

**SOUTHEAST AMERICAN COLLEGE OF SPORTS MEDICINE
2019 ANNUAL MEETING SCHEDULE**

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
Tiffany Esmat, Kennesaw State University, Kennesaw, GA, Ashlyn Schwartz, University of Tennessee, Knoxville, TN, Emily Bechke, Kennesaw State University, Kennesaw, GA
Chair: Amy Knab, Queens University of Charlotte
- 2:00-2:50 PRE-CONFERENCE TUTORIAL (Redbud)**
PC2 Overview and Scope of the Certified Exercise Physiologist
Greg Stanley, Carson-Newman University, Jefferson City, TN
Chair: Trent Hargens, James Madison University
- 3:00-3:50 PRE-CONFERENCE SYMPOSIUM (Redbud)**
PC3 Rapid Research Race: A Preconference Presentation
B. S. Graves¹, A. Schwartz², E. Bechke³; ¹Florida Atlantic University, Boca Raton, FL; ²University of Tennessee, Knoxville, TN; ³Kennesaw State University, Kennesaw, GA
Chair: Sue Graves, Florida Atlantic University
- 4:00-6:30 EXHIBITS (Prefunctorary 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
- D1 NEUROMUSCULAR RESPONSES IN LOWER LIMB BILATERAL DEFICIT**
M.T. Byrd, T.K. Dinyer, P.J. Succi, H.C. Bergstrom, University of Kentucky, Lexington, KY
- D2 EFFECTS OF DAIRY EXOSOME DEPLETION IN RAT SKELETAL MUSCLE AND LIVER**
H.A. Parry¹, C.B. Mobley^{1,2}, P.W. Mumford¹, M.A. Romero¹, Y. Zhang¹, J. Zempleni³, J.J. McCarthy², K.C. Young^{1,4}, M.D. Roberts^{1,4}, and A.N. Kavazis^{1,4}. ¹Auburn University, Auburn, AL, ²University of Kentucky, Lexington, KY, ³University of Nebraska-Lincoln, Lincoln, NE, ⁴Edward Via College of Osteopathic Medicine-Auburn Campus, Auburn, AL
- D3 ASSOCIATION BETWEEN SEDENTARY TIME AND PHYSICAL ACTIVITY WITH GLUCOSE CONCENTRATIONS AND GLYCEMIC VARIABILITY**
JR Sparks & X Wang. The University of South Carolina, Columbia, SC
- D4 CUTANEOUS REACTIVE HYPEREMIA IS ATTENUATED IN NON-HISPANIC BLACKS COMPARED TO NON-HISPANIC WHITES**
Casey G. Hollowed¹, Gary J. Hodges², and Brett J. Wong¹. ¹Georgia State University, Atlanta, GA; ²Brock University, St. Catharines, ON, Canada
- D5 BODY COMPOSITION, STRENGTH, AND PHYSICAL FUNCTION FOLLOWING TWO TRAINING INTERVENTIONS FOR BREAST CANCER SURVIVORS**
A.L. Artese^{1,2}, R.L. Hunt², D.R. Marshall², M. Ormsbee², J-S. Kim², L.B. Panton². ¹Roanoke College, Salem, VA; ²Florida State University, Tallahassee, FL
- D6 IMPACT OF ACUTE SEDENTARISM ON CEREBROVASCULAR HEMODYNAMICS**
R. Jones¹, D. McArthur¹, SM. McCoy¹, L. Stoner², and DP. Credeur¹. ¹University of Southern Mississippi, Hattiesburg, MS; ²University of North Carolina, Chapel Hill, NC
- D7 CIRCADIAN PHASE IS ASSOCIATED WITH SELF-REPORTED CHRONOTYPE IN YOUNG, SEDENTARY ADULTS**
J.M. Thomas, J.S. Pendergast, W.S. Black, P.A. Kern, J.L. Clasey, FACSM, University of Kentucky, Lexington, KY

- D8 THE EFFECT OF TREADMILL VS. NUSTEP ON GAIT AND LOWER EXTREMITY ELECTROMYOGRAPHY AFTER CHRONIC STROKE**
N.J. Siekirk, Q. Lai, V. Pardo, B. Kendall, S.S. Galen. Georgia Southern University, Statesboro, GA; Wayne State University, Detroit, MI
- M1 ELEVATED SERUM URIC ACID AND HEART FAILURE IN U.S. ADULTS: 2007-2016 NHANES**
M.L. Stone, M.R. Richardson, L. Guevara, B.G. Rand, J.R. Churilla. University of North Florida, Jacksonville, FL
- M2 GAMING ENJOYMENT, PERCEIVED EXERTION, AND EXERCISE INTENSITY IN ACTIVE VIRTUAL REALITY GAMES**
DH. Gomez^{1, 2}, N. Bolter², J. Bagley², M. Kern², CM. Lee². ¹Auburn University, Auburn, AL. ²San Francisco State University, San Francisco, CA
- M3 MINIMALIST STYLE MILITARY BOOT IMPROVES RUNNING ECONOMY UNDER LOAD IN TRAINED MALES**
M.T. Pace¹, J.C. Swain¹, D.W. Sharp¹, R.T. Albino¹, J.M. Green¹, L.G. Killen¹, H. Chander², J.D. Simpson³, and E.K. O'Neal¹. ¹University of North Alabama, Florence, AL, ²Mississippi State University, Mississippi State, MS, ³University of West Florida, Pensacola, FL
- M4 RELATIONSHIP BETWEEN WEIGHT HISTORY AND DEPRESSION IN U.S. ADULTS**
L. Guevara, M.R. Richardson, R.J., Zeglin, C.J., Joyce, B.G. Rand, M.L. Stone, T.M. Johnson, J.R. Churilla. University of North Florida, Jacksonville, FL
- M5 THE EFFECTS OF EXERCISE TRAINING ON COGNITION AND QUALITY OF LIFE IN BREAST CANCER SURVIVORS**
R.L. Hunt¹, A.L. Artese², J-S. Kim³, L.M. Grubbs³, L.B. Panton³, ¹UNCG, Greensboro, NC; ²Roanoke College, Salem, VA; ³FSU, Tallahassee, FL
- M6 PEAKING FOR A NATIONAL WEIGHTLIFTING COMPETITION**
DJ. Marsh, C. Bazylar, S. Mizuguchi, D. Gahreman, A. Cunanan, D. Suarez, M. Stone. East Tennessee State University, Johnson City, TN
- M7 RELATIONSHIP BETWEEN PHYSICAL ACTIVITY AND MOTOR SKILLS IN 3-5 YEAR OLDS: NATIONAL YOUTH FITNESS SURVEY**
A.P. Wood, S. Imai, A.G. McMillan, D. Swift, K.D. DuBose, East Carolina University, Greenville, NC
- M8 RATE OF VELOCITY, TORQUE, AND POWER DEVELOPMENT IN MIDDLE-AGED AND OLDER MALES**
M.T. Stratton, A.A. Olmos, P.L. Ha, A.R. Bailly, M.J. Poisal, J.A. Jones, B.E. Dalton, A.N. Haire, T.A. VanDusseldorp, Y. Feito, G.M. Hester. Kennesaw State University, Kennesaw, GA
- U1 IMPAIRED COMPENSATORY MUSCLE HYPERTROPHY FOLLOWING 7 DAYS OF FUNCTIONAL OVERLOAD IN APCMIN/+ MICE**
KA. Anderson, ER. Walker, LH. Abston, S. Sato. The University of Louisiana at Lafayette, Lafayette, LA
- U2 NEIGHBORHOOD RESOURCES SUPPORTING PHYSICAL ACTIVITY: PERCEIVED ACCESS AND WEIGHT-RELATED HEALTH STATUS IN YOUTH**
P. Rohrbaugh, H. Kolcz, E. I. Ackley. Roanoke College, Salem VA
- U3 DEVELOPING A NO-CUFF METHOD TO MEASURE MITOCHONDRIAL CAPACITY USING NEAR INFRARED SPECTROSCOPY**
R.G. Lavender, K.K. McCully. The University of Georgia, Athens, GA
- U4 THE RELATIONSHIP BETWEEN MATERNAL PHYSICAL ACTIVITY AND INFANT MOTOR DEVELOPMENT**
L. Miller, N. Rajendran, K. Edens, K. Yoho, R. Tinius, & K. Furgal. Western Kentucky University, Bowling Green, KY
- U5 THE EFFECT OF BACK SQUAT POTENTIATION ON PITCHING VELOCITY AND ACCURACY**
Matthew Howington, Ben Carrick, Christopher Ballmann, Mallory Marshall, Rebecca Rogers, John Petrella, Tyler Williams. Samford University, Birmingham, AL

- U6** **PREDICTION OF REDUCED AUTOPHAGIC ACTIVATION IN HUMAN PERIPHERAL BLOOD MONONUCLEAR CELLS FOLLOWING MAXIMAL AEROBIC EXERCISE**
Valentina Velasquez, Alexandra L. Rodriguez, Michael Whitehurst, Nishant P. Visavadiya, Brandon G. Fico, Aaron L. Slusher, Peter J. Ferrandi, and Chun-Jung Huang. Florida Atlantic University, Boca Raton, FL
- U7** **REGIONAL DIFFERENCES IN MITOCHONDRIAL CAPACITY OF THE FINGER FLEXOR MUSCLES**
A.K. Luquire and K.K. McCully, FACSM. University of Georgia, Athens, GA
- U8** **SITTING INCREASES ARTERIAL STIFFNESS IN HEALTHY ADULTS**
Lauren Bates¹, William S. Evans¹, Quentin Willey¹, Daniel P. Credeur², Lee Stoner¹, and Erik D. Hanson. ¹University of North Carolina Chapel Hill, NC. ²University of Southern Mississippi Hattiesburg, MS
- 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
Chair: Erik Hanson, University of North Carolina, Chapel Hill
- P1** **IMPACT OF STRENGTH AND POWER TRAINING ON GOLF PERFORMANCE**
B. Justice, J. Fox; Methodist University, Fayetteville, NC
- P2** **MUSCLE QUALITY AND SIZE RELATIONSHIP TO VO2 MAX IN COLLEGE DISTANCE RUNNERS**
EJ. Sobolewski, J. Crow, R. Hutchison, S. Murr, and DR. Tyler. Furman University, Greenville, SC
- P3** **ATTEMPT PROGRESSIONS OF ELITE MALE RAW POWERLIFTERS**
SK Travis¹, CD Bazylar¹, MC Zourdos². ¹East Tennessee State University, Johnson City, TN; ²Florida Atlantic University, Boca Raton, FL
- P4** **RELATIONSHIP BETWEEN NFL SCOUTING COMBINE AND GAME PERFORMANCE OVER A 5 YEAR PERIOD**
J.S. Cook, R.L. Snarr, & G.A. Ryan. Human Performance Lab, Georgia Southern University, Statesboro, GA
- P5** **AN EXAMINATION OF UPPER BODY POWER AND FAT-FREE MASS IN DIVISION-I CHEERLEADERS**
A.C. Johnson, M.L. Eisenman, E.L. Langford, R.L. Snarr & G.A. Ryan. Human Performance Lab, Georgia Southern University, Statesboro, GA
- P6** **VARIATIONS IN ATHLETIC PROFILES BETWEEN DIVISION I ALL-GIRL AND CO-ED COMPETITION CHEERLEADERS**
N. Hicks, M.L. Eisenman, E.L. Langford, B. Munkasy, R.L. Snarr, & G.A. Ryan. Human Performance Lab, Georgia Southern University, Statesboro, GA
- P7** **WARM-UP WITH WEIGHTED VEST DOES NOT IMPROVE 5-KM TIME TRIAL PERFORMANCE IN COLLEGIATE CROSS-COUNTRY RUNNERS**
R.T. Albino, J.C. Swain, D.W. Sharp, H.R. Yarber, T.V. Goldman, B.A. Weldon, J.E. Provence, A.A. Heinkel, L.G. Killen, E.K. O'Neal. University of North Alabama, Florence, AL
- P8** **RELATIONSHIP BETWEEN BONE MINERAL DENSITY AND GRIP STRENGTH IN COLLEGIATE ATHLETES**
C.J. Collum, M.L. Eisenman, E.L. Langford, R.L. Snarr & G.A. Ryan. Human Performance Lab, Georgia Southern University, Statesboro, GA
- P9** **BONE MINERAL DENSITY COMPARISONS BETWEEN CONTACT AND NON-CONTACT MALE AND FEMALE COLLEGIATE ATHLETES**
D.E. Cousin, M.L. Eisenman, E.L. Langford, R.L. Snarr, & G.A. Ryan. Human Performance Lab, Georgia Southern University, Statesboro, GA
- P10** **USING PET THERAPY IN SPORT PERFORMANCE: A PILOT STUDY**
C.J. Johnson¹, C.A. Thurmond¹, L.A. Porter², C.A. Bailey³, M.R. Gross¹, and J.C. Casey¹. ¹Department of Kinesiology, University of North Georgia, Oakwood, GA; ²Department

Physical Therapy, University of North Georgia, Dahlonega, GA; ³Department of Kinesiology, Health Promotion, and Recreation, University of North Texas, Denton, TX

- P11** **BODY COMPOSITION IN NCAA DIVISION-1 FEMALE BASKETBALL PLAYERS DURING PRESEASON AND OFF-SEASON**
A.M. Buttram, A.E. Culpper, S.G. Reddy, and J.C. Casey. University of North Georgia, Dahlonega, GA
- P12** **BODY COMPOSITION CHANGE OF FEMALE NCAA SOCCER PLAYERS OVER ONE YEAR**
K.N. Tucker, M.E. Brown, S.G. Reddy, and J.C. Casey. The University of North Georgia, Dahlonega, GA
- P13** **RELATIONSHIP BETWEEN REPORTED TRAINING DISTRESS, ILLNESS RATES, AND COACHES FEEDBACK IN COLLEGIATE SWIMMERS**
K. Dobson¹, S. Kraack¹, L. Bulatova¹, S. Ditto¹, D. C. Nieman², A.J. Groen³, A. Pugachev³, A.M. Knab¹. ¹Kinesiology Department, Queens University of Charlotte, Charlotte NC; ²North Carolina Research Campus, Appalachian State University, Kannapolis, NC; ³ProteiQ Biosciences GmbH, Berlin, Germany
- P14** **HAND GRIP STRENGTH AND ANTHROPOMETRIC VARIABLES IN DIVISION III SOFTBALL AND BASEBALL PLAYERS**
M.S. Guard, C.E. Tibbs, S.L. Carroll, A.R. Burwell, C.W. Hale IV, K.J. Kelleran. Bridgewater College, Bridgewater, VA
- P15** **SEASONAL BODY COMPOSITION CHANGES IN DIVISION I CROSS COUNTRY RUNNERS**
K.R. Hirsch, M.N.M. Blue, G.J. Brewer, A.M. Peterjohn, A.E. Smith-Ryan, FACSM. University of North Carolina at Chapel Hill, Chapel Hill, NC
- P16** **TRACKING CHANGES IN PHYSICAL ACTIVITY DURING THE TRANSITION OUT OF COLLEGE SPORTS: A PILOT STUDY**
EJ Reifsteck, JP Maher, JD Newton, R Hunt, LH Shriver, L Wideman. UNC Greensboro, NC
- P17** **COMPARISON OF PRECOMPETITION DAILY TRAINING LOADS IN COLLEGIATE SOCCER PLAYERS**
S.J. Rossi, M.L. Eisenman, & G.A. Ryan. Georgia Southern University, Statesboro, GA
- P18** **COMPARISON OF POSITIONAL DIFFERENCES IN 1RM SQUAT PERFORMANCE USING DIFFERING NORMALIZATION METHODS IN FOOTBALL ATHLETES**
Donahue PT¹, Hill CM¹, Wilson, SJ², Williams, CC³, Jackson, PM¹, and Garner JC⁴. ¹University of Mississippi, Oxford, MS, ² Georgia Southern University, Statesboro, GA ³LaGrange College, LaGrange, GA, ⁴Troy University, Troy, AL
- P19** **THE PHYSICAL AND ATHLETIC PERFORMANCE CHARACTERISTICS OF DIVISION II WOMEN SOCCER PLAYERS**
D. Griessler, S. Terrell, C. Allen, Z. Wallace, J. Lynch. Florida Southern College, Lakeland, FL
- P20** **CHANGES IN SNATCH BARBELL KINETICS WITH INCREASING LOAD IN MASTERS WEIGHTLIFTERS**
J. Ford, R.G. LeFavi, and B.L. Riemann. Georgia Southern University, Savannah, GA
- P21** **COMPARISON OF PERCEIVED EXERTION AND RECOVERY STATUS SCORES IN COLLEGIATE MALE SOCCER PLAYERS AND COACHES**
M.L. Eisenman, E.L. Langford, R.L. Snarr, & G.A. Ryan. Human Performance Lab, Georgia Southern University, Statesboro, GA
- P22** **COMPARISONS IN PERCEIVED EXERTION AND RECOVERY STATUS IN FEMALE COLLEGIATE SOCCER PLAYERS AND COACHES**
A.M. Schnetzer. M.L. Eisenman, E.L. Langford, R.L. Snarr & G.A. Ryan. Human Performance Lab, Georgia Southern University, Statesboro, GA
- P23** **CHANGES IN HEART RATE RECOVERY AND VARIABILITY IN RESPONSE TO AN ACUTE HIGH INTENSITY LOAD**
P. Miller, J. Roy, M. Vetter, and L.Vervaecke. The University of South Carolina Upstate, Spartanburg, SC

