SOUTHEAST AMERICAN COLLEGE OF SPORTS MEDICINE
2013 ANNUAL MEETING SCHEDULE (COMPLETE)

THURSDAY, February 14, 2013

12:00-2:00  SEACSM EXECUTIVE BOARD MEETING (Board Room)
1:00-6:00  REGISTRATION (Main Lobby)
4:00-9:00  EXHIBITS (Prefunction Area)
4:00-5:00  Tutorial
          T1  PERCEPTUAL RESPONSES: SCALE DEVELOPMENT, EXERCISE APPLICATIONS AND
               MEDIATING FACTORS
               J.M. Green, L.G. Killen, *University of North Alabama, Middle Tennessee State
               University*
               Chair: Eric Hall, PhD, Elon University
               *(Crepe Myrtle)*
4:00-5:30  SYMPOSIUM
          S1  THE FRESHMAN 15: FALLACIES, FINDINGS, FACTORS, AND FIXES
               B.M. Das, M.V. Fedewa, E.M. Evans. *University of Georgia*
               Chair: Sue Graves, PhD, Florida Atlantic University
               *(Redbud A & B)*
          S2  IMPROVING WELLNESS IN PEOPLE WITH DISABILITIES: PAST, PRESENT, AND
               FUTURE DIRECTIONS FOR ADAPTIVE FITNESS PROGRAMS
               K. McCully, FACSM, M. Erickson, H-J. Young, *University of Georgia, N. Evans,
               Shepherd Center, Atlanta, GA*
               Chair: Gregory Martel, PhD, Coastal Carolina University
               *(Regency Ballroom B & C)*
4:00-5:30  ORAL FREE COMMUNICATIONS I (O1-06)
Athletic Care/Trauma/Rehabilitation, Fitness/Testing/Assessment
Chair: Heather Webb, PhD, Mississippi State University
*(Regency Ballroom D)*

O1  4:00  EFFECT OF ARM COOLING ON PITCHING PERFORMANCE
     S. Bishop, G. Ryan, C. Katica, R. Herron, B. Elbon, and P. Bishop, *Dept. of Health
     and Human Performance, Texas A&M University-Commerce, Kinesiology Dept.,
     University of Alabama, University of Montana*

O2  4:15  INVESTIGATION OF A NOVEL THERAPY FOR THE PREVENTION AND TREATMENT
        OF MUSCLE CRAMPS
        K.A. Zwetsloot, A. Goodman, E. Rabinowitz, J.J. Zwetsloot, M. Morton, and B. Bull
        *Dept. of Health, Leisure, and Exercise Science, Appalachian State University*

O3  4:30  VALIDATION OF AN ACUTE ANKLE SPRAIN MOUSE MODEL
        of North Carolina at Charlotte*

O4  4:45  CONCUSSION KNOWLEDGE AND ATTITUDE AMONGST COLLEGIATE ATHLETES
        T.A. Buckley, B.A. Munasky. *Dept. of Health and Kinesiology, Georgia Southern
        University*
O5  5:00  PARENTAL KNOWLEDGE OF PHYSICAL ACTIVITY RECOMMENDATIONS AND THEIR ABILITY TO ASSESS CHILD’S PHYSICAL ACTIVITY  
J. I. Flynn, D.P., Coe, D.L., Thompson.  Dept. of Kinesiology, Recreation, and Sport Studies, University of Tennessee

O6  5:15  EFFECTS OF WARM-UP DURATION ON VO₂ KINEMATICS AND LACTATE DURING A CYCLING TIME TRIAL  
J. A. Bunn, M. Magal, FACSM and L.C. Eschbach, Campbell University, NC  
Wesleyan University, Valencell Technologies

4:00-6:00  STUDENT AWARD POSTER PRESENTATIONS  
(D1-8, M1-8, UG1-8)  
Authors Present 4:30-6:00  
Chair: Dave Pascoe, PhD, Auburn University  
(Teal)

D1  CASE REPORT: MITOCHONDRIAL RESPONSES AFTER ENDURANCE ELECTRICAL STIMULATION TRAINING IN PERSONS WITH SPINAL CORD INJURY  
M.L. Erickson, T.E. Ryan, H. Young, and K.K. McCully, FACSM.  Kinesiology Department, University of Georgia

D2  OBJECTIVELY MEASURED TOTAL ACCELEROMETER COUNTS AND MVPA: RELATIONSHIP WITH BIOMARKERS USING 2003 – 2006 NHANES  
D.L. Wolff, E.C. Fitzhugh, D.R. Bassett, J.R. Churilla.  Department of Kinesiology, Recreation & Sports Studies, University of Tennessee, Department of Clinical & Applied Movement Sciences, University of North Florida

D3  ELEVATED NADPH OXIDASE ACTIVITY LINKS ENDOThELIAL DYSFUNCTION TO ROS IN OBESE HUMAN SKELETAL MUSCLE  
J.D. La Favor, E.J. Anderson, and R.C. Hickner, FACSM.  Department of Kinesiology, East Carolina University

D4  CACHECTIC SKELETAL MUSCLE RESPONSE TO A NOVEL BOUT OF LOW FREQUENCY STIMULATION  
M. Puppa and J. Carson.  Department of Exercise Science, University of South Carolina

D5  THE REPRODUCIBILITY OF 31P MRS AND NIRS METHODS TO EVALUATE SKELETAL MUSCLE MITOCHONDRIAL FUNCTION  
T.E. Ryan, M.L. Erickson, S.N. Stoddard, J. Chavez, A. Verma, K.K. McCully FACSM.  University of Georgia, Biogen IDEC, Massachusetts

D6  EFFECT OF AN ACUTE BOUT OF MODERATE-INTENSITY AEROBIC EXERCISE ON NATURAL KILLER CELL COUNTS IN BREAST CANCER SURVIVORS  
E.S. Evans, A.C. Hackney, FACSM, R.G. McMurray, FACSM, S.H. Randell, H.B. Muss, and C.L. Battaglini.  Departments of Exercise and Sport Science, Cell and Molecular Physiology, and Medicine, University of North Carolina at Chapel Hill

D7  TREADMILL RUNNING INFLUENCES POLYP BURDEN AND IMMUNE REGULATION IN THE ApcMin/+ MOUSE MODEL OF INTESTINAL TUMORIGENESIS  
D8  RAPAMYCIN EXACERBATES STRENGTH DEFICITS AFTER ECCENTRIC CONTRACTION-INDUCED SKELETAL MUSCLE INJURY  
C.W. Baumann, N. Gahlot, R.G. Rogers, C.P. Ingalls, FACSM. Department of Kinesiology and Health, Georgia State University

M1  LEFT VENTRICULAR HYPERTROPHY ACROSS THE LIFESPAN IN PHYSICALLY ACTIVE AND SEDENTARY MICE  

M2  EXOGENOUS SUPPLEMENTATION OF MELATONIN DOES NOT AFFECT 20 MILE CYCLING TIME TRIAL PERFORMANCE  
K.J. Brandenberger, C.P. Ingalls, J.C. Rupp, J.A. Doyle. Department of Kinesiology and Health, Georgia State University

M3  GENDER DIFFERENCES IN HIGH SENSITIVITY C-REACTIVE PROTEIN AND SELF-REPORTED MUSCLE STRENGTHENING ACTIVITY AMONG U.S. ADULTS  
M. R. Richardson, W. R. Boyer, J. R. Churilla. Department of Clinical & Applied Movement Sciences, University of North Florida

M4  REPRODUCABILITY OF SKELETAL MUSCLE OXIDATIVE FUNCTION USING NEAR-INFRARED SPECTROSCOPY  
W. M. Southern, M. A. Reynolds, K. K. McCully, FACSM. Department of Kinesiology, University of Georgia

M5  MINIMAL DETECTABLE CHANGE SCORES IN SCAPULA UPWARD ROTATION  
R.L. Ingram, B.A. Munkasy, T.A. Buckley. Department of Health and Kinesiology, Georgia Southern University

M6  THE EFFECT OF AD LIBITUM HYDRATION ON COGNITIVE FUNCTION FOLLOWING EXERCISE IN THE HEAT  

M7  THE RELATIONSHIP BETWEEN HEART RATE VARIABILITY AND SHOOTING PERFORMANCE IN A TACTICAL PISTOL QUALIFIER  
A.G. Thompson, D.P. Swain FACSM, J.D. Branch FACSM, R.J. Spina FACSM, C.R. Grieco. Department of Human Movement Sciences, Old Dominion University

M8  A COMPREHENSIVE AND COORDINATED APPROACH TO INCREASING CHILDREN’S PHYSICAL ACTIVITY IN AFTEERSCHOOL PROGRAMS: A PILOT STUDY  
M. Hughey, R. Ajja, R. Shah, F. Tilley, RG.Weaver, D. Winnicka, CA. Webster, A. Beighle, RR. Pate, RP. Saunders, MW. Beets. Department of Exercise Science, The University of South Carolina

U1  PHYSICAL ACTIVITY, EXECUTIVE FUNCTION, AND SCHOOL READINESS IN YOUNG CHILDREN  
B.D. Wiseman, D.P. Coe, J.T. Fairbrother, J.I. Flynn, Department of Kinesiology, Recreation, and Sport Studies, University of Tennessee

U2  THE RELATIONSHIP BETWEEN PERCEIVED FITNESS STATUS AND PHYSICAL ACTIVITY LEVEL  
L.A. Zdziarski, E.A. Holbrook. Department of Health and Human Performance, Roanoke College
RUNNERS UNDERESTIMATE SWEAT LOSSES IN TEMPERATE ENVIRONMENT RUN

