

**SOUTHEAST AMERICAN COLLEGE OF SPORTS MEDICINE
2017 ANNUAL MEETING SCHEDULE**

THURSDAY, February 16, 2017

12:00-2:00 SEACSM EXECUTIVE BOARD MEETING (Boardroom)

1:00-6:00 REGISTRATION (Prefunctorary Area)

2:00-3:30 Audiovisual Team Meeting (Crepe Myrtle)

2:00-2:50 Pre-Conference Tutorial I (Redbud)

PC1 HOW TO GET THE MOST OUT OF THE SEACSM ANNUAL MEETING?

Tiffany Esmat¹, Yuri Feito¹, Brian Parr², ¹-Kennesaw State University, Kennesaw, GA.;
²-University of South Carolina Aiken, Aiken, SC

3:00-3:50 Pre-Conference Tutorial II (Redbud)

PC2 RAPID RESEARCH RACE

B. Sue Graves¹, Brittany Overstreet², Samuel Buckner³, ¹-Florida Atlantic University, Boca Raton, FL.; ²-University of Delaware, Newark, DE, ³-University of Mississippi, Oxford, MS

4:00-6:30 EXHIBITS (Prefunctorary Area)

4:00-6:00 ORAL FREE COMMUNICATIONS I (Ballroom F)

O1-O8

Psychology/Psychiatry/Behavior

Chair: Lyndsey Hornbuckle-Lampkin, Ph.D., University of Tennessee

O1 4:00 GREATER VARIABILITY IN INTENSITY RESULTS IN INCREASED OVERALL EXERCISE INTENSITY DURING 30-MINUTES OF SELF-SELECTED TREADMILL EXERCISE IN COLLEGE STUDENTS

B.S. Overstreet¹, A.Tarantello², K.N. Smitherman², K. Strohacker², ¹Dept of Kinesiology and Applied Physiology, University of Delaware, Newark, DE; ²Dept of Kinesiology, Recreation and Sport Studies, University of Tennessee, Knoxville, TN

O2 4:15 UNDERSTANDING PHYSICAL ACTIVITY INTENTION AND BEHAVIOR IN ADULTS WITH TYPE 2 DIABETES: AN APPLICATION OF THE THEORY OF PLANNED BEHAVIOR

A.M. Davis, R. Ellis; Dept. of Kinesiology & Health, Georgia State University, Atlanta, GA

O3 4:30 ACTIVITY INTENSITY AND SCHOOL READINESS IN YOUNG CHILDREN

T.J. Kybartas¹, J.I. Flynn², J.T. Fairbrother¹, R.S. Durham³, and D.P. Coe
FACSM¹,¹Department of Kinesiology, Recreation, & Sport Studies, The University of Tennessee, Knoxville, TN; ²Division of Education, Maryville College, Maryville, TN; and ³-Department of Curriculum and Teaching, Auburn University, Auburn, AL

O4 4:45 PHYSICAL ACTIVITY DOSE FOR AFFECTIVE RESPONSE IN ACTIVE WOMEN WITH 5+ HR OF DAILY SEDENTARY TIME: A PILOT STUDY

B.M. Das¹, K.A. Zwingler¹, D. Dlugonski¹, T.D. Raedeke¹, M.T. Mahar², ¹Dept. of Kinesiology, East Carolina University, Greenville, NC; ²School of Exercise and Nutritional Sciences, San Diego State University, San Diego, CA

O5 5:00 A SINGLE SESSION OF HIGH INTENSITY EXERCISE DOES NOT IMPROVE STROOP TEST PERFORMANCE IN YOUNG ADULTS

Kirk A. Abraham and Ella A. Abraham. Exercise Science Program, Transylvania University, Lexington, KY

O6 5:15 EXAMINING THE RELATIONSHIP BETWEEN HEALTH LOCUS OF CONTROL AND GOD LOCUS OF HEALTH CONTROL: IS GOD AN INTERNAL OR EXTERNAL SOURCE?

Joni M Boyd and Sara Wilcox Dept. of Physical Education, Sport and Human Performance, Winthrop University, Rock Hill, SC and Prevention Research Center, Exercise Science, Arnold School of Public Health, University of South Carolina

O7 5:30 THE EFFECTS OF MUSIC AND TELEVISION VIEWING ON ENJOYMENT DURING AEROBIC EXERCISE

N. Swank, J.R. Wojcik, FACSM, J.M. Boyd, and C.J. Bowers, Dept. of Physical Education, Sport and Human Performance, Winthrop University, Rock Hill, SC

- 08 5:45 EXERCISE AND PAIN REDUCTION THERAPY (EXPRT): THE FEASIBILITY OF COMMUNITY-BASED EXERCISE AND COGNITIVE BEHAVIORAL INTERVENTION FOR PATIENTS WITH FIBROMYALGIA**
NL. DiCicco, BS¹, EL. Griffith, MS¹, DC. Ang, MD², & JA Katula, PhD¹. Departments: ¹Health and Exercise Science, and ²Immunology and Rheumatology, Wake Forest University, Winston-Salem, NC
- 4:00-5:30 S1 SYMPOSIUM SESSION I (Ballroom G) HIIT TRAINING AND RESISTANCE TRAINING IN WOMEN: A TALE OF FOUR STUDIES**
D.D. Wadsworth, D.D. Pascoe, J. McDonald, School of Kinesiology, Auburn University, Auburn AL
Chair: Yuri Feito, Ph.D., Kennesaw State University
- 4:00-6:00 S2 SYMPOSIUM SESSION II (Redbud) VISUAL SYSTEM IMPAIREMENTS POST-CONCUSSION: CLINICAL UTILITY OF CURRENT AND NOVEL ASSESSMENTS**
N.G. Murray, PhD¹, D.W. Powell, PhD², R.K. Gore, MD³, ¹School of Health & Kinesiology, Georgia Southern University, Statesboro, GA; ²School of Health Studies, University of Memphis, Memphis, TN; ³Wallace H. Coulter Department of Biomedical Engineering at the Georgia Institute of Technology and Emory University, Atlanta, GA.
Chair: Nicole Rendos, Ph.D., Florida International University
- 4:00-6:00 S3 SYMPOSIUM SESSION III (Ballroom H) DEVELOPING "SOFT SKILLS" IN EXERCISE SCIENCE EDUCATION**
Kelly P. Massey¹ and Brian B. Parr², ¹School of Health and Human Performance, Georgia College & State University, Milledgeville, GA. and ²Department of Exercise and Sports Science, University of South Carolina Aiken, Aiken, SC.
Chair: Karen Hixson, Ph.D., Salem College
- 4:00-6:00 TP1-TP8 THEMATIC POSTERS SESSION I (Think Tank) Biomechanics, Gait, and Balance**
Chair: R. Lee Franco, Virginia Commonwealth University
- TP1 ANALYSIS OF LANDING KINETICS DURING A DROP VERTICAL JUMP AFTER THREE WEEKS OF EXTERNAL LOAD TRAINING**
J.D. Simpson¹, B.L. Miller¹, E.K. O'Neal², H. Chander¹, & A.C. Knight¹, ¹Department of Kinesiology, Mississippi State University, Mississippi State, MS; ²Department of HPER, University of North Alabama, Florence, AL
- TP2 SAGITTAL PLANE KNEE VARIABILITY DURNIG DISTANCE RUNNING AT DIFFERENT SPEEDS**
J. O'Loughlin, J.T. Wight, C.T. Robertson, and M.P. Phillips. Dept. of Kinesiology, Jacksonville University, Jacksonville, FL.
- TP3 MUSCLE ACTIVATION PATTERNS IN WHEELCHAIR BASKETBALL ATHLETES WITH AND WITHOUT PHYSICAL DISABILITY: A PILOT STUDY**
M. Hanks, JK. Washington, GD. Oliver FACSM. School of Kinesiology, Auburn University, Auburn, AL
- TP4 THE EFFECTS OF BALANCE TRAINING AND RESVERATROL SUPPLEMENTATION ON STABILITY**
J.N. Gehrin, P.C. Miller, and C.J. Ketcham, Dept. of Exercise Science, Elon University, Elon, NC
- TP5 EFFICACY OF A MOBILE APPLICATION FOR IMPROVING GAIT PERFORMANCE IN COMMUNITY-DWELLING OLDER ADULTS**
Dustin Falls, K. Jason Crandall, Matthew Shake, Beth Norris, Scott Arnett, Rilee P. Mathews, and Kathryn Dispennette, Western Kentucky University, Bowling Green, KY