- P24** **COMPARISON OF COACH AND PLAYER RATE OF PERCEIVED EXERTION LOAD**
B. Hudgins, K. Alphin, O. Sisson, J. Bunn. Campbell University, Buies Creek, NC
- P25** **A COMPARISON OF MAXIMUM SPRINT SPEED RESULTS BETWEEN GPS RECORDING AND MANUAL CALCULATIONS**
K. Alphin, B. Hudgins, O. Sisson, J. Bunn. Campbell University, Buies Creek, NC
- P26** **PREDICTORS OF CLEAN AND JERK PERFORMANCE FROM SUBMAXIMAL JERK CHARACTERISTICS**
J.D. Carreker, J. Ford, R.G. LeFavi, B.L. Riemann. Georgia Southern University, Savannah, GA
- P27** **LOWER-EXTREMITY TORQUE CAPACITY AND PHYSICAL FUNCTION IN MOBILITY-LIMITED OLDER ADULTS**
Gregory J. Grosicki^{1,2}, Davis A. Englund¹, Lori Lyn Price¹, Megumi Iwai³, Makoto Kashiwa³, Kieran F. Reid¹, Roger A. Fielding¹. ¹Tufts University, Boston, MA; ²Georgia Southern University, Savannah, GA; ³Astellas Pharma Inc.
- P28** **PARENTAL AND MENTOR INVOLVEMENT IN PHYSICAL ACTIVITY IN ADOLESCENTS WITH AUTISM SPECTRUM DISORDER**
Leahy N., Renziehausen J., Rivera P., Garcia J. G. Dept of Kinesiology, University of Central Florida, Orlando
- P29** **CONTRACTILE PARAMETERS OF THE KNEE EXTENSORS IN YOUNG, MIDDLE-AGED, AND OLDER MALES**
A.A. Olmos, P.L. Ha, M.T. Stratton, A.R. Bailly, M.J. Poisal, J.A. Jones, B.E. Dalton, A.N. Haire, T.A. VanDusseldorp, Y. Feito, G.M. Hester. Kennesaw State University, Kennesaw, GA
- P30** **AGE-RELATED COMPARISONS OF DYNAMIC POSTURAL STABILITY AND MAXIMAL RAPID TORQUE PARAMETERS**
P.L. Ha, A.A. Olmos, M.T. Stratton, A.R. Bailly, M.J. Poisal, J.A. Jones, B.E. Dalton, A.N. Haire, T.A. VanDusseldorp, Y. Feito, G.M. Hester. Kennesaw State University, Kennesaw, GA
- P31** **EFFECTS OF ECCENTRIC ENDURANCE TRAINING ON COGNITIVE FUNCTION IN COMMUNITY-DWELLING OLDER ADULTS**
Samantha Johnson, Sandra Stevens, Dana Fuller, & Jennifer Caputo. Middle Tennessee State University, Murfreesboro, TN
- P32** **GAIT FUNCTION AND SPECIFIC MUSCLE ENDURANCE TEST AMONG OLDER ADULTS**
A.A Sanni, K.K McCully. University of Georgia, Athens GA
- P33** **RELATIONSHIP BETWEEN CONTRACTILE PARAMETERS AND FUNCTIONAL PERFORMANCE IN MIDDLE-AGED AND OLDER MALES**
M.J. Poisal, M.T. Stratton, A.A. Olmos, P.L. Ha, A.R. Bailly, J.A. Jones, B.E. Dalton, A.N. Haire, T.A. VanDusseldorp, Y. Feito, G.M. Hester. Kennesaw State University, Kennesaw, GA
- P34** **PERCEIVED BARRIERS TO HEALTH AND WELLNESS GOALS AMONG RURAL FIREFIGHTERS: A QUALITATIVE STUDY**
M. Weeks¹, B. F. Melton¹, G.A. Ryan¹, J. Pedigo¹, & L. Bigham²; ¹Georgia Southern University, Statesboro, GA; ²WellStar Health, Atlanta GA
- P35** **EFFICACY OF A GAME-CENTERED PROGRAM FOR INCREASING PHYSICAL ACTIVITY IN CHILDREN: A PILOT STUDY**
S. Dykes, A. Funk, and K.J Crandall. Western Kentucky University, Bowling Green, KY.
- P36** **MUSCULAR ACTIVATION DIFFERENCES DURING DAILY ACTIVITIES IN A UNILATERAL TRANS-FEMORAL AMPUTEE**
R.L. Snarr¹, C. Ouellet².¹Georgia Southern University, Statesboro, GA; ²University of Southern California, Los Angeles, CA
- P37** **SLEEP RESTRICTION NEGATIVELY INFLUENCES VISUALLY AND MEMORY-GUIDED FORCE CONTROL**
SA Brinkerhoff, SM Strayer, JA Roper, A-M Chang, and KA Neely; Auburn University, Auburn, AL, The Pennsylvania State University, State College, PA

- P38 THE EFFECTS OF PSYCHING ON MOTOR CORTEX ACTIVATION AND MOTOR UNIT RECRUITMENT**
S. Klaiman¹, A.A. Ginsberg², S. Higgins¹, C.M. Lu², G. Gallicchio³, E. Elue², J. Teso⁴, M. Bah⁵, B.D. Hatfield². ¹Elon University, Elon, NC; ²University of Maryland, College Park, MD; ³University of Birmingham, Birmingham, UK.; ⁴University of California, Santa Cruz, CA; ⁵Howard University, Washington, DC
- P39 HANDGUN SHOOTING EXPERIENCE CONTRIBUTES TO SHOOTING ACCURACY VIA INCREASED IRREGULARITY OF GUN MOTION**
K.J. Kelleran¹, S. Morrison², D.P. Swain², D.M. Russell²; ¹Bridgewater College, Bridgewater VA, ²Old Dominion University, Norfolk VA
- P40 EFFECTS OF EVIDENCE-BASED MATERIALS AND ACCESS TO LOCAL RESOURCES ON PHYSICAL ACTIVITY DURING PREGNANCY**
K. Edens, B. Pitts, K. Yoho, J. Maples, T.S. Lyons, K. Link, M.S. Jones, R. Tinius. Western Kentucky University, Bowling Green, KY
- P41 EVIDENCE-BASED EDUCATIONAL BROCHURES INFLUENCED BELIEFS AND IMPROVED KNOWLEDGE REGARDING THE BENEFITS OF EXERCISE DURING PREGNANCY**
Kristeen Owens¹, Madison L. Alvis¹, Cody E. Morris², Tiana L. Garrard¹, Abigail G. Hughes¹, Laura Hunt¹, Megan M. Koester¹, India C. Yocum¹, & Rachel A. Tinius¹; ¹Western Kentucky University, Bowling Green, KY. ²The University of Alabama at Birmingham, Birmingham, AL
- P42 PREPREGNANCY WEIGHT STATUS MODIFIES ASSOCIATIONS OF EARLY PREGNANCY PHYSICAL ACTIVITY WITH INFANT SIZE AT BIRTH**
SF. Ehrlich^{1,2}, SE. Badon¹, MM. Hedderson¹, A. Ferrara¹. ¹Kaiser Permanente Northern California, Oakland, CA. ²University of Tennessee Knoxville, Knoxville, TN
- 4:00-5:30 THEMATIC POSTERS SESSION I (Think Tank)**
TP1-TP6 Biomechanics
Chair: Will Lyerly, Coastal Carolina University
- TP1 ELECTROMYOGRAPHY ACTIVATION PATTERNS DURING THE SOFTBALL SWING AMONG COLLEGIATE SOFTBALL PLAYERS**
JK. Washington¹ and GD. Oliver². Berry College, Rome, GA ¹Auburn University, Auburn, AL
- TP2 ASSESSMENT OF ANKLE MUSCLE ACTIVITY DURING UNEXPECTED AND EXPECTED INVERSION PERTURBATIONS**
JT. Lewis¹, JD. Simpson¹, NK Rendos^{1,3}, Y. Lee¹, L Cosio-Lima¹, EM Stewart², H. Chander², AC. Knight². ¹University of West Florida, Pensacola, FL, ²Mississippi State University, Mississippi State, MS, ³Andrews Research and Education Foundation, Gulf Breeze, FL
- TP3 THE ROLE OF SINGLE LEG SQUATS IN PREDICTING PAIN AMONG YOUTH SOFTBALL PLAYERS**
A. Brittain, J. Barfield, K. Friesen, G. Oliver. Auburn University, Auburn, AL
- TP4 EFFECT OF ARCH TYPES ON CENTER OF MASS DISPLACEMENT AND KINETICS DURING LATERAL HOPPING**
C.M. Wilburn, B.E. Decoux, R.T. Fawcett, P. T. Williams, N.H. Moore, L.L. Smallwood, W.H. Weimar. Auburn University, Auburn, AL
- TP5 SAGITTAL PLANE KINEMATIC STABILIZATION AND VARIABILITY DURING A 30 MINUTE RUN**
S. Wilhoite & J. Mutchler, Georgia Southern University, Statesboro, GA
- TP6 MINIMALIST STYLE MILITARY BOOT DOES NOT IMPROVE WALKING ECONOMY UNDER LOAD IN TRAINED MALES**
D.W. Sharp¹, M.T. Pace¹, J.C. Swain¹, R.T. Albino¹, J.M. Green¹, L.G. Killen¹, H. Chander², J.D. Simpson³, E.K. O'Neal¹. ¹University of North Alabama, Florence, AL; ²Mississippi State University, Mississippi State, MS; ³University of West Florida, Pensacola, FL
- 4:00-6:00 ORAL FREE COMMUNICATIONS I (Ballroom F)**
O1-08 Body Composition/Energy Balance/Weight Control
Chair: Lyndsey Hornbuckle, University of Tennessee

- 01 BMI AND ITS EFFECTS ON GPA OF FEMALE UNG CADETS**
Gregory Palevo, Ashley Bruce, Katelyn Bridges, Jake Parham, Seth Weedy, University of North Georgia
- 02 THE CALORIC COST OF THE VMI RATLINE AND IMPLICATIONS FOR PERFORMANCE**
KG. Baur, BA. King, MM. Ullrich, TS. Baur. Virginia Military Institute, Lexington, VA
- 03 ASSOCIATION BETWEEN BODY COMPOSITION AND BONE MINERAL DENSITY IN ELITE COLLEGIATE ATHLETES**
H.A. King, M.L. Eisenman, E.L. Langford, R.L. Snarr, G.A. Ryan. Human Performance Lab, Georgia Southern University, Statesboro, GA
- 04 EFFECT OF WEIGHT CHANGE FOLLOWING INTENTIONAL WEIGHT LOSS ON BONE IN OLDER ADULTS WITH OBESITY**
Daniel Kammire¹, Michael P. Walkup², Walter T. Ambrosius², Leon Lenchik³, Sue A. Shapses⁴, Barbara J. Nicklas⁵, Anthony P. Marsh¹, W. Jack Rejeski¹, and Kristen Beavers¹;
¹Wake Forest University, Winston-Salem, NC; ^{2,3,5}Wake Forest School of Medicine, Winston-Salem, NC; ⁴Rutgers University, New Brunswick, NJ
- 05 THE EFFECTS OF TYPE OF EXERCISE TRAINING DURING PREGNANCY ON INFANT BODY COMPOSITION OUTCOMES**
B.L. Arbuco¹, L.E. May^{1, 2,3}, E.Newton³, C.M. Isler^{2,3}, K. Haven³, D. Kuehn⁴; ¹Human Performance Lab, East Carolina University, Greenville, NC; ²Room 162 Medical Annex - Vidant Medical Center, Greenville, NC; ³Obstetrics & Gynecology-Maternal-Fetal Medicine, ECU, Greenville, NC; ⁴Pediatric Medicine, ECU, Greenville, NC
- 06 EFFECTIVENESS OF THE WINNING WEIGHS PROGRAM ON WOMEN'S HEALTH RISKS AND OVERALL WELLNESS**
A. Henderson & J.M. Hartman, Gardner-Webb University, Boiling Springs, NC; Liz LaFrancis, CaroMont Health and Fitness Center, Gastonia, NC
- 07 AGREEMENT BETWEEN DEUTERIUM OXIDE AND BIOIMPEDANCE SPECTROSCOPY MEASURES OF TOTAL BODY WATER**
ZS Cicone¹, CJ Holmes¹, B Hornikel¹, TJ Freeborn¹, JR Moon², MR Esco. ¹University of Alabama, Tuscaloosa, AL; ²Impedimed, Inc., Carlsbad, CA
- 08 AGREEMENT BETWEEN TWO BIOIMPEDANCE SPECTROSCOPY DEVICES AND DXA FOR BODY COMPOSITION**
ZS Cicone¹, CJ Holmes¹, B Hornikel¹, TJ Freeborn¹, JR Moon², MR Esco, FACSM¹. ¹University of Alabama, Tuscaloosa, AL; ²Impedimed, Inc., Carlsbad, CA
- 4:00-4:50 S1 SYMPOSIUM SESSION I (Ballroom H)**
Running Through the Ages
David Hryvniak, Robert Wilder, Siobhan Statuta
University of Virginia, Charlottesville, VA
Chair: Greg Ryan, Georgia Southern University
- 4:00-4:50 T1 TUTORIAL SESSION I (Regency C)**
Enhancing Body Composition Techniques and the Impact of Hydration and Subject Presentation on Various Methods
J. R. Moon, ImpediMed, Inc., Carlsbad, CA; United States Sports Academy, Daphne, AL
Chair: Mallory Marshall, Samford University
- 4:00-4:50 T2 TUTORIAL SESSION II (Ballroom D and E)**
ACSM Clinical Exercise Physiologist Certifications and the CEPA Registry for Clinical Exercise Physiologists
Trent A. Hargens, James Madison University, Harrisonburg, Virginia
Chair: Greg Stanely, Carson-Newman University
- 4:00-4:50 T3 TUTORIAL SESSION III (Ballroom G)**
Exercise Intervention in Chronic Pain: An Update of Evidence and Practice
B.J. Myers. Campbell University, Buies Creek, NC
Chair: Nicole Rendos, Andrews Research and Education Foundation

- 5:00-5:50 S2 SYMPOSIUM SESSION II (Regency C)**
Blood Flow Restriction: Important Updates and Applications
MB Jessee¹, JG Mouser², SL Buckner³; ¹University of Southern Mississippi, Hattiesburg, MS; ²Troy University, Troy, AL; ³University of South Florida, Tampa, FL
Chair: Pete Magyari, University of North Florida
- 5:00-5:50 T4 TUTORIAL SESSION IV (Ballroom D and E)**
Effects of Faith Based Initiatives in Improving and Sustaining Health and Wellness
Walter R. Thompson, and L. Jerome Brandon. Georgia State University, Atlanta, GA
Chair: Todd Sherman, University of Tennessee-Martin
- 5:00-5:50 T5 TUTORIAL SESSION V (Ballroom G)**
Physical Activity Guidelines: Where We've Been and Where We're Going
P.G. Davis. The University of North Carolina at Greensboro, Greensboro, NC
Chair: Jenny Oody, Maryville College
- 5:00-5:50 T6 TUTORIAL SESSION VI (Ballroom H)**
Dietary Nitrate Supplementation: What is it Good For? An Ergogenic Aid or Exercise Therapeutic?
J.D. Allen. The University of Virginia
Chair: Andy Shanely, Appalachian State University
- 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: Steven Malin, Ph.D., University of Virginia
- 9:00-10:30 SEACSM SOCIAL (Teal)**
- FRIDAY, February 15, 2019**
- 6:45-7:45 EMILY HAYMES MENTORING BREAKFAST (Teal)**
(Pre-Register by February XX)
Finding a Career You Are Passionate About
Marie Spano, MS, RD, CSCS, CSSD, Sports Nutritionist Atlanta Braves, Atlanta Hawks, Atlanta Falcons
Sponsored by the Dairy Alliance
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 P43-P107 POSTER FREE COMMUNICATIONS II (Studio)**
Athletic Care/Trauma/Rehabilitation; Biomechanics/Gait/Balance; Cellular Regulatory Mechanisms; Chronic Disease and Disability; Respiratory Physiology
Chair: Megan Holmes, Mississippi State University
- P43 UNDERSTANDING THE PERCEPTIONS OF DRY NEEDLING IN NCAA DIVISION I ATHLETES**
S. McCray & Dr. Joni Boyd, Winthrop University, Rock Hill, SC
- P44 THE EFFICACY OF ACTIVE REHABILITATION VERSUS STANDARD REST IN RECOVERY FROM CONCUSSION: A SYSTEMATIC REVIEW**
N. Reilly, A. Raymer, and E. Schussler. Old Dominion University, Norfolk, VA
- P45 DUAL TASKING INFLUENCES STROOP TEST REACTION TIME**
AM. Fensterer, LT. Donovan, AC. Thomas. University of North Carolina at Charlotte, Charlotte, NC
- P46 MONITORING BALLERS ON A BUDGET: LESSONS LEARNED FROM LOW-COST ATHLETE MONITORING**
O. Sisson, J. Bunn, C. Johnston. Campbell University, Buies Creek, North Carolina

