

**SOUTHEAST AMERICAN COLLEGE OF SPORTS MEDICINE  
2019 ANNUAL MEETING SCHEDULE (OUTLINE)**

**THURSDAY, February 14, 2019**

- 11:00-1:00 SEACSM EXECUTIVE BOARD MEETING (Teal)**
- 1:00-6:00 REGISTRATION AND STUDENT HELP DESK (Lobby)**
- 1:00-2:00 AUDIOVISUAL TEAM MEETING (Crepe Myrtle)**
- 2:00-2:50 PRE-CONFERENCE TUTORIAL (Ballroom F)**  
**PC1** Thriving Not Surviving - Setting Yourself Up for Success at SEACSM
- 2:00-2:50 PRE-CONFERENCE TUTORIAL (Redbud)**  
**PC2** Overview and Scope of the Certified Exercise Physiologist
- 3:00-3:50 PRE-CONFERENCE SYMPOSIUM (Redbud)**  
**PC3** Rapid Research Race: A Preconference Presentation
- 4:00-6:30 EXHIBITS (Prefunctory Area)**
- 4:00-6:00 STUDENT AWARD POSTER FREE COMMUNICATIONS I: (Studio)**  
**D1-D8, M1-M8, U1-U8** Authors present, 4:00-6:00 p.m.  
Chair: Mike McKenzie, Ph.D., SEACSM Past-President, Appalachian State University
- 4:00-6:00 POSTER FREE COMMUNICATIONS I (Studio)**  
**P1-P42** Authors present, 4:30-6:00 pm  
Competitive Athletes; Growth/Development/Aging; Motor Control; Reproduction
- 4:00-5:30 THEMATIC POSTERS SESSION I (Think Tank)**  
**TP1-TP6** Biomechanics
- 4:00-6:00 ORAL FREE COMMUNICATIONS I (Ballroom F)**  
**O1-O8** Body Composition/Energy Balance/Weight Control
- 4:00-4:50 SYMPOSIUM SESSION I (Ballroom H)**  
**S1** Running Through the Ages
- 4:00-4:50 TUTORIAL SESSION I (Regency C)**  
**T1** Enhancing Body Composition Techniques and the Impact of Hydration and Subject Presentation on Various Methods
- 4:00-4:50 TUTORIAL SESSION II (Ballroom D and E)**  
**T2** ACSM Clinical Exercise Physiologist Certifications and the CEPA Registry for Clinical Exercise Physiologists
- 4:00-4:50 TUTORIAL SESSION III (Ballroom G)**  
**T3** Exercise Intervention in Chronic Pain: An Update of Evidence and Practice
- 5:00-5:50 SYMPOSIUM SESSION II (Regency C)**  
**S2** Blood Flow Restriction: Important Updates and Applications
- 5:00-5:50 TUTORIAL SESSION IV (Ballroom D and E)**  
**T4** Effects of Faith Based Initiatives in Improving and Sustaining Health and Wellness
- 5:00-5:50 TUTORIAL SESSION V (Ballroom G)**  
**T5** Physical Activity Guidelines: Where We've Been and Where We're Going
- 5:00-5:50 TUTORIAL SESSION VI (Ballroom H)**  
**T6** Dietary Nitrate Supplementation: What is it Good For? An Ergogenic Aid or Exercise Therapeutic?
- 7:30-9:00 OPENING REMARKS AND KEYNOTE ADDRESS (Ballroom A and B)**  
**Windmills or Giants? The Importance of Context**  
Barry Braun, Ph.D., Colorado State University  
Presiding: Lynn Panton, Ph.D., SEACSM President, Florida State University  
Introduction: Lynn Panton, Ph.D., SEACSM President, Florida State University

**9:00-10:30 SEACSM SOCIAL (Teal)**

**FRIDAY, February 15, 2019**

**6:45-7:45 MENTORING BREAKFAST (Teal)**

**(Pre-Register by February 4th)**

**Finding a Career you are Passionate about**

Marie Spano, MS, RD, CSCS, CSSD, Sports Nutritionist, Atlanta Braves, Atlanta Hawks, Atlanta Falcons

