

**SOUTHEAST AMERICAN COLLEGE OF SPORTS MEDICINE
2010 ANNUAL MEETING SCHEDULE (OUTLINE)**

THURSDAY, February 11, 2010

- 12:00-2:00 **SEACSM EXECUTIVE BOARD MEETING (Board Room)**
- 1:00-6:00 **REGISTRATION (Main Lobby)**
- 4:00-9:00 **EXHIBITS (Prefunction Area)**
- 4:00-5:15
S1 **SYMPOSIUM (S1) (Redbud)**
Neural Rehabilitation: From Molecule to Muscle to Man
- 4:00-5:30
S2 **SYMPOSIUM (S2) (Regency Ballrooms B&C)**
Ultrasound Assessment of Arterial Health & Function
- 4:00-5:30 **ORAL FREE COMMUNICATIONS (O1-O6) (Regency Ballroom D)**
Fitness/Testing/Assessment; Body Composition/Energy Balance/Weight Control
- 4:00-6:00 **STUDENT AWARD POSTER PRESENTATIONS
(DP1-10, MUP 1-10) (Regency Ballroom A)**
Authors Present 4:30-6:00
- 5:00-6:30
S3 **SYMPOSIUM (S3) (Regency Ballrooms E&F)**
Effort Perceptions and Attentional Process: The State of the Art
- 5:30-6:30
T1 **TUTORIALS (T1-T2)**
Time Management and Personal Effectiveness in Academia for Students and Faculty (**Redbud**)
- T2 Presenting Your Work Effectively (**Crepe Myrtle**)
- 7:30-9:00 **KEYNOTE ADDRESS (Continental Ballroom)**
“The Biological Basis to Fear Physical Inactivity”
Dr. Frank W. Booth, FACSM
Professor, Department of Physiology, School of Medicine, University of Missouri
Presiding: Dr. Alan C. Utter, FACSM, President SEACSM, Appalachian State University
- 9:00-11:00 **SEACSM SOCIAL (Regency Ballrooms A, B, & C)**
Support provided by Life Measurement, Inc. and Interim HealthCare, Inc.

FRIDAY, February 12, 2010

- 6:45-7:45 **WOMEN’S BREAKFAST (Regency Ballrooms E&F)**
(Registration Required) Support provided by **Bodystat**
The invited guest and presentation topic TBA
- 8:00-5:00 **REGISTRATION (Main Lobby)**
- 8:00-6:00 **EXHIBITS (Prefunction Area)**
- 8:00-9:15
S4 **SYMPOSIUM (S4) (Crepe Myrtle)**
The Role of Heat Shock Proteins in the Regulation of Skeletal Muscle Mass During and Following Cast Immobilization
- 8:00-9:30
S5 **SYMPOSIUM (S5) (Regency Ballrooms B&C)**
Aquatic Treadmill Exercise: Physiologic Costs and Training Benefits for Overweight and Obese Men and Women
- 8:00-9:15
T3 **TUTORIAL (T3) (Redbud)**
Off-Road Endurance Sports: Trail Running and Mountain Biking
- 8:00-9:00 **ORAL FREE COMMUNICATIONS (O7-O10) (Regency Ballroom D)**
Athletic Care/Trauma/Rehabilitation; Biomechanics/Gait/Balance

8:00-9:30	POSTER PRESENTATION I (P1-P24) (Regency Ballroom A) Authors Present 8:00-9:00 AM Fitness Testing/Assessment; Nutrition and Exercise/Sports
9:30-9:45	BREAK
9:45-10:45	ACSM PRESIDENTIAL ADDRESS (Continental Ballroom) "Physical Activity During Pregnancy and Postpartum" Dr. James M. Pivarnik, FACSM, President ACSM Professor, Department of Kinesiology & Epidemiology, Michigan State University
9:45-12:00	POSTER PRESENTATION II (P25-P48) (Regency Ballroom A) Authors Present 11:00-12:00 Metabolism/Carbohydrate, Lipid, Protein; Cardiovascular Physiology; Cellular Regulatory Mechanisms; Chronic Disease and Disability; Connective Tissue/Bone/Skeletal Muscle
10:45-11:00	BREAK
11:00-12:00 S6	SYMPOSIUM (S6) (Redbud) The Biomechanical Basis for Mild Traumatic Brain Injury
11:00-12:00 T4	TUTORIALS (T4-T5) Child's Play: Strategies to Improve Fundamental Motor Skill Development and Physical Activity in Young Children (Regency Ballroom E)
T5	What Every Scholar (Especially Students!) Should Know About Research Misconduct (Regency Ballrooms B&C)
11:00-12:00	ORAL FREE COMMUNICATIONS (O11-O14) (Regency Ballroom D) Nutrition and Exercise/Sports
12:00-1:15	PAST PRESIDENT'S LUNCH (Regency Ballroom F)
12:30-6:15	CLINICAL TRACK (Crepe Myrtle) Silver Level Supporters: SonoSite, Inc. and Interim HealthCare, Inc. Bronze Level Supporters: Acceleration Sports Institute, Harvest Technologies Corp., Proaxis Therapy, and Steadman Hawkins Clinic of the Carolinas
12:30-1:00 1:00-1:05	Platelet Rich Plasma Injections for Recalcitrant Tendinopathy: Ken Mautner, MD Discussion
1:05-1:35	Extracorporeal Shock Wave Therapy for Recalcitrant Plantar Fasciitis: Brian Thomson, MD
1:35-2:05 2:05-2:15	Bone Stimulators for Acute Fractures: Andrew Gregory, MD Discussion
2:15-2:30	Break
2:30-2:45 2:45-3:00 3:00-3:15	Fellow Case 1-Jacel Brooks, MD Fellow Case 2-Rachel Biber, MD Fellow Case 3-Tara Merritt, MD
3:15-3:45 3:45-4:00	Viscosupplement Injections for Osteoarthritis: Christian Lattermann, MD Break
4:00-5:00 5:00-6:00	Biomechanical Basis for mTBI: Stefan Duma, PhD Lessons Learned in Planning, Developing and Implementing a Computer-Based Neuropsychiatric Testing Center for Athletes at Risk for mTBI: Michael Collins, Ph.D.
6:00-6:15	Discussion
6:30-8:30	Clinical Reception (Redbud) Supported by SonoSite, Inc.

- 1:30-2:30 **BASIC SCIENCE LECTURE (Continental Ballroom)**
“Coupling of Old Age-Induced Cardiovascular Dysfunction and Osteoporosis”
 Dr. Michael D. Delp, FACS, Professor and Chair, Department of Physiology & Kinesiology,
 University of Florida
- 2:30-2:45 **BREAK**
- 2:45-4:15 **SYMPOSIUM (S7) (Regency Ballrooms E&F)**
 S7 The Anti-Inflammatory Effects of Exercise and Weight Loss: What, Where, How and Does It Take a
 Toll?
- 2:45-4:15 **TUTORIAL (T6) (Redbud)**
 T6 Mechanisms of Real-Time Motion Capture Using the Vicon System
- 2:45-4:15 **POSTER PRESENTATIONS III (P49-P72) (Regency Ballroom A)**
 Authors Present 2:45-3:45
 Body Composition/Energy Balance/Weight Control; Competitive Athletes; Epidemiology & Preventive
 Medicine
- 3:00-4:00 **TUTORIAL (T7) (Regency Ballroom B&C)**
 T7 Run Forrest Run! Trials, Tribulations, and Lessons Learned from Exercising Mice
- 3:00-4:00 **ORAL FREE COMMUNICATIONS (O15-O18) (Regency Ballroom D)**
 Environmental Physiology
- 4:30-5:30 **STUDENT BOWL (Continental Ballroom)**
Moderator: Dr. Michael Turner, UNC Charlotte
- 5:45-7:00 **SEACSM GRADUATE STUDENT FAIR (Regency Ballrooms A,B, & C)**

SATURDAY February 13, 2010

- 8:00-9:00 **REGISTRATION (Main Lobby)**
- 8:00-12:00 **EXHIBITS (Prefunction Area)**
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- 7:30-12:00 **CLINICAL TRACK PROGRAM (Crepe Myrtle)**
 Silver Level Supporters: **SonoSite, Inc.** and **Interim HealthCare, Inc.**
 Bronze Level Supporters: **Acceleration Sports Institute, Harvest Technologies Corp., Proaxis Therapy,**
 and **Steadman Hawkins Clinic of the Carolinas**
- 7:30-8:15 Ingestible Thermometers for Heat Illness Prevention: Eric Coris, MD
- 8:15-8:30 Fellow Case 4-David Scott, MD
- 8:30-8:45 Fellow Case 5-Kristina Wilson, MD
- 8:45-9:00 Fellow Case 6-Trace Julsen, MD
- 9:00-9:45 Prolotherapy: Brian Shiple, MD
- 9:45-10:00 **Break**
- 10:00-10:15 Fellow Case 7-Daymond McDuffey, MD
- 10:15-10:30 Fellow Case 8-Tommy McElroy, MD
- 10:30-10:45 Fellow Case 9-Matthew Pollack, MD
- 10:45-11:45 Office-Based Ultrasound-Guided Musculoskeletal Interventions:
 John McShane, MD
- 11:45-12:00 Voting for the best Fellow Case and Award Presentation; Planning Committee Recognition and Closing
 Remarks: Sean Bryan, MD
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- 8:00-9:00
T8 **TUTORIAL (T8-T9)**
The Long-Term Consequences of Lateral Ankle Sprains
(Regency Ballrooms E&F)
- T9 Neuroimaging Using MRI: A Crash Course for the Neophyte Neuroscientist **(Regency Ballrooms B&C)**
- 8:00-9:00 **ORAL FREE COMMUNICATIONS (O19-O22) (Regency Ballroom D)**
Psychology/Psychiatry/Behavior
- 8:00-9:00 **ORAL FREE COMMUNICATIONS (O23-O26) (Redbud)**
Body Composition/Energy Balance/Weight Control; Chronic Disease and Disability
- 8:00-9:45 **POSTER PRESENTATION IV (P73-P95) (Regency Ballroom A)**
Authors present 8:00-9:00
Endocrinology/Immunology/Hematology; Reproduction; Exercise Evaluation/Clinical; Environmental Physiology; Psychology/Psychiatry/Behavior
- 9:00-10:15 **HENRY J. MONTOYE SCHOLAR LECTURE (Continental Ballroom)**
A Researcher's Tale: Using Genetics to Figure Out Why We Aren't Active
Dr. J. Timothy Lightfoot, FACSM
Professor, Department of Kinesiology, University of North Carolina-Charlotte
- 10:15-10:30 **BREAK**
- 10:30-12:00
S8 **SYMPOSIA (S8-S9)**
Oxygen Uptake On-Kinetics: History, Mechanisms, and Effect of Aging
(Redbud)
- S9 Rethinking Exercise Rehabilitation for Patients with Modern Chronic Disease
(Regency Ballrooms B&C)
- 10:30-11:30
T10 **TUTORIAL (T10)**
Antioxidants in the Treatment/Prevention of Exercise-Induced Muscle Damage **(Regency Ballrooms E&F)**
- 10:30-11:45 **ORAL FREE COMMUNICATIONS (O27-O31) (Regency Ballroom D)**
Fitness/Testing/Assessment; Competitive Athletes
- 10:15-12:00 **POSTER PRESENTATION V (P96-P114) (Regency Ballroom A)**
Authors Present 10:15-11:15
Athletic Care/Trauma/Rehabilitation; Biomechanics/Gait/Balance, Fitness/Testing/Assessment
- 12:00-2:00 **SEACSM LUNCHEON AND LECTURE (Continental Ballroom)**
"Physical Activity as a Strategic Business Priority: Implications for Leadership, Workforce, and Policy"