- P47 DIFFERENCES IN LATENCY AND PREDICTIVE ABILITY OF HORIZONTAL SACCADE BETWEEN TWO POPULATIONS OF COLLEGE STUDENTS**
S.Churchill, D.P. Garner, and B. Spradlin, The Citadel, Charleston, SC
- P48 THE EFFECT OF ACUTE EXERCISE ON BASELINE CONCUSSION MEASURES**
Woodford, K. ¹, McAllister-Deitrick, J. ¹, Beidler, E.², & Wallace, J.³; ¹Coastal Carolina University, Conway, SC, ²Duquesne University, Pittsburgh, PA, ³Youngstown State University, Youngstown, OH
- P49 RELIABILITY AND ANALYSIS OF ISOMETRIC HAMSTRING TESTING IN ELONGATED POSITIONS**
Sean P Langan, Chris Campos, George J Davies, Bryan L Riemann. Georgia Southern University, Savannah, GA
- P50 PERCEPTIONS OF NCAA DIVISION I BASEBALL PITCHERS ON TREATMENT MODALITIES FOR PITCHING ARM HEALTH**
Thomas Williams & Joni Boyd. Winthrop University, Rock Hill, SC
- P51 SPORT FIELD MECHANICAL PROPERTIES INFLUENCE MUSCLE RECRUITMENT PATTERNS AND METABOLIC RESPONSE**
M. Hales, and J.D. Johnson II, Kennesaw State University, Kennesaw. Georgia
- P52 LATENCY OF THE PERONEUS LONGUS AND PERONEUS BREVIS DURING UNEXPECTED AND EXPECTED INVERSION PERTURBATIONS**
EE. Grammer¹, JD. Simpson¹, L. Cosio-Lima¹, Y. Lee¹, NK. Rendos^{1,3}, EM. Stewart², H. Chander², & AC. Knight². ¹University of West Florida, Pensacola, FL, ²Mississippi State University, Mississippi State, MS, ³Andrews Research and Education Foundation, Gulf Breeze, FL
- P53 CHRONIC ANKLE INSTABILITY ALTERS SPATIOTEMPORAL POSTURAL CONTROL DURING A LATERAL STEP DOWN TEST**
JD. Simpson¹, EM. Stewart², AJ. Turner², NK. Rendos^{1,3}, Y. Lee¹, L. Cosio-Lima¹, H. Chander², & AC. Knight². ¹University of West Florida, Pensacola, FL, ²Mississippi State University, Mississippi State, MS, ³Andrews Research and Education Foundation, Gulf Breeze, FL
- P54 GROUND REACTION FORCES DURING SINGLE-LEG DROP LANDINGS ON AN INVERTED SURFACE**
JE. Arnett¹, JD. Simpson¹, L. Cosio-Lima¹, Y. Lee¹, NK. Rendos^{1,3}, EM. Stewart², H. Chander², & AC. Knight². ¹University of West Florida, Pensacola, FL, ²Mississippi State University, Mississippi State, MS, ³Andrews Research and Education Foundation, Gulf Breeze, FL
- P55 EFFECTS OF ACTIVE SITTING ON READING AND TYPING TASK PRODUCTIVITY**
C.E. Doroff, E. Langford, R.L. Snarr. Human Performance Laboratory, Georgia Southern University, Statesboro, GA
- P56 AN ACTIVE GLOVE ARM IS ASSOCIATED WITH DECREASED KINETICS IN THE WINDMILL SOFTBALL PITCH**
JW. Barfield and GD. Oliver. Auburn University, Auburn, AL
- P57 COMPARISON OF SINGLE-LEG HOPPING PARAMETERS ACROSS DIFFERENT ARTIFICIAL TURF SYSTEMS AND NATURAL TURFGRASS**
B.E. Decoux, C.M. Wilburn, N.H. Moore, & W.H. Weimar. Auburn University, Auburn, AL

- P58 POSTURAL STRATEGY DURING SENSORY ORGANIZATION TEST WHEN EXPOSED TO ALTERNATIVE FOOTWEAR AND WORKLOAD**
A. Turner¹, H. Chander¹, C. Morris², S. Wilson³, M. Buckner¹, A. Knight¹, C. Wade⁴ & J. Garner⁵. ¹Mississippi State University, Mississippi State, MS, ²University of Alabama-Birmingham, Birmingham, AL, ³Georgia Southern University, Statesboro, GA, ⁴Auburn University, Auburn AL, ⁵Troy University, Troy, AL
- P59 CHANGES IN BAT SWING KINEMATICS ACROSS THE STRIKE ZONE IN COLLEGIATE BASEBALL PLAYERS**
CC. Williams¹, PT. Donahue², SJ. Wilson³, JG. Mouser⁵, CM. Hill², LA. Luginsland², C. Wade⁴ and JC. Garner⁵; ¹Dept. of Exercise Science, LaGrange College, LaGrange, GA; ²Dept. of Health, Exercise Science, The University of Mississippi, University, MS; ³Dept. of Health Sciences and Kinesiology, Georgia Southern University, Statesboro, GA; ⁴Dept. of Industrial & Systems Engineering, Auburn University, Auburn, AL; ⁵Dept. of Kinesiology & Health Promotion, Troy University, Troy, AL
- P60 ANKLE KINEMATICS IN INDIVIDUALS WITH CHRONIC ANKLE INSTABILITY DURING UNEXPECTED AND EXPECTED DROP LANDINGS**
MR. Bass¹, JD. Simpson², EM. Stewart¹, AJ. Turner¹, H. Chander¹, & AC. Knight¹. ¹Mississippi State University, Mississippi State, MS, ²University of West Florida, Pensacola, FL
- P61 INFLUENCE OF POSTURE-CUEING GARMENTS ON SCAPULAR POSITIONING DURING A SOFTBALL HITTING TASK**
S.S. Gascon, A.R. Brittain, J.K. Washington, S.A. Blackstock, G.D. Oliver. Auburn University, Auburn, AL
- P62 SUSPENSION TRAINING IMPROVED STATIC POSTURAL STABILITY AND DYNAMIC POSTURAL CONTROL IN COLLEGE-AGE FEMALES**
E.P. Kelley, R. Kahn, W.D. Dudgeon, College of Charleston, Charleston SC
- P63 INFLUENCE OF PLYOMETRIC TRAINING ON LOWER EXTREMITY DEXTERITY AND STIFFNESS**
S. Smith, SPT, T. O'Sullivan, SPT, A. Tao, SPT, M. Foreman, PhD, J. Fox, PhD, Methodist University, Fayetteville, NC
- P64 HIP, KNEE, AND ANKLE CONTRIBUTIONS ARE ALTERED DURING SLOPED WALKING IN INDIVIDUALS WITH ACLR**
K. Corona, H. Holmes, R. Fawcett, JA. Roper, Auburn University, Auburn, AL
- P65 FRONTAL PLANE TIBIOFEMORAL ALIGNMENT IS RELATED TO KNEE LOADING DURING SINGLE-LEG LANDINGS**
Hunter J. Bennett, Old Dominion University, Norfolk, VA
- P66 JOINT MOMENT CONTRIBUTIONS DURING FLAT, INCLINE, AND DECLINE RUNNING IN INDIVIDUALS WITH ACLR**
HH. Holmes, K. Corona, R. Fawcett, JA. Roper, Auburn University, Auburn, AL
- P67 NOVEL EVIDENCE OF CORTICAL CONTROL IN SEVERE SLIP RESPONSES**
S.J. Wilson¹, P.T. Donahue², C.M. Hill², C.C. Williams³, J.D. Simpson⁴, N. Siekirk¹, J.C. Garner⁵, & D.E. Waddell²; ¹Georgia Southern University, Statesboro, GA; ²University of Mississippi, University, MS; ³LaGrange College, LaGrange GA; ⁴University of West Florida, Pensacola, FL; ⁵Troy University, Troy, AL
- P68 FRONTAL PLANE CENTER OF PRESSURE SHIFTS IN COLLEGIATE GOLFERS**
JC Garner, Troy University, Troy, AL. SJ Wilson, Georgia Southern University, Statesboro, GA. ZM McCray, Troy University, Troy, AL

- P69** **NOVICE BASEBALL PITCHERS ARE UNABLE TO MAINTAIN BALL VELOCITY WHEN USING SHORTENED STRIDE LENGTHS**
K. Kornatz, M. Mauldin, C. Wendt, and K. Ritsche. Winston-Salem State University, NC
- P70** **NO CHANGE TO MUSCLE EXCITATION DURING A RUN TO FATIGUE**
K. Lewis & J. Mutchler, Georgia Southern University, Statesboro, GA
- P71** **THE EFFECT OF SHIN-TORSO ALIGNMENT ON MUSCLE ACTIVITY OF THE LOWER EXTREMITY IN HOCKEY PLAYERS**
NA Pring, SL Solomon, RT Connors, PN Whitehead. The University of Alabama in Huntsville, Huntsville, AL
- P72** **EFFECT OF RUNNING SPEED ON KNEE JOINT BIOMECHANICS IN MALE AND FEMALE NOVICE RUNNERS**
Lauren Beshada, Kathryn Harrison, Bhushan Thakkar, Sheryl Finucane. Virginia Commonwealth University, Richmond, VA
- P73** **IMPACT OF PROGRESSION RUN ON SAGITTAL PLANE STANCE PHASE KINEMATICS**
Garman, Wight, O'Loughlin, Hooper, Boling, Sloan; Jacksonville University, University of North Florida; Jacksonville, FL
- P74** **IMPACT OF A PROGRESSION RUN ON STRIDE-TO-STRIDE VARIABILITY OF SAGITTAL PLANE JOINT KINEMATICS**
D.R. Hooper¹, J.T. Wight¹, J. O'Loughlin¹, J. Garman¹, R.S. Sloan¹, and M.C. Boling².
¹Jacksonville University, Jacksonville, FL; ²University of North Florida, Jacksonville, FL
- P75** **Abstract Withdrawn**
- P76** **CORRELATION OF TANDEM WALK TIME AND GAITRITE VARIABLES IN HEALTHY DIVISION I ATHLETES**
A. Crawford, S. Wilhoite, K. Neitz, B. Munkasy, Georgia Southern University, Statesboro, GA
- P77** **IMPACT OF A PROGRESSION RUN ON SAGITTAL PLANE SWING PHASE KINEMATICS**
RS Sloan, JT Wight, JA O'Loughlin, DR Hooper, MC Boling, and J Garman. Jacksonville University, Jacksonville, FL and University of North Florida, Jacksonville, FL
- P78** **BMI IS DIRECTLY RELATED TO GROUND REACTION FORCE AND LOADING RATE DURING STAIR DESCENT**
L.G. Moore, R.F. Seay, R. Shapiro, L.M. Bollinger, A.L. Ransom. University of Kentucky, Lexington, KY; Methodist University, Fayetteville, NC
- P79** **JOINT WORK REDISTRIBUTION FROM LEVEL TO UPHILL WALKING IN OLDER ADULTS**
AM Moulder, JC Mizelle, JD Willson, P DeVita. East Carolina University Greenville, NC
- P80** **INFLUENCE OF BILATERAL ASYMMETRY ON COUNTERMOVEMENT JUMP PERFORMANCE OUTCOMES**
C. J. Sole, K. P. Manceaux, The Citadel - The Military College of South Carolina, Charleston, SC
- P81** **UCL STIFFNESS RESPONSE TO A MODERATE PITCHING BOUT**
C.J. Curran, H.W. Zale, P.M. Rider, A.S. Kulas, Z.D. Domire. East Carolina University, Greenville, NC

- P82 RELATIONSHIP BETWEEN COLLEGIATE ARCHERS BMI, LEAN MASS, AND BODY FAT PERCENTAGE WITH BALANCE**
B. Ziebell¹, J. Feister¹, A. Bosak¹, R. Lowell¹, M. Phillips¹, H. Nelson¹, and R. Sanders².
¹Liberty University, Lynchburg, VA and ²University of Mississippi, Oxford, MS
- P83 THE EFFECTS OF ANKLE TAPING ON DOUBLE LEG BALANCE AFTER PLYOMETRIC EXERCISES**
R. Lowell, J. Roper, A. McCarthy, H. Nelson, M. Phillips, A. Frech, A. Blackley, M. de Moors, P. Sullivan, B. Ziebell, J. Hornsby, J. Simpson, D. Titcomb, A. Bosak. Liberty University, Lynchburg, VA, University of West Florida, Pensacola, FL
- P84 CHANGE IN DIRECTION TASK ACROSS DIFFERENT PLAYING SURFACES**
N.H. Moore, B.E. Decoux, C.M. Wilburn, & W.H. Weimar. School of Kinesiology, Auburn University, Auburn, AL
- P85 COMPARISON OF STIFFNESS IN HEALTHY FEET AND FEET WITH PLANTAR FASCIITIS USING SHEER WAVE ELASTOGRAPHY**
M.R. Pauley¹, E.A. Bell¹, S.I. Ringleb², S.A. Meardon¹, J.D. Willson¹, Z.J. Domire¹. ¹East Carolina University, Greenville, NC and ²Old Dominion University, Norfolk, VA
- P86 COMPARISON OF OPTIMAL AND ISOMETRIC FORCE IN SQUATS**
J. W. Fox, C.M. Wilburn, A.E. Jagodinsky, L.L. Smallwood, & W.H. Weimar, Methodist University, Fayetteville, NC
- P87 DO DISTANCE RUNNING SAGITTAL PLANE KINEMATICS BECOME MORE BILATERALLY ASSYMETRIC DURING A PROGRESSION RUN?**
J.T. Wight¹, J.A. O'Loughlin¹, R.S. Sloan¹, J. Garman¹, D.R. Hooper¹, and M.C. Boling².
¹Jacksonville University, Jacksonville, FL. ²University of North Florida, Jacksonville, FL
- P88 RELATIONSHIP OF LUMBOPELVIC-HIP STABILITY ON BALL SPEED IN FEMALE WINDMILL SOFTBALL PLAYERS**
P.T. Williams, J.W. Barfield, J.L. Downs, K.W. Wasserberger, K.B. Friesen, A.R. Brittain & G.D. Oliver, FACSM, Auburn University, Auburn, AL
- P89 EFFECTS OF FOUR YEARS OF COLLEGE ATHLETIC PARTICIPATION ON NORMAL WALKING VARIABLES**
K. Neitz, S. Wilhoite, Georgia Southern University, Statesboro, GA
- P90 THE EFFECT OF CUEING ON CADENCE, EFFICIENCY AND PERFORMANCE IN THE RECREATIONAL RUNNER**
E. Bressner, C. Bauld, L. Bollinger, A. Rudolph, J. Fox and J. Sattgast. Methodist University, Fayetteville, NC
- P91 GAIT SUFFERS MORE THAN COGNITION DURING TREADMILL DESK USE**
Madi Currie, Sarah Duckworth, Rebecca R. Rogers, Mallory R. Marshall
Samford University, 800 Lakeshore Dr. Birmingham, AL
- P92 TREADMILL DESK WALKING IMPROVES TYPING PERFORMANCE IN YOUNG BUT NOT MIDDLE-AGED ADULTS**
S. Duckworth, S. Glaze, R. Rogers, M. Marshall. Dept. of Kinesiology, Samford University, Birmingham, AL
- P93 EFFECT OF DUAL-TASKING DURING TREADMILL DESK USE ON GAIT CHANGES IN YOUNG AND MIDDLE-AGED ADULTS**
Amy Giboney, Taylor Anderton, Rebecca R. Rogers, Mallory R. Marshall. Samford University, 800 Lakeshore Dr. Birmingham, AL

- P94 EFFECT OF REPEATED MOTOR CONTROL TESTING ON TIME TO PEAK LOWER EXTREMITY MUSCLE ACTIVITY**
C.M.Hill¹, S.J. Wilson², PT. Donahue¹, JG. Mosuer³, H.Chander⁴; ¹University of Mississippi, University MS; ²Georgia Southern University, Statesboro, GA; ³Troy University, Troy AL; ⁴Mississippi State University, Mississippi State, MS
- P95 EXCESSIVE WEIGHT GAIN THROUGHOUT ADULTHOOD IS ASSOCIATED WITH SHORTER TELOMERE LENGTHS, PRO-INFLAMMATION, AND PSYCHOLOGICAL STRESS**
K.K. Shah¹, A.L. Slusher², T.M. Zúñiga³, C.S. Schwartz¹, E.O. Acevedo, FACSM¹. ¹Virginia Commonwealth Univ., Richmond, VA; ²Univ. of Michigan, Ann Arbor, MI ³Univ. of Arizona, Tucson, AZ
- P96 INFLAMM-AGING IS ASSOCIATED WITH IMPAIRING THE PROCESS OF MAINTAINING TELOMERE LENGTH IN LPS STIMULATED PBMCS**
Schwartz C.S¹, Slusher A.L. ², Zúñiga T.M. ³, Shah K.K. ¹, Acevedo E.O. ¹, FACSM. ¹Commonwealth Univ. Richmond, VA; ²Univ. of Michigan, Ann Arbor, MI; ³Univ. of Arizona, Tucson, AZ
- P97 EFFECT OF MODERATE INTENSITY EXERCISE TRAINING ON HEART RATE VARIABILITY IN OBESE ADULTS DURING EXERCISE**
E.S. Edwards, B.L. Rood, K.A. Byrne, J.D. Akers, D.L. Wenos, T.A. Hargens, FACSM. James Madison University, Harrisonburg, VA
- P98 ANTHROPOMETRIC AND PHYSIOLOGICAL OUTCOMES ARE IMPROVED AFTER ONCOLOGY CERTIFIED NURSE-SUPERVISED EXERCISE TRAINING IN CANCER SURVIVORS**
J.L. Trilk¹, R.R. Porter¹, N. Denham², W.L. Gluck². ¹University of South Carolina School of Medicine Greenville, Greenville, SC; ²Greenville Health System, Greenville, SC
- P99 INCREASING REHABILITATION ADHERENCE AND FUNCTION THROUGH PERSONALIZED FEEDBACK IN STROKE**
B. Duke, S. Philip, Y. Chen, A. Butler. Georgia State University. Atlanta, GA.
- P100 THE FEASIBILITY AND EFFECT OF WEIGHT LOSS INTERVENTION ON PATIENTS WITH FIBROMYALGIA**
A. Boggs¹, C. Felkel¹, N. DiCicco¹, D. Ang², J. Katula¹, ¹Wake Forest University, ²Wake Forest Baptist Health; Winston-Salem, NC
- P101 EFFECT OF HIGH INTENSITY AEROBIC TRAINING ON FITNESS AND HEALTH IN INDIVIDUALS WITH PARKINSON'S DISEASE**
D.A. Edwards¹, S.K. Malin¹, M.J. Barrett¹, M. Bamman², A. Weltman¹. ¹University of Virginia, Charlottesville, VA. ²University of Alabama at Birmingham, Birmingham, AL
- P102 DIABETES AND LACTATE THRESHOLD**
H.J. Parker, Berry College, Rome, GA
- P103 COMPARISON OF PHYSICAL ACTIVITY LEVELS DURING THERAPEUTIC CAMP ACTIVITIES IN YOUTH WITH DISABILITIES**
VG. Nocera, TJ. Kybartas, AJ. Wozencroft, DP. Coe. FACSM. University of Tennessee, Knoxville, Knoxville, TN
- P104 BODY COMPOSITION, STRENGTH AND PHYSICAL FUNCTION IN SHORT AND LONG TERM BREAST CANCER SURVIVORS**
T.A. Behl, A.L. Artese, R.L. Hunt, D.R. Marshall, M.J. Ormsbee, J-S. Kim, L.B. Panton. Florida State University, Tallahassee, FL. Roanoke College, Salem, VA

