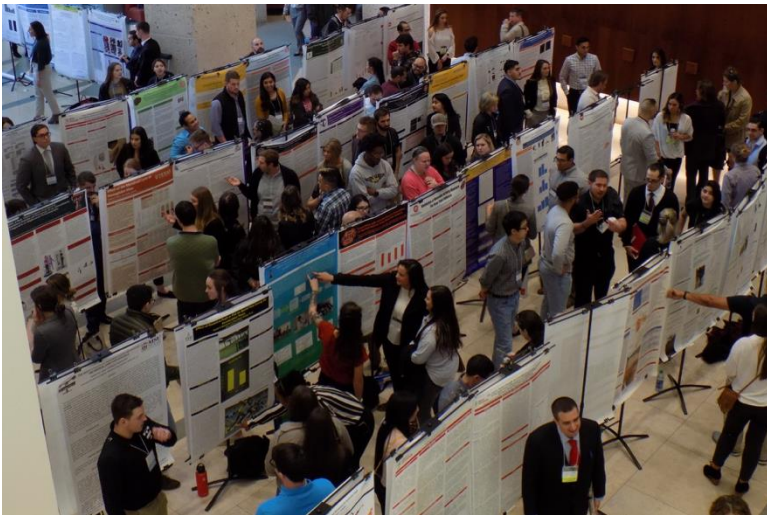
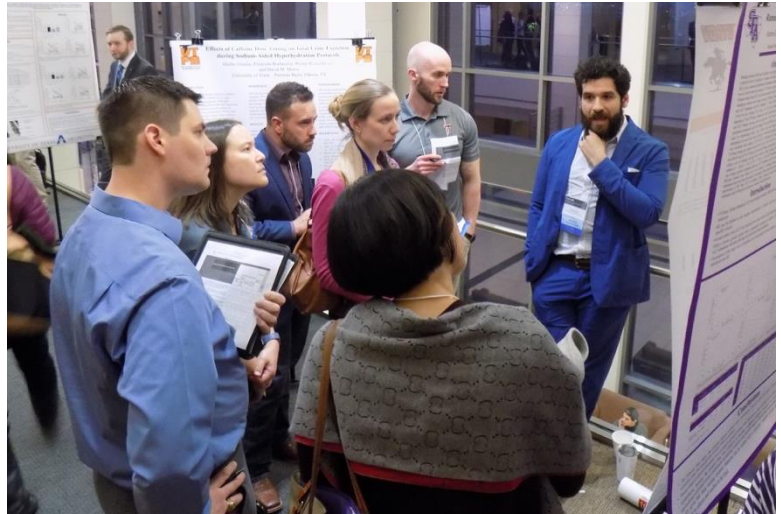


Texas Chapter American College of Sports Medicine



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

2022 TACSM Annual Meeting Program

February 24-February 25, 2022
Waco Convention Center
Waco, Texas

Welcome Message



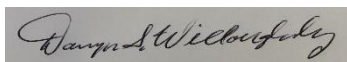
The 2022 Texas ACSM annual conference will be held Thursday, February 24th and Friday, February 25th at the Waco Convention Center located at 100 Washington Avenue in Waco, TX. We have both our clinical and science tracks again this year to provide more variety to the meeting. Our vendor booths will be open both days in Chisolm 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 will feature intuitive and stimulating topics with engaging speakers. We will start with the “New to Texas” tutorial lecture by Dr. Panos Koutakis from Baylor University. The 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 EXOS regarding athletic performance, followed by Dr. John Lawler from Texas A&M University regarding spaceflight sarcopenia. The Thursday afternoon clinical track presentations should be engaging and informative with Dr. Chris Miars from Southwest Sports Medicine discussing the use of musculoskeletal ultrasound in orthopedic diagnostics and treatment. Next, Physician Assistants Wendi Stewart and Blaine French from the University of Mary Hardin-Baylor will discuss orthopedics from a physician assistant’s perspective. The clinical talks will conclude on Thursday with Dr. Jacob Brewer from Hardin Simmons University discussing the neuroscience and neuroanatomy of pain and sports medicine. Our 2022 Past-President talk will be one of our closing talks on Day 1 with Dr. Matt Brothers from University of Texas at Arlington giving the TACSM Past President talk.

