Thursday, February 13, 2020

11:00-1:00  SEACSM EXECUTIVE BOARD MEETING (Mathews Room)

12:00-6:30  EXHIBITS (3rd Floor Skybridge)

1:00-6:00  REGISTRATION AND STUDENT HELP Desk (3rd Floor Skybridge)

1:00-2:00  AUDIOVISUAL TEAM MEETING (City Terrace 11)

2:00-2:50  PRE-CONFERENCE TUTORIAL (City Terrace 9)

PC1  Pre Conference Tutorial: Rapid Research Race
    Samuel L. Buckner¹, Emily Bechke², Jonathan Joseph Ruiz-Ramie³. ¹University of South Florida, Tampa, FL, ²University of North Carolina-Greensboro, Greensboro, NC, ³University of South Carolina, Columbia, SC.
    Chair: B. Sue Graves. Florida Atlantic University, Boca Raton, FL.

3:00-3:50  PRE-CONFERENCE SYMPOSIUM (City Terrace 7)

PC2  BUILDING YOUR CAREER IDENTITY: PROFESSIONAL DEVELOPMENT FOR EXERCISE SCIENCE STUDENTS
    Ashlyn N. Schwartz¹, Lindsay P. Toth², Brian B. Parr³. ¹University of Tennessee, Knoxville, TN, ²University of North Florida, Jacksonville, FL, ³University of South Carolina Aiken, Aiken, SC.
    Chair: Trudy M. Moore-Harrison. Charlotte, NC.

3:00-3:50  PRE-CONFERENCE SYMPOSIUM (City Terrace 9)

PC3  IT’S NOT ALWAYS WHAT YOU KNOW, BUT WHO YOU KNOW: LESSONS IN NETWORKING
    Emily E. Bechke¹, Jonathan J. Ruiz-Ramie², Ashlyn N. Schwartz³. ¹University of North Carolina-Greensboro, Greensboro, NC, ²University of South Carolina, Columbia, SC, ³University of Tennessee, Knoxville, TN.
    Chair: Lauren G. Killen. University of North Alabama, Florence, AL.

4:00-6:00  STUDENT AWARD POSTER FREE COMMUNICATIONS I (Orlando Room)

D1-D8, M1-M8, U1-U8. Authors present, 4:00-6:00 p.m.
    Chair: Lynn Panton. Florida State University, Tallahassee, FL.

D1  CLINICALLY SIGNIFICANT WEIGHT LOSS & AUTONOMIC FUNCTION
    Joshua Eric McGee. East Carolina University, Greenville, NC.

D2  EFFECTS OF BEETROOT JUICE COMPONENTS ON EXERCISE TOLERANCE AND CARDIOMETABOLIC HEALTH IN INDIVIDUALS WITH OBESITY
    Christian E. Behrens, Rakesh P. Patel, Braxton A. Linder, Khandaker A. Ahmed, Brenda M. Bertrand, Jose R. Fernandez, Gordon Fisher, FACSM. University of Alabama at Birmingham, Birmingham, AL.

D3  FACTORS AFFECTING ASYMMETRICAL KNEE FLEXION AND VARUS MOMENTS DURING GAIT FOLLOWING ANTERIOR CRUCIATE LIGAMENT RECONSTRUCTION
    Mallory A. Law¹, Madeleine L. O’Callaghan¹, Olivia M. Hoey², Macie M. Sims¹, Jennifer L. Hunnicutt², Mark A. Lyle², Liang-Ching Tsai³. ¹Georgia State University, Atlanta, GA, ²Emory University, Atlanta, GA.

D4  THE IMPACT OF RESIDUAL LUNG VOLUME METHOD ON MULTI-COMPARTMENT MODEL BODY COMPOSITION ASSESSMENT
    Zackary S. Cicone, Bjoern Hornikel, Clifton J. Holmes, Michael V. Fedewa, Michael R. Esco, FACSM. University of Alabama, Tuscaloosa, AL.

D5  THE ASSOCIATION BETWEEN BODY MASS INDEX AND BODY FAT PERCENTAGE: A COMPARISON BETWEEN RACES
    Malia N.M. Blue, Katie R. Hirsch, Gabrielle J. Brewer, Hannah E. Saylor, Lacey M. Gould, Abbie E. Smith-Ryan, FACSM. University of North Carolina, Chapel Hill, NC.
D6  PREDIABETES PHENOTYPE DOES NOT EXACERBATE MICROVASCULAR INSULIN SENSITIVITY IN METABOLIC SYNDROME
Emily M. Heiston, Stephanie L. Miller, Zhenqi Liu, Arthur Weltman, FACSM, Eugene J. Barrett, Steven K. Malin, FACSM. *University of Virginia, Charlottesville, VA.*

D7  ARE THERE RACIAL DIFFERENCES IN MITOCHONDRIAL RESPIRATION AND BIOGENESIS IN HUVECs
Dulce H. Gomez, Maitha Aldokhayyil, Andreas Kavazis, FACSM, Michael D. Brown, FACSM. *Auburn University, Auburn, AL.*

D8  EFFECTS OF SIMULATED WEIGHT LOSS ON LOWER EXTREMITY ELECTROMYOGRAPHY DURING LEVEL AND INCLINED WALKING
Rebekah S. Carpenter, Lance M. Bollinger. *University of Kentucky, Lexington, KY.*

M1  VALIDITY ASSESSMENT OF SKINFOLD EQUATIONS TO ESTIMATE BODY COMPOSITION IN DIVISION-I MALE ATHLETES
Connor Jameson Collum, Gina Rose Hogan, Ronald Lee Snarr, Greg A. Ryan. *Georgia Southern University, Statesboro, GA.*

M2  DOES PHYSICAL ACTIVITY DURING LATE PREGNANCY IMPACT AN INFANT'S BODY COMPOSITION AT BIRTH?
Brenna R. Menke, Kolbi L. Edens, Keri A. Esslinger, Jill M. Maples, Rachel A. Tinius. *Western Kentucky University, Bowling Green, KY.*

M3  COMPARISON OF WAIST AND HIP CIRCUMFERENCE MEASURES FROM 3-DIMENSIONAL TECHNOLOGY AND MANUAL MEASUREMENTS
Gabrielle J. Brewer, Malia N.M Blue, Katie R. Hirsch, Alyson G. Nelson, Abbie E. Smith-Ryan, FACSM. *University of North Carolina at Chapel Hill, Chapel Hill, NC.*

M4  ACUTE EFFECTS OF A HIGH GLYCEMIC INDEX MEAL COMBINED WITH PROLONGED SITTING ON VASCULAR FUNCTION
Jake C. Diana¹, Elizabeth Kelsch¹, Katie Burnet¹, Erik D. Hanson¹, Daniel Credeur², Simon Fryer³, Keeron Stone³, Lee Stoner, FACSM¹. ¹*University of North Carolina at Chapel Hill, Chapel Hill, NC.* ²*University of Southern Mississippi, Hattiesburg, MS.* ³*University of Gloucestershire, Gloucester, UK.*

M5  THE ASSOCIATION BETWEEN ECHO INTENSITY AND NORMALIZED TORQUE AND POWER AS MEASURES OF MUSCLE QUALITY
Luke R. Arieta¹, Megan R. Laffan¹, Abigail J. Trivisonno¹, Gena R. Gerstner², Jacob A. Mota¹, Hayden K. Giuliani³, Pinyu Chen³, Eric D. Ryan¹. ¹*University of North Carolina at Chapel Hill, Chapel Hill, NC.* ²*Old Dominion University, Norfolk, VA.*

M6  THE EFFECTS OF VISUAL FEEDBACK ON PHYSIOLOGICAL AND PERCEPTUAL RESPONSES DURING A VIRTUAL CYCLING CLASS
Tara G. Boy, Lauren Killen, Jake Davis, Kortney Mallard. *University of North Alabama, Florence, AL.*

M7  REDUCED UNFOLDED PROTEIN RESPONSE IS ASSOCIATED WITH ANABOLIC RESISTANCE FOLLOWING MECHANICAL OVERLOAD IN APMCIN/+ MICE
Richard Thomas Yongue, Emily R. Walker, Shuichi Sato. *University of Louisiana at Lafayette, Lafayette, LA.*

M8  OCCUPATION-SPECIFIC PHYSICAL DEMANDS AND PHYSIOLOGICAL STRAIN OF AMERICAN FOOTBALL REFEREES WHILE OFFICIATING
Emily C. Colster, Annie M. Mulholland, Clifton J. Holmes, Brett C. Bentley, Jonathan E. Wingo, FACSM, James B. Robinson, Hayley V. MacDonald. *University of Alabama, Tuscaloosa, AL.*

U1  GATHERING YOUR SEA LEGS - EXTENDED DURATION IN AN OFFSHORE ENVIRONMENT INCREASES POSTURAL SWAY
Clark F. Bailey¹, Krystin N. Lehtola¹, Corey D. Grozier¹, Gretchen K. Cagle¹, Jessee F. Weaver¹, Samuel J. Wilson², Harish C. Chander³, Nicole K. Rendos¹, Jeffrey D. Simpson¹. ¹*University of West Florida, Pensacola, FL.* ²*Georgia Southern University, Statesboro, GA.* ³*Mississippi State University, Mississippi State, MS.*
U2 INFLUENCE OF TYPE 2 DIABETES AND CARDIOVASCULAR DISEASE FAMILY HISTORY ON METABOLIC SYNDROME SEVERITY
Nathan R. Stewart, Emily M. Heiston, Stephanie L. Miller, Arthur L. Weltman, FACSM, James T. Patrie, Steven K. Malin, FACSM. University of Virginia, Charlottesville, VA.

U3 VALIDATION OF HEART-FEMORAL PULSE WAVE VELOCITY AS A MEASURE OF CENTRAL ARTERIAL STIFFNESS
Dalton Lewis Fanney¹, Elizabeth Kelsch¹, Katie Burnet¹, Gabe Zieff¹, Daniel Credeur², Keeron Stone³, Craig Paterson³, Simon Fryer³, Lee Stoner, FACSM¹. ¹University of North Carolina at Chapel Hill, Chapel Hill, NC. ²University of Southern Mississippi, Hattiesburg, MS. ³University of Gloucestershire, Gloucester.

U4 EFFECTS OF YOGA PARTICIPATION ON DYNAMIC BALANCE AND CORE STRENGTH
Reilly S. Walker, Danielle H. Lampert, Tom E. Parry, Michelle M. McLeod. College of Charleston, Charleston, SC.

U5 INFLUENCE OF WALKING AND SITTING TIME ON PHYSIOLOGICAL AND BEHAVIORAL MEASURES OF STRESS IN WOMEN

U6 EFFECTS OF PICKLE JUICE ON PERCEPTION OF EFFORT AND HEAT STRAIN IN FEMALE SOCCER PLAYERS
Tijana Simovic, Bovorn Sirikul. Southeastern Louisiana University, Hammond, LA.

U7 POLYPHENOL RICH SUPPLEMENTATION ON MARKERS OF RECOVERY FROM INTENSE RESISTANCE EXERCISE
Terrance W. Orange. Jacksonville University, Jacksonville, FL.

U8 THE EFFECTS OF ANXIETY ON THE UNPLEASANTNESS OF EXPERIMENTALLY-INDUCED DYSPNEA DURING EXERCISE
Sera Catherine Denlea, Jayvaughn Oliver, Abigail Stickford, Rebecca Kappus, Jonathan Stickford. Appalachian State University, Boone, NC.

4:00-6:00 RAPID FIRE: ASSISTANT PROF/POST DOC AWARD FINALISTS (City Terrace 11)
RF1-RF8 Rapid Fire: Assistant Prof/Post Doc Award Finalists
Chair: Mike McKenzie. Appalachian State University, NC.

RF1 HIGH CONCENTRATED BEETROOT JUICE SUPPLEMENT IMPROVES CYCLING METRICS
Gregory, Palevo. University of North Georgia, Dahlonega, GA.

RF2 RELATIONSHIP OF SLEEP QUANTITY AND QUALITY TO RECOVERY AND PERFORMANCE IN PROFESSIONAL SOCCER PLAYERS
Greg A. Ryan, Michelle L. Eisenman, Drew S. DeJohn. Georgia Southern University, Statesboro, GA.

RF3 DETERMINATION OF A NOVEL BODY FAT PREDICTION EQUATION IN COLLEGIATE ATHLETES
Ronald Lee Snarr, Gina Rose Hogan, Greg A. Ryan. Georgia Southern University, Statesboro, GA.

RF4 IMPACT OF VIRTUAL REALITY GENERATED CONSTRUCTION ENVIRONMENTS AT DIFFERENT HEIGHTS ON POSTURAL STABILITY
Harish Chander¹, Sachini N.K. Kodithuwakku Arachchige¹, Alana J. Turner¹, Alireza Shojaei¹, Shuchisnigdha Deb², Christopher Hudson¹, Adam C. Knight¹, Daniel W. Carruth¹. ¹Mississippi State University, Mississippi State, MS. ²University of Texas, Arlington, Arlington, TX.

RF5 CHARACTERIZING 7 DAY 24-HOUR URINARY HYDRATION MARKERS IN COLLEGE-AGED MEN AND WOMEN
RF6  THE RELATIONSHIP BETWEEN MENTAL TOUGHNESS AND THE ERGOGENIC EFFECTS OF MUSIC DURING EXERCISE
Kayla Baker¹, Danilo Tolusso¹, Jeanette Garcia². ¹Western Kentucky University, Bowling Green, KY. ²University of Central Florida, Orlando, FL.

EF7  EFFECTS OF FOOT ROTATION ON KNEE JOINT REACTION FORCES DURING RUNNING
Hunter J. Bennett¹, Kevin A. Valenzuela², Joshua T. Weinhald³. ¹Old Dominion University, Norfolk, VA. ²California State University Long Beach, Long Beach, CA. ³University of Tennessee, Knoxville, TN.

RF8  ASSESSING ENERGY AVAILABILITY AND MACRONUTRIENT CONTENT DURING A DIVISION I SOCCER SEASON IN FEMALE ATHLETES
Bridget A. McFadden¹, Brittany N. Bozzini¹,², Michelle A. Arent¹, Alan J. Walker³, David J. Sanders², Harry P. Cintineo¹, Alexa J. Chandler¹, Shawn M. Arent, FACSM¹,². ¹University of South Carolina, Columbia, SC. ²Rutgers University, New Brunswick, NJ. ³Lebanon Valley College, Annville, PA.

4:00-6:00  ORAL FREE COMMUNICATIONS I (City Terrace 7)
O1-08  Biomechanics/Gait/Balance
Chair: Cody E. Morris. University of Alabama at Birmingham, AL.

O1  HUMERAL SEGMENT ENERGY AND ITS RELATIONSHIP TO CLINICAL GLENOHUMERAL MEASURES IN YOUTH BASEBALL PITCHERS
Kyle W. Wasserberger, Jessica L. Downs, Gretchen D. Oliver, FACSM. Auburn University, Auburn, AL.

O2  BIOMECHANICAL DIFFERENCES DURING JUMP SQUATS USING OSCILLATING AND OLYMPIC BARBELLS
Nia Yasmall Hicks, Ryan ., Good, David ., Hooper, Andrew A. Flatt, Bryan L. Riemann. Georgia Southern University, Savannah, GA.

O3  DOES PITCH LOCATION AFFECT HITTING MECHANICS IN COLLEGIATE SOFTBALL PLAYERS?
Matthew W. Young, Kyle W. Wasserberger, Jessica L. Downs, Kevin A. Giordano, Jessica K. Washington, Gretchen D. Oliver, FACSM. Auburn University, Auburn, AL.

O4  THE EFFECT OF LOAD MAGNITUDE ON MUSCLE ACTIVATION DURING UNILATERAL FRONT RACKED DUMBBELL CARRIES
Nicole M. Bordelon, Molly M. Cassidy, Kyle W. Wasserberger, Jessica L. Downs, Kenzie B. Friesen, Abby R. Brittain, Kevin A. Giordano, Gretchen D. Oliver, FACSM. Auburn University, Auburn, AL.

O5  IMPACT OF HIP INTERNAL AND EXTERNAL ROTATION ON SHOULDER KINETICS DURING A BASEBALL PITCH
Matthew C. Watterson, Kevin A. Giordano, Kyle W. Wasserberger, Kenzie B. Friesen, Jessica L. Downs, Gretchen D. Oliver, FACSM. Auburn University, Auburn, AL.

O6  ASSOCIATIONS BETWEEN SINGLE LEG SQUAT STABILITY AND OVERHEAD Throwing KINETICS IN YOUTH SOFTBALL ATHLETES
Abigail R. Brittain, Kenzie B. Friesen, Kyle W. Wasserberger, Jessica L. Downs, Kevin A. Giordano, Nicole M. Bordelon, Gretchen D. Oliver, FACSM. Auburn University, Auburn, AL.

O7  FORCE PRODUCTION SYMMETRY CARRY-OVER BETWEEN BILATERAL JUMPING TESTS
Christopher J. Sole, Brennan C. Textor, Ryan S. Sacko, Daniel B. Bornstein. The Citadel, Charleston, SC.

O8  COMPARISON OF THE BILATERAL SYMMETRY OF RUNNING KINEMATICS FOR COLLEGIATE SWEEP OARSMEN AND DISTANCE RUNNERS.
Alex Turnock¹, Jeff T. Wight¹, David R. Hooper¹, Jordon Garman², Joel Harden¹, George G.A. Pujalte, FACSM¹. ¹Jacksonville University, Atlantic Beach, FL. ²Jacksonville University, Jacksonville, FL.
4:00-4:50 SYMPOSIUM SESSION I (City Terrace 12)
S1 Methodological Do’s And Do Not’s For Studying The Acute Cardiovascular Effects Of Sitting
Lee Stoner¹, Jade A. Blackwell¹, Daniel P. Credeur², Gabriel Zieff¹. ¹University of North Carolina at Chapel Hill, Chapel Hill, NC, ²University of Southern Mississippi, Hattiesburg, MS.
Chair: Chris D. Mojock. University of Georgia, Athens, GA.

4:00-4:50 TUTORIAL SESSION I (City Terrace 9)
T1 The Need to Cleave: Role of Calpains in Exercise and Disuse Atrophy
Chair: Mark Schafer Ph.D., CEP, CSCS. Western Kentucky University, Bowling Green, KY.

4:00-4:50 TUTORIAL SESSION II (City Terrace 4)
T2 Hamstring Injuries: A Contemporary Review of the Injury to Performance Spectrum
Joel Sattgast. Methodist University, Fayetteville, NC.
Chair: Ryan Colquhoun, PH.D., University of South Alabama, Mobile, AL.

