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## FRIDAY OCTOBER 29, 2021

Event	Time	Speaker and Topic	Location
Registration	7:30 a.m.-5:00 p.m.		
Demonstration/Workshop	8:00-9:00 a.m.	<b>Using Ultrasound to Measure Muscle Characteristics and Blood Flow: Demonstrations and Hands-On Experience</b> Wayne Johnson, PhD Pat Vehrs, PhD, FACSM	Emerald Bay I & II
Demonstration/Workshop	8:00-9:00 a.m.	<b>Exercise is Medicine - On Campus: Road to Gold and Preparation for Community Engagement</b> Steven Loy, PhD, FACSM Jason Ng, PhD	Emerald Bay III
General Session DB Dill Lecture 1	9:15-10:45 A.M.	<b>Weight Loss Disparities among Black and White Women: Twenty Years of Clinic Partnerships, Research, Recruitment, Enrollment, Randomization, and Outcomes</b> NiCole R. Keith, PhD, FACSM	Pacific Ballroom III & IV
Undergraduate Student Research Competition	11:00 a.m.-12:30 p.m.	Moderator: James Navalta, PhD	Emerald Bay
Symposium 1	11:00 a.m.-12:30 p.m.	<b>Nutrition in the MLB and NBA: Energy Needs, Challenges, and Myths</b> Becci Twombly, RDN	Pacific III
Symposium 2	11:00 a.m.-12:30 p.m.	<b>Do We Know Squat? Perspectives from Biomechanics and Physiology</b> Sean P. Flanagan, PhD Jill L. McNitt-Gray, PhD	Pacific IV
LUNCH	12:30-1:45 p.m.	See Guidebook App or website for nearby restaurants	
Graduate Student Research Competition	1:45-3:15 p.m.	Moderator: Jenevieve L. Roper, PhD	Emerald Bay
Symposium 1	1:45-3:15 p.m.	<b>Lessons Learned About Fasting and Meal Timing: Why Not Eating Might Be Beneficial and What Behaviors Can Make Fasting Behavior More Sustainable</b> Bruce W. Bailey, PhD, FTOS, FACSM Landon Deru, MS, MBA, ACT	Pacific III
Symposium 2	1:45-3:15 p.m.	<b>Training, Fitness, and Injuries for Tactical Operators</b> Karen Kelly, PhD Robert Lockie, PhD	Pacific IV
General Session DB Dill Lecture 2	3:30-5:00 p.m.	<b>ATP Usage in a World Class Marathon: An Integrative Topic</b> L. Bruce Gladden, PhD, FACSM	Pacific III & IV
Poster Session 1	5:00-7:00 p.m.	Pacific I & II	
JEOPARDY	7:00-8:30 p.m.	Moderators Matt Lee, Ph.D., FACSM James Navalta, Ph.D., FACSM	Pacific III & IV

## SATURDAY OCTOBER 30, 2021

Event	Time	Speaker and Topic	Location
Registration	7:30 a.m.-12:30 p.m.		
Symposium 1	8:00-9:00 a.m.	<b>Leadership in Sport, Science, and Academics</b> Timothy P. White, PhD, FACSM	Pacific III
Symposium 2	8:00-9:00 a.m.	<b>Heart Failure and Transplantation: From the Personal Perspective of an Exercise Physiologist</b> Fred W. Kolkhorst, PhD, FACSM	Pacific IV
General Session Founder's Lecture	9:15-10:45 a.m.	<b>Designing and Implementing Pediatric Physical Activity Interventions with Equity in Mind</b> Rebecca Hasson, PhD, FACSM	Pacific III & IV
Symposium 1	11:00 a.m.-12:30 p.m.	<b>Anaerobic Threshold 50+ Years of Controversy</b> George A. Brooks, PhD, FACSM L. Bruce Gladden, PhD, FACSM Michael C. Hogan, PhD, FACSM Harry B. Rossiter, PhD, FACSM	Pacific III
Symposium 2	11:00 a.m.-12:30 p.m.	<b>7 Summits: Tales from the Top(s) of the World</b> Dale Wagner, PhD, FACSM	Pacific IV
Poster Session 2	12:30-2:30 p.m.		Pacific I & II