; 2Florida Southern College, Lakeland, FL; 3University of South Carolina Aiken, Aiken, SC; 4University of Alabama, Tuscaloosa, AL

O29  EXAMINATION OF SPEED, AGILITY, AND POWER BY POSITION IN DIVISION II WOMEN’S SOCCER ATHLETES
D.N. Thompson, V.O. Romano, and K.A. Smith. Catawba College, Salisbury, NC

O30  AGREEMENT BETWEEN FITBIT AND ACTIGRAPH ESTIMATES OF PHYSICAL ACTIVITY IN YOUNG CHILDREN
O31  RELIABILITY OF TIME-TO-EXHAUSTION TRIALS UTILIZING A SPEED CORRESPONDING TO A PERCENTAGE OF VO2MAX
Kayla Baker, Jeanette Garcia, Justine Renziehausen, Paola Rivera; University of Central Florida, Orlando, FL

O32  THE EFFECT OF AEROBIC EXERCISE INTENSITY ON NON-EXERCISE PHYSICAL ACTIVITY LEVELS IN OBESE AFRICAN AMERICANS
NR Gniewek, SG Barefoot, JE McGee, AC Huff, TD Raedeke, PM Brophy, JA Houmard FASCM, DL Swift. East Carolina University, Greenville, NC

8:00-8:50  SYMPOSIUM IX (Regency C)
S9  Move More, Move Together: Promoting Active Families
KD DuBose & D Dlugonski, East Carolina University, Greenville, NC
Chair:

8:00-8:50  TUTORIAL SESSION XV (Ballroom G)
T15  Convergence of Physical Activity and Health: Promising Career Paths For the Future
M Stoutenberg¹, DB Bornstein², AG Bell³; ¹ University of Tennessee at Chattanooga, Chattanooga, TN; ² The Citadel, Charleston, SC; ³ Mid-Atlantic Affiliate of the American Heart Association, Morrisville, NC
Chair:

8:00-8:50  TUTORIAL SESSION XVI (Ballroom H)
T16  Endurance Training with Low Carbohydrate Availability
M.J. Saunders. James Madison University, Harrisonburg, VA
Chair:

9:00-9:50  SYMPOSIUM SESSION X (Ballroom G)
S10  Sports Injury Surveillance: State of the Science and Applications to Injury Prevention
Avinash Chandran, Zachary Y. Kerr; University of North Carolina at Chapel Hill, NC
Chair:

9:00-9:50  TUTORIAL SESSION XVII (Ballroom H)
T17  The Role of Biogenic Amines in Movement
KA Neely, MS Kamath, & JA Roper. Auburn University, Auburn, AL
Chair:

9:00-9:50  TUTORIAL SESSION XVIII (Redbud)
T18  Creating An Effective and Professional Social Media Strategy
B. Parr¹, Y. Feito², A. Schwartz³; ¹University of South Carolina Aiken, Aiken, SC; ²Kennesaw State University, Kennesaw, GA; ³University of Tennessee, Knoxville, TN
Chair:

9:30-11:00  POSTER FREE COMMUNICATIONS V (Studio)
P283-P299  Fitness/Testing/Assessment; Nutrition and Exercise/Sports
Chair:

P236  IN-SEASON CHANGES OF COUNTERMOVEMENT JUMP PERFORMANCE IN DIVISION II FEMALE VOLLEYBALL ATHLETES
TL. Norman, JL. Grazer, MA. Martino. Georgia College & State University, Milledgeville, GA

P237  ERGOGENIC, PERCEPTUAL AND METABOLIC RESPONSES TO PALM COOLING
University of Louisville, Louisville, KY

P238  ELECTROLYTES ADDED TO A CARBOHYDRATE-BASED DRINK: EFFECT ON EXERCISE DONE AGAINST PROGRESSIVELY HIGHER WORKLOADS
AC Vanhoover, CB McEnroe, AE Kozerski, IT O’Brien, JF Caruso. University of Louisville, Louisville, KY

P239  COMPARISON OF FUNCTIONAL TESTS OF LEG POWER IN COLLEGIATE ATHLETES
S. Sullivan, N. Fleet, and P. Brubaker. Wake Forest University, Winston-Salem, NC
P240 NO EFFECT OF STARTING HEIGHT ON REBOUND VERTICAL JUMP