Dr. Nicolaas P. Pronk, FACSM, FAWHP, Executive Director, Health Behavior Group
Vice President, Health and Disease Management, Senior Research Investigator,
HealthPartners Research Foundation, Minneapolis, Minnesota
- 2:00-4:00 **SEACSM EXECUTIVE BOARD MEETING (Board Room)**

**SOUTHEAST AMERICAN COLLEGE OF SPORTS MEDICINE
2010 ANNUAL MEETING SCHEDULE (COMPLETE)**

THURSDAY, February 11, 2010

- 12:00-2:00 **SEACSM EXECUTIVE BOARD MEETING (Board Room)**
- 1:00-6:00 **REGISTRATION (Main Lobby)**
- 4:00-9:00 **EXHIBITS (Prefunction Area)**
- 4:00-5:15
S1 **SYMPOSIUM (S1) (Redbud)**
NEURAL REHABILITATION: FROM MOLECULE TO MUSCLE TO MAN
Matthew C. Kostek¹, Stacy Fritz¹, Noelle Moreau². ¹University of South Carolina and ²Medical University of South Carolina.
Chair: Dr. Kevin Zwetsloot, Appalachian State University
- 4:00-5:30
S2 **SYMPOSIUM (S2) (Regency Ballrooms B&C)**
ULTRASOUND ASSESSMENT OF ARTERIAL HEALTH AND FUNCTION
Kevin McCully¹ FASCM, Ryan Harris², Michael Welsch³ FASCM, Jason Allen⁴ FASCM. ¹University of Georgia, ²Medical College of Georgia, ³Louisiana State University, ⁴Duke University
Chair: Dr. John Quindry, Auburn University
- 4:00-5:30 **ORAL FREE COMMUNICATIONS (O1-O6) (Regency Ballroom D)**
Fitness/Testing/Assessment; Body Composition/Energy Balance/Weight Control
Chair: Dr. Scott Collier, Appalachian State University
- O1 4:00 PREVALENCE OF CHILDHOOD OBESITY: A STUDY ON BOWLING GREEN, KY
MIDDLE SCHOOL STUDENTS
Emily Jensen, Scott Lyons, James Navalta, Scott, Arnett, Kathleen Darby. Dept. of Exercise Science, Western Kentucky University
- O2 4:15 THE INTERACTION BETWEEN PHYSICAL ACTIVITY WITH SEDENTARY BEHAVIORS
& RISK OF OVERWEIGHT/OBESITY AMONG ADOLESCENTS
J.M. Maples, E.C. Fitzhugh, C. Costello, D.R. Bassett, M. Spence, B. Greer, R. Gibbs, R. Muenchen, and N. Moustaid-Moussa. Department of Exercise, Sport, and Leisure Studies, The University of Tennessee
- O3 4:30 THE RELATIONSHIPS BETWEEN WEATHER-RELATED FACTORS AND OUTDOOR
PHYSICAL ACTIVITY COUNTS ON AN URBAN GREENWAY
D. L. Wolff, E.C. Fitzhugh. Dept. of Exercise, Sport, and Leisure Studies, University of Tennessee
- O4 4:45 INVESTIGATION OF CALORIC EXPENDITURE AS ESTIMATED FROM
ACCELEROMETERS
C.N. Hultquist, N. Alverson, and J.R. McLester. Department of Health, Physical Education, and Sport Science, Kennesaw State University
- O5 5:00 ENERGY EXPENDITURE AND MVPA DURING A PERSONAL TRAINING COMPUTER
GAME AND SELF-PACED EXERCISE
C. Daly and D. D. Wadsworth. Department of Kinesiology, Auburn University
- O6 5:15 THE USE OF VIRTUAL REALITY GAMING AS A TOOL FOR IMPROVING FITNESS
DM Michael, M Hardy, J Balmes, L Bankston, K Benton, C O'Dell, GW Warren. Division of Physical Therapy, Georgia State University
- 4:00-6:00 **STUDENT AWARD POSTER PRESENTATIONS
(DP1-10, MUP 1-10) (Regency Ballroom A)**
Authors Present 4:30-6:00
Chair: Dr. Judi Flohr, James Madison University

Doctoral Student Posters DP1-DP10

- DP1 THE EFFECT FLIP-FLOPS ON DORISFLEXION AND TIBIALIS ANTERIOR ELECTROMYOGRAPHY
J.F. Shroyer and W.H. Weimar. Dept. of Kinesiology, University of Louisiana at Lafayette, Lafayette, LA and Auburn University, Auburn, AL
- DP2 EFFECT OF EXERCISE ON CARDIOVASCULAR RISK FACTORS IN AFRICAN-AMERICAN WOMEN
L.M. Hornbuckle, P-Y. Liu, J.Z. Ilich, B. Arjmandi, J-S. Kim, and L.B. Panton Department of Nutrition, Food, & Exercise Sciences. Florida State University, Tallahassee, FL
- DP3 DIFFERENCES IN POSTPRANDIAL ENDOTHELIAL FUNCTION IN AFRICAN AMERICAN AND CAUCASIAN POSTMENOPAUSAL WOMEN ARE NOT AFFECTED BY FITNESS OR BODY COMPOSITION.
D.L. Swift, J.Y. Weltman, J.T. Patrie , E.J. Barrett, G.A. Gaesser FACSM, A. Weltman FACSM. University of Virginia, Charlottesville, VA
- DP4 EFFECTS OF EXERCISE TRAINING ON MITOCHONDRIAL BIOGENESIS IN THE MUSCLE AND BRAIN
Jennifer L. Steiner, J. Mark Davis, E. Angela Murphy, Jamie L. McClellan, Benjamin T. Gordon. Dept. of Exercise Science, Univ. of South Carolina, Columbia, SC
- DP5 COMPARISON OF BONE MINERAL DENSITY, BODY COMPOSITION, PHYSICAL FUNCTION, & MUSCULAR STRENGTH IN BREAST CANCER SURVIVORS AND HEALTHY AGE AND WEIGHT MATCHED CONTROLS
E. Simonavice, P.Y. Liu, J.Z. Ilich, J-S. Kim., and L.B. Panton. Dept. of Nutrition, Food & Exercise Sciences, The Florida State University, Tallahassee, FL.
- DP6 EFFECTS OF AROMATASE INHIBITION ON PHYSICAL ACTIVITY LEVELS
R.S. Bowen, D.P. Ferguson, and J.T. Lightfoot. Dept. of Kinesiology, University of North Carolina-Charlotte, Charlotte, NC
- DP7 EFFECTS OF QUERCETIN ON BRAIN INFLAMMATION IN A MOUSE MODEL OF ALZHEIMER'S DISEASE
Seung H. Jung, J. Mark Davis, FACSM, E. Angela Murphy, Jamie L. McClellan, Martin D. Carmichael. Department of Exercise Science, University of South Carolina, Columbia, SC
- DP8 A TCF7L2 SINGLE NUCLEOTIDE POLYMORPHISM AND PANCREATIC-*b* CELL FUNCTION IN RESPONSE TO MODERATE INTENSITY EXERCISE
J.A. Mitchell, M.C. Kostek, T.S. Church, T. Rankinen, C.P. Earnest, R.R Pate and S.N. Blair. Dept. of Exercise Science, University of South Carolina, Columbia, SC 29208; Pennington Biomedical Research Centre, Baton Rouge, LA
- DP9 EFFECTS OF BODY MASS INDEX AND STEP RATE ON PEDOMETER ERROR IN THE FREE-LIVING ENVIRONMENT
B. Tyo, E. Fitzhugh, D. Bassett, D. John, Y. Feito, D. Thompson. Department of Exercise, Sport, & Leisure Studies Science, University of Tennessee, Knoxville, TN
- DP10 QUERCETIN AND CAFFEINE EFFECTS ON BRAIN ACTIVATION DURING EXERCISE IN A FATIGUED STATE, AN FMRI STUDY
C'iana P. Barker, Ben Davis, E. Angela Murphy, Martin D. Carmichael, J. Mark Davis, FACSM. Dept of Exercise Science, University of South Carolina, Columbia, SC

Masters and Undergraduate Student Posters MUP1-MUP10

- MUP1 THE EFFECTS OF NINTENDO WII FIT ON BALANCE IN HEALTHY YOUNG AND ELDERLY ADULTS
S.A. Bomberger, P.M. Parr, A.M. Higginbotham, S.M. Lassiter, R.W. McCoy and R.M. Kohl. Dept. of Kinesiology & Health Sciences, The College of William and Mary, Williamsburg, VA
- MUP2 RIDING THE SHUTTLE AS OPPOSED TO WALKING ON CAMPUS MAY CONTRIBUTE TO WEIGHT GAIN IN COLLEGE STUDENTS
J.D. Squire and P.M. Magyari. University of North Florida, Jacksonville, FL

