Final Program and Exhibit Guide

Exhibit Dates: May 31 – June 2

Showcasing the latest in exercise science, practice and policy

#ACSM23

www.acsmannualmeeting.org
Message from the President

Dear Attendees,

Welcome one and all to the 70th Annual Meeting of the American College of Sports Medicine®, World Congress on Exercise is Medicine®, and World Congress on the Basic Science of Physical Activity and Aging Biology!

Because ACSM represents the full range of biomedical, wellness and athletic research, our annual meetings showcase topics spanning health factors at the population level and insights uncovered at the molecular scale. Bringing such a broad cross section of disciplines and hypotheses together in person provides unique opportunities for inspiration and collaboration. Attending a colleague’s lecture might spark an idea, but so might a conversation held over lunch, or a chance meeting in the hall. Such is the magic of meetings like these.

ACSM’s greatest strength is its multifaceted, interdisciplinary character. In a world that increasingly emphasizes deep but narrow expertise, ACSM’s events, communications, committees and pronouncement processes allow us to interact with a much broader channel of knowledge while maintaining the same sound and nuanced experience that a skilful mind bent on a singular task can accumulate. Our community allows wisdom to flourish and be shared, critiqued and elaborated upon in an organic and humanizing way. After all, where we are blinded, we must seek others to help us navigate the terrain. ACSM’s meetings provide the perfect opportunity.

Therefore I encourage you to step into this year’s meeting with a profound sense of openness. By all means be strategic about the presentations you elect to attend — there are so many worthwhile topics that it’s always a shame to have to choose one over another simply because their itineraries overlap — but also allow for chance or serendipity to step in. Those among us who really enjoy statistical analysis might think of it like performing a metaphorical surger. However you choose to view the process, it’s rewarding to discover the commonalities that seemingly unrelated topics share.

Before I close, I’d like to cover two very important additional matters. The first is to pay a well-deserved compliment to ACSM President-Elect Irene Davis, Ph.D., FACSM, and the ACSM Program Committee for their incredible work over the past year, which has come to fruition in the form of this meeting. Without them, none of this would be possible, and they deserve our sincerest thanks. The second is to remind you to help responsibly steer ACSM into the future by attending the Town Hall/Business Meeting on Friday, June 2, from 11:40 a.m. to 12:20 p.m. in Convention Center Room 205. As a membership organization, ACSM is nothing without its expert constituents’ input, and the Town Hall is an ideal venue for you to provide it.

I welcome you once again to this 70th annual ACSM meeting. I look forward to seeing what our presenters have to share just as much as you must.

Sincerely,

Anastasia Fischer, M.D., FACSM
ACSM President 2022-23
Session locations

All education sessions, registration, exhibits, poster sessions and interest group meetings take place in the Colorado Convention Center. Specific room names appear on the mobile app and online program planner. Social events are scheduled at the Hyatt Regency Denver (noted “Hyatt-room” in the schedule). Signage through the building and the ACSM mobile app augments the information in the program.

Objectives

At the conclusion of the Annual Meeting, participants should be able to:

1. Analyze state-of-the-art and innovative basic science, applied science, and clinical medicine in the areas of exercise, fitness, health, and physical performance.
2. Recognize the importance of basic science research as it relates to diseases and conditions that exist due to physical inactivity.
3. Assess how physical activity research and practice contributes to public health and health equity in diverse populations.

Clinically Specific Objectives:

4. Incorporate new guidelines into the care of a paralympic and Adaptive Sports athlete to prevent injuries and illness and enhance safe return to play in their sport.
5. Develop strategies to counsel pediatric athletes to participate in sports to improve quality of life.
6. Determine which athletes with breathing difficulties can safely participate in their sport.
7. Explore treatment options in the care of athletes with hip, pelvis, and SI joint pain to improve recovery and allow safe participation in sport.
8. Incorporate best practices in the diagnosis of athletes with concussion to determine the optimal treatment protocols for return to sport.
9. Develop strategies to incorporate knowledge of exercise into the training of a sports medicine physician to expand and enhance practice skills.

Target Audience

ACSM members and professionals interested in the field of sports medicine and exercise science.

Accreditations

Accreditation:
The American College of Sports Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

AMA/PRA Credits
The American College of Sports Medicine designates this live course for a maximum of 28.5 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

BOC – CEUs
American College of Sports Medicine (BOC AP#: P401) is approved by the Board of Certification, Inc. to provide continuing education to Certified Athletic Trainers. This program is eligible for a maximum of 28.5 Category A hours/CEUs. ATs should claim only those hours actually spent in the educational program.

ACSM CECs
The American College of Sports Medicine’s Professional Education Committee certifies that this continuing education offering meets the criteria for a maximum of 28.5 hours of ACSM continuing education credit.

AAFP
The AAFP has reviewed 2023 ACSM Annual Meeting and World Congresses and deemed it acceptable for up to 28.50 Live AAFP Prescribed credits. Term of Approval is from 05/30/2023 to 06/02/2023. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Note: the 28.5 hours for CME credits only include sessions in Athlete Care and Clinical Medicine (AC), Exercise is Medicine (EIM) categories, as well as the Joseph B. Wolfe Memorial Lecture, the D.B. Dill Historical Lecture and the President’s Lectures.

How to Obtain Credits
Instructions for obtaining continuing education credits and continuing medical education credits will be e-mailed to attendees 3-4 weeks following the Annual Meeting and World Congresses. E-mail meeting@acsm.org with questions.
Joseph B. Wolfe Memorial Lecture
Why do Jenny’s Bones Keep ‘Breaking’? Sowing the Seeds to Prevent Bone Stress Injuries in Distance Runners
Wednesday, May 31, 8 – 9:15 a.m.
Location: CC-Hall A
Stuart J. Warden, Ph.D., PT, FACSM
Indiana University, Indianapolis, IN

The D.B. Dill Historical Lecture
Mental Stability Through the Physical: We Need A Renaissance
Friday, June 2, 8 – 9:15 a.m.
Location: CC-Hall A
Ron Jones, M.S.
Historical Kinesiologist
Tulsa, OK

Morris/Paffenbarger Exercise is Medicine® Keynote Lecture
The Evolving Science of Step Counts: What is my Device Telling me about my Health?
Wednesday, May 31
10:40 – 11:55 a.m.
Room: 601
Janet E. Fulton, Ph.D., FACSM
Centers for Disease Control and Prevention
Atlanta, GA

Priscilla M. Clarkson Tutorial Lecture
Cellular Mechanisms Underlying Exercise Response Heterogeneity during Aging
Thursday, June 1, 9:30 a.m. – 10:20 a.m.
Room: 601
Charlotte A. Peterson, Ph.D.

John R. Sutton Clinical Lecture
Prevention of Sudden Cardiac Death in Athletes: Progress and Pitfalls
Friday, June 2, 1:30 – 2:20 p.m.
Room: 601
Jonathan Drezner, M.D.

Charles M. Tipton Tutorial Lecture
The Gift of Charles Tipton to Exercise Science and Possible Future Directions for Exercise in Space
Thursday, June 1, 10:40 – 11:30 a.m.
Room: 601
Alan R. Hargens, Ph.D., FACSM

The Power of Play
Wednesday, May 31, 12:30 – 1:20 p.m.
Room: 601
Robert Murray, M.D.

There’s no “I” in ACSM: Sports & Exercise Medicine Takes a Village
Thursday, June 1
12:30 – 1:20 p.m.
Room: 601
Carrie Jaworski, M.D., FACSM

Optimizing Concussion Care: Early Prognosis and Intervention Approaches to Feasibly Improve Patient Outcomes
Friday, June 2
12:30 – 1:20 p.m.
Room: 601
David Howell, Ph.D., ATC
Named and Special Lectures

**D.B. Dill Historical Lecture:** This lecture deals with the history of sports medicine and exercise science. In memory of one of ACSM’s past presidents and prominent figure in the development of sports medicine and exercise science in America, D. Bruce Dill, Ph.D. This lecture is presented unopposed from all other sessions.

**Charles M. Tipton Tutorial Lecture:** This lecture is in the area of exercise physiology in honor of Charles M. Tipton, Ph.D.

**J.B. Wolfe Memorial Lecture:** The keynote address at the Annual Meeting is in memory of one of ACSM’s founders, and first president, Joseph B. Wolfe, M.D. This session is offered unopposed from other sessions.

**Priscilla M. Clarkson Tutorial Lecture:** This is in the area of skeletal muscle function, injury, and adaptation in honor of Priscilla M. Clarkson, Ph.D.

**John R. Sutton Clinical Lecture:** This is in the area of clinical and the research aspect of medicine in honor of John R. Sutton, M.D. This session is offered unopposed from any other clinical offerings.

**President’s Lecture:** These sessions are plenary lectures entitled President’s Lectures recognizing great contributions to the fields of sports medicine and exercise science. The topics will reflect many of the various disciplines that comprise the unique and diverse nature of the American College of Sports Medicine®. These lectures are presented by leaders in the field whose individual contributions have helped define and advance sports medicine.

**Morris/Paffenbarger Tutorial Lecture:** This is in the area of physical activity in honor of Jeremy N. Morris, D.Sc., DPH, and Ralph S. Paffenbarger Jr., M.D., Sc.D.

50-Minute Formats:

**Clinical Workshop:** This session is a hands-on small group demonstration of current examinations and treatment modalities of sports medicine problems. Clinical workshops are limited to 40 people; therefore, space in the meeting room is available on first arrival.

**Colloquium:** A colloquium is an interactive discussion on a topic or issue in sports medicine, exercise science or clinical practice. These are informal presentations that give the attendees a chance to “meet the expert.”

**Tutorial Lecture:** A critical review and analysis of the current state of knowledge in a field in sports medicine, exercise science or clinical practice. The lecture should familiarize attendees with the basics of a subject and progress to current issues, questions, problems, and the frontier of knowledge.

Abstract Sessions:

**Clinical Case Slide Session:** Clinical Case Papers are in five categories: cardiovascular; general medicine; head, neck and spine; musculoskeletal; and age and gender specific issues. The case presentation outlines 1) History, 2) Physical Examination, 3) Differential Diagnosis, 4) Test/Results, 5) Final/Working Diagnosis, and 6) Treatment and Outcomes.

**Free Communication/Poster Session:** Poster sessions are allotted a two and a half-hour time block for viewing. Posters will be scheduled for presentation in one-and-one-half-hour time-blocks with authors present to answer any questions and discuss their research with attendees.

**Free Communication/Slide Session:** Presentation of an abstract in a free communication/slide session is limited to a maximum of 10 minutes, followed by a five-minute period of open discussion from the audience. Each contains a Purpose, Methods, Results and Conclusion.

**Rapid Fire Platform:** Presentation of an abstract in a free communication/slide session in a compact format limited to a maximum of five minutes for an oral presentation, plus an additional five minutes for questions and answers. Each presentation contains a Purpose, Methods, Results, and Conclusion. These sessions are held in the Poster Hall area.

**Thematic Poster Session:** Thematic poster presentations are two hours in duration. For the first part, attendees view the posters. The second part consists of a five-minute synopsis of each poster by the first author, with discussion moderated by the chair to include the audience.

2-Hour Formats

**Highlighted Symposia:** These sessions were created to enhance the quality of science at the annual meeting. They showcase basic quality science and cutting-edge research or sports medicine within the annual meeting topical areas. They include in-depth scientific lectures in new and exciting areas of research delivered by experts in their respective fields.

**Symposium:** In-depth scientific and state-of-the-art lectures in important areas of research and clinical practice. Symposia include three to four speakers, with time allotted for an introduction and overview and overall discussion.

**Session Definitions**
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<tr>
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<th>Session Title</th>
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<tbody>
<tr>
<td>9 – 11:30 a.m.</td>
<td>Event</td>
<td>Event</td>
<td>EIM National Center Director’s Meeting</td>
<td>Hyatt - Granite A</td>
<td></td>
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<tr>
<td>10 a.m. to 6 p.m.</td>
<td>Hours</td>
<td>Hours</td>
<td>Board of Trustees Lounge Hours (Tuesday)</td>
<td>210</td>
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<tr>
<td>11:30 a.m. to 3:30 p.m.</td>
<td>PC-01</td>
<td>Pre-Conference</td>
<td>GSSI - Translating Research into Nutrition Strategies to Support Athlete’s Mind, Gut and Body</td>
<td>601</td>
<td></td>
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<tr>
<td>1 – 1:50 p.m.</td>
<td>A-01</td>
<td>Tutorial Lecture</td>
<td>Statins and Training Adaptations</td>
<td>207</td>
<td>(EIM)</td>
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<tr>
<td>1 – 1:50 p.m.</td>
<td>A-02</td>
<td>Tutorial Lecture</td>
<td>When the Sports Medicine Physician Meets the Exercise Physiologist: Best Case Scenarios</td>
<td>103</td>
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<tr>
<td>1 – 3 p.m.</td>
<td>A-03</td>
<td>Symposium</td>
<td>Integrating Physical Activity in Diverse Health Settings Around the World</td>
<td>102</td>
<td>(EIM)</td>
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<tr>
<td>1 – 3 p.m.</td>
<td>PC-02</td>
<td>Pre-Conference</td>
<td>ACSM Media Spokesperson Preconference: Out-Influencing the Influencers</td>
<td>Hyatt - Centennial F</td>
<td>(PD)</td>
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<tr>
<td>1 – 5 p.m.</td>
<td>Event</td>
<td>Event</td>
<td>Coalition for the Registration of Exercise Professionals (CREP)</td>
<td>Hyatt - Quartz A</td>
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<tr>
<td>2:10 – 3 p.m.</td>
<td>A-04</td>
<td>Tutorial Lecture</td>
<td>A &quot;Golden&quot; View: An In-depth Exploration of the Needs and Future Possibilities of EIM-OC</td>
<td>103</td>
<td>(EIM)</td>
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<tr>
<td>2:10 – 3 p.m.</td>
<td>A-05</td>
<td>Colloquium</td>
<td>Playbook for the Professionalization of the Clinical Exercise Physiologist</td>
<td>207</td>
<td>(EIM)</td>
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<tr>
<td>3 – 5 p.m.</td>
<td>PC-03</td>
<td>Pre-Conference</td>
<td>Student &amp; Early Career Preconference: What’s Next? Navigating Post Graduate Life in Academia, Industry, and Medicine</td>
<td>607</td>
<td>(PD)</td>
</tr>
<tr>
<td>3:15 – 4:05 p.m.</td>
<td>A-06</td>
<td>Tutorial Lecture</td>
<td>Exercise is Medicine for Children and Adolescents: Experience in a Healthcare System</td>
<td>207</td>
<td>(EIM)</td>
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<tr>
<td>3:15 – 4:05 p.m.</td>
<td>A-07</td>
<td>Tutorial Lecture</td>
<td>Physical Activity as a Complementary Treatment for Victims of Domestic Violence</td>
<td>103</td>
<td>(EIM)</td>
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<tr>
<td>3:15 – 5:15 p.m.</td>
<td>A-08</td>
<td>Symposium</td>
<td>Overhauling The Skills Required for the Exercise Professional of the Future - Bridging Gaps and Breaking Down Silos</td>
<td>102</td>
<td>(EIM)</td>
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<tr>
<td>4 – 5 p.m.</td>
<td>IS-01</td>
<td>Industry Session</td>
<td>Rethinking Amino Acids for Sport and Health</td>
<td>601</td>
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<tr>
<td>4 – 5:30 p.m.</td>
<td>Event</td>
<td>Event</td>
<td>CEPA Executive Committee Meeting</td>
<td>Hyatt - Agate A</td>
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<tr>
<td>A-09</td>
<td></td>
<td>SESSION WITHDRAWN: Developing the Sports and EXERCISE Medicine Physician</td>
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<tr>
<td>4:25 – 5:15 p.m.</td>
<td>A-10</td>
<td>Tutorial Lecture</td>
<td>If It’s Built, Will They Be Active? Rural Physical Activity Environment and Active Transportation Lessons Learned</td>
<td>103</td>
<td>(EIM)</td>
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<tr>
<td>5 – 6 p.m.</td>
<td>Event</td>
<td>Event</td>
<td>Leadership &amp; Diversity Training Program 101 (invitation only)</td>
<td>Hyatt - Centennial G</td>
<td></td>
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<tr>
<td>5 – 6 p.m.</td>
<td>Hours</td>
<td>Hours</td>
<td>Student Lounge Hours (Tuesday)</td>
<td>Gourmet Café</td>
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### Tuesday, May 30, 2023