4:00-4:50 TUTORIAL SESSION III (Hart 4th Floor)
T3 Preparing for the Silver Tsunami: Can Exercise Shift Projections in Disability Among Aging Midlifers?
Heather K. Vincent, Terrie V. Vasilopoulos, University of Florida, Gainesville, FL.
Chair: Erik Hanson. University of North Carolina, Chapel Hill, NC.

4:00-4:50 TUTORIAL SESSION IV (Acosta 4th Floor)
T4 RED-S, the Triad and the Exercise Hypogonadal Male Condition: Similarities and Differences
David R. Hooper. Jacksonville University, Jacksonville, FL.
Chair: Shuichi Sato. University of Louisiana at Lafayette, Lafayette, LA.

4:30-6:00 POSTER FREE COMMUNICATION I (Grand Ballroom Foyer)
P1-P38 Athletic Training/Biomechanics/Body Composition/Energy Balance/Weight Control
Chair: Christopher G. Ballmann. Samford University, Birmingham, AL.

P1 MEASURING LIMB OCCLUSION PRESSURE USING DIFFERENT VASCULAR DOPPLERS
Kiara B. Barrett¹, Logan B. Page¹, Marcin K. Szczyglowski², Tyler D. Martin¹, J. Grant Mouser¹. ¹Troy University, Troy, AL. ²University of Miami, Miami, FL.

P2 CORRELATION BETWEEN CONTRACEPTION USE AND TYPE IN THE SETTING OF ANTERIOR CRUCIATE LIGAMENT INJURIES
Morgan L. Benefield, Brett C. Bentley, M Louanne Friend, Savannah N. Johnson, Anooshah E. Ata. University of Alabama, Tuscaloosa, AL.

P3 THE IMBALANCE OF DISTAL ELECTROMYOGRAPHY IS NOT ACUTELY ALTERED BY EXERCISE MODE POST STROKE
Sydni Wilhoite¹, Nicholas Siekirk², Trevor McCready³, Samantha Atty⁴, Bradley Kendall⁵, Victoria Pardo⁶, Zachary Atwood⁶, Sam Wilson⁷, Jessica Mutchler⁷, Qin Lai⁶. ¹University of Georgia, Athens, GA. ²Georgia Southern University, Statesboro, GA. ³Central Michigan University, Mount Pleasant, MI. ⁴University of Southern California, Los Angeles, CA. ⁵Taylor University, Upland, IN. ⁶Wayne State University, Detroit, MI. ⁷Georgia Southern University, Statesboro, GA.

P4 KNEE AND HIP KINEMATICS IN INDIVIDUALS WITH CHRONIC ANKLE INSTABILITY DURING SINGLE-LEG LANDINGS
Jeffrey D. Simpson¹, Nicole K. Rendos¹, Rachel K. Koldenhoven², Samuel J. Wilson³, Ethan M. Stewart⁴, Alana J. Turner⁴, Harish C. Chander⁴, Adam C. Knight⁴. ¹University of West Florida, Pensacola, FL. ²Texas State University, San Marcos, TX. ³Georgia Southern University, Statesboro, GA. ⁴Mississippi State University, Mississippi State, MS.
P5 ANKLE KINEMATICS DURING INVERSION PERTURBATIONS IN SUBJECTS WITH CHRONIC ANKLE INSTABILITY
Gretchen K. Cagle¹, Nicole K. Rendos¹, Rachel M. Koldenhoven², Samuel J. Wilson³, Ethan M. Stewart³, Alana J. Turner⁴, Harish C. Chander⁵, Adam C. Knight⁴, Jeffrey D. Simpson¹. ¹University of West Florida, Pensacola, FL. ²Texas State University, San Marcos, TX. ³Georgia Southern University, Statesboro, GA. ⁴Mississippi State University, Mississippi State, MS.

P6 POSTURAL SWAY VARIABILITY INCREASES AFTER A DEEP SEA FISHING EXCURSION - A FIELD-BASED STUDY
Corey D. Grozier¹, Clark F. Bailey¹, Krystin N. Lehtola¹, Gretchen K. Cagle¹, Jesse F. Weaver¹, Samuel J. Wilson², Harish C. Chander³, Nicole K. Rendos¹, Jeffrey D. Simpson¹. ¹University of West Florida, Pensacola, FL. ²Georgia Southern University, Statesboro, GA. ³Mississippi State University, Mississippi State, MS.

P7 AGE-RELATED CHANGES IN POSTURAL CONTROL AFTER EXPOSURE TO AN OFFSHORE ENVIRONMENT
Jesse F. Weaver¹, Clark F. Bailey¹, Corey D. Grozier¹, Krystin N. Lehtola¹, Gretchen K. Cagle¹, Samuel J. Wilson², Harish C. Chander³, Nicole K. Rendos¹, Jeffrey D. Simpson¹. ¹University of West Florida, Pensacola, FL. ²Georgia Southern University, Statesboro, GA. ³Mississippi State University, Mississippi State, MS.

P8 PILOT STUDY OF HEAD KINEMATICS IN RODEO
Kristen Nicole Rogers¹, Tanner Filben², Logan Miller², Stewart Pritchard², Jillian Urban², Joel Stitzel². ¹Wake Forest University, Winston Salem, NC. ²Virginia Tech - Wake Forest University School of Biomedical Engineering and Sciences, Winston Salem, NC.

P9 POSITION AND TIME: EXAMINATION OF LESS SCORES FOR DIVISION 1 BASKETBALL PLAYERS
Jessica L. Smith, Timothy Coffey. Longwood University, Farmville, VA.

P10 FITNESS ASSESSMENTS IN PRESCHOOLERS
Imani Nicole Hill¹, Wendi Weimar¹, Christopher Wilburn¹, Brandi Decoux², Nicholas Moore¹, Jerad Kosek¹, Danielle Wadsworth¹. ¹Auburn University, Auburn, AL. ²Bridgewater State University, Bridgewater, MA.

P11 POWER IN PRE-SCHOOLERS
Jerad J. Kosek¹, Danielle A. Wadsworth¹, Wendi H. Weimar¹, Christopher W. Wilburn¹, Brandi E. Decoux², Nicholas H. Moore¹, Imani N. Hill¹. ¹Auburn University, Auburn, AL. ²Bridgewater State University, Bridgewater, MA.

P12 EFFECTS OF MAXIMALIST RUNNING SHOES ON GAIT MECHANICS
Angela Dolan¹, Teresa Wiczynski¹, Kathryn Dispennette¹, Justin Jackson¹, Kurt Neelly¹, Scott Arnett¹, Jae Yom². ¹Western Kentucky University, Bowling Green, KY. ²University of Illinois Springfield, Springfield, IL.

P13 DISTANCE RUNNING STANCE PHASE JOINT KINEMATICS AND STRIDE-TO-STRIDE VARIABILITY: 10 VERSUS 20 STRIDES
Will England¹, Jeff T. Wight¹, Ryan S. Sloan¹, Jordon Garman¹, David R. Hooper¹, George G.A. Pujalte, FACSM², Reed Ferber³, Martin Barragan¹. ¹Jacksonville University, Jacksonville, FL. ²Mayo Clinic, Jacksonville, FL. ³University of Calgary, Calgary, AB.

P14 PREFERRED LEG DRIVES SEATED AND BILATERAL RECUMBENT STEPPER IN CHRONIC STROKE AND HEALTHY CONTROL
Jordan Brown¹, Nicholas J. Siekirk², Bradley J. Kendall³, Qin Lai⁴, Victoria Pardo⁴, Sam Wilson⁴, Jessica Mutcher⁴, Sujay Galen⁵. ¹Georgia Southern University, Statesboro, GA. ²Georgia Southern University, STATESBORO, GA. ³Taylor University, Upland, IN. ⁴Wayne State University, Detroit, MI. ⁵Georgia State University, Atlanta, GA.
P15 STANDING BALANCE MUSCLE ACTIVATION AT THE ANKLE JOINT IS NOT ASSOCIATED WITH SLIP SEVERITY
Savannah McLain¹, Paul T. Donahue², Chris Hill³, Charles C. Williams⁴, Jeff Simpson⁵, Nick Siekirk¹, Jessica Mutcher¹, Abigail Johnson¹, Andrew Crawford¹, Barry Munkasy¹, Dwight Waddell⁶, John Garner⁷, Sam Wilson¹. ¹Georgia Southern University, Statesboro, GA. ²University of Southern Mississippi, Hattiesburg, MS. ³Northern Illinois University, DeKalb, IL. ⁴LaGrange College, LaGrange, GA. ⁵University of West Florida, Pensacola, FL. ⁶University of Mississippi, University, MS. ⁷Troy University, Troy, AL.

P16 THE EFFECTS OF GOLF SPECIFIC FOOTWEAR ON MUSCLE ACTIVATION DURING STANDING POSTURAL CONTROL
John C. Garner¹, Tyler Donahue², Caleb Williams³, Jacob R. Gdovin⁴, J Grant Mouser¹, Samuel J. Wilson². ¹Troy University, Troy, AL. ²University of Southern Mississippi, Hattiesburg, MS. ³LaGrange College, LaGrange, GA. ⁴Missouri State University, Springfield, MO. ⁵Georgia Southern University, Statesboro, GA.

P17 ARE DISTANCE RUNNING LOWER BODY SAGITTAL PLANE KINEMATICS ALTERED BY METABOLIC TESTING?
Jeff T. Wight¹, Ryan S. Sloan¹, David R. Hooper¹, Jordan Garman¹, George G.A. Pujalte, FACSM². ¹Jacksonville University, Jacksonville, FL. ²Mayo Clinic, Jacksonville, FL.

P18 COMPARISON OF THE STRIDE-TO-STRIDE VARIABILITY OF RUNNING KINEMATICS FOR COLLEGIATE SWEEP OARSemen AND DISTANCE RUNNERS.
Joel Ernest Harden¹, Jeffrey T. Wight¹, Ryan S. Sloan¹, Jordan Garman¹, David R. Hooper¹, George G. A. Pujalte, FACSM², Alex Turnock¹, Michelle C. Boling³. ¹Jacksonville University, Jacksonville, FL. ²Mayo Clinic, Jacksonville, FL. ³University of North Florida, Jacksonville, FL.

P19 LOCOMOTOR-RESPIRATORY COUPLING AND ATTENTIONAL STRATEGIES IN HEALTHY, BUT UNTRAINED, INDIVIDUALS
Taylor Lovci. Appalachian State University, Boone, NC.

P20 DISTANCE RUNNING STANCE PHASE JOINT KINEMATICS AND STRIDE-TO-STRIDE VARIABILITY: 10 VERSUS 20 STRIDES
Martin Alexander Barragan¹, Jeffrey T. Wight¹, Ryan S. Sloan¹, Jordan Garman¹, David R. Hooper¹, George G. Pujalte, FACSM², Reed Ferber³, Will England¹. ¹Jacksonville University, Jacksonville, FL. ²Mayo Clinic, Jacksonville, FL. ³University of Calgary, Calgary, FL.

P21 IS DISTANCE RUNNING STRIDE-TO-STRIDE VARIABILITY ALTERED BY METABOLIC TESTING?
Jordon E.J. Garman¹, Jeff T. Wight¹, Ryan S. Sloan¹, David R. Hooper¹, George G.A. Pujalte, FACSM². ¹Jacksonville University, Jacksonville, FL. ²Mayo Clinic, Jacksonville, FL.

P22 BODY MASS INDEX AFFECTS KINEMATIC AND KINETIC PARAMETERS DURING THE WINDMILL SOFTBALL PITCH
Kenzie B. Friesen, Jessica L. Downs, Kyle W. Wasserberger, Kevin A. Giordano, Nicole M. Bordelon, Abigail R. Brittain, Gretchen D. Oliver, FACSM. Auburn University, Auburn, AL.

P23 EFFECTS OF ELEMENTAL BODY ALIGNMENT SYSTEM ON THE FLEXIBILITY OF HIGH SCHOOL DANCERS
Nola Grace Brown, Sharon L. Malley. Meredith College, Raleigh, NC.

P24 LONGITUDINAL CHANGES OF SNATCH BARBELL KINEMATICS AND KINETICS IN AN ELITE WEIGHTLIFTER
Jadeon D. Carreker¹, Jeremy M. Ford¹, Robert G. LeFavi², Bryan L. Riemann¹. ¹Georgia Southern University-Armstrong Campus, Savannah, GA. ²University of South Carolina Beaufort, Bluffton, SC.

P25 INFLUENCE OF ANKLE FLEXIBILITY ON THE SINGLE LEG BALANCE TEST USING A BIODEX BALANCE SYSTEM
Anna Blackley, Maggie McDermott, Moroni de Moors, Abigail McCarty, David Titcomb, Jared Hornsby. Liberty University, Lynchburg, VA.
**P26**

**ASSOCIATION BETWEEN LONG HEAD BICEP TENDON AND SHOULDER RANGE OF MOTION AND ISOMETRIC STRENGTH**

Caroline Hasty Kirkham, Abigail R. Brittain, Kenzie B. Friesen, Jessica L. Downs, Gretchen D. Oliver. *Auburn University, Auburn, AL.*

**P27**

**NEUROMUSCULAR CONTROL AT THE HIP AND KNEE DURING BALANCE IS NOT ASSOCIATED WITH SLIP DETECTION**

Abigail Johnson¹, Paul T. Donahue², Chris Hill³, Jeff Simpson⁴, Nick Siekirk¹, Jessica Mutchler¹, Savannah McLain¹, Andrew Crawford¹, Barry Munkasy¹, Dwight Waddell⁵, John Garner⁶, Sam Wilson¹. ¹*Georgia Southern University, Statesboro, GA.* ²*University of Southern Mississippi, Hattiesburg, MS.* ³*Northern Illinois University, DeKalb, IL.* ⁴*University of West Florida, Pensacola, FL.* ⁵*University of Mississippi, University, MS.* ⁶*Troy University, Troy, AL.*

**P28**

**GAIT COMPARISONS AT BASELINE AND POST CONCUSSION RETURN TO PLAY IN DIVISION ONE ATHLETES**

Kelsey D. Lewis¹, Barry A. Munkasy¹, Kristen L. Neitz¹, Sydni V. Wilhoite², Joshua R. Pascal¹, Savannah L. McLain¹, Andrew L. Crawford¹, Abigail C. Johnson¹. ¹*Georgia Southern University, Statesboro, GA.* ²*University of Georgia, Athens, GA.*

**P29**

**LOWER LIMB MUSCLE ACTIVITY DURING MULTI-PLANAR GRADED STEPPING TASKS**

Josh Campbell. *Methodist University, Fayetteville, NC.*

**P30**

**THE VALIDITY AND RELIABILITY OF A 2-DIMENSIONAL BODY COMPOSITION IMAGING METHOD IN ADULTS**

Michael V. Fedewa, Katherine Sullivan, Clifton J. Holmes, Bjoern Hornikel, Shengting Cao, Yu Gan, Michael R. Esco, FACSM. *University of Alabama, Tuscaloosa, AL.*

**P31**

**AGREEEMENT OF BIOELECTRICAL IMPEDANCE DEVICES FOR ESTIMATING BODY COMPOSITION IN FEMALE ATHLETES**

Stephanie A. Gibson, Gina R. Hogan, Ronald L. Snarr, Greg A. Ryan. *Georgia Southern University, Statesboro, GA.*

**P32**

**EFFECTS OF ADIPOSITY GRADE AND BODY COMPOSITION ON ADJUSTED RESTING ENERGY EXPENDITURE IN WOMEN**

Lacey M. Gould, Gabrielle J. Brewer, Katie R. Hirsch, Malia N.M. Blue, Hannah E. Saylor, Abbie E. Smith-Ryan, FACSM. *University of North Carolina at Chapel Hill, Chapel Hill, NC.*

**P33**

**COMPARISON OF ATHLETIC SKINFOLD VERSUS TRADITIONAL SKINFOLD EQUATIONS IN MALE, ENDURANCE ATHLETES**

Lucas Byron Haaren, Gina R. Hogan, Ronald L. Snarr, Greg A. Ryan. *Georgia Southern University, Statesboro, GA.*

**P34**

**CHILDREN’S CHANGES IN PERCEPTIONS AND BODY COMPOSITION FOLLOWING A FAMILY-BASED FITNESS INTERVENTION**

Alexandra P. Venezia¹, Shelby J. Foote¹, Christopher K. Wirth², Sheri J. Brock¹, Danielle D. Wadsworth¹. ¹*Auburn University, Auburn, AL.* ²*University of West Florida, Pensacola, FL.*

**P35**

**EFFECTS OF VARYING ARM POSITION ON DUAL ENERGY X-RAY ABSORPTIOMETRY (DXA) ARM COMPOSITION RESULTS**

Taylor Baker, Autumn Lippeatt, Joe Pederson, Rebecca Rogers, Tyler Williams, Mallory Marshall, Christopher Ballmann. *Samford University, Birmingham, AL.*

**P36**

**ASSOCIATIONS BETWEEN ANXIETY, STRESS, AND RESTING METABOLIC RATE**

Zachary Mowfy, Alex Ehlert, Jaison Wynne, Patrick Wilson. *Old Dominion University, Norfolk, VA.*

**P37**

**THE EFFECT OF WALKING VERSUS RIDING ON ENERGY EXPENDITURE IN GOLF**

George William Lyerly, FACSM, Danielle N. Ludlam, Sarah M. Henry, Stacey L. Beam, Gregory F. Martel. *Coastal Carolina University, Conway, SC.*
COMPARISON OF 7 DIFFERENT BODY COMPOSITION MEASURES AMONG FEMALE COLLEGIATE ATHLETES
Emily L. Langford¹, Gina R. Hogan², Ronald L. Snarr², Greg A. Ryan². ¹University of Kentucky, Lexington, KY. ²Georgia Southern University, Statesboro, GA.

5:00-5:50 SYMPOSIUM SESSION II (City Terrace 12)
S2 PRACTICAL APPLICATIONS AND EXTENSIONS OF HEART RATE VARIABILITY IN SPORT SCIENCE
Laurie Wideman, Nathaniel T. Berry, Travis Anderson, William M. Adams. UNC Greensboro, Greensboro, NC.
Chair: Zacharias Papadakis. Barry University, Miami Shores, FL.

5:00-5:50 TUTORIAL SESSION V (City Terrace 9)
T5 Strength Training and Conditioning for the Elementary and Middle School Athlete
Andy M. Bosak. Liberty University, Lynchburg, VA.
Chair: Andrew Bosak. Liberty University, VA.

