

Annual Meeting: March 2nd and 3rd, 2023

Key note Speaker: Robert Sallis, MD. Exercise is Medicine

Dear Central States American College of Sports Medicine Annual Meeting Attendee

On behalf of the Central States Planning Committee and the Executive Board, let me first say thank you for your consideration in attending the 2023 Central States, ACSM Annual Meeting in Tulsa, OK. Many people have dedicated several hours of hard work in the planning, information gathering, price negotiating, and final decisions for this year's conference. We had to move to a new location this year because of a scheduling conflict at our Bartlesville site. While we no longer are required to follow a COVID policy or wear a face mask at all times, we still need to practice safety measures. Anyone can wear a mask if they feel it is warranted.

We are extremely excited to have some of the country and regions best speakers. Our key note speaker this year is no stranger to ACSM. We were able to confirm Dr. Robert Sallis in joining our chapter this year. Our ever-popular Quiz Bowl is back again with an ever-familiar moderator. Our chapter will provide FREE pizza for those participating. There will also be a cash bar for those 21 and older **(the consumption of alcohol by anyone under the legal age will not be tolerated)**.

It has been my privilege to have worked with the members of the Planning Committee to include: Dr. Bree Baker, Dr. Taylor Dinyer-McNeely, Ms. Kelsey Weitzel, Dr. Chris Black, and Ms. Lauren McDaniel. The Executive Board with Dr Derek Crawford, Dr. Jason Wagganer and Dr. Veronika Pribyslavska were also vital to the organization of this year's conference. Below are some helpful instructions for your viewing.

Terry DeWitt, Past-President
Central States ACSM

Below is the summary program with session title, location, and time.

CONFERENCE PROGRAM – Thursday Morning, March 2nd		
Time	Location	Presentations/Activities
8:00-9:00am	Bank of Oklahoma	Executive Board Meeting (invited guests only)
8:30-10:30am	Lobby	Registration Table is OPEN
10:00-10:15am	Auditorium	Opening Remarks – Dr. Terry DeWitt
10:15-11:45am	Auditorium	<p align="center">Option # 1 Aging Symposium</p> <p>Dr. Diehl- The Comparison of Dual Task Time Among APOE Carriers Against Non- APOE Carriers Urbina- Using Physical Function Performance Tests and Fall Outcomes to Predict RBANS Scores in Older Adults Spokely- Improving Older Adults’ Functional Health Using the Progressive Stay Strong, Stay Healthy Program Jones- Health Coaching Improves Body Composition in Males 45-75 After 1-Year of Intervention Shariffi- Impact of Intranasal Insulin on Cerebral Blood Flow and Cerebrovascular Reactivity in Healthy Young Adults</p>
10:15-11:45am	Roberts Room	<p align="center">Option # 2 CrossFit for Adults with Physical Disabilities</p> <p>Dr. Heinrich- An Introduction to High Intensity Functional Training & CrossFit Methodology Dr. Koon- High intensity functional training: Perspectives from current adaptive athletes and coaches Dr. R. Handlery- CrossFit For People with Parkinson's & Their Partners Dr. K. Handlery- CrossFit For People with Spinal Cord Injury & Their Partners</p>
10:15-11:45am	Bank of Oklahoma	<p align="center">Option # 3 Novel Methodologies</p> <p>MacLennan- fNIRS Brain Imaging is Capable of Discerning Hemispheric Laterality During Lower-body Contractions Thomas- Preliminary Results from a Novel Movement-Based Concussion Screening Tool Huynh- Validation of a Neuro-Fitness Device to Assess Cognitive and Reaction Time Measures: A Pilot Study Mueller- The Influence of Prolonged Standing on Temporal-Spatial Gait Characteristics</p>