Remarks: Judith A. Flohr, Ph.D., SEACSM Past President

**8:00-5:00 REGISTRATION AND STUDENT HELP DESK (Lobby)**

**8:00-6:00 EXHIBITS (Prefunctorary Area)**

**8:00-9:30 POSTER FREE COMMUNICATIONS II (Studio)**

**P43-P107**

Athletic Care/Trauma/Rehabilitation; Biomechanics/Gait/Balance; Cellular Regulatory Mechanisms; Chronic Disease and Disability; Respiratory Physiology

**8:00-9:30 THEMATIC POSTERS SESSION II (Think Tank)**

**TP7-TP12**

Fitness Testing/Assessment

**8:00-10:00 ORAL FREE COMMUNICATION II (Ballroom F)**

**09-O16**

Psychology/Psychiatry/Behavior

**8:00-8:50 TUTORIAL SESSION VII (Regency C)**

**T7**

A Role for Exercise Physiologists on the Oncology Care Team

**8:00-8:50 SYMPOSIUM SESSION III (Ballroom D&E)**

**S3**

Tactical Performance Resiliency: An Interdisciplinary Approach to Fitness and Performance in Military and Paramilitary Populations

**8:00-8:50 SYMPOSIUM SESSION IV (Ballroom G)**

**S4**

From Young Athletes to the Elderly: Protein Needs Throughout the Lifespan

**8:00-8:50 TUTORIAL SESSION VIII (Ballroom H)**

**T8**

Using Accelerometers to Better Manage Type 1 Diabetes Mellitus: Can It Help Predict the Future?

**9:00-9:50 TUTORIAL SESSION IX (Regency C)**

**T9**

Walk With Us

**9:00-9:50 SYMPOSIUM SESSION V (Ballroom D and E)**

**S5**

Developing and Implementing A Strength and Conditioning and Wellness Program for Firefighters

**9:00-9:50 TUTORIAL SESSION X (Ballroom G)**

**T10**

Using Your Exercise Science Degree to Improve Your Future Physical or Occupational Therapy School Experience

**9:00-9:50 TUTORIAL SESSION XI (Ballroom H)**

**T11**

How Our Thoughts on Skeletal Muscle Injury Have Changed Over the Last Three Decades

**10:00-11:00 ANDREW KOZAR ACSM PRESIDENTIAL ADDRESS (Ballroom A & B)**

Exercise for Cancer Prevention and Control: Update from a 2018 ACSM Roundtable

Kathryn Schmitz, Ph.D., President ACSM, Pennsylvania State College of Medicine

Presiding: Lynn Panton, Ph.D., SEACSM President, Florida State University

Introduction: Walt Thompson, Ph.D., ACSM Past President, Georgia State University

**11:10-12:00 CLINICAL CROSSOVER LECTURE (Ballroom A & B)**

**Connecting Fitness with Healthcare to Treat Patients**

Robert Sallis, M.D., ACSM Past President, Kaiser Permanente

Presiding: Lynn Panton, Ph.D., SEACSM President, Florida State University

Introduction: Matthew Close, D.O., SEACSM Clinical Representative, Denver, CO

**12:00-1:00 PAST PRESIDENT'S LUNCH (Teal)**

**12:30-1:15 BIOMECHANICS INTEREST GROUP (Crepe Mrytle)**

Hunter Bennett, Ph.D., Old Dominion University

Zac Domire, Ph.D., East Carolina University

**12:30-1:15 MINORITY HEALTH AND RESEARCH INTEREST GROUP (Redbud)**

Lyndsey Hornbuckle, Ph.D., University of Tennessee

Alvin Morton, M.S., University of Tennessee

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**SEACSM CLINICAL TRACK (Ballroom H)**