- TP6 SAGITTAL PLANE HIP, KNEE, AND ANKLE VARIABILITY FOR DISTANCE RUNNING AT A TRAINING SPEED**
B. DeCouto¹, C.T. Robertson¹, and J.T. Wight¹. ¹Dept. of Kinesiology, Jacksonville University, Jacksonville, FL.
- TP7 COMPARISON OF PEAK GROUND REACTION FORCES OF FLEXIBLE BARBELL AND STEEL OLYMPIC BARBELL AT VARIOUS LIFTING SPEEDS**
Sun Lee, Lee Shearer, Randolph E. Hutchison, Anthony Caterisano; Department of Health Sciences, Greenville, SC
- TP8 EFFECTS OF CUSTOM ORTHOTICS ON LOWER EXTREMITY BIOMECHANICS DURING CYCLING**
K Martin¹, A Elhert¹, M Rigby², A Goldfarb¹, ¹Department of Kinesiology, The University of North Carolina at Greensboro; ²Cone Health, Greensboro, NC
- 4:00-6:00 STUDENT AWARD POSTER FREE COMMUNICATIONS I: (Studio 220) D1-D10, M1-M10, U1-U10**
Chair: B. Sue Graves, SEACSM Past-President, Florida Atlantic University
- D1 MAXIMAL EXERCISE ALTERS THE INFLAMMATORY PHENOTYPE OF MONONUCLEAR CELLS AND RESPONSE TO EX VIVO LPS STIMULATION**
A.L. Slusher, Mischo, A.B., Zúñiga T.M., Acevedo E.O., FACSM. Dept. of Kinesiology and Health Sciences, Virginia Commonwealth University, Richmond, VA
- D2 MEDIAL ELBOW JOINT SPACE IN DIVISION I COLLEGIATE OVERHEAD ATHLETES**
M.R. Jackson, D. Landin. School of Kinesiology, Louisiana State University, Baton Rouge, LA
- D3 THE RELATIONSHIP BETWEEN SKELETAL MUSCLE FUNCTION AND INFLAMMATION DURING THE PROGRESSION OF CANCER CACHEXIA**
Brandon N. VanderVeen, Justin P. Hardee, Dennis K. Fix, and James A. Carson, University of South Carolina, Columbia, SC
- D4 THE EFFECTS OF SIMULATED WEIGHT GAIN ON LOWER EXTREMITY MUSCLE ACTIVATION DURING DESCENDING STAIR WALKING**
A. Ransom, M. Wallazek, S. Capehart, R. Shapiro, L.M. Bollinger. Department of Kinesiology and Health Promotion, University of Kentucky, Lexington, KY
- D5 A MYOGENIC SWITCH: NOTCH AND MTOR**
J.R.Huot, M. Lawrence, B. Peck, J. Marino & S. Arthur, University of North Carolina at Charlotte, Charlotte, NC
- D6 DEVELOPMENT OF A 3-DIMENSIONAL MOTOR LEARNING TASK TO INVESTIGATE EXERCISE-ENHANCED NEUROPLASTICITY**
Jessica F. Baird and Jill C. Stewart. University of South Carolina, Columbia, SC
- D7 TWO WEEKS OF INTERVAL TRAINING IMPROVES METABOLIC FLEXIBILITY AND GLUCOSE TOLERANCE IN PEOPLE WITH PREDIABETES**
NM Gilbertson¹, NZM Eichner¹, JR Moxey¹, JM Gaitan¹, Z Lui², EJ Barrett², A Weltman^{1,2} (FACSM), and SK Malin^{1,2}. ¹Department of Kinesiology, ²Department of Medicine, University of Virginia, Charlottesville, VA
- D8 DIFFERENCES IN PLASMA AND SERUM BDNF IN RESPONSE TO ACUTE HIIE**
V.T. Patterson, A.L. Slusher, E.O. Acevedo, FACSM. Dept. of Kinesiology and Health Sciences, Virginia Commonwealth University, Richmond, VA
- D9 CLINICALLY RELEVANT ASSESSMENT OF MUSCLE ENDURANCE**
T. B. Willingham, K. K. McCully, FACSM, Department of Kinesiology, University of Georgia, Athens GA
- D10 IMPACT OF LAMINAR AND OSCILLATORY SHEAR STRESS ON CELLULAR ADHESION MOLECULE EXPRESSION IN HUVEC**
E.B. Crabb, D.E. Conway, L.M. Lafratta, E.O. Acevedo, R.L. Franco. Depts of Kinesiology and Health Sciences and Biomedical Engineering, Virginia Commonwealth University, Richmond, VA
- M1 CHANGE IN CARDIORESPIRATORY FITNESS AND IDEAL CARDIOVASCULAR HEALTH IN THE AEROBICS CENTER LONGITUDINAL STUDY**

Jacob L. Barber, Leanna M. Ross, Xuemei Sui, Steven N. Blair, Mark A. Sarzynski. Dept. of Exercise Science, University of South Carolina, Columbia, SC

- M2 THE ASSOCIATIONS OF RESTING HEART RATE WITH METABOLIC SYNDROME, DIABETES MELLITUS, AND HYPERTENSION IN U.S. ADULTS: 2007-2012 NHANES.**
J. M. Kafer, B. D. Williams, T. M. Johnson, & J. R. Churilla. Department of Clinical and Applied Movement Sciences, University of North Florida, Jacksonville, FL
- M3 PLAYGROUND AND GARDEN ACTIVITY LEVELS IN YOUNG CHILDREN**
Ashlyn N. Schwartz, Robyn A. Brookshire, and Dawn P. Coe, FACSM. Department of Kinesiology, Recreation, and Sport Studies, Early Learning Center for Research and Practice, The University of Tennessee, Knoxville, TN
- M4 PHYSIOLOGICAL, GAIT, AND PERCEPTUAL RESPONSES AT 5-KM RACE PACE ON MOTORIZED VS. NON-MOTORIZED TREADMILLS**
H.S. Waldman, Heatherly, A.J., Hall, G.W., & O'Neal, E.K., University of North Alabama and Mississippi State University
- M5 EXAMINATION OF RESISTANCE SETTINGS BASED ON BODY WEIGHT FOR THE 3-MINUTE ALL-OUT CRITICAL POWER TEST**
Marlene J. Schulte, Jody L. Clasey, Bradley S. Fleenor, Haley C. Bergstrom, University of Kentucky, Lexington, KY
- M6 REPEATABILITY OF 5-KM TIME TRIALS ON A NON-MOTORIZED TREADMILL**
Kennedy¹, E.P., Waldman², H.S., Heatherly¹, A.H., Hall¹, G.W., & O'Neal¹, E.K., ¹Department of Health, Physical Education, and Recreation, University of North Alabama, Florence, AL; ²Department of Kinesiology, Mississippi State University, Starkville, MS
- M7 AN EXAMINATION OF THE RELIABILITY OF THE INBODY 770 BIOELECTRICAL IMPEDANCE ANALYZER**
E. Moore, C. McLester, J. Knowles, P. Bailey, A. Dewitt, J. McLester, Dept. of Exercise Science and Sport Management, Kennesaw State University, Kennesaw GA
- M8 OUTCOMES IN COPD PATIENTS COMPLETING BOTH A COMBINED EXERCISE TRAINING AND A RESISTANCE TRAINING PROGRAM**
KL Shields and MJ Berry, Health and Exercise Science, Wake Forest University, Winston-Salem, NC
- M9 MICROPARTICLES ARE LINKED TO POST-PRANDIAL HYPERGLYCEMIA AND CVD RISK IN ADULTS WITH PREDIABETES**
NZM Eichner, NM Gilbertson, C Rudy, EJ Barrett, A Weltman (FACSM), U Erdbrügger, and SK Malin. University of Virginia, Charlottesville, VA
- M10 ULNAR COLLATERAL LIGAMENT STRUCTURAL PROPERTIES IN COLLEGE BASEBALL PITCHERS AND COLLEGE-AGED MALES**
C Curran, P Rider, Z Domire. Dept. of Kinesiology, East Carolina University, Greenville, NC
- U1 COMPARISON OF HEMODYNAMIC PARAMETERS IN PRETERM AND TERM-BORN YOUNG ADULTS**
M.E. Ray¹, P.A. Nixon^{1,2}, and L.K. Washburn². Depts. of ¹Health and Exercise Science and ²Pediatrics, Wake Forest University, Winston Salem, NC
- U2 THE EFFECTS OF WHEY VS. SOY PROTEIN AT BREAKFAST ON SATIETY RESPONSE, ENERGY INTAKE AND METABOLISM**
C. E. Melson, S. Nepocaty, and T. A. Madzima. Dept. of Exercise Science, Elon University, Elon, NC
- U3 SELF-EFFICACY IS RELATED TO STRENGTH IN OLDER ADULTS WITH KNEE OSTEOARTHRITIS**
MM Paturzo, SL Mihalko, MJ Love, DP Beavers, and SP Messier, Dept. of Health & Exercise Science and Biostatistics, Wake Forest University, Winston Salem, NC
- U4 MYOKINE RESPONSE FOLLOWING A 75-KM CYCLING TIME TRIAL**
Ella C. Perrin, B. Shane Tolbert, David C. Nieman, and Kevin A. Zwetsloot, Integrative

Muscle Physiology Lab, Department of Health and Exercise Science, Appalachian State University, Boone, NC