Lunch Options (11:45am to 1:00pm) here are a few local favorites

Jinya Ramen Bar
Lone Wolf Banh Mi
Duet

McNellie’s Pub
Wanda J’s Next Gen Restaurant
Easy Village Bohemian Pizzeria


Red Light Chicken
The Brook
The Tavern

CONFERENCE PROGRAM – Thursday Afternoon, March 2 nd		
Time	Location	Speakers & Title
1:00-2:00pm	Auditorium	Gatorade Sports Science Institute Bridget Sopeña: Prescribing "Rest": How to Optimize Recovery
2:00-3:00pm	Auditorium	Option # 1 Fatigue Thresholds: Mechanisms and Impact on Performance Dr. Dinyer-McNeely- Fatigue thresholds for predicting human performance Dr. Hammer- Physiological interactions that determine critical performance thresholds Dr. Black- The Influence of Afferent Input on Critical Fatigue Thresholds
2:00-3:00pm	Roberts Room	Option # 2 Researching Students' Health Dr. Howie-Hickey- Connecting the dots between Physical Activity and Educational outcomes: Exploring type & intensity of activity Gomes- Fitbits, field-tests, & grades: The effects of a healthy & physically active lifestyle on the academic performance of 1st year college students Garner- Exploring Graduate Students' PA Decline to Expand EIM On-campus Programming Chen- The Impact of the COVID-19 Pandemic on College Student's Stress and Physical Activity Levels
2:00-3:00pm	Bank of Oklahoma Room	Option # 3 Athlete and Sport Research Thematic Poster Session Dr. Baker- Body Comp. Changes in NBA Players Using DXA Adanin- The Impact of Self-promotion and Social Media on Sleep and Mental Health Among Student-Athletes Allen- Skeletal differences between Elite Division I Cross-Country and Track and Field Athletes and Controls Sontag- Yoga Improves Movement, Balance, and Upper Body Muscular Endurance in Healthy Adults Anderson- Hormonal Contraceptives Protect Bone Health in Division I Cross-Country and Track and Field Athletes Diaz- Comparison of Selected Recovery Protocols on Maximal Grip Strength Following Simulated Rock-climbing Static Hang Time
3:15-4:15pm	Auditorium	2023 CS-ACSM KEYNOTE Dr. Bob Sallis – Exercise is Medicine for COVID-19
4:15-5:15pm	Auditorium	Option # 1 Blood Flow Restriction Research Sears- Sex Differences in Contraction-Induced Blood Flow Limitations During Small Muscle Mass Exercise in Humans Olmos- Blood Flow Restriction Influences Electromyographic Behavior of the Biceps Brachii during a High-Intensity Contraction Montgomery- Influence of Blood Flow Restriction on Neuromuscular Function and Fatigue During Elbow Flexion in Men
4:15-5:15pm	Roberts Room	Option # 2 Evidence-based Whole-body Cooling: Treatment, Recovery, or Simple Gimmick by Dr. McDermott
5:30-7:00pm	Roberts Room	Quiz Bowl Pizza and Cash Bar


CONFERENCE PROGRAM – Friday Morning, March 3rd

Time	Location	Presentations/Activities
7:45-8:15am	Roberts Room	Poster Presenters Set-up stands and posters
8:15-8:30am	Auditorium	Opening Remarks – Dr. DeWitt
8:30-9:30am	Roberts Room	Student Poster Presentations
9:30-10:30am	Auditorium	Option # 1 Applied Athlete Research Symposium Dr. Russell- Considerations for Applied Research Dr. Smith- Building the GRIP
9:30-10:30am	Roberts Room	Option # 2 Exercise is Medicine Symposium Dr. Spelman- Medical Referral Exercise Program Dr. Brennan- Clinical Exercise Physiology-New Horizons Dr. Howie Hickey- EIM on Campus Weitzel- Evidence Based Community Exercise Programs, The Next Step
10:30-11:30pm	Auditorium	Student Research Grant Winners Shields, Anderson, Young, Beattie, Cleveland, and Morgan
11:30-12:00pm		Lunch Buffet prior to Student Competition
12:00-1:30pm	Auditorium	Outstanding Student Research Awards Competition
1:30-2:30pm	Auditorium	Option #1 Athlete Symposium Dr. Cabarkapa- Motion Capture to reduce injury risk Redinger- Localized Musculoskeletal Density, Quality, and Morphology in Division I Track and Field and Cross-Country Athletes Pulscher- Effects of External Loading During Daily Living on Anaerobic Performance in D1-A Rugby Athletes Cabarkapa- Differences in Salivary Testosterone and Cortisol Between Winner and Losing Teams in Professional Men’s Basketball
1:30-2:30pm	Roberts Room	Option # 2 Jobs and Networking Q&A with professionals from Exercise Science who now work in Industry, Corporate Wellness, Research, Teaching jobs
2:30-3:30 pm	Auditorium	Presentation of Award Winners, Business Meeting, and Closing Remarks


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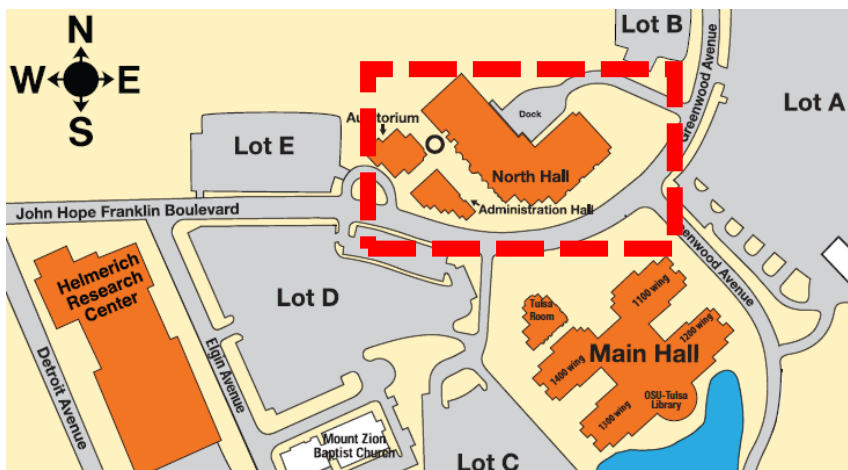


CONFERENCE LOCATION

The Oklahoma State University – Tulsa Campus is located just north of downtown Tulsa with the primary address for conference activities being:

North Hall – OSU Tulsa
700 North Greenwood Avenue
Tulsa, OK 74106

Talks will be within the North Hall and the Auditorium. Parking is FREE!