5:00-5:50 TUTORIAL SESSION VI (City Terrace 4)
T6 Taking The Best Foot Forward
Christopher Wilburn¹, Brandi Decoux², Portia Williams³, Imani Hill¹, Jerad Kosek¹, Wendi Weimar¹, Sarah Price⁴. ¹Auburn University, Auburn, AL. ²Bridgewater State University, Bridgewater, MA. ³North Carolina A&T University, Greensboro, NC. ⁴Florida A&M University, Tallahassee, FL.
Chair: Tyler D. Williams. Samford University, Birmingham, AL.

5:00-5:50 TUTORIAL SESSION VII (Hart 4th Floor)
T7 MUSCULOSKELETAL FITNESS IN PRESCHOOLERS: A BIOMECHANICAL PERSPECTIVE
Danielle D. Wadsworth, Wendi H. Weimar, Christopher W. Wilburn, Brandi E. Decoux. Auburn University, Auburn, AL.
Chair: Andrew A. Flatt. Georgia Southern University, GA.

5:00-5:50 TUTORIAL SESSION VIII (Acosta 4th Floor)
T8 APPLYING THE QUALITY MATTERS RUBRIC TO IMPROVE EXERCISE SCIENCE COURSE OUTCOMES
Karissa L. Peyer. University of Tennessee at Chattanooga, Chattanooga, TN.
Chair: Peter Magyari. University of North Florida, FL.

7:30-9:00 OPENING REMARKS AND KEYNOTE ADDRESS (Grand Ballroom 5-8)
Title: "Thoughts on Over Three Decades of Studying Exercise During Pregnancy"
Jim Pivarnik, Ph.D., Michigan State University
Presiding: Becki Battista, PhD, SEACSM President. Appalachian State University

9:00-10:30 SEACSM SOCIAL (Grand Ballroom Foyer)

Friday, February 14, 2020

6:45-7:45 EMILY HAYMES MENTORING BREAKFAST (River Terrace 3)
"Built to last-Starting a Fitness and Nutrition Business from the ground up”
Jim D. White. Dairy Alliance, Virginia Beach, VA.
Chair: Amy M. Knab. Queens University of Charlotte, Charlotte, NC.

8:00-5:00 REGISTRATION AND STUDENT HELP DESK (3rd Floor Skybridge)

8:00-6:00 EXHIBITS (3rd Floor Skybridge)

8:00-10:00 ORAL FREE COMMUNICATIONS II (City Terrace 7)
O9-016 Cardiovascular Physiology
Chair: Justin Guilkey. Coastal Carolina University, SC.

O9 SELF-REPORTED SLEEP HABITS ARE RELATED TO ARTERIAL STIFFNESS IN APPARENTLY HEALTHY INDIVIDUALS
Meral N. Culver, Jadeon D. Carreker, Sean P. Langan, Bryan L. Riemann, Andrew A. Flatt, Greg J. Grosicki. Georgia Southern University, Savannah, GA.
O10  ECG STRESS CHARACTERISTICS IN DIVISION II COLLEGE ATHLETES  
Ludmila M. Cosio Lima, FACSM, Lauren E. Adlof, Emily E. Grammer, Jeffrey D. Simpson,  
Amy A. Crawley, Youngil none Lee. University of West Florida, Pensacola, FL.

O11  UTILITY OF SERIAL SHORT-TIME INDICES OF HRV AND CARDIAC DYNAMICS  
THROUGHOUT THE DAY  
Emily Bechke, Nathaniel Berry, Zack Kincaid, Travis Anderson, Allan Goldfarb, FACSM,  
Christopher Rhea, Laurie Wideman, FACSM. University of North Carolina-Greensboro,  
Greensboro, NC.

O12  A COMPARISON OF NEURAL CARDIOVASCULAR CONTROL IN PHYSICALLY ACTIVE  
AND SEDENTARY YOUNG WOMEN  
Valesha Province1, J. Carter Luck2, Jonathon Stickford1, Abigail Stickford1.  
1Appalachian State University, Boone, NC. 2Penn State University, State College, PA.

O13  THE IMPACT OF BLOOD FLOW RESTRICTION DURING A DYNAMIC EXERCISE ON  
PLASMA MARKERS OF ENDOTHELIAL HEALTH  
Hannah Twiddy, Robbie Pittman, Leryn Reynolds. Old Dominion University, Norfolk, VA.

O14  EFFECT OF EXERCISE ON RESERVE OF REPOLARIZATION AND BLOOD OXIDATIVE  
STRESS MARKERS IN PTSD INDIVIDUALS  
Kerry Martin, Allan Goldfarb, FACSM, Joseph Starobin, Kirsten Ward, Ashton Dobbins, Blair  
Wisco. University of North Carolina at Greensboro, Greensboro, NC.

O15  VALIDATION OF FLOW-MEDIATED SLOWING AS A MEASURE OF ENDOTHELIAL  
FUNCTION  
Alex N. Pomeroy1, Keeron Stone2, Jade Blackwell1, Jake Diana1, Simon Fryer2, Daniel  
Credeur3, Craig Paterson2, Gabriel Zieff1, Lee Stoner, FACSM1.  
1University of North Carolina at Chapel Hill, Chapel Hill, NC. 2University of Gloucestershire, Gloucester. 3University of Southern Mississippi, Hattiesburg, MS.

O16  VASCULAR FUNCTION FOLLOWING AN ACUTE MENTAL STRESSOR AMONG FIT  
VERSUS NON-FIT YOUNG ADULTS  
Gabriel H. Zieff, Mohamdod S. Alzer, Anthony Kostov, Simon Wahba, Jesse T. Rackley, Jade  
A. Blackwell, Jake C. Diana, Hanson D. Erik, Lee Stoner, FACSM. University of North  
Carolina at Chapel Hill, Chapel Hill, NC.

8:00-9:30  POSTER FREE COMMUNICATION II (Conference Center B)  
P39-P76  Body Composition/Energy Balance/Weight  
Control/Metabolism/Macronutrients/Cardiovascular Physiology  
Chair: Rebecca R. Rogers. Samford University, AL.

P39  BODY COMPOSITION CHANGES OVER ONE YEAR IN COLLEGIATE FEMALE  
COMPETITIVE DANCERS  
Adrien M. Buttram1, Christina A. Tipton2, Supriya G. Reddy1, Jason C. Casey2.  
1University of North Georgia, Dahlonega, GA. 2University of North Georgia, Oakwood, GA.

P40  LONGITUDINAL BODY COMPOSITION ALTERATIONS IN NCAA DIVISION-I  
FOOTBALL PLAYERS  
Shane S. Robinson1, Norma V. Gutierrez2, Supriya G. Reddy2, Jason C. Casey1.  
1University of North Georgia, Oakwood, GA. 2University of North Georgia, Dahlonega, GA.

P41  COMPARING BODY COMPOSITION BETWEEN DIVISION I CROSS COUNTRY  
RUNNERS AND NORMAL WEIGHT YOUNG ADULTS  
Casey E. Greenwalt, Katie R. Hirsch, Malia M.N.M. Blue, Gabrielle J. Brewer, Abbie E. Smith-  
Ryan, FACSM. University of North Carolina at Chapel Hill, Chapel Hill, NC.

P42  RELATIONSHIP BETWEEN BODY COMPOSITION, STRENGTH, PHYSICAL ACTIVITY  
AND DIETARY INTAKE IN AORTIC VALVE REPLACEMENT PATIENTS  
Christopher M. Schattinger1, Gregory Rodriguez2, Teresa Gonzalez1, Emily Hill1, Thomas  
Noel3, Wayne Batchelor1, Lynn Panton, FACSM1.  
1Florida State University, Tallahassee, FL. 2Florida State University College of Medicine, Tallahassee, FL. 3Tallahassee Memorial Hospital, Tallahassee, FL. 4Inova Fairfax Hospital, Falls Church, VA.
P43 \textbf{ACCURACY OF REE PREDICTION EQUATIONS IN OVERWEIGHT YOUNG ADULT WOMEN}  
Cory Scott, Ronald Evans, FACSM, Autumn Lanoye, Jessica LaRose. \textit{Virginia Commonwealth University, Richmond, VA.}

P44 \textbf{ASSOCIATIONS BETWEEN BODY COMPOSITION, STRENGTH, AND FUNCTION IN OLDER ADULTS AT RISK FOR MOBILITY DISABILITY}  
Carlo Robert Davids\textsuperscript{1}, Jason Fanning\textsuperscript{1}, Jack W. Rejeski\textsuperscript{2}, Michael P. Walkup\textsuperscript{2}, Walter T. Ambrosius\textsuperscript{1}, Anthony P. Marsh, FACSM\textsuperscript{1}. \textsuperscript{1}Wake Forest University, Winston Salem, NC. \textsuperscript{2}Wake Forest School of Medicine, Winston Salem, NC.

P45 \textbf{RELATIONSHIP BETWEEN BODY COMPOSITION AND MOTOR SKILLS IN 3-5 YEAR OLDS: NATIONAL YOUTH FITNESS SURVEY}  
Aaron P. Wood, Amy Gross McMillan, Satomi Imai, Damon Swift, Katrina DuBose. \textit{East Carolina University, Greenville, NC.}

P46 \textbf{TEST-RETEST RELIABILITY OF TOTAL BODY VOLUME DERIVED FROM A SINGLE 2 DIMENSIONAL DIGITAL IMAGE}  
Katherine Sullivan, Clifton J. Holmes, Bjoern Hornikel, Shengting Cao, Yu Gan, Michael R. Esco, Michael V. Fedewa. \textit{University of Alabama, Tuscaloosa, AL.}

P47 \textbf{EFFECT OF A KETOGENIC DIET ON ANTHROPOMETRICS, BODY COMPOSITION, AND METABOLIC HEALTH MARKERS IN WOMEN}  
Tarah A. Lynch, Heather Hausenblas, Stephanie Hopper, Terrance Orange, Ashlyn Knight, Abby Remenapp, Kevin Coyle, Martin A. Barragan, Carena S. Winters, FACSM, Catherine Saenz. \textit{Jacksonville University, Jacksonville, FL.}

P48 \textbf{BODY ESTEEM IS LOWER FOLLOWING BODY COMPOSITION TESTING}  
Geoffrey M. Hudson, Caitlyn R. Hauff, Andrew P. Theodore, Alyssa M. Zediker. \textit{University of South Alabama, Mobile, AL.}

P49 \textbf{BODY COMPOSITION USING AIR DISPLACEMENT PLETHYSMOGRAPHY IN OBESE ADULTS: EFFECT OF ESTIMATED VERSUS MEASURED THORACIC GAS VOLUME}  
Jayvaughn T. Oliver. \textit{Appalachian State University, Boone, NC.}

P50 \textbf{VALIDITY OF BODY COMPOSITION BY INBODY 770 BIOIMPEDANCE ANALYZER}  
Thalia Tiseth Torres, FACSM, Harine Patel, FACSM, Katherine Ingram, FACSM. \textit{Kennesaw State University, Kennesaw, GA.}

P51 \textbf{ESTIMATION OF VISCERAL ADIPOSE TISSUE: A DEVICE COMPARISON}  
Katie R. Hirsch, Gabrielle J. Brewer, Malia N.M. Blue, Abbie E. Smith-Ryan, FACSM. \textit{University of North Carolina at Chapel Hill, Chapel Hill, NC.}

P52 \textbf{RELATIONSHIP BETWEEN BPAQ DERIVED PHYSICAL ACTIVITY AND BONE MINERAL DENSITY IN AGED INDIVIDUALS}  
Courtney O’Connell, Bailey Andrews, Joe Pederson, Rebecca Rogers, Tyler Williams, Mallory Marshall, Christopher Ballmann. \textit{Samford University, Birmingham, AL.}

P53 \textbf{THE EFFECT OF THERMOGENIC NUTRITIONAL SUPPLEMENTATION ON RESTING METABOLISM IN COLLEGE-AGE FEMALES}  
Elizabeth Page Kelley\textsuperscript{1}, Wes D. Dudgeon\textsuperscript{1}, Michael J. Webster\textsuperscript{2}. \textsuperscript{1}College of Charleston, Charleston, SC. \textsuperscript{2}Valdosta State University, Valdosta, GA.

P54 \textbf{INFLUENCE OF POST-EXERCISE NUTRIENT INTAKE ON RECOVERY AND SUBSEQUENT EXERCISE PERFORMANCE IN YOUTH CYCLISTS}  
Nicholas T. Thomas, Andrew S. Law, Allison T. Cadematori, Nicholas D. Luden, George F. Schultz, Stephanie P. Kurti, Michael J. Saunders, FACSM. \textit{James Madison University, Harrisonburg, VA.}

P55 \textbf{EFFECTS OF EXERCISE TRAINING ON CIRCULATING BRANCHED-CHAIN AMINO ACID AND KETONE LEVELS IN DIABETICS}  
Ryan Andrew Flynn\textsuperscript{1}, Jonathan J. Ruiz-Ramie\textsuperscript{1}, Neil M. Johannsen\textsuperscript{2,3}, Timothy S. Church\textsuperscript{3}, Mark A. Sarzynski, FACSM\textsuperscript{1}. \textsuperscript{1}University of South Carolina, Columbia, SC. \textsuperscript{2,3}Louisiana State University, Baton Rouge, LA. \textsuperscript{3}Pennington Biomedical Research center, Baton Rouge, LA.
P56 DOES VARYING THE FATTY ACID COMPOSITION OF A HIGH-FAT MEAL MODIFY POSTPRANDIAL LIPEMIA
Breanna L. Davidson, Stephanie P. Kurti, Jeremy D. Akers, Elizabeth S. Edwards, FACSM. James Madison University, Harrisonburg, VA.

P57 CHANGES IN FAT AND CARBOHYDRATE OXIDATION FROM REST TO EXERCISE AFTER DIFFERENT FASTING LENGTHS
Emma R. Thompson, James Brown, Kelly E. Johnson, Jakob D. Lauver, Justin P. Guilkey. Coastal Carolina University, Conway, SC.

P58 AEROBIC OVERTRAINING PROTOCOL MITIGATES GLUCOSE INTOLERANCE AND DOES NOT IMPAIR RUNNING PERFORMANCE IN C57BL MICE
Hannah Hardin, Derek Scott, Scott Fuller, Gregorry R. Davis. University of Louisiana at Lafayette, Lafayette, LA.

P59 A 28-DAY CARBOHYDRATE RESTRICTED DIET IMPROVES MARKERS OF CARDIOVASCULAR DISEASE IN FIREFIGHTERS
Hunter S. Waldman1, John Eric W. Smith2, John Lambeth2, Brent J. Fountain2, Richard J. Bloomer1, Matthew B. Butawan3, Matthew J. McAllister4. 1University of North Alabama, Florence, AL. 2Mississippi State University, Starkville, MS. 3University of Memphis, Memphis, TN. 4Texas State University, San Marcos, TX.

P60 EFFECT OF AEROBIC EXERCISE DURING PREGNANCY ON BIOMARKERS OF MATERNAL METABOLISM
Mary- Margaret E. Remchak1, Samantha McDonald1, Cody Strom1, Christy Isler2, Kelley Haven2, Linda May, FACSM1. 1East Carolina University, Greenville, NC. 2ECU Obstetrics and Gynecology, Greenville, NC.

P61 CORRELATION BETWEEN FATMAX AND VT1 IN ADOLESCENT BOYS AND GIRLS
Vibhav Nandagiri1, Srikar Kavirayuni2, Alex Whang3, Hwan Kim4, Nick Tocci4, Sarean Gaynor-Metzinger4, Marco Meucci4. 1Cary Academy, Cary, NC. 2ABSS Early College, Graham, NC. 3Chapel Hill High School, Chapel Hill, NC. 4Appalachian State University, Boone, NC.

P62 THE EFFECT OF BODY FAT PERCENTAGE ON FAT UTILIZATION IN NORMAL AND OVERWEIGHT ADOLESCENTS
Sarean Harmoni A. Gaynor-Metzinger, Nicholas D. Tocci, Hwan Kim, Javier Morales Dozal, Marco Meucci. Appalachian State University, Boone, NC.

P63 EFFECT OF A 21-DAY WELL-FORMULATED KETOGENIC DIET ON PSYCHOLOGICAL HEALTH IN WOMEN
Ashlyn Knight, FACSM, Heather Hausenblas, FACSM, Stephanie Hooper, FACSM, Terrance Orange, FACSM, Abby Remenapp, FACSM, Kevin Coyle, FACSM, Tarah Lynch, FACSM, Martin Barragan, FACSM, Carena Winters, FACSM, Catherine Saenz, FACSM. Jacksonville University, Jacksonville, FL.

P64 FASTING BLOOD GLUCOSE PREDICTS VASCULAR HEALTH IN APPARENTLY HEALTHY INDIVIDUALS
Sean P. Langan, Jadeon D. Carreker, Bryan L. Riemann, Andrew A. Flatt, Greg J. Grosicki. Georgia Southern University (Armstrong), Savannah, GA.

P65 THE EFFECTS OF ORAL CONTRACEPTIVES ON CENTRAL AND PERIPHERAL BLOOD PRESSURES
Emma V. Frye, Elise M. Witwer, Amaron M. Craig, Samantha A. Lew, Emily K. Heier, Rebecca M. Kappus. Appalachian State University, Boone, NC.

P66 ASSOCIATION BETWEEN HEART RATE VARIABILITY AND PERCEIVED PAIN IN RESPONSE TO FOAM ROLLING
Isabel I. Delgado, Marvette D. Wilkerson, Andrew A. Flatt. Georgia Southern University, Savannah, GA.

P67 ACUTE RESPONSE OF BLOOD LIPID PROFILES TO DIFFERENT INTENSITIES OF EXERCISE IN OBESE MEN
Margaret Huss, Sophia LaMarca, Jinkyung Park. Georgia College & State University, Milledgeville, GA.
P68  SEX DIFFERENCES IN CARDIOVASCULAR RESPONSES TO ACUTE RESISTANCE EXERCISE
Emily K. Heier, Amaron Craig, Elise Witwer, Samantha Lew, Emma Frye, Rebecca M. Kappus. Appalachian State University, Boone, NC.

P69  THE ACUTE EFFECTS OF PROLONGED SITTING WITH OR WITHOUT A HIGH GLYCEMIC INDEX MEAL ON CEREBRAL BLOOD FLOW IN HEALTHY ADULTS
Jade Blackwell1, Katie Burnet1, Elizabeth Kelsch1, Erik Hanson1, Simon Fryer2, Daniel Credeur3, Keeron Stone2, Lee Stoner, FACSM1. 1University of North Carolina at Chapel Hill, Chapel Hill, NC. 2University of Gloucestershire, Gloucester, UK. 3University of Southern Mississippi, Hattiesburg, MS.