THE EFFECTS OF CHOCOLATE SOYMILK ON RECOVERY IN RECREATIONALLY ACTIVE WOMEN
K. E. Chrismon, P. C. Miller, FACSM, S. Nepocatych, Department of Exercise Science, Elon University

COMPARISON OF HIP WORN AND WRIST WORN ACTIVITY MONITORS
T.F. Mahar and M.T. Mahar, FACSM. Department of Kinesiology, East Carolina University

THE EFFECT OF SHOD VERSUS BAREFOOT RUNNING ON LOWER LIMB MUSCLE ACTIVATION
L. Bauer and C. Inman, Samford University

SEX DIFFERENCES FOLLOWING FOUR WEEKS OF DISCONTINUOUS VERSUS CONTINUOUS EXERCISE IN CENTRAL PULSE WAVE VELOCITY

THE EFFECTS OF EXERCISE AND DIETARY SUPPLEMENTATION ON AVASCULAR NECROSIS: A CASE STUDY

SYMPOSIUM
CONTROL OF BLOOD FLOW DURING MUSCLE CONTRACTIONS
H.A. Kluess, L.B. Gladden, B.S. Ferguson, M.J. Rogatzki. Department of Kinesiology, Auburn University
Chair: Ronnie Evans, PhD, Virginia Commonwealth University
(Regency Ballrooms E & F)

TUTORIAL
INCREASING YOUR N: STRATEGIES TO RECRUIT AND RETAIN PARTICIPANTS FOR YOUR RESEARCH PROJECTS
E.K. O’Neal and C.M. Laurent, University of North Alabama, Bowling Green State University
Chair: Brian Parr, PhD, University of South Carolina Aiken
(Crepe Myrtle)

GLENOHUMERAL JOINT MOTION INVOLVES THE WHOLE BODY, JUST ASK DARTFISH
W.H. Weimar, G.D. Oliver and J.H. Patel. Department of Kinesiology, Auburn University
Chair: Bill Barfield, PhD, College of Charleston
(Redbud C)
7:30-9:00  **KEYNOTE ADDRESS (Continental Ballroom)**
“The Genetic Underpinnings of Health Behaviors”
Molly Bray, Ph.D.
Professor, Department of Epidemiology/Genetics
Director, Heflin Center for Genomic Science Core Labs
University of Alabama at Birmingham
Presiding: Paul Davis, University of North Carolina at Greensboro,
SEACSM President
Speaker Introduction: Michael Turner, PhD, University of North Carolina at Charlotte

9:00-11:00  **SEACSM SOCIAL (Regency Ballrooms A, B, & C)**

**FRIDAY, February 15, 2013**

6:45-7:45  **WOMEN’S BREAKFAST (Registration Required)**
“Honoring the Founders of the Women’s Breakfast and Exploring New Opportunities”
Moderator: Judith Flohr, PhD, James Madison University
Tiffany Esmat, PhD, Kennesaw State University
(Regency Ballrooms E & F)

8:00-5:00  **REGISTRATION (Main Lobby)**
8:00-6:00  **EXHIBITS (Prefunction Area)**
8:00-9:30  **SYMPOSIUM**

**S4**  THE BENEFICIAL EFFECTS OF EXERCISE IN INDIVIDUALS WITH PARKINSON’S DISEASE
T.A. Buckley, J.R. Nocera, C.J. Hass. *Department of Health and Kinesiology, Georgia Southern University, School of Medicine, Emory University, Department of Applied Physiology and Kinesiology, University of Florida*
Chair: Lynn Panton, PhD, Florida State University
(Crepe Myrtle)

**SYMPOSIUM**

**S5**  LONG TERM INTERDISCIPLINARY ATHLETE DEVELOPMENT AND MONITORING PROGRAMS
C.J. MacDonald, J.A. Gentles, M.H. Stone. *Department of Exercise and Sport Sciences, East Tennessee State University*
Chair: Will Lyerly, PhD, Coastal Carolina University
(Regency Ballrooms B & C)

8:00-9:00  **TUTORIAL (T4 & T5)**

**T4**  HIGH INTENSITY INTERVAL TRAINING: FROM THE SURGEONS TABLE TO THE PLAYING FIELD
R.H. Laird, D.J. Elmer, D.D. Pascoe. *Department of Kinesiology, Auburn University*
Chair: Peter Magyari, PhD, University of North Florida
(Redbud A & B)

**T5**  SEVERE OBESITY: IS THERE A METABOLIC PHENOTYPE AND CAN EXERCISE HELP?
J.A. Houmard, *East Carolina University*
Chair: Allan Goldfarb, PhD, University of North Carolina at Greensboro
(Regency Ballroom A)
8:00-9:15 **ORAL FREE COMMUNICATIONS II**  
Body Composition/Energy Balance/Weight Control, Connective  
Tissue/Bone/Skeletal Muscle  
Chair: Laurie Wideman, PhD, University of North Carolina at Greensboro  
*(Regency Ballroom D)*

O7  8:00  **EFFECTS OF BETAINE ON STRENGTH, BODY COMPOSITION, AND HOMOCYSTEINE THIOLACTONE**  
J. M. Cholewa, V. Paolone, R. Wood, T. Matthews, *University of Kentucky*

O8  8:15  **ADIPOSITY INFLUENCES MUSCLE QUALITY ASSOCIATIONS WITH PHYSICAL FUNCTION IN OLDER ADULTS**  
C.R. Straight, B.M. Das, D.L. Guest, C.L. Ward, R.J. Valentine, E.M. Evans,  
FACSM, *Dept. of Kinesiology, University of Georgia, University of Illinois*

O9  8:30  **ADIPOSITY IS NEGATIVELY ASSOCIATED WITH BODY IMAGE IN FRESHMAN STUDENTS**  
M.V. Fedewa, B.M. Das, M.D. Schmidt, P.J. O’Connor, FACSM, E.M. Evans,  
FACSM, *University of Georgia*

O10  8:45  **A COMPARISON BETWEEN YOUNG WOMEN AND PRE-MENOPAUSAL WOMEN’S BONE MINERAL DENSITY**  
S. Sanderson, M. Benton, *Dept. of Kinesiology and Physical Education, Dept. of Nursing, Valdosta State University*

O11  9:00  **POSTMENOPAUSAL WOMEN WHO EXERCISE ONE DAY A WEEK WILL IMPROVE BONE PARAMETERS SIMILAR TO THOSE WHO EXERCISE MORE FREQUENTLY**  
K.C. Hamilton, G. Fisher, B. Kane and G.R. Hunter, *Dept.of Human Studies, University of Alabama, University of Alabama-Birmingham*

8:00-9:30 **POSTER PRESENTATION I (P1-P27)**  
Authors Present 8:00-9:00 AM  
Athletic Care/Trauma/Rehabilitation, Biomechanics/Gait/Balance,  
Metabolism/Carbohydrate, Lipid, Protein, Endocrinology/Immunology,  
Environmental Physiology  
Chair: Chun-Jung Huang, PhD, Florida Atlantic University  
*(Teal)*

**P1**  **CONCUSSION IMPAIRS SOME GAIT STEPPING CHARACTERISTICS WHEN COMPARED TO A HEALTHY GROUP**  
T.G. Tapia-Lovler, B.A. Munkasy, T.A. Buckley *Department of Health and Kinesiology, Georgia Southern University*

**P2**  **LOWER-EXTREMITY MOBILITY & QUADRICEPS STRENGTH OF OLDER OVERWEIGHT ADULTS: BASELINE DATA FROM THE I'M FIT STUDY**  
J.C. McNeill, A.P. Marsh. *Department of Health and Exercise Science, Wake Forest University*

**P3**  **BALANCE ABILITY AND FALL RISK IN FEMALE COLLEGIATE CHEERLEADERS AND CROSS COUNTRY RUNNERS**  
G.F. Martel, C.M. Carroll, S.L. Taylor, S.L. Beam, G.W. Lyerly. *Department of Kinesiology, Coastal Carolina University*
THE EFFECT OF FATIGUE ON PLANTAR PRESSURE IN A COMPETITIVE COLLEGIATE SOCCER PLAYER
B.A. Gladish, J.A. Davis, PhD, Elon University
M.E. Russell, MS, M.W. Krzyzewski Human Performance Research Laboratory at Duke Medical Center

IMPACTS ON MUSCLE ACTIVITY WHILE WALKING IN OCCUPATIONAL FOOTWEAR

A DESCRIPTION OF SEGMENTAL SPEEDS OF THE UPPER EXTREMITY IN THE YOUTH PITCHING: FASTBALL AND CHANGE-UP

FOOTWEAR AND CADENCE EFFECT ON SPATIOTEMPORAL GAIT PARAMETERS

VERTICAL GROUND REACTION FORCE DURING FOUR LOADING CONDITIONS

FEMALE DIVISION 1 CROSS COUNTRY RUNNERS: IS BALANCE AN ISSUE?