**"Sports Medicine, One Sport at a Time: A Sports Specific Tour of Sports Medicine"**

- 12:30 pm **Welcome and Announcements: Brent Messick, MD (Atrium Health Sports Medicine and Injury Care)**
- 12:45 pm **Wrestling: Paul Meirick, MD (Vanderbilt)**
- 1:15 pm **Hockey: Payton Fennel DO (FryeCare Sports Medicine and Concussion Clinic)**
- 1:45 pm **Lacrosse: Deanna Didiano, DO (Atrium Health Sports Medicine and Injury Care)**
- 2:20 pm **Discussion**
- 2:25 pm **Break**
- 2:40 pm Case Presentation #1 Decreased ROM of Right Arm in Non-Verbal Child" -Eric Bankert, MD
- 2:55 pm Case Presentation #2 Preseason Dyspnea...Unfortunately NOT another case of Deconditioning"-Ian McKeag, MD
- 3:10 pm Case Presentation #3 When Roughing the Kicker gets Real"-William Manning, MD
- 3:25 pm **Rodeo: Kyle Cassas, MD, FACSM (Greenville Health System)**
- 4:10 pm **Swimming: Ashley Karpinos, MD, MPH (Vanderbilt)**
- 4:10 pm **Swimming: Ashley Karpinos, MD, MPH (Vanderbilt)**
- 4:40 pm **Break**
- 4:45 pm **Soccer: Rebecca Bassett, MD (Murphey Wainer Orthopedic Specialists)**
- 5:25 pm **Ironman: Robert Sallis, MD, FACSM, (Kaiser Permanente)**
- 5:55 pm **Discussion**
- 6:30-7:45 **CLINICAL TRACK RECEPTION (Ballroom F)**  
**Sponsored by XXXX**

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**1:15-2:15 BASIC SCIENCE LECTURE (Ballroom A&B)**

**Muscle Plasticity and Performance**

Andrew Galpin, Ph.D., California State University - Fullerton

Presiding: Lynn Panton, Ph.D., SEACSM President, Florida State University

Introduction: Lynn Panton, Ph.D., SEACSM President, Florida State University

**2:30-4:00 POSTER FREE COMMUNICATIONS III (Studio)**

**P108-P173** Cardiovascular Physiology; Exercise Evaluation/Clinical; Psychology/Psychiatry/Behavior; Research Design

**2:30-4:00 THEMATIC POSTERS SESSION III (Think Tank)**

**TP13-TP18** Body Composition/Energy Balance/Weight Control

**2:30-4:30 ORAL FREE COMMUNICATION III (Ballroom F)**

**017-024** Biomechanics/Gait/Balance

**2:30-3:20 TUTORIAL SESSION XII (Ballroom D & E)**

**T12** Graduated Now What? Succeeding in the Exercise Profession

**2:30-3:20 SYMPOSIUM SESSION VI (Ballroom G)**

**S6** Exercise and Dietary Energy Availability: Effects on Cardiovascular, Pulmonary and Metabolic Disease Risk

**2:30-3:20 TUTORIAL SESSION XIII (Redbud)**

**T13** Risky Play: Is the Risk Greater Than the Reward?

**3:30-4:20 SYMPOSIUM SESSION VII (Ballroom D & E)**

**S7** Novel Techniques to Assess Peripheral Vascular Function and Blood Flow Regulation in Health and Disease

**3:30-4:20 SYMPOSIUM SESSION XIII (Redbud)**

**S8** It Just Makes Good "Cents". Cost Benefits of Physical Activity

**3:30-4:20 TUTORIAL SESSION XIV (Ballroom G)**

**T14** Graduate Students and A Program Director's Perspective on Achieving Academic and Professional Goals

**4:30-6:00 STUDENT BOWL SPONSORED BY KENNESAW STATE UNIVERSITY (Ballroom A, B and C)**

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 (Teal)**

**SATURDAY, February 16, 2019**

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**SEACSM CLINICAL TRACK (Ballroom D and E)**

**"Sports Medicine, One Sport at a Time: A Sports Specific Tour of Sports Medicine"**

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

7:45 **SCUBA: John Wassel, MD (Novant Health Wound Care and Hyperbaric Medicine)**

8:15 **Tennis: Neeru Jayanthi, MD, (Emory Sports Medicine)**

8:45 **Running Medicine: Ryan Draper, DO (Cone Sports Medicine)**

9:15 **Discussion**

9:25 **Break**

9:40 Case Presentation #4 More than just a Contusion: When a Baseball Player's Knee meets the Outfield Wall"-Jason Williams, MD

9:55 Case Presentation #5 Groin Pain in a Collegiate Baseball Pitcher"-David Neblett, MD

10:10 Case Presentation #6 Remote Hip Pain in Middle-Aged Female Following Indirect Trauma From Fall"-Emily Sherrard, MD