P70  ENDOTHELIAL FUNCTION CONTRIBUTES TO ACUTE CHANGES IN PULSE WAVE VELOCITY
Kathleen A. Stanford1, Jade A. Blackwell1, Daniel P. Credeur2, Jake C. Diana1, Craig Paterson3, Keeron J. Stone3, Gabriel H. Zieff1, Simon Fryer3, Lee Stoner, FACSM1. 1University of North Carolina at Chapel Hill, Chapel Hill, NC. 2University of Southern Mississippi, Hattiesburg, MS. 3University of Gloucestershire, Gloucester, UK.

P71  FEASIBILITY OF ASSESSING PULSE WAVE VELOCITY IN NEONATES
Patricia Pagan Lassalle, Michelle L. Meyer, Kim A. Boggess, Lee Stoner, FACSM. University of North Carolina at Chapel Hill, Chapel Hill, NC.

P72  CARDIOVASCULAR RESPONSES TO PHYSIOLOGICAL STRESS IN ANXIOUS AND NON-ANXIOUS YOUNG ADULTS
Nina Lawrene Stute, Jonathon Stickford, Rebecca Kappus, Abigail Stickford. Appalachian State University, Boone, NC.

P73  SEX DIFFERENCES IN MAXIMAL OXYGEN UPTAKE: WHAT ARE THE BIGGEST CONTRIBUTORS?
Nicholas D. Tocci, Madeline G. Miller, Marco Meucci. Appalachian State University, Boone, NC.

P74  SEX DIFFERENCES IN ARTERIAL STIFFNESS AND EJECTION DURATION IN PRE- AND POST- PUBERTAL CHILDREN
Ashlyn T. Lowder, Nicholas D. Tocci, Marco Meucci. Appalachian State University, Boone, NC.

P75  EFFECT OF AEROBIC AND RESISTANCE EXERCISE TRAINING ON ENERGY EXPENDITURE IN OVERWEIGHT PATIENTS WITH HFPEF
Hannah Schultz. Wake Forest University, Winston-Salem, NC.

P76  REPRODUCIBILITY OF PHYSIOLOGICAL RESPONSES DURING AEROBIC AND RESISTANCE EXERCISE IN PATIENTS WITH HFPEF.
Tessa Roberts, Hannah Schultz, Peter Brubaker, FACSM. Wake Forest University, Winston Salem, NC.

8:00-8:50  SYMPOSIUM SESSION III (City Terrace 12)
S3  The Past, Present and Future of Exercise Oncology: What We Know and Where to Next
Erik D. Hanson1, Alex A. Lucas1, Alexander R. Lucas2, David B. Bartlett3. 1University of North Carolina at Chapel Hill, Chapel Hill, NC, 2Virginia Commonwealth University, Richmond, VA, 3Duke University, Durham, NC
Chair: David Rice. Florida Southern College, FL.

8:00-8:50  TUTORIAL SESSION IX (City Terrace 9)
T9  The Female and Male Athlete Triad: What’s the difference?
Toni M. Torres-McGehee1, Erin M. Moore2. 1University of South Carolina, Columbia, SC. 2University of South Florida, Tampa, FL.
Chair: Danielle Wadsworth. Auburn University, AL.
8:00-8:50  TUTORIAL SESSION X (City Terrace 4)
T10  EXERTIONAL HEAT ILLNESSES: INCIDENCE ACROSS GENDERS, SPORT, AND COMPETITION LEVEL
Susan W. Yeargin. University of South Carolina, Columbia, SC.
Chair: William M. Adams. University of North Carolina at Greensboro, Greensboro, NC.

8:00-8:50  TUTORIAL SESSION XI (Hart 4th Floor)
T11  PHYSICAL ACTIVITY: PLAYING TO THE BEST OF ONE'S (DIS)ABILITY
Dawn P. Coe, Vincenzo G. Nocera, Aaron P. Wood, Angela J. Wozencroft. University of Tennessee, Knoxville, TN.
Chair: Jeanette Garcia. University of Central Florida, FL.

8:00-8:50  TUTORIAL SESSION XII (Acosta 4th Floor)
T12  Data Forward: Where Does Machine Learning belong in Exercise Science?
Nathaniel T. Berry. UNC Greensboro, Greensboro, NC.
Chair: Robert S. Bowen. Truett McConnell University, Cleveland, GA.

8:00-9:30  THEMATIC POSTER I (Orlando Room)
TP1-TP6  Biomechanics/Balance
Chair: Wendi H. Weimar. Auburn University, Auburn Univ, AL.

TP1  STANDING BALANCE MUSCLE ACTIVATION AT THE ANKLE JOINT IS NOT ASSOCIATED WITH SLIP OUTCOMES
Samuel J. Wilson¹, Paul T. Donahue², Chris M. Hill³, Charles C. Williams⁴, Jeff Simpson⁵, Nick Siekirk¹, Jessica Mutchler¹, Abigail Johnson¹, Savannah McLain¹, Andrew Crawford¹, Barry Munkasy¹, Dwight Waddell⁶, John C. Garner⁷. ¹Georgia Southern University, Statesboro, GA. ²University of Southern Mississippi, Hattiesburg, MS. ³Northern Illinois University, DeKalb, IL. ⁴LaGrange College, LaGrange, GA. ⁵University of West Florida, Pensacola, FL. ⁶University of Mississippi, University, MS. ⁷Troy University, Troy, AL.

TP2  THE EFFECT OF TREADMILL DESK WALKING ON CREATIVE THINKING

TP3  INFLUENCE OF BALANCE SHOES ON PLANTAR PRESSURE IN INDIVIDUALS WITH CHRONIC ANKLE INSTABILITY

TP4  HYDROTHERAPY VS. LAND BASED EXERCISES ON DUAL TASK DYNAMIC BALANCE IN A GERIATRIC POPULATION
Alana J. Turner, Harish Chander, Adam Knight, Chih-Chia Chen, Zhujun Pan, Sachini Kodithuwakku Arachchige. Mississippi State University, Mississippi State, MS.

TP5  HIP AND KNEE MUSCLE ACTIVITY DURING STANDING BALANCE ARE NOT ASSOCIATED WITH SLIP SEVERITY
Andrew Crawford¹, Paul T. Donahue², Chris Hill³, Charles C. Williams⁴, Jeff Simpson⁵, Nick Siekirk¹, Jessica Mutchler¹, Abigail Johnson¹, Savannah McLain¹, Barry Munkasy¹, Dwight Waddell⁶, John Garner⁷, Sam Wilson¹. ¹Georgia Southern University, Statesboro, GA. ²University of Southern Mississippi, Hattiesburg, MS. ³Northern Illinois University, DeKalb, IL. ⁴LaGrange College, LaGrange, GA. ⁵University of West Florida, Pensacola, FL. ⁶University of Mississippi, University, MS. ⁷Troy University, Troy, AL.

TP6  BIOMECHANICS DURING LOWER EXTREMITY FUNCTIONAL TESTS IN FEMALE COLLEGIATE ATHLETES RELATED TO KNEE VALGUS
Sierra N. Swasey, Amanda L. Ransom. Methodist University, Fayetteville, NC.
8:00-9:30  Thematic Poster II (City Terrace 11)
TP7-TP12  Exercise and Pregnancy
Chair: Mallory Marshall. Samford University, Birmingham, AL.

TP7  THE IMPACT OF PREGNANCY ON BLOOD FLOW FOLLOWING GLUCOSE INGESTION
Leryn J. Reynolds, Kayla R. Powell, Jhosep E. Huaromo, Hannah M. Twiddy. Old Dominion University, Norfolk, VA.

TP8  THE INFLUENCE OF EXERCISE BEFORE AND DURING PREGNANCY ON OFFSPRING HEART FUNCTION AND DEVELOPMENT
Stephanie M. Morales1, Linda May, FACSM1, Samantha McDonald1, Dennis Steed2, Kelly Haven3, Christy Isler3. 1East Carolina University, Greenville, NC. 2Pediatric Medicine, ECU, Greenville, NC. 3Obstetrics & Gynecology-Maternal-Fetal Medicine, ECU, Greenville, NC.

TP9  EXERCISE BEHAVIORS AND BELIEFS AMONG PREGNANT WOMEN IN RURAL COMMUNITIES
Danna V. Rodriguez. Appalachian State University, Boone, NC.

TP10  PATIENT AND PROVIDER COMMUNICATION REGARDING EXERCISE DURING PREGNANCY IN A RURAL SETTING
Samantha J. Henry, Marie M. Blankenship, Kim A. Link, Rachel A. Tinius. Western Kentucky University, Bowling Green, KY.

TP11  OBESITY AND PHYSICAL ACTIVITY DURING PREGNANCY HAVE IMPLICATIONS FOR NEONATAL GROWTH AND INFLAMMATION
Cathryn Duchette. Western Kentucky University, Bowling Green, KY.

TP12  CHANGES IN DUAL TASKING FROM SECOND TO THIRD TRIMESTER OF PREGNANCY

9:00-9:50  SYMPOSIUM SESSION IV (City Terrace 12)
S4  FOR THOSE ABOUT TO ROCK: MUSIC PREFERENCE AND EXERCISE PERFORMANCE
Christopher G. Ballmann. Samford University, Birmingham, AL.
Chair: J. Grant Mouser. Troy University, Troy, AL.

9:00-9:50  TUTORIAL SESSION XIII (City Terrace 9)
T13  Dairy vs. Dairy Free Alternatives: Translating the science for your clients
Jim D. White. Dairy Alliance, Virginia Beach, VA.
Chair: Amy M. Knab. Queens University of Charlotte, Charlotte, NC.

9:00 - 9:50  TUTORIAL SESSION XIV (City Terrace 4)
T14  EXERCISE APPROACHES TO ESTABLISH AND MAINTAIN WELLNESS IN PEOPLE WITH MULTIPLE SCLEROSIS
Marina Moldavskiy, Christopher Wells, Elizabeth Thomas. Shepherd Center, Atlanta, GA.
Chair: Elizabeth Skidmore Edwards. James Madison University, Harrisonburg, VA.

9:00-9:50  TUTORIAL SESSION XV (Hart 4th Floor)
T15  How to Rewire the Sprained Brain
Alan R. Needle. Appalachian State University, Boone, NC.
Chair: Karissa Peyer. University of Tennessee at Chattanooga, Chattanooga, TN.

9:00-9:50  TUTORIAL SESSION XVI (Acosta 4th Floor)
T16  FROM 60M TO 6 DAYS: FATIGUE IN RUNNING PERFORMANCE ACROSS A SPECTRUM OF DISTANCES
William S. Black. University of Kentucky, Lexington, KY.
Chair: Andy Bosak, FACSM. Liberty University, VA

9:30-11:00  Poster Free Communication III (Conference Center B)
P77-P113  Cardiovascular Physiology/Cell Regulation/Chronic Disease/Disability/Muscle/Competition
Chair: Hayley V. MacDonald. University of Alabama, AL.
AGREEMENT BETWEEN MANUAL AND SOFTWARE BASED ULTRA-SHORTENED HRV CALCULATIONS FOR RMSSD
Bjoern Hornikel, Clifton J. Holmes, Michael R. Esco, FACSM. University of Alabama, Tuscaloosa, AL.

CENTRAL ARTERIAL STIFFNESS IN NORMAL WEIGHT AND OVERWEIGHT PRE AND POST PUBERTAL CHILDREN
Austin T. Lassiter, Marco Meucci, Hwan Kim, Kaitlin T. McShea. Appalachian State University, Boone, NC.

CARDIOVASCULAR EFFECTS OF CAFFEINE DURING THIRD PERSON SHOOTING GAMES
Jocelyn Arnett, Cameron Addie, Lauren Adlof, Ludmila Cosio-Lima, FACSM, Lee Brown, FACSM. University of West Florida, Pensacola, FL.

ISOMETRIC EXERCISE TRAINING, REGARDLESS OF MUSCLE MASS, REDUCES RESTING BLOOD PRESSURE IN NORMOTENSIVE HEALTHY MALES
Ebony C. Gaillard, Benjamin DH Gordon, Maria G. Alessi, Joseph S. Marino, Jeanette M. Bennett, Brittany C. Price, Vanna Sombatsaphay, Christopher D. Stewart, Spencer A. Green, Michael T. Roberts, Jenna E. Kachmarik, Michael J. Persin, Reuben Howden. 1UNC Charlotte, Charlotte, NC. 2Slippery Rock University, Slippery Rock, PA.

THE EFFECTS OF ICE AND BLOOD FLOW RESTRICTION TRAINING ON TORQUE PRODUCTION AND CELLULAR RESPONSES
Abby R. Fleming, Clifton Holmes, Morgan Jones, Bjoern Hornikel, Keith Saffold, Michael Esco, Lee Winchester. University of Alabama, Tuscaloosa, AL.

EFFECT OF BODY COMPOSITION ON PHYSICAL FUNCTION IN PATIENTS WITH COPD
Emily D. Michalak, Michael J. Berry, FACSM, Norman E. Adair. Wake Forest University, Winston-Salem, NC.

QUALITY OF LIFE AND FATIGUE ARE RELATED TO EXERCISE PERCEPTIONS IN BREAST CANCER SURVIVORS
Kyle Elizabeth Grohbrugge, Ashley L. Artese, Rachel L. Hunt, Michael L. Ormsbee, FACSM, Jeong S. Kim, FACS, Lynn B. Panton, FACSM. 1Roanoke College, Salem, VA. 2Florida State University, Tallahassee, FL.

RELATIONSHIP BETWEEN PHYSICAL ACTIVITY, STRENGTH, AND PHYSICAL FUNCTION IN BREAST CANCER SURVIVORS
Natalie Jeanne Whitney, Ashley L. Artese, Rachael L. Hunt, Michael J. Ormsbee, FACSM, Jeong S. Kim, FACS, Lynn B. Panton, FACSM. 1Roanoke College, Salem, VA. 2Florida State University, Tallahassee, FL.

EFFICACY OF WHOLETONES® MUSIC ON HEALTH BEHAVIORS: A SINGLE BLIND, RANDOMIZED, CONTROLLED, CROSSOVER PILOT
Kevin R. Coyle, Heather A. Hausenblas, David Hooper, Stephanie Hooper, Tarah Lynch. 1Florida State University, Tallahassee, FL. 2Jacksonville University, Jacksonville, FL.

EVIDENCE-BASED CLASSIFICATION IN POWERCHAIR FOOTBALL: IDENTIFYING TESTS OF IMPAIRMENT
JP Barfield, FACSM, Stephanie Williams, Xiuyan Guo. Emory & Henry College, Emory, VA.

COMPARISON OF CARDIOMETABOLIC RISK FACTORS OF OLDER MALES AND FEMALES IN AN ACTIVE URBAN COMMUNITY
Austin A. Anderson, Maresa Bowen, Malli Fowler, Sarah Gingerich, Shannon Hinson, Kivana Keane, Adam Lavis, Jessica Martin, Benjamin Patterson, Colleen Pecoraro, Alexis Sides, Tommy Scott, Leslie J. Brandon, FACSM, Trudy Moore-Harrison. 1University of North Carolina at Charlotte, Charlotte, NC. 2Georgia State University, Atlanta, GA.

METABOLIC AND MOTOR PROFICIENCY PROFILES OF YOUTH WITH DOWN SYNDROME
Vincenzo G. Nocera, Aaron P. Wood, Tyler J. Kybartas, Angela J. Wozencroft, Dawn P. Coe, FACSM. University of Tennessee, Knoxville, Knoxville, TN.
WINE AND EXERCISE IMPROVE GLYCEMIC CONTROL IN INSULIN-RESISTANT WOMEN
Kirk A. Abraham. Transylvania University, Lexington, KY.

PHYSICAL ACTIVITY AND SLEEP PATTERNS IN CHILDREN WITH CEREBRAL PALSY
Nicholas Leahy. University of Central Florida, Orlando, FL.

DOES GROUP EXERCISE INCREASE ACTIVITY LEVELS IN PERSONS WITH PARKINSON’S DISEASE?
William K. Bryant, Samantha A. Coveney, Guy J. Clennett, Megan M. Hartnett, Shannon L. Mathis. University of Alabama in Huntsville, Huntsville, AL.

ANALYSIS OF PAIN MEDICATION USE IN OLDER ADULTS WITH KNEE OSTEOARTHRITIS

FLEXIBILITY TRAINING AND SHOULDER MOBILITY IN WOMEN WITH BREAST CANCER
Alexandra Marshall1, Lindsey Hanson2, Shannon Mihalko1, Edward Levine3, Marissa Howard-McNatt3. 1Wake Forest University, Winston-Salem, NC. 2University of Nebraska Medical Center, Omaha, NE. 3Wake Forest School of Medicine, Winston-Salem, NC.

EFFECTS OF EXERCISE ON CARDIOVASCULAR DISEASE RISK IN OLDER AFRICAN AMERICAN COUPLES: A PILOT STUDY
Chloe S. Jones, Lyndsey M. Hornbuckle, FACSM. University of Tennessee, Knoxville, TN.

A COMPARISON OF FIREFIGHTERS HEALTH: ADMINISTRATORS VERSE SHIFT WORKERS
Stephanie D. Walsh, Brandon A. Loewen, Bridget F. Melton, Ronald L. Snarr, Greg A. Ryan. Georgia Southern University, Statesboro, GA.

EVIDENCE-BASED CLASSIFICATION IN POWERCHAIR FOOTBALL: DETERMINING THE DETERMINANTS
Stephanie Williams, Elizabeth Davis, Autumn Harris, Kelly Henry, Adam Klein, Abigail Mulliken, Ben Pisarz, Xiuyan Guo, J.P. Barfield, FACSM. Emory & Henry College, Emory, VA.

COMPARISON OF CARDIOMETABOLIC AND ANTHROPOMETRIC RISKS IN MULTIRACIAL OLDER ADULTS IN CHARLOTTE, NC
Sarah Gingerich1, Trudy Moore-Harrison1, Leslie Jerome Brandon, FACSM2, Adam Lavis1, Jessica Martin1, Maressa Bowen1, Kivana Keane1, Malli Fowler1, Alexis Sides1, Benjamin Patterson1, Shannon Hinson1, Austin Anderson1, Colleen Pecoraro1, Tommy Scott1. 1University of North Carolina at Charlotte, Charlotte, NC. 2Georgia State University, Atlanta, GA.

COMPARISON OF CARDIO METABOLIC RISK INDEXES IN ACTIVE OLDER AFRICAN AND EUROPEAN AMERICANS
Malli K. Fowler, FACSM. UNC Charlotte, Charlotte, NC.

