



**2019 ACSM NORTHWEST AND ALASKA ANNUAL MEETING
MARCH 1-2, 2019
BEND, OR**



“Innovation, Application, and Future of Physical Activity, Exercise and Sport”

Friday March 1st, 2019			
	Exhibit Hall	ABJ Room	CD Room
8:00 – 9:45			Student Quiz Bowl
10:00 – 10:15		Opening Remarks	
10:15 – 11:00		Larry Armstrong, Ph.D., FACSM <i>The Human Intestinal Microbiota Influences Health & Sports Performance</i>	
11:15 – 12:00		TBD	Pat Davidson, Ph.D. <i>The Future of Program Design: Moving Towards an Objective Biomechanics Based Model</i>
12:00 – 1:30	Lunch		
1:30 – 2:15		Bret Contreras, Ph.D. <i>(TBD)</i>	Alaska <i>(TBD)</i>
2:30 – 3:15		Micah Drummond, Ph.D. <i>Muscle and metabolic decline with disuse in older adults: Mechanisms and countermeasures</i>	Cisco Reyes, Ph.D. (Symposium) <i>Crockpot the Youth Athlete: Understanding Youth Athleticism for Long-term Athletic Development</i>
3:30 – 4:15	President’s Cup Poster Session	Andrew Mitchell, ACE, CSCS, EP-C, EXOS, FMS2, SFG2, PN1 <i>MNR (Movement, Nutrition, Regeneration) Approach to Training and Coaching</i>	TBD
4:30 – 5:00	Break (Panel with Vendors)		
5:00 – 7:30	Poster Session		



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Saturday March 2nd, 2019

	Exhibit Hall	ABJ Room	CD Room
8:00 – 9:00		Doctoral Student Presentations	Michael Lynch, M.S., RDN, RCEP, CDE, CHWC and Brad Roy, Ph.D., FACSM. FMFA, FACHE <i>Clinical Exercise Physiologist Profession, What’s in it for me? Current status and Future Opportunities.</i>
9:15 – 10:00		Jim Davis, Ed.M., MA <i>Eat, Move, Sleep: The Bedrock of Human Performance</i>	Aaron Harding, M.S., RCEP, FAACVPR and Robert Confessore <i>Cardiopulmonary Exercise Testing [CPET]- An Underutilized Powerful Clinical Tool</i>
10:15 – 11:00	Undergraduate Student Thematic (Research)	Anna Hartman, AT, MS, ATC, CSCS, PMA-CPT <i>Sensory Integration and Biotensegrity- A whole organism approach to movement efficiency</i>	John Quindry, Ph.D. <i>Bench to bedside to sideline: Animal models in exercise science</i>
11:15 – 12:00	Undergraduate Student Thematic (Fitness)	Mike Howell <i>Managing Expectations and Leading Up: Doing Your Part to Bring Your A-Game Every Time</i> Eli Lankford, Ph.D. FACSM <i>How to Mix Exercise Science and Business: What's Missing?</i>	Robert Roach, Ph.D. (Symposium) <i>AltitudeOmics: Understanding Exercise Performance and Clinical Hypoxemia Through the Integrative Human Physiology of Altitude Acclimatization</i>
12:00 – 1:30	Lunch		
1:30 – 2:15	Undergraduate Student Thematic (Clinical)	Michael Barber, M.D., Ph.D., FACC, FHRS, FAHA <i>The Future of Medicine: The Roles of Non-Physicians in the Paradigm of Integrative Medicine</i>	Matthew Laye, Ph.D. (Symposium) <i>The Human Microbiome as an Important Factor in Exercise Research: Hype or Reality?</i>
2:30 – 3:15		Maryann Hoke, Ph.D. <i>(TBD)</i>	Master’s Student Presentations
3:30 – 4:15	Bret Contreras, Ph.D. <i>Hands on</i>	Larry Armstrong, Ph.D., FACSM <i>Individual Assessment of Hydration Status During Exercise and Daily Activities</i>	Charlie Katica, Ph.D., Kelly Pritchett, Ph.D. & Robert Pritchett, Ph.D. (Symposium) <i>Thermoregulatory, Nutritional and Training Considerations for Spinal Cord Injured Athletes</i>
4:30 – 5:00		Business Meeting	
5:00 – 5:15		Closing Remarks	