- MUP3 THE IMPACT OF PHYSICAL ACTIVITY ON THE LEFT VENTRICLE IN AGING MICE
L.K.Barringer, Z.P.Jamison, A.M.Kauffman, T.J.Hubbard, and M.J.Turner. Dept. of Kinesiology, University of North Carolina-Charlotte, Charlotte, NC.
- MUP4 THE EFFECT OF PHYSICAL ACTIVITY ON KNEE OSTEOARTHRITIS DEVELOPMENT
A.M. Kauffman, L.K. Barringer, Z.P. Jamison, M.J. Turner, T.J. Hubbard. Dept. of Kinesiology, University of North Carolina-Charlotte, Charlotte, NC
- MUP5 EVALUATION OF ULTRASOUND VELOCITY TO ACCESS HYDRATION STATUS OF WRESTLERS
Michael Query¹, Alan C. Utter¹, Steven R. McAnulty¹, Armen Sarvazyan², and Michael Landram¹.
¹Department of Health, Leisure, and Exercise Science, Appalachian State University, Boone, NC.
²Artaan Laboratories, West Trenton, NJ
- MUP6 A METHODOLOGY FOR DETERMINING EARLY AND LATE EXERCISE-INDUCED APOPTOSIS IN HELPER T (CD3+/CD4+) AND CYTOTOXIC T CELLS (CD3+/CD8+)
C.G. Lee, E.A. Fedor, D.N. Richardson, H.B. Kell, J.W. Navalta. KRS Dept., Western Kentucky University, Bowling Green, KY
- MUP7 MAXIMAL EXERCISE SIGNIFICANTLY AFFECTS HELPER T CELL (CD3+/CD4+) COUNT COMPARED TO REST AND 1-H POST EXERCISE CONDITIONS
H.B. Kell, C.G. Lee, E.A. Fedor, D.N. Richardson, T.S. Lyons. KRS Dept., Western Kentucky University, Bowling Green, KY
- MUP8 NO RELATIONSHIP BETWEEN LYMPHOCYTE APOPTOSIS AND LYMPHOCYTOPENIA IN THE POST-EXERCISE PERIOD FOLLOWING MAXIMAL TREADMILL RUNNING
D.N. Richardson, H.B. Kell, C.G. Lee, E.A. Fedor, M.A. Schafer. Department of Kinesiology, Recreation, and Sport, Western Kentucky University, Bowling Green, KY
- MUP9 THE EFFECT OF IRON SUPPLEMENTATION DURING MENSES ON IRON MARKERS AND PERFORMANCE IN PHYSICALLY ACTIVE FEMALES
C.M. Nicewonger, J.A. Flohr, FACSM, M.K. Todd, FACSM, and C.J. Womack, FACSM. Department of Kinesiology, Morrison Bruce Center, James Madison University, Harrisonburg, VA
- MUP10 THE EFFECT OF EXERCISE INTENSITY ON COGNITIVE FUNCTION DURING AND FOLLOWING EXERCISE: A TEST OF THE TRANSIENT HYPOFRONTALITY THEORY
E.J. Main, E.E. Hall, FACSM, W.R. Bixby, FACSM, and P.C. Miller. Dept. of Exercise Science, Elon University, Elon, NC
- 5:00-6:30
S3 **SYMPOSIUM (S3) (Regency Ballrooms E&F)**
EFFORT PERCEPTIONS AND ATTENTIONAL PROCESS: THE STATE OF THE ART
Gershon Tenenbaum¹, Selen Razon¹, Jasmin Hutchinson², Todd Sherman². ¹Dep. of Educational Psychology & Learning Systems, Florida State University, Tallahassee, FL and ²Oxford College of Emory University, Oxford, GA
Chair: Dr. Paul Miller, Elon University
- 5:30-6:30
T1 **TUTORIAL (T1) (Redbud)**
TIME MANAGEMENT AND PERSONAL EFFECTIVENESS IN ACADEMIA FOR STUDENTS AND FACULTY
Matt Green¹ and Phillip Bishop².¹University of North Alabama and ²University of Alabama
Chair: Dr. Andy Bosak, Life University
- T2 **TUTORIAL (T2) (Crepe Myrtle)**
PRESENTING YOUR WORK EFFECTIVELY
Matthew L. Goodwin. Weill Cornell Medical College, New York, NY
Chair: L. Bruce Gladden, Auburn University
- 7:30-9:00 **KEYNOTE ADDRESS (Continental Ballroom)**
“The Biological Basis to Fear Physical Inactivity”
Dr. Frank W. Booth, FACSM
Professor, Department of Physiology, School of Medicine, University of Missouri
Presiding: Dr. Alan C. Utter, SEACSM President, Appalachian State University **Speaker**
Introduction: Dr. James A. Carson, University of South Carolina

9:00-11:00 **SEACSM SOCIAL (Regency Ballrooms A, B, & C)**
Support provided by **Life Measurement, Inc.** and **Interim HealthCare, Inc.**

FRIDAY, February 12, 2010

- 6:45-7:45 **WOMEN'S BREAKFAST (Regency Ballrooms E&F)**
(Registration Required) Support provided by **Bodystat**
The invited guest and presentation topic TBA
- 8:00-5:00 **REGISTRATION (Main Lobby)**
8:00-6:00 **EXHIBITS (Prefunction Area)**
- 8:00-9:15 **SYMPOSIUM (S4) (Crepe Myrtle)**
S4 THE ROLE OF HEAT SHOCK PROTEINS IN THE REGULATION OF SKELETAL MUSCLE MASS DURING, AND FOLLOWING, CAST IMMOBILIZATION
S.L. Dodd, S.M. Senf, B.A. Hain, S. Reed, and A.R. Judge. Department of Applied Physiology & Kinesiology, University of Florida, Gainesville, FL
Chair: Dr. Charles Lambert, University of Louisville
- 8:00-9:30 **SYMPOSIUM (S5) (Regency Ballrooms B&C)**
S5 AQUATIC TREADMILL EXERCISE: PHYSIOLOGIC COSTS AND TRAINING BENEFITS FOR OVERWEIGHT AND OBESE MEN AND WOMEN
S.F. Crouse, N. P. Greene, and B.S. Lambert. Department of Health and Kinesiology, Texas A&M University, College Station, TX
Chair: Dr. J. Larry Durstine, University of South Carolina
- 8:00-9:15 **TUTORIAL (T3) (Redbud)**
T3 OFF-ROAD ENDURANCE SPORTS: TRAIL RUNNING AND MOUNTAIN BIKING
A. Bosak¹ and W. Peveler². ¹Life University and ²Northern Kentucky University
Chair: Dr. Gregory Martel, Coastal Carolina University
- 8:00-9:00 **ORAL FREE COMMUNICATIONS (O7-O10) (Regency Ballroom D)**
Athletic Care/Trauma/Rehabilitation; Biomechanics/Gait/Balance
Chair: Dr. John Garner, University of Mississippi
- O7 8:00 STARTLE RESPONSE TO INVERSION PERTURBATION
Adam C. Knight and Wendi H. Weimar. Department of Kinesiology, Mississippi State University; Department of Kinesiology, Auburn University
- O8 8:15 STUDENT-ATHLETES UNDERREPORTING OF CONCUSSIONS AND CONCUSSION SYMPTOMS
T.A. Buckley, J.N. Metzler, and B.A. Munkasy. Department of Health and Kinesiology, Georgia Southern University, Statesboro, GA; and C. Hillis, Pine Crest School, Fort Lauderdale, FL
- O9 8:30 INFLUENCE OF THONG FLIP-FLOPS ON THE KINEMATICS OF THE GALLOP OF PRESCHOOLERS
A.M. Sumner, W.H. Weimar, J.F. Shroyer, J.E. Shroyer, and L. Robinson. Dept. of Kinesiology, Auburn University, Auburn, AL
- O10 8:45 A SELF-REPORT MEASURE OF PHYSICAL FUNCTION IN OLDER ADULTS USING COMPUTER ANIMATION: THE VIRTUAL SHORT PHYSICAL PERFORMANCE BATTERY (vSPPB).
E.H. Haakonsen, A.P. Wrights, W.J. Rejeski, A.P. Marsh. Dept. of Health & Exercise Science, Wake Forest University, Winston-Salem, NC
- 8:00-9:30 **POSTER PRESENTATION I (P1-P24) (Regency Ballroom A)**
Fitness Testing/Assessment; Nutrition and Exercise/Sports
Authors Present 8:00-9:00 AM
Chair: Dr. Michael Esco, Auburn University-Montgomery
- P1 PRESEASON COMPARISON OF PERFORMANCE IN DIVISION I MEN SOCCER PLAYERS
A.C. Chappell, S.J. Rossi, and J.L. McMillan. Human Performance Laboratory, Georgia Southern University, Statesboro, GA

- P2 THE INFLUENCE OF FITNESS LEVEL ON RPE USING HEART RATE AS A CRITERION MEASURE IN SEDENTARY AFRICAN-AMERICAN FEMALES
Amaka Y. Lawrence-Mitchell, Kevin J. Ritsche, Jesse Pittsley and C. Brown. Dept. of Human Performance and Sport Sciences, Winston-Salem State University, Winston-Salem, NC,
- P3 COMPARISON OF METHODS TO CALCULATE VERTICAL JUMP DISPLACEMENT
A.V. Khamoui, L.E. Brown FACSM, T.T. Tran, B.P. Uribe, D. Nguyen, M.K. Gochioco, E.E. Schick, E. Jo, J.W. Coburn FACSM, and G.J. Noffal. Dept. of Kinesiology, California State University, Fullerton, Fullerton, CA
- P4 NINTENDO WII ACTIVITY PRODUCES HEART RATE RESPONSES POTENTIALLY MEETING ACSM/AHA GUIDELINES
Braden K. Guidry, Brian J. Coyne, & Matthew H. Clark. Department of Kinesiology, College of Education and Human Development, University of Louisiana at Monroe, Monroe, LA
- P5 PHYSIOLOGICAL AND METABOLIC RESPONSES ASSOCIATED WITH THE BATTLING ROPES TRAINING SYSTEM
C. Bailey, M. Martino, C. Black, and S. Butler. Dept. of Kinesiology, Georgia College & State University, Milledgeville, GA
- P6 ENERGY EXPENDITURE WHILE PLAYING WII FIT: ARE MINIMAL ACTIVITY GUIDELINES MET?
L.C. Eschbach, L.J. Cheek, E.M. Futrell, C.A. Roberson. Dept. of Health, Exercise and Sports Science, Meredith College, Raleigh, NC
- P7 CALORIC EXPENDITURE OF A SUSPENSION TRAINING WORKOUT
E. Green, W. Dudgeon, J. Herrin, D. Thomas, J. Aartun, K. Devine & T. Scheett. Department of Health and Human Performance, College of Charleston, and Department of Health, Exercise & Sport Science, The Citadel, Charleston, SC
- P8 GRIP STRENGTH AND POWERLIFTING PERFORMANCE
J.E. Schoffstall, S. Morrison, B. Boswell, and B. Kozlik. Dept. of Health Sciences, Liberty University, Lynchburg, VA
- P9 THE USE OF WHOLE BODY VIBRATION TO IMPROVE FITNESS IN INDIVIDUALS WITH DOWN SYNDROME
Schilero, J., Bemiss, A., Lukins, L., Jacks, D. Cerebral Palsy Kentuckiana Institute of Developmental Services Center, Louisville, KY., Exercise Physiology Dept., University of Louisville
- P10 AN EVALUATION OF THE TRX SUSPENSION TRAINING SYSTEM
J. Aartun, M. Ervin, Z. Halewood, R. Hensley, B. Morris, A. Snipe, W. Dudgeon and T. Scheett. Department of Health and Human Performance, College of Charleston, and Department of Health, Exercise and Sport Science, The Citadel, Charleston, SC
- P11 VALIDITY OF PERCEIVED EXERTION TO PREDICT HEART RATE
M.M. Troy. Dept. of HPER, Western Carolina University, Cullowhee, NC
- P12 ATHLETIC TRAINERS PERCEIVED SELF-KNOWLEDGE OF SPORTS NUTRITION
A.E. Marshall, D. King, and T.A. Buckley. Department of Health and Kinesiology, Georgia Southern University, Statesboro, GA 30460 and Children Healthcare of Atlanta Pediatric Hospital, Atlanta, GA
- P13 EFFECTS OF CAFFEINE ON RESISTANCE EXERCISE PERFORMANCE, MOOD, HEART RATE, AND RATING OF PERCEIVED EXERTION
E. Jo^{1,2}, M. Martinez¹, L.E. Brown FACSM¹, J.W. Coburn FACSM¹, M. Biagini¹, M. Gochioco¹, and D.A. Judelson¹. ¹Dept. of Kinesiology and Health Science, California State University, Fullerton, Fullerton, CA; ²Dept. of Nutrition, Food, and Exercise Sciences, Florida State University, Tallahassee, FL
- P14 DIETARY QUERCETIN SUPPLEMENTATION DOES NOT INCREASE MAXIMAL OXYGEN UPTAKE AND PHYSICAL WORK CAPACITY
E. C. Freese, D. P. Chapman, S. Ahsan, E. H. Fan, A. S. Levine, J. Roberts, C. Wong and K. J. Cureton. Dept. of Kinesiology, The University of Georgia, Athens, GA