- U5** **DIETARY CURCUMIN SUPPLEMENTATION REDUCES GASTROINTESTINAL BARRIER PERMEABILITY DURING EXERTIONAL HEAT STRESS.**
Mandy Syzmanski, Meghan Patton, Lacey Gould, Carmen Waldron, Matt Kuennen, PhD; Department of Exercise Physiology, High Point University, High Point NC
- U6** **REPEATED THERMAL STRESS SENSITIZES C2C12 MYOTUBES TO SUBSEQUENT LPS EXPOSURE.**
Meghan Patton, Mandy Syzmanski, Lacey Gould, Roger Vaughan, Matt Kuennen, Department of Exercise Physiology, High Point University, High Point NC
- U7** **SENSEWEAR PRO ARMBAND ACCURACY DURING SHORT BOUTS OF EXERCISE**
J. Scales, A. Genova, A. Barr, M. McCammon, S. Meardon, Dept. of Kinesiology & Physical Therapy, East Carolina University, Greenville, NC
- U8** **EFFECT OF ARCH HEIGHT INDEX WITH ACL RECONSTRUCTION PATIENTS**
Holly M. Chase¹ and Jaynesh H. Patel^{1,2}, ¹University of South Carolina, Columbia, SC; and ²Palmetto Health USC Orthopedic Center, Columbia, SC
- U9** **GAIT CHARACTERISTICS IN COLLEGIATE STUDENT-ATHLETES AFTER SUSTAINING A CONCUSSION**
B.N. O'Grady, J.J. Grabowski, C.J. Ketcham, S. Vallabhajosula, K. Patel, E.E. Hall, Exercise Science, Physical Therapy Education, Elon BrainCARE Research Institute, Elon University, Elon, NC
- U10** **EFFECTS OF A HIGH FAT LOW CARBOHYDRATE DIET ON HYDRATION MARKERS IN MALE RUNNERS**
Seltman, C.L., Hollingsworth, A., Waldman, H.S., Heatherly, A.H, Killen, L.L., & O'Neal, E.K. Department of Health, Physical Education, and Recreation, University of North Alabama, Florence, AL
- 4:00-6:00** **POSTER FREE COMMUNICATIONS I (Studio 220)**
P1-P29 Authors present, 4:30-6:00 pm, Competitive Athletes
Chair: Katie Wood, Mississippi State University
- P1** **COMPARISON OF POWER AND VELOCITY IN THE HIGH BAR AND LOW BAR BACK SQUAT ACROSS A SPECTRUM OF LOADS**
J.R. Goodin, C.D. Bazzyler, J.R. Bernards, S. Mizuguchi, J. Walters, M.H. Stone. Department of Exercise and Sport Science, East Tennessee State University, Johnson City, TN
- P2** **EFFECT OF SLEEP, NUTRITION, STRESS, AND IMMUNE FUNCTION ON PERFORMANCE IN COLLEGIATE SWIMMERS**
H. Pressley¹, T. Pardue², A.M. Knab¹, ¹Kinesiology Department; ²Mathematics and Physics Department, Queens University of Charlotte, Charlotte NC
- P3** **THE CONTRIBUTION OF MUSCLE CROSS-SECTIONAL AREA TO JUMP HEIGHT IN COLLEGIATE ATHLETES**
C.D. Bazzyler, J.R. Goodin, T.K. Whiton, S. Mizuguchi, M.H. Stone. East Tennessee State University, Johnson City, TN
- P4** **DISTANCE RUNNING VARIABILITY OF STANCE AND SWING AT SLOW AND FAST RUNNING SPEEDS**
J.T. Wight, J.A. Mallard, and C.T. Robertson. Dept. of Kinesiology, Jacksonville University, Jacksonville, FL
- P5** **LOWER EXTREMITY EXPLOSIVE STRENGTH RELATES TO SWING VELOCITY PERFORMANCES IN NCAA DIVISION-I SOFTBALL ATHLETES**
KM Carroll¹, C Liu², K Sato¹, and MH Stone¹. ¹Department of Exercise and Sport Science, East Tennessee State University, Johnson City, TN, ²Graduate Institute of Sports Equipment Technology, University of Taipei, Taipei, Taiwan
- P6** **ASSESSING THE RELATIONSHIP BETWEEN BODY COMPOSITION AND 50-KM RUNNING PERFORMANCE**

J. Houck, A. Bosak, C. Carver, A. Smith, M. Sokoloski. Dept. of Health Professions, Liberty University, Lynchburg, VA

- P7** **COMPARISON OF RUNNING PERFORMANCE, RECOVERY, AND PERCEIVED EXERTION DURING TRAINING IN COLLEGIATE SOCCER PLAYERS.**
K. Ake, G.A. Ryan, P. Chrysosferidis, J. Holmes, D. Griffin, and S.J. Rossi Human Performance Lab, Georgia Southern University, Statesboro, GA
- P8** **"POWER 5" CONFERENCE ROOKIE SCOUTING COMBINE AND ON-FIELD PERFORMANCE DURING THE 2015 NFL SEASON**
J. Holmes¹, G.A. Ryan¹, R.L. Herron², A. Carnes¹, and S. Bishop³, Georgia Southern University, Statesboro, GA; ²The University of Alabama, Tuscaloosa, AL; ³Montevallo University, Montevallo, AL
- P9** **2015 NBA ROOKIE CLASS DESCRIPTIVES FROM DRAFT COMBINE MEASUREABLES**
A. Carnes¹, G.A. Ryan¹, R.L. Herron², J. Holmes¹, and K.J. Weiss³, ¹Georgia Southern University, Statesboro, GA; ²The University of Alabama, Tuscaloosa, AL; ³Auckland University of Technology, Auckland, NZ3
- P10** **PREDICTING 2015 NBA ROOKIE CLASS ON-COURT CONTRIBUTION USING DRAFT COMBINE MEASUREABLES**
S. Henry¹, G.A. Ryan¹, R.L. Herron², E. Zumbro¹, and K.J. Weiss³, ¹Georgia Southern University, Statesboro, GA; ²The University of Alabama, Tuscaloosa, AL; ³Auckland University of Technology, Auckland, NZ3
- P11** **DID HIGHER DRAFTED ROOKIES PERFORM BETTER IN THE COMBINE AND ON-COURT DURING THE 2015 NBA SEASON?**
E. Zumbro¹, G.A. Ryan¹, R.L. Herron², S. Henry¹, and K.J. Weiss³, ¹Georgia Southern University, Statesboro, GA; ²The University of Alabama, Tuscaloosa, AL; ³Auckland University of Technology, Auckland, NZ3
- P12** **WEEKLY CHANGES IN RUNNING PERFORMANCE AND PERCEIVED EXERTION AND RECOVERY IN COLLEGIATE SOCCER PLAYERS**
S.J. Rossi, K. Ake, P. Chrysosferidis, J. Holmes, D. Griffin, and G.A. Ryan Human Performance Lab, Georgia Southern University, Statesboro, GA
- P13** **RUNNING PERFORMANCE AND PERCEIVED EXERTION AND RECOVERY DURING REGULAR AND RECOVERY TRAINING SESSIONS IN COLLEGIATE SOCCER PLAYERS**
M. Eisenman, K. Ake, G.A. Ryan, P. Chrysosferidis, J. Holmes, D. Griffin, and S.J. Rossi, Human Performance Lab, Georgia Southern University, Statesboro, GA
- P14** **CURRENT STRENGTH AND CONDITIONING PRACTICES AMONG COLLEGIATE BASEBALL PROGRAMS.**
Thomas Fair, Donald Brown, and Kevin Ritsche. Department of Exercise Physiology, Winston-Salem State University, Winston-Salem, NC
- P15** **ASSESSMENT OF THE ROTATIONAL MEDICINE BALL TOSS AS A PREDICTOR FOR SHOT SPEED IN COLLEGIATE MEN'S LACROSSE**
Carolyn Oliveira Nascimento, Kathleen Lopp, Justin R. Kilian, & Jessi J. Glauser, Department of Health Professions, Liberty University, Lynchburg, VA
- P16** **THE EFFECTS OF COLD PRESSOR TASK ON BLOOD PRESSURE IN ATHLETES AND UNIVERSITY STUDENTS**
Jonathan Golden, Conner Alford, Justin Donaldson, Alex Hammen, Jayla Waller, Derek C. Monroe, Ph.D. School of Health and Human Performance, Georgia College and State University, Milledgeville, Ga
- P17** **IS CHRONOLOGICAL AGE OR TRAINING AGE A BETTER PREDICTOR OF PERFORMANCE IN COLLEGIATE GOLF?**
Osborn Theam, Edwards, B.T. Alami, A. Bailey, C. A., Sport Performance Enhancement, Education, and Development (SPEED) Center, Department of Exercise Science, LaGrange College, LaGrange, GA
- P18** **THE INFLUENCE OF WEIGHTLIFTING SHOES ON CENTER OF PRESSURE CHANGE DURING THE SNATCH AND CLEAN IN NOVICE WEIGHTLIFTERS**

Lewis, K.D., Norman, T.L, McInnis, T.C. and Bailey, C.A. Sport Performance Enhancement, Education, and Development (SPEED) Center, Department of Exercise Science, LaGrange College, LaGrange, GA

- P19** **EXPLORING THE RELATIONSHIP BETWEEN RATE OF FORCE DEVELOPMENT AND IMPULSE DURING AN ISOMETRIC MID-THIGH PULL**
B.C. Lampkin and C.R. Bellon. LaGrange College, LaGrange, GA
- P20** **CHANGE IN CENTER OF PRESSURE POSITION AT TAKEOFF AND LANDING AS A MEASURE OF JUMP CONTROL IN ATHLETE MONITORING**
Lovins, K.C., Cauldwell, E.E., McInnis, T.C. and Bailey, C.A. Sport Performance Enhancement, Education, and Development (SPEED) Center, Department of Exercise Science, LaGrange College, LaGrange, GA
- P22** **RELATIONSHIP BETWEEN MARATHONS COMPLETED AND LIBIDO IN ENDURANCE-TRAINED MALES**
G.H. Zieff, A.R. Lane, J.K. Register-Mihalik, C.B. O'Leary and A.C. Hackney FACSM. Department of Exercise and Sport Science, University of North Carolina Chapel Hill, Chapel Hill, NC
- P23** **DOES THE TYPE OF SCALING INFLUENCE THE RELATIONSHIP BETWEEN STRENGTH AND JUMPING PERFORMANCE?**
Cauldwell, E.E., Lovins, K.C., Bellon, C.R., McInnis, T.C., and Bailey, C.A. Sport Performance Enhancement, Education, and Development (SPEED) Center, Department of Exercise Science, LaGrange College, LaGrange, GA
- P24** **LOWER BODY POWER DIFFERENCES BETWEEN POSITIONS IN COLLEGIATE CHEERLEADERS**
A.E. Coggins, C.S. Young, T.C. McInnis, and C.A. Bailey. Sport Performance Enhancement Education and Development (SPEED) Center, Dept. of Exercise Science, LaGrange College, LaGrange, GA
- P25** **SPATIO-TEMPORAL MEASURES OF OVERHAND PITCHES**
W.H. Weimar, H.A. Plummer, R. Fawcett & G. D. Oliver, School of Kinesiology, Auburn University, Auburn, AL
- P26** **DETERMINING THE LIMITS OF AGREEMENT FOR SINGLE AND DOUBLE LEG BALANCE EXAMS FOR COLLEGE FOOTBALL PLAYERS**
J.A. Mallard, C.T. Robertson, and J.T. Wight. Dept. of Kinesiology, Jacksonville University, Jacksonville, FL
- P27** **SAGITTAL PLANE ANKLE VARIABILITY DURING DISTANCE RUNNING AT DIFFERENT SPEEDS**
J. Garman, C.T. Robertson, and J.T. Wight. Dept. of Kinesiology, Jacksonville University, Jacksonville, FL
- P28** **EXPERIENCE EQUALS SUCCESS IN DIVISION 1 VOLLEYBALL**
Summer Schuitema & Jennifer Bunn, Campbell University, Physical Therapy, Campbell University; Buies Creek, NC
- P29** **IMPACT OF EARLY MORNING PRACTICE ON SLEEP QUANTITY IN THE COLLEGIATE ATHLETE**
T.L. Norman, T.C. McInnis, and C.A. Baily. Sport Performance Enhancement Education and Development (SPEED) Center, Dept. of Exercise Science, LaGrange College, LaGrange, GA
- 4:00-5:00** **TUTORIAL SESSION I (Regency C)**
T1 **EXERCISE-INDUCED OXIDATIVE STRESS: CAUSE AND CONSEQUENCES**
Scott K. Powers. Department of Applied Physiology and Kinesiology, University of Florida, Gainesville, FL
Chair: R. Andrew Shanely, Ph.D., Appalachian State University
- 4:00-5:00** **TUTORIAL SESSION II (Ballroom D&E)**