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<tr>
<td>5:30 – 7:30 p.m.</td>
<td>PC-04</td>
<td>Pre-Conference</td>
<td>PINES 10Q 10E Ten Myths in Sport Nutrition</td>
<td>103</td>
<td>(MN)</td>
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<tr>
<td>6:30 – 7:30 p.m.</td>
<td>Event</td>
<td>Event</td>
<td>Leadership &amp; Diversity Training Program: Meet Your Mentor (invitation only)</td>
<td>Hyatt - Centennial G</td>
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### Wednesday, May 31, 2023

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<tr>
<th>Time</th>
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<tr>
<td>6 – 7:30 a.m.</td>
<td>Event</td>
<td>Event</td>
<td>MSSE, Editorial Board Meeting</td>
<td>Hyatt - Granite B</td>
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<tr>
<td>6:30 – 8 a.m.</td>
<td>Event</td>
<td>Event</td>
<td>Past President’s Breakfast</td>
<td>Hyatt - Mineral A</td>
<td></td>
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<tr>
<td>7 a.m. to 6 p.m.</td>
<td>Hours</td>
<td>Hours</td>
<td>Board of Trustees Lounge Hours (Wednesday)</td>
<td>210</td>
<td></td>
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<tr>
<td>8 – 9:15 a.m.</td>
<td>B-01</td>
<td>Tutorial Lecture</td>
<td>Why do Jenny’s Bones Keep Breaking? Sowing the Seeds to Prevent Bone Stress Injuries in Distance Runners</td>
<td>Hall A</td>
<td>(PD)</td>
</tr>
<tr>
<td>8 – 10 a.m.</td>
<td>Event</td>
<td>Event</td>
<td>CREP Board Meeting</td>
<td>Hyatt - Quartz A</td>
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<tr>
<td>9:30 – 10:20 a.m.</td>
<td>B-02</td>
<td>Tutorial Lecture</td>
<td>Allergies in Athletes, More than just a Runny Nose???</td>
<td>501</td>
<td>(AC)</td>
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<tr>
<td>9:30 – 10:20 a.m.</td>
<td>B-03</td>
<td>Tutorial Lecture</td>
<td>Clearing Up the Confusion on High-Intensity Interval Training (HIIT)</td>
<td>102</td>
<td>(FA)</td>
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<tr>
<td>9:30 – 10:20 a.m.</td>
<td>B-04</td>
<td>Tutorial Lecture</td>
<td>Exercise-Induced Appetite Suppression: What we Know about How it Works</td>
<td>103</td>
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<tr>
<td>9:30 – 10:20 a.m.</td>
<td>B-05</td>
<td>Tutorial Lecture</td>
<td>Physical Activity, Fitness and Epidemiology of Chronic Disease. From 1953 to Eternity</td>
<td>505</td>
<td>(EB)</td>
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<tr>
<td>9:30 – 10:20 a.m.</td>
<td>B-06</td>
<td>Tutorial Lecture</td>
<td>Tools for Diet and Physical Activity Interventions to Improve Children's Health</td>
<td>702</td>
<td>(HE)</td>
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<tr>
<td>9:30 – 10:20 a.m.</td>
<td>B-07</td>
<td>Tutorial Lecture</td>
<td>Clinical Trials to Reduce Sedentary Behavior in Cancer Patients and Survivors: Current Evidence and Future Needs</td>
<td>207</td>
<td>(CA)</td>
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<td>9:30 – 10:20 a.m.</td>
<td>B-08</td>
<td>Colloquium</td>
<td>How to be an Effective Scholarship Mentor: Guide for Busy Clinician Educators</td>
<td>607</td>
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<td>9:30 – 10:20 a.m.</td>
<td>B-09</td>
<td>Basic Science World Congress - Keynote</td>
<td>Performance Fatigability with Aging: Mechanisms and Task Specificity</td>
<td>601</td>
<td>(BSWC)</td>
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<td>9:30 – 11:30 a.m.</td>
<td>B-10</td>
<td>Highlighted Symposium</td>
<td>The Mental Health Crisis: The Impact of Exercise and the Environment on Psychobiological Function</td>
<td>205</td>
<td>(EN)</td>
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<td>9:30 – 11:30 a.m.</td>
<td>B-11</td>
<td>Symposium</td>
<td>Comprehensive School Physical Activity Programs: What Works Best to Increase Physical Activity and Deliver Benefits in Youth</td>
<td>503</td>
<td>(PA)</td>
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<td>9:30 – 11:30 a.m.</td>
<td>B-12</td>
<td>Free Communication/Slide</td>
<td>Parkinson's Disease</td>
<td>710</td>
<td>(BI)</td>
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<td>9:30 – 11:30 a.m.</td>
<td>B-13</td>
<td>Thematic Poster</td>
<td>Comparisons of Cardiovascular Responses to Exercise in Males and Females</td>
<td>708</td>
<td>(CV)</td>
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<tr>
<td>9:30 – 11:30 a.m.</td>
<td>B-14</td>
<td>Thematic Poster</td>
<td>Menstrual Cycle and Athletic Performance</td>
<td>706</td>
<td>(FA)</td>
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<td>9:30 – 11:30 a.m.</td>
<td>B-15</td>
<td>Thematic Poster</td>
<td>Skeletal Muscle in Health and Disease</td>
<td>703</td>
<td>(SK)</td>
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<td>9:30 – 11:30 a.m.</td>
<td>B-16</td>
<td>Clinical Case Slide</td>
<td>Leg, Foot, and Ankle I</td>
<td>705</td>
<td>(AC)</td>
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<td>9:30 – 11:30 a.m.</td>
<td>B-17</td>
<td>Clinical Case Slide</td>
<td>Neck and Spine</td>
<td>709</td>
<td>(AC)</td>
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<td>9:30 a.m. to noon</td>
<td>B-18</td>
<td>Free Communication/Poster</td>
<td>Blood Flow Restriction</td>
<td>Hall B</td>
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<td>9:30 a.m. to noon</td>
<td>B-19</td>
<td>Free Communication/Poster</td>
<td>Body Composition - Athletes</td>
<td>Hall B</td>
<td>(FA)</td>
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<tr>
<td>9:30 a.m. to noon</td>
<td>B-20</td>
<td>Free Communication/Poster</td>
<td>Brain</td>
<td>Hall B</td>
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<tr>
<td>9:30 a.m. to noon</td>
<td>B-21</td>
<td>Free Communication/Poster</td>
<td>Military and Service</td>
<td>Hall B</td>
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<td>9:30 a.m. to noon</td>
<td>B-22</td>
<td>Free Communication/Poster</td>
<td>Running</td>
<td>Hall B</td>
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<tr>
<td>9:30 a.m. to noon</td>
<td>B-23</td>
<td>Free Communication/Poster</td>
<td>Blood Flow</td>
<td>Hall B</td>
<td>(CV)</td>
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<tr>
<td>9:30 a.m. to noon</td>
<td>B-24</td>
<td>Free Communication/Poster</td>
<td>Renal</td>
<td>Hall B</td>
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<td>9:30 a.m. to noon</td>
<td>B-25</td>
<td>Free Communication/Poster</td>
<td>Disability</td>
<td>Hall B</td>
<td>(SK)</td>
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<tr>
<td>9:30 a.m. to noon</td>
<td>B-26</td>
<td>Free Communication/Poster</td>
<td>Baseball &amp; Softball Biomechanics</td>
<td>Hall B</td>
<td>(BI)</td>
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<tr>
<td>9:30 a.m. to noon</td>
<td>B-27</td>
<td>Free Communication/Poster</td>
<td>Methods &amp; Alternative Measurement Techniques</td>
<td>Hall B</td>
<td>(BI)</td>
</tr>
<tr>
<td>9:30 a.m. to noon</td>
<td>B-28</td>
<td>Free Communication/Poster</td>
<td>Injury in Physical Activity and Sports Play</td>
<td>Hall B</td>
<td>(EB)</td>
</tr>
<tr>
<td>9:30 a.m. to noon</td>
<td>B-29</td>
<td>Free Communication/Poster</td>
<td>Studies of Mind-Body Exercise: Tai Chi, Yoga, Qigong</td>
<td>Hall B</td>
<td>(EB)</td>
</tr>
<tr>
<td>9:30 a.m. to noon</td>
<td>B-30</td>
<td>Free Communication/Poster</td>
<td>Tracking Health Indicators in the Population: New Surveillance Findings</td>
<td>Hall B</td>
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<tr>
<td>9:30 a.m. to noon</td>
<td>B-31</td>
<td>Free Communication/Poster</td>
<td>CBD-Cannabidiol</td>
<td>Hall B</td>
<td>(MN)</td>
</tr>
<tr>
<td>9:30 a.m. to noon</td>
<td>B-32</td>
<td>Free Communication/Poster</td>
<td>Dietary Supplements/Ergogenic Aids</td>
<td>Hall B</td>
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<tr>
<td>9:30 a.m. to noon</td>
<td>B-33</td>
<td>Free Communication/Poster</td>
<td>Mental Health</td>
<td>Hall B</td>
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<tr>
<td>9:30 a.m. to noon</td>
<td>B-34</td>
<td>Free Communication/Poster</td>
<td>Pedagogy Related to Exercise Science</td>
<td>Hall B</td>
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<td>9:30 a.m. to noon</td>
<td>B-35</td>
<td>Free Communication/Poster</td>
<td>Sleep</td>
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<tr>
<td>9:30 a.m. to noon</td>
<td>B-36</td>
<td>Free Communication/Poster</td>
<td>Cold/Hyperbaria/Diving Physiology</td>
<td>Hall B</td>
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<tr>
<td>9:30 a.m. to noon</td>
<td>B-37</td>
<td>Free Communication/Poster</td>
<td>Thermoregulation/Thermothermia</td>
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<td>9:30 a.m. to noon</td>
<td>B-38</td>
<td>Free Communication/Poster</td>
<td>Celebrating Sports</td>
<td>Hall B</td>
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<tr>
<td>9:30 a.m. to noon</td>
<td>B-39</td>
<td>Free Communication/Poster</td>
<td>CEP Other</td>
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<tr>
<td>9:30 a.m. to noon</td>
<td>B-40</td>
<td>Free Communication/Poster</td>
<td>Exercise Testing</td>
<td>Hall B</td>
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<tr>
<td>9:30 a.m. to noon</td>
<td>B-41</td>
<td>Free Communication/Poster</td>
<td>Pulmonary/Respiratory</td>
<td>Hall B</td>
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<tr>
<td>9:30 a.m. to noon</td>
<td>B-42</td>
<td>Exercise is Medicine®/Poster</td>
<td>EIM, Health Promotion, Quality of Life</td>
<td>Hall B</td>
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<td>9:30 a.m. to noon</td>
<td>B-43</td>
<td>Free Communication/Poster</td>
<td>Health Equity; Other</td>
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Poster Sessions B-18 through B-43: Presentation times are staggered from 9:30 - 11 a.m. and 10:30 a.m. to noon.
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<tr>
<td>1:30 – 2:20 p.m.</td>
<td>C-04</td>
<td>Exercise is Medicine* - Colloquium</td>
<td>The Application of PAVS in Clinical and Community Settings across Socio-Economic Regions</td>
<td>207</td>
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<tr>
<td>1:30 – 2:50 p.m.</td>
<td>C-05</td>
<td>Rapid Fire Platform</td>
<td>Blood Flow Restriction</td>
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<td>1:30 – 3:30 p.m.</td>
<td>C-06</td>
<td>Highlighted Symposium</td>
<td>Integrated Control of Skeletal Muscle Blood Flow during Exercise</td>
<td>205</td>
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<tr>
<td>1:30 – 3:30 p.m.</td>
<td>C-07</td>
<td>Symposium</td>
<td>Adaptive Thermogenesis - What do we “Give Up” during Exposure to Low Energy Availability</td>
<td>601</td>
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<tr>
<td>1:30 – 3:30 p.m.</td>
<td>C-08</td>
<td>Symposium</td>
<td>Can a Causal Framework Improve the Science and Rehabilitation of the Injured Runner?</td>
<td>102</td>
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<tr>
<td>1:30 – 3:30 p.m.</td>
<td>C-09</td>
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<td>Hot Topics in Paralympic and Adaptive Sports Medicine</td>
<td>501</td>
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<tr>
<td>1:30 – 3:30 p.m.</td>
<td>C-10</td>
<td>Symposium</td>
<td>Lifestyle Interventions for Traumatic Stress (LIFTS): The Importance of Sport, Exercise and Recreation for Trauma Survivors</td>
<td>607</td>
<td>(PS)</td>
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<tr>
<td>1:30 – 3:30 p.m.</td>
<td>C-12</td>
<td>Basic Science World Congress - Symposium</td>
<td>Remote Assessment of Physical Function in Older Adults: Evidence from Cancer Clinical Trials</td>