- P105 EFFECTS OF 3 WEEKS YOGIC BREATHING PRACTICE ON VENTILATION AND RUNNING ECONOMY**
Seltmann, C. L., Green, J. M., Killen, L. G., O'Neal, E. K., Swain, J. C., Frisbie, C. M.
University of North Alabama, Florence AL
- P106 EXPIRATORY FLOW LIMITATION IN ELITE ADOLESCENT CYCLISTS DURING EXERCISE**
K.R. Smith¹, M.J. Saunders¹, N.D. Luden¹, J.R. Smith², S.P. Kurti¹; ¹James Madison University Harrisonburg, VA; ²Mayo Clinic, Rochester, MN
- P107 DOES ACUTE PREPRANDIAL EXERCISE ATTENUATE POSTPRANDIAL AIRWAY INFLAMMATION IN ACTIVE YOUNGER AND OLDER ADULTS?**
W.S. Wisseman¹, E.S. Edwards¹, H. Frick¹, M. Medieros¹, C. Sutton¹, M. White¹, S.K. Malin², D. A. Edwards², S.P. Kurti¹. ¹James Madison University, Harrisonburg, VA; ²University of Virginia, Charlottesville, VA
- 8:00-9:30 THEMATIC POSTERS SESSION II (Think Tank)**
TP7-TP12 Fitness Testing/Assessment
Chair: Danielle Wadsworth, Auburn University
- TP7 EFFECT OF DEPTH JUMP HEIGHT ON LOWER EXTREMITY MUSCLE ACTIVATION**
C.D. Addie, E.E. Grammer, M.K. Straughn, G.C. Ramos, T.J. Neltner, J.D. Simpson, L. Cosio-Lima, E.K. Greska, and L.E. Brown, University of West Florida, Pensacola, FL
- TP8 ELICITING MODERATE-TO-VIGOROUS PHYSICAL ACTIVITY IN PRESCHOOLERS: A COMPARISON OF INTERVENTION STRATEGIES**
A. Venezia, J. Johnson, M. Pangelinan, M. Rudisill, & D. D. Wadsworth. Auburn University, Auburn, AL.
- TP9 INCREASING NON-EXERCISE PHYSICAL ACTIVITY WITH AEROBIC TRAINING REDUCES CHANCE OF NON-RESPONSE TO EXERCISE**
JE McGee¹, NR Gniewek¹, AC Huff¹, PM Brophy¹, CA Solar¹, JA Houmard, FACSM¹, LD Lutes², DL Swift¹. ¹East Carolina University, Greenville, NC. ²University of British Columbia, Kelowna, BC, Canada
- TP10 EFFECTS OF REST INTERVALS ON REPETITIONS TO FATIGUE AND BLOOD LACTATE DURING BENCH PRESS EXERCISE**
A.J. Rio-Anderson and S. L. Malley. Meredith College, Raleigh, NC
- TP11 VALIDITY AND RELIABILITY OF THE YMCA SUBMAXIMAL CYCLE TEST USING AN ELECTRICALLY-BRAKED ERGOMETER**
J. Kidd, ND Luden, MJ Saunders, CJ Womack. James Madison University, Harrisonburg, VA.
- TP12 Abstract Withdrawn**
- 8:00-10:00 ORAL FREE COMMUNICATION II (Ballroom F)**
09-016 Psychology/Psychiatry/Behavior
Chair: Dawn Coe, University of Tennessee
- 09 THE RELATIONSHIP BETWEEN AEROBIC FITNESS AND THE ATTENTIONAL BLINK IN COLLEGE STUDENTS**
C-T. Wu, B.C. Williams, & J. Kamla, University of South Carolina Upstate, Spartanburg, SC
- 010 THE RELATIONSHIP BETWEEN PHYSICAL ACTIVITY AND POST-TRAUMATIC STRESS DISORDER IN VETERANS**
R.C. Huseuth, MTSU Murfreesboro, Tn, J.L. Caputo Murfreesboro Tn, MTSU, D.K. Fuller, MTSU Nashville, Tn, S.L. Stevens, MTSU Nashville, TN
- 011 DO AEROBIC EXERCISE AND MINFULNESS ACT SYNERGISTICALLY TO MITIGATE PSYCHOLOGICAL DISTRESS IN HIGH-STRESS COLLEGE STUDENTS?**
G. Zieff, L. Stoner FACSM, B. Frank, S. Gaylord, S. Battle, and A.C. Hackney. The University of North Carolina at Chapel Hill, Chapel Hill, NC

- 012 CONFIRMATION OF EMA SELF-REPORTED AMBULATORY EXERCISE BOUTS**
L.P. Toth, L.F. Sheridan, K. Strohacker, FACSM. The University of Tennessee Knoxville, Knoxville TN
- 013 ASSOCIATIONS BETWEEN ANXIETY, STRESS, AND GASTROINTESTINAL SYMPTOMS DURING DISTANCE RUNNING EVENTS**
P.B. Wilson and H.C. Russell. Old Dominion University, Norfolk, VA; Gustavus Adolphus College, St. Peter, MN
- 014 FACTORS INFLUENCING ATTITUDE TOWARDS, AND PARTICIPATION IN, PHYSICAL ACTIVITY IN EASTERN NORTH CAROLINA**
M. Marcellus, C. T. Ricks, M. Magal, S. K. Crowley, North Carolina Wesleyan College, Rocky Mount, NC
- 015 PARENTAL REWARDS FOR CHILDREN'S PHYSICAL ACTIVITY: A QUANTITATIVE AND QUALITATIVE ANALYSIS**
TJ Kybartas, PM Ferrara, DP Coe, and K Strohacker. The University of Tennessee, Knoxville, TN
- 016 COLLEGE STUDENTS' RESISTANCE TRAINING HABITS AND MOTIVATIONS**
M.C. Smith, T.L. Haydu, J.A. Steeves, and J.F. Oody. Maryville College, Maryville, TN
- 8:00-8:50 TUTORIAL SESSION VII (Regency C)**
T7 A Role for Exercise Physiologists on the Oncology Care Team
G. Stephen Morris, PT, PhD, Wingate University; Wingate, NC
Chair: Leanna Ross, Duke University Medical Center
- 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
D.B. Bornstein, C.J. Sole, R.S. Sacko, A. Macdonald, B. Hickey, L. Townes, S. L. Crews. The Citadel, The Military College of South Carolina, Charleston, S.C
Chair: Ashley Artese, Roanoke College
- 8:00-8:50 SYMPOSIUM SESSION IV (Ballroom G)**
S4 From Young Athletes to the Elderly: Protein Needs Throughout the Lifespan
M.A. Spano, Atlanta, GA
Chair: Laurel Wentz, Appalachian State University
- 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?
J.R. Jagers, K. Wintergerst. University of Louisville, Louisville, KY
Chair: Yuri Feito, Kennesaw State University
- 9:00-9:50 TUTORIAL SESSION IX (Regency C)**
T9 Walk With Us
WH. Weimar, CW. Wilburn, BE. Decoux, and JA. Roper. Auburn University, Auburn, AL
Chair: Chad Markert, Winston Salem State University
- 9:00-9:50 SYMPOSIUM SESSION V (Ballroom D and E)**
S5 Developing and Implementing A Strength and Conditioning and Wellness Program for Firefighters
G.A. Ryan & B.F. Melton, Georgia Southern University, Statesboro, GA
Chair: Greg Heath, University of Tennessee-Chattanooga
- 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
A. Bosak. Liberty University, Lynchburg, VA
Chair: Jennifer Bunn, Campbell University

- 9:00-9:50 TUTORIAL SESSION XI (Ballroom H)**
T11 How Our Thoughts on Skeletal Muscle Injury Have Changed Over the Last Three Decades
G.L. Warren¹, C.W. Baumann². ¹ Georgia State University, Atlanta, GA; ² University of Minnesota, Minneapolis, MN
Chair: Kevin Zwetsloot, Appalachian State University
- 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
Tamerah Hunt, Ph.D., Georgia Southern University
- 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: Yuri Feitro, Ph.D., Kennesaw State University
- 2:30-4:00 POSTER FREE COMMUNICATIONS III (Studio)**
P108-P173 Cardiovascular Physiology; Exercise Evaluation/Clinical; Psychology/Psychiatry/Behavior; Research Design
Chair: Rebecca Kappus, Appalachian State University
- P108 THE EFFECTS OF PROLONGED SITTING ON CEREBRAL PERFUSION AND EXECUTIVE FUNCTION**
Jade Blackwell¹, Quentin Willey¹, Bill Evans², Katie Burnet¹, Erik Hanson¹, Daniel Credeur³, and Lee Stoner FACSM¹; ¹Dept. of Exercise and Sport Science, University of North Carolina, Chapel Hill, USA ²University of Maryland, College Park, MD ³University of Southern Mississippi, Hattiesburg, MS
- P109 THE RELIABILITY OF LOWER-LIMB PULSE-WAVE VELOCITY ASSESSMENTS USING AN OSCILLOMETRIC TECHNIQUE**
J. Diana¹, E. Kelsch¹, K. Burnett¹, K. Stone³, D. Creuder², S. Fryer³, and L. Stoner FACSM¹.
¹University of North Carolina, Chapel Hill, USA. ²University of Gloucestershire, Gloucester, UK. ³University of Southern Mississippi, Hattiesburg, MS
- P110 THE EFFECTS OF RESISTANCE TRAINING ON CARDIOVASCULAR FUNCTION**
E.M. Witwer, C.C. Rushing, A.R. Carmichael, R.M. Kappus. Appalachian State University, Boone NC.
- P111 AEROBIC TRAINING AND VASCULAR PROTECTION: INSIGHT FROM ALTERING BLOOD FLOW PATTERNS**
A. Darling, J. Weggen, K. Decker, A.C. Hogwood, A. Michael, B. Imthurn, A. Mcintrye, and R.S. Garten. Virginia Commonwealth University, Richmond, VA

- P112 SUPINE AND STANDING HEART RATE VARIABILITY RESPONSES TO TRAINING IN WOMEN'S SOCCER PLAYERS**
MA. Christiani, AA. Flatt. Georgia Southern University, Savannah, GA. Auburn University Montgomery, Montgomery, AL
- P113 ACUTE EFFECTS OF WATER AND SPORTS BEVERAGE INGESTION ON HEART RATE VARIABILITY**
CC. Ragsdale, JT Ellis, J. Phelps, N. Foster, AA. Flatt. Georgia Southern University, Savannah, GA
- P114 BREATHING LIMITED AIR SITUATIONAL TRAINING MASKS VERSUS SELF-CONTAINED BREATHING APPARATUS FOR FIREFIGHTERS: A PILOT STUDY**
S. Valladao¹, T.L. Andre¹, D.C. Reisbeck¹, and, S.M. Walsh². ¹The University of Mississippi, Oxford, MS; ²Peru State College, Peru, NE
- P115 AVERAGED RESTING HEART RATE VARIABILITY MEASURES MAY NOT CORRELATE WITH HEART RATE RECOVERY IN FEMALES**
E. Bechke¹, C. Williamson¹, Z. Green¹, R., Lopez¹, M.D. Tillman¹, FACSM, M. Esco², C. McLester¹, B. Kliszczewicz¹, FACSM. ¹Kennesaw State University, Kennesaw, Ga, ²University of Alabama², Tuscaloosa, AL
- P116 THE IMPACT OF POSTTRAUMATIC STRESS DISORDER ON PERIPHERAL VASCULAR FUNCTION**
J. Weggen, A. Hogwood, B. Imthurn, A. McIntyre, A. Darling, K. Decker and R. Garten. Virginia Commonwealth University, Richmond, VA
- P117 IMPACT OF UNINTERRUPTED SITTING ON COGNITIVE FUNCTION AND CEREBRAL PERFUSION**
SM. McCoy¹, SM. Miller¹, L. Stoner², DR. Dolbow³, and DP. Credeur¹. ¹University of Southern Mississippi, Hattiesburg, MS; ²University of North Carolina, Chapel Hill, NC; ³William Carey University, Hattiesburg, MS
- P118 IMPACT OF ATHLETIC COMPRESSION SOCKS ON LOWER-LIMB HEMODYNAMICS AND TISSUE OXYGENATION**
DP. Credeur, R. Jones, SM. McCoy, and SG. Piland. University of Southern Mississippi, Hattiesburg, MS
- P119 CHARACTERIZING THE CENTRAL HEMODYNAMIC RESPONSE TO ORTHOSTASIS: INFLUENCE OF SEX, FITNESS AND BODY COMPOSITION**
B. Schreck¹, R. Jones¹, L. Stoner², and DP. Credeur¹. ¹University of Southern Mississippi, Hattiesburg, MS; ²University of North Carolina, Chapel Hill, NC
- P120 EFFECTS OF AEROBIC AND RESISTANCE EXERCISE ON INFANT HEART MATURATION**
L.E. May, S.M. McDonald, D. Steed, D. Kuehn, E. Newton, C. Isler, K. Haven, East Carolina University, Greenville, NC
- P121 HEART RATE RESPONSE DURING ESPORT: FORTNITE**
D.W. Cox¹, T.L. Andre¹, S. Valladao¹, and J.D. Middleton². ¹The University of Mississippi, Oxford, MS; ²Esports Performance Lab, Kansas City, MO
- P122 LOW-CALORIE DIET WITH OR WITHOUT INTERVAL EXERCISE REDUCES POST-PRANDIAL AORTIC WAVEFORM IN OBESE WOMEN**
E.M. Heiston, N.M. Gilbertson, N.Z.M. Eichner, S.K. Malin, University of Virginia, Charlottesville, VA

- P123 THE EFFECTS OF GENDER DIFFERENCES AND BODY COMPOSITION ON CENTRAL HEMODYNAMICS DURING ADOLESCENCE**
A. Lassiter¹, E. Fowler², J. Horton³, S. Patil⁴, T. Silva⁵, M. Meucci¹. ¹Department of Health and Exercise Science, Appalachian State University, Boone, NC. ²Uwharrie Charter Academy High School, Asheboro, NC. ³Franklin County Early College High School, Louisburg, NC. ⁴Raleigh Charter High School, NC. ⁵Newton-Conover High School, Newton, NC
- P124 USING LOWER LOADS ATTENUATES THE CARDIOVASCULAR RESPONSE TO BLOOD FLOW RESTRICTED HANDGRIP EXERCISE**
DM Stanford, DP Credeur, R Jones, SM McCoy, MB Jessee. University of Southern Mississippi, Hattiesburg, MS
- P125 SEX DIFFERENCES IN AUGMENTATION INDEX IN ADOLESCENTS**
K. T. McShea¹, A. Bhawsinka², C. Cheng³, S. Korrapati³, and M. Meucci¹. ¹Appalachian State University, Boone, NC, ²Weddington High School, Matthews, NC, ³Ardrey Kell High School, Charlotte, NC
- P126 RESTING HEART RATE VARIABILITY DOES NOT INFLUENCE STATE-TRAIT ANXIETY INVENTORY**
R., Lopez¹, E. Bechke¹, C. Williamson¹, Z. Green¹, M.D. Tillman¹, FACSM, M. Esco², C. McLester¹, B. Kliszczewicz¹, FACSM. ¹Kennesaw State University, Kennesaw, GA. ²University of Alabama, Tuscaloosa, AL
- P127 NOCTURNAL HYPERTENSION STATUS AND C-REACTIVE PROTEIN LEVELS BEFORE AND AFTER AEXT**
A. O. Adeyemo , M. D. Brown. Auburn University, Auburn, AL
- P128 STABILITY OF HRV FROM ADOLESCENCE TO YOUNG ADULTHOOD; COMPARISON OF PRETERM AND TERM BORN PERSONS**
B.M. Kimura and P.A. Nixon, Wake Forest University, Winston-Salem, North Carolina
- P129 EFFECT OF PNEUMATIC LEG COMPRESSIONS ON ARTERIAL STIFFNESS AND CENTRAL HEMODYNAMIC LOAD DURING PROLONGED SITTING**
K. Albright¹, SM. Miller¹, AK. Downey¹, R. Jones¹, SM. McCoy¹, L. Stoner², and DP. Credeur¹. ¹University of Southern Mississippi, Hattiesburg, MS; ²University of North Carolina, Chapel Hill, NC
- P130 ECG STRESS TESTING AS A SCREENING TOOL FOR SUDDEN CARDIAC DEATH IN DIVISION II COLLEGE ATHLETES: A PILOT STUDY**
L. Cosio-Lima , E. Grammer, C. Addie, M. Straughn, L. Adlof, J. Simpson, Y. Lee. A. Crawley. University of West Florida, Pensacola, FL
- P131 MODERATE INTENSITY EXERCISE TRAINING IMPROVES HEART RATE VARIABILITY IN OBESE ADULTS DURING ACUTE EXERCISE RECOVERY**
Breanna L. Davidson¹, Brittany L. Rood¹, Kristen A. Byrne¹, Elizabeth S. Edwards^{1,2}, Jeremy D. Akers¹, David L. Wenos¹, Trent A. Hargens, FACSM¹. ¹James Madison University, Harrisonburg, VA, ²Morrison Bruce Center, Harrisonburg, VA
- P132 EFFECT OF WEIGHT LOSS ON PHYSICAL FUNCTION IN OVERWEIGHT AND OBESE INDIVIDUALS**
JM. Brown¹, GD. Miller². ¹Wake Forest Baptist Health, Winston Salem, NC, ²Wake Forest University, Winston Salem, NC
- P133 HOME-BASED EXERCISE IMPROVES CARDIORESPIRATORY FITNESS AND MUSCLE STRENGTH DURING METASTATIC PROSTATE CANCER TREATMENT**
M. Alzer¹, J.L. Carver¹, A. Lucas², M. Bass¹, Y. Whang¹, M. Harrison³, M. Milowsky¹, R. L. Bitting², C.L. Battaglini¹, FACSM, E.D. Hanson¹. ¹University of North Carolina, Chapel Hill,