- T2 FASEB MARC AWARDS AND UNDERREPRESENTED UNDERGRADUATE STUDENTS**
Trudy Moore-Harrison and L. Jerome Brandon, FACSM University of North Carolina at Charlotte, Charlotte, NC and Georgia State University, Atlanta, GA
Chair: Emily Simonavice, Ph.D., Georgia College and State University
- 5:00-6:00 T3 TUTORIAL SESSION III (Regency C)**
RECOVERY FROM VARYING TYPES OF MUSCLE INJURY: IMPORTANCE OF REPAIR VERSUS REGENERATION AND ROLE OF MITOCHONDRIA
G.L. Warren¹ and J.A. Call². ¹Department of Physical Therapy, Georgia State University, Atlanta, GA; ²Department of Kinesiology, University of Georgia, Athens, GA
Chair: Jill Maples, Ph.D., Western Kentucky University
- 5:00-6:00 T4 TUTORIAL SESSION IV (Crepe Myrtle)**
MYTHBUSTERS—THE TRUTH ABOUT EXERCISE DURING PREGNANCY
Carmen M Moyer¹, Rachel Tinius², ¹Dept. of Health & Human Sciences, Bridgewater College, Bridgewater, VA, ²School of Kinesiology, Recreation, and Sport, Western Kentucky University, Bowling Green, KY
Chair: Joni Boyd, Ph.D., Winthrop University
- 5:00-6:00 T5 TUTORIAL SESSION V (Ballroom D&E)**
ISSUES RELATED TO PUBLISHING IN THE 21st CENTURY
J Mark Loftin, Ph.D., FACSM, & L. Jerome Brandon, Ph.D., FACSM, Department of Health, Exercise Science & Recreation Management, University of Mississippi; Department of Kinesiology and Health, Georgia State University, Atlanta, GA
Chair: Brian Tyo, Ph.D., Columbus State University
- 7:30-9:00 OPENING REMARKS AND KEYNOTE ADDRESS (Ballroom A&B)**
Recent Advances in Preventive Cardiology and Lifestyle Medicine
Barry Franklin, Ph.D. FACSM
Director of Preventative Cardiology and Cardiac Rehabilitation
William Beaumont Hospital, Royal Oak, Michigan
Presiding: John Quindry, University of Montana, SEACSM President

9:00-10:30 SEACSM SOCIAL (Teal)

FRIDAY, February 17, 2017

- 6:45-7:45 MENTORING BREAKFAST—everyone welcome (Teal)**
(Register by February 5)
Mentoring Tips for Mentors and Mentees
Session Chairs: Jody Classey, University of Kentucky, Brittany Overstreet, University of Delaware, and B. Sue Graves, Florida Atlantic University
Remarks: *Catrine Tudor-Locke, Ph.D.*
UMass Amherst, Professor and Chair, Department of Kinesiology
- 8:00-5:00 REGISTRATION (Prefunctorary Area)**
- 8:00-6:00 EXHIBITS (Prefunctorary Area)**
- 8:00-9:30 P30-P85 POSTER FREE COMMUNICATIONS II (Studio 220)**
Cellular Regulatory Mechanisms
Biomechanics, Balance, and Gait
Cardiovascular Physiology
Chair: Ashlyn Schwartz, University of Tennessee
- P30 CAFFEINE ACTIVATES P65 SIGNALING AND REDUCES TOLERANCE TO LIPOPOLYSACCHARIDE**
Jamie K. Schnuck, Lacy M. Gould, Michele A. Johnson, Matthew R. Kuennen, PhD, and Roger A. Vaughan, PhD, Department of Exercise Science, High Point University, High Point NC
- P31 EFFECTS OF EXTERNAL PNEUMATIC COMPRESSION TREATMENT ON SKELETAL MUSCLE MARKERS OF RIBOSOME BIOGENESIS, HYPERTROPHY AND**

INFLAMMATION IN SUBJECTS PERFORMING HEAVY, VOLUMINOUS RESISTANCE EXERCISE

Matthew A. Romero¹, Cody T. Haun¹, Shelby C. Osburn¹, Gillis L. Langston¹, Richard G. Anderson¹, Michael D. Goodlett^{2,3}, David D. Pascoe¹, Michael D. Roberts^{1,2}, Jeffrey S. Martin^{1,2},¹School of Kinesiology, Auburn University, Auburn, AL; ²Department of Cell Biology and Physiology, Edward Via College of Osteopathic Medicine – Auburn Campus, Auburn, AL; ³Athletics Department, Auburn University, Auburn, AL

P32 **Withdrawn**

P33 **PRETERM BIRTH, PHYSICAL ACTIVITY, AND ARTERIAL STIFFNESS IN YOUNG ADULTS**

J.E. Cottle¹, P.A. Nixon^{1,2}, L.K. Washburn², Depts. of ¹Health & Exercise Science and ²Pediatrics, Wake Forest University, Winston-Salem, NC

P34 **RELIABILITY OF PULSE WAVEFORM SEPARATION ANALYSIS: EFFECTS OF POSTURE AND FASTING**

Q. Willey, Lee Stoner, Department of Exercise and Sport Science, University of North Carolina at Chapel Hill, Chapel Hill, NC

P35 **THE EFFECT OF A 6 WEEK TRAINING PROGRAM ON HEART RATE ACCELERATION AS A PARAMETER FOR MEASURING FITNESS**

C.G. Jones¹, L.C. Eschbach², & J.A. Bunn¹, ¹Campbell University, Buies Creek, NC; ²Valencell Inc. Raleigh, NC

P36 **EFFECT OF THAI CHI ON HEART RATE VARIABILITY IN COLLEGE STUDENTS**

Anne M. Moody, Karen Caldwell, Shawn Bergman, N. Travis Triplett, Rebecca Quin, Scott R. Collier (FACSM), Appalachian State University, Boone, NC

P37 **EFFECTIVENESS OF NEUROMUSCULAR ELECTRICAL STIMULATION DURING REST AND EXERCISE**

H. Champion¹, S. Ek¹, R. Frazier¹, A. Kinslow¹, C. McClain¹, T. Barreira²,¹School of Health and Applied Human Sciences, University of North Carolina Wilmington, Wilmington, NC; ²Exercise Science Department, Syracuse University, Syracuse, NY

P38 **THE EFFECT OF HIGH INTENSITY INTERVAL EXERCISE ON PROLONGED SITTING-INDUCED VASCULAR DYSFUNCTION**

T. Zúñiga, M.C. Scott, A. Hogwood and R.S. Garten. Dept of Kinesiology and Health Sciences, Virginia Commonwealth University, Richmond, VA

P39 **ISOMETRIC HANDGRIP EXERCISE TRAINING IN REHAB PATIENTS**

BDH. Gordon, S. Whitmire, A. Lavis, I. King, E. Zacherle, S. Doyle, S. Gulati, R. Howden, Laboratory of Systems Physiology, UNC-Charlotte, Charlotte, NC, Carolinas Health Care System Northeast, Concord NC

P40 **EFFECT OF CARBOHYDRATE INGESTION ON BLOOD CATECHOLAMINE LEVELS FROM COMBINED MENTAL AND PHYSICAL STRESS.**

S.A. Basham, M.J. McAllister, J.W. Smith, & H.E. Webb, Dept. of Kinesiology, Mississippi State University, Mississippi State, MS

P41 **EFFECT CHRONIC DEHYDRATION ON URINE AND PLASMA DURING EXERCISE IN A HEATED ENVIRONMENT**

B. Theall¹, B. Harrell³, K. Early^{1,2}, N. Johannsen^{1,4}; ¹Louisiana State University, Baton Rouge, LA; ²Columbus State University, Columbus, GA; ³Baton Rouge General and ⁴Pennington Biomedical Research Center, Baton Rouge, LA

P42 **HEART RATE VARIABILITY FOLLOWING A SHORT AND LONG BOUT OF HIGH-INTENSITY FUNCTIONAL TRAINING**

E. Bechke, A. Box, W. Hoffstetter, P. Serafini, C. Williamson, Y. Feito, Ph.D., FACSM, B. Kliszczewicz, Ph.D., Kennesaw State University, Department of Exercise Science and Sport Management, Kennesaw, GA