Continuing Education Credits ACSM Continuing Education Credits (CEC's)

The American College of Sports Medicine's Professional Education Committee certifies that this annual meeting meets the criteria for 11.5 credit hours of ACSM CEC's. Credit is awarded for these CEC's by attending the Central States Chapter ACSM Annual Meeting. The Central States ACSM is an approved provider of CEC's for the ACSM. ***A certificate documenting CEC's will be available via email to attendees after the conference concludes.***

Wi-Fi

Wi-Fi is available free of charge at the conference center. Use the QR code to register your device before the conference.



Lactation Room

A lactation room is available onsite.

DETAILS FOR SPEAKERS

Podium Talk - These presentations vary in length, be sure to have practiced your talk to be within the time limit. The moderator of the session will aim to keep all talks within the allotted time. Also, please ensure your PowerPoint presentation has large font and works on the computer prior.

If you are speaking as part of the **2022 Student Research Grant Winners** you will be speaking for 7 minutes with 3 minutes for Q&A. If you have questions, please email Dr. Dinyer-McNeely at Taylor.Dinyer@OkState.edu. If you elected to compete in the **2023 Outstanding Student Research Awards Competition** and are selected, you will also be speaking for 7 minutes with 3 minutes for Q&A. If you have questions, please email Dr. Crawford at DCrawford@UCMO.edu.

Thematic Poster - Presenters who have been selected to participate in the thematic poster session will describe their research during a 5 minute presentation while standing next to their poster (which needs to conform to CS-ACSM vertical format sizes – 3 feet wide and 4 feet tall). Extra time in the session will be used for questions and networking within the session. If you were selected for a Thematic Poster and elected to potentially be selected for the 2023 Outstanding Student Research

Awards Competition, see the presentation requirements in the Podium Talk section above. If you have questions, please email Dr. Baker at Bree.Baker@OkState.edu.

Traditional Poster - Traditional poster presenters need to arrive early to set up poster stands and mount their posters. We recommend arriving no later than 7:45am on Friday, March 3rd in the Roberts Room. After Dr. DeWitt's opening remarks, poster presenters will stand next to their poster from 8:30am to 10:00am. Posters are not to be taken down until 11:45am. This extra time is required for judges to inspect posters in closer detail, without the crowds. Please ensure your poster conforms to CS-ACSM vertical format sizes – 3 feet wide and 4 feet tall. If you have questions, please email Dr. Crawford at DCrawford@UCMO.edu.



ACSM's International Health & Fitness Summit

SUMMIT KEYNOTE
LECTURE

**SHAWN M.
ARENT, FACSM**



Join Us There!

With no shortage of fad diets and diet "trends" to choose from — each one promising a new twist on how to get lean, get big, or get fit — The 2023 ACSM International Health & Fitness Summit is excited to welcome Dr. Shawn M. Arent, FACSM, to the stage to deliver his keynote lecture *The PaleoKetoVeganMacroFasting Diet: Stop the Madness* where he will dive into both the science and the myth surrounding some of the more popular diet trends, with a focus on theory vs reality.

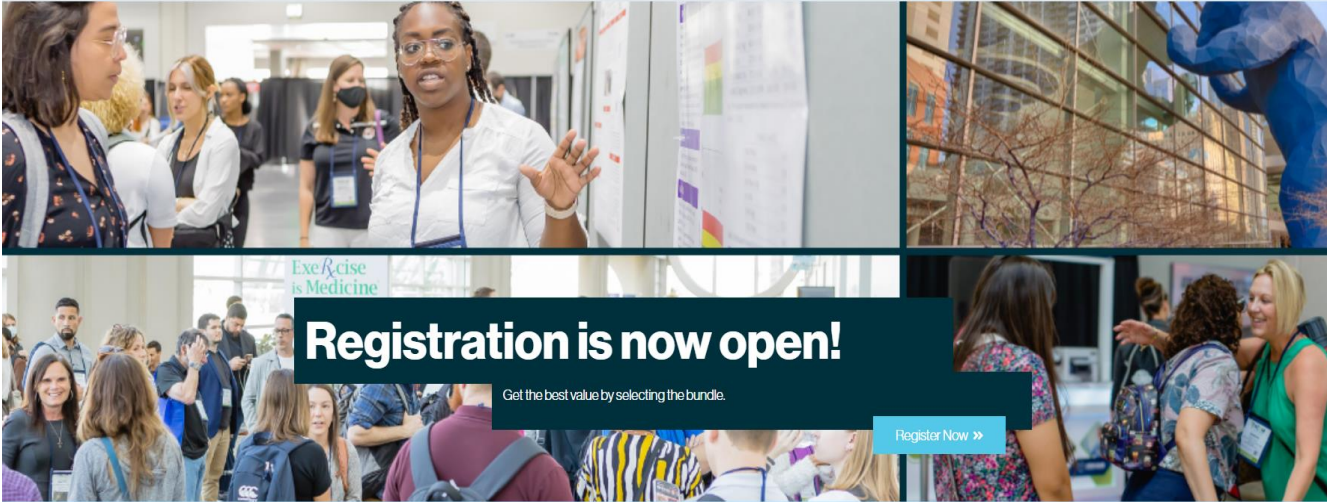
Register to attend this and the rest of our [keynote and special lectures](#) before pre-registration ends March 10! Be sure to bundle your registration to get even more and access exclusive online lectures too!