NC, ²Wake Forest University, ³Duke University, Durham, NC

- P134 PATIENT COMPLIANCE IN VARIOUS CLINICAL SETTINGS**
V. Rettinger, M.R. Braswell, P.A. Miller, J. Triplett. Anderson University. Anderson, South Carolina
- P135 THE VALIDITY AND REPRODUCIBILITY OF A 5-MINUTE ENDURANCE TEST OF THE DIAPHRAGM MUSCLE**
E.K. Pryor, H.R. Wachsmuth, K.K. McCully FACSM, University of Georgia, Athens, GA
- P136 ENDURANCE INDEX OF THE RECTUS AND BICEPS FEMORIS**
M.D. Smith, S. Greene, R.L. Lamison, C. Bennett, J.H. Patel, and R.W. Thompson. The University of South Carolina, Columbia, SC
- P137 FEASIBILITY AND ADHERENCE TO HOME-BASED EXERCISE DURING METASTATIC CASTRATION-RESISTANT PROSTATE CANCER TREATMENT**
M. Bass¹, J.L. Carver¹, A. Lucas², M Alzer¹, Y. Whang¹, M. Harrison³, M. Milowsky¹, R.L. Bitting², C.L. Battaglini¹, FACSM, E.D. Hanson¹. ¹University of North Carolina, Chapel Hill, NC. ²Wake Forest University, Winston-Salem, NC. ³Duke University, Durham, NC
- P138 MEASURES OF REPRODUCIBILITY FOR THE ENDURANCE INDEX**
C.L. Bennett, J.A. Lefkowitz, S. Greene, M.D. Smith, J.H. Patel, R.W. Thompson. The University of South Carolina, Exercise Science Department, Columbia, SC
- P139 SEX DIFFERENCE IN ABSOLUTE AND RELATIVE TO FAT FREE MASS VO₂ AT AEROBIC THRESHOLD IN ADOLESCENTS**
H. Kim¹, A. Kumar², R. Padma³, M. Meucci¹. ¹Appalachian State University, Boone, NC. ²Weddington High School, Matthews, NC. ³Providence High School, Charlotte, NC
- P140 THE EFFECTS OF GENDER DIFFERENCE AND BODY COMPOSITION ON MAXIMAL AEROBIC CAPACITY**
N. D. Tocci¹, D. C. Adell¹, D. Ellis², R. Smith³, E. Weaver⁴, M. Meucci¹. ¹Appalachian State University, Boone, NC. ²The North Carolina Leadership Academy, Forsyth, NC. ³Chatham Charter School, Siler City, NC. ⁴Carolina Day School, Asheville, NC
- P141 EFFECTS OF A STRETCHING INTERVENTION ON MUSCULAR STRENGTH AND PERFORMANCE**
E. L. Burgess, J.A. Brindel II, R.C. Ingle, J.M. Goins, R.W. Thompson and J.H. Patel. University of South Carolina, Columbia, SC and Palmetto Health USC Orthopedic Center, Columbia, SC
- P142 OBJECTIVELY MEASURING RESISTANCE TRAINING EXERCISES WITH THE WRIST-WORN ATLAS MONITOR**
T.A. Perry¹, S.A. Conger², A.H.K. Montoye³, J.A. Steeves¹; ¹Maryville College, Maryville, TN; ²Boise State University, Boise, ID; ³Alma College, Alma MI
- P143 THE RELATIONSHIP OF PERSEVERANCE, PSYCHOLOGICAL FACTORS, AND CONDITIONING TO PERFORMANCE IN LACROSSE**
P. Parker, O. Sisson, J. Bunn. Campbell University, Buies Creek, NC
- P144 ATTITUDES TOWARDS PHYSICAL ACTIVITY PARTICIPATION AND SCHOOL ENGAGEMENT IN ELEMENTARY SCHOOL CHILDREN**
B.R. Steffey, B.M. Eveland-Sayers, A.J. Chroust, K.L. Boynewicz, A.R. Dotterweich, A.D. Daugherty. East Tennessee State University, Johnson City, TN
- P145 PERCEIVED PHYSICAL ABILITY AND SELF-PERCEPTION OF ADEQUACY AND ENJOYMENT FOR PHYSICAL ACTIVITY IN ELEMENTARY STUDENTS**
A.D. Daugherty, B.M. Eveland-Sayers, A.J. Chroust, K.L. Boynewicz, A.R. Dotterweich, B.R.

Steffey. East Tennessee State University, Johnson City, TN

- P146** **WHAT A DIFFERENCE A MENTALLY-TOUGHENING OFF-SEASON MAKES: A CASE OF NCAA DI ROWERS.**
Andreas Stamatis, State University of New York at Plattsburgh, Plattsburgh, NY; Zacharias Papadakis, Barry University, Miami Shores, FL
- P147** **ENJOYMENT ASSESMENT IN CHILDREN AFTER STRUCTURED FITNESS BASED PROGRAM**
D. Winkler, K. Suire, A. Venezia and D. Wadsworth. Auburn University, Auburn, AL.
- P148** **MANIPULATING THE FITT PRINCIPLE DOES NOT AFFECT ADHERENCE TO ACSM'S RECOMMENDED PHYSICAL ACTIVITY GUIDELINES: A SYSTEMATIC REVIEW**
E Kelsch¹, K Burnet¹, M Bass¹, JB Moore², L Stoner¹. ¹ University of North Carolina at Chapel Hill, Chapel Hill NC; ²Wake Forest School of Medicine, Winston Salem, NC
- P149** **IMPLEMENTATION OF EXERCISE IS MEDICINE ON CAMPUS AT THE UNIVERSITY OF NORTH CAROLINA - CHAPEL HILL**
K. Burnet, E. Kelsch, T. Chai, L. Stoner. University of North Carolina at Chapel Hill, Chapel Hill NC
- P150** **PREVALENCE OF DEPRESSION AND ANXIETY AMONG ROTC COLLEGE STUDENTS**
Allison Smith, Toni Torres-McGehee, Devin Potter (University of South Carolina), Dawn Emerson (University of Kansas)
- P151** **SELF-DETERMINATION FOR EXERCISE AMONG EMPLOYEES**
P. Tran and R. Ellis. Georgia State University, Atlanta, GA
- P152** **SCREENING ATHLETES FOR DISORDERED EATING: ARE WE ASKING THE RIGHT QUESTIONS?**
V.R. Nelson and W.F. Sease. Greenville Health System, Steadman Hawkins Clinic of the Carolinas, Greenville, SC, Columbia, SC
- P153** **EFFECTS OF A SINGLE BOUT OF YOGA ON SELF-ESTEEM, SELF-EFFICACY, AND HAPPINESS OF COLLEGE STUDENTS**
J. W. White III, J. D. Boyd. Winthrop University, Rock Hill, SC
- P154** **INDIVIDUAL DIFFERENCES PREDICT HIGH INTENSITY INTERVAL AND MODERATE INTENSITY CONTINUOUS EXERCISE ENJOYMENT**
D. R. Greene, Augusta University, Augusta, GA; S. J. Petruzzello, University of Illinois at Urbana-Champaign, Urbana, IL
- P155** **ADULTS' SMARTPHONE USE PREDICTS BEING AN "ACTIVE COUCH POTATO"**
K. Chambers¹, J.E. Barkley², A. Lepp², C. Fennell¹; ¹University of Montevallo, Montevallo, AL; ²Kent State University, Kent, OH
- P156** **EXAMINING INTRA-INDIVIDUAL VARIABILITY OF PERCEIVED PHYSICAL DISCOMFORT IN YOUNG ADULTS: A POTENTIAL EXERCISE ANTECEDENT**
CT Beaumont, K Strohacker, FACSM. University of Tennessee, Knoxville, Knoxville, TN
- P157** **SOCIAL MEDIA-BASED PHYSICAL ACTIVITY PROMOTION BY REGIONAL CRAFT BREWING ESTABLISHMENTS**
PM Ferrara, EC Fitzhugh, CT Beaumont, K Strohacker. The University of Tennessee, Knoxville, TN
- P158** **SELF-EFFICACY AND EXERCISE ADHERENCE IN KNEE OSTEOARTHRITIS**
R.S. Adelkopf, S.L. Mihalko, M.J. Love, D.P. Beavers, and S.P. Messier. Wake Forest University and Wake Forest School of Medicine, Winston Salem, NC

- P159** **OUTDOOR PHYSICAL ACTIVITY, TIME SPENT OUTDOORS, AND NATURE AFFINITY LEVELS AMONG COLLEGE STUDENTS: A PILOT STUDY**
R.K. Hess, R.A. Battista, R.W. Christiana, J.J. James, V.L. Labi. Appalachian State University, Boone, N.C
- P160** **EXERCISE AFFECTS NEURAL ACTIVATION IN OLDER ADULTS**
A.B. Slutsky, J.L. Etnier, J. Vance, L. Wideman. University of North Carolina at Greensboro, Greensboro, NC
- P161** **THE DOSE RESPONSE EFFECT OF MUSIC TEMPO ON CARDIORESPIRATORY FITNESS**
T.M. Purdom, C. Bell, B. Kelly, D. Buchanan, H. Foster. Longwood University, Farmville, VA
- P162** **TAKING THE FAMILY TO THE GREAT OUTDOORS: PARK PRESCRIPTION IMPACT ON FAMILY OUTDOOR PHYSICAL ACTIVITY**
A.V. Farrell, R.W. Christiana, R.A. Battista, J.J. James. Appalachian State University, Boone, NC
- P163** **PHYSICAL ACTIVITY AND SEDENTARY BEHAVIOR LEVELS IN CHURCHGOING ADULTS IN A SOUTHEASTERN CHURCH**
M. Gregg, A. Simmons, A. Durall, E.D. Hathaway. University of Tennessee at Chattanooga, Chattanooga, TN
- P164** **DO ALL EMPLOYEES DESIRE TO MOVE?**
R. Sweigart and R. Ellis, Georgia State University, Atlanta, GA
- P165** **A PILOT STUDY INVESTIGATING THE USE OF TEXT MESSAGES TO INCREASE PHYSICAL ACTIVITY AMONG OLDER ADULTS**
C. A. Parker and R. Ellis, Georgia State University, Atlanta, GA
- P166** **MENTAL HEALTH IN FIRST RESPONDERS AND MILITARY PERSONNEL: IS PHYSICAL ACTIVITY A VIABLE OPTION?**
A.G. Box, S.J. Petruzzello, FACSM. University of Illinois Urbana-Champaign, Urbana, IL
- P167** **IMPACT OF ACUTE TENNIS ACTIVITY ON SELECTIVE ATTENTION AND READING COMPREHENSION IN CHILDREN**
A.R. Moore, C.R. Darracott, and J. Eunice. Augusta University, Augusta, GA
- P168** **EXPLORING QUALITATIVE DETERMINANTS OF REGULAR GROUP INDOOR CYCLING PARTICIPATION IN A DIVERSE SAMPLE OF ADULTS**
A.L. Morton¹, M. Aranda¹, D.T. Yates¹, C.L. Anderson², and L.M. Hornbuckle¹. ¹The University of Tennessee, Knoxville, TN, ²Georgia State University, Atlanta, GA
- P169** **HYDRATION STATUS IS ASSOCIATED WITH COGNITIVE PERFORMANCE IN OVERWEIGHT OLDER ADULTS**
K.J. Airaghi, B.M. Davy, E.L. Marinik, K.P. Davy, J. Savla, B. Katz. Virginia Tech, Blacksburg, VA
- P170** **GENERATING AND APPLYING A PHYSICAL ACTIVITY MODEL FOR AN UNDERSERVED COMMUNITY: A MIXED METHODS APPROACH**
K.J. Hahn, K.C. Hamilton, S. Howard-Baptiste, M.C. Powell, M.I. Faragalli, and G.W. Heath. The University of Tennessee at Chattanooga, Chattanooga, TN
- P171** **EFFECTIVENESS OF 6-ISCHEMIC CUFF MITOCHONDRIAL CAPACITY ANALYSIS**
M.D. Sumner, I. Das, K.K. McCully. University of Georgia, Athens GA
- P172** **IDENTIFICATION OF NON-WEAR USING A HIP WORN ACTIGRAPH GT9X**
S.R. LaMunyon and S.E. Crouter, The University of Tennessee, Knoxville, TN

- P173 IMPROVING THE EFFICIENCY OF MITOCHONDRIAL CAPACITY MEASUREMENTS USING NEAR INFRARED SPECTROSCOPY**
S. Beard, M. Benefield, I. Das, K.K. McCully. University of Georgia, Athens, GA
- 2:30-4:00 THEMATIC POSTERS SESSION III (Think Tank)**
TP13-TP18 Body Composition/Energy Balance/Weight Control
Chair: Jeremy Steeves, Maryville College
- TP13 THERMONEUTRAL HOUSING EFFECTS ON ENERGY METABOLISM IN MICE**
M.B. Brown, E.P. Plaisance. University of Alabama Birmingham, Birmingham, AL
- TP14 BODY COMPOSITION CHARACTERISTICS AND KNEE INJURY PREVALENCE OF NCAA DIVISION I WOMEN'S SOCCER AND LACROSSE**
G.J. Brewer, M.N.M. Blue, K.R. Hirsch, A.M. Peterjohn, S.A. Kelchner, A.E. Smith-Ryan. University of North Carolina at Chapel Hill, Chapel Hill, NC
- TP15 COMPARISON OF VARIOUS BODY COMPOSITION MEASURES FOR DIVISION-I COLLEGIATE MALE ATHLETES**
G.R. Hogan, M.L. Eisenman, E.L. Langford, R.L. Snarr & G.A. Ryan. Human Performance Lab, Georgia Southern University, Statesboro, GA
- TP16 DIFFERENCES IN CHARACTERISTICS AND BEHAVIORS OF COLLEGE STUDENTS ATTEMPTING TO LOSE OR GAIN WEIGHT**
R. L. Callerhorn, J. F. Oody, T. L. Haydu, & J. A. Steeves. Maryville College, Maryville, TN
- TP17 BODY COMPOSITION ASSESSMENTS AND CARDIOMETABOLIC RISK IN AFRICAN AMERICAN ADOLESCENTS**
A.M. Davis¹, L. Proctor² & L.J. Brandon ¹; ¹Georgia State University, Atlanta, GA; ²Grambling State University, Grambling, LA
- TP18 BODY COMPOSITION CHANGES ASSOCIATED WITH A STRUCTURED EXERCISE PROGRAM AMONG CHILDREN AND ADOLESCENTS**
K. Suire, A. Venezia, D. Winkler, A. Peart and D.D. Wadsworth. Auburn University, Auburn, AL
- 2:30-4:30 ORAL FREE COMMUNICATION III (Ballroom F)**
017-024 Biomechanics/Gait/Balance
Chair: Zach Domire, East Carolina University
- 017 A REGRESSION MODEL PREDICTING DIVISION I NCCA SOFTBALL PITCHERS' ERA BASED ON UPPER EXTREMITY KINEMATICS**
K. Friesen, J. Barfield, A. Brittain and G. Oliver. Auburn University, Auburn, AL
- 018 ACCUTE EFFECTS OF RESISTANCE TUBING DEVICE ON HAND PATH IN YOUTH BASEBALL AND SOFTBALL HITTERS**
KW. Wasserberger, JW. Barfield, KA. Giordano, MW. Young, GD. Oliver. Auburn University, Auburn, AL
- 019 KINEMATIC EFFECTS OF A RESISTANCE TUBING TRAINING DEVICE INTERVENTION ON YOUTH BASEBALL AND SOFTBALL SWINGS**
KA. Giordano, JW. Barfield, KW. Wasserberger, GD. Oliver. Auburn University, Auburn, AL
- 020 INCREASING INERTIAL LOAD DOES NOT AFFECT SAGITTAL PLANE KINEMATICS DURING FLYWHEEL-BASED SQUATS**
K.S. Worcester, P.A. Baker, J.T. Brantley, R. Shapiro, L.M. Bollinger. University of Kentucky, Lexington, KY
- 021 GROUND REACTION FORCES DURING SLIP EVENTS: IMPACT OF MILITARY FOOTWEAR AND LOAD CARRIAGE**
S. N. K. Kodithuwakku Arachchige¹, H. Chander¹, A. Knight¹, S. Wilson², C. Wade³, J. Garner³ & D. Carruth¹. ¹Mississippi State University, Mississippi State, MS, ²Georgia Southern University, Statesboro, GA, ³Auburn University, Auburn AL

