

**SOUTHEAST AMERICAN COLLEGE OF SPORTS MEDICINE
2019 ANNUAL MEETING SCHEDULE**

THURSDAY, February 14, 2019

- 12:00-2:00 SEACSM EXECUTIVE BOARD MEETING (Teal)**
- 1:00-6:00 REGISTRATION AND STUDENT HELP DESK (Lobby)**
- 2:00-3:30 AUDIOVISUAL TEAM MEETING (Crepe Myrtle)**
- 2:00-2:50 PRE-CONFERENCE TUTORIAL (Ballroom F)**
PC1 Thriving Not Surviving - Setting Yourself Up for Success at SEACSM.
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 (Prefunctorary 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. Mobley^{1,2}, P.W. Mumford¹, M.A. Romero¹, Y. Zhang¹, J. Zempleni³, J.J. McCarthy², K.C. Young^{1,4}, M.D. Roberts^{1,4}, and A.N. Kavazis^{1,4}. 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 29208
- 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. Artese^{1,2}, 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

- D8 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
- M1 ELEVATED SERUM URIC ACID AND HEART FAILURE IN U.S. ADULTS: 2007-2016 NHANES**
M.L. Stone, M.R. Richardson, L. Guevara, B.G. Rand, J.R. Churilla. University of North Florida, Jacksonville, FL
- M2 GAMING ENJOYMENT, PERCEIVED EXERTION, AND EXERCISE INTENSITY IN ACTIVE VIRTUAL REALITY GAMES**
DH. Gomez^{1, 2}, N. Bolter², J. Bagley², M. Kern², CM. Lee². ¹Auburn University, Auburn, AL. ²San Francisco State University, San Francisco, CA.
- M3 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 University of North Alabama, Florence, AL¹, Mississippi State University, Mississippi State, MS², University of West Florida, Pensacola, FL³
- M4 RELATIONSHIP BETWEEN WEIGHT HISTORY AND DEPRESSION IN U.S. ADULTS**
L. Guevara, M.R. Richardson, R.J., Zeglin, C.J., Joyce, B.G. Rand, M.L. Stone, T.M. Johnson, J.R. Churilla. University of North Florida, Jacksonville, FL
- M5 THE EFFECTS OF EXERCISE TRAINING ON COGNITION AND QUALITY OF LIFE IN BREAST CANCER SURVIVORS**
R.L. Hunt¹, A.L. Artese², J-S. Kim³, L.M. Grubbs³, L.B. Panton³, UNCG, Greensboro, NC¹; Roanoke College, Salem, VA²; FSU, Tallahassee, FL³
- M6 PEAKING FOR A NATIONAL WEIGHTLIFTING COMPETITION**
DJ. Marsh, C. Bazylar, S. Mizuguchi, D. Gahreman, A. Cunanan, D. Suarez, M. Stone. East Tennessee State University, Johnson City, TN
- M7 RELATIONSHIP BETWEEN PHYSICAL ACTIVITY AND MOTOR SKILLS IN 3-5 YEAR OLDS: NATIONAL YOUTH FITNESS SURVEY**
A.P. Wood, S. Imai, A.G. McMillan, D. Swift, K.D. DuBose, East Carolina University, Greenville, NC
- M8 RATE OF VELOCITY, TORQUE, AND POWER DEVELOPMENT IN MIDDLE-AGED AND OLDER MALES**
M.T. Stratton, A.A. Olmos, P.L. Ha, A.R. Bailly, M.J. Poisal, J.A. Jones, B.E. Dalton, A.N. Haire, T.A. VanDusseldorp, Y. Feito, G.M. Hester. Kennesaw State University, Kennesaw, GA
- U1 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
- U2 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.
- U3 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
- U4 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.
- U5 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

- U6** **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. Ferrandj, and Chun-Jung Huang. Florida Atlantic University, Boca Raton, FL
- U7** **REGIONAL DIFFERENCES IN MITOCHONDRIAL CAPACITY OF THE FINGER FLEXOR MUSCLES**
A.K. Luquire and K.K. McCully, FACSM. University of Georgia, Athens, GA
- U8** **SITTING INCREASES ARTERIAL STIFFNESS IN HEALTHY ADULTS**
Lauren Bates¹, William S. Evans¹, Quentin Willey¹, Daniel P. Credeur², Lee Stoner¹, and Erik D. Hanson. ¹University of North Carolina Chapel Hill, NC. ²University of Southern Mississippi Hattiesburg, MS.
- 4:00-6:00** **POSTER FREE COMMUNICATIONS I (Studio)**
P1-P42 Authors present, 4:30-6:00 pm
Competitive Athletes; Growth/Development/Aging; Motor Control; Reproduction
Chair:
- P1** **IMPACT OF STRENGTH AND POWER TRAINING ON GOLF PERFORMANCE**
B. Justice, J. Fox; Methodist University, Fayetteville, NC
- P2** **MUSCLE QUALITY AND SIZE RELATIONSHIP TO VO₂ MAX IN COLLEGE DISTANCE RUNNERS**
EJ. Sobolewski, J. Crow, R. Hutchison, S. Murr, and DR. Tyler. Furman University, Greenville, SC
- P3** **ATTEMPT PROGRESSIONS OF ELITE MALE RAW POWERLIFTERS**
SK Travis¹, CD Bazyler¹, MC Zourdos². East Tennessee State University, Johnson City, TN¹; Florida Atlantic University, Boca Raton, FL².
- P4** **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
- P5** **AN EXAMINATION OF UPPER BODY POWER AND FAT-FREE MASS IN DIVISION-I CHEERLEADERS**
A.C. Johnson, M.L. Eisenman, E.L. Langford, R.L. Snarr & G.A. Ryan. Human Performance Lab, Georgia Southern University, Statesboro, GA
- P6** **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
- P7** **WARM-UP WITH WEIGHTED VEST DOES NOT IMPROVE 5-KM TIME TRIAL PERFORMANCE IN COLLEGIATE CROSS-COUNTRY RUNNERS**
R.T. Albino, J.C. Swain, D.W. Sharp, H.R. Yarber, T.V. Goldman, B.A. Weldon, J.E. Provence, A.A. Heinkel, L.G. Killen, E.K. O'Neal. University of North Alabama, Florence, AL
- P8** **RELATIONSHIP BETWEEN BONE MINERAL DENSITY AND GRIP STRENGTH IN COLLEGIATE ATHLETES**
C.J. Collum, M.L. Eisenman, E.L. Langford, R.L. Snarr & G.A. Ryan. Human Performance Lab, Georgia Southern University, Statesboro, GA
- P9** **BONE MINERAL DENSITY COMPARISONS BETWEEN CONTACT AND NON-CONTACT MALE AND FEMALE COLLEGIATE ATHLETES**
D.E. Cousin, M.L. Eisenman, E.L. Langford, R.L. Snarr, & G.A. Ryan. Human Performance Lab, Georgia Southern University, Statesboro, GA
- P10** **USING PET THERAPY IN SPORT PERFORMANCE: A PILOT STUDY**
C.J. Johnson¹, C.A. Thurmond¹, L.A. Porter², C.A. Bailey³, M.R. Gross¹, and J.C. Casey¹. ¹Department of Kinesiology, University of North Georgia, Oakwood, GA; ²Department

Physical Therapy, University of North Georgia, Dahlonega, GA; 3Department of Kinesiology, Health Promotion, and Recreation, University of North Texas, Denton, TX.