2023 ACSM Annual Meeting & World Congresses

Tuesday, May 30 - Friday, June 2, 2023 | Denver, Colorado USA

Present Registration In-Person Sessions Online Programming Program Housing Exhibit/Sponsor
CECs/CMEs



Where Science, Research and Practice Build Healthy, Active Lives

Registration for 2023 Annual Meeting in Denver, Colorado is Now Open!

The 2023 ACSM Annual Meeting, World Congress on Exercise is Medicine and World Congress on the Basic Science of Physical Activity and Aging Biology showcases the latest in exercise science and sports medicine.

Join us in Denver from Tuesday, May 30 to Friday, June 2, 2023!

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2023 Program Features

In-Person Key Features

- 200+ hours of education
- 28.5 CME and CECs
- 1,500+ scientific abstract/clinical case
- Networking events
- exhibit hall and more

Online Programming Key Features*

- 13 hours of unique content not presented in-person
- Over 50+ hours of recorded live sessions
- 20 CECs and 10+ CME credits
- Select scientific abstract/clinical case e-posters
- On-demand access

*Online programming available for 90 days starting June 12



Central States Leadership Team, 2022-2023



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The next pages detail all the poster sessions and speaker biographies.

Below is the poster session information.

#	Authors	Title	Institution	Lead Author Email
1	Lyric Richardson, Alex Olmos, Allen Redinger, Stephanie Sontag, Sunggun Jeon, Breanne Baker & Michael Trevino	EFFECTS OF OBESITY ON MOTOR UNIT PROPERTIES FOR A NON-WEIGHT BEARING MUSCLE	Oklahoma State University	lyric.richardson@okstate.edu
2	Bianca Alvarenga Rambo Galletti, Morgan Delp, Grant Chesbro, Brian Pribble, Ryan Miller, Christopher Black and Rebecca Larson	EFFECTS OF MENSTRUAL CYCLE PHASE ON SUBJECTIVE PARAMETERS DURING A GRADED-EXERCISE TEST	University of Oklahoma	biancarambo28@gmail.com
3	R.J. Elbin, Kori Durfee, Melissa N. Womble, Christina M. Dollar, Daniel B. Elbich and Jonathan G. Hakun	Compliance Rates and Symptom Exacerbation for the Mobile Neurocognitive Health (MNCH) Project in Adolescents and Adults with Concussion	University of Arkansas	rjelbin@uark.edu
4	Grace White, Jill Joyce, Bree Baker, Shawn Allen and Allen Redinger	Dietary Assessment of Track & Field and Cross-country Athletes at a NCAA Division 1 University	Oklahoma State University	grace.e.white@okstate.edu
5	Elise Hodges, Ryann Shepherd, Claire Nagel, Kristina Woodford, Rebecca Larson, Hugo Pereira and Christopher Black	The effect of aerobic training status and rest periods on recovery of electrically stimulated critical torque.	University of Oklahoma	elise.j.hodges-1@ou.edu
6	Shawn Reese, Claire Smith, Alex Olmos, Jocarol Shields, Caleb Voskuil, Xin Ye, Matt Stock, Joshua Carr and Jason DeFreitas	Does the Type of Contraction Performed During Mirror Illusion Alter Hemispheric Communication? A preliminary Analysis	Oklahoma State University	shawn.reese@okstate.edu
7	Anthony Campitelli, Cody Diehl, Megan Jones, Josh Gills, Ray Urbina, Kelsey Bryk, Jordan Glenn and Michelle Gray	A Latent Measure of Muscle Quality Predicts Walking Ability in Adults Over the Age of 45	University of Arkansas	amcampit@uark.edu
8	Keigo Kobayashi, Michael Shepherd, Matthew Pulscher, Veronika Pribyslavska, Eric Kyle O'Neal, Gavin Brown, Zadie Coats and Eric Scudamore	Association between External Loading Wear Time and Change in Anaerobic Performance of Rugby Athletes	Arkansas State University	keigo.kobayash@smail.astate.edu
9	Samantha Richter, Jeremy Pearson, Lilly Cleveland, Tanner Reece, Trent Herda and Philip Gallagher	The Effects of Blood Flow Restriction on Mitochondrial Gene Expression	University of Kansas	sam.richter4@outlook.com
10	Jonathan Moore, Kira Ziola, Quincy Johnson, Dawei Sun, Shane Hammer and Doug Smith	ENDURANCE FITNESS PROFILES FOR ELITE MALE AND FEMALE DIVISION I NCAA GOLFERS	Oklahoma State University	jonathan.moore@okstate.edu
11	Grant Chesbro, David Lantis, Brian Pribble, Christopher Black, Daniel Larson and Rebecca Larson	Torque Variability and Complexity During a Fatiguing Task in Individuals with Multiple Sclerosis	University of Oklahoma	gchesbro@ou.edu
12	Eric Scudamore, Xijing Zhao, James Church and Veronika Pribyslavska	ASSOCIATION OF FUNCTIONAL MOVEMENT SCREEN AND Y-BALANCE SCORES WITH INJURY IN ELITE SOFTBALL ATHLETES	Arkansas State University	escudamore@astate.edu
13	Kira Ziola, Jonathan Moore, Quincy Johnson and Doug Smith	POWER PROFILE FOR DIVISION I NCAA MALE GOLFERS	Oklahoma State University	kira.ziola@okstate.edu