- P15 EFFECT OF CAFFEINE FOLLOWING EXERCISE-INDUCED MUSCLE INJURY
M.S. Green and B.T. Corona. Dept. of Kinesiology and Health Promotion, Troy University, Troy, AL
- P16 GENDER-SPECIFIC HYDRATION PRACTICES DURING COLD-WEATHER DISTANCE RUNNING
N.K.O'Dea, D. Benardot, M.Cody, and W.R. Thompson. Dept. of Nutrition, Georgia State University, Atlanta, GA
- P17 THE EFFECT OF ACUTE QUERCETIN SUPPLEMENTATION ON EXERCISE PERFORMANCE IN A HEATED ENVIRONMENT
N. Guerette, S.P. Bailey, J. Hartzel, S. Valentine, E.E. Hall, W.R. Bixby & P.C. Miller. Dept. of Exercise Science, Dept. of Physical Therapy, Elon University, Elon, NC
- P18 A CROSS-SECTIONAL SURVEY OF TRAINING TECHNIQUES IN ROCK CLIMBERS
N.T. Bacon, P. Bishop, and A. Godfrey. Dept. of Kinesiology, The University of Alabama, Tuscaloosa, AL
- P19 NUTRITION INTERVENTION IS CRITICAL TO MEET GOALS OF OFF SEASON TRAINING REGIMENS IN NCAA WOMEN VOLLEYBALL PLAYERS
R.E. Wenzel, M.W. Valliant. Department of Family and Consumer Sciences, School of Applied Sciences, University of Mississippi, University, MS
- P20 EFFECTS OF β -HYDROXYL- β -METHYL BUTYRATE (HMB) ON BODY COMPOSITION IN OLD SPRAGUE-DAWLEY FEMALE RATS DURING 10-WEEK RESISTANCE TRAINING
Lee, S-R, Y-M. Park, J.M. Wilson, P.C. Henning, M.C. Zourdos, N. Bakhshalian, C. Ugrinowitsch, B-S. Park, A. Khamoui, E. Jo, and J-S. Kim. Dept. of Nutrition, Food & Exercise Sciences, Florida State University, Tallahassee, FL
- P21 DOES CONSUMING CARBOHYDRATE WITH PROTEIN DURING RECOVERY INFLUENCE SUBSEQUENT ENDURANCE PERFORMANCE?
Scott A. Conger¹, Mindy L. Millard-Stafford², FACSM. ¹Department of Exercise, Sport, and Leisure Studies, The University of Tennessee, Knoxville, TN; ²School of Applied Physiology, Georgia Institute of Technology, Atlanta, GA
- P22 A CROSS-SECTIONAL SURVEY OF WHY SHOD RUNNERS DO NOT RUN BAREFOOT
S. Gendle, N.T. Bacon, and P. Bishop. Dept. of Kinesiology, University of Alabama, Tuscaloosa, AL
- P23 β -HYDROXYL- β -METHYL BUTYRATE (HMB) IMPROVES MAXIMUM STRENGTH IN AGED SPRAGUE-DAWLEY FEMALE RATS DURING 10-WEEK RESISTANCE TRAINING
Park, Y-M., J.M. Wilson, S-R. Lee, P.C. Henning, B.H. Arjmandi, C. Ugrinowitsch, K.P. Leonard, and J-S. Kim. Dept. of Nutrition, Food & Exercise Sciences, Florida State University, Tallahassee, FL
- P24 EFFECTS OF HERBAL SUPPLEMENTATION ON MENTAL ENERGY DURING PROLONGED COGNITIVE DEMAND
S.C. Chen, J. Mark Davis, S. Pallardy, B. Gordon, J. Steiner, M. Carmichael, and E.A. Murphy. Dept. of Exercise Science, Arnold School of Public Health, University of South Carolina, Columbia, SC
- 9:30-9:45 **BREAK**
- 9:45-10:45 **ACSM PRESIDENTIAL ADDRESS (Continental Ballroom)**
"Physical Activity During Pregnancy and Postpartum"
Dr. James M. Pivarnik, FACSM, President ACSM
Professor, Department of Kinesiology & Epidemiology, Michigan State University
Chair: Dr. Rebecca Battista, Appalachian State University
- 9:45-12:00 **POSTER PRESENTATION II (P25-P48) (Regency Ballroom A)**
Metabolism/Carbohydrate, Lipid, Protein; Cardiovascular Physiology; Cellular Regulatory Mechanisms; Chronic Disease and Disability; Connective Tissue/Bone/Skeletal Muscle
Authors Present 11:00-12:00
Chair: G. William Lyerly, Coastal Carolina University
- P25 EFFECT OF INCREASED LEAN MASS ON RESTING METABOLIC RATE IN MIDDLE-AGED WOMEN
M.J. Benton¹, S. Raab¹, G.T. Waggner¹, P.D. Swan², FACSM. ¹Valdosta State University, Valdosta, GA., ²Arizona State University, Mesa, AZ

- P26 GLUCOSE TOLERANCE AND EXERCISE IN A MOUSE MODEL OF CANCER CACHEXIA
J.P. White, M.J. Puppa, S. Sato, J.W. Baynes and J.A. Carson. Integrative Muscle Biology Laboratory, Department of Exercise Science, University of South Carolina, Columbia, South Carolina
- P27 THE EFFECTS OF GENDER ON TIME TO FATIGUE AT 100% VO₂ PEAK
Patrick Abi Nader, Charles P. Lambert, Lee J. Winchester, Dean E. Jacks. The Exercise Physiology Laboratory Department of Health and Sport Sciences College of Education and Human Development the University of Louisville, Louisville, KY
- P28 THE ASSOCIATION BETWEEN WASTING AND GLUCOSE INTOLERANCE IN THE APCMIN/+ MOUSE
J. Sheehan, J. White, S. Sato, and J. Carson. Dept. of Exercise Science, University of South Carolina
- P29 A 3-DAY HIGH-FAT DIET INCREASES MUSCLE LIPID OXIDATION IN LEAN, HEALTHY INDIVIDUALS
Gina M. Battaglia, Donghai Zheng, Kristen E. Boyle, Joseph A. Houmar. Dept. of Exercise and Sport Science, East Carolina University, Greenville, NC
- P30 SERUM ADIPOKINES AND INSULIN SENSITIVITY IN SPINAL CORD INJURED SUBJECTS
J.D. La Favor, B.C. Hollis, S.L. Mokshagundam, and J.L. Olive. Department of Health and Sport Sciences, University of Louisville, Louisville, KY
- P31 GLUCOSE HOMEOSTASIS IMPROVES FOLLOWING DUODENAL-JEJUNAL BYPASS SURGERY IN HIGH FAT FED FEMALE ZDF RATS
M. A. Reed, R. C. Sloan III, E. Z. Lukosius, J. R. Pender IV, E. B. Tapscott, K. Parikh, W. J. Pories, G. L. Dohm, and T. P. Gavin. Departments of Exercise and Sports Science, Physiology, Surgery, and Human Performance Laboratory, East Carolina University, Greenville, NC
- P32 EFFECTS ON BLOOD FLOW VELOCITY AND ARTERIAL DIAMETER PRODUCED BY COMPRESSION THERAPY
R. Parker, M. Erickson, and K.K. McCully, FACSM. Department of Kinesiology, University of Georgia, Athens, GA
- P33 HANDGRIP TRAINING ENHANCES VASCULAR FUNCTION AT REST BUT NOT DURING EXERCISE
Greg S. Wimer, Eric W. Kinsey, Matthew G. Spilsbury, James C. Baldi, FACSM. Department of Health and Physical Education, Armstrong Atlantic State University, Savannah, GA 31419; Department of Biological Sciences, Northern Arizona University, Flagstaff, AZ
- P34 SIX1 EXPRESSION IS DECREASED IN RESPONSE TO FUNCTIONAL OVERLOAD-INDUCED MUSCLE HYPERTROPHY
Diana C. Delgado-Diaz^{1,2}, Brad Gordon¹, James A. Carson¹, Matthew C. Kostek¹. ¹University of South Carolina, Columbia, SC; ²Universidad Industrial de Santander, Bucaramanga, Santander, Colombia
- P35 ACTN2 GENE EXPRESSION IN MICE WITH HIGH AND LOW PHYSICAL ACTIVITY
Trudy L. Moore-Harrison, Alicia T. Hamilton, and J. Timothy Lightfoot, FACSM. Dept. of Kinesiology, University of North Carolina Charlotte, Charlotte, NC
- P36 RYANODINE RECEPTOR CALCIUM RELEASE CHANNEL DERIVED FROM AGING RAT EDL BUT NOT SOLEUS MUSCLE EXHIBIT IMPAIRED CALCIUM REGULATION
E.M. Balog and A.J. Kampfer. School of Applied Physiology, Georgia Institute of Technology, Atlanta, GA
- P37 PREVALENCE OF OVERWEIGHT AND OBESE YOUTH IN UPSTATE SOUTH CAROLINA
S.E. Long, J. Basile, and M.S. Feigenbaum. Dept. of Health & Exercise Science, Furman University, Greenville, SC
- P38 THE EFFECT OF A SELF-DIRECTED EXERCISE PROGRAM ON FITNESS IN BREAST CANCER SURVIVORS USING AROMATASE INHIBITORS
I. Nyikos¹, L.A. Malone¹, L.K. Vogtle² & A.E. O'Nihill¹. ¹Dept. of Research & Education, Lakeshore Foundation, Birmingham, AL; ²Dept. of Occupational Therapy, University of Alabama at Birmingham, Birmingham, AL