ASSESSMENT OF BALANCE ABILITY AND FALL RISK IN FEMALE COLLEGIATE CHEERLEADERS

EFFECTS OF PREVIOUS LATERAL ANKLE SPRAIN ON BALANCE
A. Comer, M. Adams, A. Abernathy, and A. Knight. Department of Kinesiology, Mississippi State University

EFFECTS OF PREVIOUS LATERAL ANKLE SPRAIN ON ANKLE JOINT LAXITY
M. Adams, A. Abernathy, A. Comer, and A. Knight. Department of Kinesiology, Mississippi State University

EFFECTS OF PREVIOUS LATERAL ANKLE SPRAIN ON LANDING KINETICS AND DYNAMIC BALANCE
A. Abernathy, A. Comer, M. Adams, and A. Knight. Department of Kinesiology, Mississippi State University

COMPARISON OF THE EFFECTS OF ACCUMULATING 150 MINUTES OF MODERATE-INTENSITY AEROBIC EXERCISE IN THREE VS EIGHT WEEKLY SESSIONS ON MARKERS OF GLUCOSE CONTROL IN PERSONS WITH TYPE 2 DIABETES MELLITUS
R. Buresh and S. Jones. Department of Exercise Science and Sport Management, Kennesaw State University
P15 TRAINING STATUS INFLUENCES RECOVERY ENERGY EXPENDITURE AFTER AN ACOOUT BOUT OF RESISTANCE EXERCISE
M.J. Benton, PhD, FACSM and G.T. Waggener, PhD, Valdosta State University, Valdosta, GA, University of West Florida

P16 HIGH INTENSITY INTERVAL TRAINING DOES NOT ALTER INSULIN SENSITIVITY IN YOUNG HEALTHY MALES
D.J. Oberlin, J. Smith, L. Wideman. Department of Kinesiology, University of North Carolina at Greensboro

P17 COORDINATED UPREGULATION OF MITOCHONDRIAL GENES IN RESPONSE TO FATTY ACIDS IS DEPRESSED WITH SEVERE OBESITY

P18 AROMATASE PROTEIN CONTENT IN GLUTEAL AND ABDOMINAL SUBCUTANEOUS ADIPOSE TISSUE IN PREMENOPAUSAL CAUCASIAN AND AFRICAN AMERICAN WOMEN
E.E. Cooper, K.M. Gavin and R.C. Hickner, Kinesiology, East Carolina University

P19 RESPONSE OF TESTOSTERONE TO PROLONGED AEROBIC EXERCISE DURING DIFFERENT PHASES OF THE MENSTRUAL CYCLE
C. O’Leary, C. Lehman, K. Koltun, A. Smith-Ryan, and A.C. Hackney, FACSM. Department of Exercise and Sport Science, UNC-CH

P20 IN VITRO LEPTIN EFFECTS ON INTERLEUKIN-6 PRODUCTION IN OBESE SUBJECTS, INDEPENDENT OF GLUCOCORTICOID SENSITIVITY
Liz S. Pittinger, Y. Shibata, E.O. Acevedo, R.L. Franco, T.L. Jones, and C.J. Huang. Department of Exercise Science and Health Promotion, Florida Atlantic University

P21 INFLUENCE OF ESTROGEN ON CK AND IL-6 RESPONSE TO PROLONGED TREADMILL RUNNING IN ELITE FEMALE RUNNERS
A.L. Meyer, A.C. Hackney FACSM, J.B. Myers, and J.P. Mihalik, Department of Exercise & Sport Science, University of North Carolina

P22 HEAT STRESS OF PERFORMING LIGHT ACTIVITY IN AN EXTREME HOT/HUMID ENVIRONMENT WEARING MILITARY PROTECTIVE GEAR
D.J. Elmer, R.H. Laird, M.D. Barberio, K.A. Lee, and D.D. Pascoe. Department of Kinesiology, Auburn University

P23 EFFECT OF WEARING A COOLING VEST ON THERMOREGULATION AND INTERVAL RUN PERFORMANCE IN THE HEAT
G.S. Wimer, J.T. Good, W.H. Baird, B.L. Riemann. Armstrong Atlantic State University, Savannah

P24 AMBIENT AIR COOLING FOR CONCEALED SOFT BODY ARMOR IN A HOT ENVIRONMENT
THE IMPACT OF PRE-COOLING THE UPPER BODY ON TIME TRIAL PACED CYCLING IN THE HEAT
R.L. Herron, C.P. Katica, S.H. Bishop, and J.E. Wingo, University of Alabama, Texas A&M University – Commerce

EFFECT OF HYPOXIC RECOVERY POST-EXERCISE ON BLOOD OXIDATIVE STRESS MARKERS
C. Ballmann, G. McGinnis, B. Peters, D. Slivka, J. Cuddy, W. Hales, C. Dumke, C., B. Ruby, J. Quindry, Department of Kinesiology Auburn University, Department of Health and Human Performance, University of Montana

EFFECTS OF EXERCISING AT A SIMULATED ALTITUDE ON ACCURACY
M.P. Saeler, A.H. Park, and J.E. Schoffstall, Department of Health Professions, Liberty University

9:30-9:45 BREAK

ANDREW KOZAR ACSM PRESIDENTIAL ADDRESS
"Facts and Fads of Nutrition for High Intensity Sport"
Janet Walberg Rankin, Ph.D., FACSM
Professor, Human Nutrition, Foods and Exercise
Associate Dean, Graduate School
Virginia Polytechnic Institute and State University
Chair: Dixie Thompson, PhD, University of Tennessee
(Continental Ballroom)

9:45-12:00 POSTER PRESENTATION II (P28-P55)
Authors Present 11:00-12:00
Body Composition/Energy Balance/Weight Control, Cardiovascular Physiology, Chronic Disease and Disability, Connective Tissue/Bone/Muscle, Motor Control
Chair: Brian Ferguson, Auburn University
(Teal)

MARKERS OF HYDRATION STATUS, CARDIOVASCULAR FUNCTION, AND PERFORMANCE IN OCEAN RESCUE EMPLOYEES
S.A. Harper, A.M. Jetton, M.J. Landram, T. Haines, S.R. Collier, Ph.D., FACSM, A.C. Utter Ph.D., M.P.H., FACSM, Department of HLES, Appalachian State University

EFFECTS OF ACUTE HYDRATION ON BODY COMPOSITION
A. MacCreery, K. Cappetta, K. Hewitt, and N. Miller. School of Health and Applied Human Sciences, University of North Carolina Wilmington

OBESITY’S EFFECTS ON FUNCTIONALITY IN LONG TERM CARE REHAB SETTINGS
N. Gilbertson & M. Lockhart. Department of Kinesiology, Shenandoah University

ARE SCHOOL-BASED OBESITY INTERVENTIONS EFFECTIVE IN PRE-adolescent and adolescent african-american children?: A LITERATURE REVIEW
K. Webster, M.Ed., A. Mendoza, M.S., H. Stoops B.S., S. Alhassan, Ph.D., FACSM, & L.E. Robinson, Ph.D., Auburn University, University of Massachusetts-Amherst

EFFICACY OF WEIGHT-LOSS COMPETITION IN CHARLOTTE MECKLENBURG POLICE DEPARTMENT
E.A. Dyer, R.W. Boyce, G.R. Jones, E.L. Boone, SHAHS, University of North Carolina Wilmington
P33 DIETARY AND EXERCISE PREFERENCES OF WOMEN UNDERGOING CHEMOTHERAPY FOR BREAST CANCER
M.S. Haynie, S. Yocke, S. Mihalko. Department of Exercise Science, Wake Forest University

P34 EFFECT OF AN ACUTE ANKLE SPRAIN ON PHYSICAL ACTIVITY AND BODY WEIGHT

P35 THE COMBINATION OF GREEN TEA, CAFFEINE, CONJUGATED LINOLEIC ACID AND BRANCHED CHAIN AMINO ACIDS DO NOT CHANGE BODY COMPOSITION OR RESTING METABOLISM IN OVERWEIGHT AND OBESE INDIVIDUALS

P36 HEART RATE VARIABILITY IN EMERGENCY MEDICAL SERVICE PROVIDERS: STRESS RESPONSE TO A 12-HOUR SHIFT
R.L. Simmons, K.J. Kelleran, C.R. Grieco, M.B. Venner, D.P. Swain, Department of Human Movement Sciences, Old Dominion University, Department of Health & Physical Education, Glenville State College

P37 PHYSICAL STRESS AND CARDIAC GENE EXPRESSION: INITIAL RESULTS
J. Hardy, A. Hamilton, C. Gibas, M. Moerdyk-Schauwecker, N. Steuerwald, Y. Huet, and R. Howden. Department of Kinesiology, Department of Biology and Department of Bioinformatics, UNC at Charlotte, Carolinas Medical Center, Charlotte, NC

P38 EXERCISE TRAINING IN THE COLD DOES NOT INCREASE PHYSIOLOGICAL MARKERS OF STRESS IN RATS
L.A. Hixson, B. Feger, JW. Starnes, FACSM. University of North Carolina at Greensboro

P39 DIFFERENTIAL EFFECTS OF CONTINUOUS VERSUS DISCONTINUOUS AEROBIC EXERCISE ON OXYGEN UPTAKE AND AUGMENTATION INDEX IN YOUNG VERSUS OLDER

P40 EFFECTS OF 20-WEEK EXERCISE TRAINING ON NON-INVASIVE MARKERS OF CARDIOVASCULAR HEALTH IN BREAST CANCER SURVIVORS
R.C. Mills, E.S. Evans, D.G. Groff, A.C. Hackney FACSM, and C.L. Battaglini, Integrative Exercise Oncology Laboratory, Department of Exercise and Sport Science, University of North Carolina