IMPACT OF SOCIOECONOMIC STATUS ON CARDIOMETABOLIC RISKS IN OLDER COMMUNITY DWELLERS
Kivana Keane1, Austin Anderson1, Maressa Bowen1, Malli Fowler1, Sarah Gingerich1, Shannon Hinson1, Adam Lavis1, Jessica Martin1, Benjamin Patterson1, Colleen Pecoraro1, Alexis Sides1, Tommy Scott1, Leslie Brandon, FACSM2, Trudy Moore-Harrison1. 1UNC Charlotte, Charlotte, NC. 2Georgia State University, Atlanta, GA.

PEAK TORQUE ANGLE DURING KNEE FLEXION AND EXTENSION IN INDIVIDUALS WITH INCOMPLETE SPINAL CORD INJURY
Cody Sivley, Sandra Stevens. Middle Tennessee State University, Murfreesboro, TN.
P101  CHANGE IN QUANTITATIVE COMPUTED TOMOGRAPHY–DERIVED CORTICAL AND TRABECULAR BONE COMPARTMENTS AFTER SLEEVE GASTRECTOMY  
Kylie K. Reed1, Katelyn A. Greene2, Ashley A. Weaver2, Ashlyn A. Swafford1, Jamy D. Ard2, Daniel P. Beavers2, Kristen M. Beavers1. 1Wake Forest University, Winston Salem, NC. 2Wake Forest School of Medicine, Winston Salem, NC.

P102  ENDURANCE OF THE DORSAL AND VENTRAL MUSCLES IN THE NECK  
Cameron Liss, Kevin McCully, FACSM. University of Georgia, Athens, GA.

P103  VIDEO CAMERA ANALYSIS TO CAPTURE MUSCLE SPECIFIC ENDURANCE  
Olivia J. Hooks, Kevin K. McCully, FACSM. University of Georgia, Athens, GA.

P104  MITOCHONDRIAL CAPACITY OF DISTAL AND MIDLINE LOCATIONS IN THE VASTUS LATERALIS  
Zachary Kenichi Liebowitz, Kevin K. McCully, FACSM. University of Georgia, Athens, GA.

P105  MUSCLE CHARACTERIZATION AMONG NORMAL WEIGHT OBESE YOUNG ADULTS  
Alyson G. Nelson, Kara C. Anderson, Katie R. Hirsch, Malia N.M. Blue, Gabrielle J. Brewer, Abbie E. Smith-Ryan, FACSM. University of North Carolina at Chapel Hill, Chapel Hill, NC.

P106  FEASIBILITY OF USING A BISPHOSPHONATE IN SLEEVE GASTRECTOMY PATIENTS FOR BONE LOSS PREVENTION  
Ashlyn A. Swafford1, Jamy D. Ard2, Peri C. Gearren3, Adolfo Z. Fernandez3, Sherri A. Ford1, Beverley A. Nesbit1, Kylie K. Reed1, Kristen M. Beavers1. 1Wake Forest University, Winston Salem, NC. 2Wake Forest School of Medicine, Winston Salem, NC. 3Wake Forest Baptist Health, Winston Salem, NC.

P107  ELEVATED POST-MARATHON MITOCHONDRIAL DAMAGE-ASSOCIATED MOLECULAR PATTERNS (MTDAMPS)  
Chad Markert, Daija McKenzie. Winston Salem State University, Winston Salem, NC.

P108  EFFECT OF FORCE ACTIVATION OF NOTCH SIGNALING ON MTOR  
Julia R. Rebellon1, Cassandra Beach1, Jeffrey Gerrard1, Kendra Morris1, Matthew P. Bomkamp2, Nicole L. Stott1, Joshua R. Huot3, Joseph S. Marino1, Susan T. Arthur1. 1University of North Carolina at Charlotte, Charlotte, NC. 2University of Florida, Gainsville, FL. 3Indiana University School of Medicine, Indianapolis, NC.

P109  A NOVEL METHOD FOR TESTING MUSCLE FUNCTION WITHOUT THE NEED FOR SUBJECT RESPONSIVENESS  
Jacob Lonowski, Lakeedra Cooper, Rachel Culbreth, Kyle J. Brandenberger. Georgia State University, Atlanta, GA.

P110  THE IMPACT OF BLOOD FLOW RESTRICTION TRAINING DURING MAXIMAL INTENSITY RESISTANCE EXERCISE ON MUSCULAR PERFORMANCE.  

P111  RELATIONSHIP BETWEEN SPRINT PERFORMANCE AND STRENGTH AND POWER IN DIVISION I COLLEGIATE FOOTBALL ATHLETES  
Paul T. Donahue1, Charles C. Williams2, Samuel J. Wilson3, Paul M. Jackson4, John C. Garner5. 1University of Southern Mississippi, Hattiesburg, MS. 2LaGrange College, LaGrange, GA. 3Georga Southern University, Statesboro, GA. 4University of Mississippi, Oxford, MS. 5Troy University, Troy, AL.

P112  CORRELATION OF WELLNESS AND COUNTERMOVEMENT JUMP IN FEMALE COLLEGIATE LACROSSE PLAYERS  
Megan D. Frick, Matthew D. Hamlet, Jennifer A. Bunn, FACSM. Campbell University, Buies Creek, NC.

P113  SORENESS AND FATIGUE AS THE KEY PERCEPTUAL INDICATORS FOR PREVIOUS DAY WORKLOAD IN ATHLETES  
10:00-11:00 ANDREW KOZAR ACSM PRESIDENTIAL ADDRESS (Grand Ballroom 5-8)
William E. Kraus, M.D., President ACSM, Duke University
Presiding: Becki Battista, Ph.D., SEACSM President, Appalachian State University

11:10-12:10 CLINICAL CROSSOVER LECTURE (Grand Ballroom 5-8)
Regenerative Sports Medicine: The Science Behind the Hype
Tom Best, M.D., Ph.D., University of Miami, Miller School of Medicine
Presiding: Becki Battista, Ph.D., SEACSM President, Appalachian State University

12:00-1:00 PAST PRESIDENT’S LUNCH (River Terrace 3)

12:30-1:15 BIOMECHANICS INTEREST GROUP (City Terrace 7)
Wendi Weimer, Ph.D. Auburn University

12:30-1:15 MINORITY HEALTH AND RESEARCH INTEREST GROUP (City Terrace 4)
Lyndsey Hornbuckle, Ph.D., University of Tennessee

SEACSM CLINICAL TRACK (Acosta 4th Floor)
"Sports Medicine by the Sea."
12:30 pm Welcome and Announcements: Brent Messick, MD (Atrium Health Musculoskeletal Institute)
12:45 pm Swimming: Katie Edenfield, MD (Florida)
1:15 pm Scuba: Kim Kaiser, Md (Kentucky)
1:45 pm Sailing: Anne Allen, MD, FACSM (Allen Spine and Sports Medicine)
2:20 pm Discussion
2:25 pm Break
2:40 pm Case Presentation #1-“What’s in a Mass?” (Joshua Pacious, MD)
2:55 pm Case Presentation #2-“Delayed Symptoms of an Emergent Condition in a High School Football Player” (Andrew Grozenski, MD)
3:10 pm Case Presentation #3-“Oh Snap! I Got Hit in the Face” (Christina Gutta, MD)
3:25 pm Surfing: Andrew Schmidt, DO (UF Shands)
4:10 pm Tennis: Jen Maynard, MD (Mayo)
4:40 pm Break
4:45 pm Tom Best, MD, PhD, FACSM (Miami)
5:55 pm Discussion
6:30-7:30 Clinical Track Reception

1:00-2:30 POSTER FREE COMMUNICATION IV (Conference Center B)
Competitive Athletes/Endocrinology/Environment/Epidemiology/Prevention
Chair: Ashley L. Artese. Florida State University, FL.
P114 CARDIORESPIRATORY VARIATION DURING RUN-WALK EXERCISE: THE IMPACT OF GENDER, AGE, AND TRANSITION SPEED
Andrew Moore, William Nolan. Augusta University, Augusta, GA.
P115 DETERMINING INTERVENTION COMPONENTS FOR A PHYSICAL ACTIVITY PROGRAM DESIGNED FOR FORMER DIVISION I COLLEGE ATHLETES
Paula-Marie M. Ferrara1, Rebecca A. Zakrajsek1, Morgan R. Eckenrod2, Cory T. Beaumont1, Kelley Strohacker, FACSM1. 1University of Tennessee, Knoxville, Knoxville, TN. 2University of Southern Mississippi, Hattiesburg, MS.
P116  POSITIONAL DIFFERENCES IN PHYSIOLOGICAL RESPONSES DURING MATCHES IN PROFESSIONAL SOCCER PLAYERS  
Drew S. DeJohn, Greg A. Ryan, Michelle L. Eisenman, Stephen J. Rossi. Georgia Southern University, Statesboro, GA.

P117  NO CHANGES OF IN-GAME PERFORMANCE WITH CAFFEINE INGESTION IN 3RD PERSON SHOOTING GAMES  
Cameron Douglas Adde. University of West Florida, Pensacola, FL.

P118  INFLUENCE OF FOCUS OF ATTENTION INSTRUCTION ON JUMP PERFORMANCE: ADDITIVE BENEFITS OF A MIXED FOCUS.  
Robyn C. Henderson, Terry M. Brown, Courtney F. Brooks, Anna E. Urbano, Leah M. Kay, Tom E. Parry. College of Charleston, Charleston, SC.

P119  INFLUENCE OF FOCUS OF ATTENTION INSTRUCTIONS ON JUMP PERFORMANCE: COMPARISON OF EXTERNAL FOCI OF ATTENTION  
Terry M. Brown, Courtney F. Brooks, Anna E. Urbano, Anna E. Urbano, Leah M. Kay, Leah M. Kay, Tom E. Parry, Tom E. Parry. College of Charleston, Charleston, SC.

P120  COMPARISON OF TRAINING PERFORMANCE TO REPORTED PRACTICE INTENSITY IN PROFESSIONAL SOCCER PLAYERS  
Stephen J. Rossi, Michelle L. Eisenman, Drew S. DeJohn, Greg A. Ryan. Georgia Southern University, Statesboro, GA.

P121  PHYSIOLOGICAL FACTORS INFLUENCING PERFORMANCE IN COLLEGIATE WOMEN’S SOCCER PLAYERS USING THE WHOOP SYSTEM  
Hannah Parker, Peter Brubaker, FACSM, Jason Fanning. Wake Forest University, Winston Salem, NC.

P122  A MULTIFACETED EXERCISE INTERVENTION TO IMPROVE RIDER POSITION AND PERFORMANCE AMONG EQUESTRIAN ATHLETES  
Victoria Hutchens, Jean Irion, Sarah Smith, Shawn Hrymack, Jay Raju, Claire Tillman, J.P. Barfield, FACSM. Emory & Henry College, Emory, VA.

P123  CHANGES IN BODY COMPOSITION AND PERFORMANCE MEASURES THROUGHOUT THE ACADEMIC YEAR IN FEMALE LACROSSE PLAYERS  
Kenneth R. Bucsko¹, Bridget A. McFadden¹, Brittany N. Bozzini¹,², Harry P. Cintineo¹, Alexa J. Chandler¹, Alan J. Walker³, Shawn M. Arent, FACSM.¹². ¹University of South Carolina, Columbia, SC. ²Rutgers University, New Brunswick, NJ. ³Lebanon Valley College, Annsville, PA.

P124  ASSOCIATION BETWEEN PITCHING A SIMULATED GAME AND PITCHING PERFORMANCE IN YOUTH SOFTBALL PITCHERS.  
Jessica L. Downs, Kenzie B. Friesen, Kyle W. Wasserberger, Kevin A. Giordano, Abby R. Brittian, Nicole M. Bordelon, Gretchen D. Oliver, FACSM. Auburn University, Auburn, AL.

P125  2.4 KG OF PROXIMAL EXTERNAL LOADING IMPAIRS 5-KM RUNNING PERFORMANCE  

P126  LOWER BODY STRENGTH, POWER, AND AGILITY COMPARED TO BODY COMPOSITION IN RESISTANCE TRAINED MALES  
Brianna Marie Simmons. Georgia Southern University, Statesboro, GA.

P127  EFFECT OF EXPERIENCE ON STRENGTH AND POWER IN MALE BRAZILIAN JIU JITSU ATHLETES - A PILOT STUDY.  
Christian G. Almeda¹, Yuri Feito, FACSM¹, Trisha VanDusseldorp¹, Gerald Mangine¹, Duncan French². ¹Kennesaw State University, Kennesaw, GA. ²UFC Performance Institute, Las Vegas, NV.

P128  COMPARISON OF WEARABLE PERFORMANCE MONITORING SYSTEMS IN PROFESSIONAL SOCCER PLAYERS  
Michelle L. Eisenman, Drew S. DeJohn, Stephen J. Rossi, Greg A. Ryan. Georgia Southern University, Statesboro, GA.
THE RELATIONSHIP BETWEEN CHANGES IN SLEEP, INFLAMMATORY BIOMARKERS, AND ENERGY EXPENDITURE IN FEMALE SOCCER PLAYERS
Brittany N. Bozzini1,2, Bridget A. McFadden3, Harry P. Cintineo2, Alexa J. Chandler2, Michelle A. Arent2, Shawn M. Arent, FACSM1,2. 1Rutgers University, New Brunswick, NJ. 2University of South Carolina, Columbia, SC.

AEROBIC TRAINING-MEDIATED DOWNREGULATION OF PENTRAxin 3 AND PENTRAxin 3/TOLL-LIKE RECEPTOR 4 RATIO IN PERIPHERAL BLOOD MONONUCLEAR CELLS OF ELDERLY SUBJECTS, IRRESPECTIVE OF CHANGES IN OXIDATIVE STRESS
Shawn VAN Dinh. Florida Atlantic University, Boca Raton, FL.

ACUTE EFFECTS OF MAXIMAL EXERCISE ON INFLAMMATORY MARKERS AND HEART RATE VARIABILITY
Samantha J. Goldenstein, Nate T. Berry, Zach Kincaid, Travis Anderson, Allan H. Goldfarb, FACSM, Laurie Wideman, FACSM. UNCG, Greensboro, NC.

EFFECTS OF DIET ALTERATIONS, WITH OR WITHOUT FECAL MICROBIAL TRANSPLANTS, ON BONE INTEGRITY
Sarah E. Little, Ayland C. Letsinger, Jon P. Elizondo, Harry A. Hogan, J. Timothy Lightfoot, FACSM, Susan A. Bloomfield, FACSM. Texas A&M University, College Station, TX.

ACUTE RESISTANCE EXERCISE ELICITS BDNF BUT NOT CATHEPSIN B IN WELL-TRAINED MEN
Zac P. Robinson, Trevor K. Johnson, Daniel J. Belcher, Colby A. Sousa, Joseph P. Carzoli, Nishant P. Visavadiya, Andy V. Khamou, Michael Whitehurst, FACSM, Michael C. Zourdos. Florida Atlantic University, Boca Raton, FL.

CHANGES IN MONOCYTE FUNCTION IN RESPONSE TO ACUTE EXERCISE IN BREAST CANCER SURVIVORS
Kalleigh M. Moertl1, David B. Bartlett2, William S. Evans1, Jordan T. Lee1, Eli Danson1, Chad W. Wagoner1, Elizabeth P. Harrell1, Stephanie A. Sullivan1, Lauren C. Bates1, Brian C. Jensen1, Kirsten A. Nyrop1, Hyman B. Muss1, Claudio L. Battaglini, FACSM1, Erik D. Hanson1. 1University of North Carolina at Chapel Hill, Chapel Hill, NC. 2Duke University, Durham, NC.

EFFECTS OF AEROBIC EXERCISE ON MCP-1 AND TNF-α IN OLDER WOMEN

ENDOCRINOLOGICAL CHANGES ASSOCIATED WITH PROTEIN INTAKE IN DIVISION I MALE SOCCER PLAYERS
Harry P. Cintineo1, Bridget A. McFadden1, Brittany N. Bozzini1,2, Christopher E. Ordway2, Alan J. Walker3, David J. Sanders2, Marissa L. Bello4, Alexa J. Chandler1, Shawn M. Arent, FACSM1,2. 1University of South Carolina, Columbia, SC. 2Rutgers University, New Brunswick, NJ. 3Lebanon Valley College, Annville, PA. 4Mississippi State University, Starkville, MS.

MEASURED VERSUS HEART RATE-DERIVED CORE TEMPERATURE DURING OUTDOOR WORK IN THE SOUTHEASTERN UNITED STATES
Anne M. Mulholland, Hillary A. Yoder, Zackary S. Cicone, Jonathan E. Wingo, FACSM. University of Alabama, Tuscaloosa, AL.

URINARY HYDRATION MEASURES DURING PRESEASON HIGH SCHOOL FOOTBALL PRACTICES IN THE HEAT
Priscila Lamadrid, Candi D. Ashley, Rebecca M. Lopez, Brock Ackerman, Jose Guzman-Ramos, Trey Johnson. University of South Florida, Tampa, FL.

THE EFFECTS OF A STRUCTURED FIRE EXERCISE ON PHYSIOLOGICAL RESPONSES IN PROFESSIONAL FIREFIGHTERS
Kaemmer N. Henderson1, Ben M. Krings2, John Eric W. Smith3, Steven A. Basham3, Brandon D. Shepherd3, Richard E. Baird3, Matthew J. McAllister3, Hunter S. Waldman1. 1University of North Alabama, Florence, AL. 2University of Wisconsin Platteville, Platteville, WI. 3Mississippi State University, Starkville, MS. 4Texas State University, San Marcos, TX.
HEART RATE RECOVERY AND CELLULAR RESPONSES TO CINDY IN DIFFERENT ENVIRONMENTAL CONDITIONS

PHYSIOLOGICAL RESPONSES TO HEAT STRESS IN GROUNDSKEEPERS
Hillary A. Yoder, Anne M. Mulholland, Lee J. Winchester, Jonathan E. Wingo, FACSM. University of Alabama, Tuscaloosa, AL.

DIABETES RISK STATUS AND PHYSICAL ACTIVITY PARTICIPATION IN WOMEN OF CHILDBEARING AGE: U.S. BRFSS
Bethany G. Rand, Tammie M. Johnson, Michelle L. Stone, Michael R. Richardson, James R. Churilla, FACSM. University of North Florida, Jacksonville, FL.

SLEEP DURATION AND OBESITY INDICES IN ADOLESCENTS
Sarah Thompson, Robert Booker, Megan Holmes. Mississippi State University, Mississippi State, MS.

STRESS EFFECTS ON UNIVERSITY POLICE HEALTH AND SLEEP
Taylor A. Behl, Reana N. Weaver, David W. Eccles, Lynn B. Panton, FACSM. Florida State University, Tallahassee, FL.