#	Authors	Title	Institution	Lead Author Email
14	Halle Brin, Jason George, Derek A. Crawford, Cassandra M. Beattie, Aspen E. Streetman and Katie M. Heinrich	Physical Education Classes Improve Movement Competency and Physical Literacy Regardless of Grade Level	Kansas State University	hbrin@ksu.edu
15	Xiujing Zhao, Abigail Morris and Brendon McDermott	Does a hydration knowledge and behavior survey predict physiological hydration status?	University of Arkansas	xiujingz@uark.edu
16	Daniel Lawson, Cody Stahl and Jay Dawes	RELATIONSHIP BETWEEN RATINGS OF PERCEIVED EXERTION, REPETITIONS IN RESERVE, AND BAR VELOCITY IN MALES AND FEMALES	Oklahoma State University	daniel.lawson@okstate.edu
17	Gregory Cantrell, David Lantis, Daniel Larson, Michael Bembem, Chris Black and Rebecca Larson	SENSORY ORGANIZATION APPEARS COMPROMISED IN PEOPLE WITH MULTIPLE SCLEROSIS	Arkansas State University	gcantrell@astate.edu
18	Nishra Patel, Ed Cunliff, Jacilyn Olson and Melissa Powers	RELATIONSHIP BETWEEN VOLUME OF PHYSICAL ACTIVITY AND SLEEP QUALITY AMONG COLLEGE STUDENTS	University of Central Oklahoma	npatel33@uco.edu
19	Jacob Thomas, Marta Oliveira, Kelsey Weitzel and Trent Guess	ASSESSING OLDER ADULT FITNESS IN COMMUNITY SETTINGS: TECHNOLOGY PILOT	University of Missouri	jmt2mb@missouri.edu
20	Michele Snow and Hope Pennington	The aftermath of concussions in athletes	Ouachita Baptist University	chelesnow@me.com
21	Rosie Perez, Megan Thompson and Jay Dawes	Heart Rate Responses to ACFT Events Among Male and Female Army ROTC Cadets	Oklahoma State University	Rosie.i.perez@okstate.edu
22	Sloane Montgomery, Shawn Allen, Allen Redinger, Nicholas Spokely, Mia Young, Grace White, Jill Joyce and Breanne Baker	The Influence of Event Designation on Bone Health in Division I Track and Field Athletes	Oklahoma State University	sloane.montgomery@okstate.edu
23	Madiera M. Lister, Aspen E. Streetman, Averie Brown and Katie M. Heinrich	How Does Exercise-Specific Empowerment Relate to Exercise Self-Efficacy?	Kansas State University	mmlister@ksu.edu
24	Kori Durfee, Philip Schatz, Anthony P. Kontos, Melissa N. Womble and R.J. Elbin	Reliable Change Indices (RCI) and Test-Retest Reliability for the Concussion Clinical Profiles Screening Tool (CP Screen)	University of Arkansas	korif@uark.edu
25	Quincy Johnson, Jonathan Moore, Kira Ziola and Douglas Smith	ENHANCING GOLF PERFORMANCE: MUSCULAR POWER CHARACTERISTICS WITHIN A COHORT OF ELITE NCAA DIVISION I GOLFERS	University of Nebraska - Kearney	quincy.johnson@okstate.edu
26	Solomon Garcia and Chanel Whitaker	EFFECTS OF ACUTE ANKLE STRENGTHENING AND MOBILITY EXERCISES ON BALANCE AND RANGE OF MOTION	Missouri Southern State University	SolomonGarcia98@gmail.com
27	Abigail Morris, Xiujing Zhao and Brendon McDermott	Relationship between Health Habits and Fluid Balance	University of Arkansas	Akm013@uark.edu




