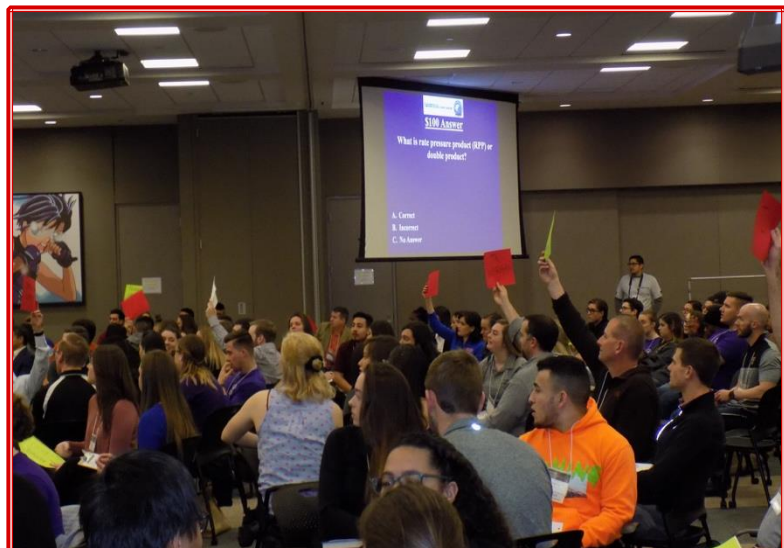
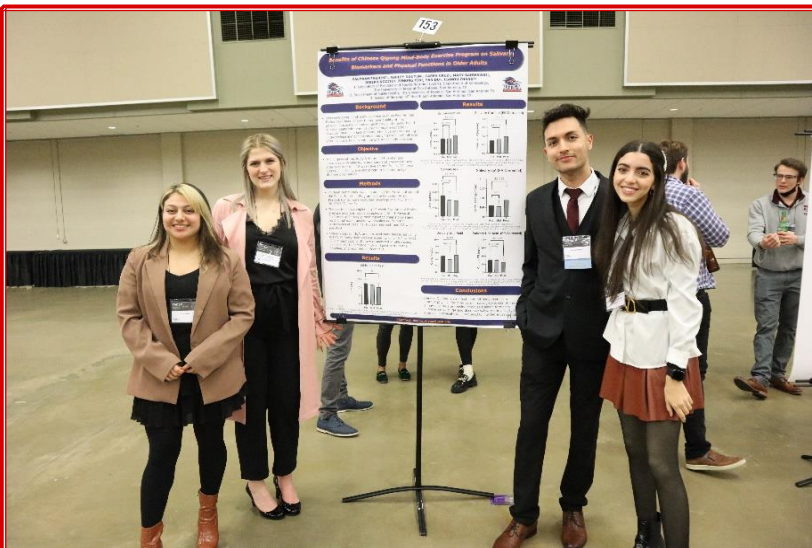




**TACSM**  
Texas Chapter  
American College of Sports Medicine



## 2023 TACSM Annual Meeting Program

February 23<sup>rd</sup>-24<sup>th</sup>

Waco Convention Center  
Waco, Texas



**TACSM**  
Texas Chapter  
American College of Sports Medicine

[www.tascm.com](http://www.tascm.com)



**AMERICAN COLLEGE  
of SPORTS MEDICINE**  
LEADING THE WAY

# Welcome Message



The 2023 Texas ACSM annual conference will be held Thursday, February 23<sup>rd</sup> and Friday, February 24<sup>th</sup> at the Waco Convention Center located at 100 Washington Avenue in Waco, TX. We have acquired a wide variety of speakers this year in hopes of offering a “little bit of something” for everyone in attendance. Our vendor booths will be open both days in Chisolm Hall. We encourage everyone to spend some time with our vendors during the meeting, as they make significant provision for our annual meetings. Parking is free this year in Heritage Square surrounding the Waco Convention Center.

Thursday afternoon will feature intuitive and stimulating topics with engaging speakers. We will start with the SRDA presentations, which 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. Edwin Davilla regarding diabetes and GLP-1/GIP agonists and roles in weight loss, followed by Dr. Joseph Pujol from Southeast Missouri State University discussing career growth and development at regional institutions and Dr. Scott Davis from Southern Methodist University will give our 2023 Past President talk. The Thursday afternoon concurrent sessions promise to be engaging and informative with Dr. Mark Faries from Texas A&M AgriLife Extension discussing perceptions, motivations, and regulation of exercise behaviors, as well as Dr. Phillip Bishop from the University of Alabama discussing academic productivity and time management techniques. To conclude Thursday’s talks, Dr. Jon Davis from PepsiCo will discuss recovery for team sport athletes in regards to hydration. TACSM will host the 1<sup>st</sup> annual Women of Physiology panel talk to close presentations on Day 1.