- P11** **BODY COMPOSITION IN NCAA DIVISION-1 FEMALE BASKETBALL PLAYERS DURING PRESEASON AND OFF-SEASON**
A.M. Buttram, A.E. Culpper, S.G. Reddy, and J.C. Casey. University of North Georgia, Dahlonega, GA
- 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. Dobson¹, S. Kraack¹, L. Bulatova¹, S. Ditto¹, D. C. Nieman², A.J. Groen³, A. Pugachev³, A.M. Knab¹. 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**
EJ Reifsteck, JP Maher, JD Newton, R Hunt, LH 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 PT¹, Hill CM¹, Wilson, SJ², Williams, CC³, Jackson, PM¹, and Garner JC⁴. ¹University of Mississippi, Oxford, MS, ² Georgia 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**
D. Griessler, S. Terrell, C. Allen, Z. Wallace, J. Lynch. Florida Southern College, Lakeland, FL
- 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**
A.M. Schnetzer. M.L. Eisenman, E.L. Langford, R.L. Snarr & G.A. Ryan. Human Performance Lab, Georgia Southern University, Statesboro, GA
- 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

- P24** **COMPARISON OF COACH AND PLAYER RATE OF PERCEIVED EXERTION LOAD**
B. Hudgins, K. Alphin, O. Sisson, J. Bunn. Campbell University, Buies Creek, NC
- P25** **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.
- P26** **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
- P27** **LOWER-EXTREMITY TORQUE CAPACITY AND PHYSICAL FUNCTION IN MOBILITY-LIMITED OLDER ADULTS**
Gregory J. Grosicki^{1,2}, 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.
- P28** **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, FL
- P29** **CONTRACTILE PARAMETERS OF THE KNEE EXTENSORS IN YOUNG, MIDDLE-AGED, AND OLDER MALES**
A.A. Olmos, P.L. Ha, M.T. Stratton, A.R. Bailly, M.J. Poisal, J.A. Jones, B.E. Dalton, A.N. Haire, T.A. VanDusseldorp, Y. Feito, G.M. Hester. Kennesaw State University, Kennesaw, GA
- P30** **AGE-RELATED COMPARISONS OF DYNAMIC POSTURAL STABILITY AND MAXIMAL RAPID TORQUE PARAMETERS**
P.L. Ha, A.A. Olmos, M.T. Stratton, A.R. Bailly, M.J. Poisal, J.A. Jones, B.E. Dalton, A.N. Haire, T.A. VanDusseldorp, Y. Feito, G.M. Hester. Kennesaw State University, Kennesaw, GA
- P31** **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
- P32** **GAIT FUNCTION AND SPECIFIC MUSCLE ENDURANCE TEST AMONG OLDER ADULTS**
A.A Sanni, K.K McCully. University of Georgia, Athens GA.
- P33** **RELATIONSHIP BETWEEN CONTRACTILE PARAMETERS AND FUNCTIONAL PERFORMANCE IN MIDDLE-AGED AND OLDER MALES**
M.J. Poisal, M.T. Stratton, A.A. Olmos, P.L. Ha, A.R. Bailly, J.A. Jones, B.E. Dalton, A.N. Haire, T.A. VanDusseldorp, Y. Feito, G.M. Hester. Kennesaw State University, Kennesaw, GA
- P34** **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
- P35** **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.
- P36** **MUSCULAR ACTIVATION DIFFERENCES DURING DAILY ACTIVITIES IN A UNILATERAL TRANS-FEMORAL AMPUTEE**
R.L. Snarr¹, C. Ouellet².¹Georgia Southern University, Statesboro, GA 30458; ²University of Southern California, Los Angeles, CA
- P37** **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. Alvis¹, Cody E. Morris², Tiana L. Garrard¹, Abigail G. Hughes¹, Laura Hunt¹, 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. Ehrlich^{1,2}, 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 301491. Auburn University, Auburn, AL
- TP2 ASSESSMENT OF ANKLE MUSCLE ACTIVITY DURING UNEXPECTED AND EXPECTED INVERSION PERTURBATIONS**
JT. Lewis¹, JD. Simpson¹, NK Rendos^{1,3}, 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 AMONG 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**
C.M. Wilburn, B.E. Decoux, R.T. Fawcett, P. T. Williams, N.H. Moore, L.L. Smallwood & W.H. Weimar. Auburn University, Auburn, AL
- 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. University of North Alabama, Florence, AL¹, Mississippi State University, Mississippi State, MS², University of West Florida, Pensacola, FL³.

- 4:00-6:00** **ORAL FREE COMMUNICATIONS I (Ballroom F)**
01-08 **Body Composition/Energy Balance/Weight Control**
Chair:
- 01** **BMI AND ITS EFFECTS ON GPA OF FEMALE UNG CADETS**
 Gregory Palevo PhD, Ashley Bruce M.Sc. Katelyn Bridges, Jake Parham, Seth Weedy -
 University of North Georgia
- 02** **THE CALORIC COST OF THE VMI RATLINE AND IMPLICATIONS FOR PERFORMANCE**
 KG. Baur, BA. King, MM. Ullrich, TS. Baur. Virginia Military Institute, Lexington, VA
- 03** **ASSOCIATION BETWEEN BODY COMPOSITION AND BONE MINERAL DENSITY IN ELITE COLLEGIATE ATHLETES**
 H.A. King, M.L. Eisenman, E.L. Langford, R.L. Snarr, G.A. Ryan. Human Performance Lab,
 Georgia Southern University, Statesboro, GA
- 04** **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. Shapses⁴, Barbara J. Nicklas⁵, Anthony P. Marsh¹, W. Jack Rejeski¹, and Kristen Beavers¹
¹Wake Forest University, Winston-Salem, NC; ^{2,3,5}Wake Forest School of Medicine, Winston-Salem, NC; ⁴Rutgers University, New Brunswick, NJ.
- 05** **THE EFFECTS OF TYPE OF EXERCISE TRAINING DURING PREGNANCY ON INFANT BODY COMPOSITION OUTCOMES**
 B.L. Arbuco¹, L.E. May^{1, 2,3}, E.Newton³, C.M. Isler^{2,3}, K. Haven³, D. Kuehn⁴, Human Performance Lab, ¹East Carolina University, Greenville, NC; Vidant Medical Center, Greenville, NC; ³Obstetrics & Gynecology-Maternal-Fetal Medicine, ECU, Greenville, NC; ⁴Pediatric Medicine, ECU, Greenville, NC
- 06** **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
- 07** **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.
- 08** **AGREEMENT BETWEEN TWO BIOIMPEDANCE SPECTROSCOPY DEVICES AND DXA FOR BODY COMPOSITION**
 B. Hornikel¹, Z. S. Cicone¹, C. J. Holmes¹, B. A. Welborn¹, M. R. Esco¹, J. R. Moon², T. Freeborn¹. 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:

- 5:00-5:50 S2 SYMPOSIUM SESSION II (Regency C)**
Blood Flow Restriction: Important Updates and Applications
MB Jessee¹, JG Mouser², SL Buckner³. ¹University of Southern Mississippi, Hattiesburg, MS; ²Troy University, Troy, AL; ³University of South Florida, Tampa, FL
Chair:
- 5:00-5:50 T4 TUTORIAL SESSION IV (Ballroom D and E)**
Effects of Faith Based Initiatives in Improving and Sustaining Health and Wellness
Walter R. Thompson, and L. Jerome Brandon. Georgia State University, Atlanta, GA
Chair:
- 5:00-5:50 T5 TUTORIAL SESSION V (Ballroom G)**
Physical Activity Guidelines: Where We've Been and Where We're Going
P.G. Davis. The University of North Carolina at Greensboro, Greensboro, NC
Chair:
- 5:00-5:50 T6 TUTORIAL SESSION VI (Ballroom H)**
Dietary Nitrate Supplementation: What is it Good For? An Ergogenic Aid or Exercise Therapeutic?
J.D. Allen. The University of Virginia
Chair:
- 7:30-9:00 OPENING REMARKS AND KEYNOTE ADDRESS (Ballroom A and B)**
Windmills or Giants? The Importance of Context
Barry Braun, Ph.D., Colorado State University
Presiding: Lynn Panton, Ph.D., SEACSM President, Florida State University
Introduction: Steven Malin, Ph.D., University of Virginia
- 9:00-10:30 SEACSM SOCIAL (Teal)**
- FRIDAY, February 15, 2019**
- 6:45-7:45 MENTORING BREAKFAST (Teal)**
(Pre-Register by February XX)
Finding a Career You Are Passionate About
Marie Spano, MS, RD, CSCS, CSSD, Sports Nutritionist Atlanta Braves, Atlanta Hawks, Atlanta Falcons
Sponsored by the Dairy Alliance
Remarks: Judith A. Flohr, Ph.D., SEACSM Past President
- 8:00-5:00 REGISTRATION AND STUDENT HELP DESK (Lobby)**
- 8:00-6:00 EXHIBITS (Prefunctorary Area)**
- 8:00-9:30 P43-P107 POSTER FREE COMMUNICATIONS II (Studio)**
Athletic Care/Trauma/Rehabilitation; Biomechanics/Gait/Balance; Cellular Regulatory Mechanisms; Chronic Disease and Disability; Respiratory Physiology
Chair:
- P43 UNDERSTANDING THE PERCEPTIONS OF DRY NEEDLING IN NCAA DIVISION I ATHLETES**
S. McCray & Dr. Joni Boyd, Winthrop University, Rock Hill, SC
- P44 THE EFFICACY OF ACTIVE REHABILITATION VERSUS STANDARD REST IN RECOVERY FROM CONCUSSION: A SYSTEMATIC REVIEW**
N. Reilly, A. Raymer, and E. Schussler. Old Dominion University, Norfolk, VA
- P45 DUAL TASKING INFLUENCES STROOP TEST REACTION TIME**
AM. Fensterer, LT. Donovan, AC. Thomas. University of North Carolina at Charlotte, Charlotte, NC

- P46 MONITORING BALLERS ON A BUDGET: LESSONS LEARNED FROM LOW-COST ATHLETE MONITORING**
O. Sisson, J. Bunn, C. Johnston. Campbell University, Buies Creek, North Carolina
- P47 DIFFERENCES IN LATENCY AND PREDICTIVE ABILITY OF HORIZONTAL SACCADE BETWEEN TWO POPULATIONS OF COLLEGE STUDENTS**
S.Churchill, D.P. Garner, and B. Spradlin, The Citadel, Charleston, SC
- P48 THE EFFECT OF ACUTE EXERCISE ON BASELINE CONCUSSION MEASURES**
Woodford, K., McAllister-Deitrick, J.1, Beidler, E.2, & Wallace, J.3
1Coastal Carolina University, Conway, SC, 2Duquesne University, Pittsburgh, PA, 3Youngstown State University, Youngstown, OH
- P49 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
- P50 PERCEPTIONS OF NCAA DIVISION I BASEBALL PITCHERS ON TREATMENT MODALITIES FOR PITCHING ARM HEALTH**
Thomas Williams & Joni Boyd. Winthrop University, Rock Hill, SC
- P51 SPORT FIELD MECHANICAL PROPERTIES INFLUENCE MUSCLE RECRUITMENT PATTERNS AND METABOLIC RESPONSE**
M. Hales, and J.D. Johnson II, Kennesaw State University, Kennesaw. Georgia
- P52 LATENCY OF THE PERONEUS LONGUS AND PERONEUS BREVIS DURING UNEXPECTED AND EXPECTED INVERSION PERTURBATIONS**
EE. Grammer¹, JD. Simpson¹, L. Cosio-Lima¹, Y. Lee¹, NK. Rendos^{1,3}, 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
- P53 CHRONIC ANKLE INSTABILITY ALTERS SPATIOTEMPORAL POSTURAL CONTROL DURING A LATERAL STEP DOWN TEST**
JD. Simpson¹, EM. Stewart², AJ. Turner², NK. Rendos^{1,3}, 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
- P54 GROUND REACTION FORCES DURING SINGLE-LEG DROP LANDINGS ON AN INVERTED SURFACE**
JE. Arnett¹, JD. Simpson¹, L. Cosio-Lima¹, Y. Lee¹, NK. Rendos^{1,3}, 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
- P55 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
- P56 AN ACTIVE GLOVE ARM IS ASSOCIATED WITH DECREASED KINETICS IN THE WINDMILL SOFTBALL PITCH**
JW. Barfield and GD. Oliver. Auburn University, Auburn, AL
- P57 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 JC. Garner⁵. ¹LaGrange College, ² University of Mississippi, ³ Georgia Southern University, ⁴ Auburn University, ⁵ Troy University
- P60 ANKLE KINEMATICS IN INDIVIDUALS WITH CHRONIC ANKLE INSTABILITY DURING UNEXPECTED AND EXPECTED DROP LANDINGS**
MR. Bass*, JD. Simpson#, EM. Stewart*, AJ. Turner*, H. Chander*, & AC. Knight*.
*Mississippi State University, Mississippi State, MS, #University 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**
1S.J. Wilson, 2P.T. Donahue, 2C.M.Hill, 3C.C.Williams, 4J.D. Simpson, 1N. Siekirk, 5J.C. Garner, & 2D.E. Waddell. 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

- P69** **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
- P70** **NO CHANGE TO MUSCLE EXCITATION DURING A RUN TO FATIGUE**
K. Lewis & J. Mutchler, Georgia Southern University, Statesboro, GA
- P71** **THE EFFECT OF SHIN-TORSO ALIGNMENT ON MUSCLE ACTIVITY OF THE LOWER EXTREMITY IN HOCKEY PLAYERS**
NA Pring, SL Solomon, RT Connors, PN Whitehead. The University of Alabama in Huntsville, Huntsville, AL
- P72** **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
- P73** **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
- P74** **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. Sloan¹, and M.C. Boling¹.¹Jacksonville University, Jacksonville, FL; ²University of North Florida, Jacksonville, FL.
- P75** **FOOT FORCES DURING DIFFERENT INTENSITIES OF ROWING**
GA Mori, RA Brindle, CG Trudeau, KL Sunderland. High Point University, High Point NC
- P76** **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
- P77** **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
- P78** **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
- P79** **JOINT WORK REDISTRIBUTION FROM LEVEL TO UPHILL WALKING IN OLDER ADULTS**
AM Moulder, JC Mizelle, JD Willson, P DeVita. East Carolina University Greenville, NC
- P80** **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
- P81** **UCL STIFFNESS RESPONSE TO A MODERATE PITCHING BOUT**
C.J. Curran, H.W. Zale, P.M. Rider, A.S. Kulas, Z.D. Domire. East Carolina University, Greenville, NC