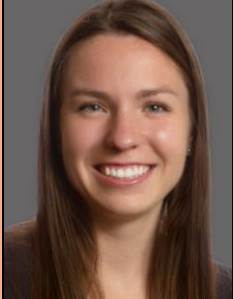
#	Authors	Title	Institution	Lead Author Email
28	Kristina Woodford, Ryann Shepherd, Claire Nagel, Elise Hodges, Rebecca Larson and Christopher Black	The Effects of Training Status and Recovery Time on the Reconstitution of Impulse Above Critical Torque	University of Oklahoma	kwoodford@ou.edu
29	Kyle Sunderland, Paige Sutton, Lochlan Charley, Amanda Ware and Ava Denner	HAMSTRINGS TO QUADRICEPS PEAK TORQUE RATIOS DEPENDENT ON ANGULAR VELOCITY IN MALE COLLEGE RUGBY ATHLETES	Lindenwood University	ksunderland@lindenwood.edu
30	Chris Couch, Erica Stilwell and Taylor Moran	CORE ACTIVATION THROUGH THE MEASUREMENT OF TRADITIONAL VS. NON-TRADITIONAL CORE EXERCISES	Ouachita Baptist University	ChrisCouch1101@gmail.com
31	Aspen E. Streetman, Averie Brown and Katie M. Heinrich	WHAT TYPES OF PHYSICAL ACTIVITY ARE MOST EMPOWERING AMONG WOMEN?	Kansas State University	aestreetman@ksu.edu
32	Claire Smith, Jocarol Shields, Shawn Reese, Marcel Dos Santos and Jason DeFreitas	Do Nerves Grow in Response to Resistance Training? A Preliminary Study	Oklahoma State University	claire.smith@okstate.edu
33	Dimitrije Cabarkapa, Drake Eserhaut, Damjana Cabarkapa, Nicolas Philipp and Andrew Fry	RELATIONSHIP BETWEEN SALIVARY TESTOSTERONE AND CORTISOL AND POINTS SCORED DURING A BASKETBALL GAME – EXPLORATORY STUDY	University of Kansas	dcabarkapa@ku.edu
34	Sunggun Jeon, Alex Olmos, Stephanie Sontag, Lyric Richardson and Michael Trevino	Maximal Strength And Motor Unit Control Strategies Following Contralateral Repeated Bouts Using Neuromuscular Electrical Stimulation	Oklahoma State University	sujeon@okstate.edu
35	Andrew Wilburn, Raegan Tremblay, David Brennan and Thomas Kern	PEAK VO2 AND SYMPTOM PROVOCATION FOLLOWING A SPORTS RELATED CONCUSSION	OU-TU School of Community Medicine	andrew-wilburn@ouhsc.edu
36	Nishra Patel, Nayeli Gutierrez-Padilla, Yostin Mendoza, Melissa Powers, Amy Townsend and Larissa Boyd	Body Composition and Physical Activity Levels Among Individuals with Low Back Pain	University of Central Oklahoma	npatel33@uco.edu
37	Alissa Gunter, Larissa Boyd, Jacilyn Olson, Eric Conchola, Kara Stone, Connor Rightmire, Casey Marler and Victoria Vickers	THE RELATIONSHIP BETWEEN BLOOD LIPIDS, BODY FAT, AND WORK AND WELL-BEING	University of Central Oklahoma	Agunter3@uco.edu
38	Caitlin Hubbard, Angelina Curiel, Rebecca Larson, J. Mikhail Kellawan, Hugo Pereira and Christopher Black	The Role of Oxygen Desaturation and Mitochondrial Function on Time-to-Task Failure	University of Oklahoma	caitlin.r.hubbard-1@ou.edu
39	Mia Young, Shawn Allen, Allen Redinger, Grace White, Jillian Joyce and Breanne Baker	The Relationship Between Diet and Sleep Quality in Collegiate Cross-country and Track & Field Athletes	Oklahoma State University	Miacorrin02@gmail.com
40	Sara Hulse and Maddilyn Terry	The Effects on Ankle Dorsiflexion and Range of Motion: Foam Rolling vs. Static Stretching	Ouachita Baptist University	saraannhulse@gmail.com
41	Kelley Hayes, Katelyn Langston and Halley Bryant	The Effects of High Intensity Interval Training on Heart Rate in Athletes vs. Non-Athletes	Ouachita Baptist University	hay68698@obu.edu