P241 EXAMINING THE LEARNING EFFECT ON AN ISOKINETIC FATIGUE TEST PROTOCOL

P242 TEST-RETEST RELIABILITY OF AN ISOKINETIC FATIGUE TEST

P243 DWELL TIMES FROM A HIGH-SPEED EXERCISE INTERVENTION AS A CORRELATE TO CALCANEAL ACCRETION
CB McEnroe, L Chen, LJ Vargas, IT O'Brien, AE Kozerski, AC Vanhoover, JF Caruso Exercise Physiology Program, University of Louisville, Louisville KY

P244 COMPARING PHYSICAL FITNESS IN CAREER VS. VOLUNTARY FIREFIGHTERS
Andrew J. Jackson, Cody E. Morris, Lee J. Winchester, & Scott W. Arnett. 1Western Kentucky University, Bowling Green, KY; 2The University of Alabama at Birmingham, Birmingham, AL; 3The University of Alabama, Tuscaloosa, AL

P245 COMPARISON OF THE HEART RATE VARIABILITY AND VENTILATORY THRESHOLDS DURING TREADMILL EXERCISE
Trent A. Hargens, Shane A. Chambers, Nicholas D. Luden, Christopher J. Womack. James Madison University, Harrisonburg, Virginia

P246 EFFECT OF INSTABILITY ON CORE MUSCLE ACTIVATION IN A SIDE BRIDGE
E. Kishman, T. J. Michael, N. J. Hanson, S. Lee, X. Wang. 1University of South Carolina, Columbia, SC; 2Western Michigan University, Kalamazoo, MI

P247 LOCATION OF LOW-FREQUENCY ELECTRICAL STIMULATION DOES NOT EFFECT RECOVERY FOLLOWING LOWER-BODY EXERCISE
L.M. Addison, M.R. Gross, and J.C. Casey. University of North Georgia, Oakwood, GA

P248 EFFECTS OF AN 8 WEEK UPPER BODY RESISTANCE TRAINING PROGRAM ON AEROBIC CAPACITY IN UNTRAINED FEMALES
J. Bossi, E. Pitts, A. Keath. 1Winthrop University, Rock Hill, SC; 2Anderson University, Anderson, SC

P249 IDENTIFYING THE CRITICAL RESISTANCE FOR THE DEADLIFT

P250 COMPARISON OF THE CRITICAL HEART RATE TO HEART RATES AT CRITICAL VELOCITY AND VENTILATORY THRESHOLD

P251 DIFFERENCES IN 1-REPETITION MAXIMUM BENCH PRESS WITH OR WITHOUT LOAD KNOWLEDGE
K.M. Adams, J.S. Cook, R.L. Snarr, Georgia Southern University, Statesboro, Georgia

P252 EFFECTS OF A 6-WEEK FITNESS PROGRAM ON FIREFIGHTER RECRUITS: A CASE STUDY
B. Loewen, M. Weeks, B. Melton, & G.A. Ryan. Georgia Southern University, Statesboro, GA
EFFECTS OF CAFFEINE ON TENNIS SERVE ACCURACY
B Poire, LG Killen, JM Green, EK O'Neal, LG Renfroe, A Reno. University of North Alabama, Florence, AL

EVALUATING PHYSICAL ACTIVITY IN A LOCAL AFTERSCHOOL PROGRAM: COMPARISON TO ESTABLISHED NATIONAL GUIDELINES
H. Kolcz, J. Hannon, E. I. Ackley. Roanoke College, Salem, VA

GENDER DIFFERENCES CONCERNING PHYSICAL ACTIVITY BELIEFS AND PRACTICES AMONG FOURTH GRADERS
T.M. McDuffie¹; E. DeVilliers¹; A.N. Kelleran²; Z.S. Kopp¹; A.K. Leal¹; ¹Bridgewater College, Bridgewater, VA; ²Rockingham County Public Schools, Harrisonburg, VA

MAXIMUM PUSH-UP PERFORMANCE IS STRONGLY RELATED TO REGULAR EXERCISE AND PROPER SLEEP
JM Wilson, ST Holden, VS Yoder, J Bunn, B Myers, Campbell University, Buies Creek, NC

ACTIVE COMMUTING AND WEIGHT-RELATED HEALTH STATUS IN ELEMENTARY SCHOOL-AGED YOUTH: A PRELIMINARY INVESTIGATION

VALIDITY AND RELIABILITY OF A PLYOMETRIC PUSHUP UPPER BODY POWER TEST
G.A. Ryan & R.L. Snarr. Human Performance Lab, Georgia Southern University, Statesboro, GA

DOES MOTOR MUSCLE ENGAGEMENT COMPLEXITY AFFECT LEARNING OF YOGA POSES?