- P43** **SEGMENTAL SEQUENCING AMONG FEMALE HANDBALL ATHLETES**
S.S. Gascon & G.G. Gilmer, G.D. Oliver FACSM. School of Kinesiology, Auburn University, Auburn, AL
- P44** **SIMULATED CENTRAL, BUT NOT PERIPHERAL, WEIGHT GAIN ALTERS BIOMECHANICS AND MUSCLE RECRUITMENT DURING STAND-TO-SIT**
Lance M. Bollinger¹, Michelle C. Walaszek², Amanda L. Ransom¹, ¹Department of Kinesiology and Health Promotion, University of Kentucky, Lexington, KY; ²Department of Physical Therapy, Creighton University, Omaha, NE
- P45** **INFLUENCES OF TRAINING METHOD ON POSTURAL STABILITY**
P. Chrysoferidis¹, B. Szekely¹, M.E. Mormile¹, K. Grime¹, B.A. Munkasy¹, D. Powell², N.G. Murray¹. ¹School of Health & Kinesiology, Georgia Southern University, Statesboro, GA; ²School of Health Studies, University of Memphis, Memphis, TN
- P46** **THE INTERACTION OF ARCH HEIGHT STIFFNESS AND CENTER OF PRESSURE MEDIOLATERAL DEVIATION IN DIFFERENT SOCK TYPES**
C.M. Wilburn, J.W. Fox, A.E. Jagodinsky, B.E. Decoux, P. T. Williams, L.E. Brewer, L.L. Smallwood, N.H. Moore, M.W. Kitchens, & W.H. Weimar, School of Kinesiology, Auburn University, Auburn, AL
- P47** **LOAD CARRIAGE ALTERS LOWER EXTREMITY COORDINATION VARIABILITY**
B. Romer¹, S. Stetson², D. Szymanski², M. Arflin², H. Lu². ¹Dept. of Exercise Science, High Point University, High Point, NC; ²Dept. of Kinesiology, Louisiana Tech University, Ruston, LA
- P48** **INVESTIGATION OF STATIC VERSUS DYNAMIC ARCH HEIGHT STIFFNESS AND BILATERAL SYMMETRY DURING BAREFOOT WALKING**
B.E. Decoux, C.M. Wilburn, L.E. Brewer, J.W. Fox, A.E. Jagodinsky, P. T. Williams, L.L. Smallwood, N.H. Moore, M.W. Kitchens, & W.H. Weimar, School of Kinesiology, Auburn University, Auburn, AL
- P49** **ELECTROMYOGRAPY DURING ISOMETRIC LEG EXTENSION**
J.W. Fox¹, A.E. Jagodinsky², C.M. Wilburn², L.L. Smallwood² & W.H. Weimar², ¹School of Health Sciences, Methodist University, Fayetteville, NC; ²School of Kinesiology, Auburn University, Auburn, AL
- P50** **EFFECT OF WEAR LOCATION ON ACTIGRAPH ACTIVITY COUNTS**
S.R. LaMunion, S.E. Crouter FACSM, D.R. Bassett, Jr. FACSM, L.P. Toth, Department of Kinesiology, Recreation, & Sport Studies, The University of Tennessee, Knoxville, TN
- P51** **THE EFFICACY OF INCORPORATING VIDEO FEEDBACK TO ENHANCE SKILL ACQUISITION IN WEIGHT LIFTING**
M.E. Hales and J.D. Johnson II, Wellstar College of Health & Human Services, Kennesaw State University, Kennesaw, GA
- P52** **EFFECT OF MINIMALIST FOOTWEAR AND FATIGUE ON STATIC BALANCE**
B.L. Miller, J.D. Simpson, J.C. Swain, M.T. Pace, R.K. Lowell, Z. Pan, A.C. Knight & H. Chander, Department of Kinesiology, Mississippi State University, Mississippi State, MS
- P53** **ACCURACY OF MODIFIED STEPWATCH CADENCE AND SENSITIVITY SETTINGS DURING INTERMITTENT LIFESTYLE ACTIVITIES**
L.P. Toth¹, D.R. Bassett, Jr. FACSM¹, S.E. Crouter FACSM¹, B.S. Overstreet², S.R. LaMunion¹, S. Park¹, S.N. Notta¹, C.M. Springer³, ¹Dept. of Kinesiology, Recreation, and Sports Studies, University of Tennessee, Knoxville, Tennessee; ²Dept. of Kinesiology and Applied Physiology, University of Delaware, Newark, Delaware; ³Office of Information Technology, Research Support, University of Tennessee, Knoxville, TN
- P54** **SAGITTAL PLANE KNEE ANGLE VARIABILITY DURNIG DISTANCE RUNNING AT DIFFERENT SPEEDS**
J. O'Loughlin, J.T. Wight, C.T. Robertson. Dept. of Kinesiology, Jacksonville University, Jacksonville, FL

- P55** **IMPACT OF AN EXERCISE INTERVENTION ON HUMAN BALANCE CENTER OF PRESSURE SWAY PARAMETERS IN PREVIOUSLY SEDENTARY, OVERWEIGHT ADULTS**
A.K. Dispennette¹, C.E. Morris¹, H. Chander², J.C. Garner³, H. DeBusk⁴, S.G. Owens⁵, M.W. Valliant⁶, & M. Loftin⁵. ¹School of Kinesiology, Recreation, & Sport, Western Kentucky University, Bowling Green, KY; ²Neuromechanics Laboratory, Dept. of Kinesiology, Mississippi State University, Mississippi State, MS; ³Dept. of Kinesiology & Health Promotion, Troy University, Troy, AL; ⁴Dept. of Industrial & Systems Engineering, Mississippi State University, Mississippi State, MS; ⁵Dept. of Health, Exercise Science, & Recreation Management, The University of Mississippi, University, MS; ⁶Dept. of Nutrition & Hospitality Management, The University of Mississippi, University, MS
- P56** **IMPACT OF ALTERNATIVE FOOTWEAR ON HUMAN ENERGY EXPENDITURE**
R.C. Pearson¹, C.E. Morris¹, H. Chander², S.J. Wilson³, M. Loftin³, C. Wade⁴, and J.C. Garner⁵, ¹School of Kinesiology, Recreation, & Sport, Western Kentucky University, Bowling Green, KY; ²Neuromechanics Laboratory, Dept. of Kinesiology, Mississippi State University, Mississippi State, MS; ³Dept. of Health, Exercise Science, & Recreation Management, The University of Mississippi, University, MS; ⁴Dept. of Industrial & Systems Engineering, Auburn University, Auburn, AL; ⁵Dept. of Kinesiology & Health Promotion, Troy University, Troy, AL
- P57** **EVALUATING PERTURBATIONS TO HUMAN BALANCE FOLLOWING AN EXERCISE INTERVENTION IN PREVIOUSLY SEDENTARY, OVERWEIGHT ADULTS**
C.E. Morris¹, H. Chander², J.C. Garner³, H. DeBusk⁴, S.G. Owens⁵, M.W. Valliant⁶, & M. Loftin⁵, ¹School of Kinesiology, Recreation, & Sport, Western Kentucky University, Bowling Green, KY; ²Neuromechanics Laboratory, Dept. of Kinesiology, Mississippi State University, Mississippi State, MS; ³Department of Kinesiology and Health Promotion, Troy University, Troy, AL; ⁴Department of Industrial and Systems Engineering, Mississippi State University, Mississippi State, MS; ⁵Dept. of Health, Exercise Science, and Recreation Management, The University of Mississippi, University, MS; ⁶Department of Nutrition and Hospitality Management, The University of Mississippi, University, MS
- P58** **THE RELATIONSHIP OF WEIGHT LOSS AND BALANCE PERFORMANCE FOLLOWING AN EXERCISE INTERVENTION IN PREVIOUSLY SEDENTARY, OVERWEIGHT ADULTS**
T.L. Wiczynski¹, C.E. Morris¹, H. Chander², J.C. Garner³, H. DeBusk⁴, S.G. Owens⁵, M.W. Valliant⁶, & M. Loftin⁵, ¹School of Kinesiology, Recreation, & Sport, Western Kentucky University, Bowling Green, KY; ²Neuromechanics Laboratory, Dept. of Kinesiology, Mississippi State University, Mississippi State, MS; ³Dept. of Kinesiology & Health Promotion, Troy University, Troy, AL, ; ⁴Dept. of Industrial and Systems Engineering, Mississippi State University, Mississippi State, MS; ⁵Dept. of Health, Exercise Science, & Recreation Management, The University of Mississippi, University, MS; ⁶Dept. of Nutrition & Hospitality Management, The University of Mississippi, University, MS
- P59** **DOES AVERAGE SWAY VELOCITY PREDICT TIME-TO-FALL ON SINGLE-LEG AND DOUBLE- LEG BALANCE EXAMS FOR COLLEGE FOOTBALL PLAYERS?**
C.T. Robertson, J.M. Baker, and J.T. Wight. Dept. of Kinesiology, Jacksonville University, Jacksonville, FL
- P60** **DIFFERENCES IN FORWARD, BACKWARD, AND ACCELERATED FORWARD WALKING AMONG BREAST CANCER SURVIVORS.**
E.H. Harrison, C.D. Deaterly, T.A. Madzima, S. Vallabhajosula, Dept. of Exercise Science, Dept. of Physical Therapy Education, Elon University, Elon, NC
- P61** **THREE-WEEK EXTERNAL LOAD TRAINING DOES NOT IMPROVE VERTICAL JUMP AND SPRINT PERFORMANCE IN WELL-TRAINED WOMEN**
P. Sutton, S. Forge, A. Mosby, J. McDaniel, B. Miller, J. Simpson, H. Chander, & A. Knight, Department of Kinesiology, Mississippi State University, Mississippi State, MS
- P62** **THREE-WEEKS OF EXTERNAL LOAD TRAINING DOES NOT ALTER MUSCLE ACTIVITY DURING STATIC BALANCE**
A. Mosby, P. Sutton, S. Forge, J. McDaniel, B. Miller, J. Simpson, H. Chander, & A. Knight, Department of Kinesiology, Mississippi State University, Mississippi State, MS
- P63** **THREE WEEK EXTERNAL LOAD TRAINING DOES NOT INCREASE LOWER EXTREMITY MUSCLE ACIVATION IN WELL-TRAINED FEMALES**

J. McDaniel, S. Forge, P. Sutton, A. Mosby, B. Miller, J. Simpson, H. Chander, & A. Knight, Department of Kinesiology, Mississippi State University, Mississippi State, MS