P41 EXAMINATION OF BALANCE IN EARLY-STAGE FEMALE BREAST CANCER SURVIVORS WHO HAVE UNDERGONE CHEMOTHERAPY
C. Shatten, C.L Battaglini, J.T. Blackburn, J. Register-Mihalik, and A.C. Hackney, FACSM. Integrative Exercise Oncology Laboratory, Department of Exercise and Sport Science, University of North Carolina
IMPROVED CARDIOVASCULAR RISK PROFILE AS A MEASURE OF SUCCESS FOR OBESE ADOLESCENTS PARTICIPATING IN A WEIGHT MANAGEMENT PROGRAM

THERAPEUTIC ULTRASOUND AFFECTS MUSCLE SATELLITE CELL MYOGENIC PROGRAM AFTER MUSCLE INJURY IN HUMANS
D.C. Delgado-Diaz, B. Gordon, J.A. Carson, M.C. Kostek. University of South Carolina, Universidad Industrial de Santander, Penn State, Milton S. Hershey Medical Center, PA., Duquesne University

INFLUENCES OF HAMSTRING GEOMETRIC AND ARCHITECTURAL CHARACTERISTICS ON MUSCULOTENDINOUS STIFFNESS
D.N. Pamukoff, J.T. Blackburn. Department of Exercise and Sport Science, The University of North Carolina at Chapel Hill, Chapel Hill

RELATIONSHIP BETWEEN THE SARCOPENIC INDEX AND STRENGTH MEASUREMENTS IN BREAST CANCER SURVIVORS
T.A. Madzima, E. Simonavage, P-Y. Liu, J.Z. Ilich, J-S. Kim., M.J. Ormsbee, C.M. Prado, L.B. Panton, Department of Nutrition, Food & Exercise Sciences, Florida State University

THE EFFECT OF CACHEXIA SEVERITY AND RESISTANCE EXERCISE TRAINING ON SKELETAL MUSCLE MASS
J.P. Hardee, M.J. Puppa, A.A. Narsale, S. Gao, and J.A. Carson, FACSM. Department of Exercise Science, University of South Carolina

HIGH-FAT DIET INDUCED OBESITY INCREASES SERUM MYOSTATIN BUT DOES NOT ACCELERATE SKELETAL MUSCLE ATROPHY
S.L. Roseno and J.J. Brault. Human Performance Lab, Department of Kinesiology, East Carolina University

WHOLE BODY, LUMBAR AND HIP BONE MEASUREMENTS OF COMPETITIVE MALE CYCLISTS
C.D. Mojock, B.H. Arjmandi, J.S. Kim, M.J. Ormsbee, C.M. Prado, R.J. Contreras, L.B. Panton Department of Nutrition, Food and Exercise Sciences, Department of Psychology, Florida State University

THE EFFECT OF ACUTE AND REPEATED ECCENTRIC MUSCLE CONTRACTIONS ON CACHECTIC MUSCLE ANABOLIC SIGNALING IN THE FEMALE MOUSE
K.L. Hetzler, S. Sato, M.J. Puppa, S. Gao, and J.A. Carson. Integrative Muscle Biology Lab, Department of Exercise Science, University of South Carolina

EFFECTS OF ELECTRICAL STIMULATION INTENSITY ON NEAR-INFRARED SPECTROSCOPY MEASUREMENTS OF OXYGEN CONSUMPTION AND MITOCHONDRIAL CAPACITY
K.R. Talati, P.K. Dhillon, T.E. Ryan, K.K. McCully FACSM. Department of Biological Sciences, Department of Kinesiology, University of Georgia

THE EFFECT OF IL-6 LOSS ON INITIAL LADDER CLIMBING EXERCISE-INDUCED CHANGES IN STRENGTH AND MUSCLE MASS
A. Engel, K. Velazquez, A. Narsale, M. Puppa, J. Carson. Department of Exercise Science, University of South Carolina
P52 THE PREVALENCE OF SEVERE OR SITE-SPECIFIC SARCOPENIA IN JAPANESE MEN AND WOMEN
T. Abe, M. Loftin. Department of Health, Exercise Science & Recreation Management, University of Mississippi

P53 THERAPEUTIC ULTRASOUND ENHANCES MUSCULAR PERFORMANCE RECOVERY AFTER EXERCISE INDUCED MUSCLE DAMAGE
M.C. Kostek, D.C. Delgado-Diaz, S. Aaron, University of South Carolina, Universidad Industrial de Santander, Duquesne University

P54 THE ROLE OF CENTRAL MODULATION ON THE STRETCH REFLEX OF THE PERONEUS LONGUS
C.J. Burcal and M.J. Lake. School of Sports and Exercise Science, Liverpool John Moores University

P55 MOTOR PLANNING AND END-STATE COMFORT IN CHILDREN WITH AUTISM SPECTRUM DISORDERS
J.L. Simermeyer and C.J. Ketcham. Department of Exercise Science, Elon University

10:45-11:00 BREAK

11:00-12:30 SYMPOSIUM
S6 DEFINITION AND MEASUREMENT OF MUSCLE QUALITY IN OLDER ADULTS: SPANNING THE SPECTRUM FROM CLINICAL PRACTICE TO RESEARCH
A.E. O’Brien, PhD, C.R. Straight, MS. Department of Kinesiology, University of Georgia
Chair: Elizabeth Holbrook, PhD, Roanoke College (Regency Ballroom B & C)

11:00-12:00 TUTORIALS
T6 EFFECTS OF BRISK WALKING ON CONDITIONS OF THE METABOLIC SYNDROME AND CARDIOVASCULAR DISEASE
L.J. Brandon, FACSM. Department of Kinesiology & Health, Georgia State University
Chair: James Churilla, PhD, MPH, University of North Florida (Redbud A & B)

T7 ENVIRONMENTAL INFLUENCES ON PHYSICAL ACTIVITY AT CHILD CARE SETTINGS
R.A. Battista and D.P. Coe, Department of Health, Leisure and Exercise Science, Appalachian State University, Department of Kinesiology, Recreation, and Sport Studies, University of Tennessee
Chair: Leah Robinson, PhD, Auburn University (Regency Ballrooms E)

T8 AUGUST KROGH: THE PHYSIOLOGIST'S PHYSIOLOGIST
D.R. Bassett Jr. and S. Scott. Department of Kinesiology, Recreation, and Sport Studies, University of Tennessee
Chair: Kevin McCully, PhD, University of Georgia (Regency Ballroom A)

11:00-12:30 ORAL FREE COMMUNICATIONS III
Competitive Athletes, Nutrition and Exercise/Sports
Chair: Alan Utter, PhD, Appalachian State University (Regency Ballroom D)
O12  11:00 VIGOROUS PHYSICAL ACTIVITY MITIGATES THE ASSOCIATION BETWEEN SEDENTARY TIME AND CARDIORESPIRATORY FITNESS IN MIDDLE SCHOOL YOUTH
J.B. Moore, M.B. Beets, D.J. Barr-Anderson
Depts. of Health Promotion, Education, & Behavior, Exercise Science, and Epidemiology & Biostatistics, University of South Carolina

O13  11:15 AWARENESS OF THE 2008 PHYSICAL ACTIVITY GUIDELINES FOR AMERICANS AMONG COLLEGE STUDENTS LIVING IN RESIDENCE HALLS
Dept. of Kinesiology, Recreation, and Sport Studies, University of Tennessee

O14  11:30 CAN THIRST ACCURATELY PREDICT HYDRATION STATUS IN DAILY LIFE?
M. Millard-Stafford, S. Espinoza, N.K. O’Dea, D.M. Wendland, J. Kressler, M.E. Buyckx, Georgia Institute of Technology

O15  11:45 ASSESSMENT OF DIETARY BEHAVIORS, BODY COMPOSITION, AND CARDIOVASCULAR DISEASE RISK AMONG COLLEGE CLUB RUGBY TEAM
C.R. MacDougall, G. Balilionis, S. Nepocatych. Dept. of Exercise Science, Elon University

O16  12:00 EFFECT OF 2-WEEKS MILLED CHIA SEED SUPPLEMENTATION ON PERFORMANCE IN ENDURANCE ATHLETES
D.A. Dew, P.G. Krasen, D.C. Nieman, Appalachian State University

O17  12:15 TIME COURSE OF HORMONAL RESPONSES WITH TWO DIFFERENT MODELS OF DAILY UNDULATING PERIODIZATION IN TRAINED POWERLIFTERS

12:00-1:15  PAST PRESIDENT’S LUNCH (Regency Ballroom F)

12:30-6:15  CLINICAL TRACK (Crepe Myrtle)
Current Concepts and Management of Cartilage Injuries of the Shoulder, Hip, and Knee

12:30-12:45  Welcome and Announcements
W. Franklin Sease, MD

12:45-1:15  Cartilage Basic Science
Brad Winter, MD

1:15-1:45  Evaluation of the Hip in the Active Patient

1:45-2:15  Shoulder Evaluation in the Overhead Athlete
Chuck Thigpen PhD, PT, ATC

2:15-2:30  Break

Fellow Case Presentations
2:30-2:50  Case 1
2:50-3:10  Case 2
3:10-3:30  Case 3
3:30-4:15 Labral Tears of the Shoulder
Keith Lonergan, MD

4:15-5:00 Chondral Injuries of the Knee
Doug Wyland, MD

5:00-5:15 Break

5:15-5:45 Diagnostic Musculoskeletal Ultrasound
Kevin Burroughs, MD

5:45-6:30 Discussion

6:30-8:30 Reception (Redbud)