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 and graduate student fair starts at 5:30 p.m. and will not disappoint with finger foods and complimentary beer and wine in Chisolm 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 following the completion of the social. Posters will remain up both days for extended viewing but please remember to take your posters down Friday afternoon from 2:00 to 3:30 p.m.

Friday starts off with the always entertaining TACSM Student Bowl XIV competition. Tutorial lectures begin with our Honor Award recipient, Dr. Michael Reid from the University of Florida who will discuss physiologic stress in auto racing. Concurrently, we will have a clinical lecture by Dr. Lyssa Ochoa addressing primary interventions in regards to vascular surgery, amputations, and diabetes. This year’s Raven Lecture will be given by Dr. Scott Smith and Dr. Tinker Murray honoring TACSM’s founding father. After lunch, Dr. Loenneke from the University of Mississippi will be giving his talk regarding mechanisms of muscle growth and strength changes. Concurrently, Dr. Steve Crouse and Dr. Phil Bishop will be speaking on academic professionalism and matters of faith. Friday’s tutorial lectures will conclude with Dr. Dustin Joubert from St. Edward’s University discussing advancements in footwear and running performance. We will conclude with the awards ceremony from 3:00-4:00 p.m. as we close the 2023 Annual Meeting.

Abstract and other meeting-related deadlines, as well as dates for registration have been posted on the Texas ACSM website ([www.tacsm.org](http://www.tacsm.org)) where the meeting app can also be downloaded. We look forward to seeing you all in Waco this February.

A handwritten signature in black ink that reads "Eric Jones".

Eric Jones, Ph.D.  
2022-2023 President and Program Chair

## Conference Registration

To register online, go to the Texas ACSM website ([www.tacsm.org](http://www.tacsm.org)).

- Professional member: \$125.00
- Non-member professional: \$160.00 (plus 1-year chapter membership)
- Student member: \$45.00
- Non-member student: \$45.00 (plus 1-year chapter membership)

Early registration ends February 16<sup>th</sup> at which time rates will increase.

## Hotels

- **See TACSM website for more info**
- Courtyard by Marriott
- Hotel Indigo
- Aloft Waco
- Hampton Inn & Suites South
- Hilton Waco
- Residence Inn

**Visit the “Annual Meeting” page at [www.tacsm.org](http://www.tacsm.org) for more meeting information and reservation links.**

## Directions to the Conference

The Waco Convention Center is located in downtown Waco, TX. The physical address for the convention center is 100 Washington Avenue, Waco, TX 76701.

Attendees are asked to park in Heritage Square, a city block of surface parking located at 3rd Street and Austin Avenue, and bounded by 4th Street and Washington Avenue. Buses should be parked on this lot as well. Buses and vehicles taking more than one parking spot are not allowed in the parking lot facing Franklin Avenue.

**For detailed driving directions, please visit the Texas ACSM website ([www.tacsm.org](http://www.tacsm.org)).**

1:00-7:30 p.m.

**Registration opens for on-site registration and name badge pick-up.**  
*Room: Upper Lobby*

**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*

2:00-2:45 p.m.

## **Concurrent Sessions**

### **Tutorial Lecture**

**Dr. Edwin Davila, DO**

*Texas Institute for Graduate Medical Education and Research*

Title: GLP-1/GIP Agonists: Mechanisms of action to evidence on these diabetes agents. Are they the next “game changer” in weight-loss?  
*Room: Brazos Ballroom A*



## **Student Research Development Award Presentations**

### **2023 SRDA Presentation Finalists**

Title: Student Research Grant Finalist, Rapid Fire Session  
*Room: Brazos Ballroom B*

### **Sponsored by**



2:55-3:40 p.m.

## **Concurrent Sessions**

### **TASCM Past-President Lecture**

**Dr. Scott Davis, PhD**

*Southern Methodist University*

Title: Autonomic Dysfunction in Multiple Sclerosis: Implications on Thermoregulatory Function  
*Room: Brazos Ballroom A*



### **Tutorial Lecture**

**Dr. Joseph Pujol, PhD**

*Southeast Missouri State University*

Title: Career Growth and Development at Regional Institutions  
*Room: Brazos Ballroom B*



3:50-4:35 p.m.