- P82 RELATIONSHIP BETWEEN COLLEGIATE ARCHERS BMI, LEAN MASS, AND BODY FAT PERCENTAGE WITH BALANCE**
Liberty University, Lynchburg, VA and University 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. Pauley¹, E.A. Bell¹, S.I. Ringleb², S.A. Meardon¹, J.D. Willson¹, Z.J. Domire¹. 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. Wight¹, J.A. O'Loughlin¹, R.S. Sloan¹, J. Garman¹, D.R. Hooper¹, and M.C. Boling². ¹Jacksonville University, Jacksonville, FL. ²University of North Florida, Jacksonville, FL.
- P88 RELATIONSHIP OF LUMBOPELVIC-HIP STABILITY ON BALL SPEED IN FEMALE WINDMILL SOFTBALL PLAYERS**
P.T. Williams, J.W. Barfield, J.L. Downs, K.W. Wasserberger, K.B. Friesen, A.R. Brittain & 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. Duckworth¹, S. Glaze¹, R. Rogers¹, M. Marshall¹. ¹Dept. of Kinesiology, Samford University, Birmingham, AL
- P93 EFFECT OF DUAL-TASKING DURING TREADMILL DESK USE ON GAIT CHANGES IN YOUNG AND MIDDLE-AGED ADULTS**
Amy Giboney, Taylor Anderton, Rebecca R. Rogers, Mallory R. Marshall. Samford University, 800 Lakeshore Dr. Birmingham, AL

- P94 EFFECT OF REPEATED MOTOR CONTROL TESTING ON TIME TO PEAK LOWER EXTREMITY MUSCLE ACTIVITY**
1C.M.Hill, 2S.J. Wilson, 1PT. Donahue, 3JG. Mosuer, 4H.Chander. 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**
Shah K.K.,1 Slusher A.L.,2 Zúñiga T.M.,3 Schwartz C.S,1 Acevedo E.O., FACSM.1 1 Virginia Commonwealth Univ., Richmond, VA; 2 Univ. of Michigan, Ann Arbor, MI 3 Univ. of Arizona, Tucson, AZ
- P96 INFLAMM-AGING IS ASSOCIATED WITH IMPAIRING THE PROCESS OF MAINTAINING TELOMERE LENGTH IN LPS STIMULATED PBMCS**
Schwartz C.S,1 Slusher A.L.,2 Zúñiga T.M.,3 Shah K.K.,1 Acevedo E.O., FACSM. 1Virginia Commonwealth University, Richmond, VA; 2University of Michigan, Ann Arbor, MI; 3University 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, Wake Forest University1, Wake Forest Baptist Health2; 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. Weltman1University of Virginia, Charlottesville, VA, University 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**
T.A. Behl, A.L. Artese, R.L. Hunt, D.R. Marshall, M.J. Ormsbee, J-S. Kim, L.B. Pantan. Florida State University, Tallahassee, FL. Roanoke College, Salem, VA

- 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 ACTIVE YOUNGER AND OLDER ADULTS?**
W.S. Wisseman¹, E.S. Edwards¹, H. Frick¹, M. Medieros¹, 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**
C.D. Addie, E.E. Grammer, M.K. Straughn, G.C. Ramos, T.J. Neltner, J.D. Simpson, L. Cosio-Lima, E.K. Greska, and L.E. Brown, University of West Florida, Pensacola, FL
- 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. Huseuth, 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 MINFULNESS 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
- 012** **CONFIRMATION OF EMA SELF-REPORTED AMBULATORY EXERCISE BOUTS**
L.P. Toth, L.F. Sheridan, K. Strohacker, FACSM. The University of Tennessee Knoxville,

Knoxville TN.

- 013 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
- 014 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
- 015 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.
- 016 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
D.B. Bornstein, C.J. Sole, R.S. Sacko, A. Macdonald, B. Hickey, L. Townes, S. L. Crews. The Citadel, The Military College of South Carolina, Charleston, S.C
- 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. Jagers, 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)

Title to be determined

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

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

Introduction: Matthew Close, D.O., Clinical Representative, Denver, CO

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

12:30-1:15 BIOMECHANICS INTEREST GROUP (Crepe Myrtle)

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, PhD., 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 Stoner¹. 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. Stone³, D. Creuder², S. Fryer³, and L. Stoner¹. ¹FACSM. 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

- P114 BREATHING LIMITED AIR SITUATIONAL TRAINING MASKS VERSUS SELF-CONTAINED BREATHING APPARATUS FOR FIREFIGHTERS: A PILOT STUDY**
S. Valladao 1, T.L. Andre 1, D.C. Reisbeck 1, and, S.M. Walsh 2. The University of Mississippi, Oxford, MS 1; Peru State College, Peru, NE 2
- P115 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, M. Esco2, C. McLester1, B. Kliszczewicz1. Kennesaw State University1, Kennesaw, Ga. University of Alabama2, Tuscaloosa, AL
- P116 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
- P117 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
- P118 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
- P119 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
- P120 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
- P121 HEART RATE RESPONSE DURING ESPORT: FORTNITE**
D. W.Cox, T.L. Andre, S. Valladao, and J.D. Middleton, University of Mississippi, Oxford, MS
- P122 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
- P123 THE EFFECTS OF GENDER DIFFERENCES AND BODY COMPOSITION ON CENTRAL HEMODYNAMICS DURING ADOLESCENCE**
A. Lassiter 1, E. Fowler 2, J. Horton 3, S. Patil 4, T. Silva 5, M. Meucci 1. 1 Department of Health and Exercise Science, Appalachian State University, Boone, NC. 2 Uwharrie Charter Academy High School, Asheboro, NC. 3 Franklin County Early College High School, Louisburg, NC. 4 Raleigh Charter High School, NC. 5 Newton-Conover High School, Newton, NC.
- P124 USING LOWER LOADS ATTENUATES THE CARDIOVASCULAR RESPONSE TO BLOOD FLOW RESTRICTED HANDGRIP EXERCISE**
1DM Stanford, 1DP Credeur, 1R Jones, 1SM McCoy, 1MB Jessee. 1University of Southern Mississippi, Hattiesburg, MS