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<tr>
<td>1:30 – 3:30 p.m.</td>
<td>C-13</td>
<td>Free Communication/Slide</td>
<td>New Insights from Prospective Epidemiological Studies</td>
<td>710</td>
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<tr>
<td>1:30 – 3:30 p.m.</td>
<td>C-14</td>
<td>Thematic Poster</td>
<td>Aging, Mobility, Fitness, and Neurobiology</td>
<td>708</td>
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<tr>
<td>1:30 – 3:30 p.m.</td>
<td>C-15</td>
<td>Thematic Poster</td>
<td>Health Interventions in Children and Youth: Behavioral and Biological Outcomes</td>
<td>706</td>
<td>(PA)</td>
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<tr>
<td>1:30 – 3:30 p.m.</td>
<td>C-16</td>
<td>Thematic Poster</td>
<td>Pain, RPE, and Fatigue</td>
<td>703</td>
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<td>1:30 – 3:30 p.m.</td>
<td>C-17</td>
<td>Clinical Case Slide</td>
<td>Endurance</td>
<td>705</td>
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<td>1:30 – 3:15 p.m.</td>
<td>C-18</td>
<td>Clinical Case Slide</td>
<td>Knee I</td>
<td>709</td>
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<td>2 – 4:30 p.m.</td>
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<td>Event</td>
<td>President’s Cup Competition</td>
<td>Hyatt - Centennial F</td>
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<td>2 – 4:30 p.m.</td>
<td>C-19</td>
<td>Free Communication/Poster</td>
<td>COVID and Exercise</td>
<td>Hall B</td>
<td>(FA)</td>
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<tr>
<td>2 – 4:30 p.m.</td>
<td>C-20</td>
<td>Free Communication/Poster</td>
<td>Disability</td>
<td>Hall B</td>
<td>(FA)</td>
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<td>2 – 4:30 p.m.</td>
<td>C-21</td>
<td>Free Communication/Poster</td>
<td>Recovery</td>
<td>Hall B</td>
<td>(FA)</td>
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<tr>
<td>2 – 4:30 p.m.</td>
<td>C-22</td>
<td>Free Communication/Poster</td>
<td>Cardiac</td>
<td>Hall B</td>
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<tr>
<td>2 – 4:30 p.m.</td>
<td>C-23</td>
<td>Free Communication/Poster</td>
<td>Skeletal Muscle Physiology</td>
<td>Hall B</td>
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<tr>
<td>2 – 4:30 p.m.</td>
<td>C-24</td>
<td>Free Communication/Poster</td>
<td>Musculoskeletal Mechanics &amp; Modeling</td>
<td>Hall B</td>
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<tr>
<td>2 – 4:30 p.m.</td>
<td>C-25</td>
<td>Free Communication/Poster</td>
<td>Neural Control &amp; Motor Learning</td>
<td>Hall B</td>
<td>(BI)</td>
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<tr>
<td>2 – 4:30 p.m.</td>
<td>C-26</td>
<td>Free Communication/Poster</td>
<td>Posture &amp; Balance</td>
<td>Hall B</td>
<td>(BI)</td>
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<tr>
<td>2 – 4:30 p.m.</td>
<td>C-27</td>
<td>Free Communication/Poster</td>
<td>New Research on Measurements of Physical Activity and Sedentary Behavior</td>
<td>Hall B</td>
<td>(EB)</td>
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<tr>
<td>2 – 4:30 p.m.</td>
<td>C-28</td>
<td>Free Communication/Poster</td>
<td>Studies of People with Disabilities</td>
<td>Hall B</td>
<td>(EB)</td>
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<tr>
<td>2 – 4:30 p.m.</td>
<td>C-29</td>
<td>Free Communication/Poster</td>
<td>New Insights from Studies of Health Promotion and Intervention Strategies</td>
<td>Hall B</td>
<td>(PA)</td>
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<tr>
<td>2 – 4:30 p.m.</td>
<td>C-30</td>
<td>Free Communication/Poster</td>
<td>Fasting and Time Restricted Eating</td>
<td>Hall B</td>
<td>(MN)</td>
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<tr>
<td>2 – 4:30 p.m.</td>
<td>C-31</td>
<td>Free Communication/Poster</td>
<td>Psychological Aspects of Sport</td>
<td>Hall B</td>
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<tr>
<td>2 – 4:30 p.m.</td>
<td>C-32</td>
<td>Free Communication/Poster</td>
<td>Psychological Correlates of Exercise and Physical Activity</td>
<td>Hall B</td>
<td>(PS)</td>
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<tr>
<td>2 – 4:30 p.m.</td>
<td>C-33</td>
<td>Free Communication/Poster</td>
<td>Hydration/Fluid Balance</td>
<td>Hall B</td>
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<tr>
<td>2 – 4:30 p.m.</td>
<td>C-34</td>
<td>Free Communication/Poster</td>
<td>Hypoxia/Altitude Physiology</td>
<td>Hall B</td>
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<tr>
<td>2 – 4:30 p.m.</td>
<td>C-35</td>
<td>Free Communication/Poster</td>
<td>Microgravity/Space Physiology</td>
<td>Hall B</td>
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<tr>
<td>2 – 4:30 p.m.</td>
<td>C-36</td>
<td>Free Communication/Poster</td>
<td>Blood Pressure/Hypertension</td>
<td>Hall B</td>
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<tr>
<td>2 – 4:30 p.m.</td>
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<td>Free Communication/Poster</td>
<td>Cardiovascular Diseases</td>
<td>Hall B</td>
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<tr>
<td>2 – 4:30 p.m.</td>
<td>C-38</td>
<td>Free Communication/Poster</td>
<td>Measurements and Methods in Exercise Oncology</td>
<td>Hall B</td>
<td>(CA)</td>
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<td>Time</td>
<td>Sess#</td>
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<td>Session Title</td>
<td>Room</td>
<td>Category</td>
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<tr>
<td>2 – 4:30 p.m.</td>
<td>C-39</td>
<td>Exercise is Medicine®/Poster</td>
<td>Exercise and Disease</td>
<td>Hall B</td>
<td>(EIM)</td>
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<tr>
<td>2 – 4:30 p.m.</td>
<td>C-40</td>
<td>Basic Science World Congress/Poster</td>
<td>World Congress on the Basic Science of Physical Activity and Aging Biology</td>
<td>Hall B</td>
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<tr>
<td>2:40 – 3:30 p.m.</td>
<td>C-41</td>
<td>Tutorial Lecture</td>
<td>Prevention of Exertional Sickling: A Team Approach to Optimizing Health and Performance of Athletes with Sickle Cell Trait</td>
<td>505</td>
<td>(FA)</td>
</tr>
<tr>
<td>2:40 – 3:30 p.m.</td>
<td>C-42</td>
<td>Tutorial Lecture</td>
<td>Strategies to Maximize the Utility of Wearable Device Data</td>
<td>702</td>
<td>(PA)</td>
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<tr>
<td>2:40 – 3:30 p.m.</td>
<td>C-43</td>
<td>Exercise is Medicine® - Tutorial Lecture</td>
<td>Successes &amp; Challenges of a Community Based Physician Referral EIM Program</td>
<td>207</td>
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<tr>
<td>3:45 – 4:35 p.m.</td>
<td>C-44</td>
<td>Tutorial Lecture</td>
<td>Centering Students in Exercise and Health Science Education: Strategies to Foster Autonomy, Connection, and Growth</td>
<td>505</td>
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<tr>
<td>3:45 – 4:35 p.m.</td>
<td>C-45</td>
<td>Tutorial Lecture</td>
<td>Deep Gluteal Syndrome in Athletes</td>
<td>501</td>
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<tr>
<td>3:45 – 4:35 p.m.</td>
<td>C-46</td>
<td>Tutorial Lecture</td>
<td>Yoga as Exercise: Exploring Novel Insights into this Ancient Discipline</td>
<td>607</td>
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<tr>
<td>3:45 – 5:05 p.m.</td>
<td>C-47</td>
<td>Rapid Fire Platform</td>
<td>Occupational and Military Physiology: Sleep</td>
<td>Hall B</td>
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<tr>
<td>3:45 – 5:45 p.m.</td>
<td>C-48</td>
<td>Highlighted Symposium</td>
<td>Chrono-mania: How the Timing of Behaviors Impacts Cardiometabolic Health</td>
<td>601</td>
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<tr>
<td>3:45 – 5:45 p.m.</td>
<td>C-49</td>
<td>Exercise is Medicine® - Highlighted Symposium</td>
<td>Physical Activity and Age-Related Cognitive Function</td>
<td>205</td>
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<tr>
<td>3:45 – 5:45 p.m.</td>
<td>C-50</td>
<td>Symposium</td>
<td>Dehydration: Sweating Out the Details of Multiple System Dysfunction</td>
<td>207</td>
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<tr>
<td>3:45 – 5:45 p.m.</td>
<td>C-51</td>
<td>Symposium</td>
<td>Mechanisms and Considerations for Musculoskeletal Anabolic Resistance in Healthy Adults under Physiological Stress</td>
<td>702</td>
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<tr>
<td>3:45 – 5:45 p.m.</td>
<td>C-52</td>
<td>Symposium</td>
<td>Mental Health Conditions and Athletes - A Topic that Needs Continuous Attention</td>
<td>503</td>
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<tr>
<td>3:45 – 5:45 p.m.</td>
<td>C-53</td>
<td>Basic Science World Congress - Symposium</td>
<td>Cross-disciplinary Research Advancing Exercise for Promoting Bone Health in Older Populations</td>
<td>103</td>
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<tr>
<td>3:45 – 5:45 p.m.</td>
<td>C-54</td>
<td>Basic Science World Congress - Symposium</td>
<td>Linking Cellular Mitochondria Function to Mobility Loss: The Study of Muscle, Mobility, and Aging (SOMMA)</td>
<td>102</td>
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<tr>
<td>3:45 – 5:45 p.m.</td>
<td>C-55</td>
<td>Free Communication/Slide</td>
<td>Marathon and Ultra-Endurance Performance</td>
<td>710</td>
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<tr>
<td>3:45 – 5:45 p.m.</td>
<td>C-56</td>
<td>Thematic Poster</td>
<td>Energy Metabolism, Appetite and Weight Control</td>
<td>703</td>
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<tr>
<td>3:45 – 5:45 p.m.</td>
<td>C-57</td>
<td>Thematic Poster</td>
<td>Exercise Pressor Reflex in Health and Disease</td>
<td>708</td>
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<tr>
<td>3:45 – 5:45 p.m.</td>
<td>C-58</td>
<td>Thematic Poster</td>
<td>Gender in Sports</td>
<td>706</td>
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<tr>
<td>3:45 – 5:45 p.m.</td>
<td>C-59</td>
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<td>Core: Hip and Groin</td>
<td>705</td>
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<tr>
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<td>C-60</td>
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<td>Trauma</td>
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<td>4:55 – 5:45 p.m.</td>
<td>C-61</td>
<td>Tutorial Lecture</td>
<td>Successful Communication: How What I Say Impacts What You Hear</td>
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<td>4:55 – 5:45 p.m.</td>
<td>C-62</td>
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<td>The S.P.A.C.E Hypothesis: The Promise of Goal Alignment and Fit in Physical Activity Intervention Research</td>
<td>607</td>
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<tr>
<td>4:55 – 5:45 p.m.</td>
<td>C-63</td>
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<td>National Athletic Trainers' Association Exchange Lecture - Considerations to Optimize the Academic Support Pathway for University Students Recovering from Concussion</td>
<td>501</td>
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<tr>
<td>5 – 6:30 p.m.</td>
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<td>Event</td>
<td>Cancer SIG Idea Incubator</td>
<td>Hyatt - Granite A</td>
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<td>5:30 – 6:30 p.m.</td>
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<td>Event</td>
<td>EIM On Campus Recognition</td>
<td>Hyatt - Centennial F</td>
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<tr>
<td>5:30 – 6:30 p.m.</td>
<td></td>
<td>Event</td>
<td>Exhibit Hall Opening Reception</td>
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### Wednesday, May 31, 2023