BLOOD BIOMARKERS LINKED WITH CONCUSSION DIAGNOSIS IN ACTIVE, SEDENTARY, AND CONCUSSED INDIVIDUALS
Jessica E. Morgan, Matthew Rogatzki. Appalachian State University, Boone, NC.

EXERCISE AND LITERARY READING COMPREHENSION: AN ALTERNATIVE TO SEDENTARY STUDYING
Jamie E. Robbins, Jack R. O'Malley, Cameron S. Dodworth, Stacia H. Britton. Methodist University, Fayetteville, NC.

IMPACT OF MOVEMENT INCORPORATION ON MIDDLE SCHOOL CLASSROOM PHYSICAL ACTIVITY LEVELS
Katherine E. Spring¹, Megan E. Holmes², Danielle Wadsworth¹. ¹Auburn University, Auburn, AL. ²Mississippi State University, Starkville, MS.

CONTINUOUS METABOLIC SYNDROME SCORE AND PHYSICAL ACTIVITY AMONG METABOLIC SYNDROME POSITIVE INDIVIDUALS
Robert Booker, Megan E. Holmes. Mississippi State University, Mississippi State, MS.

1:15-2:15 BASIC SCIENCE LECTURE (Grand Ballroom 5-8)
Food-based Supplements for Performance
Stella Volpe, Ph.D., Drexel University
Presiding: Becki Battista, Ph.D., SEACSM President, Appalachian State University

2:30-4:30 ORAL FREE COMMUNICATIONS III (City Terrace 7)
O17-024 Psychology/Psychiatry/Behavior
Chair: Shannon K. Crowley. North Carolina Wesleyan College, NC.

O17 A SINGLE SHORT SLEEP-WAKE CYCLE EFFECT ON HEART VARIABILITY AMONG GOOD QUALITY SLEEPERS
Zacharias Papadakis¹, Jeffrey S. Forsse², Matthew N. Peterson². ¹Barry University, Miami Shores, FL. ²Baylor University, Waco, TX.

O18 MOTIVATIONAL INTERVIEWING AS A FOLLOW-UP INTERVENTION AMONG WOMEN AT RISK FOR METABOLIC SYNDROME
Kameron Suire, Ashley Peart, Darby Winkler, Danielle Wadsworth. Auburn University, Auburn, AL.

O19 EXPLORING CORRELATES OF FORECASTED AND RECALLED AFFECTIVE RESPONSES TO ACUTE AEROBIC EXERCISE USING MOBILE SURVEYS
Cory Beaumont, Paula Ferrara, Kelley Strohacker, FACSM. University of Tennessee, Knoxville, Knoxville, TN.
O20 THE EFFECT OF A NOCEBO ON PERCEIVED SORENESS, RANGE OF MOTION, AND EXERCISE PERFORMANCE FOLLOWING HIGH INTENSITY RESISTANCE EXERCISE
Sarah McLemore, Blake McLemore, Joe Pederson, Rebecca Rogers, Tyler Williams, Mallory Marshall, Christopher Ballmann. Samford University, Birmingham, AL.

O21 EFFECTS OF AN 8-WEEK JUDO PROGRAM ON BEHAVIORS IN CHILDREN WITH AUTISM SPECTRUM DISORDER
Paola M. Rivera, Justine Renziehausen, Jeanette Garcia. University of Central Florida, Orlando, FL.

O22 INTERNAL LOAD METRICS IN DIVISION III WOMEN'S SOCCER. THE SIGNIFICANCE OF SLEEP QUALITY
Mark Whitney¹, Cas Costa¹, Tiffanie Alling¹, Grant Morgan², Dina Mijacevic¹, Andreas Stamatis¹. ¹SUNY Plattsburgh, Plattsburgh, NY. ²Baylor, Waco, TX.

O23 RACE AND GENDER DIFFERENCES IN OVERWEIGHT-OBESE POPULATION ON MENTAL TOUGHNESS
Lee Sanchez¹, Courtnie Moodie¹, Quinn Astrachan¹, Alexander Anderson¹, Tal Amasay¹, Andreas Stamatis², Zacharias Papadakis¹. ¹Barry University, Miami, FL. ²SUNY Plattsburgh, Plattsburgh, FL.

O24 PHYSICAL ACTIVITY: INVESTIGATING RELATIONSHIPS AMONG SOCIAL MEDIA, MENTAL HEALTH, AND PHYSICAL ACTIVITY.
Suzanne L. McDonough. Mississippi College, Clinton, MS.

2:30-4:00 POSTER FREE COMMUNICATION V (Conference Center B)
P150-P185 Epidemiology/Prevention/Exercise Evaluation/Clinical/Fitness/Testing/Assessment Chair: Susan Yeargin, Ph.D. University of South Carolina, Columbia, SC

P150 A SIT AND RESISTANCE TRAINING INTERVENTION ON SEDENTARY WOMEN WITH METABOLIC SYNDROME RISK FACTORS
Ashley Peart. Auburn University, Auburn, AL.

P151 DISCORDANCE BETWEEN LDL CHOLESTEROL VERSUS PARTICLE CONCENTRATION AND THE CARdioVASCULAR RISK FACTOR PROFILE
Jonathan J. Ruiz-Ramie¹, Abbi D. Lane-Cordova¹, John T. Wilkins², Claude Bouchard, FACSM³, Mark A. Sarzynski, FACSM¹. ¹University of South Carolina, Columbia, SC. ²Northwestern University Feinberg School of Medicine, Chicago, IL. ³LSU Pennington Biomedical Research Center, Baton Rouge, LA.

P152 EFFECTS OF AEROBIC AND RESISTANCE TRAINING ON THE LIPOPROTEIN SUBCLASS PROFILE IN TYPE 2 DIabetics
Jacob L. Barber¹, Neil M. Johannsen², William E. Kraus, FACSM³, Timothy S. Church⁴, Mark A. Sarzynski, FACSM¹. ¹University of South Carolina, Columbia, SC. ²Louisiana State University, Baton Rouge, LA. ³Duke University School of Medicine, Durham, NC. ⁴Pennington Biomedical Research Center, Baton Rouge, LA.

P153 RELATIONSHIP OF KIDNEY TRANSPLANTATION BIOPSY MARKERS WITH GRAFT LOSS AND MORTALITY
John C. Sieverdes¹,², Karlee Stinson¹, Bridgette Johnson¹, Logan Wright¹, Kendell Cantrell¹, Satish Nadig², Vinayak Rohan², David Taber². ¹College of Charleston, Charleston, SC. ²Medical University of South Carolina, Charleston, SC.

P154 ACUTE HEARt RATE AND ENJOYMENT RESPONSES OF MODERATE-INTENSITY INTERMITTENT INTERVAL WALKING IN MIDDLE-AGED WOMEN
Kayla E. Chambers¹, Caroline E. Krupa², Curtis G. Fennell², Jermaine B. Mitchell². ¹University of Alabama at Birmingham, Birmingham, AL. ²University of Montevallo, Montevallo, AL.

P155 THE PHYSIOLOGICAL EFFECTS OF FLIP-FLOPS
Miriam R. Crain¹, Vanessa W. Rettinger¹, Adam J. Keath², Nathan I. Hammon¹. ¹Anderson University, Anderson, SC. ²Winthrop University, Rock Hill, SC.
HEART RATE RESPONSE IN WOMEN WITH GESTATIONAL DIABETES MELLITUS ASSESSED BY FITBIT CHARGE 3
Bethany A. Myhre, Jill M. Maples, David R. Bassett, Kimberly B. Fortner, Nikki B. Zite, Samantha F. Ehrlich. 1University of Tennessee Knoxville, Knoxville, TN. 2University of Tennessee Medical Center, Knoxville, TN.

MUSCLE CROSS-SECTIONAL AREA IMPROVES WITH HOME-BASED TRAINING DURING METASTATIC CASTRATION-RESISTANT PROSTATE CANCER
Mohamdod Alzer, Hayden Giuliani, Jack Carver, Alex R. Lucas, Mike Harrison, David Bartlett, Matthew Milowsky, Young Whang, Young Whang, Claudio Battaglini, FACSM, Rhonda Bitting, Lee Stoner, FACSM, Anthony C. Hackney, Eric D. Ryan, Erik D. Hanson. 1UNC-Chapel Hill, Chapel Hill, NC. 2Wake Forest University, Winston-Salem, NC. 3Duke University, Durham, NC.

BODY COMPOSITION AND PHYSICAL FUNCTION WORSEN ACROSS DIFFERENT STAGES OF PROSTATE CANCER: A CROSS-SECTIONAL ANALYSIS
Cameron K. Stopforth, Mohamdod Alzer, Jack Carver, Alexander R. Lucas, Young Whang, Matthew I. Milowsky, David B. Bartlett, Michael Harrison, Rhonda L. Bitting, Anthony C. Hackney, Claudio L. Battaglini, FACSM, Erik D. Hanson. 1University of North Carolina at Chapel Hill, Chapel Hill, NC. 2Wake Forest University, Winston-Salem, NC. 3Duke University, Durham, NC.

EFFECTS OF WEIGHT LOSS ON METABOLIC SYNDROME Z-SCORE

THE EFFECTS OF EXERCISE AND WEIGHT LOSS ON ASCVD RISK

THE ENDURANCE INDEX RELIABILITY FOR THE BICEPS FEMORIS
Alexandra Balsamo, Jessica A. Lefkowitz, Megan E. Millard, Michael D. Smith, Raymond W. Thompson. University of South Carolina, Columbia, SC.

CAN THE ENDURANCE INDEX ASSESS FATIGUE?
Michael D. Smith, Carolina L. Bennett, Waleed M. Salah, Raymond W. Thompson. University of South Carolina, Columbia, SC.

CASE STUDY: PHYSIOLOGICAL RESPONSES OF A RUCK MARCH IN A MALE CORP OF CADET
Chandler Scott, Tiffany Davenport, Gregory Palevo, Michael Polascik, Don Walsh, Jake Slaton. University of North Georgia, Dahlonega, GA.

ASSOCIATION BETWEEN AEROBIC FITNESS, TOTAL REPETITIONS AND VOLUME LOAD PERFORMED DURING INTENSE RESISTANCE TRAINING
Cullun Watts, Evan Bass, Andrew A. Flatt. Georgia Southern University, Savannah, GA.

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T J Exford, Moran Saghiv. North Carolina Agricultural and Technical State University, Greensboro, NC.

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Kennedy Alaina Williams, Dalton S. Fletcher, Jay T. Oliver, Andrew R. Shanely, Abigail S. Stickford, Jonathan L. Stickford. Appalachian State University, Boone, NC.
P168  PHYSIOLOGICAL RESPONSES TO CYCLE ERGOMETRY WITH AND WITHOUT A FAN
Amanda M. Fernandez, Gregory A. Wimer, Matthew A. Watson, Meral N. Culver, Gregory J.
Grosicki. Georgia Southern University (Armstrong Campus), Savannah, GA.

P169  PRE-SEASON PERFORMANCE RELATED VARIABLES IN FEMALE NCAA DIVISION III
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Rolando A. Valladarez-cuestas¹, Jessica D. Wall¹, Alissa G. Avery¹, Vanessa B. Batchelor¹,
Donna L. Wolf², Kathleen S. Thomas², Kevin R. Alicea-Kulian², Shannon K. Crowley¹, Meir ..
Magal, FACSM¹. ¹North Carolina Wesleyan College, Rocky Mount, NC. ²Norfolk State
University, Norfolk, VA.

P170  ANECDOTE MEETS SCIENCE- BODY COMPOSITION CHANGES ASSOCIATED WITH A
30-DAY PUSH-UP CHALLENGE
Rebecca G. Ewing, Abby E. Mumpower, Jeremiah G. Lukers. Treutt McConnell University,
Cleveland, GA.

P171  BIOMECHANCIAL ANALYSIS OF THE CLOSED KINETIC CHAIN UPPER EXTREMITY
STABILITY TEST
Ethan S. Welch, Matthew D. Watson, George J. Davies, Bryan L. Riemann. Georgia Southern
University (Armstrong Campus), Savannah, GA.

P172  AN INVESTIGATION OF EXERCISE ADHERENCE ON FITNESS OUTCOMES AMONG
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Macy M. Weeks, Bridget F. Melton, Greg A. Ryan, Ronald L. Snarr, Emily L. Langford.
Georgia Southern University, Statesboro, GA.

P173  RELIABILITY OF THE DETERMINATION OF CRITICAL HEART RATE
University of Kentucky, Lexington, KY.

P174  STEP COUNTING VALIDITY OF WRIST-WORN ACTIVITY MONITORS DURING
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Rebekah Lynn, Rebekah Pfitzer, Rebecca R. Rogers, Christopher G. Ballmann, Tyler D.
Williams, Mallory R. Marshall. Samford University, Birmingham, AL.

P175  THE EFFECT OF LOW-INTENSITY VIBRATION ON MUSCLE ACTIVATION IN TRAINED
ADULTS
Katherine L. Burma¹,², Kaemmer N. Henderson³, Shannon Mathis². ¹Calhoun Community
College, Huntsville, AL. ²University of Alabama in Huntsville, Huntsville, AL. ³University of
North Alabama, Florence, AL.

P176  EFFECTS OF TIME OF DAY EXERCISE PREFERENCE ON POWER, VELOCITY, AND
RESISTANCE EXERCISE PERFORMANCE
Hannah Blazer, Cassidy Jordan, Joe Pederson, Rebecca Rogers, Tyler Williams, Mallory
Marshall, Christopher Ballmann. Samford University, Birmingham, AL.

P177  VALIDITY OF SKINFOLD-BASED EQUATIONS FOR ESTIMATING BODY
COMPOSITION IN FEMALE ATHLETES
Gina R. Hogan, Ronald L. Snarr, Greg A. Ryan. Georgia Southern University, Statesboro,
GA.

P178  EVALUATING THE IMPACT OF COMPETITION ON VERTICAL JUMP PERFORMANCE
Moroni de Moors¹, Anna Blackley¹, Andrew Bosak¹, Austin Deshner¹, Abrahman Frech¹, Russell
Lowell¹, Maggie McDermott¹, Grant Merry¹, Hannah Nelson², Madeline Shanahan¹, Branden
Ziebell¹. ¹Liberty University, Lynchburg, VA. ²University of Mississippi, Oxford, MS.

P179  THE EFFECT OF PHYSICAL ACTIVITY LEVEL ON COGNITIVE FUNCTION WHILE
WALKING ON A TREADMILL DESK
Keyli Borman, Walter L. Haynes, Christopher G. Ballmann, Mallory R. Marshall, Tyler
Williams, John K. Petrella, FACSM, Rebecca R. Rogers. Samford University, Birmingham, AL.

P180  DIFFERENCES IN RELATIVE LOWER BODY STRENGTH, POWER, AND AGILITY IN
RESISTANCE TRAINED FEMALES
Kathryn Schneller, Gina R. Hogan, Ronald L. Snarr, Greg A. Ryan. Georgia Southern
University, Statesboro, GA.
P181 SPORT COMPARISONS OF ANTHROPOMETRICS BETWEEN DIVISON-I FEMALE COLLEGIATE ATHLETES
Haley Gabriella Chochol, Gina R. Hogan, Ronald L. Snarr, Greg A. Ryan. Georgia Southern University, Statesboro, GA.

P182 LINEAR AND NONLINEAR MODELING OF CRITICAL RESISTANCE

P183 EVALUATING THE VALIDITY OF THE INTEGRATIVE BODY COMPOSITION ASSESSMENT TECHNIQUE VS. DUAL-ENERGY X-RAY ABSORPTIOMETRY
Thomas S. Lyons, FACSM1, Griffin K. Green2, Battogtokh Zagdsuren2, Danilo V. Tolusso1. 1Western Kentucky University, Bowling Green, KY. 2University of Alabama, Tuscaloosa, AL.

P184 EFFECTS OF PICKLE JUICE ON CORE TEMPERATURE, HEART RATE, & MOVEMENT ECONOMY IN FEMALE SOCCER PLAYERS
Megan F. Lee, Bovorn Sirikul. Southeastern Louisiana University, Hammond, LA.

P185 THE EFFECTS OF PICKLE JUICE ON COGNITION IN FEMALE SOCCER PLAYERS
Samantha M. Messina, Bovorn Sirikul. Southeastern Louisiana University, Hammond, LA.

2:30-3:20 SYMPOSIUM SESSION V (City Terrace 12)
S5 RESEARCH IN EXERCISE PHYSIOLOGY: TOOL FOR THERAPEUTIC DISCOVERY
Exercise research as a tool for therapeutic discovery
Chair: Christopher G. Ballmann. Samford University, Birmingham, AL.

2:30-3:20 TUTORIAL SESSION XVII (City Terrace 9)
T17 Inclusion of Clinical Exercise Physiologists Into Clinical Practice & Other Strategies For Partnering with Healthcare Setting
Kristi M. King, Jason R. Jaggers. University of Louisville, Louisville, KY.
Chair: Jonathon Stickford. Appalachian State University, Boone, NC.

2:30-3:20 TUTORIAL SESSION XVIII (City Terrace 4)
T18 Caffeine: Performance, Perception and Future Inquiries
Lauren G. Killen, James M. Green. University of North Alabama, Florence, AL.
Chair: Michael V. Fedewa. University of Alabama, Tuscaloosa, AL.

2:30 - 4:00 THEMATIC POSTER III (Orlando Room)
TP13-TP18 Activity Monitoring
Chair: Rebecca R. Rogers. Samford University, AL.

TP13 GENERATIONAL DIFFERENCES OF CONSUMER WEARABLE DEVICES FOR ESTIMATING PHYSICAL ACTIVITY OUTCOMES
Minttu K. Hukka, Samuel R. LaMunion, Paul R. Hibbing, Scott E. Crouter, FACSM. University of Tennessee, Knoxville, TN.

TP14 THE INFLUENCE OF DEMOGRAPHIC FACTORS ON BEHAVIOR CHANGES AFTER CONSUMER ACTIVITY MONITOR USE
Julie A. Schenck, Benjamin D. Boudreaux, Michael D. Schmidt. University of Georgia, Athens, GA.

TP15 DEVELOPMENT AND TESTING OF AN OBJECTIVE INSTRUMENT FOR ASSESSING MILITARY PHYSICAL TRAINING
George L. Griewe1, Daniel B. Bornstein1, Kimbo E. Yee1, Kasee A. Hucks1, Justin B. Moore, FACSM2. 1The Citadel, The Military College of South Carolina, Charleston, SC. 2Wake Forest School of Medicine, Winston-Salem, NC.
TP16 VALIDATION OF THE WITHINGS ACTIVITE STEEL AND COACHCARE ACTIVITY MONITORS DURING TREADMILL WALKING
Ben Pike, Jonah Humphries, Justin Guilkey, Jakob D. Lauver, William G. Lyerly, FACSM, Kelly E. Johnson. Coastal Carolina University, Conway, SC.