- P125** **SEX DIFFERENCES IN AUGMENTATION INDEX IN ADOLESCENTS**
K. T. McShea 1, A. Bhawsinka 2, C. Cheng 3, S. Korrapati 3, and M. Meucci 1.
1 Appalachian State University, Boone, NC. 2 Weddington High School, Matthews, NC. 3
Ardrey Kell High School, Charlotte, NC
- P126** **RESTING HEART RATE VARIABILITY DOES NOT INFLUENCE STATE-TRAIT ANXIETY
INVENTORY**
1R., Lopez, 1E. Bechke, 1C. Williamson, 1Z. Green, M.D. 1Tillman, FACSM, M. 2Esco, 1C.
McLester, 1B. Kliszczewicz, FACSM. 1Kennesaw State University,
Kennesaw, GA. 2University of Alabama, Tuscaloosa, AL
- P127** **NOCTURNAL HYPERTENSION STATUS AND C-REACTIVE PROTEIN LEVELS BEFORE
AND AFTER AEXT**
A. O. Adeyemo , M. D. Brown. Auburn University, Auburn, AL
- P128** **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
- P129** **EFFECT OF PNEUMATIC LEG COMPRESSIONS ON ARTERIAL STIFFNESS AND
CENTRAL HEMODYNAMIC LOAD DURING PROLONGED 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
- P130** **ECG STRESS TESTING AS A SCREENING TOOL FOR SUDDEN CARDIAC DEATH IN
DIVISION II COLLEGE ATHLETES: A PILOT STUDY**
L. Cosio-Lima , E. Grammer, C. Addie, M. Straughn, L. Adlof, J. Simpson, Y. Lee. A.
Crawley. University of West Florida, Pensacola, FL
- P131** **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. Edwards^{1,2},
Jeremy D. Akers¹, David L. Wenos¹, Trent A. Hargens, FACSM¹. 1James Madison
University, Harrisonburg, VA 2 Morrison Bruce Center, Harrisonburg, VA
- P132** **EFFECT OF WEIGHT LOSS ON PHYSICAL FUNCTION IN OVERWEIGHT AND OBESE
INDIVIDUALS**
JM. Brown¹, GD. Miller². 1. Wake Forest Baptist Health, Winston Salem, NC 2. Wake Forest
University, Winston Salem, NC
- P133** **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, 4Duke University, Durham, NC
- P134** **PATIENT COMPLIANCE IN VARIOUS CLINICAL SETTINGS**
V. Rettinger, M.R. Braswell, P.A. Miller, J. Triplett. Anderson University. Anderson, South
Carolina
- P135** **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
- P136** **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. Harrison³, M. Milowsky¹, R.L. Bitting², C.L. Battaglini¹, 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. Kim ¹, A. Kumar ², R. Padma ³, M. Meucci ¹. ¹ Appalachian State University, Boone, NC. ² Weddington High School, Matthews, NC. ³ Providence High School, Charlotte, NC
- P140 THE EFFECTS OF GENDER DIFFERENCE AND BODY COMPOSITION ON MAXIMAL AEROBIC CAPACITY**
N. D. Tocci ¹, D. C. Adell ¹, D. Ellis ², R. Smith ³, E. Weaver ⁴, M. Meucci ¹. ¹ Appalachian State University, Boone, NC. ² The North Carolina Leadership Academy, Forsyth, NC. ³ Chatham Charter School, Siler City, NC. ⁴ Carolina Day School, Asheville, NC
- P141 EFFECTS OF A STRETCHING INTERVENTION ON MUSCULAR STRENGTH AND PERFORMANCE**
E. L. Burgess, J.A. Brindel II, R.C. Ingle, J.M. Goins, R.W. Thompson and J.H. Patel. University of South Carolina, Columbia, SC and Palmetto Health USC Orthopedic Center, Columbia, SC
- 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**
B.R. Steffey, B.M. Eveland-Sayers, A.J. Chroust, K.L. Boynewicz, A.R. Dotterweich, A.D. Daugherty. East Tennessee State University, Johnson City, TN
- P145 PERCEIVED PHYSICAL ABILITY AND SELF-PERCEPTION OF ADEQUACY AND ENJOYMENT FOR PHYSICAL ACTIVITY IN ELEMENTARY STUDENTS**
A.D. Daugherty, B.M. Eveland-Sayers, A.J. Chroust, K.L. Boynewicz, A.R. Dotterweich, B.R. Steffey. East Tennessee State University, Johnson City, TN
- P146 WHAT A DIFFERENCE A MENTALLY-TOUGHENING OFF-SEASON MAKES: A CASE OF NCAA DI ROWERS.**
Andreas Stamatis, State University of New York at Plattsburgh, Plattsburgh, NY; Zacharias Papadakis, Barry University, Miami Shores, FL
- P147 ENJOYMENT ASSESMENT 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 Chapel Hill, Chapel Hill NC; 2Wake Forest School of Medicine, Winston Salem, NC
- P149** **IMPLEMENTATION OF EXERCISE IS MEDICINE ON CAMPUS AT THE UNIVERSITY OF NORTH CAROLINA - CHAPEL HILL**
K. Burnet¹, E. Kelsch¹ , T. Chai¹,L. Stoner¹. 1 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?**
V.R. Nelson and W.F. Sease. Greenville Health System, Steadman Hawkins Clinic of the Carolinas, Greenville, SC.Columbia, SC
- 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
- P162 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
- P163 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
- P164 DO ALL EMPLOYEES DESIRE2MOVE?**
 R. Sweigart and R. Ellis, Georgia State University, Atlanta, GA
- P165 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
- P166 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
- P167 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
- P168 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
- P169 HYDRATION STATUS IS ASSOCIATED WITH COGNITIVE PERFORMANCE IN OVERWEIGHT OLDER ADULTS**
 KJ. Airaghi, BM. Davy, EL. Marinik, KP. Davy, J. Savla, B. Katz. Virginia Tech, Blacksburg, VA
- P170 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
- P171 EFFECTIVENESS OF 6-ISCHEMIC CUFF MITOCHONDRIAL CAPACITY ANALYSIS**
 M.D. Sumner, I. Das, K.K. McCully. University of Georgia, Athens GA
- P172 IDENTIFICATION OF NON-WEAR USING A HIP WORN ACTIGRAPH GT9X**
 S.R. LaMunion and S.E. Crouter, The University of Tennessee, Knoxville, TN
- P173 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)**
TP13-TP18 Body Composition/Energy Balance/Weight Control
 Chair:
- TP13 THERMONEUTRAL HOUSING EFFECTS ON ENERGY METABOLISM IN MICE**
 M.B. Brown¹, E.P. Plaisance, ^{1,2,3,4}. University of Alabama Birmingham, Birmingham, AL

- TP14 BODY COMPOSITION CHARACTERISTICS AND KNEE INJURY PREVALENCE OF NCAA DIVISION I WOMEN'S SOCCER AND LACROSSE**
G.J. Brewer, M.N.M. Blue, K.R. Hirsch, A.M. Peterjohn, S.A. Kelchner, A.E. Smith-Ryan. University of North Carolina at Chapel Hill, Chapel Hill, NC
- TP15 COMPARISON OF VARIOUS BODY COMPOSITION MEASURES FOR DIVISION-I COLLEGIATE MALE ATHLETES**
G.R. Hogan, M.L. Eisenman, E.L. Langford, R.L. Snarr & G.A. Ryan. Human Performance Lab, Georgia Southern University, Statesboro, GA
- TP16 DIFFERENCES IN CHARACTERISTICS AND BEHAVIORS OF COLLEGE STUDENTS ATTEMPTING TO LOSE OR GAIN WEIGHT**
R. L. Callerhorn, J. F. Oody, T. L. Haydu, & J. A. Steeves. Maryville College, Maryville, TN
- TP17 BODY COMPOSITION ASSESSMENTS AND CARDIOMETABOLIC RISK IN AFRICAN AMERICAN ADOLESCENTS**
1Davis A.M., 2Proctor, L. & 1Brandon, L.J. 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)**
017-024 Biomechanics/Gait/Balance
Chair
- 017 A REGRESSION MODEL PREDICTING DIVISION I NCAA SOFTBALL PITCHERS' ERA BASED ON UPPER EXTREMITY KINEMATICS**
K. Friesen, J. Barfield, A. Brittain and G. Oliver. Auburn University, Auburn, AL
- 018 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
- 019 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
- 020 INCREASING INERTIAL LOAD DOES NOT AFFECT SAGITTAL PLANE KINEMATICS DURING FLYWHEEL-BASED SQUATS**
K.S. Worcester, P.A. Baker, J.T. Brantley, R. Shapiro, L.M. Bollinger. University of Kentucky, Lexington, KY
- 021 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
- 022 DISTANCE RUNNING STRIDE-TO-STRIDE VARIABILITY: ARE THERE GENDER DIFFERENCES FOR SAGITTAL PLANE KINEMATICS?**
R. Paxton¹, J.T. Wight¹, J. Garman¹, J. O'Laughlin¹, C. Robertson¹, D. R. Hooper¹, and R. Sloan¹. ¹Dept. of Kinesiology, Jacksonville University, Jacksonville, FL
- 023 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
- 024 FATIGUE INCREASES CENTER OF PRESSURE SWAY**
G. Sandri Heidner, C. O'Connell, N. Murray, J.C. Mizelle, P. Rider, Z.J.Domire. East Carolina University, Greenville, NC