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<td>6 – 7 p.m.</td>
<td></td>
<td>Event</td>
<td>President’s Reception (invitation only)</td>
<td>Hyatt - Centennial E</td>
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<tr>
<td>6 – 7:30 p.m.</td>
<td></td>
<td>Event</td>
<td>Interest Group Meetings</td>
<td>Convention Center</td>
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<tr>
<td>6 – 8 p.m.</td>
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<td>Event</td>
<td>UMass Amherst Kinesiology Alumni Reception</td>
<td>Hyatt - Mineral A</td>
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<tr>
<td>6:30 – 8 p.m.</td>
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<td>Event</td>
<td>Annual Meeting, Female and Male Athlete Triad Coalition</td>
<td>Hyatt - Centennial G</td>
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<td>7:30 – 9:30 p.m.</td>
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<td>Event</td>
<td>Student Bowl</td>
<td>Hyatt - Centennial A</td>
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<td>8 – 11 p.m.</td>
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<td>Event</td>
<td>Michigan State University Reception</td>
<td>Hyatt - Mineral A</td>
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<td>Event</td>
<td>Josephine Rathbone &amp; Barbara Drinkwater Breakfast</td>
<td>Hyatt - Centennial D</td>
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<tr>
<td>7 a.m. to 6 p.m.</td>
<td></td>
<td>Hours</td>
<td>Board of Trustees Lounge Hours (Thursday)</td>
<td>210</td>
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<tr>
<td>7:30 – 8:30 a.m.</td>
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<td>Event</td>
<td>SHI-Aging Committee Meeting</td>
<td>Hyatt - Agate A</td>
<td>CA</td>
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<tr>
<td>8:25 – 9:15 a.m.</td>
<td>D-01</td>
<td>Tutorial Lecture</td>
<td>ACSM Certifications: Industry Outlook and Critical Updates from the ACSM Certification Board</td>
<td>607</td>
<td>PD</td>
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<tr>
<td>8:25 – 9:15 a.m.</td>
<td>D-02</td>
<td>Tutorial Lecture</td>
<td>Clinical Assessments and Interventions in Childhood Cancer Survivors: The St. Jude Lifetime Cohort</td>
<td>709</td>
<td>CA</td>
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<tr>
<td>8:25 – 9:15 a.m.</td>
<td>D-03</td>
<td>Tutorial Lecture</td>
<td>Harnessing the Power of Professional Sports to Promote Equity in Youth Physical Activity and Health</td>
<td>710</td>
<td>PA</td>
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<tr>
<td>8:25 – 9:15 a.m.</td>
<td>D-04</td>
<td>Tutorial Lecture</td>
<td>NAD homeostasis: Implication in Exercise and Health</td>
<td>705</td>
<td>SK</td>
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<tr>
<td>8:25 – 9:15 a.m.</td>
<td>D-05</td>
<td>Tutorial Lecture</td>
<td>The Hypermobile Athlete: Key Considerations for Differential Diagnosis and Effective Management</td>
<td>505</td>
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<tr>
<td>8:25 – 9:15 a.m.</td>
<td>D-07</td>
<td>Tutorial Lecture</td>
<td>What we Know and What we Don’t Know Regarding Gait Biomechanics in Aging</td>
<td>205</td>
<td>BI</td>
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<tr>
<td>8:25 – 9:15 a.m.</td>
<td>D-08</td>
<td>Exercise is Medicine® - Tutorial Lecture</td>
<td>The National Physical Activity Plan: Successful Implementation in Healthcare</td>
<td>207</td>
<td>EIM</td>
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<tr>
<td>8:25 – 9:15 a.m.</td>
<td>D-09</td>
<td>Exercise is Medicine® - Tutorial Lecture</td>
<td>We All Know It’s Good For Us But,... Affective-Reflective Theory (ART) and the Role of Affective Experiences in Exercise Motivation</td>
<td>102</td>
<td>EIM</td>
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<tr>
<td>8:25 – 9:15 a.m.</td>
<td>D-10</td>
<td>Exercise is Medicine® - Colloquium</td>
<td>Opportunities to Engage Complementary Health Practitioners in Exercise Referral Programs</td>
<td>103</td>
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<td>8:25 – 9:15 a.m.</td>
<td>D-12</td>
<td>Colloquium</td>
<td>Health Equity - Utilizing the Socio-ecological Model to Identify Barriers, Strengths, and Opportunities to Physical Activity</td>
<td>501</td>
<td>HE</td>
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<tr>
<td>8:25 – 9:15 a.m.</td>
<td>D-13</td>
<td>Colloquium</td>
<td>NASS/ACSM Colloquium: Using Electromyography and Nerve Conduction Studies to Evaluate Nerve Injuries in your Athletes</td>
<td>503</td>
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<tr>
<td>9:30 – 10:20 a.m.</td>
<td>D-14</td>
<td>Priscilla M. Clarkson Tutorial Lecture</td>
<td>Cellular Mechanisms Underlying Exercise Response Heterogeneity during Aging</td>
<td>601</td>
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<td>9:30 – 10:20 a.m.</td>
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<td>Tutorial Lecture</td>
<td>Effects of Exercise on the Tumor Microenvironment</td>
<td>102</td>
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<tr>
<td>9:30 – 10:20 a.m.</td>
<td>D-17</td>
<td>Tutorial Lecture</td>
<td>Progress in Striving for Global Consensus on the Social Value of Sport and Physical Activity</td>
<td>607</td>
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<td>9:30 – 11:30 a.m.</td>
<td>D-21</td>
<td>Highlighted Symposium</td>
<td>Enter the Food Matrix: Whole Foods vs. Modified Macros in Sport</td>
<td>205</td>
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<tr>
<td>9:30 – 11:30 a.m.</td>
<td>D-22</td>
<td>Symposium</td>
<td>CAQ Review Part I</td>
<td>503</td>
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<td>9:30 – 11:30 a.m.</td>
<td>D-23</td>
<td>Symposium</td>
<td>Cardiac Adaptations to Exercise</td>
<td>702</td>
<td>(CV)</td>
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<tr>
<td>9:30 – 11:30 a.m.</td>
<td>D-24</td>
<td>Symposium</td>
<td>Hot in (Her)ere: New Insights into Thermal and Fluid Regulation in Women</td>
<td>207</td>
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<tr>
<td>9:30 – 11:30 a.m.</td>
<td>D-25</td>
<td>Free Communication/Slide</td>
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<td>710</td>
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<tr>
<td>9:30 – 11:30 a.m.</td>
<td>D-26</td>
<td>Thematic Poster</td>
<td>Assessment of Physical Behaviors, Physical Function, and Sleep</td>
<td>708</td>
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<tr>
<td>9:30 – 11:30 a.m.</td>
<td>D-27</td>
<td>Thematic Poster</td>
<td>Biomechanical Considerations for ACL Injury &amp; Rehabilitation</td>
<td>706</td>
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<tr>
<td>9:30 – 11:30 a.m.</td>
<td>D-28</td>
<td>Thematic Poster</td>
<td>Health Equity: Older Adult and Aging</td>
<td>703</td>
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<tr>
<td>9:30 – 11:30 a.m.</td>
<td>D-29</td>
<td>Clinical Case Slide</td>
<td>Cardiovascular I</td>
<td>705</td>
<td>(AC)</td>
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<td>9:30 – 11:30 a.m.</td>
<td>D-30</td>
<td>Clinical Case Slide</td>
<td>Hand, Elbow, and Wrist I</td>
<td>709</td>
<td>(AC)</td>
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<tr>
<td>9:30 a.m. to noon</td>
<td>D-31</td>
<td>Free Communication/Poster</td>
<td>Body Composition</td>
<td>Hall B (FA)</td>
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<td>9:30 a.m. to noon</td>
<td>D-32</td>
<td>Free Communication/Poster</td>
<td>Performance</td>
<td>Hall B (FA)</td>
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<td>9:30 a.m. to noon</td>
<td>D-33</td>
<td>Free Communication/Poster</td>
<td>Wearable Technology</td>
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<td>9:30 a.m. to noon</td>
<td>D-34</td>
<td>Free Communication/Poster</td>
<td>Respiratory</td>
<td>Hall B (CV)</td>
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<td>9:30 a.m. to noon</td>
<td>D-35</td>
<td>Free Communication/Poster</td>
<td>Vascular Function</td>
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<td>9:30 a.m. to noon</td>
<td>D-36</td>
<td>Free Communication/Poster</td>
<td>Skeletal Muscle Physiology II</td>
<td>Hall B (SK)</td>
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<td>9:30 a.m. to noon</td>
<td>D-37</td>
<td>Free Communication/Poster</td>
<td>Concussion</td>
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<td>9:30 a.m. to noon</td>
<td>D-38</td>
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<td>9:30 a.m. to noon</td>
<td>D-39</td>
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<td>Investigations of Individuals with Chronic Health Conditions</td>
<td>Hall B (EB)</td>
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<td>9:30 a.m. to noon</td>
<td>D-40</td>
<td>Free Communication/Poster</td>
<td>Health Interventions: Behavioral Outcomes</td>
<td>Hall B (PA)</td>
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<td>9:30 a.m. to noon</td>
<td>D-41</td>
<td>Free Communication/Poster</td>
<td>Physical Activity and Pregnancy: Maternal and Infant Outcomes</td>
<td>Hall B (PA)</td>
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<tr>
<td>9:30 a.m. to noon</td>
<td>D-42</td>
<td>Free Communication/Poster</td>
<td>Cardiometabolic Disease/Obesity</td>
<td>Hall B (MNI)</td>
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<td>9:30 a.m. to noon</td>
<td>D-43</td>
<td>Free Communication/Poster</td>
<td>Nutrition Knowledge, Education and Intake Patterns</td>
<td>Hall B (MNI)</td>
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<td>9:30 a.m. to noon</td>
<td>D-44</td>
<td>Free Communication/Poster</td>
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<td>Hall B (PS)</td>
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<td>9:30 a.m. to noon</td>
<td>D-45</td>
<td>Free Communication/Poster</td>
<td>Immunology/Genetics/Endocrinology</td>
<td>Hall B (IM)</td>
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<td>9:30 a.m. to noon</td>
<td>D-46</td>
<td>Free Communication/Poster</td>
<td>Concussion</td>
<td>Hall B (AC)</td>
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<tr>
<td>9:30 a.m. to noon</td>
<td>D-47</td>
<td>Free Communication/Poster</td>
<td>Health Equity: Youth Sport</td>
<td>Hall B (HE)</td>
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<tr>
<td>9:30 a.m. to noon</td>
<td>D-48</td>
<td>Free Communication/Poster</td>
<td>Exercise is Medicine®/Poster Pain and Psychological Issues, Substance Abuse</td>
<td>Hall B (EIM)</td>
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</tbody>
</table>