- 022 DISTANCE RUNNING STRIDE-TO-STRIDE VARIABILITY: ARE THERE GENDER DIFFERENCES FOR SAGITTAL PLANE KINEMATICS?**
R. Paxton, J.T. Wight, J. Garman, J. O’Laughlin, C. Robertson, D. R. Hooper, and R. Sloan. Dept. of Kinesiology, Jacksonville University, Jacksonville, FL
- 023 KINEMATIC CHANGES IN BASEBALL PITCHING DURING MATURATION IN ADOLESCENT BASEBALL PITCHERS**
JL. Downs, JW. Barfield, TM. Verhage, MK. Myrick, GD. Oliver. Auburn University, Auburn, AL
- 024 FATIGUE INCREASES CENTER OF PRESSURE SWAY**
G. Sandri Heidner, C. O’Connell, N. Murray, J.C. Mizelle, P. Rider, Z.J.Domire. East Carolina University, Greenville, NC
- 2:30-3:20 TUTORIAL SESSION XII (Ballroom D & E)**
T12 Graduated Now What? Succeeding in the Exercise Profession
Meir Magal¹, Francis B. Neric². ¹North Carolina Wesleyan College, Rocky Mount, NC; ²American College of Sports Medicine, Indianapolis, IN
Chair: Trudy Moore-Harrison, University of North Carolina - Charlotte
- 2:30-3:20 SYMPOSIUM SESSION VI (Ballroom G)**
S6 Exercise and Dietary Energy Availability: Effects on Cardiovascular, Pulmonary and Metabolic Disease Risk
S.K. Malin¹, E.P. Plaisance², and S.P. Kurti³; ¹University of Virginia, Charlottesville, VA; ²University of Alabama at Birmingham, Birmingham, AL; ³James Madison University, Harrisonburg, VA
Chair: Christopher Ballman, Samford University
- 2:30-3:20 TUTORIAL SESSION XIII (Redbud)**
T13 Risky Play: Is the Risk Greater Than the Reward?
D.P. Coe¹, T.J. Kybartas¹, and M.E. Chaney². ¹The University of Tennessee, Knoxville, TN; ²Wauhatchie School, Chattanooga, TN
Chair: Karissa Peyer, University of Tennessee - Chattanooga
- 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
RS Garten, DL Kirkman, P Rodriguez-Miguel. Virginia Commonwealth University, Richmond, VA
Chair: Ray Thompson, University of South Carolina
- 3:30-4:20 SYMPOSIUM SESSION XIII (Redbud)**
S8 It Just Makes Good “Cents”. Cost Benefits of Physical Activity
KL Peyer, K Hahn, GW Heath. University of Tennessee at Chattanooga, Chattanooga, TN
Chair: Kelly Massey, Georgia College
- 3:30-4:20 TUTORIAL SESSION XIV (Ballroom G)**
T14 Graduate Students and A Program Director’s Perspective on Achieving Academic and Professional Goals
R. Lowell, H. Nelson, M. Phillips, B. Ziebell, & A. Bosak. Liberty University, Lynchburg, VA
Chair: Abigail Stickford, Appalachian State University
- 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

- 6:30-7:30 Run through Downtown Greenville (Meet in Lobby)**
- 8:00-12:00 EXHIBITS (Perfunctory area)**
- 8:00-9:25 POSTER FREE COMMUNICATIONS IV (Studio)**

- P174-P235 Body Composition/Energy Balance/Weight Control; Connective Tissue; Endocrinology/Immunology; Environmental Physiology; Epidemiology & Preventative Medicine; Metabolism/Carbohydrate, Lipid, Protein**
Chair: Matthew Kuennen, High Point University
- P174 COMMON TENDENCIES FOR WINTER WEIGHT GAIN IN APPARENTLY HEALTHY COLLEGE AGED INDIVIDUALS**
D.C. Andrews, K. Moten, P. Cummings, D. Woods, and A. Jackson. Kinesiology Department, Jacksonville State University, Jacksonville, AL
- P175 GENDER DIFFERENCES IN THE DUAL TASK COST OF TREADMILL DESK WALKING**
S. Glaze, A. Giboney, M. Marshall, R. Rogers. Samford University, Birmingham, AL
- P176 IMPLICATIONS OF MARITAL AND PARENTAL STATUS IN THE EVALUATION OF CARDIAC AND METABOLIC BIOMARKERS IN LOSEWELL PARTICIPANTS**
Irina Geiculescu¹, Megan Ingley¹, Madeline Lang¹, Cassandra DeVol¹, J. Alrin Enabore¹, Alex Ewing², and Irfan Asif². ¹The University of South Carolina School of Medicine Greenville, Greenville, SC, ²Greenville Health System, Greenville, SC
- P177 COMPARING A 3-COMPARTMENT MODEL TO CRITERION MEASURES FOR ESTIMATING BODY COMPOSITION IN ATHLETES**
B. Willian, E.L. Langford, R.L. Snarr & G.A. Ryan. Human Performance Lab, Georgia Southern University, Statesboro, GA
- P178 COMPARISON OF DUAL-ENERGY X-RAY ABSORPTIOMETRY AND AIR PLETHYSMOGRAPHY IN COLLEGE ATHLETES**
S.A.Gibson, M.L. Eisenman, E.L. Langford, R.L. Snarr & G.A. Ryan. Human Performance Lab, Georgia Southern University, Statesboro, GA
- P179 THE EFFECT OF RACE AND POSITION ON ABDOMINAL ADIPOSITY IN FOOTBALL LINEMEN**
M.N.M. Blue, K.R. Hirsch, E.T. Trexler, A.M. Peterjohn, G.J. Brewer, A. E. Smith-Ryan; University of North Carolina at Chapel Hill, Chapel Hill, NC
- P180 SELF PERCEPTION OF BODY IMAGE, WEIGHT CONTROL PRACTICES, AND BODY COMPOSITION IN NCAA DIVISION I ATHLETES**
P. A. Volgunina, T. A. Madzima, and S. Nepocatych. Elon University, Elon, NC
- P181 THE INFLUENCE OF VARIOUS MARKERS OF PHYSICAL ACTIVITY ON ENERGY BALANCE**
R. Buresh, B. Kliszczewicz, K. Hayes, and J. Julian. Kennesaw State University, Kennesaw, GA
- P182 PHYSICAL PERFORMANCE VARIABLES IN PRE-ADOLESCENT INDIAN CHILDREN – EXPLORING TRENDS AND CORRELATIONS TO OBESITY**
MS Kamath¹, JD Taylor² and KA Neely¹; ¹Auburn University, Auburn, AL, ²University of Arkansas for Medical Sciences, Fayetteville, AR
- P183 COMPARISON BETWEEN CALORIC EXPENDITURE SITTING ON A STANDARD CHAIR, STABILITY BALL, AND BALANCED ACTIVE SITTING**
E.L. Langford, R.L. Snarr, Georgia Southern University, Statesboro, GA
- P184 SEDENTARY BEHAVIOR IN ADOLESCENTS AND PARENTS ENROLLING IN AN ADOLESCENT WEIGHT MANAGEMENT PROGRAM**
SM Farthing, RK Evans, S Yildiz, IO Keener, EP Wickham, and MK Bean. Virginia Commonwealth University, Richmond, VA

- P185 THE EFFECT OF ACUTE EXERCISE ON DUAL-ENERGY X-RAY ABSORPTOMETRY (DXA) BODY COMPOSITION RESULTS**
Megan Green, Marika Papadopoulou, Rebecca Rogers, Mallory Marshall, Tyler Williams, Christopher Ballmann. Dept. of Kinesiology, Samford University, Birmingham, AL
- P186 INFLUENCE OF HIGH INTENSITY BODY-WEIGHT CIRCUIT TRAINING IN ADULTS WITH TYPE II DIABETES.**
B. Kliszczewicz, R. Buresh, E. Bechke, Kennesaw State University, Kennesaw, GA
- P187 EPOC AND ENJOYMENT RESPONSE FOLLOWING SELF-PACED CONTINUOUS AND INTERMITTENT WALKING**
C. Krupa, A. Long, A.J. Collado, C. Fennell, J.B. Mitchell. University of Montevallo, Montevallo, AL
- P188 Abstract Withdrawn**
- P189 ASSOCIATIONS OF MUSCLE FIBER TYPE AND INSULIN SENSITIVITY, BLOOD LIPIDS, AND VASCULAR HEMODYNAMICS IN PREMENOPAUSAL WOMEN**
C Behrens¹, S Windham¹, P Griffin, J Warren², B Gower¹, G Hunter¹, G Fisher¹; ¹The University of Alabama at Birmingham, Birmingham, AL; ²Duke University, Durham, NC
- P190 BONE MINERAL DENSITY IN DISTANCE RUNNERS: EVIDENCE FOR THE MALE ATHLETE TRIAD?**
K.A. Lacek, T.K. Snow, and M.L. Millard-Stafford. Georgia Institute of Technology, Atlanta, GA
- P191 THE EFFECT OF MUSCLE LENGTH ON MUSCLE ENDURANCE AND OXYGEN SATURATION**
S.G. Williamson, K.K. McCully, University of Georgia, Athens, GA
- P192 A COMPARISON OF ACCELEROMETER WEAR SITES IN THE ASSESSMENT OF SKELETAL LOADING**
S. Higgins, M.W. Wittstein, S. Vallabhajosula. Elon University, Elon, NC
- P193 COMPARING TWO MUSCLE SPECIFIC ENDURANCE TESTS**
E.G. Jones, K.K. McCully. The University of Georgia, Athens, GA
- P194 NEURAL ACTIVATION OF THE THORACOLUMBAR FASCIA DURING THE FUNCTIONAL MOVEMENT SCREEN**
A.L. Griffith, K.A. Silvey, J.M. Goins, R.W. Thompson, and J.H. Patel. University of South Carolina, Columbia, SC and Palmetto Health USC Orthopedic Center, Columbia, SC
- P195 ENDOGENOUS TESTOSTERONE AND BODY COMPOSITION CHANGES DURING INTENSIVE BODYBUILDING PROGRAM IN OLDER HEALTHY MALE**
P.M. Magyari, University of North Florida, Jacksonville, FL
- P196 THE CORTISOL AWAKENING RESPONSE IS DEPENDENT ON OBJECTIVE MEASURES OF PHYSICAL ACTIVITY AND SLEEP QUALITY**
Travis Anderson, Suzanne Vrshek-Schallhorn, Maria Ditchewa, Gail M. Corneau, Laurie Wideman; University of North Carolina at Greensboro, NC
- P197 HIGH SCHOOL SOFTBALL PLAYER WITH TYPE 1 DIABETES 72-HOUR GLUCOSE RESPONSE: A CASE STUDY**
AE Kozerski, JR Jagers, KM King, K Wintergerst. University of Louisville, Louisville, KY
- P198 SHIFT WORK ALTERS T-CELL BUT NOT NATURAL KILLER CELL FREQUENCIES**
ED Hanson^{1,2}, R Bescos^{2,3}, S Sakkal², GK McConell², DJ Kennaway⁴. ¹University of North Carolina, Chapel Hill, NC; ²Victoria University, Melbourne, Australia; ³University of Plymouth, Plymouth, UK; ⁴University of Adelaide, Adelaide Australia

- P199** **IMPACT OF FITNESS ON MACROPHAGE POLARIZATION FOLLOWING ACUTE AEROBIC EXERCISE**
A.M. Blanks, T.H. Wagamon, L.M. Lafratta, L.N. Pedersen, N.J. Bohmke, R.L. Franco. Virginia Commonwealth University, Richmond, VA
- P200** **SERUM URIC ACID LEVELS IN HEALTHY ADOLESCENTS**
J.R. Gabaldon, N.T. Berry, J. Dollar, L. Shanahan, S. Keane, L. Shriver, S. Calkins, L. Wideman. UNCG, Greensboro, NC; University of Zurich, Zurich, SW
- P201** **FITNESS-RELATED DIFFERENCES IN POLARIZATION OF LIPID-EXPOSED MACROPHAGES FOLLOWING ACUTE EXERCISE**
L.N. Pedersen, L.M. LaFratta, N.J. Bohmke, A.M. Blanks, V.L. Mihalick, M.B. Senter, R.L. Franco, Virginia Commonwealth University, Richmond, VA
- P202** **MONOCYTE ADHESION MOLECULE EXPRESSION FOLLOWING AN ACUTE BOUT OF MODERATE INTENSITY CYCLING**
N.J. Bohmke, L.M. LaFratta, L.N. Pedersen, A.M. Blanks, V.L. Mihalick, M.B. Senter, R.L. Franco, Virginia Commonwealth University, Richmond, VA
- P203** **THE EFFECT OF COLD AMBIENT TEMPERATURE AND PRECEDING ACTIVE WARM-UP ON LACTATE KINETICS IN FEMALE CYCLISTS AND TRIATHLETES**
M.C. Morrissey^{1,2}, J.N. Kisiolek², T.J. Ragland², B.D. Willingham², R.L. Hunt², R.C. Hickner FACS^{2,3}, and M.J. Ormsbee^{2,3} FACS. ¹University of Connecticut, Storrs, CT; ²Florida State University, Tallahassee, FL; ³University of KwaZulu-Natal, Durban, South Africa
- P204** **THE RELATIONSHIP BETWEEN NATURE CONNECTEDNESS AND PHYSICAL ACTIVITY PATTERNS IN A SAMPLE OF COLLEGIATE STUDENTS, FACULTY, AND STAFF.**
D.C. Waddy, T. G. Ceaser, Winthrop University Rock Hill, SC
- P205** **Abstract Withdrawn**
- P206** **HEAT ACCLIMATION PROTECTS C2C12 MYOTUBES AGAINST SUBSEQUENT CHALLENGE WITH HYPOXIA AND LPS**
G.W. Hill, M. R. Kuennen. High Point University, High Point, NC
- P207** **WHAT NINE DAYS OF SCBA TRAINING DOES TO BODY WEIGHT AND HYDRATION IN FIREFIGHTER RECRUITS.**
M. Villafuerte, R. Lawler & M. Iosia. Lee University, Cleveland, TN
- P208** **POKEY MON SLOW: A NATURAL EXPERIMENT CAPTURES PHYSICAL ACTIVITY PROFILES OF PLAYING POKÉMON GO.**
C. Beach¹, G. Billstrom¹, E. Anderson Steeves², J.F. Oody¹, & J.A. Steeves¹. ¹Maryville College, Maryville, TN, ²University of Tennessee, Knoxville, TN
- P209** **FACTORS LEADING TO DISCREPANCIES IN ACCUMULATED PHYSICAL ACTIVITY DURING SCHOOL HOURS IN ELEMENTARY SCHOOL STUDENTS**
R. Booker¹, R. Galloway², ME. Holmes¹; ¹Mississippi State University, Mississippi State, MS; ²Missouri State University, Springfield, MO
- P210** **Abstract Withdrawn**
- P211** **RECESS AND OVERWEIGHT AND OBESITY IN CHILDREN 5-11 YEARS OF AGE: 2013-2016 NHANES**
C.D. Rogers, M.R. Richardson, J.R. Churilla. University of North Florida, Jacksonville, FL

- P212 THE EXAMINATION OF JUDO ON PHYSICAL ACTIVITY AND SLEEP IN CHILDREN WITH AUTISM SPECTRUM DISORDER**
P.M. Rivera, J.M. Renziehausen, K.M. Baker, N.A. Leahy, and J.M. Garcia. The University of Central Florida, Orlando, FL
- P213 EXERCISE IS MEDICINE-ON CAMPUS OUTCOMES FOR YEAR 1 AT MARYVILLE COLLEGE**
L.G. Marttala, M.B. Redaja, T.L. Haydu, J.A. Steeves, and J.F. Oody. Maryville College, Maryville, TN
- P214 COMPLIANCE WITH PHYSICAL ACTIVITY GUIDELINES AND ASSOCIATIONS WITH PHYSICAL LITERACY AMONG FUTURE PHYSICAL EDUCATORS**
K.E. Spring , M.E. Holmes, Y.J. Ryuh, C.C.Chen. Mississippi State University, Starkville, MS
- P215 ASSOCIATION OF CARDIOVASCULAR HEALTH TRAJECTORIES AND CARDIORESPIRATORY FITNESS: THE CARDIA STUDY**
BS Pope¹, JJ Ruiz-Ramie¹, JL Barber¹, AD Lane-Cordova¹, DM Lloyd-Jones², M Carnethon², CE Lewis³, PJ Schreiner⁴, MP Bancks⁵, S Sidney⁶, MA Sarzynski¹; ¹University of South Carolina, Columbia, SC; ²Northwestern University, Chicago, IL; ³University of Alabama at Birmingham, Birmingham, AL; ⁴University of Minnesota, Minneapolis, MN; ⁵Wake Forest University, Winston-Salem, NC; ⁶Kaiser Permanente, Northern California, Oakland, CA
- P216 THE PREVALENCE OF OBESITY AND ITS ASSOCIATION WITH PREVIOUS MUSCULOSKELETAL INJURY IN PROBATION OFFICERS**
J.A. Mota, Z.Y. Kerr, G.R. Gerstner, H.K. Giuliani, E.D. Ryan. University of North Carolina-Chapel Hill, Chapel Hill, NC
- P217 EFFECTS OF SEDENTARY BEHAVIOR ON CORE STRENGTH, FLEXIBILITY, AND POSTURE IN COLLEGE STUDENTS**
A.A. Price, K. Jackson, D. Lane, K.W. Kornatz. Winston-Salem State University, Winston-Salem, NC
- P218 GENDER DIFFERENCES IN PHYSICAL ACTIVITY AND SEDENTARY BEHAVIOR INDICIES AMONG PHYSICAL EDUCATION PEDAGOGY UNDERGRADUATE STUDENTS**
A. Mathis, M.E. Holmes, C.C. Chen, Y.J. Ryuh, K.E. Spring. Mississippi State University, Starkville, MS
- P219 WALKING CADENCE DURING MODERATE INTENSITY PHYSICAL ACTIVITY IN PREGNANT WOMEN**
Mallory R. Marshall, Beth Birchfield, Rebecca R. Rogers, Christopher G. Ballmann Samford University, Birmingham, AL
- P220 VALINE-CATABOLITE, 3-HYDROXYISOBUTERATE ALTERS MYOTUBE METABOLISM AND REDUCES INSULIN SIGNALING**
E. Lyon, M. Rivera, M. Johnson, K. Sunderland, R. Vaughan. High Point University, High Point, NC
- P221 EFFECT OF VALINE ON MYOTUBE METABOLISM AND INSULIN SENSITIVITY**
M. Rivera, E. Lyon, M. Johnson, K. Sunderland, R. Vaughan High Point University, High Point, NC
- P222 MODEST UPPER BODY LOADING INCREASES MARATHON PACE RUNNING ECONOMY BY 3-4% IN FEMALE RUNNERS**
A.A. Heinkel, J.W. Gaddie, E.P. Kennedy, B.A. Linder, J.M. Green, L.G. Killen, E.K. O'Neal University of North Alabama, Florence, AL