GRIP STRENGTH COMPARED TO HEALTHY LIFESTYLE BEHAVIORS
V. Yoder, J. Wilson, S. Holden, B. Myers, J. Bunn. Campbell University, Buies Creek, NC

RELATIONSHIP AMONG STABILITY GROUPINGS BETWEEN THREE DIFFERENT STABILITY TESTS
MC Watterson, JW Barfield, JF Harbinger, SG Moultrie, JA George, and GD Oliver. Auburn University, Auburn, AL

RELIABILITY, BIAS, AND REPEATABILITY OF POWER OUTPUT DURING SQUATS USING A FLYWHEEL RESISTANCE TRAINING DEVICE

RELATIONSHIP BETWEEN VERT VARIABLES AND FATIGUE IN DIVISION I VOLLEYBALL ATHLETES
J. Pascal, P. Chrysosferidis, S. Wilhoite, and B.A. Munkasy. Georgia Southern University, Statesboro, GA

NO CORRELATION BETWEEN CVD RISK FACTORS AND FITNESS VARIABLES IN FIREFIGHTERS
JJ Gann¹, AB Alansare², HC Jung¹; ¹University of Louisiana-Monroe, Monroe, LA, ²University of Pittsburgh, Pittsburgh, PA
THE IMPACT OF VOLUME-MATCHED, HEAVY VS MODERATE WEIGHT RESISTANCE TRAINING ON INFLAMMATION AND MUSCULAR DAMAGE
Patton Allen¹, Teresa Wiczynski¹, Scott Arnett¹, Michael V. Fedewa², Scott Lyons¹, Lee Winchester¹,²; ¹Western Kentucky University, Bowling Green, KY; ²University of Alabama, Tuscaloosa, AL

TRACKING HBA1C FOR REPEAT PARTICIPANTS ACROSS MECKLENBURG COUNTY: A 15-MONTH STUDY

THE EFFECT OF DUAL TASKING ON EXECUTIVE FUNCTION AND GAIT DURING TREADMILL DESK WALKING
Christopher Ballmann, Mallory Marshall, Tyler Williams, Rebecca Rogers. Dept. of Kinesiology, Samford University, Birmingham, AL

BLOOD PRESSURE CHANGES AT BETTE RAE THOMAS RECREATION CENTER HEALTH ASSESSMENTS

PHYSIOLOGICAL DEMANDS OF HARD SHOE AND SOFT SHOE IRISH DANCING: A PILOT STUDY
MP. Trebour, MM. Cutten, TG. Coffey, LQ. Jimenez, JP. Morrison. Longwood University, Farmville, VA

THE EFFECTS OF STRETCHING ON BLOOD LACTATE CONCENTRATION AFTER ANAEROBIC EXERCISE
A.C. Blackley, J. Schoffstall, B. Tummons, K. Dombrowski, and B. Davis. Liberty University, Lynchburg, VA

DOES THE 30-DAY PUSH-UP CHALLENGE BUILD UPPER BODY MUSCLE STRENGTH?
D. Upshaw, J. D. Garrison, H. Wall, J. Lukers. Truett McConnell University, Cleveland, Georgia

COMPARISON OF MODALITIES ON LACTATE CLEARANCE FOLLOWING EXHAUSTIVE ANAEROBIC EXERCISE: A CASE STUDY
A. Lyon¹, J. Bossi ², A. Keath¹, K. Kelly¹, C. Isom¹, P. Hawks¹, L. Scragg¹. ¹Anderson University, Anderson, SC. ²Winthrop University, Rock Hill, SC

NUTRITIONAL ADVICE OF CERTIFIED FITNESS PROFESSIONALS

ACCURACY OF THE BRZYCKI FORMULA FOR PREDICTING 1RM VALUES WITH EXPLOSIVE LINEAR LEG PRESS TRAINING
A. M. Kurtz, K. Anderson, K. Berrigan, P. Hovis, Southern Wesleyan University, Central, SC