Poster Sessions D-31 through B-48: Presentation times are staggered from 9:30 - 11 a.m. and 10:30 a.m. to noon.
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<tr>
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<tr>
<td>10:40 – 11:30 a.m.</td>
<td>D-53</td>
<td>Exercise is Medicine® - Tutorial Lecture</td>
<td>Translating Guidelines to Practice: Integration of the EXCEEDS algorithm into the ACSM/EIM Moving Through Cancer Directory</td>
<td>102</td>
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<tr>
<td>10:40 – 11:30 a.m.</td>
<td>D-54</td>
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<td>1+1+3: Amplifying Physical Activity Promotion through Government and Private Sector Collaboration</td>
<td>103</td>
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<tr>
<td>11 a.m. to noon</td>
<td>Event</td>
<td>Event</td>
<td>Inaugural CCRB International Meeting</td>
<td>Hyatt - Agate A</td>
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<tr>
<td>11:30 a.m. to 1 p.m.</td>
<td>Event</td>
<td>Event</td>
<td>Christian Fellowship Meeting</td>
<td>Hyatt - Centennial G</td>
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<tr>
<td>11:40 a.m. to 12:40 p.m.</td>
<td>IS-03</td>
<td>Industry Session</td>
<td>The Role of Big Data and New Training Technologies in Exercise Medicine</td>
<td>501</td>
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<tr>
<td>11:40 a.m. to 12:40 p.m.</td>
<td>IS-04</td>
<td>Industry Session</td>
<td>Mitochondrial Health for Elite Athletes - How Diet, Exercise, and Supplements are Intertwined</td>
<td>503</td>
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<tr>
<td>Noon – 1 p.m.</td>
<td>Event</td>
<td>Event</td>
<td>Emeriti Lunch</td>
<td>Hyatt - Mineral A</td>
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<tr>
<td>12:30 – 1:20 p.m.</td>
<td>E-01</td>
<td>President’s Lecture</td>
<td>There’s no “I” in ACSM: Sports and Exercise Medicine Takes a Village</td>
<td>601</td>
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<tr>
<td>1:30 – 2:20 p.m.</td>
<td>E-02</td>
<td>Tutorial Lecture</td>
<td>The Cold Truth: Cryotherapy in Exercise Recovery and Injury Treatment</td>
<td>607</td>
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<tr>
<td>1:30 – 2:20 p.m.</td>
<td>E-03</td>
<td>Tutorial Lecture</td>
<td>Unique Considerations in Adaptive Sports</td>
<td>503</td>
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<tr>
<td>1:30 – 2:20 p.m.</td>
<td>E-04</td>
<td>Colloquium</td>
<td>Novel Use of a Multi-Phase Implementation Science Framework to Promote Equity in Physical Activity Interventions</td>
<td>505</td>
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<tr>
<td>1:30 – 2:20 p.m.</td>
<td>E-05</td>
<td>Exchange Lecture</td>
<td>European College of Sports Science Exchange Lecture - Contemporary Approaches to Sport Injury Rehabilitation – Imparting Creativity and Ingenuity to Push Against the Accepted Norms</td>
<td>702</td>
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<tr>
<td>1:30 – 2:50 p.m.</td>
<td>E-06</td>
<td>Rapid Fire Platform</td>
<td>Cognition</td>
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<tr>
<td>1:30 – 3:30 p.m.</td>
<td>E-07</td>
<td>Highlighted Symposium</td>
<td>Beyond the Weight Room: The Importance of Skeletal Muscle in Health and Disease</td>
<td>205</td>
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<td>1:30 – 3:30 p.m.</td>
<td>E-08</td>
<td>Highlighted Symposium</td>
<td>Moving &amp; Shaking: Biomechanical and Motor Considerations for Cancer Treatment and Rehab</td>
<td>601</td>
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<td>1:30 – 3:30 p.m.</td>
<td>E-09</td>
<td>Highlighted Symposium</td>
<td>Scientific Updates from the Wu Tsai Human Performance Alliance Leadership Council</td>
<td>501</td>
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<td>1:30 – 3:30 p.m.</td>
<td>E-10</td>
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<td>Build your Base: New Developments on the Use of Buffering Ergogenic Aids</td>
<td>103</td>
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<td>1:30 – 3:30 p.m.</td>
<td>E-11</td>
<td>Exercise is Medicine® - Symposium</td>
<td>Take a ‘Walk’ on the Wild Side</td>
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<td>1:30 – 3:30 p.m.</td>
<td>E-12</td>
<td>Basic Science World Congress - Symposium</td>
<td>Cardiovascular Contributions to Brain Aging</td>
<td>102</td>
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<td>1:30 – 3:30 p.m.</td>
<td>E-13</td>
<td>Free Communication/Slide</td>
<td>Exercise in Pregnancy: Impact on Maternal and Infant Health</td>
<td>710</td>
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<td>1:30 – 3:30 p.m.</td>
<td>E-14</td>
<td>Thematic Poster</td>
<td>Fitness Assessment in Collegiate Athletes</td>
<td>703</td>
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<tr>
<td>1:30 – 3:30 p.m.</td>
<td>E-15</td>
<td>Thematic Poster</td>
<td>Health Equity: Pediatric</td>
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<td>1:30 – 3:30 p.m.</td>
<td>E-16</td>
<td>Thematic Poster</td>
<td>Physical Activity Interventions and Health Promotion in Older Adults</td>
<td>708</td>
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<td>1:30 – 3:15 p.m.</td>
<td>E-17</td>
<td>Clinical Case Slide</td>
<td>Knee II</td>
<td>705</td>
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<tr>
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<td>E-18</td>
<td>Clinical Case Slide</td>
<td>Masses and Tumors</td>
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<td>E-19</td>
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<td>Resistance Training</td>
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<td>Free Communication/Poster</td>
<td>Oxygen Uptake Kinetics</td>
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<td>E-22</td>
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<td>Physiology and Mechanics of Bone and Connective Tissue</td>
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<td>E-23</td>
<td>Free Communication/Poster</td>
<td>Jumping &amp; Landing Mechanics</td>
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<td>Free Communication/Poster</td>
<td>Military Health Biomechanics</td>
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<td>E-26</td>
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<td>Investigation of the COVID19 Pandemic</td>
<td>Hall B</td>
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<td>E-27</td>
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<td>Physical Activity and Health in Children, Adolescents, and Young Adults</td>
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<tr>
<td>2 – 4:30 p.m.</td>
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<td>Free Communication/Poster</td>
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<td>E-29</td>
<td>Free Communication/Poster</td>
<td>Neuroscience</td>
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<td>E-30</td>
<td>Free Communication/Poster</td>
<td>Pain, RPE, &amp; Fatigue</td>
<td>Hall B</td>
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<td>E-31</td>
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<td>E-33</td>
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<td>Sports Medicine Fellow Clinical Cases</td>
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<td>Obesity/Diabetes</td>
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<td>E-37</td>
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<td>2 – 4:30 p.m.</td>
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<td>Exercise is Medicine®/Poster</td>
<td>Obesity, Body Fat, Eating Disorders and Aging</td>
<td>Hall B</td>
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<td><strong>Poster Sessions E-19 through E-39:</strong> Presentation times are staggered from 2:00-3:30 p.m. and 3:00-4:30 p.m.</td>
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<tr>
<td>2:40 – 3:30 p.m.</td>
<td>E-40</td>
<td>Tutorial Lecture</td>
<td>Environmental Cold-Injuries in Athletes - Recognition and Treatment</td>
<td>503</td>
<td>(AC)</td>
</tr>
<tr>
<td>2:40 – 3:30 p.m.</td>
<td>E-41</td>
<td>Tutorial Lecture</td>
<td>Moving Beyond the Ivory Tower: Engaging Communities in Community-Based Research</td>
<td>607</td>
<td>(PA)</td>
</tr>
<tr>
<td>2:40 – 3:30 p.m.</td>
<td>E-42</td>
<td>Colloquium</td>
<td>Up for Debate. Does Regular Physical Activity Really Improve Mental Health?</td>
<td>702</td>
<td>(PS)</td>
</tr>
<tr>
<td>2:40 – 3:30 p.m.</td>
<td>E-43</td>
<td>Exercise is Medicine® - Colloquium</td>
<td>Implementation of Physical Activity as a Vital Sign in a Single Indigent Care Clinic</td>
<td>505</td>
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</tr>
<tr>
<td>3:45 – 4:35 p.m.</td>
<td>E-44</td>
<td>Colloquium</td>
<td>When the Trust is Broken: Clinical Perspectives to Repair Relationships in Low SES Communities.</td>
<td>207</td>
<td>(HE)</td>
</tr>
<tr>
<td>3:45 – 5:05 p.m.</td>
<td>E-46</td>
<td>Rapid Fire Platform</td>
<td>Special Topics in Gait Biomechanics</td>
<td>Hall B</td>
<td>(BI)</td>
</tr>
<tr>
<td>3:45 – 5:45 p.m.</td>
<td>E-47</td>
<td>Highlighted Symposium</td>
<td>Unanticipated Targets: New Evidence that Metformin and SGLT2 Inhibitors Regulate Skeletal Muscle Metabolism</td>
<td>205</td>
<td>(IM)</td>
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<tr>
<td>3:45 – 5:45 p.m.</td>
<td>E-48</td>
<td>Highlighted Symposium</td>
<td>Using Wearable Sensors and Big Data to Identify Digital Biomarkers in Sleep, Health, and Exercise Performance</td>
<td>601</td>
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<tr>
<td>3:45 – 5:45 p.m.</td>
<td>E-49</td>
<td>Symposium</td>
<td>CAQ Review Part II</td>
<td>505</td>
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<tr>
<td>3:45 – 5:45 p.m.</td>
<td>E-50</td>
<td>Symposium</td>
<td>Exercise, Diet, and the Microbiota-Gut-Brain Axis</td>
<td>702</td>
<td>(PS)</td>
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<tr>
<td>3:45 – 5:45 p.m.</td>
<td>E-51</td>
<td>Symposium</td>
<td>Intersection of Health and Trauma Exposure in Post-Career NFL Players</td>
<td>501</td>
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</tr>
<tr>
<td>3:45 – 5:45 p.m.</td>
<td>E-52</td>
<td>Symposium</td>
<td>The Role of Exercise Blood Pressure in Hypertension: Measurement, Mechanisms and Management</td>
<td>607</td>
<td>(CEP)</td>
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<tr>
<td>3:45 – 5:45 p.m.</td>
<td>E-53</td>
<td>Symposium</td>
<td>Update on Body Composition as Antecedent of RED-S in Weight Sensitive Sports</td>
<td>103</td>
<td>(FA)</td>
</tr>
<tr>
<td>3:45 – 5:45 p.m.</td>
<td>E-54</td>
<td>Basic Science World Congress - Symposium</td>
<td>Age-Related Changes in Gait Biomechanics and the Energy Cost of Walking in Old Age: Where Are We and What Do We Need to Know?</td>
<td>102</td>
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</tr>
<tr>
<td>3:45 – 5:45 p.m.</td>
<td>E-55</td>
<td>Free Communication/Slide</td>
<td>Investigations of Respiratory System Function</td>
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<td>(CV)</td>
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<tr>
<td>3:45 – 5:45 p.m. E-56</td>
<td>Thematic Poster</td>
<td>Dietary Supplements/Ergogenic Aids</td>
<td>703</td>
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<tr>
<td>3:45 – 5:45 p.m. E-57</td>
<td>Thematic Poster</td>
<td>From Supplements to Sunscreen: Effects on Thermoregulation</td>
<td>706</td>
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<tr>
<td>3:45 – 5:45 p.m. E-58</td>
<td>Thematic Poster</td>
<td>Virtually There: Telehealth and Digital Programming in Exercise Oncology</td>
<td>708</td>
<td>(CA)</td>
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<tr>
<td>3:45 – 5:45 p.m. E-59</td>
<td>Clinical Case Slide</td>
<td>Leg, Foot and Ankle II</td>
<td>705</td>
<td>(AC)</td>
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<tr>
<td>3:45 – 5:45 p.m. E-60</td>
<td>Clinical Case Slide</td>
<td>Neurology</td>
<td>709</td>
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<tr>
<td>4:55 – 5:45 p.m. E-61</td>
<td>Tutorial Lecture</td>
<td>You May Not Have Seen It, But It's Seen You: Pediatric Sports and Orthopedics Injuries Not to Miss</td>
<td>503</td>
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</tr>
<tr>
<td>4:55 – 5:45 p.m. E-62</td>
<td>Exercise is Medicine® - Tutorial Lecture</td>
<td>Collaborating from Clinics to the Community: Advancing Health Equity through Physical Activity</td>
<td>207</td>
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</tbody>
</table>

5 – 7 p.m. Event

5:30 – 7:30 p.m. Event

6 – 7 p.m. Event

6 – 7 p.m. E-63 | Clinical Poster/Reception | Clinician’s Reception with Poster Presentations                            | Hyatt - Mineral B |

6 – 7:30 p.m. Event

6:30 – 8 p.m. Event

7 – 10 p.m. Event

7 – 9 p.m. Event

8 – 9:30 p.m. Event

8 – 9:30 p.m. Event

8 – 9:30 p.m. Event

8 – 10 p.m. Event

Friday, June 2, 2023

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<th>Time</th>
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<th>Session Title</th>
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<tr>
<td>6 – 7:30 a.m. Event</td>
<td>Exercise, Sports &amp; Movement Journal Editorial Board Meeting</td>
<td>Hyatt - Granite A</td>
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<tr>
<td>6 – 7:30 a.m. Event</td>
<td>Gisolfi 5K Fun Run, Walk and Roll</td>
<td>Auraria Higher Education Center</td>
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<tr>
<td>7 a.m. to 5 p.m. Hours</td>
<td>Board of Trustees Lounge Hours (Friday)</td>
<td>210</td>
<td></td>
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<tr>
<td>8 – 9:15 a.m. F-01</td>
<td>D.B. Dill Historical Lecture</td>
<td>Mental Stability Through the Physical: We Need a Renaissance</td>
<td>Hall A</td>
<td>(PD)</td>
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<tr>
<td>9:30 – 10:20 a.m. F-02</td>
<td>Tutorial Lecture</td>
<td>Regenerative Medicine</td>
<td>503</td>
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<tr>
<td>9:30 – 10:20 a.m. F-03</td>
<td>Tutorial Lecture</td>
<td>Sedentary Behavior and Cardiovascular Disease Risk: An Evolutionary Perspective</td>
<td>103</td>
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<tr>
<td>9:30 – 10:20 a.m. F-05</td>
<td>Basic Science World Congress - Tutorial Lecture</td>
<td>Aging in a Hotter World: Vulnerability and Environmental Limits</td>
<td>607</td>
<td>(BSWC)</td>
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<tr>
<td>9:30 – 10:20 a.m. F-06</td>
<td>Basic Science World Congress - Tutorial Lecture</td>
<td>Characterizing Performance Fatigability in Aging Research: Measurement and Clinical Significance</td>
<td>601</td>
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<td></td>
</tr>
<tr>
<td>9:30 – 10:20 a.m. F-07</td>
<td>Exercise is Medicine® - Colloquium</td>
<td>The Role of Exercise Is Medicine Connecting Health Care Professionals with Planning for the 21st-century and Active Transport</td>
<td>207</td>
<td>(EIM)</td>
<td></td>
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<tr>
<td>Time</td>
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<td>Session Type</td>
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<td>Room</td>
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<tr>
<td>9:30 – 10:50 a.m.</td>
<td>F-08</td>
<td>Rapid Fire Platform</td>
<td>Insights from Public Health and Intervention Studies</td>
<td>Hall B</td>
<td>(PA)</td>
</tr>
<tr>
<td>9:30 – 11:30 a.m.</td>
<td>F-09</td>
<td>Highlighted Symposium</td>
<td>Lactate in Health and Disease: The Renaissance Metabolite</td>
<td>205</td>
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<tr>
<td>9:30 – 11:30 a.m.</td>
<td>F-10</td>
<td>Symposium</td>
<td>American College of Sports Medicine Journals: Papers of the Year Symposium</td>
<td>702</td>
<td>(PD)</td>
</tr>
<tr>
<td>9:30 – 11:30 a.m.</td>
<td>F-11</td>
<td>Symposium</td>
<td>Clinical and Health Effects of Creatine Supplementation Across the LifeSpan</td>
<td>102</td>
<td>(MN)</td>
</tr>
<tr>
<td>9:30 – 11:30 a.m.</td>
<td>F-12</td>
<td>Symposium</td>
<td>The 6th International Consensus Conference on Concussion in Sport: Essential Updates for the Sports Medicine Clinician</td>
<td>501</td>
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</tr>
<tr>
<td>9:30 – 11:15 a.m.</td>
<td>F-13</td>
<td>Free Communication/Slide</td>
<td>Skeletal Muscle and Resistance Training</td>
<td>710</td>
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</tr>
<tr>
<td>9:30 – 11:30 a.m.</td>
<td>F-14</td>
<td>Thematic Poster</td>
<td>High Intensity Interval Training</td>
<td>706</td>
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<tr>
<td>9:30 – 11:30 a.m.</td>
<td>F-15</td>
<td>Thematic Poster</td>
<td>Hyperthermia: Cooling Strategies</td>
<td>703</td>
<td>(EN)</td>
</tr>
<tr>
<td>9:30 – 11:30 a.m.</td>
<td>F-16</td>
<td>Thematic Poster</td>
<td>Individual Differences in Response to Exercise and Physical Activity</td>
<td>708</td>
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<tr>
<td>9:30 – 11:15 a.m.</td>
<td>F-17</td>
<td>Clinical Case Slide</td>
<td>Cardiovascular II</td>
<td>705</td>
<td>(AC)</td>
</tr>
<tr>
<td>9:30 – 11:30 a.m.</td>
<td>F-18</td>
<td>Clinical Case Slide</td>
<td>Hand, Elbow, and Wrist II</td>
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<tr>
<td>9:30 a.m. to noon</td>
<td>F-19</td>
<td>Free Communication/Poster</td>
<td>Fitness Assessment</td>
<td>Hall B</td>
<td>(FA)</td>
</tr>
<tr>
<td>9:30 a.m. to noon</td>
<td>F-20</td>
<td>Free Communication/Poster</td>
<td>Fitness Assessment: Athletes</td>
<td>Hall B</td>
<td>(FA)</td>
</tr>
<tr>
<td>9:30 a.m. to noon</td>
<td>F-21</td>
<td>Free Communication/Poster</td>
<td>Sports Science</td>
<td>Hall B</td>
<td>(FA)</td>
</tr>
<tr>
<td>9:30 a.m. to noon</td>
<td>F-22</td>
<td>Free Communication/Poster</td>
<td>Disease</td>
<td>Hall B</td>
<td>(CV)</td>
</tr>
<tr>
<td>9:30 a.m. to noon</td>
<td>F-23</td>
<td>Free Communication/Poster</td>
<td>Rehabilitation</td>
<td>Hall B</td>
<td>(CV)</td>
</tr>
<tr>
<td>9:30 a.m. to noon</td>
<td>F-24</td>
<td>Free Communication/Poster</td>
<td>Cellular and Molecular Physiology Related to these Systems</td>
<td>Hall B</td>
<td>(SK)</td>
</tr>
<tr>
<td>9:30 a.m. to noon</td>
<td>F-25</td>
<td>Free Communication/Poster</td>
<td>Aging</td>
<td>Hall B</td>
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</tr>
<tr>
<td>9:30 a.m. to noon</td>
<td>F-26</td>
<td>Free Communication/Poster</td>
<td>Sports Biomechanics</td>
<td>Hall B</td>
<td>(BI)</td>
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<tr>
<td>9:30 a.m. to noon</td>
<td>F-27</td>
<td>Free Communication/Poster</td>
<td>Epidemiologic and Population-based Studies</td>
<td>Hall B</td>
<td>(EB)</td>
</tr>
<tr>
<td>9:30 a.m. to noon</td>
<td>F-28</td>
<td>Free Communication/Poster</td>
<td>Studies of Aging and Older Adults</td>
<td>Hall B</td>
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</tr>
<tr>
<td>9:30 a.m. to noon</td>
<td>F-29</td>
<td>Free Communication/Poster</td>
<td>Caffeine/Coffee</td>
<td>Hall B</td>
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<tr>
<td>9:30 a.m. to noon</td>
<td>F-30</td>
<td>Free Communication/Poster</td>
<td>Carbohydrate Metabolism</td>
<td>Hall B</td>
<td>(MN)</td>
</tr>
<tr>
<td>9:30 a.m. to noon</td>
<td>F-31</td>
<td>Free Communication/Poster</td>
<td>Energy Balance, Low Energy Availability, and RED-S</td>
<td>Hall B</td>
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</tr>
<tr>
<td>9:30 a.m. to noon</td>
<td>F-32</td>
<td>Free Communication/Poster</td>
<td>Mood, Affect, and Emotion</td>
<td>Hall B</td>
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<tr>
<td>9:30 a.m. to noon</td>
<td>F-33</td>
<td>Free Communication/Poster</td>
<td>Population Research in Exercise Oncology</td>
<td>Hall B</td>
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<tr>
<td>9:30 a.m. to noon</td>
<td>F-34</td>
<td>Free Communication/Poster</td>
<td>Health Equity: Education</td>
<td>Hall B</td>
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<tr>
<td>9:30 a.m. to noon</td>
<td>F-35</td>
<td>Free Communication/Poster</td>
<td>Late-Breaking Abstracts</td>
<td>Hall B</td>
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</table>