- P223 EFFECTS OF EXTRA SIMULATED, UPPER BODY FAT MASS ON MARATHON PACE RUNNING ECONOMY IN MALE RUNNERS**
J.W. Gaddie, E.P. Kennedy, A.A. Heinkel, B.A. Linder, J.M. Green, L.G. Killen, E.K. O'Neal.
University of North Alabama, Florence, AL
- P224 THE EFFECTS OF FASTED OR FED STATE ON PHYSIOLOGICAL MEASURES OF AEROBIC PERFORMANCE IN WOMEN.**
M. L. Tarpey, and E. H. Robinson. Meredith College, Raleigh, NC
- P225 LIPID PROFILE AND HBA1C VALUES VARY ACROSS AGE GROUPS IN ACTIVE OLDER ADULTS**
M. Kabis, E. Silab, A. Ball, A. Dexter, T. Grove, A. Hinton, A. Lavis, B. Loman, S. Lowery, K. Keane, A. King, C. Munchel, T. Palmer, K. Stranburg, A. Theodros, K. Thibault, K. Wilkers and T. Moore-Harrison. University of North Carolina at Charlotte, Charlotte, NC
- P226 RELATIONSHIP BETWEEN MEASURES OF ANXIETY AND CHANGE IN RESTING METABOLIC RATE**
A.M. Ehlert, J.L. Wynne, P.B. Wilson; Old Dominion University, Norfolk, VA
- P227 CHANGES IN RESTING METABOLIC RATE FROM PREGNANCY TO POSTPARTUM**
K. Yoho, J. Maples, M. Blankenship, K. Edens, R. Tinius. Western Kentucky University, Bowling Green, KY; University of Tennessee, Knoxville, TN
- P228 RESTING ENERGY EXPENDITURE AND METABOLIC EQUIVALENTS IN YOUTH: IMPACT OF INCONSISTENT OPERATIONAL DEFINITIONS**
P.R. Hibbing, S.E. Crouter. The University of Tennessee, Knoxville, TN
- P229 RELATIONSHIP BETWEEN EXERCISE CLASS PARTICIPATION AND IMPROVEMENT IN CARDIOVASCULAR HEALTH**
A. Ball, M. Bowen, A. Dexter, T. Grove, A. Hinton, A. Lavis, B. Loman, S. Lowery, M. Kabis, K. Keane, A. King, C. Munchel, T. Palmer, E. Silab, R. Spencer, K. Stranburg, A. Theodros, K. Wilkers and T. Moore-Harrison. The University of North Carolina at Charlotte, Charlotte, NC
- P230 PRE-SLEEP CONSUMPTION OF CASEIN PROTEIN ON RESTING METABOLIC RATE AND APPETITE IN PREMENOPAUSAL WOMEN**
C.M. Schattinger¹, J.R. Leonard¹, A.L. Artese², M.J. Ormsbee¹, C.L Pappas¹, L.B. Panton¹.
¹Florida State University, FL. ²Roanoke College, VA
- P231 LAT1 IMMUNOHISTOCHEMICAL ALTERATIONS FOLLOWING TRAINING AND EFFECTS OF LAT1 OVEREXPRESSION IN C2C12 MYOBLASTS AND MYOTUBES**
P. Roberson¹, C. Haun¹, P. Mumford¹, M. Romero¹, S. Osburn¹, C. Vann¹, C. Mobley², M. Roberts¹. ¹Auburn University, Auburn, AL. ²University of Kentucky, Lexington, KY
- P232 CIRCULATING LACTATE IS ELEVATED IN PREDIABETES PHENOTYPES COMPARED WITH NORMAL GLUCOSE TOLERANT COUNTERPARTS**
B.L. Dotson, E.M. Heiston, S.L. Miller, N.Z.M. Eichner, N.M. Gilbertson, S.K. Malin,
University of Virginia, Charlottesville, VA
- P233 IMPACT OF SHORT-TERM EXERCISE TRAINING ON GLUCOSE EFFECTIVENESS BETWEEN PHENOTYPES OF PREDIABETES**
K.C. Anderson, N.Z.M. Eichner, N.M. Gilbertson, E.M. Heiston, S.K. Malin. University of Virginia, Charlottesville, VA
- P234 MITORACE: IN VIVO ASSESSMENT OF MITOCHONDRIAL FUNCTION USING MULTIPHOTON NADH FLUORESCENCE**
Brad Willingham¹, Yingfan Zhang¹, and Brian Glancy^{1,2}; ¹Muscle Energetics Laboratory, NHLBI, NIH, Bethesda, MD; ²NIAMS, NIH, Bethesda, MD

- P235** **AGREEMENT BETWEEN ENERGY EXPENDITURE ASSESSMENTS DURING EXERCISE BY METABOLIC CHAMBERS AND CART**
CM Scott, S Chen, RK Evans, FS Celi. Virginia Commonwealth University, Richmond, VA
- 8:00-9:30** **THEMATIC POSTERS SESSION IV (Think Tank)**
TP19-TP24 **Cardiovascular Physiology**
Chair: Jonathon Stickford, Appalachian State University
- TP19** **EXAMINING THE IMPACT OF OBESITY ON VENTILATORY RESPONSES DURING ACUTE EXERCISE IN PATIENTS WITH HFPEF**
B. Christensen, P. Brubaker, G. Tiarks, J.T. Becton, D. Kitzman. Wake Forest University, Winston-Salem, N.C.
- TP20** **INFLUENCE OF MENSTRUAL CYCLE PHASE ON CARDIOVASCULAR DRIFT AND MAXIMAL OXYGEN UPTAKE DURING HEAT STRESS**
T.M. Stone, S.G. Burnash, B. Hornikel, C.J. Holmes, and J.E. Wingo. The University of Alabama, Tuscaloosa, AL
- TP21** **VASCULAR PROTECTION IN RESPONSE TO ALTERED SHEAR PATTERNS AT DIFFERENT MENSTRUAL CYCLE PHASES**
Austin C. Hogwood, Jennifer Weggen, Ashley Darling, Brandon Imthurn, Andrew McIntyre, Kevin Decker, and Ryan S. Garten. Virginia Commonwealth University, Richmond, VA
- TP22** **ASSOCIATION BETWEEN ISOLATED VERSUS DAILY AVERAGED HEART RATE VARIABILITY, FITNESS AND BODY COMPOSITION**
GD. Hay, JT. Ellis, AA. Flatt. Georgia Southern University, Savannah, GA
- TP23** **SEX DIFFERENCES IN SITTING-INDUCED VASCULAR DYSFUNCTION: EVIDENCE OF AUGMENTED ANTIOXIDANT DEFENSE**
K. Decker, P. Feliciano, M. Kimmel, A. Hogwood, J. Weggen, A. Darling, A. Michael, and R.S. Garten. Dept. of Kinesiology and Health Sciences, VCU, Richmond, VA
- TP24** **INTERVAL EXERCISE ENHANCES THE REVERSAL OF PRE-EXISTING ENDOTHELIAL DYSFUNCTION ON A LOW-CALORIE DIET**
N.M. Gilbertson; S.L. Miller; N.Z.M. Eichner; S.K. Malin. University of Virginia, Charlottesville, VA
- 8:00-10:00** **ORAL FREE COMMUNICATION IV (Ballroom F)**
025-032 **Fitness/Testing/Assessment**
Chair: William Adams, University of North Carolina - Greensboro
- 025** **PHYSICAL ACTIVITY AND SLEEP QUALITY IN YOUTH WITH AUTISM SPECTRUM DISORDER**
J.M. Renziehausen, P.M. Rivera, K.M. Baker, N.A. Leahy, J.M. Garcia. University of Central Florida, Orlando, FL
- 026** **Effects of 3 Weeks Yoga on RPE Production During Treadmill Exercise**
Swain¹, J. C., Seltmann², C. L., Green¹, J. M., Killen¹, L. G., O'Neal¹, E. K., Frisbee¹, C. M.;
¹University of North Alabama, Florence, AL; ²Auburn University, Auburn, AL
- 027** **CRITERION VALIDITY OF ACTIGRAPH GT9X STEP PREDICTIONS IN YOUTH**
B.J. Clendenin, P.R. Hibbing, S.R. LaMunion, S.E. Crouter, FACSM. The University of Tennessee, Knoxville, TN
- 028** **ASSOCIATION BETWEEN PUSH-UPS AND ANTHROPOMETRIC VARIABLES AND UPPER BODY STRENGTH IN WOMEN**
MS. Green¹, CR. Allen², A. Hatchett³, MR. Esco⁴, MV. Fedewa⁴, TD. Martin¹; ¹Troy University, Troy, AL; ²Florida Southern College, Lakeland, FL; ³University of South Carolina Aiken, Aiken, SC; ⁴University of Alabama, Tuscaloosa, AL
- 029** **EXAMINATION OF SPEED, AGILITY, AND POWER BY POSITION IN DIVISION II WOMEN'S SOCCER ATHLETES**
D.N. Thompson, V.O. Romano, and K.A. Smith. Catawba College, Salisbury, NC

- 030** **AGREEMENT BETWEEN FITBIT AND ACTIGRAPH ESTIMATES OF PHYSICAL ACTIVITY IN YOUNG CHILDREN**
B.D. Boudreaux, Z. Chu, S.J. Ahn, K. Johnsen, S.L. Rathbun, M.D. Schmidt. University of Georgia, Athens, GA
- 031** **RELIABILITY OF TIME-TO-EXHAUSTION TRIALS UTILIZING A SPEED CORRESPONDING TO A PERCENTAGE OF VO2MAX**
Kayla Baker, Jeanette Garcia, Justine Renziehausen, Paola Rivera; University of Central Florida, Orlando, FL
- 032** **THE EFFECT OF AEROBIC EXERCISE INTENSITY ON NON-EXERCISE PHYSICAL ACTIVITY LEVELS IN OBESE AFRICAN AMERICANS**
NR Gniewek, SG Barefoot, JE McGee, AC Huff, TD Raedeke, PM Brophy, JA Houmard FASCM, DL Swift. East Carolina University, Greenville, NC
- 8:00-8:50** **SYMPOSIUM IX (Regency C)**
S9 **Move More, Move Together: Promoting Active Families**
KD DuBose & D Dlugonski, East Carolina University, Greenville, NC
Chair: Curtis Fennell, University of Montevallo
- 8:00-8:50** **TUTORIAL SESSION XV (Ballroom G)**
T15 **Convergence of Physical Activity and Health: Promising Career Paths For the Future**
M Stoutenberg¹, DB Bornstein², AG Bell³; ¹ University of Tennessee at Chattanooga, Chattanooga, TN; ² The Citadel, Charleston, SC; ³ Mid-Atlantic Affiliate of the American Heart Association, Morrisville, NC
Chair: Lee Franco, Virginia Commonwealth University
- 8:00-8:50** **TUTORIAL SESSION XVI (Ballroom H)**
T16 **Endurance Training with Low Carbohydrate Availability**
M.J. Saunders. James Madison University, Harrisonburg, VA
Chair: Janet Wojcik, Winthrop University
- 9:00-9:50** **SYMPOSIUM SESSION X (Ballroom G)**
S10 **Sports Injury Surveillance: State of the Science and Applications to Injury Prevention**
Avinash Chandran, Zachary Y. Kerr; University of North Carolina at Chapel Hill, NC
Chair: Elizabeth Ackley, Roanoke College
- 9:00-9:50** **TUTORIAL SESSION XVII (Ballroom H)**
T17 **The Role of Biogenic Amines in Movement**
KA Neely, MS Kamath, & JA Roper. Auburn University, Auburn, AL
Chair: Catalina Casaru, Georgia Southwestern State University
- 9:00-9:50** **TUTORIAL SESSION XVIII (Redbud)**
T18 **Creating An Effective and Professional Social Media Strategy**
B. Parr¹, Y. Feito², A. Schwartz³; ¹University of South Carolina Aiken, Aiken, SC; ²Kennesaw State University, Kennesaw, GA; ³University of Tennessee, Knoxville, TN
Chair: Chris Mojock, University of Georgia
- 9:30-11:00** **POSTER FREE COMMUNICATIONS V (Studio)**
P283-P299 **Fitness/Testing/Assessment; Nutrition and Exercise/Sports**
Chair: Clayton Nicks, Columbus State University
- P236** **IN-SEASON CHANGES OF COUNTERMOVEMENT JUMP PERFORMANCE IN DIVISION II FEMALE VOLLEYBALL ATHLETES**
TL. Norman, JL. Grazer, MA. Martino. Georgia College & State University, Milledgeville, GA
- P237** **ERGOGENIC, PERCEPTUAL AND METABOLIC RESPONSES TO PALM COOLING**
IT O'Brien, L Chen, LJ Vargas, AC Vanhoover, CB McEnroe, AE Kozerski, JF Caruso. University of Louisville, Louisville, KY
- P238** **ELECTROLYTES ADDED TO A CARBOHYDRATE-BASED DRINK: EFFECT ON EXERCISE DONE AGAINST PROGRESSIVELY HIGHER WORKLOADS**
AC Vanhoover, CB McEnroe, AE Kozerski, IT O'Brien, JF Caruso. University of Louisville,

Louisville, KY

- P239** **COMPARISON OF FUNCTIONAL TESTS OF LEG POWER IN COLLEGIATE ATHLETES**
S. Sullivan, N. Fleet, and P. Brubaker. Wake Forest University, Winston-Salem, NC
- P240** **NO EFFECT OF STARTING HEIGHT ON REBOUND VERTICAL JUMP**
M.K. Straughn, C.D. Addie, G.C. Ramos, T.J. Neltner, E.E. Grammer, J.D. Simpson, L. Cosio-Lima, E.K. Greska, and L.E. Brown, University of West Florida, Pensacola, FL
- P241** **EXAMINING THE LEARNING EFFECT ON AN ISOKINETIC FATIGUE TEST PROTOCOL**
T.J. Neltner, G.C. Ramos, E.E. Grammer, C.D. Addie, M.K. Straughn, J.M. Glenn, M. Gray, N.E. Moyen, J.L. Vincenzo, K.K. Harmon, and L.E. Brown. University of West Florida, Pensacola, FL
- P242** **TEST-RETEST RELIABILITY OF AN ISOKINETIC FATIGUE TEST**
G.C. Ramos, T.J. Neltner, E.E. Grammer, C.J. Addie, M.K. Straughn, J.M. Glenn, M. Gray, N.E. Moyen, J.L. Vincenzo, K.K. Harmon, and L.E. Brown. University of West Florida, Pensacola, FL
- P243** **DWELL TIMES FROM A HIGH-SPEED EXERCISE INTERVENTION AS A CORRELATE TO CALCANEAL ACCRETION**
CB McEnroe, L Chen, LJ Vargas, IT O'Brien, AE Kozerski, AC Vanhoover, JF Caruso
Exercise Physiology Program, University of Louisville, Louisville KY
- P244** **COMPARING PHYSICAL FITNESS IN CAREER VS. VOLUNTARY FIREFIGHTERS**
Andrew J. Jackson¹, Cody E. Morris², Lee J. Winchester³, & Scott W. Arnett¹. ¹Western Kentucky University, Bowling Green, KY; ²The University of Alabama at Birmingham, Birmingham, AL; ³The University of Alabama, Tuscaloosa, AL
- P245** **COMPARISON OF THE HEART RATE VARIABILITY AND VENTILATORY THRESHOLDS DURING TREADMILL EXERCISE**
Trent A. Hargens, Shane A. Chambers, Nicholas D. Luden, Christopher J. Womack. James Madison University, Harrisonburg, Virginia
- P246** **EFFECT OF INSTABILITY ON CORE MUSCLE ACTIVATION IN A SIDE BRIDGE**
E. Kishman¹, T. J. Michael², N. J. Hanson², S. Lee², X. Wang¹. ¹University of South Carolina, Columbia, SC, ²Western Michigan University, Kalamazoo, MI
- P247** **LOCATION OF LOW-FREQUENCY ELECTRICAL STIMULATION DOES NOT EFFECT RECOVERY FOLLOWING LOWER-BODY EXERCISE**
L.M. Addison, M.R. Gross, and J.C. Casey. University of North Georgia, Oakwood, GA
- P248** **EFFECTS OF AN 8 WEEK UPPER BODY RESISTANCE TRAINING PROGRAM ON AEROBIC CAPACITY IN UNTRAINED FEMALES**
J. Bossi¹, E. Pitts², A. Keath². ¹Winthrop University, Rock Hill, SC. ²Anderson University, Anderson, SC
- P249** **IDENTIFYING THE CRITICAL RESISTANCE FOR THE DEADLIFT**
T. K. Dinyer, M. T. Byrd, P. J. Succi, H. C. Bergstrom. University of Kentucky, Lexington, KY
- P250** **COMPARISON OF THE CRITICAL HEART RATE TO HEART RATES AT CRITICAL VELOCITY AND VENTILATORY THRESHOLD**
P.J. Succi, T.K. Dinyer, M.T. Byrd, H.C. Bergstrom. University of Kentucky, Lexington, KY
- P251** **DIFFERENCES IN 1-REPETITION MAXIMUM BENCH PRESS WITH OR WITHOUT LOAD KNOWLEDGE**
K.M. Adams, J.S. Cook, R.L. Snarr, Georgia Southern University, Statesboro, Georgia