1:30-2:30 BASIC SCIENCE LECTURE
“Aerobic Exercise in the Prevention and Treatment of Arterial Aging”
Douglas R. Seals, Ph.D.
College Professor of Distinction
Department of Integrative Physiology
University of Colorado
Chair: Larry Durstine, PhD, University of South Carolina
(Continental Ballroom)

2:30-2:45 BREAK

2:45-4:15 SYMPOSIUM
S7 SPRINT INTERVAL TRAINING: A VIABLE ALTERNATIVE TO IMPROVE HEALTH AND FITNESS
E.C. Freese, N.H. Gist, J.L. Trilk and K.J. Cureton, FACSM. Department of Kinesiology, University of Georgia, School of Medicine, University of South Carolina
Chair: Andy Shanley, PhD, Appalachian State University
(Regecy Ballroom A)

2:45-4:15 TUTORIAL
T9 WATER OR SPORTS DRINK DURING ENDURANCE EXERCISE. WHO’S Kool AID ARE YOU DRINKING?
W. S. Black. Department of Kinesiology and Health Promotion, University of Kentucky
Chair: John Petrella, PhD, Samford University
(Redbud A & B)

2:45-4:15 POSTER PRESENTATIONS III (P56-P84)
Authors Present 2:45-3:45
Competitive Athletes, Epidemiology and Preventative Medicine, Exercise Evaluation/Clinical, Research Design and Statistics
Chair: Amber Kinsey, Florida State University
(Teal)

P56 EFFECT OF CHALK USE ON OPEN AND PINCH GRIP PULL-UPS
N.T. Bacon1, J. Wingo, M. Richardson, T. Pangallo, G. Ryan, and P. Bishop. Sport Science Department, Belmont University, Department of Kinesiology, University of Alabama
THE EFFECTS OF WHOLE-BODY VIBRATION ON VERTICAL JUMP HEIGHT AND PEAK POWER
N.C. Dabbs, H. Chander, J.A. Lundahl, C.R. Allen, & J.C. Garner, Applied Biomechanics Laboratory, University of Mississippi

FORCE PRODUCTION SYMMETRY IN NCAA DIVISION I SOCCER PLAYERS

A COMPARISON OF TWO DIFFERENT TREADMILL PROTOCOLS IN MEASURING MAXIMAL OXYGEN CONSUMPTION IN HIGHLY-TRAINED DISTANCE RUNNERS
R. A. Vanhoy, C.L. Battaglini, E.W. Shields, R.G. McMurray, FACSM. Department of Exercise and Sport Science, University of North Carolina at Chapel Hill

DIFFERENCES IN FACTOR ORGANIZATION BETWEEN MEASURES OF ISOMETRIC STRENGTH IN KEY DEADLIFT POSITIONS
G. K. Beckham, T. J. Suchomel, K. Sato, M. H. Stone Center of Excellence for Sport Science and Coach Education, Department of Exercise and Sport Sciences, East Tennessee State University

THE EFFECTS OF A 10 KM RUN AND 30 KM CYCLING TIME-TRIAL ON VENTILATORY THRESHOLD DURING THE FINAL RUNNING LEG OF AN ITU DUATHLON IN HIGHLY-TRAINED MULTI-SPORT ATHLETES
N. Berry, C.L. Battaglini, E. W. Shields, and A.C. Hackney FACSM. Department of Exercise and Sport Science, University of North Carolina

DETERMINING PHYSIOLOGICAL DEMANDS IN AN OPEN-SKILLED SPORT: A CASE STUDY INVESTIGATING WOMEN'S LACROSSE PRACTICE
A.J. Shreckhise, B. Frost, and MP Rearick. Department of Health and Human Performance, Roanoke College

MOUTHPIECE USE IMPROVES X-FACTOR IN COLLEGIATE GOLFERS

ASSESSMENT OF THE EFFECTS OF CONTROLLED FREQUENCY BREATHING ON LACTATE LEVELS IN SWIMMING
M. Key. & J. Bunn, Campbell University

A TWENTY-YEAR EPIDEMIOLOGICAL ANALYSIS OF FITNESS AND CHOLESTEROL DATA TRENDS IN COLLEGE STUDENTS
M.A. Jones, M.S. Beyers, and S.N. Pearman, III. Department of Health Sciences, Furman University

EFFECT OF MEETING PHYSICAL ACTIVITY GUIDELINES AND BODY MASS INDEX ON FASTING PLASMA GLUCOSE LEVEL AMONG U.S. ADULTS
R. Conners, Y. Kim, N. Weatherby, J. Coons, and J. Caputo. Department of Health and Human Performance, Middle Tennessee State University
A SINGLE NUCLEOTIDE POLYMORPHISM (SNP) IN INSULIN-LIKE GROWTH FACTOR (IGF1) WAS ASSOCIATED WITH LEG STRENGTH IN AFRICAN AMERICAN WOMEN
X. He, G.R. Hunter, B.A. Gower, and J.R. Fernandez. *Departments of Nutrition Science, Human Studies, Biostatistics, University of Alabama at Birmingham*

FACTORS RELATED TO PARTNER INVOLVEMENT IN THE DEVELOPMENT OF THE U.S. NATIONAL PHYSICAL ACTIVITY PLAN
D. Bornstein, C. Carnoske, R. Tabak, J. Maddock, S. Hooker, K. Evenson, R. Pate. *University of South Carolina, Washington University, University of Hawaii, Arizona State University, University of North Carolina Chapel Hill*

AGREEMENT BETWEEN SELF-REPORTED AND OBJECTIVELY-MEASURED SITTING TIME AMONG COLLEGE FRESHMEN
J.M. Lucas, M.D. Schmidt, B.M. Das, E.M. Evans, FACSM. *Department of Kinesiology, University of Georgia*

REDUCING SEDENTARY BEHAVIOR IN A UNIVERSITY LIBRARY
H. Maeda and A. Quartiroli. *Department of Kinesiology, East Carolina University*

KIDS CAN BIKE! A PARKS AND RECREATION PROGRAM TO PROMOTE YOUTH CYCLING
J. Chandler, Dr. D. Bassett Jr, Dr. E. Fitzhugh, Dr. S. Waller, *University of Tennessee*

HEALTHY LIVING INTERVENTIONS IN A RESIDENTIAL GIRL SCOUT CAMP
S.B. Diehl, C.J. Ketcham, D.M. Duffy, *Elon University*

PHYSICAL ACTIVITY LEVELS OF 7TH AND 8TH GRADERS PARTICIPATING IN A STUDIO-BASED LEARNING SUMMER CAMP
K.D. Cooksey, M.E. Holmes, D.K. Brocato. *Department of Kinesiology, Department of Leadership and Foundations, Mississippi State University*

THE STRENGTH ASSESSMENT STUDY: UNDERSTANDING VARIABILITY IN MUSCULAR ENDURANCE IN OLDER ADULTS
G.J. Grosicki, A.P. Marsh. *Department of Health and Exercise Science, Wake Forest University*

THE EFFECT OF EXCESS BODY MASS ON EXCESS POST-EXERCISE OXYGEN CONSUMPTION AT PREFERRED WALKING PACE

THE IMPACT OF LOAD ON PERFORMANCE VARIABLES DURING POWER CLEAN VARIATIONS
T.J. Suchomel, G.K. Beckham, and G.A. Wright. *Center of Excellence for Sport Science and Coach Education, Department of Exercise and Sport Science, East Tennessee State University*

EXERCISE BLOOD PRESSURE IN ADOLESCENCE AND BLOOD PRESSURE FIVE YEARS LATER IN PERSONS BORN VERY LOW BIRTH WEIGHT
IMPORTANCE OF PHYSICAL ACTIVITY AND WEIGHT MANAGEMENT FOR BREAST CANCER SURVIVORS

THE EFFECT OF CYCLING EXERCISE INTENSITY ON COGNITIVE FUNCTION UTILIZING A MODIFIED STROOP TEST
W.J. Perez, K.J. Kelleran, C.R. Grieco, A.G. Thompson, J.D. Branch, D.P. Swain. Department of Human Movement Sciences, Old Dominion University, Department of Health and Physical Education, Glenville State College

RELATIONSHIP BETWEEN PHYSICAL ACTIVITY AND BLOOD PRESSURE IN YOUNG ADULTS BORN WITH VERY LOW BIRTH WEIGHT

EMG ACTIVITY OF CLOSED KINETIC CHAIN AND OPEN KINETIC CHAIN EXERCISES
H. Shore, W. Nabors, A.P. Jung, FACSM, J.K.Petrella, FACSM, Samford University

STRENGTH DIFFERENCES BETWEEN DOMINANT AND NON-DOMINANT LEGS AND THE EFFECTS ON BALANCE IN ATHLETES VS NON-ATHLETES
J. McCulley, E. Westray, R.W. Hensarling, J.K. Petrella and A.P. Jung. Department of Kinesiology and Nutrition Sciences, Samford University

FOOD DESERTS: ENVIRONMENTAL ASSESSMENT OF FOOD RETAILERS IN ROCK HILL, SC
S. Igiozee and J.R. Wojcik. Exercise Science Program, Winthrop University

IMPROVING HUMAN ANATOMY AND PHYSIOLOGY GRADES WITH ELECTRONIC LEARNING
K.A. Young, R.W. Boyce, FACSM, B. Nixon, H. League, University of North Carolina Wilmington, Pearson Education