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 & Draffhouse which is within walking distance across from the Waco Convention Center. Posters will remain up both days this year for extended viewing but please take your posters down Friday from 2:00 to 3:30 p.m.

Friday begins with the TACSM Student Bowl XIII competition. Tutorial lectures begin with our Honor Award recipient, Dr. Hiro Tanaka from the University of Texas and he will discuss global and exotic research in the field of exercise physiology. There will also be a lecture by Francis Neric regarding ACSM certifications. After lunch, Dr. Arny Ferrando from the University of Arkansas Medical School will be giving this year’s Raven Lecture regarding protein homeostasis in the stress state. Dr. Jakob Vingren from the University of North Texas will follow discussing alcohol and exercise while Dr. Elisa Morales from the University of Texas Southwestern Medical School will be delivering our “Postdoctoral” lecture regarding the role of the gut microbiota regulation body weight. Friday’s tutorial lectures will conclude with Dr. Mike Roberts from Auburn University discussing viewing muscle hypertrophy through a magnifying glass and we will welcome our first speaker from USA Weightlifting. We will conclude with the awards ceremony at 3:50 p.m. as we close out the 2022 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.



Darryn Willoughby
2021-2022 President and Program Chair

Conference Registration

To register online, go to the Texas ACSM website (www.tacsm.org)

- Professional member: \$90.00
- Non-member professional: \$125.00 (plus 1-year chapter membership)
- Student member: \$35.00
- Non-member student: \$35.00 (plus 1-year chapter membership)

Early registration ends February 16 at which time rates will increase.

Hotels

- **Reservation links coming soon**
- Courtyard by Marriott
- Hotel Indigo
- Aloft Waco
- Hampton Inn & Suites South
- Hilton Waco
- Residence Inn

Visit the “Annual Meeting” page at 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 and Austin, and bounded by 4th St. and Washington Ave. 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)

Program: Thursday, February 24, 2022

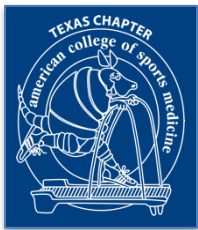
1:00-5:00 p.m. **Registration opens for on-site
Registration and name badge pickup
Vendor Booths open**
Room: Upper Lobby

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

1:00-1:30 p.m. **Abstract/poster award judges
meeting**
Room: Decordova Room
Water station
Room: Chisholm Hall

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

New to Texas Investigator Lecture
Panos Koutakis, Ph.D., FACSM
Baylor University
Title: Using microRNAs in the
Development of Therapeutic Treatments
Room: Brazos Ballroom A



SRDA Presentations
Rapid Fire
Title: Student SRDA Winner Presentations
Room: Brazos Ballroom B

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

EXOS Sponsored Talk
Josh Adams, MS, CSCS,
NSCA-CPT
*Children's Health Andrews Institute for
Orthopaedics & Sports Medicine*
Title: TBD
Room: Brazos Ballroom A

Clinical Track
Chris Miars, DO
*Baylor Scott & White Hillcrest/Southwest
Sports Medicine*
Title: Use of musculoskeletal ultrasound in
orthopedic diagnostics and treatment
Room: Brazos Ballroom B

3:50-4:35 p.m.

Concurrent Sessions

Tutorial Lecture
John Lawler, PhD
Texas A&M University
Title: Spaceflight Sarcopenia: Solutions in
Redox Biology
Room: Brazos Ballroom A

Clinical Lecture
***Wendi Stewart and Blaine
French***
University of Mary Hardin-Baylor
Title: Orthopedics from a Physician
Assistant Perspective
Room: Brazos Ballroom B

4:45-5:30 p.m.