- P39 BARRIERS TO EXERCISE AND PHYSICAL ACTIVITY: A PERSPECTIVE FROM ACTIVE PERSONS WITH PHYSICAL DISABILITIES PARTICIPATING IN WHEELCHAIR SPORT
E.K. O'Neal, L.A. Malone*, M.T. Richardson, & S.C. Gendle. Dept. of Kinesiology, The University of Alabama, Tuscaloosa, AL; *Lakeshore Foundation, Birmingham, AL
- P40 POTENTIATION OF MUSCLE TWITCH AND VERTICAL JUMP BY HEAVY LOAD BACK SQUATS
Jones, N. B., and J. W. Yates. Dept. of Health and Sport Sciences, University of Louisville, Louisville, Kentucky; Dept. of Kinesiology and Health Promotion, University of Kentucky, Lexington, Kentucky
- P41 EXERCISE CLAUDICATION-INDUCED NF- κ B ACTIVATION IS REQUIRED FOR THE ASSOCIATED SKELETAL MUSCLE ATROPHY IN A RODENT MODEL
B.A. Hain, S.L. Dodd, A.R. Judge. Dept. of Applied Physiology and Kinesiology, University of Florida, Gainesville, FL
- P42 SIX1 EXPRESSION AFFECTS MYOTUBE FORMATION IN C2C12 CULTURE
B.S. Gordon, D.C. Delgado, M.C. Kostek. Dept. of Exercise Science, University of South Carolina, Columbia, SC
- P43 EFFECTS OF COMBINED AEROBIC AND RESISTANCE TRAINING ON BONE MINERAL DENSITY IN HIV-INFECTED MEN
Gregory A. Hand¹ (FACSM), Jason. R. Jagers¹, Kenneth D. Phillips³, Wesley D. Dudgeon⁴, Stephanie Burgess², and J. Larry Durstine¹ (FACSM). ¹Arnold School of Public Health and ²College of Nursing, University of South Carolina, Columbia SC; ³College of Nursing, University of Tennessee, Knoxville TN; ⁴The Citadel, Charleston SC
- P44 INFLUENCE OF TEMPERATURE ON MUSCLE ADAPTATION TO EXERCISE
L. Nielsen, T. Nguyen, K. Shipp and K. McCully FACSM. Dept. of Kinesiology, University of Georgia, Athens, GA
- P45 METABOLIC FACTORS INFLUENCING FATIGUE DURING A 90 SECOND MAXIMUM MUSCLE CONTRACTION
D.C. Tucker, G.R. Hunter FACSM, J.P. McCarthy FACSM, B.R. Newcomer. Dept. of Human Studies, University of Alabama Birmingham, Birmingham, AL
- P46 EFFECTS OF EXERCISE INDUCED MUSCLE INJURY ON PAIN, PERCEIVED EXERTION AND PHYSIOLOGICAL RESPONSES TO SUBMAXIMAL EXERCISE
C. D. Black. Department of Kinesiology, Georgia College & State University, Milledgeville, GA
- P47 EVALUATION OF MUSCLE METABOLISM IN INDIVIDUALS WITH SPINAL CORD INJURY
T.K. Mulcahy, K.K. McCully FACSM, and Q. Zhao. University of Georgia, Athens, GA
- P48 MUSCLE TRAINING IN INDIVIDUALS WITH SPINAL CORD INJURY IMPROVES GLUCOSE TOLERANCE AND INSULIN SENSITIVITY
K. Shipp, L. Nielsen, T. Mulcahy, T. Nguyen, K. Dalrymple, K.K. McCully FACSM. Dept. of Kinesiology, University of Georgia, Athens, GA
- 10:45-11:00 **BREAK**
- 11:00-12:00 **SYMPOSIUM (S6) (Redbud)**
S6 THE BIOMECHANICAL BASIS FOR MILD TRAUMATIC BRAIN INJURY
G. Brolinson, R. Greenwald, J. Crisco, T. McAllister, S. Duma, A. Maerlender, and A. Duhaime. Virginia College of Osteopathic Medicine, Blacksburg, VA
Chair: Dr. Sean Bryan, MD, Univ. of South Florida - BayCare Health System
- 11:00-12:00 **TUTORIAL (T4) (Regency Ballroom E)**
T4 CHILD'S PLAY: STRATEGIES TO IMPROVE FUNDAMENTAL MOTOR SKILL DEVELOPMENT AND PHYSICAL ACTIVITY IN YOUNG CHILDREN
Rebecca A. Battista¹ and Dawn P. Coe². ¹Department of Health, Leisure, and Exercise Science, Appalachian State University and ²Department of Exercise, Sport, and Leisure Studies, University of Tennessee
Chair: Dr. Wendi Weimer, Auburn University

- TUTORIAL (T5) (Regency Ballrooms B&C)**
 T5 WHAT EVERY SCHOLAR (ESPECIALLY STUDENTS!) SHOULD KNOW ABOUT RESEARCH MISCONDUCT
 James M. Pivarnik FACSM. Center for Physical Activity & Health, Department of Epidemiology, Michigan State University, East Lansing, MI
Chair: Dr. Alan Utter, SEACSM President, Appalachian State University
- 11:00-12:00 **ORAL FREE COMMUNICATIONS (O11-O14) (Regency Ballroom D)**
Nutrition and Exercise/Sports
Chair: Dr. Eric Hall, Elon University
- O11 11:00 EFFECTS OF MULTIVITAMIN SUPPLEMENTATION ON RATE OF PERCEIVED EXERTION IN AEROBICALLY UNTRAINED COLLEGE STUDENTS
 G.A. Ryan¹, M. Sloniger², and D.B. Corbett³. ¹Dept. of Kinesiology, University of Alabama, Tuscaloosa, AL; ²Health and Physical Education Dept., Indiana University of Pennsylvania, Indiana, PA; ³School of Health Sciences, Kent State University, Kent, OH
- O12 11:15 THE EFFECT OF CARBOHYDRATE CONSUMPTION ON THE FREE TESTOSTERONE TO CORTISOL RATIO DURING EXERCISE TRAINING
 A.R. Lane, J.W. Duke, and A.C. Hackney FACSM. Dept. of Exercise and Sport Science, University of North Carolina, Chapel Hill, NC
- O13 11:30 EFFECTS OF CREATINE INTAKE ON MUSCLE PERFORMANCE DURING 21-DAY LACTO-OVO-VEGETARIAN DIET INTERVENTION IN YOUNG MEN
 R.A. Wieder, E. Haymes, M. Spicer, R. Eklund, P-Y. Liu, M. Sanchez, A. Figueroa, W. Eddy, N. Heath, B. Steinmetz, D. Harris, and J-S. Kim. Dept. of Nutrition, Food & Exercise Sciences, Florida State University, Tallahassee, FL
- O14 11:45 EFFECTS OF 3 OR 6 GRAMS OF b-HYDROXY-b-METHYLBUTYRATE (HMB) ON MUSCLE DAMAGE AND PERFORMANCE IN ELDERLY
 P.C. Henning, J.M. Wilson, S-R. Lee, A. Figueroa, L.B. Panton, D. Mendez, M.C. Zourdos, Y-M. Park, S. Hooshmand, F.V. Anaya, and J-S. Kim. Dept. of Nutrition, Food and Exercise Sciences. Florida State University, Tallahassee, FL
- 12:00-1:15 **PAST PRESIDENT'S LUNCH (Regency Ballroom F)**
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- 12:30-6:15 **CLINICAL TRACK (Crepe Myrtle)**
 Silver Level Supporters: **SonoSite, Inc.** and **Interim HealthCare, Inc.**
 Bronze Level Supporters: **Acceleration Sports Institute, Harvest Technologies Corp., Proaxis Therapy,** and **Steadman Hawkins Clinic of the Carolinas**
- 12:30-1:00 Platelet Rich Plasma Injections for Recalcitrant Tendinopathy: Ken Mautner, MD
 1:00-1:05 Discussion
- 1:05-1:35 Extracorporeal Shock Wave Therapy for Recalcitrant Plantar Faciitis: Brian Thomson, MD
- 1:35-2:05 Bone Stimulators for Acute Fractures: Andrew Gregory, MD
 2:05-2:15 Discussion
- 2:15-2:30 **Break**
- 2:30-2:45 Fellow Case 1-Jacel Brooks, MD
 2:45-3:00 Fellow Case 2-Rachel Biber, MD
 3:00-3:15 Fellow Case 3-Tara Merritt, MD
- 3:15-3:45 Viscosupplement Injections for Osteoarthritis: Christian Lattermann, MD
- 3:45-4:00 **Break**
- 4:00-5:00 Biomechanical Basis for mTBI: Stefan Duma, PhD
- 5:00-6:00 Lessons Learned in Planning, Developing and Implementing a Computer-Based Neuropsychiatric Testing Center for Athletes at Risk for mTBI: Michael Collins, Ph.D.
- 6:00-6:15 Discussion

6:30-8:30 **Clinical Reception (Redbud)** Supported by **SonoSite, Inc.**

- 1:30-2:30 **BASIC SCIENCE LECTURE (Continental Ballroom)**
“Coupling of Old Age-Induced Cardiovascular Dysfunction and Osteoporosis”
Dr. Michael D. Delp, FACSM, Professor and Chair, Department of Physiology & Kinesiology, University of Florida
Chair: Dr. Peter Grandjean, Auburn University
- 2:30-2:45 **BREAK**
- 2:45-4:15
S7 **SYMPOSIUM (S7) (Regency Ballrooms E&F)**
THE ANTI INFLAMMATORY EFFECTS OF EXERCISE AND WEIGHT LOSS: WHAT, WHERE, HOW, AND DOES IT TAKE A TOLL?
Michael G. Flynn¹ and Charles P. Lambert². ¹The College of Charleston and ²University of Louisville
Chair: Dr. Andrew Shanely, Appalachian State University
- 2:45-4:15
T6 **TUTORIAL (T6) (Redbud)**
MECHANICS OF REAL-TIME MOTION CAPTURE USING THE VICON SYSTEM
Chip Wade¹, John C. Garner² and Christopher MacDonald². ¹Tigergonomics Laboratory, Auburn University; ²Applied Biomechanics and Ergonomics Laboratory, University of Mississippi
Chair: Dr. Adam Knight, Mississippi State University
- 2:45-4:15 **POSTER PRESENTATIONS III (P49-P72) (Regency Ballroom A)**
Body Composition/Energy Balance/Weight Control; Competitive Athletes; Epidemiology & Preventive Medicine
Authors Present 2:45-3:45
Chair: Megan McLaughlin, Oak Marr RECenter, Oakton, VA
- P49 CHANGE IN BODY COMPOSITION OF NASCAR PIT CREWS OVER THE COURSE OF THE SPRINT CUP SEASON
D. P. Ferguson¹, A. Davis² and J. T. Lightfoot¹ FACSM. ¹Dept. of Kinesiology, University of North Carolina at Charlotte, Charlotte, NC; ²Stewart-Haas Racing, Kannapolis, NC
- P50 INTERACTION OF OCCUPATIONAL ACTIVITY AND LEVELS OF NON-OCCUPATIONAL PHYSICAL ACTIVITY ON WAIST CIRCUMFERENCE
J.A. Steeves, E.C. Fitzhugh, and D.L. Thompson. Dept. of Exercise Sport and Leisure Studies, University of Tennessee, Knoxville, TN
- P51 EFFECT OF LIFESTYLE PHYSICAL ACTIVITY INTERVENTIONS ON OVERWEIGHT AND OBESITY IN PREVIOUSLY SEDENTARY INDIVIDUALS
G. William Lyerly^{1,2}, Steven N. Blair², Andrea L. Dunn³, Bess H. Marcus⁴, Cheryl L. Addy², Stephanie E. Burgess², J. Larry Durstine², Gregory A. Hand². ¹Coastal Carolina University, Conway, SC; ²University of South Carolina, Columbia, SC; ³Klein Buendel, Inc., Golden, CO; ⁴Brown University, Providence, RI
- P52 CHANGES IN PHYSICAL ACTIVITY AND FITNESS FOLLOWING THREE MONTHS OF HOME WII FIT USE
N. van Blerk, S. Owens, J. Garner III, M. Loftin and K. Ermin. Dept of Health, Exercise Science, and Recreation Management, University of Mississippi, Oxford, MS
- P53 NEW AND ALTERNATIVE METHODS OF ESTIMATING BODY FAT PERCENTAGE FROM SKIN-FOLD THICKNESS
Paul F. Mellick, Kevin J. Ritsche and Michael J. McKenzie. Dept. of Human Performance & Sports Sciences, Winston-Salem State University, Winston-Salem, NC
- P54 RELATIONSHIPS AMONG MEASURES OF BODY COMPOSITION AND CARDIOVASCULAR DISEASE RISKS IN AFRICAN AMERICAN WOMEN
J.H. Owen, and L.J. Brandon. Dept of Kinesiology and Health, Georgia State University, Atlanta, GA