PHYSIOLOGICAL ADAPTATIONS PRE AND POST THROUGH HIKING IN YOUNG HEALTHY MALE SUBJECT: A CASE STUDY
J.C. Luck, K. T. McShea, H. Kim, S. A. Metz linger, J. T. Oliver, N. D. Tocci., T. J. Wilson, A. P. Drain, A. Lassiter, K.S. Fas cze wski, and M. Meucci. Appalachian State University, Boone, NC
P276  **FIREFIGHTER TURNOUT SUIT WEIGHT INFLUENCES SIMULATED EXERCISE PERFORMANCE**  
Stephanie D. Gipson, Meredith L. McQuerry, Margaret C. Morrissey, Jacob N. Kisiolek, 
Michael J. Ormsbee, FACSM. Florida State University, Tallahassee, FL

P277  **RELIABILITY OF THE GEORGE JOGGING TEST TO PREDICT VO2MAX**  
J.L. Wynne, P.B. Wilson. Old Dominion University, Norfolk, VA

P278  **DECREASED ERROR WITH HIGHER WRIST POSITION OF OPTICAL HEART RATE MONITORING DEVICES DURING EXERCISE**  

P279  **EFFECTS OF AN UNDULATING PERIODIZATION PROGRAM FOR TACTICAL ATHLETES**  
University of South Carolina, Columbia, SC and Palmetto Health USC Orthopedic Center, 
Columbia, SC

P280  **COMPARISON OF MAXIMAL AEROBIC CAPACITY BETWEEN THE TREADMILL AND CONCEPT2 SKIERSG**  
H. Nelson, A. Bosak, M. Phillips, B. Ziebell, R. Lowell, M. De Moors, A. Blackley, A. Lau, A. Frech, & A. McCarty. Liberty University, Lynchburg, VA

P281  **RELATIONSHIP BETWEEN RELATIVE LOAD AND PEAK POWER, AVERAGE FORCE, AND VELOCITY DURING FLYWHEEL RESISTANCE TRAINING.**  

P282  **COMPARISON OF PRE-STRETCH AND REACTIVE STRENGTH BETWEEN MEN AND WOMEN DURING BENCH PRESS**  
Stephan A. Corcho, Andrew A. Flatt, George J Davies, Bryan L Riemann, Georgia Southern University, Savannah, GA

P283  **BASEBALL PITCHING MUSCLE ACTIVITY & KINEMATIC COMPARISON BETWEEN WIND-UP AND STRETCH FASTBALLS**  
M. Smidebush\textsuperscript{1,2}, E. Stewart\textsuperscript{1}, H. Chander\textsuperscript{1}, A. Knight\textsuperscript{1}; \textsuperscript{1}Mississippi State University, \textsuperscript{2}The University of Kentucky

P284  **EFFECTS OF B-ALANINE ON PERFORMANCE, COGNITION, MOOD, ENDOCRINE FUNCTION, AND INFLAMMATION IN SIMULATED MILITARY OPERATIONS**  

P285  **USING THE GAD-7 TO COMPARE EFFECTS OF RESISTANCE TRAINING ON STUDENTS AT RISK OF ANXIETY**  
C.A.Carré and S.L. Malley, Meredith College, Raleigh, NC

P286  **NITRATES AND EXERCISE CAPACITY IN WELL TRAINED MIDDLE TO OLDER AGED ADULTS**  
M.S. Fletcher, G.D. Miller, C.G Jones, T.M. Heinrich, S.L. Collins, Z.D. Gauthier and M.J. Berry, Wake Forest University, Winston-Salem, NC

P287  **QUANTIFICATION OF GRFX AND GRFY FOR SKILLED VERSUS RECREATIONAL BASEBALL HITTING**  
E. Stewart\textsuperscript{1}, M. Smidebush\textsuperscript{1}, J. Simpson\textsuperscript{2}, A. Knight\textsuperscript{1}, H. Chander\textsuperscript{1}, & R. Shapiro\textsuperscript{3}; \textsuperscript{1}Mississippi State University, Mississippi State, MS, \textsuperscript{2}University of West Florida, Pensacola, FL, \textsuperscript{3}University of Kentucky, Lexington, KY
CITRULLINE-MALATE DOES NOT ENHANCE PERFORMANCE OR ALTER COORDINATION VARIABILITY DURING ANAEROBIC CYCLING
B.H. Romer¹, J.L. Gills², and H. Lu³. ¹High Point University, High Point, NC; ²University of Arkansas, Fayetteville, AR; ³Texas Tech University, Lubbock, TX