- 2:30-3:20 T12 TUTORIAL SESSION XII (Ballroom D & E)**
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 S6 SYMPOSIUM SESSION VI (Ballroom G)**
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 T13 TUTORIAL SESSION XIII (Redbud)**
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 and ²Wauhatchie School, Chattanooga, TN
 Chair:
- 3:30-4:20 S7 SYMPOSIUM SESSION VII (Ballroom D & E)**
Novel Techniques to Assess Peripheral Vascular Function and Blood Flow Regulation in Health and Disease
 RS Garten¹, DL Kirkman¹, P Rodriguez-Miguel¹. ¹Virginia Commonwealth University, Richmond, VA
 Chair:
- 3:30-4:20 S8 SYMPOSIUM SESSION XIII (Redbud)**
It Just Makes Good "Cents". Cost Benefits of Physical Activity
 KL Peyer, K Hahn, GW Heath. University of Tennessee at Chattanooga, Chattanooga, TN
 Chair:
- 3:30-4:20 T14 TUTORIAL SESSION XIV (Ballroom G)**
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 P174-P235 POSTER FREE COMMUNICATIONS IV (Studio)**
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. Glaze¹, A. Giboney¹, M. Marshall¹, R. Rogers¹. ¹Samford University, Birmingham, AL

- P176** **IMPLICATIONS OF MARITAL AND PARENTAL STATUS IN THE EVALUATION OF CARDIAC AND METABOLIC BIOMARKERS IN LOSEWELL PARTICIPANTS**
Irina Geiculescu¹, Megan Ingley¹, Madeline Lang¹, Cassandra DeVol¹, J. Alrin Enabore¹, Alex Ewing², and Irfan Asif². ¹The University of South Carolina School of Medicine Greenville, Greenville, SC 29605, 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; 1. Auburn University, Auburn, AL, 2. University 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 ABSORPITOMETRY (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

- P188 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
- P189 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, G Fisher¹
¹The University of Alabama at Birmingham, Birmingham, AL; ²Duke University, Durham, NC
- P190 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
- P191 THE EFFECT OF MUSCLE LENGTH ON MUSCLE ENDURANCE AND OXYGEN SATURATION**
S.G. Williamson, K.K. McCully, University of Georgia, Athens, GA
- P192 A COMPARISON OF ACCELEROMETER WEAR SITES IN THE ASSESSMENT OF SKELETAL LOADING**
S. Higgins, M.W. Wittstein, S. Vallabhajosula. Elon University, Elon, NC
- P193 COMPARING TWO MUSCLE SPECIFIC ENDURANCE TESTS**
E.G. Jones, K.K. McCully. The University of Georgia, Athens, GA
- P194 NEURAL ACTIVATION OF THE THORACOLUMBAR FASCIA DURING THE FUNCTIONAL MOVEMENT SCREEN**
A.L. Griffith, K.A. Silvey, J.M. Goins, R.W. Thompson, and J.H. Patel. University of South Carolina, Columbia, SC and Palmetto Health USC Orthopedic Center, Columbia, SC
- P195 ENDOGENOUS TESTOSTERONE AND BODY COMPOSITION CHANGES DURING INTENSIVE BODYBUILDING PROGRAM IN OLDER HEALTHY MALE**
P.M. Magyari, University of North Florida, Jacksonville, FL
- P196 THE CORTISOL AWAKENING RESPONSE IS DEPENDENT ON OBJECTIVE MEASURES OF PHYSICAL ACTIVITY AND SLEEP QUALITY**
Travis Anderson, Suzanne Vrshek-Schallhorn, Maria Ditchcheva, Gail M. Corneau, Laurie Wideman; University of North Carolina at Greensboro, NC
- P197 HIGH SCHOOL SOFTBALL PLAYER WITH TYPE 1 DIABETES 72-HOUR GLUCOSE RESPONSE: A CASE STUDY**
AE Kozerski, JR Jagers, KM King, K Wintergerst. University of Louisville, Louisville, KY
- P198 SHIFT WORK ALTERS T-CELL BUT NOT NATURAL KILLER CELL FREQUENCIES**
ED Hanson ^{1,2}, R Bescos ^{2,3}, S Sakkal ², GK McConell ², DJ Kennaway ⁴. ¹ University of North Carolina, Chapel Hill, NC. ² Victoria University, Melbourne, Australia. ³University of Plymouth, UK. ⁴ University of Adelaide, Adelaide, Australia
- P199 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
- P200 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. Morrissey^{1,2}, J.N. Kisiolek², T.J. Ragland², B.D. Willingham², R.L. Hunt², R.C. Hickner FACSM^{2,3}, and M.J. Ormsbee^{2,3} FACSM. ¹University of Connecticut, Storrs, CT, USA; ²Florida State University, Tallahassee, FL, USA; 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**
B.G. Rand, T.M. Johnson, M.L. Stone, L. Guevara, M.R. Richardson, J.R. Churilla. University of North Florida, Jacksonville, FL
- 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**
L.G. Marttala, M.B. Redaja, T.L. Haydu, J.A. Steeves, and J.F. Oody. Maryville College, Maryville, TN
- 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 Schreiner⁴, MP Bancks⁵, 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**
J.A. Mota, Z.Y. Kerr, G.R. Gerstner, H.K. Giuliani, E.D. Ryan. University of North Carolina-Chapel Hill, Chapel Hill, NC
- 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 INDICIES 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**
A.A. Heinkel, J.W. Gaddie, E.P. Kennedy, B.A. Linder, J.M. Green, L.G. Killen, E.K. O'Neal
University of North Alabama, Florence, AL
- P223** **EFFECTS OF EXTRA SIMULATED, UPPER BODY FAT MASS ON MARATHON PACE RUNNING ECONOMY IN MALE RUNNERS**
J.W. Gaddie, E.P. Kennedy, A.A. Heinkel, B.A. Linder, J.M. Green, L.G. Killen, E.K. O'Neal.
University of North Alabama, Florence, AL