## **Concurrent Sessions**

### **Tutorial Lecture**

**Dr. Mark Faries, PhD**

*Texas A&M Agrilife Extension Service*

Title: Exercise Sucks: Understanding Perceptions, Motivation, and Regulation of Exercise Behavior  
*Room: Brazos Ballroom A*

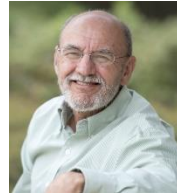


### **Tutorial Lecture**

**Dr. Phillip Bishop, EdD**

*University of Alabama*

Title: Managing Yourself: Academic Productivity and Time Management  
*Room: Brazos Ballroom B*



4:45-5:30 p.m.

## **Concurrent Sessions**

### **Roundtable Panel Lecture**

**Christine Florez; Dr. Isabella Balcells, DPT; Dr. Elisa Marroquin, PhD; Dr. Elizabeth Protas, PhD; Dr. Wendi Stewart, DHSc, PA-C**

Title: Empowerment Round Table: Women in Science

*Room: Brazos Ballroom A*

### **Sponsored by**



### **GSSI Lecture**

**Dr. Jon Davis, PhD**

*Pepsico*

Title: Recovery for Team Sport Athletes: Lessons From the Field  
*Room: Brazos Ballroom B*



### **Sponsored by**



5:30-7:30 p.m.

## **TACSM Student Research Poster Session**

*View all 2023 Posters while enjoying the Social.*  
*Room: Chisholm Hall*

5:30-9:00 p.m.

## **TACSM Social & Graduate Fair**

Finger foods (Starts at 5:30) and complimentary beer/wine (bar opens 6pm) to enjoy while viewing posters and interact with university vendors for students pursuing graduate/professional programs.  
*Room: Chisholm Hall*

9:00 p.m.

Informal meet and greet after the social at **Cricket's Grill & Drafthouse.**

- 7:00 -11:30 a.m. **On-site registration and name badge pick-up**  
*Room: Upper Lobby*
- 7:00-9:00 a.m. **Coffee and continental breakfast**  
*Room: Chisholm Hal*
- 7:30-8:00 a.m. **Student Bowl team/referee/scorekeeper check-in**  
*Room: Brazos Ballroom*  
Teams that are not checked in by 7:30 a.m. will be disqualified.
- 8:00-9:45 a.m. **Student Bowl XIV Competition**  
*Who will take home the title and win a trip to Denver?*  
*Room: Brazos Ballroom*

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

10:00-10:50 a.m. **Concurrent Sessions**  
*Presentation of TACSM Honor Award at the conclusion of the lecture.*



**TASCM Honor Award Lecture**  
**Dr. Micheal Reid, PhD, FACSM**  
*University of Florida*  
Title: Physiologic Stress in Auto Racing  
*Room: Brazos Ballroom*

**Sponsored by** 



**Clinical Lecture**  
**Dr. Lyssa Ochoa, MD, FSVS, FACS**  
*San Antonio Vascular and Endovascular Clinic*  
Title: Peripheral Arterial Disease: An Opportunity to Unify Multidisciplinary Care  
*Room: McLennan Hall*

11:00-11:50 a.m.

**Raven Lecture**  
**Dr. Scott Smith, PhD**  
**Dr. Tinker Murray, PhD, FACSM**  
*UT Southwestern Univ. / Texas State Univ.*  
Title: A Celebration of Dr. Peter B. Raven; The Man Behind the Raven Lecture  
*Room: Brazos Ballroom*



**Sponsored by**



12:00-12:50 p.m.

**Lunch provided by**  
*Room: Chisholm Hall*



12:15-12:45 p.m.

**TACSM Business Meeting**  
*Room: Brazos Ballroom*

1:00-1:50 p.m.



### **Concurrent Sessions**

#### **Tutorial Lecture**

**Dr. Jeremy Loenneke, PhD, FACSM**  
*University of Mississippi*  
Title: Is Muscle Growth Really a Mechanism for Changes in Strength?  
*Room: Brazos Ballroom*



#### **Tutorial Lecture**

**Dr. Steven Crouse, PhD, FACSM**  
*Texas A&M University*  
**Dr. Phil Bishop, EdD**  
*University of Alabama*



Title: Leaving a Legacy that Lasts!  
*Room: McLennan Hall*  
**Sponsored by**



2:00-2:50 p.m.

#### **Tutorial Lecture**



**Dr. Dustin Joubert, PhD**  
*St. Edwards University*  
Title: Super Shoes – How Recent Footwear Advancements Have Revolutionized Running Performance  
*Room: Brazos Ballroom*

2:00-3:30 p.m.

#### **Poster break-down**

3:00-4:00 p.m.

#### **TACSM Awards Ceremony**

Election results, recognitions, student award presentations, and transfer of Presidency  
*Room: Brazos Ballroom*

4:00 p.m.

#### **Adjournment**