DARK CHOCOLATE SUPPLEMENTATION ELEVATES RESTING ENERGY EXPENDITURE
M.J. Webster, K.M. Presler, and D. Kesk. School of Health Sciences, College of Nursing and Health Sciences, Valdosta State University, Valdosta, GA

RACIAL AND ETHNIC DIFFERENCES IN 24 HOUR URINARY HYDRATION MARKERS
WM Adams, ML Haskins, A Huntsinger, EM Karras, SL Walton. University of North Carolina at Greensboro, Greensboro, NC

SOURCES OF NUTRITION INFORMATION AND KNOWLEDGE FOR ULTRA-RUNNERS (SNIKR STUDY)
Ouslan, N., Mahoney, S.E., Wójcicki, T.R., Carnes, A.J. Bellarmine University, Louisville, KY

NITRATES DO NOT IMPROVE TISSUE OXYGENATION INDEX: A NIRS ANALYSIS
Z.D. Gauthier, M.S. Fletcher, G.D. Miller, C.G Jones, T.M. Heinrich, S.L. Collins and M.J. Berry. Wake Forest University, Winston-Salem, NC

NEIGHBORHOOD ACCESS TO HEALTHY FOODS AND WEIGHT-RELATED HEALTH STATUS IN ELEMENTARY SCHOOL-AGED YOUTH
K. Priester, M. Freeman, E. I. Ackley. Roanoke College, Salem, VA

ACUTE EFFECTS OF CAFFEINE INGESTION ON VELOCITY AND POWER OUTPUT DURING RESISTANCE EXERCISE
Jake Mintz, Thomas Degrange, Will Jackson, Tyler Williams, Rebecca Rogers, Mallory Marshall, John Petrella, Christopher Ballmann. Dept. of Kinesiology, Samford University, Birmingham, AL

LONG-TERM EFFICACY OF CONVERTING NITRATE IN BEETROOT JUICE TO PLASMA NITRITE
S.L. Collins, D. Kim-Shapiro, M.J. Berry, G.D. Miller, Wake Forest University, Winston-Salem, NC

INFLUENCE OF MODIFIED STARCHES ON MENTAL PERFORMANCE AND PHYSICAL ENDURANCE FOLLOWING EXHAUSTIVE EXERCISE
C. Herman, G. Sandri Heidner, L. Wentz, J. Farrrier, R. Dodson, N. Murray. East Carolina University, Greenville, NC

PACING STRATEGY ADHERENCE DURING AN ENDURANCE CYCLING EVENT
HA Yoder¹,², CL Keeter², NM Sauls², CX Muñoz³, JE Wingo², EC Johnson², and LE Armstrong⁴. ¹University of Alabama, Tuscaloosa, AL; ²University of Wyoming, Laramie, WY; ³University of Hartford, West Hartford, CT; ⁴University of Connecticut, Storrs, CT

EFFECTS OF ACUTE BEETROOT JUICE SUPPLEMENTATION ON BENCH PRESS POWER, VELOCITY, AND VOLUME
Mary Page Martin, Tyler Williams, Rebecca Rogers, Christopher Ballmann. Dept. of Kinesiology, Samford University, Birmingham, AL

RECREATIONAL RUNNERS LACK HYDRATION KNOWLEDGE AND PLACE LITTLE IMPORTANCE ON FLUID REPLACEMENT GUIDELINES
B.A. Davis¹, R.S. Farley², J.M. Coons², D.K. Fuller², E.K. O’Neal³, J.L. Caputo². ¹Kentucky Wesleyan College, Owensboro, KY; ²Middle Tennessee State University, Murfreesboro, TN; ³University of North Alabama, Florence, AL
10:00-10:50 SYMPOSIUM SESSION XI (Ballroom G)
S11 Sitting is the New Smoking: Acute Sitting and Chronic Whole-Body Cardiovascular Assault
Daniel Credeur¹, Katie Burnet², Elizabeth Kelsh², Lee Stoner (FACSM)², ¹University of Southern Mississippi, Hattiesburg, MS; ²University of North Carolina, Chapel Hill, NC
Chair:

10:00-10:50 TUTORIAL SESSION XIV (Ballroom H)
T19 Considerations for Qualitative and Quantitative Analysis of Wearable Technology
J.A. Bunn¹ and L.C. Eschbach²; ¹Campbell University, Buies Creek, NC; ²Valencell Inc., Raleigh, NC
Chair:

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
J.A. Steeves¹, J.F. Oody¹, T. Haydu¹, L. G. Marttala¹, K.L. Peyer², K. Hahn², R.L. Morgan³, E.C. Fitzhugh³; ¹Maryville College, Maryville, TN, ²University of Tennessee-Chattanooga, TN, ³University of Tennessee-Knoxville, TN
Chair:

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 University
Introduction: Mike McKenzie, Ph.D., SEACSM Past President, Appalachian State University

12:00-2:00 SEACSM LUNCHEON AND LECTURE (Ballroom A&B)
Cardiovascular Health: A Potential Hurdle in the Upcoming Space Race
Michael Delp, Ph.D., Dean, College of Human Sciences, Florida State University
Presiding: Lynn Panton, Ph.D., SEACSM President, Florida State University
Introduction: Lynn Panton, Ph.D., SEACSM President, Florida State University

2:00-3:00 SEACSM EXECUTIVE BOARD MEETING (Teal)

SEACSM CLINICAL TRACK (Ballroom H)
"Hot Topics in Sports Medicine"
FRIDAY, February 15, 2019

12:30 pm Welcome and Announcements: Brent Messick, MD (Atrium Health Sports Medicine and Injury Care)

12:45 pm Wrestling: Paul Meirick, MD (Vanderbilt)

1:15 pm Hockey: Payton Fennel DO (FryeCare Sports Medicine and Concussion Clinic)

1:45 pm Lacrosse: Deanna Didiano, DO (Atrium Health Sports Medicine and Injury Care)

2:20 pm Discussion

2:25 pm Break

2:40 pm Case Presentation #1-“Decreased ROM of Right Arm in Non-Verbal Child”
Eric Bankert, MD

2:55 pm Case Presentation #2-“Preseason Dyspnea... Unfortunately NOT another case of Deconditioning”
Ian McKeag, MD

3:10 pm Case Presentation #3-“When Roughing the Kicker gets Real”
William Manning, MD

3:25 pm Rodeo: Kyle Cassas, MD, FACSM (Greenville Health System)

4:10 pm Swimming: Ashley Karpinos, MD, MPH (Vanderbilt)

4:40 pm Break

4:45 pm Soccer: Rebecca Bassett, MD (Murphey Wainer Orthopedic Specialists)
5:25 pm    Ironman: Robert Sallis, MD, FACSM, (Kaiser Permanente)
5:55 pm    Discussion
6:30-7:30  CLINICAL TRACK RECEPTION (Ballroom F)

SATURDAY, February 16, 2019

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

7:30    Welcome and Announcements: Brent Messick, MD (Atrium Health)
7:45    SCUBA: John Wassel, MD (Novant Health Wound Care and Hyperbaric Medicine)
8:15    Tennis: Neeru Jayanthi, MD, (Emory Sports Medicine)
8:45    Running Medicine: Ryan Draper, DO (Cone Sports Medicine)
9:15    Discussion
9:25    Break
9:40    Case Presentation #4-“More than just a Contusion: When a Baseball Player’s Knee meets the Outfield Wall”-Jason Williams, MD
9:55    Case Presentation #5-“Groin Pain in a Collegiate Baseball Pitcher”-David Neblett, MD
10:10   Case Presentation #6-“Remote Hip Pain in Middle-Aged Female Following Indirect Trauma From Fall”-Emily Sherrard, MD
10:25   Wilderness Medicine : Andrew Gregory, MD (Vanderbilt)
10:55   NASCAR: Kevin Burroughs, MD (Atrium Health Sports Medicine and Injury Care)
11:25   Discussion
11:35   Break
11:50   Case Presentation #7-“Atraumatic Recurrent Knee Effusion in a Collegiate Athlete-Soccer”-Darwin McKnight, MD
12:05   Case Presentation #8-“Problems on the Pommel Horse”-Mashala Temas, MD
12:20   Case Presentation #9-“Net Nausea”-Jana Upshaw, MD
12:35   Voting for Best Case Presentation
11:45   Closing Remarks
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THANKS TO OUR 2019 SUPPORTERS & EXHIBITORS
.... from the Southeast Chapter of the American College of Sports Medicine

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