- P224 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
- P225 LIPID PROFILE AND HBA1C VALUES VARY ACROSS AGE GROUPS IN ACTIVE OLDER ADULTS**
M. Kabis, E. Silab, A. Ball, A. Dexter, T. Grove, A. Hinton, A. Lavis, B. Loman, S. Lowery, K. Keane, A. King, C. Munchel, T. Palmer, K. Stranburg, A. Theodros, K. Thibault, K. Wilkers and T. Moore-Harrison. University of North Carolina at Charlotte, Charlotte, NC.
- P226 RELATIONSHIP BETWEEN MEASURES OF ANXIETY AND CHANGE IN RESTING METABOLIC RATE**
A.M. Ehlert, J.L. Wynne, P.B. Wilson; Old Dominion University
- P227 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
- P228 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
- P229 RELATIONSHIP BETWEEN EXERCISE CLASS PARTICIPATION AND IMPROVEMENT IN CARDIOVASCULAR HEALTH**
A. Ball, M. Bowen, A. Dexter, T. Grove, A. Hinton, A. Lavis, B. Loman, S. Lowery, M. Kabis, K. Keane, A. King, C. Munchel, T. Palmer, E. Silab, R. Spencer, K. Stranburg, A. Theodros, K. Wilkers and T. Moore-Harrison. The University of North Carolina at Charlotte, Charlotte, NC
- P230 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. Pantoni¹.
¹ Florida State University, FL. ² Roanoke College, VA
- P231 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. ² University of Kentucky, Lexington, KY
- P232 CIRCULATING LACTATE IS ELEVATED IN PREDIABETES PHENOTYPES COMPARED WITH NORMAL GLUCOSE TOLERANT COUNTERPARTS**
B.L. Dotson, E.M. Heiston, S.L. Miller, N.Z.M. Eichner, N.M. Gilbertson, S.K. Malin, University of Virginia, Charlottesville, VA
- P233 IMPACT OF SHORT-TERM EXERCISE TRAINING ON GLUCOSE EFFECTIVENESS BETWEEN PHENOTYPES OF PREDIABETES**
K.C. Anderson, N.Z.M. Eichner, N.M. Gilbertson, E.M. Heiston, S.K. Malin. University of Virginia, Charlottesville, VA
- P234 MITORACE: IN VIVO ASSESSMENT OF MITOCHONDRIAL FUNCTION USING MULTIPHOTON NADH FLUORESCENCE**
Brad Willingham¹, Yingfan Zhang¹, and Brian Glancy^{1,2}. ¹Muscle Energetics Laboratory, NHLBI, NIH, Bethesda, MD; ²NIAMS, NIH, Bethesda, MD
- P235 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:

- 025 PHYSICAL ACTIVITY AND SLEEP QUALITY IN YOUTH WITH AUTISM SPECTRUM DISORDER**
J.M. Renziehausen, P.M. Rivera, K.M. Baker, N.A. Leahy, J.M. Garcia. University of Central Florida, Orlando, FL
- 026 Effects of 3 Weeks Yoga on RPE Production During Treadmill Exercise**
1-Swain, J. C., 2-Seltmann, C. L., 1-Green, J. M., 1-Killen, L. G., 1-O'Neal, E. K., 1-Frisbee, C. M. 1-University of North Alabama, Florence, AL; 2-Auburn University, Auburn, AL
- 027 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
- 028 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
- 029 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
- 030 AGREEMENT BETWEEN FITBIT AND ACTIGRAPH ESTIMATES OF PHYSICAL ACTIVITY IN YOUNG CHILDREN**
B.D. Boudreaux, Z. Chu, S.J. Ahn, K. Johnsen, S.L. Rathbun, M.D. Schmidt. University of Georgia, Athens, GA

- 031 RELIABILITY OF TIME-TO-EXHAUSTION TRIALS UTILIZING A SPEED CORRESPONDING TO A PERCENTAGE OF VO2MAX**
Kayla Baker¹, Jeanette Garcia ¹, Justine Renziehausen¹, Paola Rivera¹; ¹University of Central Florida, Orlando, FL
- 032 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**
IT O'Brien, L Chen, LJ Vargas, AC Vanhoover, CB McEnroe, AE Kozerski, JF Caruso. 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**
M.K. Straughn, C.D. Addie, G.C. Ramos, T.J. Neltner, E.E. Grammer, J.D. Simpson, L. Cosio-Lima, E.K. Greska, and L.E. Brown, University of West Florida, Pensacola, FL
- P241 EXAMINING THE LEARNING EFFECT ON AN ISOKINETIC FATIGUE TEST PROTOCOL**
T.J. Neltner, G.C. Ramos, E.E. Grammer, C.D. Addie, M.K. Straughn, J.M. Glenn, M. Gray, N.E. Moyen, J.L. Vincenzo, K.K. Harmon, and L.E. Brown. University of West Florida, Pensacola, FL
- P242 TEST-RETEST RELIABILITY OF AN ISOKINETIC FATIGUE TEST**
G.C. Ramos, T.J. Neltner, E.E. Grammer, C.J. Addie, M.K. Straughn, J.M. Glenn, M. Gray, N.E. Moyen, J.L. Vincenzo, K.K. Harmon, and L.E. Brown. University of West Florida, Pensacola, FL
- 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. Jackson¹, Cody E. Morris², Lee J. Winchester³, & Scott W. Arnett¹. 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. Kishman¹, T. J. Michael², N. J. Hanson², S. Lee², X. Wang¹. ¹ University of South Carolina, Columbia, SC, ² Western 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**
Jennifer Bossi, Winthrop University, Rock Hill, SC, Emily Pitts, Anderson University, Anderson, SC, Adam Keath, Anderson University, Anderson, SC
- P249 IDENTIFYING THE CRITICAL RESISTANCE FOR THE DEADLIFT**
T. K. Dinyer, M. T. Byrd, P. J. Succi, H. C. Bergstrom. University of Kentucky, Lexington, KY
- P250 COMPARISON OF THE CRITICAL HEART RATE TO HEART RATES AT CRITICAL VELOCITY AND VENTILATORY THRESHOLD**
P.J. Succi¹, T.K. Dinyer¹, M.T. Byrd¹, H.C. Bergstrom¹. ¹University of Kentucky, Lexington, KY
- 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

- P253 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
- P254 EVALUATING PHYSICAL ACTIVITY IN A LOCAL AFTERSCHOOL PROGRAM: COMPARISON TO ESTABLISHED NATIONAL GUIDELINES**
H. Kolcz, J. Hannon, E. I. Ackley. Roanoke College, Salem, VA
- P255 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
- P256 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
- P257 ACTIVE COMMUTING AND WEIGHT-RELATED HEALTH STATUS IN ELEMENTARY SCHOOL-AGED YOUTH: A PRELIMINARY INVESTIGATION**
K. Ansell, M. Freeman, E. Hutchinson, H. Kolcz, P. Rohrbaugh, H. Sitze & E. I. Ackley. Roanoke College, Salem VA
- P258 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
- P259 DOES MOTOR MUSCLE ENGAGEMENT COMPLEXITY AFFECT LEARNING OF YOGA POSES?**
J. Stewart, T. Cooper, PR. Pullen, E. Lopez, MJ. Martin, H. Crumley, KA. Conroy, and WS. Seffens. University of North Georgia, Dahlona, GA
- P260 GRIP STRENGTH COMPARED TO HEALTHY LIFESTYLE BEHAVIORS**
V. Yoder, J. Wilson, S. Holden, B. Myers, J. Bunn. Campbell University, Buies Creek, NC
- P261 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
- P262 RELIABILITY, BIAS, AND REPEATABILITY OF POWER OUTPUT DURING SQUATS USING A FLYWHEEL RESISTANCE TRAINING DEVICE**
R. F. Seay, J. T. Brantley, K. Worcester, P. Baker, and L. M. Bollinger. University of Kentucky, Lexington, KY
- P263 RELATIONSHIP BETWEEN VERT VARIABLES AND FATIGUE IN DIVISION I VOLLEYBALL ATHLETES**
J. Pascal, P. Chrysoferidis, S. Wilhoite, and B.A. Munkasy. Georgia Southern University, Statesboro, GA
- P264 NO CORRELATION BETWEEN CVD RISK FACTORS AND FITNESS VARIABLES IN FIREFIGHTERS**
JJ Gann¹, AB Alansare², HC Jung ¹ University of Louisiana-Monroe, Monroe, LA¹, University of Pittsburgh, Pittsburgh, PA²
- P265 THE IMPACT OF VOLUME-MATCHED, HEAVY VS MODERATE WEIGHT RESISTANCE TRAINING ON INFLAMMATION AND MUSCULAR DAMAGE**
¹Patton Allen, ¹Teresa Wiczynski, M.S., ¹Scott Arnett, ²Michael V. Fedewa, ¹Scott Lyons,