Poster Sessions F-19 through F-35: Presentation times are staggered from 9:30 - 11 a.m. and 10:30 a.m. to noon.
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<tr>
<td>10:40 – 11:30 a.m.</td>
<td>F-40</td>
<td>Colloquium</td>
<td>Communicating the Science of Exercise to the Media: a Conversation with Gretchen Reynolds of The Washington Post</td>
<td>103</td>
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<tr>
<td>10:40 – 11:30 a.m.</td>
<td>F-41</td>
<td>Exercise is Medicine® - Colloquium</td>
<td>Exercise is Medicine On Campus: Past, Present, and Future</td>
<td>207</td>
<td>(EIM)</td>
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<tr>
<td>11:40 a.m. to 12:20 p.m.</td>
<td>Event</td>
<td>Event</td>
<td>Town Hall / Business Meeting</td>
<td>205</td>
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<tr>
<td>11:45 a.m. to 12:15 p.m.</td>
<td>IS-05</td>
<td>Industry Session</td>
<td>Parker University Lunch &amp; Learn: From Metrics to Meals: How to Turn Assessment Data into Successful Nutrition Interventions</td>
<td>Hall B</td>
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</tr>
<tr>
<td>Noon – 1 p.m.</td>
<td>Event</td>
<td>Event</td>
<td>Exhibits Advisory Committee</td>
<td>Hall B</td>
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<tr>
<td>12:30 – 12:20 p.m.</td>
<td>G-01</td>
<td>President's Lecture</td>
<td>Optimizing Concussion Care: Early Prognosis and Intervention Approaches to Feasibly Improve Patient Outcomes</td>
<td>601</td>
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</tr>
<tr>
<td>1:30 – 2:20 p.m.</td>
<td>G-02</td>
<td>John R. Sutton Clinical Lecture</td>
<td>Prevention of Sudden Cardiac Death in Athletes: Progress and Pitfalls</td>
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<tr>
<td>1:30 – 2:20 p.m.</td>
<td>G-03</td>
<td>Tutorial Lecture</td>
<td>Can Physical Activity Decrease the Risk of Heart Disease and Dementia in Adults with Down Syndrome?</td>
<td>505</td>
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<tr>
<td>1:30 – 2:20 p.m.</td>
<td>G-04</td>
<td>Tutorial Lecture</td>
<td>Cannabidiol (CBD): What We Know, Don't Know and Desperately Need to Know!</td>
<td>709</td>
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<tr>
<td>1:30 – 2:20 p.m.</td>
<td>G-05</td>
<td>Tutorial Lecture</td>
<td>Exercise is Medicine On and Around Campus Action for Underserved and Vulnerable Communities</td>
<td>501</td>
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<tr>
<td>1:30 – 2:20 p.m.</td>
<td>G-06</td>
<td>Tutorial Lecture</td>
<td>Instrumented Mouthguards: Best Practices and Lessons Learned for Compliance in Sports</td>
<td>705</td>
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<tr>
<td>1:30 – 2:20 p.m.</td>
<td>G-07</td>
<td>Tutorial Lecture</td>
<td>Return to Sport after Childbirth: Integrating Motherhood and Athletics</td>
<td>103</td>
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<tr>
<td>1:30 – 2:20 p.m.</td>
<td>G-08</td>
<td>Tutorial Lecture</td>
<td>The National Academies Roundtable on Obesity Solutions: Where does Physical Activity Fit?</td>
<td>102</td>
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<tr>
<td>1:30 – 2:20 p.m.</td>
<td>G-09</td>
<td>Exchange Lecture</td>
<td>American Psychological Association Exchange Lecture - A Sport Psychologist’s Approach to Resilience Training for the the Body and Mind: Responding to Setbacks and Learning Strategies for Growth</td>
<td>607</td>
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<tr>
<td>1:30 – 2:40 p.m.</td>
<td>G-10</td>
<td>Rapid Fire Platform</td>
<td>Dietary Supplement Effects on Cardiovascular Function in Healthy Populations</td>
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<tr>
<td>1:30 – 3:30 p.m.</td>
<td>G-11</td>
<td>Highlighted Symposium</td>
<td>What Does Good Look Like in Clinical Exercise Oncology?</td>
<td>205</td>
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<tr>
<td>1:30 – 3:30 p.m.</td>
<td>G-12</td>
<td>Symposium</td>
<td>Chronic Traumatic Encephalopathy (CTE): How Updates on Pathogenesis, Diagnosis, and Management Inform Public Health</td>
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<tr>
<td>1:30 – 3:30 p.m.</td>
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<td>Oxygen and Striated Muscle Function</td>
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<tr>
<td>1:30 – 3:30 p.m.</td>
<td>G-14</td>
<td>Basic Science World Congress - Symposium</td>
<td>Connecting Cognitive Benefits of Physical Activity to Function in Older Adults</td>
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<tr>
<td>1:30 – 3:30 p.m.</td>
<td>G-15</td>
<td>Free Communication/Slide</td>
<td>Fat Metabolism</td>
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<tr>
<td>1:30 – 3:30 p.m.</td>
<td>G-16</td>
<td>Thematic Poster</td>
<td>COVID and Exercise</td>
<td>708</td>
<td>(CEP)</td>
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<tr>
<td>1:30 – 3:30 p.m.</td>
<td>G-17</td>
<td>Thematic Poster</td>
<td>Exploring the Effects of Heat Therapy on Physiological Function</td>
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<tr>
<td>1:30 – 3:30 p.m.</td>
<td>G-18</td>
<td>Thematic Poster</td>
<td>Running Injury</td>
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<tr>
<td>2 – 4:30 p.m.</td>
<td>G-19</td>
<td>Free Communication/Poster</td>
<td>Soccer</td>
<td>Hall B</td>
<td>(FA)</td>
</tr>
<tr>
<td>2 – 4:30 p.m.</td>
<td>G-20</td>
<td>Free Communication/Poster</td>
<td>Training</td>
<td>Hall B</td>
<td>(FA)</td>
</tr>
<tr>
<td>2 – 4:30 p.m.</td>
<td>G-21</td>
<td>Free Communication/Poster</td>
<td>Youth</td>
<td>Hall B</td>
<td>(FA)</td>
</tr>
<tr>
<td>2 – 4:30 p.m.</td>
<td>G-22</td>
<td>Free Communication/Poster</td>
<td>Skeletal Muscle, Bone, and Connective Tissue - other</td>
<td>Hall B</td>
<td>(SK)</td>
</tr>
<tr>
<td>2 – 4:30 p.m.</td>
<td>G-23</td>
<td>Free Communication/Poster</td>
<td>ACL</td>
<td>Hall B</td>
<td>(BI)</td>
</tr>
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</table>
### Friday, June 2, 2023 (continued)

<table>
<thead>
<tr>
<th>Time</th>
<th>Sess#</th>
<th>Session Type</th>
<th>Session Title</th>
<th>Room</th>
<th>Category</th>
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</thead>
<tbody>
<tr>
<td>2 – 4:30 p.m.</td>
<td>G-24</td>
<td>Free Communication/Poster</td>
<td>Ankle Instability</td>
<td>Hall B</td>
<td>(BI)</td>
</tr>
<tr>
<td>2 – 4:30 p.m.</td>
<td>G-25</td>
<td>Free Communication/Poster</td>
<td>Clinical Biomechanics</td>
<td>Hall B</td>
<td>(BI)</td>
</tr>
<tr>
<td>2 – 4:30 p.m.</td>
<td>G-26</td>
<td>Free Communication/Poster</td>
<td>Evidence of the Importance of Muscle Strength Keeps Getting Stronger</td>
<td>Hall B</td>
<td>(EB)</td>
</tr>
<tr>
<td>2 – 4:30 p.m.</td>
<td>G-27</td>
<td>Free Communication/Poster</td>
<td>Studies of Sedentary Behavior: Stand Up, Walk Over and See What's New</td>
<td>Hall B</td>
<td>(EB)</td>
</tr>
<tr>
<td>2 – 4:30 p.m.</td>
<td>G-28</td>
<td>Free Communication/Poster</td>
<td>Physical Activity and Exercise Interventions: Biological Outcomes</td>
<td>Hall B</td>
<td>(PA)</td>
</tr>
<tr>
<td>2 – 4:30 p.m.</td>
<td>G-29</td>
<td>Free Communication/Poster</td>
<td>Micronutrient Intake and Metabolism</td>
<td>Hall B</td>
<td>(MN)</td>
</tr>
<tr>
<td>2 – 4:30 p.m.</td>
<td>G-30</td>
<td>Free Communication/Poster</td>
<td>Protein and Amino Acid Intake and Metabolism</td>
<td>Hall B</td>
<td>(MN)</td>
</tr>
<tr>
<td>2 – 4:30 p.m.</td>
<td>G-31</td>
<td>Free Communication/Poster</td>
<td>Firefighter and Police Physiology</td>
<td>Hall B</td>
<td>(EN)</td>
</tr>
<tr>
<td>2 – 4:30 p.m.</td>
<td>G-32</td>
<td>Free Communication/Poster</td>
<td>Military Physiology</td>
<td>Hall B</td>
<td>(EN)</td>
</tr>
<tr>
<td>2 – 4:30 p.m.</td>
<td>G-33</td>
<td>Free Communication/Poster</td>
<td>Clinical Case Potpourri</td>
<td>Hall B</td>
<td>(AC)</td>
</tr>
<tr>
<td>2 – 4:30 p.m.</td>
<td>G-34</td>
<td>Free Communication/Poster</td>
<td>Musculoskeletal</td>
<td>Hall B</td>
<td>(AC)</td>
</tr>
<tr>
<td>2 – 4:30 p.m.</td>
<td>G-35</td>
<td>Free Communication/Poster</td>
<td>Professional Development and Education</td>
<td>Hall B</td>
<td>(AC)</td>
</tr>
<tr>
<td>2 – 4:30 p.m.</td>
<td>G-36</td>
<td>Free Communication/Poster</td>
<td>Skeletal Muscle/Neuromuscular Disease</td>
<td>Hall B</td>
<td>(CEP)</td>
</tr>
<tr>
<td>2 – 4:30 p.m.</td>
<td>G-37</td>
<td>Free Communication/Poster</td>
<td>Intervention Trials in Exercise Oncology</td>
<td>Hall B</td>
<td>(CA)</td>
</tr>
<tr>
<td>2:40 – 3:30 p.m.</td>
<td>G-38</td>
<td>Tutorial Lecture</td>
<td>Decades of Research Does Not Yet Convince Americans that 150 minutes of MVPA/week is Enough to Improve Health Outcomes</td>
<td>103</td>
<td>(HE)</td>
</tr>
<tr>
<td>2:40 – 3:30 p.m.</td>
<td>G-39</td>
<td>Tutorial Lecture</td>
<td>Early Sport Specialization: When Is It A Must?</td>
<td>501</td>
<td>(AC)</td>
</tr>
<tr>
<td>2:40 – 3:30 p.m.</td>
<td>G-40</td>
<td>Tutorial Lecture</td>
<td>Federal Funding for Sports Medicine Research</td>
<td>709</td>
<td>(EN)</td>
</tr>
<tr>
<td>2:40 – 3:30 p.m.</td>
<td>G-41</td>
<td>Tutorial Lecture</td>
<td>Neuroimaging Evidence for Fitness and Physical Activity-induced Neuropasticity</td>
<td>607</td>
<td>(PS)</td>
</tr>
<tr>
<td>2:40 – 3:30 p.m.</td>
<td>G-42</td>
<td>Tutorial Lecture</td>
<td>Physical Activity Clinical Trials and Community-Based Interventions for Individuals with Intellectual Disabilities</td>
<td>705</td>
<td>(PA)</td>
</tr>
<tr>
<td>2:40 – 3:30 p.m.</td>
<td>G-43</td>
<td>Tutorial Lecture</td>
<td>Athletic Participation and Performance among Transgender and Gender Diverse Individuals: An Update</td>
<td>601</td>
<td>(AC)</td>
</tr>
<tr>
<td>2:40 – 3:30 p.m.</td>
<td>G-44</td>
<td>Colloquium</td>
<td>National Exercise Referral Framework: Bridging the Gap Between Physicians to Exercise Professionals from Concept to Reality</td>
<td>102</td>
<td>(PD)</td>
</tr>
<tr>
<td>2:40 – 3:30 p.m.</td>
<td>G-45</td>
<td>Exchange Lecture</td>
<td>American Medical Society for Sports Medicine Exchange Lecture - Diversity, Equity and Inclusion Work within AMSSM: Where we are, Where we are Going</td>
<td>505</td>
<td>(AC)</td>
</tr>
<tr>
<td>3:45 – 4:35 p.m.</td>
<td>G-46</td>
<td>Tutorial Lecture</td>
<td>Exercise Oncology Workforce Development: Key Competencies and Training Opportunities</td>
<td>103</td>
<td>(CA)</td>
</tr>
<tr>
<td>3:45 – 4:35 p.m.</td>
<td>G-48</td>
<td>Tutorial Lecture</td>
<td>Safe Supplement Use with a Food First, but Not Food Only Approach</td>
<td>102</td>
<td>(MN)</td>
</tr>
<tr>
<td>3:45 – 4:35 p.m.</td>
<td>G-49</td>
<td>Basic Science World Congress - Tutorial Lecture</td>
<td>Drugs, Clocks and Exercise in Aging: Hype and Hope, Fact and Fiction</td>
<td>702</td>
<td>(BSWC)</td>
</tr>
<tr>
<td>3:45 – 4:35 p.m.</td>
<td>G-50</td>
<td>Clinical Workshop</td>
<td>Elbow Examination and Injuries</td>
<td>505</td>
<td>(AC)</td>
</tr>
<tr>
<td>3:45 – 5:45 p.m.</td>
<td>G-51</td>
<td>Highlighted Symposium</td>
<td>Beyond Steady State: Advances in Exercise Energetics for Countering Extreme Stressors</td>
<td>601</td>
<td>(FA)</td>
</tr>
<tr>
<td>3:45 – 5:45 p.m.</td>
<td>G-52</td>
<td>Highlighted Symposium</td>
<td>The Role of the U.S. Physical Activity Guidelines Midcourse Report in Addressing Health Equity in Older Adults – How do we Move the Needle and Get Vulnerable Older Adults Moving?</td>
<td>205</td>
<td>(HE)</td>
</tr>
</tbody>
</table>
### Friday, June 2, 2023 (continued)