- P64 THE ACUTE EFFECTS OF DYNAMIC STRETCHING AND FOAM ROLLING ON FLEXIBILITY AND VERTICAL JUMP HEIGHT**
J.C. Smith, B. Pridgeon, and M.C. Hall, Coastal Carolina University, Conway, SC
- P65 THE INFLUENCE OF HIGH HEEL SHOE INSERT DURING GAIT**
L.L. Smallwood, P.T. Williams, N.H. Moore, M.W. Kitchens, C.M. Wilburn, & W.H. Weimar, School of Kinesiology, Auburn University, Auburn, AL
- P66 SEGMENTAL SEQUENCING AMONG YOUTH BASEBALL PITCHERS: A LONGITUDINAL STUDY**
J. Barfield, S.S. Gascon, G.G. Gilmer, and G.D. Oliver. School of Kinesiology, Auburn University, Auburn, AL
- P67 INFLUENCE OF PREPARATORY ARM MOTION ON RUNNING ACCELERATION**
N.H. Moore, M.W. Kitchens, L. Brewer, B. Decoux, C.M. Wilburn, L.L. Smallwood, P.T. Williams & W.H. Weimar, School of Kinesiology, Auburn University, Auburn, AL
- P68 THE INFLUENCE OF AN ISOMETRIC SQUAT ON VERTICAL JUMP.**
M.W. Kitchens, A.E. Jagodinsky, C.M. Wilburn, N.H. Moore, K.R. Bois & W.H. Weimar, School of Kinesiology, Auburn University, Auburn, AL
- P69 INFLUENCE OF MILITARY TYPE FOOTWEAR AND WORKLOAD ON PERCENT MUSCLE ACTIVATION IN STATIC BALANCE**
Christopher Hill, Hunter DeBusk, University of Mississippi, Mississippi State University
- P70 THE ACUTE EFFECTS OF GOLF SPECIFIC FOOTWEAR ON REACTION TIME LATENCIES**
JR. Gdovin¹, SJ. Wilson¹, CC. Williams¹, JD. Eason¹, EL. Hoke¹, LA. Luginland¹, CM. Hill¹, PT. Donahue¹, RE. Davis¹, H. Chander², C.Wade³, and JC. Garner⁴, ¹University of Mississippi, University MS; ²Mississippi State University, Mississippi State MS; ³Auburn University, Auburn AL; ⁴Troy University, Troy AL
- P71 THE EFFECTS OF GOLF SHOE TYPE ON BALANCE EQUILIBRIUM SCORES**
JD. Eason¹, SJ. Wilson¹, JR. Gdovin¹, CC. Williams¹, EL. Hoke¹, LA. Luginland¹, CM. Hill¹, PT. Donahue¹, H. Chander², C. Wade³, and JC. Garner⁴, ¹University of Mississippi, University MS; ²Mississippi State University, Mississippi State MS; ³Auburn University, Auburn AL; ⁴Troy University, Troy AL
- P72 THE EFFECTS OF GOLF SPECIFIC FOOTWEAR ON HUMAN BALANCE**
SJ. Wilson¹, JR. Gdovin¹, CC. Williams¹, JD. Eason¹, EL. Hoke¹, LA. Luginland¹, CM. Hill¹, PT. Donahue¹, H. Chander², C. Wade³, RE. Davis¹, M. Green⁴, and JC. Garner⁴, ¹University of Mississippi, University MS; ²Mississippi State University, Mississippi State MS; ³Auburn University, Auburn AL; ⁴Troy University, Troy AL
- P73 EXAMINATION OF ARCH STIFFNESS ON NAVICULAR DROP DURING THE STANCE PHASE**
L.E. Brewer, B.E. Decoux, C.M. Wilburn, N.H. Moore, M.W. Kitchens, L.L. Smallwood, P.T. Williams, & W.H. Weimar, School of Kinesiology, Auburn University, Auburn, AL
- P74 ARCH HEIGHT STIFFNESS AND ARCH HEIGHT INDEX ACROSS GRADES**
P.T. Williams, C.M. Wilburn, M.E. Dupiton, M.A. Morris, J.E. Mcroyc, S.L. Price, L.L. Smallwood, M.W. Kitchens, N.H. Moore, B.E. Decoux, L.E. Brewer, W.H. Weimar, Health, Phys. Ed & Rec, Florida A&M University, Tallahassee, FL
- P75 THE INFLUENCE OF GOLF SPECIFIC FOOTWEAR ON WHOLE BODY REACTION TIMES**
CC. Williams¹, SJ. Wilson¹, JR. Gdovin¹, JD. Eason¹, EL. Hoke¹, LA. Luginland¹, CM. Hill¹, PT. Donahue¹, RE Davis¹, H. Chander², C. Wade³, and JC. Garner⁴, ¹University of Mississippi, University MS; ²Mississippi State University, Mississippi State MS; ³Auburn University, Auburn AL; ⁴Troy University, Troy AL
- P76 THE ACUTE INFLUENCE OF GOLF SPECIFIC FOOTWEAR ON BALANCE EQUILIBRIUM SCORES**
LA. Luginland¹, SJ. Wilson¹, JR. Gdovin¹, CC. Williams¹, JD. Eason¹, EL. Hoke¹, CM. Hill¹, PT.

Donahue¹, H. Chander², C.Wade³, and JC. Garner⁴, ¹University of Mississippi, University MS; ²Mississippi State University, Mississippi State MS; ³Auburn University, Auburn AL; ⁴Troy University, Troy AL

- P77 ACUTE EFFECTS OF GOLF SPECIFIC FOOTWEAR ON BILATERAL BALANCE**
EL. Hoke¹, SJ. Wilson¹, JR. Gdovin¹, CC. Williams¹, JD. Eason¹, LA. Luginsland¹, CM. Hill¹, PT. Donahue¹, H. Chander², C. Wade³, M. Green⁴, and JC. Garner⁴, ¹University of Mississippi, University MS; ²Mississippi State University, Mississippi State MS; ³Auburn University, Auburn AL; ⁴Troy University, Troy AL
- P78 KINEMATICS OF SOFTBALL PITCHING: HEALTHY VERSUS THOSE WITH LOW BACK PAIN**
A. L. Brambeck, G. D. Oliver, S. S. Gascon, G. G. Gilmer, G. S. Fleisig, J. R. Dugas. School of Kinesiology, Auburn University, Auburn, AL
- P79 DISTANCE RUNNING HIP FLEXION/EXTENSION VARIABILITY AT FOUR CRITICAL INSTANTS FOR A SLOW AND FAST RUNNING VELOCITY**
R. Paxton, C.T. Robertson, and J.T. Wight. Dept. of Kinesiology, Jacksonville University, Jacksonville, FL
- P80 CHRONIC KNEE INJURY AND PERFORMANCE OF THE SAUT DE CHAT**
A. King and J. Davis, Elon University, Elon, NC
- P81 A COMPARISON OF MOVEMENT PATTERNS BETWEEN RECREATIONAL ATHLETES WITH AND WITHOUT CHRONIC LEG PAIN**
S. Everett, J. Bossi, and V. Rettinger, Department of Kinesiology, Anderson University, Anderson, SC
- P82 IMPACT OF MINIMALIST FOOTWEAR TYPE AND FATIGUE ON BALANCE**
J.C. Swain, B.L. Miller, M.T. Pace, R.K. Lowell, J.D. Simpson, A.C. Knight & H. Chander, Department of Kinesiology, Mississippi State University, Mississippi State, MS
- P83 EFFECTS OF MILITARY TYPE FOOTWEAR AND WORKLOAD ON UNILATERAL STATIC BALANCE**
A.J. Turner, H. DeBusk, R.K. Lowell, C.M. Hill, B.L. Miller, J.D. Simpson, A.C. Knight & H. Chander, Department of Kinesiology, Mississippi State University, Mississippi State, MS
- P84 KINEMATICS OF YOUTH BASEBALL PITCHING AND FOOTBALL PASSING**
K.A. Clardy, S.S. Gascon, G.G. Gilmer, G.D. Oliver. School of Kinesiology, Auburn University, Auburn, AL
- P85 CHANGES IN JUMPING KINETICS FOLLOWING THREE WEEKS OF EXTERNAL LOAD TRAINING IN WELL-TRAINED WOMEN**
S.R. Forge¹, J.D. Simpson¹, B.L. Miller¹, E.K. O'Neal², H. Chander¹, & A.C. Knight¹, ¹Department of Kinesiology, Mississippi State University, Mississippi State, MS; ²Department of HPER, University of North Alabama, Florence, AL
- 8:00-9:30 THEMATIC POSTERS SESSION II (Think Tank)**
TP9-TP16 Psychology/Psychiatry/Behavior
Chair: Danielle Wadsworth, Ph.D., Auburn University
- TP9 VALIDATION OF THE MAPMYRUN PHYSICAL ACTIVITY MOBILE APPLICATION**
D. D. Biber, & R. Ellis. Dept. of Kinesiology and Health. Georgia State University, Atlanta, GA
- TP10 PREDICTORS OF PHYSICAL ACTIVITY INTENTION AND BEHAVIOR AMONG UNIVERSITY EMPLOYEES**
A. Hamilton & R. Ellis. Dept. of KH, Georgia State University, Atlanta, GA
- TP11 THE EFFECT OF A WORKSITE EXERCISE PROGRAM ON SELF-EFFICACY AND SELF-DETERMINATION FOR PHYSICAL ACTIVITY**

J.L. Taylor¹, J.E. Barkley², E.L. Glickman², M. Ellis¹, C. Fennell¹, ¹Dept. of Kinesiology, University of Montevallo, Montevallo, AL, ²Dept. of Exercise Physiology, Kent State University, Kent, OH