#	Authors	Title	Institution	Lead Author Email
42	Kristin M. Garner, Bryce T. Daniels, Jordan Stroope, Jessica Passarelli, Max Brigance and Erin K. Howie Hickey	EXPLORING GRADUATE STUDENTS' PHYSICAL ACTIVITY DECLINE TO EXPAND EXERCISE IS MEDICINE-ON CAMPUS	University of Arkansas	kmg020@uark.edu
43	Allen Redinger, Shawn Allen, Sloane Montgomery, Nicholas Spokely, Michael Trevino and Breanne Baker	LOCALIZED MUSCULOSKELETAL DENSITY, QUALITY, AND MORPHOLOGY IN DIVISION I TRACK AND FIELD AND	Oklahoma State University	allen.redinger@okstate.edu
44	Alex Olmos, Tony Montgomery, Kylie Sears, Taylor Dinyer-McNeely, Shane Hammer, Haley Bergstrom, Ethan Hill, Pasquale Succi and Michael Trevino	Blood Flow Restriction Influences Electromyographic Behavior of the Biceps Brachii during a High-Intensity Contraction	Oklahoma State University	aolmos@okstate.edu
45	Olivia K. Anderson, Allen L. Redinger, Shawn M.F. Allen, Mia C. Young, Taylor K. Dinyer-McNeely and Breanne S. Baker	Hormonal Contraceptives Protect Bone Health in Division I Cross-Country and Track and Field Athletes	Oklahoma State University	olivia.anderson@okstate.edu
46	Nicholas Spokely, Kelsey Weitzel, Kristin Miller, Marta Oliveira, Stephen Ball and Breanne Baker	Improving Older Adults' Functional Health Using the Progressive Stay Strong, Stay	Oklahoma State University	nicholas.spokely@okstate.edu
47	Brian Shariffi, Neil McMillan, Dain Jacob, Jennifer Harper, Camila Manrique-Acevedo, Jaime Padilla and Jacqueline Limberg	IMPACT OF INTRANASAL INSULIN ON CEREBRAL BLOOD FLOW AND CEREBROVASCULAR	University of Missouri	bs8dw@missouri.edu
48	Stephanie Sontag, Lyric Richardson, Alex Olmos, Sunggun Jeon and Michael Trevino	YOGA IMPROVES MOVEMENT, BALANCE, AND UPPER BODY MUSCULAR ENDURANCE IN HEALTHY	Oklahoma State University	stephanie.sontag@okstate.edu
49	Rob MacLennan, Jesus Hernandez-Sarabia, Shawn Reese, Jocarol Shields, Claire Smith, Katharina Stute, Jordyn Collyar, Alex Olmos, Tyler Danielson, Demi MacLennan, Jason Pagan, Ryan Girts, Kylie Harmon, Nicholas Coker, Joshua Carr, Xin Ye, Jonathan Perry, Matt Stock and Jason DeFreitas	fNIRS Brain Imaging is Capable of Discerning Hemispheric Laterality During Lower-body Contractions	Oklahoma State University	robjmacclennan@okstate.edu
50	Megan Jones, Anthony Campitelli, Cody Diehl, Ray Urbina, Jordan Glenn, Kelsey Bryk, Joshua Gills, Sally Paulson and Michelle Gray	HEALTH COACHING IMPROVES BODY COMPOSITION IN MALES 45-75 AFTER 1-YEAR OF	University of Arkansas	mdl016@uark.edu
51	Shawn Allen, Allen Redinger, Nicholas Spokely, Sloane Montgomery, Mia Young and Breanne Baker	Skeletal differences between Elite Division I Cross-Country and Track and Field Athletes and Controls	Oklahoma State University	shawn.m.allen@okstate.edu


Below are the specific speaker profiles for each session.







2-Mar	Time	Talk Title	Presenter	Affiliation	Photo	e-mail
Auditorium	10:15-11:45	The Comparison of Dual Task Time Among APOE Carriers Against Non- APOE Carriers	Dr. Diehl	University of Arkansas		cdiehl@uark.edu
	10:15-11:45	Using Physical Function Performance Tests and Fall Outcomes to Predict RBANS Scores in Older Adults	Urbina	University of Arkansas		rurbina@uark.edu
	10:15-11:45	Improving Older Adults' Functional Health Using the Progressive Stay Strong, Stay Healthy Program	Spokely	Oklahoma State University		nicholas.spokely@okstate.edu
	10:15-11:45	Health Coaching Improves Body Composition in Males 45-75 After 1-Year of Intervention	Jones	University of Arkansas		mdl016@uark.edu
	10:15-11:45	Impact of Intranasal Insulin on Cerebral Blood Flow and Cerebrovascular Reactivity in Healthy Young Adults	Shariffi	University of Missouri		bs8dw@missouri.edu

2-Mar	Time	Talk Title	Presenter	Affiliation	Photo	e-mail
Roberts Room	10:15-11:45	An Introduction to High Intensity Functional Training & CrossFit Methodology	Dr. Heinrich	Kansas State University; The Phoenix		kmhphd@gmail.com
	10:15-11:45	High intensity functional training: Perspectives from current adaptive athletes and coaches	Dr. Koon	University of Kansas		lyndsieku.edu
	10:15-11:45	CrossFit For People with Parkinson's & Their Partners	Dr. R. Handlery	Arkansas College of Health Education		reed.handlery@achehealth.edu
	10:15-11:45	CrossFit For People with Spinal Cord Injury & Their Partners	Dr. K. Handlery	Arkansas College of Health Education		kaci.handlery@achehealth.edu

2-Mar	Time	Talk Title	Presenter	Affiliation	Photo	e-mail
Bank of Oklahoma	10:15-11:45	fNIRS Brain Imaging is Capable of Discerning Hemispheric Laterality During Lower-body Contractions	MacLennan	Oklahoma State University		robmacleannan@okstate.edu
	10:15-11:45	Preliminary Results from a Novel Movement-Based Concussion Screening Tool	Thomas	University of Missouri		jmt2mb@missouri.edu
	10:15-11:45	Validation of a Neuro-Fitness Device to Assess Cognitive and Reaction Time Measures: A Pilot Study	Huynh	Wichita State University		tdhuynh1@shockers.wichita.edu
	10:15-11:45	The Influence of Prolonged Standing on Temporal-Spatial Gait Characteristics	Mueller	New York Institute of Technology College of Osteopathic Medicine		emueller@nyit.edu

2-Mar	Time	Talk Title	Presenter	Affiliation	Photo	e-mail
Auditorium	2:00-3:00pm	Fatigue thresholds for predicting human performance	Dr. Dinyer-McNeely	Oklahoma State University		taylor.dinyer@okstate.edu
	2:00-3:00pm	Physiological interactions that determine critical performance thresholds	Dr. Hammer	Oklahoma State University		shane.hammer@okstate.edu
	2:00-3:00pm	- The Influence of Afferent Input on Critical Fatigue Thresholds	Dr. Black	University of Oklahoma		cblack@ou.edu