10:25 **Wilderness Medicine : Andrew Gregory, MD (Vanderbilt)**

10:55 **NASCAR: Kevin Burroughs, MD (Atrium Health Sports Medicine and Injury Care)**

11:25 **Discussion**

11:35 **Break**

11:50 Case Presentation #7 Atraumatic Recurrent Knee Effusion in a Collegiate Athlete- Soccer"-Darwin McKnight, MD

12:05 Case Presentation #8 Problems on the Pommel Horse"-Mashala Temas, MD

12:20 Case Presentation #9 Net Nausea"-Jana Upshaw, MD

12:35 Voting for Best Case Presentation

12:45 **Closing Remarks**

12:55 **Adjourn**

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**SATURDAY February 16, 2019**

**6:30-7:30 Run through Downtown Greenville (Meet in Lobby)**

**8:00-12:00 EXHIBITS (Perfunctory area)**

- 8:00-9:25 P174-P235 POSTER FREE COMMUNICATIONS IV (Studio)**  
Body Composition/Energy Balance/Weight Control; Connective Tissue; Endocrinology/Immunology; Environmental Physiology; Epidemiology & Preventative Medicine; Metabolism/Carbohydrate, Lipid, Protein
- 8:00-9:30 TP19-TP24 THEMATIC POSTERS SESSION IV (Think Tank)**  
Cardiovascular Physiology
- 8:00-10:00 025-032 ORAL FREE COMMUNICATION IV (Ballroom F)**  
Fitness/Testing/Assessment
- 8:00-8:50 S9 SYMPOSIUM IX (Regency C)**  
Move More, Move Together: Promoting Active Families
- 8:00-8:50 T15 TUTORIAL SESSION XV (Ballroom G)**  
Convergence of Physical Activity and Health: Promising Career Paths For the Future
- 8:00-8:50 T16 TUTORIAL SESSION XVI (Ballroom H)**  
Endurance Training with Low Carbohydrate Availability
- 9:00-9:50 S10 SYMPOSIUM SESSION X (Ballroom G)**  
Sports Injury Surveillance: State of the Science and Applications to Injury Prevention
- 9:00-9:50 T17 TUTORIAL SESSION XVII (Ballroom H)**  
The Role of Biogenic Amines in Movement
- 9:00-9:50 T18 TUTORIAL SESSION XVIII (Redbud)**  
Creating An Effective and Professional Social Media Strategy
- 9:30-11:00 P283-P299 POSTER FREE COMMUNICATIONS V (Studio)**  
Fitness/Testing/Assessment; Nutrition and Exercise/Sports
- 10:00-10:50 S11 SYMPOSIUM SESSION XI (Ballroom G)**  
Sitting is the New Smoking: Acute Sitting and Chronic Whole-Body Cardiovascular Assault
- 10:00-10:50 T19 TUTORIAL SESSION XIV (Ballroom H)**  
Considerations for Qualitative and Quantitative Analysis of Wearable Technology
- 10:00-10:50 S12 SYMPOSIUM SESSION XII (Redbud)**  
Exercise Is Medicine-On Campus: Going for Gold, Lessons Learned from Small, Medium and Large Campuses
- 11:00-12:00 HENRY J. MONTOYE AWARD LECTURE 2010 (Regency C)**  
**My Long and Winding Road**  
Allan Goldfarb, Ph.D., FACSM, SEACSM Past President, UNCG  
Presiding: Lynn Panton, Ph.D., SEACSM President, Florida State State University  
Introduction: Mike McKenzie, Ph.D., SEACSM Past President, Appalachian State University
- 12:00-2:00 SEACSM LUNCHEON AND LECTURE (Ballroom A&B)**  
**(Pre-Register by February 4th)**  
**Cardiovasclar Health: A Potential Hurdle in the Upcoming Space Race**  
Micheal Delp, Ph.D., Dean, College of Human Sciences, Florida State University  
Presiding: Lynn Panton, Ph.D., SEACSM President, Florida State State University  
Introduction: Lynn Panton, Ph.D., SEACSM President, Florida State State University
- 2:00-3:00 SEACSM EXECUTIVE BOARD MEETING (Teal)**