- TP12 ASSESSING BARRIERS AND MOTIVATORS FOR USE OF A TRAIL FOR ACTIVE TRANSPORTATION IN A COLLEGE TOWN**
T. FitzPatrick, S. Hankey, J.W. Rankin. Depts. of Human Nutrition, Foods, & Exercise/Urban Affairs & Planning, Virginia Tech, Blacksburg, VA
- TP13 EXERCISE AND RESILIENCE: DOES EXERCISE INFLUENCE HOW WE HANDLE, BOUNCE BACK FROM, AND ADAPT TO STRESS?**
C.E. Kruse & W.R. Bixby (FACSM), Department of Exercise Science, Elon University, Elon NC
- TP14 DIFFERENCES IN GPA AMONG LEVELS OF STUDENTS RECREATIONAL SPORT USAGE AND THEIR PERCEIVED WELLNESS FACTORS**
Andrew Kaplan¹, Samantha Deere², James Pivarnik³, ¹Dept. of Kinesiology, Recreation, and Sport Studies, University of Tennessee, Knoxville, Tennessee; ²Dept. of Kinesiology, Saginaw Valley State University, Saginaw Michigan, ³Dept. of Kinesiology, Michigan State University, East Lansing, MI
- TP15 THE EFFECTS OF A SCHOOL-BASED INTERVENTION ON PSYCHOSOCIAL CONSTRUCTS OF PHYSICAL ACTIVITY IN RURAL CHILDREN**
E. Peoples, K.L. Peyer, E.D. Hathaway, and K.C. Hamilton, Dept. of Health and Human Performance, University of Tennessee Chattanooga, Chattanooga, TN
- TP16 IMPLEMENTATION AND EVALUATION OF CLASSROOM ACTIVITY BREAKS TO INCREASE PHYSICAL ACTIVITY IN YOUTH: BE A CHAMPION!**
AG Peluso, MW Beets, CR Singletary, RG Weaver, CA Webster, & JB Moore. Department of Exercise Science, University of South Carolina, Columbia, SC
- 8:00-10:00 ORAL FREE COMMUNICATION II (Ballroom F)**
09-016 Fitness Testing
Chair: Jesse Pittsley, Ph.D. Winston-Salem State University
- 09 8:00 AN ANALYSIS OF GOVERNED VS DIFFERENT FOCAL POINTS ON VERTICAL JUMP PERFORMANCE IN MALES**
C. Carver, A. Bosak, A. Smith, J. Houck, M. Sokoloski, and J. Feister. Dept. of Health Professions, Liberty University, Lynchburg, VA
- 010 8:15 RELATIONSHIP BETWEEN BMI, BODY FAT PERCENTAGE, AND LEAN MASS WITH VERTICAL JUMP PERFORMANCE**
A. Bosak, A. Smith, C. Carver, M. Sokoloski, J. Houck, J. Feister, and T. Sanders. Dept. of Health Professions, Liberty University, Lynchburg, VA
- 011 8:30 HEART RATE RECOVERY AS A METHOD TO MEASURE IMPROVEMENT IN CONDITIONING LEVELS IN DIVISION 1 COLLEGE FOOTBALL PLAYERS**
E.J. Sobolewski¹ and C. Dennis², ¹Furman Institute of Running and Sports Training, Furman University, Greenville, SC; ²Houston Texans, Houston, TX
- 012 8:45 EFFECTS OF HOT OR COLD HYDROTHERAPY ON SUBSEQUENT POWER OUTPUT FOLLOWING A WINGATE PROTOCOL**
J. Feister¹, K. Friesen¹, A. Albert¹, M. Armbrust², E. Kappler¹, J. Schoffstall¹, FACSM., ¹Dept. of Health Professions, Liberty University, Lynchburg, VA; ²School of Physical Therapy and Athletic Training, Old Dominion University, Norfolk, VA
- 013 9:00 THE INFLUENCE OF PACE ON PERFORMANCE DURING THE 2016 CROSSFIT® OPEN.**
C. Williamson, Y. Feito, Ph.D., FACSM., B. Kliszczewicz, Ph.D., G. Mangine, Ph.D, Department of Exercise Science & Sport Management, Kennesaw State University
- 014 9:15 ANALYSIS OF SEDENTARY BEHAVIOR OF CHILDREN AS THEY TRANSITION FROM 5th to 7th GRADE**
C. Larsen, K. McIver, R. Pate, FACSM, Dept. of Exercise Science, University of South Carolina, Columbia, SC

- 015 9:30 RELATIONSHIP BETWEEN HEART RATE RECOVERY AND CARDIOVASCULAR RISK FACTORS**
Jennifer A. Bunn¹ and L. Chris Eschbach², ¹Campbell University, Buies Creek, NC, ²Valencell Inc. Raleigh, NC
- 016 9:45 EFFECTIVENESS OF A STUDENT-RUN, PROFESSIONALLY-SUPERVISED EXERCISE PROGRAM ON FACULTY AND STAFF HEALTH AND WELLNESS**
J.K. Bond, B.K. Kirby, G.V. Barton, L.N. Nielsen; Department of Physical Education and Exercise Studies, Lander University, Greenwood SC
- 8:00-9:30 SYMPOSIUM SESSION IV (Regency C)**
S4 ACSM FITNESS TRENDS: FORECASTING THE ROLE FITNESS TRENDS PLAY IN IMPROVING PHYSICAL ACTIVITY
Greg A. Ryan¹, Robert L. Herron², Jason C. Casey³, ¹Georgia Southern University, Statesboro, GA ; ²The University of Alabama, Tuscaloosa, AL; ³Charleston Southern University, North Charleston, SC
Chair: Laurie Gold, Ph.D., University of North Carolina Greensboro
- 8:00-9:30 SYMPOSIUM SESSION V (Ballroom D&E)**
S5 POTENTIAL COORDINATED PARTICIPANTS IN THE AGE-RELATED DECLINES IN CARDIOVASCULAR, METABOLIC, AND SKELETAL MUSCLE SYSTEMS
M.J. Turner, J.S. Marino, and S.T. Arthur, Dept. of Kinesiology, Laboratory of Systems Physiology, University of North Carolina Charlotte, Charlotte, NC
Chair: Ryan Garten, Ph.D., Virginia Commonwealth University
- 8:00-9:00 TUTORIAL SESSION VI (Redbud)**
T6 Cardiorespiratory Fitness, Physical Activity, and Cardiovascular Health: Clarifying the Risk-Protection Paradox
Barry Franklin, Ph.D. FACSM, Director of Preventative Cardiology and Cardiac Rehabilitation William Beaumont Hospital, Royal Oak, Michigan
- 8:00-9:00 TUTORIAL SESSION VII (Crepe Myrtle)**
T7 WHAT THE HECK IS PHYSICAL LITERACY?
R.A. Battista¹ and D.P. Coe², ¹Department of Health, Leisure and Exercise Science, Appalachian State University, Boone, NC; ²Department of Kinesiology, Recreation, and Sport Studies, The University of Tennessee, Knoxville, TN
Chair: Robert (Bob) Bowen, Ph.D., Truett McConnell University
- 8:00-9:00 TUTORIAL SESSION VIII (Ballroom G)**
T8 LOW TESTOSTERONE IN EXERCISING MEN: A FIRST HAND ACCOUNT, HISTORIC OVERVIEW, AND IDEAS FOR FUTURE RESEARCH
D.R. Hooper, M. Bach, A.C. Hackney FACSM, Department of Health Sciences, Armstrong State University, Savannah, GA; UNC, Chapel Hill, NC
Chair: JohnEric Smith, Ph.D., Mississippi State University
- 8:00-9:00 TUTORIAL SESSION IX (Ballroom H)**
T9 EXERCISE IS MEDICINE-ON CAMPUS: THE TALE OF TWO APPROACHES
K.D. DuBose¹, FACSM, R. Jeffreys-Heil², P. Bauer², ¹East Carolina University, Greenville, NC; ²Florida Gulf Coast University, Fort Myers, FL
Chair: Amanda Price, Ph.D., Winston-Salem State University
- 9:00-10:00 TUTORIAL SESSION X (Redbud)**
T10 CURRENT RESEARCH IN HIGH-INTENSITY FUNCTIONAL TRAINING
B.M. Kliszczewicz, G Mangine, Y Feito, FACSM, Department of Exercise Science and Sport Management, Kennesaw State University, Kennesaw, GA
Chair: Kevin Zwetsloot, Ph.D., Appalachian State University

