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**FRIDAY OCTOBER 28, 2022**

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| Event | Time | Speaker and Topic | Location |
| Registration | 7:30 a.m.-5:00 p.m. |  | |
| General Session  DB Dill Lecture 1 | 9:15-10:45 A.M. | **The Learning Connection: How nutrition, nurturing, and activity help build a healthy kid**  Anastasia Fischer, MD, FACSM | Pacific Ballroom III & IV |
| Undergraduate Student Research Competition | 11:00 a.m.-12:30 p.m. | Moderator: James Navalta, PhD, FACSM | Emerald Bay |
| Symposium 1 | 11:00 a.m.-12:30 p.m. | **Food-Based Options to Supplement for Exercise Performance**  Ryan Nuccio, MS | Pacific III |
| Symposium 2 | 11:00 a.m.-12:30 p.m. | **Lower extremity biomechanics: The effect of fatigue, surgery and load on bilateral symmetry**  Michele LeBlanc, PhD, FACSM  Gerwyn Hughes, PhD  Kara Radzak, PhD, ATC | Pacific IV |
| LUNCH | 12:30-1:45 p.m. | See Guidebook App for nearby restaurants |  |
| Graduate Student Research Competition | 1:45-3:15 p.m. | Moderator: Jeff Bernard, PhD | Emerald Bay |
| Symposium 1 | 1:45-3:15 p.m. | **Environmental Physiology: From Clinic to Military**  Andrew Greenfield, MS  Hunter Paris, PhD | Pacific IV |
| Symposium 2 | 1:45-3:15 p.m. | **Exploring the Male Athlete Triad – A Clinician’s Guide**  Michelle Barrack, PhD  Aurelia Nattiv, MD  Michael Fredericson, MD | Pacific III |
| Symposium 3 | 3:30-5:00 p.m. | **Influence of Heat Stress on various physiological systems**  Jayson Gifford, PhD  Robert Hyldahl, PhD  Gary Mack, PhD  Brad Nelson, PhD | Pacific III |
| Symposium 4 | 3:30-5:00 p.m. | **Obesity treatment: Weight loss vs. increasing fitness and activity for reducing health risks**  Glen Gaesser, PhD, FACSM | Pacific IV |
| Symposium 5 | 3:30-5:00 p.m. | **Skeletal Muscle Adaptations to Exercise: Biomarkers, Sex, and the Microbiome**  James Bagley, PhD  Gwenaelle Begue, PhD  Steven Machek, PhD  Taylor Valentino, PhD | Emerald Bay |

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| Event | Time | Speaker and Topic | Location |
| Poster Session 1 | 5:00-7:00 p.m. | Pacific I & II | |
| JEOPARDY | 7:00-8:30 p.m. | Moderators  Sarah Camhi, PhD, FACSM | Pacific III & IV |

**SATURDAY OCTOBER 29, 2022**

| Event | Time | Speaker and Topic | Location |
| --- | --- | --- | --- |
| Registration | 7:30 a.m.-12:30 p.m. |  | |
| Workshop | 8:00-9:00 a.m. | **Career Fair – From Certifications to Employed**  Francis Neric, MS, MBA  Heather Turner, CAE  Katherine Schowengerdt, BS | Emerald Bay |
| General Session  Founder’s Lecture | 9:15-10:45 a.m. | **Identifying the physiological demands of free-range humans in the wild and away from the laboratory**  Brent Ruby, PhD, FACSM | Pacific III & IV |
| Symposium 1 | 11:00 a.m.-12:30 p.m. | **Clinical Exercise Physiology Education to Employment in a Real-World Practice: Lessons Learned from Mayo Clinic**  Donna Cataldo, PhD  Robert Scales, MD | Pacific III |
| Symposium 2 | 11:00 a.m.-12:30 p.m. | **Resistance training and Health: A summary of the epidemiologic literature and suggestions for future research**  Bill Boyer, PhD  Sarah Camhi, PhD, FACSM | Pacific IV |
| Poster Session 2 | 12:30-2:30 p.m. | Pacific I & II | |
| ACSM Career Session | 12:30-12:30 p.m. | Emerald Bay 1,2,3 | |