



# **2023 ACSM Northwest Annual Meeting**

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Portland, OR

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*February 24th & 25th*

Time	Mt. Hood	Mt. Adams	Cascade A/B
9:00- 9:45 a.m.	<b>Pre-Conference Meet &amp; Greet</b>		
9:45 - 10:00 a.m.	<b>Opening Remarks</b>		
10:00 - 10:50 a.m.	<b>Keynote – Catrine Tudor-Locke</b> Re-Imagining Physical Activity Guidelines Using Practical Metrics Common to Most Wearable Technologies		
11:00 - 11:50 a.m.	<b>Chris Connolly</b> The Ultra-Endurance Triathlete: Protecting Both Victor and Victim	<b>Presidents Cup Posters</b> Session 1	<b>Samantha Myers &amp; Christopher Chalmers</b> Adapting Supervised Exercise Trials for People Living With Cancer to the Remote Setting
12:00 - 1:30 p.m.	<b>Lunch – On your own</b>		
1:30 - 2:20 p.m.	<b>Sean Newsom</b> Muscle Matters: New Mechanisms Explain How SGLT2 Inhibitors Improve Glucose Metabolism	<b>Presidents Cup Posters</b> Session 2	<b>Joshua Bailey &amp; Lukas Krumpal</b> Wearable Technology and Mechanical Metrics – Data Overload or Effective Practice for the Recreational Runner
2:30 - 3:20 p.m.	<b>Matt Robinson</b> New Drugs, Unknown Tricks: Does SGLT2 Inhibition Augment or Impair Skeletal Muscle Adaptations to Exercise?	<b>Free Communication Posters</b> Session 1	<b>Graduate Student Oral Presentations</b> Session 1
3:30 - 4:20 p.m.	<b>Dan Heil</b> Maximal Graded Exercise Testing – An Evolution of Sports Specific GXTs for Elite Cross-Country Skiers	<b>Free Communication Posters</b> Session 2	<b>Graduate Student Oral Presentations</b> Session 2
4:20 - 5:00 p.m.	<b>Open transition time – bar will be available in preparation for dinner and social. Please use this time to visit our vendors and sponsors!</b>		
5:00 - 7:30 p.m.	<b>Social</b> Food will be provided for dinner & a bar will be available (first drink is on us!)		

Time	Mt. Hood	Mt. Adams	Cascade A/B
8:00- 9:20 a.m.	<b>Student Bowl</b>		
9:30 - 10:20 a.m.	<b>Keynote – Catrine Tudor-Locke</b> A Brief History of Step Counting and Cadence Tracking		
10:30 - 11:20 a.m.	<b>Marc Norcross &amp; Cathy Crowell</b> Breaking Down Barriers: Healthcare Access, Utilization, and Characteristics of Care in NCAA Division I Athletics	<b>Free Communication Posters</b> Session 3	<b>Professional Oral Presentations</b>
11:30 - 12:20 p.m.	<b>Keynote – Khalil Lee</b> Prescribing “Rest”: How to Optimize Recovery		
12:00 - 1:30 p.m.	<b>Lunch Provided</b>		
1:30 - 2:20 p.m.	<b>Ann Brown &amp; Samantha Brooks</b> Normal Weight Obesity: Can You Be Skinny Fat?	<b>Undergrad. Thematic Posters</b> Session 1	<b>Dan Heil &amp; Dee Dee Ayra Salle</b> Walking Football4Health (WaF4H) Asia – A Worldwide Movement Promoting Health and Wellbeing Through Sport
2:30 - 3:20 p.m.	<b>Brendan Kaiser &amp; Christopher Chapman</b> Heat Stress: Cure-All or Catastrophe for Human Health?	<b>Undergrad. Thematic Posters</b> Session 2	
3:25 - 4:15 p.m.	<b>Business Meeting, Awards Ceremony, Election Results, Closing Remarks</b>		

## Keynote Speakers

### Catrine Tudor-Locke, PhD



Catrine Tudor-Locke, PhD, FACSM, FNAK is Professor and Dean of the College of Health and Human Services at the University of North Carolina at Charlotte (UNCC). Immediately preceding her appointment at UNCC, Dean Tudor-Locke was at the University of Massachusetts Amherst (UMASS-Amherst), where she was associate dean for research and administration in the School of Public Health and Health Sciences while previously serving as chair of the Department of Kinesiology at UMASS-Amherst.

Dr. Tudor-Locke is a walking behavior researcher and a recognized world leader in objective physical activity assessment and promotion, specifically focused on pedometer or accelerometer-determined ambulatory activity captured as steps/day across the lifespan. She is a trained program evaluator and adult educator focused on practical applications in objective monitoring measurement and intervention. She has also published extensively on the relationship between time spent in sedentary behavior and relatively low ambulatory activity, measured as steps/day.

Khalil Lee is an Associate Principal Scientist at the Gatorade Sports Science Institute (GSSI) Satellite Lab at IMG Academy in Bradenton, FL. His responsibilities include research and oversight of sports science education programs for IMG athletes and sports staff. Khalil earned his BS and MS degrees in Sport and Fitness Management from Troy University, where he played two years as a defensive back on the Troy Trojans football team. In 2014, he received his PhD from Auburn University in Kinesiology with a concentration in Exercise Physiology. While at Auburn, he conducted research in the areas of thermophysiology and the impacts of apparel on thermoregulation under the direction of Dr. David Pascoe. Prior to arriving at GSSI, Khalil served as an adjunct professor in the School of Kinesiology at Auburn, and he remains passionate about educating and translating the science of exercise and performance to a variety of audiences. Khalil enjoys spending time with his wife, cross training, cooking, and traveling.

### Khalil Lee, PhD