TUTORIAL
A NEW TOOL TO ENHANCE EXERCISE PRESCRIPTION – THE FEELING SCALE
W.R. Bixby and E.E. Hall. Department of Exercise Science, Elon University
Chair: Danielle Wadsworth, PhD, Auburn University
(Regency Ballroom B & C)

GO THE DISTANCE: DEVELOP AN EXPERIENTIAL SPORTS PHYSIOLOGY AND MARATHON COURSE
L.K Stewart and M.G. Flynn. School of Kinesiology, Louisiana State University, Department of Health and Human Performance, College of Charleston
Chair: Lee Franco, PhD, Virginia Commonwealth University
(Regency Ballrooms E & F)

ORAL FREE COMMUNICATIONS IV
Chronic Disease and Disability, Epidemiology & Preventative Medicine
Chair: Heidi Kluess, PhD, Auburn University
(Regency Ballroom D)
O18 3:00 THE ACUTE EFFECT OF SHORT-TERM BREATHING EXERCISES ON SYMPATHOVAGAL BALANCE IN TYPE 2 DIABETES
C.R. Grieco, S.R. Colberg, C.T. Somma, A.I. Vinik and A.G. Thompson
Dept. of Human Movement Sciences, Old Dominion University, School of Medial Laboratory and Radiation Sciences, Old Dominion University, Strelitz Diabetes Research institute, Norfolk, VA

O19 3:15 EFFECTS OF RESISTANCE EXERCISE ON LIMB VOLUMES IN BREAST CANCER SURVIVORS WITH OR WITHOUT LYMPHEDEMA
E. Simonavice, P.Y. Liu, J.Z. Ilich, J.S. Kim, B. Arjmandi, L.B. Panton, Georgia College, Dept. of Nutrition, Food & Exercise Sciences, Florida State University

O20 3:30 DISABILITY AWARENESS IN STUDENTS TAKING KINESIOLOGY CLASSES
H.J. Young, M.L. Erickson, M.A. McWhirter, A.D. Goode, and K.K. McCully, FACSM. Kinesiology Dept., University of Georgia

O21 3:45 THE ACCURACY OF SIMULATED INDOOR TIME TRIALS USING A COMPUTRAINER AND GPS DATA
W.W. Peveler, Northern Kentucky University

O22 4:00 VOLUME LOAD AND TRAINING INTENSITY WITH AND WITHOUT EXERCISE DISPLACEMENT
W.G. Hornsby, J.A. Gentles, J.A. Miller and M.H. Stone, Dept. of Exercise and Sport Sciences, Center of Excellence for Sport Science and Coach Education, East Tennessee State University

4:30-5:30 STUDENT BOWL
Moderator: Judith Flohr, James Madison University
(Continental Ballroom)

5:45-7:15 SEACSM GRADUATE STUDENT FAIR (Regency Ballrooms A, B, & C)

SATURDAY February 16, 2013

8:00-9:00 REGISTRATION (Main Lobby)
8:00-12:00 EXHIBITS (Prefunction Area)

7:30-12:15 CLINICAL TRACK PROGRAM (Crepe Myrtle)
Current Concepts and Management of Cartilage Injuries of the Shoulder, Hip, and Knee

7:30-7:45 Welcome and Announcements
W. Franklin Sease, MD

7:45-8:45 MRI Imaging of Cartilage Injuries-Knee, Shoulder, Elbow
Jeff Wienke, MD

8:45-9:30 Hip FAI-Labral and Chondral Injuries
Jason Folk, MD

Fellow Case Presentations
9:30-9:45 Case 4
9:45-10:00 Case 5
10:00-10:15 Case 6

10:15-10:30 Break
10:30-11:20 Ultrasound guided Injection Techniques  
Kevin Burroughs, MD

Fellow Case Presentations  
11:20-11:35 Case 7  
11:35-11:50 Case 8  
11:50-12:10 Case 9  
12:10-12:15 Voting for Best Case Presentation & Closing Remarks

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<td>8:00-9:00</td>
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| T12    | NUTRITIONAL CONSIDERATIONS FOR EXERCISE IN HOT ENVIRONMENTS | D.M. Morris. *Department of Health Leisure & Exercise Science, Appalachian State University*  
Chair: Mark Loftin, PhD, University of Mississippi | *(Regency Ballroom A)* |
| T13    | BEYOND THE LECTURE: ACTIVE LEARNING IN EXERCISE SCIENCE | Y. Feito, B.B. Parr, K. Reich, *Kennesaw State University, University of South Carolina Aiken, High Point University*  
Chair: Chris Harnish, PhD, Virginia Commonwealth University | *(Regency Ballrooms E & F)* |
| 8:00-9:15 | ORAL FREE COMMUNICATIONS V               |          |
| O23 8:00 | MOTIVATION FOR PARTICIPATING IN CORPORATE WELLNESS PROGRAMS | R.L. Hardin, R.A. Zakrajsek, and B.F. Powers, *Kinesiology, Recreation, and Sport Studies, University of Tennessee* |
| O24 8:15 | TAILORED TEXT MESSAGING TO SUPPORT PHYSICAL ACTIVITY IN FEMALE UNDERGRADUATE STUDENTS | D.D. Wadsworth, N.M. Gell, and J. Carignan. *Dept. of Kinesiology, Auburn University* |
| O25 8:30 | THE RELATIONSHIP BETWEEN EXECUTIVE FUNCTION, BODY COMPOSITION AND STRENGTH IN OLDER ADULTS: FITNESS OR FATNESS | T.A. Esmat, D.B. Mitchell, and J.R. McLester, FACSM. *Dept. of Exercise Science and Sport Management, Kennesaw State University* |
| O26 8:45 | PHYSICAL ACTIVITY POSITIVELY AFFECTS PHYSICAL DIMENSIONS OF HEALTH RELATED QUALITY OF LIFE IN OLDER ADULTS | C.L. Ward, A.E. O’Brien, E.M. Evans, FACSM. *Dept. of Kinesiology, University of Georgia* |
| O27 9:00 | INDIVIDUAL-AND SOCIAL-LEVEL CORRELATES OF ADOLESCENT PHYSICAL ACTIVITY | J.M. Garcia, J.R. Sirard, and D. Neumark-Sztainer, *University of Virginia* |
8:00-9:45 POSTER PRESENTATION IV (P85-P116)
Authors present 8:00-9:00.
Fitness/Testing/Assessment
Chair: Douglas Oberlin, University of North Carolina at Greensboro (Teal)

P85 COMPARISON OF ARM ERGOMETRY MAXIMAL OXYGEN CONSUMPTION TO TREADMILL MAXIMAL OXYGEN CONSUMPTION IN FEMALES
C.M. DeWitt, S.O. Dunbar, C.R. Young, R.M. Bagnal, B.A. Gantt, and J.W. Craps. Exercise Science, University of South Carolina Aiken

P86 EFFECTS OF GENDER AND STRETCHING ON ISOKINETIC FORCE OUTPUT

P87 DIFFERENCES BETWEEN TWO TYPES OF STRETCHING PROTOCOLS ON ISOKINETIC FORCE OUTPUT

P88 IN-SCHOOL PHYSICAL ACTIVITY AMONGST FOURTH-GRADE STUDENTS IN NORTH MISSISSIPPI
N. van Blerk and S.G. Owens. Department of Health, Exercise Science, and Recreation Management, University of Mississippi

P89 THE ACUTE EFFECT OF A PERFORMANCE MOUTHPIECE ON MEASURES OF STRENGTH & POWER
J. Lundahl, C.R. Allen, N.C. Dabbs, H. Chander, & J.C. Garner. Applied Biomechanics Laboratory, University of Mississippi

P90 EFFECTS OF GENDER AND STRETCHING ON HAM/QUAD RATIOS IN COLLEGE-AGE ADULTS

P91 EVALUATION OF POWER IN CROSSFIT VS. WEIGHT TRAINED INDIVIDUALS
M.A. Schafer, S.W. Arnett, G. Sobrero, T.S. Lyons, J.W. Navalta, W.J. Stone, S.D. Bean, F.T. Esslinger, K. Esslinger. Department of KRS, Western Kentucky University

P92 MUSCULAR ENDURANCE, AGILITY, AND FLEXIBILITY IN CROSSFIT VS. WEIGHT TRAINED INDIVIDUALS
W.J. Stone, M.A. Schafer, G. Sobrero, S.W. Arnett, T.S. Lyons, J.W. Navalta, S.D. Bean, F.T. Esslinger, K. Esslinger. Department of KRS, Western Kentucky University, Department of Kin & Nutr, University of Nevada

P93 ASSESSMENT OF 1RM STRENGTH BETWEEN CROSSFIT AND RESISTANCE TRAINED INDIVIDUALS
S.W. Arnett, G. Sobrero, M.A. Schafer, T.S. Lyons, J.W. Navalta, W.J. Stone, S.D. Bean, F.T. Esslinger1, & K. Esslinger. Department of Kinesiology, Recreation, & Sport, Western Kentucky University, Department of Kinesiology & Nutrition, University of Nevada
P94  EFFECTIVENESS OF THE LIFE IMPROVING FUNCTIONAL EXERCISE (LIFE) PROGRAM ON PHYSIOLOGICAL AND PERFORMANCE VARIABLES IN ELDERLY ADULTS  
D.G. Falls, T.S. Lyons, M.A. Schafer, K.F. Durham. Barren River District Health Department, Department of Kinesiology, Recreation, and Sport, Western Kentucky University