2-Mar	Time	Talk Title	Presenter	Affiliation	Photo	e-mail
Roberts Room	2:00-3:00pm	Connecting the dots between Physical Activity and Educational outcomes: Exploring type & intensity of activity	Dr. Howie-Hickey	University of Arkansas		ekhowie@uark.edu
	2:00-3:00pm	- Fitbits, field-tests, & grades: The effects of a healthy & physically active lifestyle on the academic performance of 1st year college students	Gomes	Oral Roberts University		gladyschenyx@oru.edu
	2:00-3:00pm	Exploring Graduate Students' PA Decline to Expand EIM On-campus Programming	Garner	University of Arkansas		kmg020@uark.edu
	2:00-3:00pm	The Impact of the COVID-19 Pandemic on College Student's Stress and Physical Activity Levels	Chen	Oral Roberts University		gladyschenyx@oru.edu

2-Mar	Time	Talk Title	Presenter	Affiliation	Photo	e-mail
Bank of Oklahoma Room	2:00-3:00pm	Body Comp. Changes in NBA Players Using DXA	Dr. Baker	Oklahoma State University		bree.baker@okstate.edu
	2:00-3:00pm	The Impact of Self-promotion and Social Media on Sleep and Mental Health Among Student-Athletes	Adanin	Northwest Missouri State University		adanin@nwmissouri.edu
	2:00-3:00pm	Skeletal differences between Elite Division I Cross-Country and Track and Field Athletes and Controls	Allen	Oklahoma State University		shawn.m.allen@okstate.edu
	2:00-3:00pm	Yoga Improves Movement, Balance, and Upper Body Muscular Endurance in Healthy Adults	Sontag	Oklahoma State University		stephanie.sontag@okstate.edu
	2:00-3:00pm	Hormonal Contraceptives Protect Bone Health in Division I Cross-country and Track and Field Athletes	Anderson	Oklahoma State University		olivia.anderson@okstate.edu
	2:00-3:00pm	Comparison of Selected Recovery Protocols on Maximal Grip Strength Following Simulated Rock-climbing Static Hang Time	Diaz	Oklahoma State University		adiazpe@okstate.edu

2-Mar	Time	Talk Title	Presenter	Affiliation	Photo	e-mail
Auditorium	4:15-5:15pm	Sex Differences in Contraction-Induced Blood Flow Limitations During Small Muscle Mass Exercise in Humans	Sears	Oklahoma State University		kylie.n.burlison@okstate.edu
	4:15-5:15pm	- Blood Flow Restriction Influences Electromyographic Behavior of the Biceps Brachii during a High-Intensity Contraction	Olmos	Oklahoma State University		aolmos@okstate.edu
	4:15-5:15pm	Influence of Blood Flow Restriction on Neuromuscular Function and Fatigue During Elbow Flexion in Men	Montgomery	Oklahoma State University		tony.montgomery@okstate.edu
Bank of Oklahoma	4:15-5:15pm	Evidence-based Whole-body Cooling: Treatment, Recovery, or Simple Gimmick	Dr. McDermott	University of Arkansas		brendonpmcdermott7@gmail.com

3rd	Time	Talk Title	Presenter	Institution/Employer		e-mail
Auditorium	9:30-10:30am	Considerations for Applied Research	Dr. Russell	Oklahoma City Thunder		jrussell@okcthunder.com
	9:30-10:30am	Building the GRIP	Dr. Smith	Oklahoma State University		doug.smith@okstate.edu

3rd	Time	Talk Title	Presenter	Institution/Employer	e-mail
Roberts Room	9:30-10:30am	Medical Referral Exercise Program	Dr. Spelman	Oklahoma Health Sciences Center	 Kelley-Spelman@ouhsc.edu
	9:30-10:30am	Clinical Exercise Physiology-New Horizons	Dr. Brennan	OU-TU School of Community Medicine	 David-Brennan@uhsc.edu
	9:30-10:30am	EIM on Campus	Dr. Howie Hickey	University of Arkansas	 ekhowie@uark.edu
	9:30-10:30am	Evidence Based Community Exercise Programs, The Next Step	Weitzel	University of Missouri	 weitzelkj@missouri.edu

3rd	Time	Talk Title	Presenter	Institution/Employer	e-mail
Auditorium	1:30-2:30pm	Motion Capture to reduce injury risk	Dr. Cabarkapa	University of Kansas	 dcabarkapa@ku.edu
	1:30-2:30pm	Localized Musculoskeletal Density, Quality, and Morphology in Division I Track and Field and Cross-Country Athletes	Redinger	Oklahoma State University	 allen.redinger@okstate.edu
	1:30-2:30pm	Effects of External Loading During Daily Living on Anaerobic Performance in D1-A Rugby Athletes	Pulscher	Arkansas State University	 matthew.pulscher@mail.astate.edu
	1:30-2:30pm	Differences in Salivary Testosterone and Cortisol Between Winner and Losing Teams in Professional Men's Basketball	Cabarkapa	University of Kansas	 d927c184@ku.edu