Concurrent Sessions

TACSM Past President Lecture
Matthew Brothers, PhD
University of Texas at Arlington
Title: TBD
Room: Brazos Ballroom A

Clinical Lecture
Jacob Brewer, DPT, PhD
Hardin Simmons University
Title: The Neuroscience and
Neuroanatomy of Pain for Sports
Medicine: A Review and the New
Room: Brazos Ballroom B

5:30-7:30 p.m.

TACSM Student Research Poster Session
View all 2022 Posters while enjoying the Social.
Room: Chisholm Hall

5:30-8:30 p.m.

TACSM Social & Graduate Fair
Finger foods and complimentary beer/wine
to enjoy while viewing posters and interact
with university vendors for students
pursuing graduate/professional school
programs.
Room: Chisholm Hall

8:30 p.m.

Informal post meet/greet after the social
at Cricket's Grill & Draffhouse (221 Mary
Avenue, Waco, TX 76701)

Program: Friday, February 25, 2022

7:00 -11:30 a.m.	On-site registration and name badge pick-up <i>Room: Upper Lobby</i>	1:00-1:50 p.m.	<u>Raven Lecture</u> <i>Army Ferrando, Ph.D.</i> <i>University of Arkansas Medical School</i> <u>Title:</u> Protein Homeostasis in the Stress State <i>Room: Brazos Ballroom</i>
7:00-9:00 a.m.	Coffee and continental breakfast <i>Room: Chisholm Hal</i>		
7:30-8:00 a.m.	Student Bowl team/referee/scorekeeper check-in. <i>Room: Brazos Ballroom</i> Teams that are not checked in by 7:30 a.m. will be disqualified and will not be able to participate.	2:00-2:45 p.m.	<u>Concurrent Sessions</u> <u>Tutorial Lecture</u> <i>Jakob Vingren, Ph.D.</i> <i>University of North Texas</i> <u>Title:</u> Alcohol and Exercise <i>Room: Brazos Ballroom</i>
8:00-10:15 a.m.	<u>Student Bowl XIII Competition</u> <i>Room: Brazos Ballroom</i>		<u>TACSM Postdoctoral Lecture</u> <i>Elisa Morales, Ph.D.</i> <i>UT Southwestern Medical Center</i> <u>Title:</u> Role of the Gut Microbiota Regulating Body Weight <i>Room: McLennan</i>
8:00 a.m.-4:00 p.m.	Vendor/Sponsor booths open <i>Room: Chisholm Hall</i>	2:55-3:40 p.m.	<u>Concurrent Sessions</u> <u>Tutorial Lecture</u> <i>Mike Roberts, Ph.D.</i> <i>Auburn University</i> <u>Title:</u> Viewing Muscle Hypertrophy Through a Magnifying Glass <i>Room: Brazos Ballroom</i>
10:30-11:30 a.m.	<u>Concurrent Sessions</u> <i>Presentation of TACSM Service Award at the conclusion of the lecture.</i> <u>TACSM Honor Award Lecture</u> <i>Hiro Tanaka, Ph.D., FACSM</i> <i>University of Texas</i> <u>Title:</u> Global and Exotic Research in Exercise Physiology Beyond the Border <i>Room: Brazos Ballroom</i> <u>Tutorial Lecture</u> <i>Francis Neric</i> <i>American College of Sports Medicine</i> <u>Title:</u> ACSM Certifications: Defining An Exercise Profession And How To Succeed In The Exercise Profession <i>Room: McLennan</i>	2:00-3:30 p.m.	<u>USA Weightlifting Sponsored Talk</u> <i>Mike Gattone</i> <i>Senior Director of Performance and Coach Education at USA Weightlifting</i> <u>Title:</u> Biomechanics and Physiology of the Olympic Lifts: Why they are good tools for your toolbox? <i>Room: McLennan</i>
11:30-11:50 a.m.	TACSM Business Meeting <i>Room: McLennan</i>	3:45-4:30 p.m.	Poster break-down Election results, recognitions, student award presentations, and transfer of Presidency <i>Room: Brazos Ballroom</i>
12:00-1:00 p.m.	Lunch provided by TBD <i>Room: Chisholm Hall</i>	4:30 p.m.	Adjournment

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