P95  COMPARISON OF AEROBIC AND ANAEROBIC POWER IN CROSSFIT AND RESISTANCE TRAINED INDIVIDUALS  
G. Sobrero, M.A. Schafer, S.W. Arnett, T.S. Lyons, J.W. Navalta, W.J. Stone, S.D. Bean, F.T. Esslinger, K. Esslinger. Department of KRS, Western Kentucky University, Department of Kin & Nutr, University of Nevada

P96  PULMONARY OXYGEN UPTAKE OFF-KINETICS AND FITNESS IN OBESE ADOLESCENTS  

P97  EFFECT OF A WEIGHTED VEST WARM-UP ON ATHLETIC PERFORMANCE IN COLLEGIATE ATHLETES  
J. Wolford, S. Thompson, A.P. Jung, FACSM, J.K. Petrella, FACSM, Samford University

P98  EFFECT OF AN ACUTE, DYNAMIC WARM-UP ON IMMEDIATE FLEXIBILITY AND THE ABILITY TO MAINTAIN FLEXIBILITY OVER TIME  
R.L. Gahan, S.M. Brandon, J.K. Petrella and A.P. Jung. Department of Kinesiology and Nutrition Science, Samford University

P99  EXERCISE INTENSITY IN COLLEGE STUDENTS PERFORMING WII JUST DANCE  
K. Abraham, V.R. Elrod, Transylvania University

P100 VALIDATION OF THE OMRON HJ-151 PEDOMETER DURING FREE-LIVING PHYSICAL ACTIVITY IN YOUTH  
S. Ishikawa, J.D. Reece, RMD. Carter, RT. Conners, LL. Killen, M. Kang, FACSM, and D.W. Morgan, FACSM. Center for Physical Activity and Health in Youth, Middle Tennessee State University

P101 THE EFFECT OF CHIROPRACTIC LUMBOSACRAL ADJUSTMENTS ON ISOKINETIC STRENGTH OF THE KNEE EXTENSORS AND FLEXORS  
G. Sanders, S. Black, A. Nitz, R. Shapiro, B. Symons and J.W. Yates. Department of Kinesiology and Health Promotion, University of Kentucky

P102 THE RELATIONSHIP BETWEEN HEART RATE VARIABILITY AND SHOOTING PERFORMANCE IN A TACTICAL PISTOL QUALIFIER  
A.G. Thompson, D.P. Swain FACSM, J.D. Branch FACSM, R.J. Spina FACSM, C.R. Grieco. Department of Human Movement Sciences, Old Dominion University

P103 PHYSICAL ACTIVITY AND FITNESS LEVELS OF HIGH SCHOOL STUDENTS PARTICIPATING IN A NOVEL PHYSICAL EDUCATION CLASS  
A. Van Grinsven, and D.P. Coe, Department of Kinesiology, Recreation, and Sport Studies, University of Tennessee
AN EXAMINATION OF MAXIMAL AEROBIC CAPACITY ON A BIKE VERSUS A TREADMILL IN ACTIVE INDIVIDUALS
A.P. Schneider, C.N. Hultquist, M. Seitler, J.R. McLester. Department of Exercise Science and Sport Management, Kennesaw State University

CLASSIFICATION ACCURACY OF THE WRIST-WORN GENEA ACCELEROMETER DURING STRUCTURED ACTIVITY BOUTS
W.A. Welch, D.R. Bassett, FACSM, D.L. Thompson, FACSM, P.S. Freedson, FACSM, J.W. Staudenmayer, D. John, J.A. Steeves, S.A. Conger, T. Ceaser, C.A. Howe, J.E. Sasaki, and E.C. Fitzhugh. Department of Kinesiology, Recreation, & Sport Studies, University of Tennessee, Department of Kinesiology, University of Massachusetts, Department of Mathematics, University of Massachusetts

ASSESSMENT OF PHYSICAL ACTIVITY LEVELS OF ELEMENTARY SCHOOL STUDENTS PARTICIPATING IN THE MORNINGS IN MOTION PROGRAM

RELIABILITY OF A SHORT, HIGH-INTENSITY EXERCISE TEST TO EXHAUSTION
R.K. Beloni and D.M. Morris. Department of Health, Leisure, and Exercise Science, Appalachian State University

EFFECTS OF A 12-WEEK JUST DANCE® TRAINING STUDY ON FITNESS AND HEALTH IN YOUNG ADULTS
T. Moore, J.C. Rupp, W.R. Thompson & L.J. Brandon. Department of Kinesiology & Health, Georgia State University

ELECTROMYORAPHIC COMPARISON OF THE PVC PUSHUP AND THE PERFECT PUSHUP
T.L. Norman, J.E. Schoffstall, D.A. Titcomb, and J.M. Lease, Department of Health Professions, Liberty University

ELECTROMYOGRAPHIC COMPARISON OF THE PUSH-UP AND THE RING PUSH-UP
J.M. Lease, J.E. Schoffstall, D.A. Titcomb, and T.L. Norman, Department of Health Professions, Liberty University

THE EFFECTS OF MINIMALISTIC FOOTWEAR ON SPEED AND AGILITY
S. Jones, D. Cecchini, J. Eaton, H. Sutton, S. Magee, and J.E. Schoffstall, Department of Health Professions, Liberty University

INFLUENCE OF FITNESS ON CHILDREN’S PHYSICAL ACTIVITY ACROSS THE SEGMENTED SCHOOL DAY
M.H. Gralla. and B.L. Alderman. University of South Carolina, Rutgers University

ENERGY EXPENDITURE OF A HIGH INTENSITY CROSSFIT WORKOUT COMPARED TO A TRADITIONAL AEROBIC WORKOUT
L.M. Pulliam and M.J. McKenzie. Department of Human Performance and Sport Sciences, Winston Salem State University

NO INFLUENCE OF BAREFOOT RUNNING ON RUNNING ECONOMY
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<td>9:00-10:15</td>
<td>HENRY J. MONTOYE SCHOLAR LECTURE</td>
<td>Dianne Stanton Ward</td>
<td>&quot;Moving Children: Research to Develop Healthy Lives&quot;</td>
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<td>Associate Director of the Diet, Physical Activity, and Body Composition Core</td>
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<td>of the Nutrition Obesity Research Center (NORC)</td>
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<td>Chair: Dr. Russ Pate, University of South Carolina, Past SEACSM President,</td>
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<td>10:15-10:30</td>
<td>BREAK</td>
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<td>10:30-12:00</td>
<td>SYMPOSIA</td>
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<td>FACTORS IMPACTING STRETCH-SHORTNING CYCLE POTENTIATION AND</td>
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<td>S8</td>
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<td>RUNNING ECONOMY</td>
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<td>G.R. Hunter, J.P. McCarthy</td>
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<td>University of Alabama at Birmingham</td>
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<td>Chair: Kevin Zwetslo, PhD, Appalachian State University</td>
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<td>S9</td>
<td>ACADEMIC MENTORING FOR CAREER DEVELOPMENT</td>
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<td>A. Bosak, B. Riemann, and D.D. Pascoe. Department of Health Sciences,</td>
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<td>Armstrong Atlantic State University, Department of Kinesiology, Auburn</td>
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<td>Chair: Scott Owens, PhD, University of Mississippi</td>
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<td>10:30-11:30</td>
<td>TUTORIAL</td>
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<td>TRIALS AND TRIBULATIONS OF A SPORTS DIETITIAN</td>
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<td>A. Timberlake MS, RD, CSSD.</td>
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<td>Sport Health Science Department, Life University</td>
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<td>Chair: Geoffrey Hudson, PhD, George Washington University</td>
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<td>(Regency Ballrooms E &amp; F)</td>
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<td>10:30-12:00</td>
<td>ORAL FREE COMMUNICATIONS VI</td>
<td>Wendi Weimar</td>
<td>Biomechanics/Gait/Balance, Exercise Evaluation</td>
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<td>O28-O33</td>
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<td>Chair: Wendi Weimar, Auburn University</td>
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<td>O28</td>
<td>10:30 EFFECTS OF SHOULDER FATIGUE ON SCAPULAR KINEMATICS IN PITCHERS</td>
<td>H.A. Plummer, G.D. Oliver,</td>
<td>Dept. of Kinesiology, Auburn University</td>
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<td>T.E. Holt</td>
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<td>O29</td>
<td>10:45 EFFECT OF FATIGUE ON ELBOW AND SHOULDER KINEMATICS IN YOUTH BASEBALL</td>
<td>T.E. Holt, H.A. Plummer, G.D.</td>
<td>Dept. of Kinesiology, Auburn University</td>
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<td>PITCHERS</td>
<td>Oliver</td>
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<td>Dept. of Kinesiology, Auburn University</td>
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O30 11:00 HIP AND KNEE JOINT ANGLES AFFECT RECTUS FEMORIS HIP FLEXION TORQUE
M. Reid, D. Landin, and M. Thompson. School of Kinesiology, Louisiana State University

O31 11:15 MUSCLE ACTIVATION TRIGGERS FOR GAIT TRANSITIONS IN UNILATERAL, TRANSTIBIAL AMPUTEES
T.L. Norman, T.K. Evans, and Y-H. Chang, School of Applied Physiology, Georgia Institute of Technology

O32 11:30 ACCURACY OF PHYSICAL ACTIVITY MONITORS IN PERSONS WITH CLASS III OBESITY

O33 11:45 ELEVATED CIRCULATING TNF-α IN OLDER WOMEN WITH NO GAINS IN LEAN MUSCLE MASS FOLLOWING 16-WEEKS OF EXERCISE TRAINING