- P252 EFFECTS OF A 6-WEEK FITNESS PROGRAM ON FIREFIGHTER RECRUITS: A CASE STUDY**
B. Loewen, M. Weeks, B. Melton, & G.A. Ryan. Georgia Southern University, Statesboro, GA
- P253 EFFECTS OF CAFFEINE ON TENNIS SERVE ACCURACY**
B Poire, LG Killen, JM Green, EK O'Neal, LG Renfroe, A Reno. University of North Alabama, Florence, AL
- P254 EVALUATING PHYSICAL ACTIVITY IN A LOCAL AFTERSCHOOL PROGRAM: COMPARISON TO ESTABLISHED NATIONAL GUIDELINES**
H. Kolcz, J. Hannon, E. I. Ackley. Roanoke College, Salem, VA
- P255 GENDER DIFFERENCES CONCERNING PHYSICAL ACTIVITY BELIEFS AND PRACTICES AMONG FOURTH GRADERS**
T.M. McDuffie¹; E. DeVilliers¹; A.N. Kellern²; Z.S. Kopp¹; A.K. Leal¹; ¹Bridgewater College, Bridgewater, VA; ²Rockingham County Public Schools, Harrisonburg, VA
- P256 MAXIMUM PUSH-UP PERFORMANCE IS STRONGLY RELATED TO REGULAR EXERCISE AND PROPER SLEEP**
JM Wilson, ST Holden, VS Yoder, J Bunn, B Myers, Campbell University, Buies Creek, NC
- P257 ACTIVE COMMUTING AND WEIGHT-RELATED HEALTH STATUS IN ELEMENTARY SCHOOL-AGED YOUTH: A PRELIMINARY INVESTIGATION**
K. Ansell, M. Freeman, E. Hutchinson, H. Kolcz, P. Rohrbaugh, H. Sitze & E. I. Ackley. Roanoke College, Salem VA
- P258 VALIDITY AND RELIABILITY OF A PLYOMETRIC PUSHUP UPPER BODY POWER TEST**
G.A. Ryan & R.L. Snarr. Human Performance Lab, Georgia Southern University, Statesboro, GA
- P259 DOES MOTOR MUSCLE ENGAGEMENT COMPLEXITY AFFECT LEARNING OF YOGA POSES?**
J. Stewart, T. Cooper, PR. Pullen, E. Lopez, MJ. Martin, H. Crumley, KA. Conroy, and WS. Seffens. University of North Georgia, Dahlona, GA
- P260 GRIP STRENGTH COMPARED TO HEALTHY LIFESTYLE BEHAVIORS**
V. Yoder, J. Wilson, S. Holden, B. Myers, J. Bunn. Campbell University, Buies Creek, NC
- P261 RELATIONSHIP AMONG STABILITY GROUPINGS BETWEEN THREE DIFFERENT STABILITY TESTS**
MC Watterson, JW Barfield, JF Harbinger, SG Moultrie, JA George, and GD Oliver. Auburn University, Auburn, AL
- P262 RELIABILITY, BIAS, AND REPEATABILITY OF POWER OUTPUT DURING SQUATS USING A FLYWHEEL RESISTANCE TRAINING DEVICE**
R. F. Seay, J. T. Brantley, K. Worcester, P. Baker, and L. M. Bollinger. University of Kentucky, Lexington, KY
- P263 RELATIONSHIP BETWEEN VERT VARIABLES AND FATIGUE IN DIVISION I VOLLEYBALL ATHLETES**
J. Pascal, P. Chrysoferidis, S. Wilhoite, and B.A. Munkasy. Georgia Southern University, Statesboro, GA
- P264 NO CORRELATION BETWEEN CVD RISK FACTORS AND FITNESS VARIABLES IN FIREFIGHTERS**
JJ Gann¹, AB Alansare², HC Jung¹; ¹University of Louisiana-Monroe, Monroe, LA, ²University of Pittsburgh, Pittsburgh, PA

- P265 THE IMPACT OF VOLUME-MATCHED, HEAVY VS MODERATE WEIGHT RESISTANCE TRAINING ON INFLAMMATION AND MUSCULAR DAMAGE**
Patton Allen¹, Teresa Wiczynski¹, Scott Arnett¹, Michael V. Fedewa², Scott Lyons¹, Lee Winchester^{1,2}; ¹Western Kentucky University, Bowling Green, KY; ²University of Alabama, Tuscaloosa, AL
- P266 TRACKING HBA1C FOR REPEAT PARTICIPANTS ACROSS MECKLENBURG COUNTY: A 15-MONTH STUDY**
J. Martin, J. Anderson, J. Ash-Shakoor, W. Belt, A. Dexter, E. Gibson, J. Gooden, A. Hinton, J. Joyner, A. Lavis, B. Loman, S. Lowery, M. Kabis, K. Keane, A. King, B. Mitchell, C. Munchel, T. Palmer, E. Silab, K. Stranburg, A. Theodros, K. Thibault, S. Gordon, and T. Moore-Harrison. The University of North Carolina at Charlotte, Charlotte, NC
- P267 THE EFFECT OF DUAL TASKING ON EXECUTIVE FUNCTION AND GAIT DURING TREADMILL DESK WALKING**
Christopher Ballmann, Mallory Marshall, Tyler Williams, Rebecca Rogers. Dept. of Kinesiology, Samford University, Birmingham, AL
- P268 BLOOD PRESSURE CHANGES AT BETTE RAE THOMAS RECREATION CENTER HEALTH ASSESSMENTS**
A. King, A. Theodros, J. Anderson, J. Ash-Shakoor, A. Ball, M. Bowen, A. Dexter, E. Gibson, J. Gooden, T. Grove, A. Hinton, J. Joyner, M. Kabis, K. Keane, A. King, A. Lavis, B. Loman, S. Lowery, J. Mills, B. Mitchell, C. Munchel, T. Palmer, E. Silab, R. Spencer, K. Stranburg, A. Theodros, K. Wilkers, S. Gordon and T. Moore-Harrison. The University of North Carolina at Charlotte, Charlotte, NC
- P269 PHYSIOLOGICAL DEMANDS OF HARD SHOE AND SOFT SHOE IRISH DANCING: A PILOT STUDY**
MP. Trebour, MM. Cutten, TG. Coffey, LQ. Jimenez, JP. Morrison. Longwood University, Farmville, VA
- P270 THE EFFECTS OF STRETCHING ON BLOOD LACTATE CONCENTRATION AFTER ANAEROBIC EXERCISE**
A.C. Blackley, J. Schoffstall, B. Tummons, K. Dombrowski, and B. Davis. Liberty University, Lynchburg, VA
- P271 DOES THE 30-DAY PUSH-UP CHALLENGE BUILD UPPER BODY MUSCLE STRENGTH?**
D. Upshaw, J. D. Garrison, H. Wall, J. Lukers. Truett McConnell University, Cleveland, Georgia
- P272 COMPARISON OF MODALITIES ON LACTATE CLEARANCE FOLLOWING EXHAUSTIVE ANAEROBIC EXERCISE: A CASE STUDY**
A. Lyon¹, J. Bossi², A. Keath¹, K. Kelly¹, C. Isom¹, P. Hawks¹, L. Scragg¹. ¹Anderson University, Anderson, SC. ²Winthrop University, Rock Hill, SC
- P273 NUTRITIONAL ADVICE OF CERTIFIED FITNESS PROFESSIONALS**
A. Tucker, A.L. Neilson, G.A. Ryan, B.F. Melton, & J. Romanchick-Cerpovicz. Statesboro, GA
- P274 ACCURACY OF THE BRZYCKI FORMULA FOR PREDICTING 1RM VALUES WITH EXPLOSIVE LINEAR LEG PRESS TRAINING**
A. M. Kurtz, K. Anderson, K. Berrigan, P. Hovis, Southern Wesleyan University, Central, SC
- P275 PHYSIOLOGICAL ADAPTATIONS PRE AND POST THROUGH HIKING IN YOUNG HEALTHY MALE SUBJECT: A CASE STUDY**
J.C. Luck, K. T. McShea, H. Kim, S. A. Metzinger, J. T. Oliver, N. D. Tocci., T. J. Wilson, A. P. Drain, A. Lassiter, K.S. Fasczewski, and M. Meucci. Appalachian State University, Boone, NC

- P276** **FIREFIGHTER TURNOUT SUIT WEIGHT INFLUENCES SIMULATED EXERCISE PERFORMANCE**
Stephanie D. Gipson, Meredith L. McQuerry, Margaret C. Morrissey, Jacob N. Kisiolek, Michael J. Ormsbee, FACSM. Florida State University, Tallahassee, FL
- P277** **RELIABILITY OF THE GEORGE JOGGING TEST TO PREDICT VO2MAX**
J.L. Wynne, P.B. Wilson. Old Dominion University, Norfolk, VA
- P278** **DECREASED ERROR WITH HIGHER WRIST POSITION OF OPTICAL HEART RATE MONITORING DEVICES DURING EXERCISE**
M. Nunes, JC. Sieverdes, WD. Dudgeon, and DD. Thomas. College of Charleston, SC
- P279** **EFFECTS OF AN UNDULATING PERIODIZATION PROGRAM FOR TACTICAL ATHLETES**
E.M. Weaver, P.H. Lomas, R.C. Ingle, J.M. Goins, R.W. Thompson and J.H. Patel. University of South Carolina, Columbia, SC and Palmetto Health USC Orthopedic Center, Columbia, SC
- P280** **COMPARISON OF MAXIMAL AEROBIC CAPACITY BETWEEN THE TREADMILL AND CONCEPT2 SKIERG**
H. Nelson, A. Bosak, M. Phillips, B. Ziebell, R. Lowell, M. De Moors, A. Blackley, A. Lau, A. Frech, & A. McCarty. Liberty University, Lynchburg, VA
- P281** **RELATIONSHIP BETWEEN RELATIVE LOAD AND PEAK POWER, AVERAGE FORCE, AND VELOCITY DURING FLYWHEEL RESISTANCE TRAINING.**
J. Brantley, P. Baker, K. Worcester, L. Bollinger. The University of Kentucky, Lexington, KY
- P282** **COMPARISON OF PRE-STRETCH AND REACTIVE STRENGTH BETWEEN MEN AND WOMEN DURING BENCH PRESS**
Stephan A. Corcho, Andrew A. Flatt, George J Davies, Bryan L Riemann, Georgia Southern University, Savannah, GA
- P283** **BASEBALL PITCHING MUSCLE ACTIVITY & KINEMATIC COMPARISON BETWEEN WIND-UP AND STRETCH FASTBALLS**
M. Smidebush^{1,2}, E. Stewart¹, H. Chander¹, A. Knight¹; ¹Mississippi State University, ²The University of Kentucky
- P284** **EFFECTS OF B-ALANINE ON PERFORMANCE, COGNITION, MOOD, ENDOCRINE FUNCTION, AND INFLAMMATION IN SIMULATED MILITARY OPERATIONS**
A.N. Varanoske, A.J. Wells, G.J. Kozlowski, Y. Gepner, C.L. Frosti, D. Boffey, N.A. Coker, I. Harat, and J.R. Hoffman. University of Central Florida, Orlando, FL
- P285** **USING THE GAD-7 TO COMPARE EFFECTS OF RESISTANCE TRAINING ON STUDENTS AT RISK OF ANXIETY**
C.A.Carré and S.L. Malley, Meredith College, Raleigh, NC
- P286** **NITRATES AND EXERCISE CAPACITY IN WELL TRAINED MIDDLE TO OLDER AGED ADULTS**
M.S. Fletcher, G.D. Miller, C.G Jones, T.M. Heinrich, S.L. Collins, Z.D. Gauthier and M.J. Berry, Wake Forest University, Winston-Salem, NC
- P287** **QUANTIFICATION OF GRFX AND GRFY FOR SKILLED VERSUS RECREATIONAL BASEBALL HITTING**
E. Stewart¹, M. Smidebush¹, J. Simpson², A. Knight¹, H. Chander¹, & R. Shapiro³ ;
¹Mississippi State University, Mississippi State, MS, ²University of West Florida, Pensacola, FL, ³University of Kentucky, Lexington, KY

- P288 CITRULLINE-MALATE DOES NOT ENHANCE PERFORMANCE OR ALTER COORDINATION VARIABILITY DURING ANAEROBIC CYCLING**
B.H. Romer¹, J.L. Gills², and H. Lu³. ¹High Point University, High Point, NC; ²University of Arkansas, Fayetteville, AR; ³Texas Tech University, Lubbock, TX
- P289 DARK CHOCOLATE SUPPLEMENTATION ELEVATES RESTING ENERGY EXPENDITURE**
M.J. Webster, K.M. Presler, and D. Keskin. School of Health Sciences, College of Nursing and Health Sciences, Valdosta State University, Valdosta, GA
- P290 RACIAL AND ETHNIC DIFFERENCES IN 24 HOUR URINARY HYDRATION MARKERS**
WM Adams, ML Haskins, A Huntsinger, EM Karras, SL Walton. University of North Carolina at Greensboro, Greensboro, NC
- P291 SOURCES OF NUTRITION INFORMATION AND KNOWLEDGE FOR ULTRA-RUNNERS (SNIKR STUDY)**
Ouslan, N., Mahoney, S.E., Wójcicki, T.R., Carnes, A.J. Bellarmine University, Louisville, KY
- P292 NITRATES DO NOT IMPROVE TISSUE OXYGENATION INDEX: A NIRS ANALYSIS**
Z.D. Gauthier, M.S. Fletcher, G.D. Miller, C.G Jones, T.M. Heinrich, S.L. Collins and M.J. Berry. Wake Forest University, Winston-Salem, NC
- P293 NEIGHBORHOOD ACCESS TO HEALTHY FOODS AND WEIGHT-RELATED HEALTH STATUS IN ELEMENTARY SCHOOL-AGED YOUTH**
K. Priester, M. Freeman, E. I. Ackley. Roanoke College, Salem, VA
- P294 ACUTE EFFECTS OF CAFFEINE INGESTION ON VELOCITY AND POWER OUTPUT DURING RESISTANCE EXERCISE**
Jake Mintz, Thomas Degrange, Will Jackson, Tyler Williams, Rebecca Rogers, Mallory Marshall, John Petrella, Christopher Ballmann. Dept. of Kinesiology, Samford University, Birmingham, AL
- P295 LONG-TERM EFFICACY OF CONVERTING NITRATE IN BEETROOT JUICE TO PLASMA NITRITE**
S.L. Collins, D. Kim-Shapiro, M.J. Berry, G.D. Miller, Wake Forest University, Winston-Salem, NC
- P296 INFLUENCE OF MODIFIED STARCHES ON MENTAL PERFORMANCE AND PHYSICAL ENDURANCE FOLLOWING EXHAUSTIVE EXERCISE**
C. Herman, G. Sandri Heidner, L. Wentz, J. Farrior, R. Dodson, N. Murray. East Carolina University, Greenville, NC
- P297 PACING STRATEGY ADHERENCE DURING AN ENDURANCE CYCLING EVENT**
HA Yoder^{1,2}, CL Keeter², NM Sauls², CX Muñoz³, JE Wingo¹, EC Johnson², and LE Armstrong⁴. ¹University of Alabama, Tuscaloosa, AL; ²University of Wyoming, Laramie, WY; ³University of Hartford, West Hartford, CT; ⁴University of Connecticut, Storrs, CT
- P298 EFFECTS OF ACUTE BEETROOT JUICE SUPPLEMENTATION ON BENCH PRESS POWER, VELOCITY, AND VOLUME**
Mary Page Martin, Tyler Williams, Rebecca Rogers, Christopher Ballmann. Dept. of Kinesiology, Samford University, Birmingham, AL
- P299 RECREATIONAL RUNNERS LACK HYDRATION KNOWLEDGE AND PLACE LITTLE IMPORTANCE ON FLUID REPLACEMENT GUIDELINES**
B.A. Davis¹, R.S. Farley², J.M. Coons², D.K. Fuller², E.K. O'Neal³, J.L. Caputo². ¹Kentucky Wesleyan College, Owensboro, KY; ²Middle Tennessee State University, Murfreesboro, TN; ³University of North Alabama, Florence, AL

10:00-10:50 SYMPOSIUM SESSION XI (Ballroom G)

S11 Sitting is the New Smoking: Acute Sitting and Chronic Whole-Body Cardiovascular Assault

Daniel Credeur¹, Katie Burnet², Elizabeth Kelsh², Lee Stoner (FACSM)², ¹University of Southern Mississippi, Hattiesburg, MS; ²University of North Carolina, Chapel Hill, NC
Chair: David Hryniak, University of Virginia

10:00-10:50 TUTORIAL SESSION XIV (Ballroom H)

T19 Considerations for Qualitative and Quantitative Analysis of Wearable Technology

J.A. Bunn¹ and L.C. Eschbach²; ¹ Campbell University, Buies Creek, NC; ² Valencell Inc., Raleigh, NC
Chair: Jennifer Caputo, Middle Tennessee State University

10:00-10:50 SYMPOSIUM SESSION XII (Redbud)

S12 Exercise Is Medicine-On Campus: Going for Gold, Lessons Learned from Small, Medium and Large Campuses

J.A. Steeves¹, J.F. Oody¹, T. Haydu¹, L. G. Marttala¹, K.L. Peyer², K. Hahn², R.L. Morgan³, E.C. Fitzhugh³; ¹Maryville College, Maryville, TN, ²University of Tennessee-Chattanooga, TN, ³University of Tennessee-Knoxville, TN
Chair: Brian Kliszczewicz, Kennesaw State University

11:00-12:00 HENRY J. MONTOYE AWARD LECTURE 2019 (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 University
Introduction: Mike McKenzie, Ph.D., SEACSM Past President, Appalachian State University

12:00-2:00 SEACSM LUNCHEON AND LECTURE (Ballroom A&B)

Cardiovascular Health: A Potential Hurdle in the Upcoming Space Race

Michael Delp, Ph.D., Dean, College of Human Sciences, Florida State University
Presiding: Lynn Panton, Ph.D., SEACSM President, Florida State University
Introduction: Lynn Panton, Ph.D., SEACSM President, Florida State University

2:00-3:00 SEACSM EXECUTIVE BOARD MEETING (Teal)

SEACSM CLINICAL TRACK (Ballroom H)

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

FRIDAY, February 15, 2019

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)

4:40 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

6:30-7:30 CLINICAL TRACK RECEPTION (Ballroom F)

SATURDAY, February 16, 2019

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

11:45 Closing Remarks

12:55 Adjourn

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