Rocky Mountain ACSM Annual Meeting 2019

March 1st and 2nd, 2019
Metropolitan State University of Denver
Science Building Rm 1067
Denver, CO 80210
Welcome

On behalf of the Rocky Mountain American College of Sports Medicine (RMACSM) board, welcome to the 2019 Annual Meeting at Metropolitan State University of Denver! The theme of this year’s meeting is “Intensity Matters in the Mile High City.” The RMACSM board has recruited an amazing array of speakers for the conference, featuring Dr. Len Kravitz as our keynote speaker on Friday and Saturday!

The conference will begin with, none other than Dr. Dave Hydock as our Past-President lecture. Following the presentation, Dr. Len Kravitz will give a lecture aimed at the students in attendance. Immediately after, the poster session will take place in the nearby atrium. Take this time to see what other students have been busy doing and hob-nob with the faculty. This is also a great time to network or find out about the different programs in the area.

Don’t leave Friday night. Dr. Kravitz will present again in the morning on “HITT Training, the Evolution of Intensity”. The annual student bowl (open to undergraduate teams) will take place right after the keynote lecture. Each student on the winning team will earn a monetary award to defray the cost of attending ACSM’s 66th Annual Meeting in Orlando and will be representing RMACSM at the 12th Annual Student Bowl on Wednesday, May 29th. Get a great team together and start reviewing the Tricarboxylic Acid Cycle! Our speaker lineup on Saturday is outstanding and includes Max Schmarzo (Director of Sport Performance at Resilience Code), Andrew Smith (CEPA), and Dr. Allen Lim (founder Skratch Labs®).

The meeting will conclude with a planning meeting. All are welcome to participate. Keep in mind that the RMACSM Chapter depends on the support of its members, like you. Thank you for your support and attendance at the RMACSM annual meeting.

Continuing Education Credits (CEC)

RMACSM has been approved, by ACSM, to provide 6.5 CEC’s for attending this conference. Please claim your CEC approval form at the end of the meeting.

The Mission of the Rocky Mountain Chapter of the American College of Sports Medicine is to advance and integrate scientific research to provide educational and practical applications of exercise science and sports medicine.
Keynote Speaker

Dr. Len Kravitz, CSCS

Student Lecture: Mastering Presentations
Whether one-on-one with a client, in a small group, or at a national convention, delivering a presentation that “packs a wallop” has numerous key concepts and variables. This impactful lecture will discuss proven techniques of a dynamic impacting presentation, including communication apprehension, organization (chronological, topical, cause/effect), delivery, clarity, rhythm, tempo and style. High-impact tips for working with multimedia will also be demonstrated.

Keynote Address: HIIT Training: The Evolution of Intensity
This lecture will highlight the emerging research examining high-intensity interval training; indicating numerous benefits for cardiovascular health, fat loss, insulin resistance and cardioprotection. Dr. Kravitz has scoured the research and will present some of the most unique and exciting HIIT programs from throughout the world.

Len Kravitz, PhD, CSCS is the program coordinator of exercise science at the University of New Mexico where he received the Presidential Award of Distinction and the Outstanding Teacher of the Year award. He is a 2016 inductee into the National Fitness Hall of Fame and recipient of the Canadian Fitness Professional Lifetime Achievement Award.
Speakers

Past-President - Friday

Dr. Dave Hydock

Past-President Address: Cancer Treatment Toxicities: Using Exercise and Nutrition to Battle Side Effects

David Hydock Ph.D. is an associate professor in the School of Sport of Exercise Science at the University of Northern Colorado in Greeley, Colorado. His primary research explores the effects of exercise and nutritional interventions on cancer treatment related side effects with a special focus on skeletal muscle weakness and fatigue.

Applied Speaker - Saturday

Max Schmarzo, MS, ATC, CSCS

Director of Sport Performance - Resilience Code

Invited Speaker Address: Giving Context to Intensity

Intensity is relative to the person and their goals. Being able to provide context to intensity via different sport science technologies and insights allows training to become more individualized and effective.

Max Schmarzo (CSCS, ATC, MS) is the Director of Sport Science at Resilience Code, Chief Science Officer of Exsurgo Technologies and Founder of Strong By Science. He is an author of several books on sport science and program design, professional consultant and product developer. His expertise is in design thinking for effective data utilization, performance assessment and multi-disciplinary integration.
Invited Speaker

Andrew R. Smith, MS, RCEP, CCRP, CHC

Invited Speaker Address: CEPA and the Clinical Exercise Physiologist

Andrew is an experienced clinical exercise physiologist with a history of working in the health-care industry and academic settings. He is skilled in cardiovascular rehabilitation, wellness, health coaching, chronic disease prevention, and university-level teaching.

Andrew is a Colorado native and lives in Greeley, CO with his wife Rebecca. Together they enjoy hiking, cycling, and getting outside with their golden retriever, Fozzie. Andrew is an alumnus of the University of Northern Colorado where he earned a BA in Kinesiology and an MS in Exercise Physiology.

He is an ACSM Registered Clinical Exercise Physiologist (RCEP), an AACVPR Certified Cardiac Rehabilitation Professional (CCRP), and a National Society of Health Coaches Certified Health Coach (CHC).