- P55 BODY WEIGHT AND FOOD CONSUMPTION ARE MORE CLOSELY RELATED IN PHYSICALLY ACTIVE MICE
Z.P. Jamison, A.M. Kauffman, L.K. Barringer, T.J. Hubbard, M.J. Turner. Dept. of Kinesiology, University of North Carolina-Charlotte, Charlotte, NC
- P56 IMPACT OF A LIGHTWEIGHT POLY FIBER UNDERGARMENT ON THE ENERGY COST OF WALKING IN OVERWEIGHT WOMEN
Mothersbaugh J., Rynders C.A., Katch F. FACSM, Weltman A. FACSM. Exercise Physiology Lab, University of Virginia, Charlottesville, VA
- P57 AGREEMENT BETWEEN BIOELECTRICAL IMPEDANCE (BIA) AND DUAL ENERGY X-RAY ABSORPTIOMETRY (DXA) IN ESTIMATING BODY COMPOSITION CHANGES IN OBESE ADOLESCENTS
MK Bowen, Franco RL, Wickham EP, Evans RK. Depts. of Health & Human Performance, Internal Medicine, and Pediatrics, Virginia Commonwealth University, Richmond, VA
- P58 RELATIONSHIP BETWEEN ACCELEROMETER-MEASURED PHYSICAL ACTIVITY, BODY COMPOSITION AND SELF-EVALUATED FEELINGS OF HEALTH, FITNESS, AND APPEARANCE IN AFRICAN-AMERICAN WOMEN AT A HISTORICALLY BLACK UNIVERSITY
K. Bellamy and J. Pittsley. Dept. of Human Performance and Sport Sciences, Winston-Salem State University, Winston-Salem, NC
- P59 EFFECTS OF A YEAR OF COMPETITION AND CONDITIONING ON BODY COMPOSITION IN A NCAA DIVISION I FOOTBALL TEAM
S. Beam, T. Gebauer, Z. Golob, D. Beam, G. Martel. Department of Kinesiology, Coastal Carolina University, Conway, SC
- P60 THE EFFECTS OF STATIC STRETCHING ON JUMP CHARACTERISTICS IN FEMALE COLLEGIATE VOLLEYBALL PLAYERS
R. Golding, W. Frail, A. Gant, K. Gayman, E. Jackson, T. Logothetis, E. Lovelace, W. Dudgeon, and T. Scheett. Department of Health and Human Performance, College of Charleston, and Department of Health, Exercise, and Sport Science, The Citadel, Charleston, SC
- P61 ACUTE EFFECTS OF WHOLE BODY VIBRATION ON FUNCTIONAL CAPABILITIES OF SKELETAL MUSCLE
J.D. Burns, E.E. Hall, FACSM, P.C. Miller and W.R. Bixby, FACSM. Dept. of Exercise Science, Elon University, Elon, NC
- P62 THE EFFECTS OF STATIC STRETCHING ON RUNNING ECONOMY AND ENDURANCE PERFORMANCE IN FEMALE DISTANCE RUNNERS DURING TREADMILL RUNNING.
C.D. Mojock, J.-S. Kim, D.W. Eccles and L.B. Pantan. Dept. of Nutrition, Food and Exercise Sciences, Florida State University, Tallahassee, FL
- P63 THE EFFECT OF A VOLUNTARY STRENGTH AND CONDITIONING PROGRAM ON BODY COMPOSITION AND 1-REPETITION MAXIMUM STRENGTH IN NCAA DIVISION-1 WOMEN SOCCER PLAYERS
Tyler A. Gebauer, Stacey L. Beam, Brian Gabriel, Jennifer L. Spindler, Zachary, J. Golob, G. William Lyerly, Gregory F. Martel. Department of Kinesiology, Coastal Carolina University, Conway, SC
- P64 EFFECTS OF 6-WEEKS OF STRENGTH AND FUNCTIONAL TRAINING ON GOLF PERFORMANCE
J. Boyd¹, S. Khaire¹, J. Lamberth¹, T. Luczak², B. Hale¹. ¹Department of Kinesiology, ²Professional Golf Management, Mississippi State University
- P65 TRAINING PROGRAM DESIGN SPECIFICITY FOR THE TENNIS ATHLETE: A PILOT STUDY
K Crew, JM Green, Tom Coates. Department of Health Physical Education and Recreation, University of North Alabama, Florence, AL
- P66 EFFECTS OF VOLUNTARY STRENGTH AND CONDITIONING ON BODY COMPOSITION AND MUSCLE STRENGTH IN DIVISION I MALE AND FEMALE BASKETBALL PLAYERS
Gregory F. Martel, Stacey L. Beam, Sonya Woods, Brian Gabriel, Jennifer L. Spindler, Dwayne M. Beam, G. William Lyerly. Department of Kinesiology, Coastal Carolina University, Conway, SC

- P67 FIVE-YEAR FOLLOW-UP: PHYSICAL ACTIVITY, DAILY LIMITATIONS, AND BODY WEIGHT CHANGE IN FORMER ATHLETES VS NON-ATHLETE ALUMNI
Kelly Brooks¹, David J. Szymanski¹, Phil Bishop². ¹Louisiana Tech University; ²University of Alabama
- P68 ASSOCIATION BETWEEN METABOLIC SYNDROME AND RESISTANCE TRAINING AMONG U.S. ADULTS: 1999-2004 NHANES
Magyari, P.M. and Churilla, J.R. Department of Clinical and Applied Movement Sciences, University of North Florida, Jacksonville FL
- P69 A-13 COUNTRY REVIEW OF Pedometer-Measured Physical Activity Patterns of Youth
D.Bornstein¹, M.Beets¹, A.Beighle², B.Cardinal³, C.Morgan⁴. ¹Dept. of Ex. Science, Univ. of South Carolina, ²Dept. of Phys. Ed., Univ. of Kentucky. ³Dept. of Nutrition and Ex. Science, Oregon State Univ. ⁴Kinesiology Dept., Univ. of Hawaii, Honolulu
- P70 ACUTE EXERCISE IMPROVED THE NON-DIPPING BLOOD PRESSURE PATTERN IN NON-DIPPING PREHYPERTENSIVE WOMEN
D.G. Wilson, K.P. Ferrante, E.M. Jackson, FACSM. Department of Kinesiology and Health Sciences, The College of William and Mary, Williamsburg, VA
- P71 CARDIORESPIRATORY FITNESS, POSITIVE HEALTH FACTORS AND ALL-CAUSE MORTALITY IN MEN: A PROSPECTIVE COHORT STUDY
J.C. Sieverdes, W. Byun, X. Sui, S.P. Hooker, Chong-Do Lee, T.S. Church, and S.N. Blair. Department of Exercise Science, Arnold School of Public Health, University of South Carolina, Columbia, SC
- P72 ESTIMATION OF ENERGY EXPENDITURE DURING A 16 HOUR DANCE MARATHON
Aaron M. Doctor and Brian B. Parr. Dept. of Exercise and Sports Science, University of South Carolina Aiken, Aiken, SC
- 3:00-4:00
T7 **TUTORIAL (T7) (Regency Ballroom B&C)**
RUN FORREST RUN! TRIALS, TRIBULATIONS, AND LESSONS LEARNED FROM EXERCISING MICE
J.T. Lightfoot. University of North Carolina-Charlotte, Charlotte, NC
Chair: Dr. Michael Turner, University of North Carolina-Charlotte
- 3:00-4:00 **ORAL FREE COMMUNICATIONS (O15-O18) (Regency Ballroom D)**
Environmental Physiology
Chair: Dr. David Pascoe, Auburn University
- O15 3:00 EVALUATION OF A NOVEL PERSONAL COOLING DEVICE FOR WORKERS IN HOT ENVIRONMENTS
Y. Zhang, P.A. Bishop, J.M. Green, FACSM, M.T. Richardson, R.E. Schumacker, D. Jones. Department of Kinesiology, The University of Alabama, Tuscaloosa, AL; Department of Health, Physical Education and Recreation, University of North Alabama, Florence, AL
- O16 3:15 MEN AND WOMEN EXHIBIT SIMILAR DECLINES IN PEAK EXERCISE CAPACITY AND PERFORMANCE AT SIMULATED ALTITUDES
J. Kressler¹, M. Stoutenberg¹, B. Roos², A.L. Friedlander³, A.C. Perry¹, J.F. Signorile¹, K.A. Jacobs¹. ¹University of Miami, ESS Department, Coral Gables FL; ²UM School of Medicine, Miami FL; ³Stanford University, Center on Longevity, Palo Alto, CA
- O17 3:30 FOREARM VERSUS LEG SUBMERSION FOLLOWING WORK IN A HOT ENVIRONMENT WHILE WEARING FIREFIGHTING PROTECTIVE GEAR
C.P. Katica, R.C. Pritchett, K.L. Pritchett, A.T. Del Pozzi, J. Kim. Dept. of Exercise Science, Central Washington University, Ellensburg, WA
- O18 3:45 INFLUENCE OF BODY FATNESS ON CONTROL OF SWEATING AND SKIN BLOOD FLOW DURING EXERCISE
Jayme Eitner, Gregory S. Wimer, Lynn Hunt Long, William H. Baird, and Sharon A. Wimer. Armstrong Atlantic State University, Savannah GA
- 4:30-5:30 **STUDENT BOWL (Continental Ballroom)**
Moderator: Dr. Michael Turner, University of North Carolina-Charlotte

SATURDAY February 13, 2010

8:00-9:00 **REGISTRATION (Main Lobby)**

8:00-12:00 **EXHIBITS (Prefunction Area)**

7:30-12:00 **CLINICAL TRACK PROGRAM (Crepe Myrtle)**

Silver Level Supporters: **SonoSite, Inc.** and **Interim HealthCare, Inc.**

Bronze Level Supporters: **Acceleration Sports Institute, Harvest Technologies Corp., Proaxis Therapy,**
and **Steadman Hawkins Clinic of the Carolinas**

7:30-8:15 Ingestible Thermometers for Heat Illness Prevention: Eric Coris, MD

8:15-8:30 Fellow Case 4-David Scott, MD

8:30-8:45 Fellow Case 5-Kristina Wilson, MD

8:45-9:00 Fellow Case 6-Trace Julsen, MD

9:00-9:45 Prolotherapy: Brian Shiple, MD

9:45-10:00 **Break**

10:00-10:15 Fellow Case 7-Daymond McDuffey, MD

10:15-10:30 Fellow Case 8-Tommy McElroy, MD

10:30-10:45 Fellow Case 9-Matthew Pollack, MD

10:45-11:45 Office-Based Ultrasound-Guided Musculoskeletal Interventions: John McShane, MD

11:45-12:00 Voting for the best Fellow Case and Award Presentation; Planning Committee Recognition and Closing
Remarks: Sean Bryan, MD

8:00-9:00 **TUTORIAL (T8) (Regency Ballrooms E&F)**

T8 THE LONG-TERM CONSEQUENCES OF LATERAL ANKLE SPRAINS

E.A. Wikstrom. Dept. of Kinesiology, University of North Carolina-Charlotte, Charlotte, NC

Chair: Dr. Justin Shroyer, University of Louisiana-Lafayette

TUTORIAL (T9) (Regency Ballrooms B&C)

T9 NEUROIMAGING USING MRI: A CRASH COURSE FOR THE NEOPHYTE NEUROSCIENTIST

B.L. Marks and L.M. Katz. Dept. of Exercise and Science and Dept. of Emergency Medicine,
University of North Carolina at Chapel Hill, Chapel Hill, NC

Chair: Dr. Sue Graves, Florida Atlantic University

8:00-9:00 **ORAL FREE COMMUNICATIONS (O19-O22) (Regency Ballroom D)**

Psychology/Psychiatry/Behavior

Chair: Dr. Amy Knab, Appalachian State University

O19 8:00 BURNOUT AND JOB SATISFACTION IN CERTIFIED ATHLETIC TRAINERS
B. Gaffney, R. Hardin, E.C. Fitzhugh, G.Y. Koo. Department of Exercise, Sport and Leisure Studies,
University of Tennessee, Knoxville, TN