10:15-12:00 POSTER PRESENTATION V (P117-P148)
Authors Present 10:15-11:15
Growth, Development & Aging, Psychology/Psychiatry/Behavior, Research Design and Statistics, Cellular Regulatory Mechanisms
Chair: Katie Bowen, Virginia Commonwealth University

P117 THE ACUTE EFFECTS OF DEADLIFTING AND DEADLIFTING WITH RESISTANCE BANDS ON VERTICAL JUMP
J. Lowes, B. Lewellyn, A. Bradley, F. Bah, J. Ferguson, and J. Schoffstall. Department of Health Professions, Liberty University

P118 THE EFFECTS OF STRETCHING ON VERTICAL JUMP

P119 CORRELATES OF SCHOOL-DAY PHYSICAL ACTIVITY OF YOUNG CHILDREN

P120 NUTRITION AND PHYSICAL ACTIVITY PRACTICES AND POLICIES IN RURAL AREA CHILD CARE CENTERS
H. Oakley and R. Battista. Appalachian State University

P121 THE EFFECT OF PHYTOECYSTEROID TREATMENT ON NOTCH AND WNT SIGNALING IN AGED SKELETAL MUSCLE

P122 EFFECT OF LOW VOLUME AEROBIC EXERCISE ON EXECUTIVE FUNCTION IN OLDER ADULTS
K. Grater and J. Davis, Department of Exercise Science, Elon University
P123  DIFFERENTIAL EFFECTS OF CONTINUOUS VERSUS DISCONTINUOUS AEROBIC EXERCISE ON HEMODYNAMICS

P124  THE EFFECT OF MUSIC AS A MOTIVATIONAL TOOL ON ISOKINETIC CONCENTRIC PERFORMANCE IN ADULT MALES AND FEMALES
M.M. Godwin, R.M. Hopson, C.K. Newman, and T.J. Leszczak. Health and Human Performance Department, Austin Peay State University, Department of Kinesiology, Auburn University

P125  PSYCHOLOGICAL PREDICTORS OF COMPENSATORY RESPONSES TO A STRUCTURED EXERCISE PROGRAM
R.M. Acitelli, A.D. Gipson, E.M. Evans, P.J. O'Connor, M.D. Schmidt. Department of Kinesiology, University of Georgia

P126  ATTITUDES TOWARD OBESITY AMONG UNDERGRADUATE EXERCISE SCIENCE MAJORS AND NON-MAJORS

P127  THE EFFECT OF EXERCISE ON MECHANICAL PRESSURE PAIN THRESHOLD IN THE PRESENCE AND ABSENCE OF DELAYED-ONSET MUSCLE SORENESS

P128  EXAMINING QUALITY OF LIFE AND HEALTH SATISFACTION FACTORS OF A MID-SOUTH UNIVERSITY POPULATION
T.S. Lyons, F.W. Gibson, J.C. Jackson, G. Sobrero Evans, S.W Arnett, M.A Schafer. Department of Kinesiology, Recreation, and Sport, Western Kentucky University, Department of Student Affairs, University of Alabama

P129  CHILDREN’S ENJOYMENT OF PHYSICAL ACTIVITY AND PREFERENCE FOR THREE DIFFERENT SOCIAL CONDITIONS
G.J. Sanders, C.A. Peacock, M.L. Williamson, K. Wilson, A. Carnes, J.E. Barkley. Northern Kentucky University, Nova Southeastern University, Kent State University

P130  FITNESS AND HR REACTIVITY TO MENTAL STRESS: IMPACT OF OBESITY

P131  FITNESS, FATNESS, AND DEPRESSION
K. Becofsky, X. Sui, D.C. Lee, and S.N. Blair. Department of Exercise Science and Epidemiology/Biostatistics, University of South Carolina

P132  THE EFFECT OF SUBMAXIMAL ISOMETRIC EXERCISE TO FATIGUE ON MECHANICAL PRESSURE PAIN THRESHOLD IN THE FINGER
EXERCISE AND DIET INTERVENTION MAY IMPROVE STRESS CONTROL OVER EXERCISE OR DIET ALONE IN POSTMENOPAUSAL WOMEN
E.S. Edwards, L.E. Eidemiller, C.J. Womack, FACSM and J.A. Flohr, FACSM. 
Department of Kinesiology, Morrison Bruce Center, James Madison University

ETHNIC DIFFERENCES IN THE CONSISTENCY OF ACCURACY OF PERCEIVED EXERTION
University of Alabama at Birmingham, University of Vermont

DOSE RESPONSE OF CLASSROOM EXERCISE BREAKS AND EDUCATIONAL OUTCOMES
E.K. Howie, R.R. Pate, University of South Carolina

RELATIONSHIP BETWEEN TEAM EFFICACY AND TEAM PERFORMANCE IN HIGH SCHOOL VOLLEYBALL PLAYERS
L. Shelley, J.R. Wojcik, C. Bowers, J. Marr. Department of Physical Education, Sport & Human Performance, Winthrop University

DIETARY INTAKE, BODY COMPOSITION AND FITNESS AMONG COLLEGE FEMALE ATHLETES DURING IN- AND OFF-SEASON
M. Hughes, C. Dicostanzo, K. Szabo, G. Balilionis, S. Nepocatych. Department of Exercise Science, Elon University

PHYSICAL ACTIVITY AND HEALTHY EATING ENVIRONMENTAL AUDIT TOOLS IN CHILD AND YOUTH CARE SETTINGS: A SYSTEMATIC REVIEW
R. Ajja, J. Chandler, M. W. Beets. Department of Exercise Science, University of South Carolina

NUTRIENT INTAKE OF FEMALE COLLEGIATE TRACK AND FIELD ATHLETES
Crotts, L.M., Battista, R.A., and Benson, M.J. Appalachian State University, University of Wisconsin – La Crosse

COMMON NUTRITION MISCONCEPTIONS AMONGST NCAA STUDENT-ATHLETES
A.E. Marshall, T.A. Buckley. Nutritional Feats, LLC, Statesboro, GA. and Department of Health and Kinesiology, Georgia Southern University

EFFECTS OF 75 VERSUS 150% FLUID REPLACEMENT ON SUBSEQUENT MORNING HYDRATION STATUS AND 10-KM RUNNING PERFORMANCE
B.A. Davis, L.K. Thigpen, J.H. Hornsby, M.C. Stevenson, P.L. Riethmaier, J.M. Green, E.K. O’Neal. Department of Health, Physical Education and Recreation, University of North Alabama, Department of Health and Human Performance, Middle Tennessee State University, Department of Kinesiology, University of Alabama, Department Human Movement Sciences, Old Dominion University

THE EFFECT OF ACUTE BEETROOT JUICE SUPPLEMENTATION ON MUSCLE FATIGUE IN KNEE EXTENSOR EXERCISE
S.Y. Lee, M. G. Abel, T. B. Symons, D. T. Thomas, J.W. Yates. Department of Kinesiology and Health Promotion, Department of Clinical Sciences, University of Kentucky
P143 EXOGENOUS SUPPLEMENTATION OF MELATONIN DOES NOT AFFECT 20 MILE CYCLING TIME TRIAL PERFORMANCE
K.J. Brandenberger, C.P. Ingalls, J.C. Rupp, J.A. Doyle. *Department of Kinesiology and Health, Georgia State University*

P144 24-H FLUID BALANCE FOLLOWING A 1 H RUN IN COLLEGE AGE RUNNERS

P145 VARARIABILITY OF GLUTATHIONE IN WHOLE BLOOD FROM DAY TO DAY
M. McGuirk, R.S. Garten, A.H. Goldfarb, FACSM, *Kinesiology Department, University of North Carolina at Greensboro*

P146 THE RELATIONSHIP BETWEEN CHILDREN’S ENVIRONMENTAL ACCESS TO PHYSICAL ACTIVITY OPPORTUNITIES AND PHYSICAL ACTIVITY LEVELS TO WEIGHT STATUS
C.M. Daly, D.D. Wadsworth, L.E. Robinson, A. Girard, *Auburn University, Auburn, Alabama*

P147 CONDUIT ARTERY ADAPTATIONS TO TRAINING IN NOVICE MARATHON RUNNERS
N. Hafner, N. Luden, C. Greever, E. Albert, C. Womack, & M. Todd, *James Madison University, Harrisonburg, VA*

P148 ASSOCIATION BETWEEN SERUM - SALIVARY CORTISOL RESPONSES TO VARYING INTENSITIES OF EXERCISE IN ENDURANCE-TRAINED MALES
J.M. Allen, C. Pearson, M.D. VanBruggen, C.L. Battaglini and A.C. Hackney, *Department of Exercise and Sport Science, University of North Carolina at Chapel Hill*

12:00-2:00 SEACSM LUNCHEON AND LECTURE
“Stalking the 2 Hour Marathon?”
*Michael J. Joyner, M.D.*
Professor of Anesthesiology
Deputy Director for Research at the Mayo Clinic
Mayo Clinic
Presiding: Paul Davis, PhD, University of North Carolina at Greensboro, SEACSM President
Speaker Introduction: Ed Acevedo, PhD, Virginia Commonwealth University, SEACSM President-Elect
(Continental Ballroom)

*Tickets must be purchased by 5:00 PM on Friday.*

2:00-4:00 SEACSM EXECUTIVE BOARD MEETING (Board Room)