The 2020 Texas ACSM annual conference will be held Thursday, February 20 and Friday, February 21 at the Waco Convention Center located at 100 Washington Avenue in Waco, TX. We have both our clinical and science tracks again this year to provide more variety to the meeting. Our vendor booths will be open both days in Chisholm Hall. Please stop by and visit them early and stay late. Parking is free this year in Heritage Square surrounding the Waco Convention Center.

Thursday afternoon is packed with stimulating topics and dynamic speakers. We will start with the “New to Texas” tutorial lecture by Dr. Jody Greaney from the University of Texas at Arlington. SRDA presentations will continue with five-minute presentation rounds and competition for additional monies to be given to first, second, and third place winners. Additionally, we have presentations from Dr. Frank Dinenno, a National ACSM award winner from Colorado State University, followed by Dr. Grant Simmons from the Nike Sport Research Lab. The science track will conclude Thursday with concurrent sessions from Dr. Hiro Tanaka, past TACSM president, from the University of Texas at Austin and the Gatorade Sports Science Institute Talk given by Lisa Heaton.

The clinical track presentations stand to be equally engaging and begin Thursday at 2:55 p.m. with a professional roundtable presentation from several experts in the fields of medicine, athletic training, physical therapy, nutrition, and sports psychology followed by Dr. Sushmita Purkayastha from Southern Methodist University who will present about cerebral flow impairments following concussion. Dr. Stephen Singleton from Fort Worth Orthopedics concludes the clinical track presentations on Friday at 10:30 a.m.

Poster set-up begins Thursday from 1:00 to 4:00 p.m. with viewing and judging from 5:30 to 7:30 p.m. The social starts at 6:00 p.m. and will not disappoint with finger foods and complimentary beer and wine in Chisholm Hall. For those that are interested, there will be an informal meet and greet at Cricket’s Grill & Drafthouse which is within walking distance across from the Waco Convention Center. Posters will remain up both days this year. Please make sure to take your posters down Friday from 2:00 to 4:30 p.m.

Friday starts bright and early with the TACSM Student Bowl XI competition. We will have complimentary continental breakfast available as well. Tutorial lectures begin with our Honor Award recipient, Dr. Stephen Crouse from Texas A&M University. After a lunch from Miller’s Smokehouse, Dr. Paul Fadel will be giving this year’s Raven Lecture followed by Dr. Ollie Jay from the University of Sydney presenting the inaugural TACSM International Scholar’s Lecture. Presentations will conclude with power packed, concurrent sessions by Dr. Kenneth Clark from West Chester University and Dr. Christopher Hearon, Jr. from the Institute for Exercise & Environmental Medicine and UT Southwestern. We will conclude with the awards ceremony at 3:50 p.m. as we close out the 2020 Annual Meeting.

Abstract and other meeting related deadlines as well as dates for registration have been posted so see the Texas ACSM website (www.tacsm.org) and download the meeting app. We look forward to seeing you all this spring in Waco.

Scott L. Davis
2019-2020 President and Program Chair
Thurs., February 20, 2020

1:00-5:00 p.m.  Registration opens for on-site
Registration and name badge pickup
Vendor Booths open
Room: Chisholm Hall

1:00-4:00 p.m.  Poster set-up opens. Posters remain up until
Friday afternoon (2:00 p.m.).
Room: Chisholm Hall

1:00-1:30 p.m.  Abstract/poster award judges meeting
Room: DeCordova Room

Water station – Lite snack
Room: Chisholm Hall

2:00-2:45 p.m.  Concurrent Sessions

New to Texas Investigator Lecture
Jody L. Greaney, Ph.D., FACSM
University of Texas at Arlington
Title: Vascular Dysfunction in Young Adults with Depression: Mechanisms and Modifiers
Room: McLennan Hall 208/209

SRDA Presentations
Rapid Fire
Room: McLennan Hall 207

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2:55-3:40 p.m.  Concurrent Sessions

Tutorial Lecture
Frank A. Dinenno, Ph.D.
Colorado State University
Title: Novel Mechanisms of Vascular Control in Contracting Skeletal Muscle of Humans
Room: McLennan Hall 208/209

3:50-4:35 p.m.  Concurrent Sessions

Tutorial Lecture
Grant H. Simmons, Ph.D.
Principal Researcher
Nike Sport Research Lab
Title: Applied Research in the NSRL: Translation and Application of Science in Product Innovation
Room: McLennan Hall 208/209