TP17 EFFECTIVENESS OF CONSUMER WEARABLE PHYSICAL ACTIVITY PROMPTS IN UNIVERSITY EMPLOYEES
Benjamin D. Boudreaux, Zhixuan Chu, Julie A. Schenck, Michael D. Schmidt. University of Georgia, Athens, GA.

TP18 VALIDATION OF THE FITBIT CHARGE 3 IN WOMEN WITH GESTATIONAL DIABETES MELLITUS
Ashlyn Mackenzie Hodges¹, Oluwafemifola Onaade¹, Jill M. Maples², David R. Bassett¹, Kimberly B. Fortner², Nikki B. Zite², Samantha F. Ehrlich¹. ¹University of Tennessee, Knoxville, TN. ²University of Tennessee Graduate School of Medicine, Knoxville, TN.

2:30-4:00 Thematic Poster IV (City Terrace 11)
TP19-TP24 Exercise and the WorkPlace: Fire, Police, Military
Chair: Greg A. Ryan. Georgia Southern University, GA.

TP19 EFFECTS OF HEART RATE BIOFEEDBACK AND SLEEP, ON MARKSMANSHIP DURING A LIVE FIRE STRESS SHOOT
Brittany L. Johnson, Donald P. Meckley, Will W. Peveler, Jeffrey N. Lowes, Anna C. Blackley, Jared H. Hornsby. Liberty University, Lynchburg, VA.

TP20 NEUROMUSCULAR FACTORS ASSOCIATED WITH STAIR CLimb PERFORMANCE IN FIREFIGHTERS
Kealey J. Wohlgemuth¹, Megan R. Laffan¹, Abigail J. Trivisonno¹, Gena R. Gerstner², Jacob A. Mota¹, Hayden K. Giuliani¹, Pinyu Chen¹, Brian G. Pietrosimone, FACSM¹, Eric D. Ryan¹. ¹University of North Carolina at Chapel Hill, Chapel Hill, NC. ²Old Dominion University, Norfolk, VA.

TP21 DESCRIPTIVE EPIDEMIOLOGY OF INJURIES AND ILLNESSES REPORTED BY SOLDIERS IN ARMY BASIC COMBAT TRAINING
Rebecca M. Hirschhorn¹, Susan W. Yeargin¹, Paul F. Beattie¹, James M. Mensch¹, Thomas P. Dompier². ¹University of South Carolina, Columbia, SC. ²Lebanon Valley College, Annville, PA.

TP22 PHYSICAL FITNESS MAINTENANCE IN MEMBERS OF A SOUTHEASTERN UNITED STATES CITY PROFESSIONAL FIREFIGHTING DEPARTMENT
Jake A. Mintz¹, Cody E. Morris¹, Scott W. Arnett². ¹University of Alabama at Birmingham, Birmingham, AL. ²Western Kentucky University, Bowling Green, KY.

TP23 A COMPARISON OF FUNCTIONAL MOVEMENT SCREEN SCORES OF RURAL, GEORGIA FIREFIGHTERS AND POLICE OFFICERS
Marissa J. Villafuerte, Brandon A. Loewen, Stephanie D. Walsh, Bridget F. Melton, Ronald L. Snarr, Greg A. Ryan. Georgia Southern University, Statesboro, GA.

TP24 PHYSIOLOGICAL PROFILE OF RURAL LAW ENFORCEMENT OFFICERS IN SOUTHEAST GEORGIA
Gavin W. Clements, Brandon Loewen, Bridget Melton, Greg Ryan. Georgia Southern University, Statesboro, GA.

3:30-4:20 SYMPOSIUM SESSION VI (City Terrace 12)
S6 EXERCISE IS MEDICINE® ON CAMPUS: 2020 AND BEYOND
Chair: Leanna Ross. Duke University Medical Center, NC.
3:30 - 4:20 TUTORIAL SESSION XX (City Terrace 9)
T20 ACSM CERTIFICATIONS: DEFINING AN EXERCISE PROFESSION FROM CONCEPT TO ASSESSMENT
Meir NA Magal¹, Francis B. Neric². ¹North Carolina Wesleyan College, Rocky Mount, NC, ²American College of Sports Medicine, Indianapolis, IN.

3:30-4:20 TUTORIAL SESSION XXI (City Terrace 4)
T21 Integration of Evidence-Based Medicine for the Prevention, Recognition, Management and Care of Exertional Heat Stroke
William M. Adams. University of North Carolina at Greensboro, Greensboro, NC.
Chair: Ronald Lee Snarr. Georgia Southern University, Statesboro, GA.

3:30-4:20 TUTORIAL SESSION XXII (Hart 4th Floor)
T22 EFFECTS OF ACTIVE LIFESTYLES ON HEALTH AND FUNCTIONAL INDEPENDENCE IN OLDER ADULTS
Trudy Moore-Harrison¹. L. Jerome Brandon2. ¹UNC Charlotte, Charlotte, NC. ²Georgia State University, Atlanta, GA.
Chair: JP Barfield. Emory & Henry College, Emory, VA.

4:30-6:00 STUDENT BOWL SPONSORED BY KENNESAW STATE UNIVERSITY (GRAND BALLROOM 5-8)
MC: JUDITH A. FLOHR, PH.D., SEACSM PAST PRESIDENT PROFESSOR EMERITUS JAMES MADISON UNIVERSITY

6:15-7:45 SEACSM GRADUATE STUDENT FAIR SPONSORED BY NOVA SOUTHEASTERN UNIVERSITY (CONFERENCE CENTER A)

Saturday, February 15, 2020

6:30-7:30 Run through Jacksonville (Meet in Lobby)

SEACSM CLINICAL TRACK (ACOSTA 4TH FLOOR)
"Sports Medicine by the Sea."

7:30 Welcome and Announcements: Brent Messick, MD (Atrium Health Musculoskeletal Institute)

7:45 Triathlon: Brent Messick, MD, FACSM (Atrium Health Musculoskeletal Institute)

8:15 Dermatology: Ryan Draper, DO (Cone)

8:45 Marine Envenomation: John Kiel, DO (UF Shands)

9:15 Discussion

9:25 Break

9:40 Case Presentation #4-“An Archer with Right Shoulder Pain” (Jared Willard, MD)

9:55 Case Presentation #5-“Right Upper Extremity and Chest Pain in an Eleven-Year_Old” (Richard Grantier, MD)

10:10 Case Presentation #6-“Solidify your Diagnosis: Calcific Tendinopathy in a Runner” (Andre Abadin, DO)

10:25 Beach Volleyball: Kristina Dematas, DO (Mayo)

10:55 Discussion

11:25 Break

11:50 Case Presentation #7-“A Case of Morel-Lavallee Lesion” (Shivani Deopujari, MD)

12:05 Case Presentation #8-“Cases I Didn’t Expect Covering Collegiate Football” (Blake Dixon, MD)
12:20  Case Presentation #9-“Pushing Off on the Wrong Foot” (AJ Pinney, DO)
12:35  Voting for Best Case Presentation
12:45  Closing Remarks
12:55  Adjourn

8:00-1:00  EXHIBITS (3rd Floor Skybridge)

8:00-10:00  ORAL FREE COMMUNICATIONS IV (City Terrace 7)
O25-O32  Fitness/Testing/Assessment  Chair: Lee Stoner. University of North Carolina at Chapel Hill, Chapel Hill, NC.

O25  SOMATOTYPING IN COLLEGE TRACK AND FIELD ATHLETES- EVALUATING CHANGE ACROSS A COMPETITIVE SEASON
Whitley J. Stone1, Amanda J. Wakeman2, Matthew J. Garver2, Josie N. Hair2, Dustin W. Davis3, Eric J. Nehlsen2, Drake A. Grinde2, Shayne J. Allan2. 1Western Kentucky University, Bowling Green, KY. 2University of Central Missouri, Warrensburg, MO. 3University of Nevada-Las Vegas, Las Vegas, NV.

O26  CHANGES IN JUMP HEIGHT DO NOT PREDICT CHANGES IN SQUAT PERFORMANCE FOLLOWING RESISTANCE TRAINING
Nathan K. McMillan, Evan B. Bass, Bryan L. Riemann, Andrew A. Flatt. Georgia Southern University, Savannah, GA.

O27  STEPWATCH AND OPTOGAIT ACCURACY IN MEASURING CADEANCE DURING DIFFERENT TREADMILL SPEEDS
Kailee Marasco, Anna Tankersley, Mallory R. Marshall, Rebecca Rogers. Samford University, Birmingham, AL.

O28  CHARACTERIZING PERFORMANCE IN ELITE TRACK AND FIELD SPRINTERS IN RELATION TO THE ACUTE:CHRONIC WORKLOAD RATIO
B R. Hanna1, H E. Saylor1, J G. Schuster1, A Shelton2, R C. Hickner, FACSM1, G Chow1, M J. Ormsbee, FACSM1. 1Florida State University, Tallahassee, FL. 2Kitman Labs, Dublin, Ireland.

O29  EFFICACY OF NATURAL FREQUENCY TECHNOLOGY® ON STRESS AND WELLNESS IN HEALTHY ADULTS WITH HIGH STRESS
Stephanie Lynn Hooper, Heather A. Hausenblas, David R. Hooper, Ashlyn Knight. Jacksonville University, Jacksonville, FL.

O30  PHYSICAL AND COGNITIVE PERFORMANCE DURING UPPER-EXTREMITY VERSUS FULL-BODY EXERCISE UNDER DUAL-TASKING CONDITIONS
Sarah Duckworth, Carrie Higginbotham, Joe Pederson, Rebecca Rogers, Tyler Williams, Mallory Marshall, Christopher Ballmann. Samford University, Birmingham, AL.

O31  COMPARISON OF PERCEPTUAL RESPONSES OF AN INDOOR CYCLING CLASS VERSUS CONSTANT LOAD CYCLING

O32  EFFECTS OF IMPOSING SHORT DELAYS UNDER VARIOUS LOAD CONDITIONS DURING BENCH PRESS
James Rowe, Sean Langan, George Davies, Bryan Riemann. Georgia Southern University, Savannah, GA.

8:00-9:30  POSTER FREE COMMUNICATION VI (Conference Center B)
P186-P221  Fitness/Testing/Assessment/Growth/Aging/Motor Control/Nutrition  Chair: Paul T. Donahue. University of Southern Mississippi, Hattiesburg, MS.

P186  RELATIONSHIP BETWEEN FORCE PRODUCTION CHARACTERISTICS IN THE COUNTERMOVEMENT VERTICAL JUMP AND STANDING LONG JUMP
Brennan C. Textor, Christopher J. Sole, Ryan S. Sacko, Daniel B. Bornstein. The Citadel, Charleston, SC.
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ASSOCIATION BETWEEN BONE MINERAL DENSITY AND COUNTERMOVEMENT JUMP IN COLLEGIATE ATHLETES

Catherine G. Gallagher, Gina R. Hogan, Ronald L. Snarr, Greg A. Ryan. *Georgia Southern University, Statesboro, GA.*

LONG TERM PARTICIPATION IN FOUR DIFFERENT SPORTS--A COMPARISON OF FITNESS MEASURES

Peixuan Zheng1, Mark Richardson1, MacDonald Hayley1, Lei Zhang2, Feng Shi2. 1*University of Alabama, Tuscaloosa, AL. 2Zhengzhou University, Zhengzhou, China.*

THE EFFECTS OF LOWER EXTREMITY BLOOD FLOW RESTRICTION TRAINING ON POWER AND MUSCLE SIZE

Kathryn Mae Bradley1, Bradley J. Myers, FACSM1, Yuri Feito2, Jennifer A. Bunn1. 1*Campbell University, Buies Creek, NC. 2Kennesaw State University, Kennesaw, GA.*

CERTIFICATIONS: THE KEY TO PROFESSIONAL DEVELOPMENT AND WORKPLACE PREPARATION FOR UNIVERSITY STUDENTS

Sasha McBurse. *University of West Georgia, Carrollton, GA.*

THE EFFECT OF AGE ON THE TRADEOFF BETWEEN COGNITIVE AND PHYSICAL PERFORMANCE WHEN DUAL TASKING


CLASSIFICATION OF ACTIGRAFHT WGT3X BT DEVICE NON-WEAR IN INFANTS

Samuel R. LaMunion1, Scott E. Crouter, FACSM1, Nicholas T. Broskey2, Abby D. Altazan2, Leanne M. Redman2. 1*University of Tennessee, Knoxville, Knoxville, TN. 2Pennington Biomedical Research Center, Baton Rouge, LA.*

NOTCH1 KNOCKDOWN INCREASES MYOD AND FIBROSIS IN SKELETAL MUSCLE FOLLOWING EXERCISE

Jeffrey C. Gerrard1, Julia R. Rebellon1, Joseph R. Bruner1, Colleen V. Pecoraro1, Matthew P. Bomkamp2, Kathleen J. Savage3, Joshua R. Huot4, Susan T. Arthur1. 1*University of North Carolina at Charlotte, Charlotte, NC. 2University of Florida, Gainesville, FL. 3St. John Fisher College, Rochester, NY. 4Indiana University, Indianapolis, IN.*

RATE OF FORCE DEVELOPMENT PARAMETERS IN YOUNG AND OLDER MALES DURING A CHAIR RISE


EVALUATION OF PERCEIVED FATIGUE VERSUS MUSCLE FATIGUE IN A COMPARISON OF OLDER AND YOUNGER ADULTS

Emily G. Jones1, Cyril Lukianov2, Lindsey Baer2, Kevin K. McCully, FACSM1. 1*University of Georgia, Athens, GA. 2Augusta University-University of Georgia Medical Partnership, Augusta, GA.*

AGE-RELATED DIFFERENCES IN RAPID NEUROMUSCULAR PARAMETERS OF THE PLANTARFLEXORS AND CORRELATIONS WITH PHYSICAL FUNCTION

Phuong L. Ha, Alex A. Olmos, Matthew T. Stratton, Trisha A. VanDusseldorp, Alyssa R. Bailly, Yuri Feito, FACSM, Gerald T. Mangine, Benjamin E. Dalton, Tyler M. Smith, Garrett M. Hester. *Kennesaw State University, Kennesaw, GA.*

EARLY AND LATE RAPID NEUROMUSCULAR PARAMETERS OF THE PLANTAR FLEXORS IN MIDDLE-AGED AND OLDER MALES

Benjamin E. Dalton1, Alex A. Olmos2, Matthew T. Stratton2, Phuong L. Ha2, Trisha A. VanDusseldorp2, Alyssa R. Bailly2, Yuri Feito, FACSM2, Gerald T. Mangine2, Tyler M. Smith2, Garrett M. Hester2. 1*Kennesaw State University, kennesaw, GA. 2Kennesaw State University, Kennesaw, GA.*
P212  EFFECTS OF A COUPLES-BASED EXERCISE INTERVENTION ON PHYSICAL FUNCTION AND PHYSICAL ACTIVITY IN OLDER ADULTS
Rachel E. Salyer, Ginny M. Frederick, Ewan R. Williams, Samantha L. Thompson, Michelle R. vanDellen, Ellen M. Evans, FACSM. University of Georgia, Athens, GA.

P213  JOINT-, CONTRACTION-TYPE, AND CONTRACTION VELOCITY SPECIFIC DIFFERENCES IN MUSCLE STRENGTH OF LOWER EXTREMITY IN CHILDREN
Harshvardhan Singh1, Krista Casazza1, Marzouq K. Almutairi1, Sydney M. Watkins1, Roshita Rathore1, SoJung Kim2, Stephienie Wallace1. 1University of Alabama at Birmingham, Birmingham, AL. 2University of Massachusetts Lowell, Lowell, MA.

P214  SKELETAL MUSCLE ECHO INTENSITY: INDICATIVE OF VOLUNTARY OR INVOLUNTARY STRENGTH?
Ryan M. Girts, Rob J. MacLennan, Kylie K. Harmon, Matt S. Stock. University of Central Florida, Orlando, FL.

P215  CHANGES IN MOTOR UNIT RECRUITMENT THRESHOLDS AS A COMPENSATORY STRATEGY DURING NEUROMUSCULAR FATIGUE
Kylie K. Harmon, Ryan M. Girts, Rob J. MacLennan, Matt S. Stock. University of Central Florida, Orlando, FL.

P216  SEX-RELATED DIFFERENCES IN NEUROMUSCULAR RESPONSES PERFORMED ABOVE AND BELOW CRITICAL RESISTANCE

P217  EFFECTS OF BLOOD FLOW RESTRICTION ON FORCE PRODUCTION AND EMG ACTIVITY DURING ISOKINETIC LEG EXTENSIONS

P218  UNILATERAL BIAS IN PROXIMAL LEG ELECTROMYOGRAPHY DURING RECUMBENT STEPPING IN COLLEGE AGED PARTICIPANTS
Nicholas J. Siekirk1, Bradley Kendall2, Sujay Galen3, Zachary Atwood4, Jordan Brown1, Sam Wilson1, Jessica Mutchler1, Victoria Pardo4. 1Georgia Southern University, STATESBORO, GA. 2Taylor University, Upland, IN. 3Georgia State University, Atlanta, GA. 4Wayne State University, Detroit, MI.

P219  COMMERCIALLV AVAILABLE CAPSAICIN SUPPLEMENT FAILS TO ENHANCE TIME-TO-EXHAUSTION DURING CYCLING EXERCISE
Brett Lewis Cross, Sean P. Langan, Gregory J. Grosicki. Georgia Southern University (Armstrong Campus), Savannah, GA.

P220  EFFECTS OF A COMMERCIALLV AVAILABLE CAPSAICIN SUPPLEMENT ON KNEE EXTENSOR CONTRACTILE FUNCTION
Ryan James Dancer, Darell A. Parker, Sean P. Langan, Gregory J. Grosicki. Georgia Southern University (Armstrong Campus), Savannah, GA.

P221  ACETIC ACID SUPPLEMENTATION: EFFECT ON RESTING AND EXERCISE ENERGY EXPENDITURE AND SUBSTRATE UTILIZATION
Kolton M. Cobb, Domenico A. Chavez, Jonathan D. Kenyon, Zachary J. Hutelin, Michael J. Webster, FACSM. Valdosta State University, Valdosta, GA.