Andrew holds the positions of Lecturer in Exercise Physiology and Coordinator of Undergraduate Exercise Science Internships in the School Sport and Exercise Science at the University of Northern Colorado. He is also employed as a Clinical Exercise Physiologist in cardiovascular rehabilitation at North Colorado Medical Center.

Andrew is a contributing author for the soon-to-be-released textbook *ACSM’s Clinical Exercise Physiology*. He is currently serving as the Assistant Editor of the Clinical Exercise Physiology Association’s newsletter.

He is committed to advancing the profession by actively contributing to the professional development of emerging and experienced clinical exercise physiologists.
GSSI Speaker

Dr. Allen Lim, Skratch® Labs

Invited Speaker Address: Starting from Skratch

Dr. Lim will be covering the trials and the tribulations that led him from graduate school to the dirty and clean extremes of the Pro Cycling Tour to the genesis of Skratch Labs®. His hope is to inspire students to believe in a world where no matter where they find themselves in life, they can always start from scratch - a world where the Prima Faccia matters - the idea that if you have the ability to help someone, you are morally obliged to try.

Dr. Allen Lim received his doctorate from the Applied Exercise Science Laboratory in the Department of Integrative Physiology at the University of Colorado at Boulder under the direction of Dr. William C. Byrnes. His doctoral work focused on the use of portable power meters to better understand the demands associated with professional cycling. After graduating from the University of Colorado in 2004, Allen moved to the Pro Cycling Tour as a sport scientist and coach for the Phonak, Garmin, and Radio Shack professional cycling teams. In 2012, Allen left the Pro Cycling Tour and founded Skratch Labs® to help make people better through innovative and pragmatic sports nutrition products that range the gamut from sports drinks to cookbooks. At Skratch Labs®, Allen is responsible for product development and culture - much of which is informed by his continued work with professional athletes that currently includes the EF Education First Pro Cycling Team and Olympic Gold Medalist Gwen Jorgensen.
Student Presentations

2018 Grant Recipients - Saturday

Jonathan Lisano (University of Northern Colorado)
Title: Whole Blood Immune Response to Lipopolysaccharide in Physically Active Cannabis Users and Non-Users

Sewan Kim (University of Colorado Boulder)
Title: A comparison of blood volume and its components in transtibial amputee versus non-amputee endurance trained athletes: A progress report
# Schedule of Events

## March 1st, 2019 - Friday

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<th>Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>4:00-5:00pm</td>
<td>Science Building (SI)</td>
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<tr>
<td>5:00-6:00</td>
<td>SI 1067</td>
</tr>
<tr>
<td>6:00-7:00</td>
<td>SI 1067</td>
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<tr>
<td>7:00-9:00</td>
<td>Science Building</td>
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Past-President: **Dr. Dave Hydock**

Student Lecture: **Dr. Len Kravitz**

Posters

## March 2nd, 2019 - Saturday

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<th>Time</th>
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<tbody>
<tr>
<td>7:00-8:00 am</td>
<td>Science Building (SI)</td>
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<tr>
<td>8:00-8:15</td>
<td>SI 1067</td>
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<td>8:15-9:30</td>
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<td>9:30-9:45</td>
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<td>9:45-10:45</td>
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<td>10:45-11:15</td>
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<td>11:45-12:45</td>
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Speaker: **Max Schmarzo**

Keynote: **Dr. Len Kravitz**

Break

GSSI: **Dr. Allen Lim**

Student Bowl

2019 Grant and Undergrad/Grad Presentation Winners Announcement

Member Feedback and Future Planning

RMACSM – Board Meeting
Registration

Registration Rates until 2/11/2019 (registration includes lunch)

- Professional RMACSM Member: $100
- Professional Non-RMACSM Member: $150
- Professional New RMACSM Member*: $135
- Student RMACSM Member: $40
- Student Non-RMACSM Member: $70
- Student New RMACSM Members*: $55

Registration Rates 2/12/2019 until 2/24/2019 - (registration includes lunch)

- Professional RMACSM Member: $150
- Professional Non-RMACSM Member: $200
- Professional New RMACSM Member*: $185
- Student RMACSM Member: $55
- Student Non-RMACSM Member: $85
- Student New RMACSM Members*: $75

* Price includes 1 year ($15) membership to RMACSM

Hotels

SpringHill Suites Denver Downtown
1190 Auraria Parkway
Denver, CO 80204
303-705-7300

theCurtis
1405 Curtis Street
Denver, CO 80202
303-571-0300
Directions

Location: Metropolitan State University of Denver
Science Building, Room 1067
1150 12th St, Denver CO 80204

Directions from the NORTH (Ft. Collins et al.)

Directions from the SOUTH (Alamosa)

Directions from the WEST (Grand Junction)

Parking (red squares)

Two closest lots are Tivoli Parking Garage and Spruce Lot (both are $6.50 whole day). No attendants to pay, you will need your license plate number and pay at a blue kiosk.
Thanks To Our Sponsors

RMACSM would like to extend out thanks to the following for their support of our program this year.

[Logos of sponsors]

Helen and Arthur E. Johnson Beth-El College of Nursing and Health Sciences
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American College Health Association
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