1,2Lee Winchester. 1Department of Kinesiology, Recreation and Sport, Western Kentucky University, Bowling Green, KY; 2Department of Kinesiology, University of Alabama, Tuscaloosa, AL

- P266 TRACKING HBA1C FOR REPEAT PARTICIPANTS ACROSS MECKLENBURG COUNTY: A 15-MONTH STUDY**
J. Martin, J. Anderson, J. Ash-Shakoor, W. Belt, A. Dexter, E. Gibson, J. Gooden, A. Hinton, J. Joyner, A. Lavis, B. Loman, S. Lowery, M. Kabis, K. Keane, A. King, B. Mitchell, C. Munchel, T. Palmer, E. Silab, K. Stranburg, A. Theodros, K. Thibault, S. Gordon, and T. Moore-Harrison. The University of North Carolina at Charlotte, Charlotte, NC
- P267 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
- P268 BLOOD PRESSURE CHANGES AT BETTE RAE THOMAS RECREATION CENTER HEALTH ASSESSMENTS**
A. King, A. Theodros, J. Anderson, J. Ash-Shakoor, A. Ball, M. Bowen, A. Dexter, E. Gibson, J. Gooden, T. Grove, A. Hinton, J. Joyner, M. Kabis, K. Keane, A. King, A. Lavis, B. Loman, S. Lowery, J. Mills, B. Mitchell, C. Munchel, T. Palmer, E. Silab, R. Spencer, K. Stranburg, A. Theodros, K. Wilkers, S. Gordon and T. Moore-Harrison. The University of North Carolina at Charlotte, Charlotte, NC
- P269 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
- P270 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
- P271 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
- P272 COMPARISON OF MODALITIES ON LACTATE CLEARANCE FOLLOWING EXHAUSTIVE ANAEROBIC EXERCISE: A CASE STUDY**
A. Lyon¹, A. Keath¹, J. Bossi², K. Kelly¹, C. Isom¹, P. Hawks¹, L. Scragg¹, ¹Anderson University, Anderson, SC, ²Winthrop University, Rock Hill, SC
- P273 NUTRITIONAL ADVICE OF CERTIFIED FITNESS PROFESSIONALS**
A. Tucker, A.L. Neilson, G.A. Ryan, B.F. Melton, & J. Romanchick- Cerpovicz. Statesboro, GA
- P274 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
- P275 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. Metzinger, J. T. Oliver, N. D. Tocci., T. J. Wilson, A. P. Drain, A. Lassiter, K.S. Fasczewski, 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**
M. Nunes, J.C. Sieverdes, W.D. Dudgeon, and D.D. Thomas. College of Charleston, SC
- P279 EFFECTS OF AN UNDULATING PERIODIZATION PROGRAM FOR TACTICAL ATHLETES**
E.M. Weaver, P.H. Lomas, R.C. Ingle, J.M. Goins, R.W. Thompson and J.H. Patel. 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 SKIERG**
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.**
J. Brantley, P. Baker, K. Worcester, L. Bollinger. The University of Kentucky, Lexington, KY
- 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. Smidebush¹, E. Stewart¹, H. Chander¹, A. Knight¹. ¹Mississippi State University
- P284 EFFECTS OF B-ALANINE ON PERFORMANCE, COGNITION, MOOD, ENDOCRINE FUNCTION, AND INFLAMMATION IN SIMULATED MILITARY OPERATIONS**
A.N. Varanoske, A.J. Wells, G.J. Kozlowski, Y. Gepner, C.L. Frosti, D. Boffey, N.A. Coker, I. Harat, and J.R. Hoffman. University of Central Florida, Orlando, FL
- 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. Stewart¹, M. Smidebush¹, J. Simpson², A. Knight¹, H. Chander¹, & R. Shapiro³
¹Mississippi State University, Mississippi State, MS, ²University of West Florida, Pensacola, FL 32514, ³University of Kentucky, Lexington, KY
- P288 CITRULLINE-MALATE DOES NOT ENHANCE PERFORMANCE OR ALTER COORDINATION VARIABILITY DURING ANAEROBIC CYCLING**
B.H. Romer ¹, J.L. GILLS ², and H. LU ³. ¹ High Point University, High Point, NC; ²

University of Arkansas, Fayetteville, AR; 3 Texas Tech University, Lubbock, TX

- P289 DARK CHOCOLATE SUPPLEMENTATION ELEVATES RESTING ENERGY EXPENDITURE**
M.J. Webster, K.M. Presler, and D. Keskin. School of Health Sciences, College of Nursing and Health Sciences, Valdosta State University, Valdosta, GA
- P290 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
- P291 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
- P292 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
- P293 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
- P294 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
- P295 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
- P296 INFLUENCE OF MODIFIED STARCHES ON MENTAL PERFORMANCE AND PHYSICAL ENDURANCE FOLLOWING EXHAUSTIVE EXERCISE**
C. Herman, G. Sandri Heidner, L. Wentz, J. Farior, R. Dodson, N. Murray. East Carolina University, Greenville, NC
- P297 PACING STRATEGY ADHERENCE DURING AN ENDURANCE CYCLING EVENT**
HA Yoder 1,2, CL Keeter 2, NM Sauls 2, CX Muñoz 3, JE Wingo 1, EC Johnson 2, and LE Armstrong 4. 1. University of Alabama, Tuscaloosa, AL; 2. University of Wyoming, Laramie, WY; 3. University of Hartford, West Hartford, CT; 4. University of Connecticut, Storrs, CT
- P298 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
- P299 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 Stoner². 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. Bunn(1) and L.C. Eschbach(2); 1: Campbell University, Buies Creek, NC 2: Valencell 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 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
12:45 pm
1:15 pm
1:45 pm
2:15 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
3:30 pm
4:00 pm Break
4:15 pm
4:45 pm
5:15 pm
5:45 pm Adjourn
6:30-7:45 CLINICAL TRACK RECEPTION (Ballroom F)

SATURDAY, February 16, 2019

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

7:30
7:45
8:15
8:45
9:15 Break
9:40 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
10:30
10:50 Break
11:15
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
12:30 Voting for Best Case Presentation
12:45 Adjourn