8:00-8:50  TUTORIAL SESSION XXIII (City Terrace 12)
T23  Evaluation and Management of Achilles Tendinopathies
Leonardo Oliveira, Peter Buffington, Orlando Sports Medicine, Orlando, FL.
Chair: tbd

8:00-8:50  TUTORIAL SESSION XXIV (City Terrace 9)
T24  FRIEND, FOE, OR FORGOTTEN: THE CONFUSION SURROUNDING DIETARY FAT FOR HEALTH AND PERFORMANCE
Catherine Saenz. Jacksonville University, Jacksonville, FL.
Chair: Jason C. Casey. University of North Georgia, Oakwood, GA.
8:00-9:30 Thematic Poster V (Orlando Room)
TP25-TP30 Competitive Athletes
Chair: Tyler D. Williams. Samford University, Birmingham, AL.

TP25 THE RELATIONSHIP BETWEEN TIME-LAGGED ACUTE:CHRONIC WORK RATIOS AND PHYSICAL PERFORMANCE IN COLLEGIATE SOCCER PLAYERS
Travis Anderson, William M. Adams, Nathaniel T. Berry, Stacey L. Walton, Eleni M. Karras, Laurie Wideman, FACSM. University of North Carolina at Greensboro, Greensboro, NC.

TP26 HIGH-SPEED RUNNING DENSITY IN COLLEGIATE WOMEN'S LACROSSE
Matthew D. Hamlet, Megan D. Frick, Jennifer A. Bunn, FACSM. Campbell University, Buies Creek, NC.

TP27 ASSOCIATION BETWEEN COMPETITIVE EXPERIENCE & HEART RATE VARIABILITY IN COLLEGIATE SWIMMERS
Keith Ferrer, FACSM, Andrew Flatt, FACSM. Georgia Southern University, Savannah, GA.

TP28 KINETIC ASYMMETRY OF CROSSFIT ATHLETES DURING HANG POWER CLEANS AT VARIOUS LOADS - A PILOT STUDY
Krystin N. Lehtola¹, Gretchen K. Cagle¹, Jesse F. Weaver¹, Eric M. Scudamore², Eric K. O'Neal², Jeffrey D. Simpson¹. ¹University of West Florida, Pensacola, FL. ²Arkansas State University, Jonesboro, AR. ³University of North Alabama, Florence, AL.

TP29 CORRELATION OF PHYSIOLOGICAL AND PSYCHOLOGICAL MEASURES DURING COMPETITION IN COLLEGIATE SOCCER PLAYERS - A PILOT STUDY
Preston Miller, Lauren Vervaecke, Christa Lawler, Ashley Montjoy, Ashley T. Cromer, Jake Roy. University of South Carolina Upstate, Spartanburg, SC.

TP30 GROUND REACTION FORCES AND THROWING VELOCITY ARE HIGHER IN SKILLED PITCHERS COMPARED TO NOVICE THROWERS
Kurt Kornatz¹, Christopher Wendt¹, Kevin Ritsche². ¹Winston-Salem State University, Winston-Salem, NC. ²College of St. Scholastica, Duluth, MN.

8:00-9:30 Thematic Poster VI (City Terrace 11)
TP31-TP36 Skeletal Muscle and Performance
Chair: Shannon Mathis. University of Alabama in Huntsville, AL.

TP31 IMPACT OF VIBRATION ON RECTUS FEMORIS DURING BODYWEIGHT SQUATS IN FEMALE COLLEGIATE TRACK ATHLETES
Maggie J. McDermott, Samuel J. Arter, Moroni de Moors, Andy Bosak, Jessi Glauser, Samantha Yamasaki. Liberty University, Lynchburg, VA.

TP32 EFFECT OF CARBOHYDRATE MOUTH RINSING ON RESISTANCE EXERCISE PERFORMANCE
Michael S. Green, Cody S. Kimmel, Tyler D. Martin, J Grant Mouser, Madison P. Brune. Troy University, Troy, AL.

TP33 COMPROMISED ANABOLIC RESPONSE TO MECHANICAL OVERLOAD LEADS TO DECREASED MUSCLE HYPERTROPHY IN TUMOR-IMPLANTED MICE
Emily R. Walker, Richard T. Yongue, Megha Mehta, Shuichi Sato. University of Louisiana at Lafayette, Lafayette, LA.

TP34 RELATIONSHIP BETWEEN JOINT-SPECIFIC CONTRACTION-TYPE, CONTRACTION-VELOCITY AND POTENTIATED CONCENTRIC FORCE IN YOUNG ADULTS
Marzouq K. Almutairi¹,², Harshvardhan Singh¹. ¹University of Alabama at Birmingham, Birmingham, AL. ²Qassim University, Saudi Arabia.

TP35 LOAD-VELOCITY RELATIONSHIP DURING PAUSED AND TOUCH-AND-GO BENCH PRESS REPETITIONS
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<td>SIT TO STAND POWER, FUNCTIONAL PERFORMANCE, AND PHYSICAL ACTIVITY IN</td>
<td>Rawsam S. Alasmar, Vaughn W. Barry, Samantha L. Johnson, Jenn L. Caputo, Brandon F. Grubbs</td>
<td>Middle Tennessee State University, Murfreesboro, TN. Positive Aging Consortium, Murfreesboro, TN.</td>
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<td>9:00-9:50</td>
<td>TUTORIAL SESSION XXV (City Terrace 12)</td>
<td>Brian B. Parr, Janet R. Wojcik</td>
<td>University of South Carolina Aiken, Aiken, SC. Winthrop University, Rock Hill, SC.</td>
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<td>ACTIVE TRANSPORTATION 101</td>
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<td>Chair: John C. Garner. Troy University, Troy, AL.</td>
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<td>9:00-9:50</td>
<td>TUTORIAL SESSION XXVI (City Terrace 9)</td>
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<td>USE OF THE ANATOMAGE TABLE AND VISUAL HUMAN DATASETS TO IMPROVE</td>
<td>Robert S. Bowen</td>
<td>Truett McConnell University, Cleveland, GA.</td>
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<td>ANATOMY LEARNING</td>
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<td>Chair: Kevin Zwetsloot. Appalachian State University, NC.</td>
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<td>Poster Free Communication VII (Conference Center B)</td>
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<td>P222-P256</td>
<td>Nutrition/Psychology/Behavior/Reproduction/Research Design/Respiration</td>
<td>Whitley Stone</td>
<td>Western Kentucky University, Bowling Green, KY.</td>
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<td>EFFECTS OF MAGNESIUM SUPPLEMENTATION ON MUSCLE SORENESS AND</td>
<td>Alyssum M. Reno, James M. Green, Lauren G. Killen, Eric K. O'Neal, Kelly Pritchett, Zella</td>
<td>University of Alabama in Huntsville, Huntsville, AL. University of North Alabama, Florence, AL.</td>
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<td>PERFORMANCE</td>
<td>Hanson</td>
<td>Central Washington University, Ellensburg, WA.</td>
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<td>EFFECTS OF CURCUMIN AND FENUGREEK SOLUBLE FIBER ON THE VENTILATORY</td>
<td>Jensen Zhong Goh, Lauren Herrick, Walter Menke, Marilyn Campbell, Bradley Fleenor, FACSzM,</td>
<td>University of Kentucky, Lexington, KY. Ball State University, Muncie, IN.</td>
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<td>THRESHOLD IN UNTRAINED COLLEGE STUDENTS</td>
<td>Mark Abel, FACSMM, Haley Bergstrom, FACSMM</td>
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<td>EFFECTS OF VARYING CARBOHYDRATE MOUTH RINSE CONCENTRATION ON</td>
<td>Austin Lively, Joe Pederson, Rebecca Rogers, Mallory Marshall, Tyler Williams, Christopher</td>
<td>Samford University, Birmingham, AL.</td>
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<td>VERTICAL JUMP PERFORMANCE</td>
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<td>EFFECTS OF CURCUMIN AND FENUGREEK ON THE PHYSICAL WORKING CAPACITY</td>
<td>Lauren P. Herrick, Jensen Goh, Walter Menke, Marilyn S. Campbell, Bradley S. Fleenor,</td>
<td>University of Kentucky, Lexington, KY. Ball State University, Muncie, IN.</td>
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<td>AT THE FATIGUE THRESHOLD</td>
<td>Mark G. Abel, Haley Bergstrom</td>
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<td>HYDRATION STATUS OF FEMALE SOCCER PLAYERS</td>
<td>Holly Elizabeth Clarke, James K. Taylor, Matthew M. Schubert</td>
<td>Florida State University, Tallahassee, FL. Auburn University at Montgomery, Montgomery, AL.</td>
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<td>ASSOCIATIONS BETWEEN PHYSICAL ACTIVITY AND URINE OSMOLALITY IN THE</td>
<td>Alex M. Ehlerl, Patrick B. Wilson. Old Dominion University, Norfolk, VA.</td>
<td>California State University San Marcos, San Marcos, CA.</td>
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<td>AVERAGE PHYSICAL ACTIVITY LEVEL OF PRESCHOOLERS PARTICIPATING IN ALL-</td>
<td>Sibylle Kranz, Faten Hasan, Steven Malin, FACSMM, Art Weltman, FACSMM, Nathan Stewart.</td>
<td>University of Virginia, Charlottesville, VA.</td>
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THE INFLUENCE OF BODY COMPOSITION AND DIETARY INTAKE ON BIOMARKERS IN FEMALE BALLET DANCERS
Alexa J. Chandler¹, Harry P. Cintineo¹, David J. Sanders², Bridget A. McFadden¹, Brittany N. Bozzi¹,², Alan J. Walker³, Morgan S. Murray², Michelle A. Arent¹, Shawn M. Arent, FACSM¹,². ¹University of South Carolina, Columbia, SC. ²Rutgers, The State University of New Jersey, New Brunswick, NJ. ³Lebanon Valley College, Annville, PA.

CAFFEINE INFLUENCES VOLUNTARY ACTIVATION BUT NOT TWITCH PROPERTIES
Sydnie R. Fleming¹, Ryan J. Colquhoun¹, Mitchel A. Magrini², Matthew C. Ferrell³, Nile F. Banks³, Nathaniel D.M. Jenkins³. ¹University of South Alabama, Mobile, AL. ²Creighton University, Omaha, NE. ³Oklahoma State University, Stillwater, OK.

IMPROVED CYCLING EFFICIENCY FOLLOWING BEETROOT JUICE INTAKE NOT DUE TO CHANGES IN MUSCLE OXYGEN SATURATION
Braxton A. Linder, Christian E. Behrens Jr, Rakesh Patel, Khandaker A. Ahmed, Rima Patel, Emily Stuckey, Jose Fernandez, Brenda Bertrand, Gordon Fisher, FACSM. University of Alabama at Birmingham, Birmingham, AL.

MORINGA OLEIFERAAS A POTENTIAL ERGOGENIC AID IN SKELETAL MUSCLE
Siobhan Eze¹, Nathan Mowa², Jeffrey Otis¹. ¹Georgia State University, Atlanta, GA. ²Appalachian State University, Boone, NC.

TOO BUSY TO EXERCISE: EXAMINING PREGNANT WOMEN’S EXERCISE PREFERENCES
Maggie Pepper¹, Kathleen Brown¹, Samantha F. Ehrlich¹, Jill Maples², Cristina S. Barroso³. ¹University of Tennessee, Knoxville, TN. ²University of Tennessee Graduate School of Medicine, Knoxville, TN.

EFFECT OF DYNAMINE WITH AND WITHOUT TEACRINE SUPPLEMENTATION OVER FOUR WEEKS ON BLOOD BIOMARKERS
Michaela Grace Alesi¹, Matthew T. Stratton², Alyssa R. Bailly¹, Alyssa J. Holmes¹, Andrew Modjeski¹, Megan Barie¹, Yuri Feito, FACSM¹, Gerald Mangine¹, Karleena R. Tuggle³, Tiffany A. Esmat¹, Garrett M. Hester¹, Katie Hayes¹, Matthew A. Lee¹, Katie Tran¹, Trisha A. VanDusseldorp¹. ¹Kennesaw State University, Kennesaw, GA. ²Texas Tech University, Lubbock, TX. ³Southern Regional Physicians Management Group, Riverdale, GA.

IMPACT OF CAMARADERIE BASED EXERCISE ON ANXIETY, DEPRESSION AND PAIN AMONG COMBAT VETERANS
Daniel Benjamin Bornstein¹, Daniel R. Gaita², Alexandra A. Macdonald¹. ¹The Citadel, The Military College of South Carolina, Charleston, SC. ²Operation Vet Fit, Charleston, SC.

DO RACE, PHYSICAL ACTIVITY, BODY MASS INDEX, AND SLEEP QUALITY AFFECT MENTAL TOUGHNESS
Krystal Ann-Marie Grant, Quinn Astrachan, Alexander Anderson, Courtnie Moodie, Andreas Stamatis, Zacharias Papadakis. Barry University, Miami, FL.

LAW ENFORCEMENT AND FIREFIGHTERS PHYSICAL ACTIVITY STUDY
Jourdyn Holsinger, Bhibha Das, FACSM. East Carolina, Greenville, NC.

PHYSICAL ACTIVITY IN YOUNG ADULTS PREDICTS INTERNALIZING, BUT NOT EXTERNALIZING, BEHAVIORS
Tatiana A. White, William Murrah, Kristina A. Neely. Auburn University, Auburn, AL.

IF YOU OFFER IT, WILL THEY EXERCISE? INVESTIGATING THE IMPACT OF ATLANTA BELTLINE FITNESS CLASSES
Cole Robinson, Rebecca Ellis. Georgia State University, Atlanta, GA.

BUMP SET SPIKE RECREATIONAL VOLLEYBALL TO LIFT AFFECT AND ENJOYMENT
Daniel Ryan Greene. Augusta University, Augusta, GA.

RANDOMIZED CROSSOVER TRIAL EXAMINING THE EFFECTS OF NATURAL FREQUENCY TECHNOLOGY ON SLEEP
Heather A. Hausenblas. Jacksonville University, Jacksonville, FL.
SELECTIVE ATTENTION IS RESISTANT TO HIGH INTENSITY EXERCISE AND MUSICAL DISTRACTION.
Derek T. Jones. Longwood University, Farmville, VA.

EXPLORING DIVISION I ATHLETES' AND ATHLETIC TRAINERS' EXPERIENCES WITH PSYCHOSOCIAL ASPECTS OF INJURY REHABILITATION
Anna C. Griffith, Caitlyn R. Hauff. University of South Alabama, Mobile, AL.

PATIENT-REPORTED OUTCOME USE IN A PHYSICAL FITNESS CHALLENGE TO EXPLORE HEALTH COMPONENTS
Jeremiah G. Lukers. Treutt McConnell University, Cleveland, GA.

INTEGRATING A PATIENT REPORTED OUTCOME INTO AN EXERCISE TRAINING PROGRAM DURING AN EMPLOYEE WELLNESS PROGRAM
Caylyn J. Shumake, Elizabeth S. Legg, Jeremiah G. Lukers. Treutt McConnell University, Cleveland, GA.

IMPACT OF A CONCEPTUALLY BASED PHYSICAL ACTIVITY COURSE ON COLLEGE STUDENTS' MENTAL HEALTH
Anna W. Gold, Susan L. Cohen, Bibhba M. Das. East Carolina University, Greenville, NC.

ENJOYMENT ASSESSMENT IN WOMEN WITH METABOLIC DISEASE AFTER AEROBIC AND RESISTANCE TRAINING PROGRAM
Darby D. Winkler, Ashley Peart, Kameron Suire, Danielle D. Wadsworth. Auburn University, Auburn Univ, AL.

FRONTAL ASYMMETRY: A POTENTIALLY NOVEL BIOMARKER FOR SEDENTARY BEHAVIOR
Battogtokh Zagdsuren¹, Hunter Threadgill², Hayley V. MacDonald¹, Mark T. Richardson¹, Philip Gable¹. ¹University of Alabama, Tuscaloosa, AL. ²Florida State University, Tallahassee, FL.

EXERCISE IS MEDICINE ON CAMPUS: A PILOT STUDY
Duke Biber, Chrissy Knoll, FACSM, Hayden Gross, Kellani Lettsome. University of West Georgia, Carrollton, GA.

COMPARISON OF DUAL TASK COST DURING OVERGROUND WALKING IN PREGNANT WOMEN AND NON-PREGNANT CONTROLS
Emma E. Bishop, Katie G. Criswell, Sarah C. Duckworth, Rebecca R. Rogers, Mallory R. Marshall. Samford University, Birmingham, AL.

MITOCHONDRIAL NETWORK DYNAMICS: BENEFITS OF A HIGH METABOLIC DEMAND (LACTATION) CONDITION IN RATS
Ryleigh B. Randall¹, Hailey A. Parry¹, Hayden W. Hyatt², Wendy R. Hood¹, Andreas N. Kavazis, FACSM¹. ¹Auburn University, Auburn, AL. ²University of Florida, Gainesville, FL.

CHALLENGES IN ALL-DAY PA MEASUREMENT IN PRESCHOOLERS: QUESTIONS TO ASK AND LESSONS LEARNED
Faten O. Hasan, Nathan R. Stewart, Steven K. Malin, FACSM, Art Weltman, FACSM, Sibylle Kranz. University of Virginia, Charlottesville, VA.

INFLUENCE OF WINDOWING ON SHOULDER ISOKINETIC PEAK TORQUE, WORK AND RANGE OF MOTION
Brad Collins, Sean Langan, George J. Davies, Bryan Riemann. Georgia Southern University, Savannah, GA.

METABOLIC AND VENTILATORY RESPONSES DURING EXERCISE FOLLOWING ACUTE ELECTRONIC CIGARETTE USE
Marc A. Augenreich, Aaron McMichael, Jayvaughn T. Oliver, Jonathon L. Stickford. Appalachian State University, Boone, NC.

FUNCTIONAL CAPACITY OF PATIENTS ONE-YEAR POST CARDIAC REHABILITATION
Danish Gulamani, Cody E. Morris, Gordon Fisher, FACSM, Chris Schumann, Eric P. Plaisance, FACSM. University of Alabama at Birmingham, Birmingham, AL.
11:00-12:00 HENRY J. MONTOYE AWARD LECTURE (City Terrace 7)
Exploring Physical Activity and Stress: Academic Adventures with Colleagues and Students
Ed Acevedo, Ph.D., SEACSM Past President. Virginia Commonwealth University
Presiding: Becki Battista, Ph.D., SEACSM President, Appalachian State University
Remarks: Ed Howley, SEACSM Past President, University of Tennessee
Introduction: Allan Goldfarb, SEACSM Past President, UNC-Greensboro

12:00-2:00 SEACSM LUNCHEON AND LECTURE (Grand Ballroom 5-8)
Sport for All: Promoting Physical Activity Through Youth Sports
Karin Pfeiffer, Ph.D., Michigan State University
Presiding: Becki Battista, Ph.D., SEACSM President, Appalachian State University

2:00-3:00 SEACSM EXECUTIVE BOARD MEETING (Boardroom 4)