<table>
<thead>
<tr>
<th>Time</th>
<th>Sess#</th>
<th>Session Type</th>
<th>Session Title</th>
<th>Room</th>
<th>Category</th>
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</thead>
<tbody>
<tr>
<td>3:45 – 5:45 p.m.</td>
<td>G-53</td>
<td>Symposium</td>
<td>Data-Driven Biomechanics to Optimize Performance and Prevent Injuries</td>
<td>207</td>
<td>(BI)</td>
</tr>
<tr>
<td>3:45 – 5:45 p.m.</td>
<td>G-54</td>
<td>Symposium</td>
<td>The New International Olympic Committee Consensus Statement-Relative Energy Deficiency in Sport (REDs): Clinical Guidelines</td>
<td>503</td>
<td>(AC)</td>
</tr>
<tr>
<td>3:45 – 5:45 p.m.</td>
<td>G-55</td>
<td>Symposium</td>
<td>Using Health Behavior Theory to Optimize Technology-based Behavior Change Interventions in Cancer Survivors</td>
<td>607</td>
<td>(PA)</td>
</tr>
<tr>
<td>3:45 – 5:45 p.m.</td>
<td>G-56</td>
<td>Free Communication/Slide</td>
<td>It's Getting Hot in Here: Heat Illness Risk and Prevention</td>
<td>710</td>
<td>(EN)</td>
</tr>
<tr>
<td>3:45 – 5:45 p.m.</td>
<td>G-57</td>
<td>Thematic Poster</td>
<td>Arthritis</td>
<td>703</td>
<td>(BI)</td>
</tr>
<tr>
<td>3:45 – 5:45 p.m.</td>
<td>G-58</td>
<td>Thematic Poster</td>
<td>Determinants and Impact of Sport Concussions</td>
<td>706</td>
<td>(EB)</td>
</tr>
<tr>
<td>3:45 – 5:45 p.m.</td>
<td>G-59</td>
<td>Thematic Poster</td>
<td>Neurotrauma</td>
<td>708</td>
<td>(PS)</td>
</tr>
<tr>
<td>3:45 – 5:45 p.m.</td>
<td>G-60</td>
<td>Clinical Case Slide</td>
<td>Potpourri</td>
<td>709</td>
<td>(AC)</td>
</tr>
<tr>
<td>3:45 – 5:45 p.m.</td>
<td>G-61</td>
<td>Clinical Case Slide</td>
<td>Shoulder</td>
<td>705</td>
<td>(AC)</td>
</tr>
<tr>
<td>4:55 – 5:45 p.m.</td>
<td>G-62</td>
<td>Tutorial Lecture</td>
<td>Current Understanding of the Functional Role of microRNA on Regulation of Skeletal Muscle Mass and Metabolism</td>
<td>102</td>
<td>(SK)</td>
</tr>
<tr>
<td>4:55 – 5:45 p.m.</td>
<td>G-63</td>
<td>Tutorial Lecture</td>
<td>Exercise and Down Syndrome - Current Research &amp; Practical Tutorial</td>
<td>103</td>
<td>(FA)</td>
</tr>
<tr>
<td>4:55 – 5:45 p.m.</td>
<td>G-64</td>
<td>Tutorial Lecture</td>
<td>Free Data? Yes Please! How to Use Federal Data for Impactful Research</td>
<td>505</td>
<td>(EB)</td>
</tr>
<tr>
<td>4:55 – 5:45 p.m.</td>
<td>G-66</td>
<td>Basic Science World Congress - Tutorial Lecture</td>
<td>Effects of Aging on Respiratory System Function and Responses to Exercise</td>
<td>702</td>
<td>(BSWC)</td>
</tr>
<tr>
<td>5:45 – 7:30 p.m.</td>
<td>Event</td>
<td></td>
<td>New Fellows Reception (invitation only)</td>
<td>Hyatt - Centennial Foyer</td>
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</tr>
<tr>
<td>7 – 8 p.m.</td>
<td>Event</td>
<td></td>
<td>Pre-Banquet Reception</td>
<td>Hyatt - Centennial Foyer</td>
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</tr>
<tr>
<td>8 – 10 p.m.</td>
<td>Event</td>
<td></td>
<td>Awards Banquet (ticketed event)</td>
<td>Hyatt - Centennial D</td>
<td></td>
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</table>

### Saturday, June 3, 2023

<table>
<thead>
<tr>
<th>Time</th>
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<th>Session Type</th>
<th>Session Title</th>
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<tbody>
<tr>
<td>8 a.m. to 1 p.m.</td>
<td>Event</td>
<td></td>
<td>BOT Lunch/Meeting</td>
<td>Hyatt - Mineral B</td>
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<tr>
<td>9 a.m. to 2 p.m.</td>
<td>Event</td>
<td></td>
<td>USOPC Tour</td>
<td></td>
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</tbody>
</table>

### Program Committee

Irene S. Davis, Ph.D., FACSM (Chair)
Kathryn E. Ackerman, M.D., M.P.H., FACSM
John Bartholomew, Ph.D., FACSM
Nailah Coleman, M.D., FACSM
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William B. Farquhar, Ph.D., FACSM
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L. Bruce Gladden, Ph.D., FACSM
Allison H. Gruber, Ph.D., FACSM
Matthew Harber, Ph.D., FACSM
Hans Haverkamp, Ph.D.
Matthew Herring, Ph.D., FACSM
Sandra Hoffmann, M.D., FACSM
Sandra Hunter, Ph.D., FACSM
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Shawn F. Kane, M.D., FACSM
Nicole R. Keith, Ph.D., FACSM
W. Larry Kenney, Ph.D., FACSM
Wendy Kohrt, Ph.D., FACSM
D. Enette Larson-Meyer, Ph.D., FACSM
Gary Ligouri, Ph.D., FACSM
Charles E. Matthews, Ph.D., FACSM
Derek C. Monroe, Ph.D.
Kerrie Moreau, Ph.D.
Cayce Onks, D.O., FACSM
Stuart Phillips, Ph.D., FACSM
Eric S. Rawson, Ph.D., FACSM
Kimberly Reich, Ph.D., FACSM
Laura Rogers, M.D., M.P.H., FACSM
Brad A. Roy, Ph.D., FACSM
Amanda Salacinski, Ph.D.
Kathryn H. Schmitz, Ph.D., FACSM
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Jennifer Lee Trilk, Ph.D., FACSM
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Registration Hours

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</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>9:30 a.m.</td>
<td>6 p.m.</td>
</tr>
<tr>
<td>Wednesday</td>
<td>6:30 a.m.</td>
<td>6 p.m.</td>
</tr>
<tr>
<td>Thursday</td>
<td>7 a.m.</td>
<td>6 p.m.</td>
</tr>
<tr>
<td>Friday</td>
<td>7 a.m.</td>
<td>4 p.m.</td>
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Speaker Ready Room
Room: Colorado Convention Center - 107
Tuesday, May 30: Noon to 5 p.m.
Wednesday, May 31 - Friday, June 2: 7 a.m. to 5 p.m.

Name Badges
Badges must be worn at all times to gain admission to the exhibit hall, poster sessions, educational sessions and ACSM social events. Your guests must purchase and wear badges as well. (ALL exercise science/sports medicine professionals in attendance should be registered as regular attendees). Please hang on to your original badge! Replacement badges cost $25.

Photography/Video Recording

General Photography and Social Media Etiquette
ACSM strives to create a participatory environment at its meetings that encourages learning and facilitates dialogue. Generally, taking photos, live-tweeting and sharing annual meeting experiences on social media are welcomed. It is the attendee’s responsibility to avoid distraction to others by using devices in a sensible, respectful and conscientious manner.

Restrictions on Photography, Recording, or other Copying of Presentations and Data

Presenters of session and poster content may not wish to have their presentations or research photographed, recorded or shared on Twitter, Facebook or other social networks. Presenters will be asked to make an announcement before and during their presentations if such capturing and recording is allowed. If there is no announcement or other permission granted, attendees are asked to refrain from photography and recording. Since content may be at different points of journal submission or other formal processes, ACSM asks for compliance by all attendees with presenter desires regarding photography and social media, whether allowed in whole or part or not at all.
Michael Joyner, M.D., FACSM
Mayo Clinic Rochester
Rochester, MN

Michael J. Joyner, M.D., FACSM, is the Frank R. and Shari Caywood Professor of Anesthesiology and departmental vice chair for research at the Mayo Clinic in Rochester, Minnesota. He earned his medical degree from the University of Arizona and over the course of his career has produced more than 500 indexed publications with a Google Scholar H-index of more than 100, with more than 39,000 citations and having been awarded more than $50,000,000 from the National Institutes of Health, the American Heart Association, BARDA and the U.S. Army. His research interests are broad, spanning human performance, autonomic control of the cardiovascular and respiratory systems to the use of convalescent plasma to treat COVID-19 patients. Dr. Joyner became an ACSM fellow in 1990, and his innumerable contributions to the field have brought great esteem to the college.

Tony Babb, Ph.D., FACSM
University of Texas Southwestern Medical Center
Dallas, TX

Li Li Ji, Ph.D., FACSM
University of Minnesota
Minneapolis, MN

Craig Crandall, Ph.D., FACSM
University of Texas Southwestern Medical Center
Dallas, TX

Jill Kanaley, Ph.D., FACSM
University of Missouri
Columbia, MO

Jorge Franchella, M.D., FACSM
U.B.A. School of Medicine
Argentina

Kathy Myburgh, Ph.D., FACSM
Stellenbosch University
Stellenbosch, South Africa
## ACSM Research Awards

<table>
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<tr>
<th>Award</th>
<th>Winner</th>
</tr>
</thead>
<tbody>
<tr>
<td>New Investigator Award</td>
<td>Shelby Baez – University of North Carolina-Chapel Hill</td>
</tr>
<tr>
<td></td>
<td>Alannah McKay – Australian Catholic University</td>
</tr>
<tr>
<td></td>
<td>Charles M. Tipton Student Research Award</td>
</tr>
<tr>
<td></td>
<td>Jem Cheng – McMaster University</td>
</tr>
<tr>
<td></td>
<td>Abigail Tice – Florida State University</td>
</tr>
<tr>
<td>Dr. Raymond A. Weiss Research Endowment</td>
<td>Jeremy Via – Virginia Commonwealth University</td>
</tr>
<tr>
<td>Research Endowment</td>
<td>Sarah Little-Letsinger – Duke University</td>
</tr>
<tr>
<td>World Athletics Grant</td>
<td>Marcos Keefe – Texas Tech University</td>
</tr>
<tr>
<td>Xero Shoes’ Minimal Footwear Research Grant</td>
<td>Halime Gulle – University of South Florida</td>
</tr>
</tbody>
</table>

## ACSM Foundation Research Grant Winners

<table>
<thead>
<tr>
<th>Grant Name</th>
<th>Winner</th>
</tr>
</thead>
<tbody>
<tr>
<td>ACSM Doctoral Student Research Grant</td>
<td>Elizabeth Bjornsen – University of North Carolina Chapel Hill</td>
</tr>
<tr>
<td></td>
<td>Grant Laskin – Florida State University</td>
</tr>
<tr>
<td>Carl V. Gisolfi Memorial Fund</td>
<td>Domenico Chavez – Virginia Commonwealth University</td>
</tr>
<tr>
<td>Clinical Sports Medicine Endowment</td>
<td>Susan Yeargin – University of South Carolina</td>
</tr>
<tr>
<td>Paffenbarger-Blair Fund for Epidemiological Research on PA</td>
<td>Melissa Jones – Oakland University</td>
</tr>
<tr>
<td></td>
<td>A’Naja Newsome – University of Central Florida</td>
</tr>
</tbody>
</table>

## Travel and Specialty Awards

<table>
<thead>
<tr>
<th>Award Name</th>
<th>Winner</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gail E. Butterfield Nutrition Travel Award</td>
<td>Umaima Sidra Afsheen Syeda – Rutgers University</td>
</tr>
<tr>
<td></td>
<td>Andrew Askow, MS, USAW-II - University of Illinois at Urbana-Champaign</td>
</tr>
<tr>
<td>Dr. Priscilla Clarkson Undergraduate Travel Award</td>
<td>Marie-Therese Cooper – Saint Francis University</td>
</tr>
<tr>
<td>Dr. Lisa S. Krivickas Clinician Scholar Travel Award</td>
<td>Julie Rekant – University of Pittsburgh</td>
</tr>
<tr>
<td>Michael L. Pollock Student Scholarship</td>
<td>Rae Harrison – University of Pittsburgh</td>
</tr>
<tr>
<td></td>
<td>Giulia Coletta – McMaster University</td>
</tr>
<tr>
<td>Dr. Jack Wilmore Legacy Travel Award</td>
<td>Austin Hogwood – University of Virginia</td>
</tr>
<tr>
<td></td>
<td>Nick Dobson – University of Oklahoma</td>
</tr>
<tr>
<td>Steven M. Horvath Travel Award</td>
<td>Carly Smith, SPT – Ohio State University</td>
</tr>
<tr>
<td></td>
<td>Felipe Pereira – Indiana University</td>
</tr>
<tr>
<td>World Congress on Basic Science Award</td>
<td>Emma Tinney – Northeastern University</td>
</tr>
<tr>
<td>GSSI-ACSM Young Scholar Professional Development Award</td>
<td>Jacob Schwartz – University of Toronto</td>
</tr>
<tr>
<td></td>
<td>Leah Dambacher – Central Washington University</td>
</tr>
<tr>
<td>GSSI-ACSM Young Investigator in Sports Nutrition Award</td>
<td>Kirsty Reynolds – Loughborough University</td>
</tr>
<tr>
<td></td>
<td>Megan Kuikman – Australian Catholic University</td>
</tr>
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<td></td>
<td>Marcos Keefe – Texas Tech University</td>
</tr>
<tr>
<td>2022 Barry &amp; Linda Franklin EIM-On Campus Microgrants</td>
<td>Mila Padgett – University of South Carolina Aiken</td>
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<tr>
<td></td>
<td>Lana Prokop – St. Catherine University</td>
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</tbody>
</table>