O20 8:15 ASSOCIATION BETWEEN VIGOROUS PHYSICAL ACTIVITY AND GRADE POINT
AVERAGE IN COLLEGE STUDENTS
J.I. Flynn, D.P. Coe, J.J. Ode. Dept. of Exercise, Sport and Leisure Studies, University of Tennessee,
Knoxville, TN; Dept. of Kinesiology, Saginaw Valley State University, University Center, MI

O21 8:30 RELATIONSHIP BETWEEN THE SUSCEPTIBILITY TO EATING DISORDERS, SELF-
ESTEEM AND BODY IMAGE IN FEMALE STUDENT-ATHLETES
S. E. Dawkins, C.N. Hultquist, R. Hardin. Department of Exercise, Sport and Leisure Studies,
University of Tennessee, Knoxville, TN; Department of Health, Physical Education, and Sport Science,
Kennesaw State University, Kennesaw, GA

O22 8:45 THE RELATIONSHIP BETWEEN WEIGHT TRAINING AND BODY IMAGE AMONG WOMEN
M. McCoy and B. Hale. Department of Kinesiology, Mississippi State University

- 8:00-9:00 **ORAL FREE COMMUNICATIONS (O23-O26) (Redbud)**
Body Composition/Energy Balance/Weight Control; Chronic Disease and Disability
Chair: Dr. Katrina DuBose, East Carolina University
- O23 8:00 THE EFFECT OF GROUP EXERCISE ON POSTPARTUM BODY COMPOSITION
Maggie Bacon, Tom Carroll, William R. Barfield, FACSM. Health and Human Performance, College of Charleston, Charleston, SC
- O24 8:15 TEMPORAL CHANGES IN CARDIOTROPIN-1 AND FIBROBLAST GROWTH FACTOR-21 WITH WEIGHT LOSS
L.A. Littlefield, R.L. Bowers, J.D. Dennis, F. Araya-Ramirez, J.K. Taylor, C. Pemberton, S.T. Mathews, P.W. Grandjean. Department of Kinesiology, Auburn University, Auburn, AL; Christchurch School of Medicine and Health Sciences, University of Otago, New Zealand
- O25 8:30 CHANGES IN BODY COMPOSITION AND SALIVARY CORTISOL FOLLOWING COMBINED AEROBIC AND RESISTANCE TRAINING IN HIV-INFECTED MEN
Jason. R. Jagers¹, Kenneth D. Phillips³, Wesley .D. Dudgeon⁴, Stephanie Burgess², J. Larry Durstine¹ (FACSM), and Gregory A. Hand¹ (FACSM). ¹Arnold School of Public Health and ²College of Nursing, University of South Carolina, Columbia SC; ³University of Tennessee, Knoxville TN; ⁴The Citadel, Charleston SC
- O26 8:45 ASYMMETRICAL BONE MINERAL DENSITIES OBSERVED IN AMBULATORY INDIVIDUALS WITH MULTIPLE SCLEROSIS
R.D. Larson, L.J. White. Dept. of Kinesiology, University of Georgia, Athens, GA
- 8:00-9:45 **POSTER PRESENTATION IV (P73-P95) (Regency Ballroom A)**
Endocrinology/Immunology/Hematology; Reproduction; Exercise Evaluation/Clinical; Environmental Physiology; Psychology/Psychiatry/Behavior
Authors present 8:00-9:00
Chair: J. Kyle Taylor, Auburn University-Montgomery
- P73 LPS-STIMULATED TUMOR NECROSIS FACTOR-ALPHA AND INTERLEUKIN-6 CYTOKINE AND mRNA EXPRESSION FOLLOWING ACUTE PSYCHOLOGICAL STRESS
C.J. Huang, J.K. Stewart, R.L. Franco, R.K. Evans, Z.P. Lee, T.D. Cruz, and E.O. Acevedo. Department of Exercise Science and Health Promotion, Florida Atlantic University, FL
- P74 EFFECT OF A CARBOHYDRATE-RESTRICTED DIET WITH AND WITHOUT RESISTANCE TRAINING ON IMMUNE FUNCTION AND INDICES OF HEALTH
D.D. Thomas and T.P. Scheett Department of Health and Human Performance, College of Charleston, Charleston, SC
- P75 CURCUMIN REDUCES THE MCP-1 RESPONSE IN ApcMin/+ MICE
Jamie L. McClellan, J. Mark Davis, E. Angela Murphy. Department of Exercise Science, University of South Carolina, Columbia, SC
- P76 BRAN MCP-1 EXPRESSION IS INCREASED IN THE ApcMin/+ MOUSE MODEL OF COLON CANCER
Benjamin T. Gordon, J. Mark Davis, FACSM, E. Angela Murphy, Jamie L. McClellan, Martin D. Carmichael. Department of Exercise Science, University of South Carolina, Columbia, SC
- P77 COMPARISON OF THE HORMONAL RESPONSES TO EXHAUSTIVE INCREMENTAL EXERCISE IN ADOLESCENT AND YOUNG ADULT MALES
M. VanBruggen, M. Viru, T. Janson, K. Karelson, A. Viru, and A.C. Hackney, FACSM. University of North Carolina, Chapel Hill, NC and Institute of Exercise Biology and Physiotherapy, University of Tartu, Estonia
- P78 GROWTH HORMONE ADAPTATION TO THREE WEEKS OF SPRINT EXERCISE TRAINING ON A CYCLE ERGOMETER
Jason K. Smith, Kevin J. Ritsche, Paul F. Mellick, Laurie Wideman. Department of Kinesiology, University of North Carolina-Greensboro, Greensboro, NC

- P79 COMPARISON OF THE HORMONAL RESPONSES TO HIGH-INTENSITY INTERVAL EXERCISE VERSUS STEADY-STATE ENDURANCE EXERCISE
K.P. Tosti, D.A. Rubin, C.L. Battaglini, E. Kelly, and A.C. Hackney FACSM. Department of Exercise and Sport Science, University of North Carolina, Chapel Hill, NC
- P80 IMMUNE AND METABOLIC EFFECTS OF EXERCISE WITH OR WITHOUT WHOLE BODY VIBRATION
D.C. Nieman, N.T. Triplett, M. Austin, D.A. Henson, J. McBride. Dept. Health, Leisure, and Exercise Science, Appalachian State University, Boone, NC
- P81 THE ACCURACY OF MENSTRUAL CYCLE HISTORY SELF-REPORT IN COLLEGE-AGED WOMEN
L. Wideman, M.M. Montgomery, B.J. Levine and S.J. Shultz. Dept of Kinesiology & Dept of Public Health, UNC Greensboro, Greensboro, NC
- P82 COMBINING EXERCISE AND RECREATION THERAPY: PRELIMINARY RESULTS OF A RANDOMIZED TRIAL IN BREAST CANCER SURVIVORS
C.L. Battaglini, D. Groff, E. Shields, E. Evans, A.C. Hackney, FACSM. Dept. of Exercise & Sport Science, University of North Carolina, Chapel Hill, NC
- P83 CHEMOSENSORY EVALUATION OF TRAINING AND OXIDATIVE STRESS IN LONG DISTANCE RUNNERS
C. Whyson, K. Mallikarjunan, P.G. Brolinson, Z. Jia, and H.P. Misra. Biological Systems Engineering, Virginia Tech and Edward Via Virginia College of Osteopathic Medicine, Blacksburg, VA
- P84 ACUTE EXERCISE IS ASSOCIATED WITH GREATER NIGHTTIME BLOOD PRESSURE DIPPING IN WOMEN CLASSIFIED AS NON-DIPPERS
K.P. Ferrante, D.G. Wilson, Erica M. Jackson, FACSM. Department of Kinesiology and Health Sciences, The College of William and Mary, Williamsburg, VA
- P85 ASYMPTOMATIC CORONARY ARTERY DISEASE: USE OF CARDIAC SCORING IN THE DECISION MAKING PROCESS
D.O. Sword. Department of Health Professions, Medical University of South Carolina, Charleston, SC
- P86 CHANGES IN HEALTH-RELATED QUALITY OF LIFE, DIETARY FAT INTAKE, AND FITNESS AFTER A 60-DAY PHYSICIAN REFERRED EXERCISE PROGRAM
C Rynders, K Findley, A Harris, P Wendel, A Weltman, FACSM. University of Virginia Exercise Physiology Laboratory and ACAC Fitness and Wellness Centers, Charlottesville VA
- P87 VALIDATION OF AN IN-HELMET TEMPERATURE MONITOR SYSTEM
J. Wickwire, R. Buresh, L. Tis, FACSM, M. Collins, FACSM, R. Jacobs and M. Bell. Dept. of Health, Physical Education, and Sport Science and Dept. of Mathematics and Statistics, Kennesaw State University, Kennesaw, GA
- P88 COMPARISON OF THE METABOLIC RESPONSES OF UPRIGHT JUMPING EXERCISE AND SUPINE LOWER BODY NEGATIVE PRESSURE JUMPING EXERCISE
K.S. Livesay, T.S. Lyons, J.W. Navalta, C. Sivley. Department of Kinesiology, Recreation and Sport, Western Kentucky University, Bowling Green, KY
- P89 INFLUENCE OF BODY FATNESS ON HEAT LOSS DURING EXERCISE
Lynn Hunt Long, Jayme Eitner, Gregory S. Wimer, William H. Baird, Sharon A. Wimer. Department of Health and Physical Education, Armstrong Atlantic State University, Savannah, GA
- P90 CARDIORESPIRATORY FITNESS AND QUALITY OF LIFE ANALYSIS POST-TREATMENT IN BREAST CANCER SURVIVORS
Elizabeth S. Evans, Grassyara P. Tolentino, Cláudio L. Battaglini, Selma S.Araújo, Arturo S.Otano, Délio M. Conde, Ricardo Jacó de Oliveira. Catholic University of Brasilia-DF, Brazil
- P91 THE EFFECTS OF IMAGERY ON DELAYED-ONSET MUSCLE SORENESS AND PAIN PERCEPTION
Paige Kensrue, Walter R. Bixby, FACSM, Paul C. Miller, & Eric E. Hall, FACSM. Department of Exercise Science, Elon University, Elon, NC

