

Annual Meeting: March 2<sup>nd</sup> and 3<sup>rd</sup>, 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

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Welcome to the **2023 Central States Chapter Meeting of the American College of Sports Medicine**. CS-ACSM is being held in Tulsa, Oklahoma on March 2<sup>nd</sup> and 3<sup>rd</sup>. Below are key conference details and the program schedule. *Subject to change.*

### ONLINE RESOURCES

**CS-ACSM Home Site** can be found at:

<https://www.acsm.org/membership/regional-chapters/acsm-chapters/central-states>

**CS-ACSM Twitter** @CSACSM 

**Conference Registration** is OPEN at:

[https://members.acsm.org/ACSM/Events/Event\\_Display.aspx?EventKey=CS2023S](https://members.acsm.org/ACSM/Events/Event_Display.aspx?EventKey=CS2023S)

**Conference Hotel** (with a discounted rate) information is at:

[https://www.ihg.com/holidayinnexpress/hotels/us/en/tulsa/tuldd/hoteldetail?fromRedirect=true&qSrt=BR&qlta=99801505&icdv=99801505&qSIH=TULDD&qGrpCd=OKC&setPMCookies=true&qSHBrC=E&qDest=310+East+Archer+Street%2C+Tulsa%2C+OK%2C+US&srb\\_u=1](https://www.ihg.com/holidayinnexpress/hotels/us/en/tulsa/tuldd/hoteldetail?fromRedirect=true&qSrt=BR&qlta=99801505&icdv=99801505&qSIH=TULDD&qGrpCd=OKC&setPMCookies=true&qSHBrC=E&qDest=310+East+Archer+Street%2C+Tulsa%2C+OK%2C+US&srb_u=1)

Holiday Inn Express & Suites Tulsa Downtown  
310 East Archer Street  
Tulsa, OK 74120

### 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!



SCAN FOR  
ONLINE  
CAMPUS MAP



## **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.

## **Lactation Room**

A lactation rooms is available onsite.

## **Program highlights**

We have three choices for programs beginning at 10:15 am on Thursday with Option 1: Aging Symposium, Option 2: CrossFit for Adults with Physical Disabilities, and Option 3: Novel Methodologies. We have also obtained a Gatorade Sports Science Institute speaker

Beginning at 2:00 pm on Thursday we have three more choices for programs with Option 1: Fatigue Thresholds: Mechanisms of Impact on Performance, Option 2: Researching students' Health, and Option 3: Athlete and Sports Research Thematic Poster Session.

The Keynote speaker, **Dr. Bob Sallis**, will begin at 3:15 pm on Thursday the 2<sup>nd</sup> of March. The final programing will be Option 1: Blood Flow Restriction Research and Option 2: Evidence-based Whole-body Cooling. Our Quiz Bowl championship will start at 5:30 in the Roberts Room with pizza and a cash bar.

On Friday, we will start off with Student Poster Presentations followed by two choices for programs with Option 1: Applied Athlete Research Symposium and Option 2: Exercise is Medicine Symposium. The Student Research Grant Winners will present at 10:30-11:30 in the auditorium and lunch is a buffet just prior to the student competition. Our Outstanding Student Research Awards Competition will follow at 1:00 pm. The final two choices for programing will start at 1:30 with Option 1: Athlete Symposium and Option 2: Jobs and Networking.

The **Central States Business meeting** will begin at approximately 2:30 with the presentation of Award Winners and closing remarks. Our plan is to be finished by 3:30 pm so everyone can head home.

Central States Annual Conferences Per the By-laws: "CSACSM will hold an annual meeting in the Spring of each calendar year (e.g., early March) for its membership that includes social, scientific, and business activities. The annual meeting occurs on a 3-city rotation in the following manner: 1. Kansas City area – 2021/2024/2027, etc. 2. Fayetteville –2022/2025/2028, etc. 3. Tulsa/Broken Arrow area – 2023/2026/2029, etc." We look forward to seeing you in the **Kansas City** area next year!



## 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 is easy to read, has large font, and works on the computer prior to your session.

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](mailto: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](mailto: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](mailto: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 3<sup>rd</sup> 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](mailto:DCrawford@UCMO.edu).

<b>CONFERENCE PROGRAM – Thursday Morning</b>		
<b>Time</b>	<b>Location</b>	<b>Presentations/Activities</b>
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"><b>Option # 1 Aging Symposium</b></p> <p><b>Dr. Diehl-</b> The Comparison of Dual Task Time Among APOE Carriers Against Non- APOE Carriers  <b>Urbina-</b> Using Physical Function Performance Tests and Fall Outcomes to Predict RBANS Scores in Older Adults  <b>Spokely-</b> Improving Older Adults’ Functional Health Using the Progressive Stay Strong, Stay Healthy Program  <b>Jones-</b> Health Coaching Improves Body Composition in Males 45-75 After 1-Year of Intervention  <b>Shariffi-</b> 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"><b>Option # 2 CrossFit for Adults with Physical Disabilities</b></p> <p><b>Dr. Heinrich-</b> An Introduction to High Intensity Functional Training &amp; CrossFit Methodology  <b>Dr. Koon-</b> High intensity functional training: Perspectives from current adaptive athletes and coaches  <b>Dr. R. Handlery-</b> CrossFit For People with Parkinson's &amp; Their Partners  <b>Dr. K. Handlery-</b> CrossFit For People with Spinal Cord Injury &amp; Their Partners</p>
10:15-11:45am	Bank of Oklahoma	<p align="center"><b>Option # 3 Novel Methodologies</b></p> <p><b>MacLennan-</b> fNIRS Brain Imaging is Capable of Discerning Hemispheric Laterality During Lower-body Contractions  <b>Thomas-</b> Preliminary Results from a Novel Movement-Based Concussion Screening Tool  <b>Huynh-</b> Validation of a Neuro-Fitness Device to Assess Cognitive and Reaction Time Measures: A Pilot Study  <b>Mueller-</b> 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

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

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