## ACSM International Awards

<table>
<thead>
<tr>
<th>Award Name</th>
<th>Winner</th>
</tr>
</thead>
<tbody>
<tr>
<td>Howard G. “Skip” Knuttgen International Scholar Award</td>
<td>Wael Ramadan Mohamed, Ph.D. – Mansoura University, Egypt</td>
</tr>
<tr>
<td></td>
<td>Gabriel Barreto – University of São Paulo, Brazil</td>
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<tr>
<td></td>
<td>Nathan Delang – Griffith University, Australia</td>
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<td>Hayley Dillon – Baker Heart and Diabetes Institute, Australia</td>
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Rethinking Amino Acids for Sport and Health
Tuesday, May 30
4 – 5 p.m.
Room: 601

What is the Right Shoe for You? A Footwear Industry Panel
Wednesday, May 31
11:40 a.m. to 12:40 p.m.
Room: 205

Mitochondrial Health for Elite Athletes - How Diet, Exercise, and Supplements are Intertwined
Thursday, June 1
11:40 a.m. to 12:40 p.m.
Room: 503

Parker University Lunch & Learn: From Metrics to Meals: How to Turn Assessment Data into Successful Nutrition Interventions
Friday, June 2
11:45 a.m. to 12:15 p.m.
Room: Hall B

The Role of Big Data and New Training Technologies in Exercise Medicine
Thursday, June 1
11:40 a.m. to 12:40 p.m.
Room: 501

Student Lounge
Gourmet Café – Colorado Convention Center
The ACSM Student Lounge is the hub of student engagement activities and career development opportunities. Relax & interact with fellow students. Access career development opportunities and information by connecting with experts working in a variety of fields. Connect with potential employers through the ACSM Career Center and make dinner plans with other attendees via the dinner sign-ups. Light refreshments will be provided.
American College of Sports Medicine Annual Meeting

The American College of Sports Medicine (ACSM) is committed to providing a friendly, safe and welcoming environment for all annual meeting participants. We expect all attendees, media, speakers, volunteers, organizers, venue staff, guests and exhibitors to help us ensure a safe and positive conference experience for everyone.

To that end, the expectation is that all participants abide by this code of conduct at all times and in all venues, including ancillary events and all social gatherings.

Expected behaviors for participants include:

- Exercising consideration and respect in speech and actions.
- Refraining from demeaning, discriminatory or harassing behavior and speech.
- Contributing to a positive and valuable experience for all participants.
- Being mindful of your surroundings and of fellow participants.
  Alert ACSM staff if you notice a dangerous situation, someone in distress or violations of this code of conduct.

Unacceptable behaviors:

- Intimidating, harassing, abusive, discriminatory, derogatory or demeaning speech or actions by any participant at the ACSM annual meeting and any related events.
- Harmful or prejudicial verbal or written comments or visual images related to gender, sexual orientation, race, religion, disability or other personal characteristics.
- Inappropriate use of nudity and/or sexual images in public spaces (including presentation slides).
- Deliberate intimidation, stalking or following of other participants.
- Harassing photography.
- Disregarding presenter/author request that attendees not photograph presentations and posters.
- Video and/or audio recording of other participants without their knowledge or consent.
- Recording of scientific and other sessions without the expressed permission of the participants.
- Intentional and sustained disruption of scientific sessions or other events that negatively impacts the experience for other participants.
- Unwelcome and uninvited attention or contact.
- Physical assault (including unwelcome touch or other physical contact).
- Real or implied threat of physical harm.
- Real or implied threat of professional or financial damage or harm.

What to Do if You Witness or Experience Conduct that Violates the Code

The ACSM staff can help participants contact convention center/hotel/venue security or local law enforcement, and otherwise assist those experiencing harassment or other violations of this code of conduct, to enable them to feel safe and to ensure a positive experience for the duration of the annual meeting. We value your attendance, and want to make your experience as productive and professionally stimulating as possible.

If you have an emergency at any time during move in, event or move out please contact the Colorado Convention Center (CCC) Security Department by dialing 200 from any beige House Phone throughout the facility or by calling 303-228-8030 from a cell phone. CCC Security is available 24-7.

Consequences of Unacceptable Behavior

Unacceptable behavior from any participant at the annual meeting, including attendees, sponsors, exhibitors, contractors, volunteer leaders, vendors and/or venue staff, will not be tolerated. Anyone asked to stop unacceptable behavior is expected to comply immediately.

If a participant engages in unacceptable behavior, ACSM staff may take any action they deem appropriate, including removal from the annual meeting, without refund and/or barring from future ACSM meetings. Egregious violations will result in more severe sanctions, including the possibility of reporting to local law enforcement.
Exhibit Guide*
Colorado Convention Center
Exhibit Level
Exhibit Hall B

Opening Reception:
Wednesday, May 31 5:30 – 6:30 p.m.

Exhibit Hall Hours:
Wednesday, May 31 1:30 – 7 p.m.
Thursday, June 1 9:30 – 5 p.m.
Friday, June 2 9:30 – 2 p.m.

* ACSM does not endorse, or imply endorsement, of products and/or services of exhibitors or sponsors participating in the 2023 annual meeting. The exhibit hall is intended to provide ACSM annual meeting attendees access to innovations and trends in sports medicine, exercise science, and related program areas. ACSM applauds its industry partners for their support and excellence, but does not endorse specific product claims.
## Index of Exhibitors

Listed on the following pages are the companies, universities, agencies and organizations participating in the 2023 ACSM Annual Meeting Exposition Hall. In addition to making time for your favorites, please plan to visit our new exhibitors as well.

Exhibitors on this page who are ACSM sponsors are listed in boldface. Their listing in the exhibit guide also is highlighted with a shaded green box.

### Alphabetical listing of Exhibitors

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American College of Sports Medicine 2023 Final Program
104 ACCUSPLIT, Inc
7901 Stoneridge Dr Ste 350
Pleasanton, CA 94588 United States
events@accusplit.com
“Walking Is Medicine” - Use Certified Accurate for Research Accelerometer Pedometers to Track Steps and Moderate to Vigorous Physical Activity Time. The simple tool to help Motivate people to live a Healthier, Active Lifestyle.
accusplit.com

Lobby B ACSM Store/Healthy Learning
P O Box 1828
Monterey, CA 93942
Healthy Learning is a leading educational, multimedia publisher offering a robust library of digital and hard copy DVDs and books, as well as the host of the ACSM Store online and onsite.
www.acsmstore.org

609 ActiGraph
49 E Chase St
Pensacola, FL 32502 United States
info@theactigraph.com
ActiGraph is pioneering the digital transformation of clinical research. Our research-grade wearable technology solutions have been used to capture real-world, continuous digital measures of sleep, activity, and mobility for thousands of academic research studies and clinical trials across a wide range of therapeutic areas. Appearing in over 22,000 peer-reviewed scientific publications, ActiGraph is the most experienced wearable technology partner in the industry.
actigraphcorp.com

816 ActivArmor
301 N Main St Ste 208
Pueblo, CO 81003 United States
diana.hall@activarmor.com
ActivArmor offers the only point-of-care 3D printed custom waterproof casting and splinting system that gives lifestyle freedoms back to those requiring immobilization for healing or recovery.
activarmor.com

524 ADInstruments
2205 Executive Circle
Colorado Springs, CO 80906 United States
a.frank@adinstruments.com
DAQ hardware and software for the life sciences. ADInstruments offers wireless physiological monitoring, EMG and metabolic solutions alongside software capable of integrating all your data streams.
adinstruments.com

225 APDM
sales@apdm.com
APDM Wearable Technologies, a Clario Company, offers the Opal IMU sensor-based solutions for quantifying human movement. The Opal research-grade sensors and sophisticated algorithms streamline research through automated movement analysis. Motion Studio provides access to raw inertial data, Mobility Lab generates spatiotemporal outcomes for gait and balance, and Moveo Explorer produces up to full-body kinematic data.
apdm.com/mobility

306 AEI Technologies
201 Hunters Crossing Blvd
Bastrop, TX 78602 United States
sales@aeitechnologies.com
Metabolic Testing equipment and analyzers
aeitechnologies.com

523 Altitude Control Technology
gary@altitudecontrol.com
ACT specializes in altitude simulation for sports and research. ACT is the world leader in normobaric altitude simulation. ACT’s award-winning altitude control system is unrivaled in its accuracy and ability to control the partial pressure of oxygen for true altitude simulation. ACT is the leader in safety with zero issues in more than 20 years of operation.
altitudecontrol.com

506 AMTI
176 Waltham St
Watertown, MA 02472 United States
sales@amtimail.com
AMTI is a world leader in multi-axis force platform technology. We understand the importance of accuracy and precision in scientific research and healthcare. Our unique OPTIMA performance system offers a 10-fold improvement in accuracy over any other force platform on the market. Whether studying gait, balance, sports, or more, researchers and clinicians worldwide rely on AMTI to provide instrumentation with the highest performance. Shouldn’t you? Visit AMTI at booth 506 or https://link.edgepilot.com/s/956cb9b0/bxYYK83gSkCTggBpPAoBUQ?u=http://www.amti.biz/ to learn more about what we have to offer.
amti.biz
317 Artinis Medical Systems BV
A Einsteinweg 17 6662PW Elst
Netherlands
willy@artinis.com
Artinis makes NIRS brain and muscle oximetry measurements easy and affordable and with the new spin-off company Train.red also affordable to sports enthusiasts out there.
artinis.com

525 Atcor Medical Inc (USA)
One Pierce PI 225W
Itasca, IL 60143 United States
info@atcormedical.com
vascular medical device
atcormedical.com

622 Bear Balanced
dmenter@bearbalanced.com
Bear Balanced® created the World’s First Creatine Gummies® to fuel your fitness, health, and wellness routines. Our Creatine+™ blend delivers pure creatine monohydrate by Creapure® and additional essential nutrients to maximize the benefits of traditional creatine.
bearbalanced.com

313 Bertec Corporation
2500 Citygate Dr
Columbus, OH 43219 United States
info@bertec.com
Force Plates
bertec.com

809 Biodex, a Part of Salona Global
20 Ramsay Rd
Shirley, NY 11967 United States
Physical medicine
biodex.com

203 BIOPAC Systems, Inc
42 Aero Camino
Goleta, CA 93117 United States
carolines@biopac.com
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The purpose of CEPA is to advance the scientific and practical application of clinical exercise physiology for the betterment of the health, fitness, and quality of life for patients at high risk or living with a chronic disease. The aim of CEPA is to advance the profession of clinical exercise physiology through advocacy, education, and career development
cega-acsm.org
The purpose of the SMHS journal is to provide a scientific, merit-based, high-quality publication platform for all relevant biomedical studies worldwide with a primary focus on sports medicine, physical activity, and the exercise-related health sciences. The primary disciplines covered by SMHS include but are not limited to clinical sports medicine; orthopedics; preventive medicine; rehabilitation medicine; physical therapy; basic and translational sports sciences including exercise physiology, exercise biochemistry, exercise molecular biology, and exercise immunology; biomechanics; motor control and exercise neuroscience; exercise epidemiology, gerontology, and nutrition; and complementary and alternative medicine.

Other emphasized topics of interests are:

- The prevention, treatment, and rehabilitation of sports injuries in muscles, ligaments, joints, and bones, especially those that occurred in elite, professional, or Olympic athletes as well as in amateur sports participants.
- The prevention and treatment of chronic diseases that are caused by a lack of physical activity or the improper practice of exercise. SMHS welcomes contributions on studies that employ exercise intervention on metabolic, cardiopulmonary, and neuromuscular disorders as well as mental health. Health issues among elderly populations will receive special editorial attention.
- Epidemiology and population research on the effect of physical activity and exercise on health-threatening epidemics in the form of chronic diseases that were caused by a lack of physical activity, such as (but not limited to) obesity, diabetes, cardiovascular disease, osteoporosis, sarcopenia, and Alzheimer disease.
- Traditional Chinese medicine (TCM), such as acupuncture and traditional sports (i.e., Tai-Chi and Qigong), in the context of the prevention and treatment of sports injuries and chronic diseases that affect major vital organs, such as obesity, diabetes, chronic obstructive pulmonary disease, stroke, and heart attack.

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Our Health Science Center is 45,000 square feet and houses our PA Medicine, PT, and OT programs as well as our on-campus clinic, providing PT and OT students hands-on patient care experience right on campus. Our MS in Exercise Physiology program is offered on our main campus and can be completed in one year!

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Graceland University’s online Master of Science in Nutrition and Human Performance is a rigorous, science-based program. The coursework focuses on the evidence-based foundations of nutrition and human performance, followed by specialized concentrations in Sport Nutrition and Performance or Health and Wellness Promotion. Upon graduation, students will have the academic nutrition background to sit for several recognized certifications including Clinical Nutrition: CCN, Clinical Nutrition: CNS, and Sports Nutrition: CISSN.

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Registration Hours:
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Graceland University
401 W Truman Rd
Independence, MO 64050 United States
gvance1@graceland.edu

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Personalizing Health, Nutrition, and Performance Insights with Transdermal Optical Imaging Technology
*Eric Freese, GSSI*

**JUNE 1**
**10 – 10:30 AM**
Energy Expenditure in Youth Athletes
*Lisa Heaton, GSSI*

**JUNE 1**
**3:30 – 4 PM**
GSSI Women in Sport Science Researcher Award Winners Present: Up and Coming Female Athlete Research
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Wednesday, May 31, 2023, 6 – 7 p.m.

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Thursday, June 1, 2023, 8 – 9:30 p.m.

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