- P92 INFLUENCE OF COMFORT EXPECTATION ON REPORTED COMFORT DURING WORK IN TWO DIFFERENT ENCAPSULATING PROTECTIVE GARMENTS
J.A. Campbell and P.A. Bishop. Dept. of Kinesiology, University of Alabama, Tuscaloosa, AL
- P93 CHANGES IN ATTITUDE TOWARDS APPEARANCE FOLLOWING ALAMANCE GIRLS IN MOTION
Christie N. Staton and Elizabeth Bailey. Elon University, Elon, NC
- P94 EFFECT OF MUSIC ON MAXIMAL OXYGEN UPTAKE AND SUBMAXIMAL RUNNING PERFORMANCE
P.O. Gelinas, T.S. Brown, S.A. Kyzer, J.T. Mullner, and C.M. DeWitt. Department of Exercise and Sports Science, University of South Carolina Aiken, Aiken, SC
- P95 EXAMINING THE CONTENT OF TELEVISION PROGRAMS ON ANXIETY REDUCTION IN COLLEGE MALES
E.E. Lewandowski, E.E. Hall, K.M. Arfman, W.R. Bixby and P.C. Miller. Dept. of Exercise Science, Elon University, Elon, NC
- 9:00-10:15 **HENRY J. MONTOYE SCHOLAR LECTURE (Continental Ballroom)**
“A Researcher's Tale: Using Genetics to Figure Out Why We Aren't Active”
Dr. J. Timothy Lightfoot, FACSM, Professor, Department of Kinesiology, University of North Carolina-Charlotte
Chair: Dr. Edward Howley, FACSM, Professor Emeritus, University of Tennessee
- 10:15-10:30 **BREAK**
- 10:30-12:00 **SYMPOSIUM (S8) (Redbud)**
S8 OXYGEN UPTAKE ON-KINETICS: HISTORY, MECHANISMS, AND EFFECT OF AGING
L. Bruce Gladden, Matthew L. Goodwin, and James R. McDonald. Department of Kinesiology, Auburn University, Auburn, AL; Weill Cornell Medical College, New York, NY, and; Rockefeller University, New York, NY
Chair: Dr. J.W. Yates, University of Kentucky
- S9 **SYMPOSIUM (S9) (Regency Ballrooms B&C)**
RETHINKING EXERCISE REHABILITATION FOR PATIENTS WITH MODERN CHRONIC DISEASE
Michael A. Welsch¹ FACSM, Tracie R. Parish², Brian Coyne³, Daniel Credeur¹.
¹Louisiana State University; ²Southeastern Louisiana University; ³University of Louisiana Monroe
Chair: Dr. Paul Davis, University of North Carolina Greensboro
- 10:30-11:30 **TUTORIAL (T10) (Regency Ballrooms E&F)**
T10 ANTIOXIDANTS IN THE TREATMENT/PREVENTION OF EXERCISE-INDUCED MUSCLE DAMAGE
A.H. Goldfarb, FACSM. Department of Kinesiology, University of North Carolina Greensboro, Greensboro, NC
Chair: Dr. Gordon Warren, Georgia State University
- 10:30-11:45 **ORAL FREE COMMUNICATIONS (O27-O31) (Regency Ballroom D)**
Fitness/Testing/Assessment; Competitive Athletes
Chair: Dr. Mark Schafer, Western Kentucky University
- O27 10:30 CHANGING EXERCISES BETWEEN SESSIONS DOES NOT PREVENT THE REPEATED BOUT EFFECT OCCURENCE
M.C. Zourdos, C. Ugrinowitsch, J.M. Wilson, S-R. Lee, M. Naimo, P.C. Henning, Y-M. Park, K. Nosaka, and J-S. Kim. Dept. of Nutrition, Food & Exercise Sciences, Florida State University, Tallahassee, FL
- O28 10:45 EFFECTS OF INCREASING EXERCISE INTENSITY IN LEUKOCYTE APOPTOSIS CORRELATING TO VENTILATORY THRESHOLD
E.A. Fedor, D.N. Richardson, H.B. Kell, C.G. Lee, S.W. Arnett. KRS Dept. Western Kentucky University, Bowling Green, KY

- O29 11:00 EFFECTS OF BODY POSITION ON MUSCLE STRENGTH, PERCENT MUSCLE ACTIVATION AND EMG ACTIVITY OF THE KNEE EXTENSORS
Z.W. Zhao, S.M. Fridenmaker and G.L. Warren. Division of Physical Therapy, Georgia State University, Atlanta, GA
- O30 11:15 ACUTE EFFECT OF UPPER-BODY VIBRATION ON PERFORMANCE IN MASTERS SWIMMERS
S. Nepocatych, P.A. Bishop, G. Balilionis, M.T. Richardson, P. J. Hubner. Department of Kinesiology, Department of Aerospace Engineering & Mechanics, The University of Alabama, Tuscaloosa, AL
- O31 11:30 EFFECTS OF DIFFERENT TYPES OF WARM-UP ON SWIMMING PERFORMANCE IN COLLEGIATE SWIMMERS
G. Balilionis, P.A. Bishop, S. Nepocatych, C. Ellis, M.T. Richardson, Y.H. Neggers. Department of Kinesiology, Department of Human Nutrition and Hospitality Management, University of Alabama, Tuscaloosa, AL
- 10:15-12:00 **POSTER PRESENTATION V (P96-P114) (Regency Ballroom A)**
Athletic Care/Trauma/Rehabilitation; Biomechanics/Gait/Balance, Fitness/Testing/Assessment
Authors Present 10:15-11:15
Chair: Dr. Erik Wikstrom, University of North Carolina
- P96 BENCH PRESS OR CHEST FLY: DOES IT REALLY MATTER IN THE FIRST SEVEN WEEKS OF TRAINING?
J. Gill and A.B. Lanier. Department of Kinesiology, Berry College, Mount Berry, GA
- P97 COMPARISON OF TONIC AND PHASIC TECHNIQUES USING AN INERTIAL EXERCISE DEVICE FOR KNEE FLEXION AND EXTENSION
B.F. LeVeau, C. LaPorte, H. Hall, and C. Ortiz. Dept. of Physical Therapy, Alabama State University, Montgomery, AL
- P98 A COMPARISON OF MENTHOL OINTMENT AND ICE ON MUSCLE FUNCTION
Lee J Winchester, Amber M Mink, Stacey H Sannes, Jeremiah S Kaufman, Dean E Jacks & Robert Topp. Exercise Physiology Laboratory, University of Louisville
- P99 A COMPARISON OF MENTHOL OINTMENT AND ICE ON BLOOD FLOW
Amber M Mink, Lee J Winchester, Stacey H Sannes, Jeremiah S Kaufman, Robert Topp and Dean E Jacks. Exercise Physiology Dept., University of Louisville
- P100 MEASURES OF COGNITIVE FUNCTION AND SWAY VELOCITY OF EQUESTRIAN ATHLETES BEFORE AND AFTER REINING SPINS
Joanna E. Shroyer and Andrea M. Sumner. Dept. of Kinesiology, Auburn University, Auburn, AL
- P101 INFLUENCE OF THONG FLIP-FLOPS ON THE KINEMATICS OF THE HORIZONTAL JUMP OF PRESCHOOLERS
Wendi Weimar, Justin Shroyer, Andrea Sumner, Joanna Shroyer and Leah Robinson. Department of Kinesiology, Auburn University
- P102 SYSTEMATIC REVIEW OF HEIGHT SETTINGS AND METHODOLOGY FOR DROP LANDING RESEARCH
T.G. Coffey. Dept. of Health and Human Performance, Virginia Commonwealth University, Richmond, VA
- P103 THE EFFECT OF EXTENDED DURATIONS OF WALKING IN WORK BOOTS ON BALANCE
John C. Garner¹, Chip Wade², Hugh S. Lamont¹, Christopher J. MacDonald¹. ¹Applied Biomechanics and Ergonomics Laboratory, University of Mississippi; ²Tigergonomics Laboratory, Auburn University, Auburn, AL
- P104 THE EFFECT OF EXTENDED DURATIONS OF WALKING ON POSTURAL FATIGUE
C.J. MacDonald¹, J.C. Garner¹, C. Wade², H.S. Lamont¹. ¹Applied Biomechanics and Ergonomics Laboratory; University of Mississippi, University, MS; ²Tigergonomics Laboratory; Auburn University, Auburn, AL

- P105 THE EFFECT OF BMI AND WALKING SPEED ON STEP COUNT VALIDITY OF WEARABLE ACTIVITY MONITORS
Y. Feito, B.M. Tyo, D.R. Bassett, D.L. Thompson. Dept. of Exercise, Sport and Leisure Studies, The University of Tennessee, Knoxville, TN
- P106 METABOLIC RESPONSES TO Wii FIT® ACTIVITY
S Rogers, J Worley, RR Kraemer. Dept. of Kinesiology, Southeastern LA University, Hammond, LA
- P107 PHYSIOLOGICAL RESPONSES OF A SINGLE SUSPENSION TRAINING WORKOUT
K. Devine, T. Scheett, J. Herrin, D. Thomas, J. Aartun, E. Green & W. Dudgeon. Department of Health and Human Performance, College of Charleston, and Department of Health, Exercise & Sport Science, The Citadel, Charleston, SC
- P108 EFFECT OF TIME OF DAY ON PERFORMANCE OUTCOMES DURING THE ARMY PHYSICAL FITNESS TEST
L. Barton, J. Campbell, W. Leek, J. Patt, A. Winkler, and D.P. Garner. Dept. of Health, Exercise and Sport Science, The Citadel, Charleston, SC
- P109 RELATIONSHIP BETWEEN THE BORG RATING OF PERCEIVED EXERTION SCALE AND OTHER PHYSIOLOGICAL MEASUREMENTS DURING A MAXIMAL CYLCLE ERGOMETRY EXERCISE TEST IN AFRICAN-AMERICAN WOMEN
Ramine C. Alexander, Kevin J. Ritsche and Michael J. McKenzie. Dept. of Human Performance & Sports Sciences, Winston-Salem State University, Winston-Salem, NC
- P110 THE EFFECT OF A COLLEGIATE SOCCER PRESEASON ON DROP JUMP PERFORMANCE CHARACTERISTICS IN MALE SOCCER PLAYERS
S.J. Rossi, J.L. McMillan, T.A. Buckley, & A.C. Chappell. Human Performance and Biomechanics Laboratory, Georgia Southern University, Statesboro, GA
- P111 THE IMPACT OF SHORT-TERM HIGH- INTENSITY SPRINT TRAINING ON EXERCISE CAPACITY AND BODY COMPOSITION
Kevin J. Ritsche, Jason K. Smith, Paul F. Mellick, Laurie Wideman. Department of Kinesiology, University of North Carolina-Greensboro, Greensboro, NC
- P112 RELATIONSHIP BETWEEN THE YMCA, ASTRAND RHYMING, AND MAXIMAL CYLCLE ERGOMETER EXERCISE TESTS IN AFRICAN-AMERICAN FEMALES
William R. Valentine, Michael J. McKenzie, and Kevin J. Ritsche. Dept. of Human Performance & Sports Sciences, Winston-Salem State University, Winston-Salem, NC
- P113 VALIDATION OF A NON-EXERCISE MODEL TO ESTIMATE CARDIORESPIRATORY FITNESS IN AFRICAN-AMERICAN FEMALE COLLEGE FRESHMEN
K Dillard, J. Pittsley, K. Ritsche, P.McAuley, and C. Brown. Dept. of Human Performance and Sport Sciences, Winston-Salem State University, Winston-Salem, NC
- P114 BODY COMPOSITION, AEROBIC POWER AND VENTILATORY THRESHOLD IN COLLEGIATE CROSS COUNTRY RUNNERS
Julie Brauer, Tom Carroll, William Barfield, FACSM. Health & Human Performance, College of Charleston, Charleston, SC
- 12:00-2:00 **SEACSM LUNCHEON AND LECTURE (Continental Ballroom)**
"Physical Activity as a Strategic Business Priority: Implications for Leadership, Workforce, and Policy"
Dr. Nicolaas P. Pronk, FACSM, FAWHP, Executive Director, Health Behavior Group
Vice President, Health and Disease Management, Senior Research Investigator,
HealthPartners Research Foundation, Minneapolis, Minnesota
Chair: Dr. Peter Grandjean, Auburn University
- 2:00-4:00 **SEACSM EXECUTIVE BOARD MEETING (Board Room)**