Clinical Lecture
Susmita Purkayastha, Ph.D.
Southern Methodist University
Title: Cerebral Blood Flow Regulation Following a Mild Traumatic Brain Injury
Room: McLennan Hall 207

4:45-5:30 p.m.  Concurrent Sessions

TASCM Past President Lecture
Hiro Tanaka, Ph.D., FACSM
University of Texas at Austin
Title: Underappreciated Mode of Exercise to Reduce Mortality and to Improve Vascular and Sexual Functions
Room: McLennan Hall 208/209
Thurs., February 20, 2020 (continued)

Tutorial Lecture
Lisa E. Heaton, MS, RD, CSSD
Gatorade Sports Science Institute
Title: Navigating Nutrition and Athletic Performance Goals in Athletes with Unique Dietary Needs
Room: McLennan Hall 207

Sponsored by

5:30-7:30 p.m. TACSM Student Research Poster Session
View all 2020 Posters while enjoying the Social.
Room: Chisholm Hall

6:00-8:30 p.m. TACSM Social
Finger foods and complimentary beer/wine to enjoy while viewing posters.
Room: Chisholm Hall

Sponsored by

8:30 p.m. Informal post meet/greet after the social at Cricket’s Grill & Drafthouse (221 Mary Avenue, Waco, TX 76701)

Fri., February 21, 2020

7:00 a.m.-12:00 p.m. On-site registration and name badge pick-up
Room: Chisholm Hall

7:00-9:00 a.m. Coffee and continental breakfast
Room: Chisholm Hall

7:30-8:00 a.m. Student Bowl team/referee/scorekeeper check-in.
Room: McLennan Hall 207
Teams that are not checked in by 7:30 a.m. will be disqualified and will not be able to participate.

8:00-10:15 a.m. Student Bowl XI Competition
Room: McLennan Hall 208/209

Sponsored by 2020 University Partner

8:00 a.m.-4:00 p.m. Vendor/Sponsor booths open
Room: Chisholm Hall

10:30-11:30 a.m. Concurrent Sessions
Presentation of TACSM Service Award and Honor Award Presentations
Room: McLennan Hall 208/209

TACSM Honor Award Lecture
Stephen F. Crouse, Ph.D., FACSM
Texas A&M University
Title: Lipoproteins to Football Players: An “It Just So Happened” Research Career
Room: McLennan Hall 208/209

Clinical Lecture
Steven B. Singleton, M.D.
Texas Health Resources
TCU Team Physician
Title: OrthoBiologics: Current Review
Room: McLennan Hall 207

11:30-11:50 a.m. TACSM Business Meeting
Room: McLennan Hall 208/209

12:00-1:00 p.m. Lunch provided by Miller’s Smokehouse
Room: Chisholm Hall

TACSM Annual Meeting Program
1:00-1:50 p.m.  
**Raven Lecture**  
Paul J. Fadel, Ph.D., FACSM  
University of Texas at Arlington  
Title: Sympathetic Vascular Transduction in Human Health and Disease  
Room: McLennan Hall 208/209  

2:00-2:45 p.m.  
**TACSM International Scholar Lecture**  
Ollie Jay, Ph.D., FACSM  
University of Sydney  
Title: Managing Extreme Heat Stress: From Elite Sport to Vulnerable Communities  
Room: McLennan Hall 208/209  

Sponsored by  

2:55-3:40 p.m.  
**Concurrent Sessions**  

**Tutorial Lecture**  
Kenneth P. Clark, Ph.D.  
West Chester University  
Title: Building a Career in Applied Physiology and Biomechanics  
Room: McLennan Hall 208/209  

**TACSM Postdoctoral Lecture**  
Christopher M. Hearon Jr, Ph.D.  
UT Southwestern Medical Center  
Institute for Exercise & Environmental Medicine  
Title: Exercise in Heart Failure: Can We Kick Start the Heart?  
Room: McLennan Hall 207  

2:00-4:30 p.m.  
Poster break-down  

3:50-4:30 p.m.  
Election results, recognitions, student award presentations, and transfer of Presidency  
Room: McLennan Hall 208/209  

4:30 p.m.  
Adjournment
We would like to thank National ACSM and GSSI for the continued support of regional chapters!
University Conference Partner

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Thank you for all the support provided by the Department of Applied Physiology & Wellness staff at Southern Methodist University and the School of Exercise & Sport Science staff at the University of Mary Hardin-Baylor for the 2020 Annual Meeting!!