- 9:00-10:00 TUTORIAL SESSION XI (Ballroom H)**
T11 LEVERAGING TECHNOLOGY TO TEACH EXERCISE SCIENCE AND PHYSICAL ACTIVITY CLASSES IN BLENDED AND ONLINE CLASSROOM ENVIRONMENTS
 Nicole A. Lynch, Ph.D., Department of Kinesiology & Health, Georgia State University
 Perimeter College, Atlanta, GA
Chair: Charles Robison, Ph.D., George Mason University
- 9:00-10:00 TUTORIAL SESSION XII (Ballroom G)**
T12 USE OF BILATERAL ASYMMETRY TESTS FOR REHABILITATION AND ATHLETE MONITORING PURPOSES
 K. Sato¹, C.A. Bailey² Dept. of Sport, ¹Exercise, Recreation, & Kinesiology, East Tennessee State University, Johnson City, TN, ²Dept. of Exercise Science, LaGrange College, LaGrange, GA
Chair: Janet Wojcik, Ph.D., Winthrop University
- 9:00-10:00 TUTORIAL SESSION XIII (Crepe Myrtle)**
T13 GLUCOSE RESPONSE IN TYPE 1 DIABETES DURING SPORT AND EXERCISE
 JR. Jagers, K. Hynes., A. Swank., K. Wintergerst. Dept. of Health & Sport Sciences; Department of Pediatrics, Wendy Novak Diabetes Care Center, University of Louisville, Louisville, KY
Chair: Tiffany Esmat, Ph.D., Kennesaw State University
- 10:00-11:00 ANDREW KOZAR ACSM PRESIDENTIAL ADDRESS 2017 (Ballroom A&B)**
Walking the Walk: A History of Step Counting and Cadence Training
Catrine Tudor-Locke, Ph.D.
 UMass Amherst, Professor and Chair, Department of Kinesiology
Speaker Introduction: John Quindry, Ph.D., FACSM, SEACSM President, University of Montana
- 11:10-12:00 CLINICAL CROSSOVER LECTURE (BALLROOM A&B)**
Tips for Prescribing Exercise in your Older Athlete
Bert Fields, M.D.
 Sports Medicine Faculty, Cone Health, Greensboro, NC
- 12:00-12:50 PAST PRESIDENT'S LUNCH (Teal)**
- 1:15-2:15 BASIC SCIENCE LECTURE 2017 (Ballroom A&B)**
Exercise is Regenerative Medicine
Marcus Bamman, Ph.D.
 Professor Departments of Physiology and Biophysics, Medicine and Nutrition Sciences, Director of the Center for Exercise Medicine
 University of Alabama Birmingham
Presiding: John Quindry, SEACSM President, University of Montana
 Speaker Introduction: John Quindry, Ph.D., FACSM, SEACSM President, University of Montana
- 2:30-4:00 SYMPOSIUM SESSION VI (Redbud)**
S6 PROVIDING EXERCISE IS MEDICINE SERVICES TO PERSONS WITH CHRONIC DISEASE AND HEALTH DISPARITY
 JR. Jagers¹, PhD, GE. Moore², MD FACSM, JL Durstine³, PhD FACSM. ¹University of Louisville, Louisville KY; ²Healthy Living & Exercise Medicine Associates, Ithaca NY; ³University of South Carolina, Columbia, SC.
Chair: Jennifer Bunn, Ph.D. Campbell University
- 2:30-4:00 POSTER FREE COMMUNICATIONS III (Studio 220)**
P86-144 Body Composition/Energy Balance/Weight Control Chronic Disease and Disability
 Connective Tissue/Bone/Skeletal Muscle
 Hematology/Immunology
 Research Design and Statistics
 Athletic Care/Trauma/Rehabilitation
 Metabolism/Carbohydrate, Lipid, Protein
 Endocrinology/Immunology
Chair: Kurt Kornatz, Ph.D., Winston-Salem State University

- P86 INFLUENCE OF SEGMENTAL BODY COMPOSITION AND ADIPOSITY HORMONES ON RESTING METABOLIC RATE AND SUBSTRATE UTILIZATION IN OVERWEIGHT AND OBESE ADULTS**
K.R. Hirsch, M.N.M. Blue, M.G. Mock, E.T. Trexler A.E. Smith-Ryan FACSM, Department of Allied Health Science, University of North Carolina, Chapel Hill, NC
- P87 THE EFFECTS OF EXERCISE MODE AND INTENSITY ON EXERCISE ENERGY EXPENDITURE AND EPOC**
George L. Grieve, Mark A. Sarzynski, Taylor J. McFaddin, Andrew J. Dopp, Alexandra L. Netto, Jackson S. Ritchey, Clemens Drenowatz. Dept. of Exercise Science, University of South Carolina, Columbia, SC
- P88 EFFECTS OF BRANCHED-CHAIN AMINO ACIDS ON RESTING METABOLIC RATE, BODY COMPOSITION, AND SATIETY IN FEMALES**
E.J. Roelofs¹, A.E. Smith-Ryan², ¹Meredith College, Raleigh, NC; ²University of North Carolina, Chapel Hill, NC
- P89 ASSESSMENT OF LONGITUDINAL CHANGES IN BODY COMPOSITION OVER MULTIPLE YEARS OF NCAA DIVISION I CROSS COUNTRY RUNNING**
A.A. Pihoker, K.R. Hirsch, M.N.M. Blue, E.T. Trexler, K.C. Anderson, M.G. Mock, A.E. Smith-Ryan, Department of Exercise and Sport Science, University of North Carolina, Chapel Hill, NC
- P90 SPRINT AND HIGH-INTENSITY INTERVAL TRAINING AND THEIR INFLUENCE ON RESTING METABOLIC RATE AND SUBSTRATE OXIDATION**
R.F. Seay, H.E. Clarke, K.K. Spain, and M.M. Schubert, Department of Kinesiology, Auburn University at Montgomery, Montgomery, AL
- P91 EFFECTS OF MENOPAUSE ON BODY COMPOSITION AND BONE MINERAL DENSITY IN RUNNERS AND NON-RUNNERS.**
Doris J. Morris, Inbar Naor-Maxwell, Anjuly Davis, Christina, St. Martin, L. Jerome Brandon Department Kinesiology & Health, Georgia State University, Atlanta, GA
- P92 BODY COMPOSITION AND STRESS CHANGES THROUGH A CALENDAR YEAR IN NCAA I FEMALE VOLLEYBALL PLAYERS**
Hayden W. Hyatt, Andreas N Kavazis, School of Kinesiology, Auburn University, Auburn, AL
- P93 RELIABILITY OF RESTING ENERGY EXPENDITURE AND SUBSTRATE OXIDATION IN YOUNG ADULTS.**
H.E. Clarke, R.F. Seay, and M.M. Schubert, Department of Kinesiology, Auburn University at Montgomery, Montgomery, AL
- P94 THE EFFECT OF A HIIT AND RESISTANCE EXERCISE PROGRAM ON BODY COMPOSITION IN OBESE FEMALES**
A Peart, M. Rodriguez-Hernandez, S. Foote, J. McDonald, D. Pascoe, D.D. Wadsworth, School of Kinesiology, Auburn University, Auburn, AL
- P95 THE EFFECT OF WEIGHTED VEST USE DURING CALORIC RESTRICTION ON BONE HEALTH IN OBESE OLDER ADULTS**
JL. Kelleher, BS¹, DP. Beavers, PhD², RM. Henderson, MD, PhD³, J. Kiel, RD⁴, BJ. Nicklas, PhD³, KM. Beavers, PhD¹. Depts. of ¹Health and Exercise Science, ²Biostatistics, and ³Internal Medicine, Wake Forest University, Winston-Salem, NC; and ⁴Medifast, Inc, Owings Mills, MD
- P96 THE ASSOCIATION BETWEEN FAT DISTRIBUTION AND INSULIN RESISTANCE IN PREGNANCY**
K. Pierre¹, D. Logan¹, K. Kidan¹, J. Amason², and K.H. Ingram¹, ¹Dept. Exercise Science and Sport Management; ²WellStar School of Nursing. Kennesaw State Univ., GA
- P97 CHANGES IN SELF-REPORTED SLEEP DURING A STRUCTURED EXERCISE PROGRAM IN COLLEGE FEMALES**
A. Grant¹, E.D. Hathaway^{1,2}, M.V. Fedewa^{2,3}, S. Higgins², K. Peyer¹, K.C. Hamilton¹, E.M. Evans², and M.D. Schmidt². ¹Department of Health and Human Performance, University of Tennessee at Chattanooga, Chattanooga, TN; ²Department of Kinesiology, University of Georgia, Athens, GA; ³Department of Kinesiology, University of Alabama, Tuscaloosa, AL.

- P98 RESTING ENERGY EXPENDITURE, BODY COMPOSITION, PHASE ANGLE, AND DIETARY INTAKE IN BREAST CANCER SURVIVORS**
C.D. Deaterly, E.H. Harrison, T.A. Madzima. Dept. of Exercise Science, Elon University, Elon, NC
- P99 BMI COMPARISONS BETWEEN CHILD ATHLETES AND NON-ATHLETES**
C.S. Coleman, N. Aqqad, K.L. Peyer, E.D. Hathaway, K.C. Hamilton, Dept. of Health and Human Performance, The University of Tennessee Chattanooga, Chattanooga, TN
- P100 Physical Activity Measured via Accelerometry and Markers of Health**
R. Buresh¹, Y. Feito¹, C. Williamson¹, A. Gonzalez², B. Kliszczewicz¹, and A. Herrington¹. Department of Exercise Science and Sport Management, Kennesaw State University, Kennesaw, GA; University of Puerto Rico - Rio Piedras.
- P101 ASSOCIATIONS OF BONE MINERAL CONTENT AND BLOOD PRESSURE IN AFRICAN AND EUROPEAN AMERICAN WOMEN**
Christina St. Martin¹, Larry Proctor², Doris Morris¹ & L. Jerome Brandon¹, ¹Dept. of Kinesiology & Health, Georgia State Univ. Atlanta, GA; ²Grambling State Univ, Ruston, LA
- P102 BOUT VS. NON-BOUT PHYSICAL ACTIVITY MINUTES AS PREDICTORS OF WAIST CIRCUMFERENCE IN COLLEGE STUDENTS**
Valerie C Olijar¹, Matthew Scott¹, Brooke Ferraro¹, Elizabeth S. Edwards^{1, 2}, Trent A. Hargens FACSM¹. ¹Department of Kinesiology; ²Morrison Bruce Center, James Madison University, Harrisonburg, VA
- P103 ECCENTRIC RESISTANCE TRAINING IN ADULTS WITH AND WITHOUT SPINAL CORD INJURIES**
WJ. Stone¹, SL. Stevens¹, DK. Fuller², and JL. Caputo¹, ¹Dept of Health & Human Performance, Middle TN State University, Murfreesboro, TN; ²Dept of Psychology, Middle TN State University, Murfreesboro, TN
- P104 UNDERWATER TREADMILL WALKING PROGRAM, CALORIC EXPENDITURE, AND HEALTH-RELATED FITNESS IN ADULTS WITH TYPE 2 DIABETES**
R.T. Conners¹, J.M. Coons³, D.K. Fuller², D.W. Morgan³, and J.L. Caputo³, ¹Dept. of Kinesiology, University of Alabama in Huntsville, Huntsville, AL; ²Dept. of Psychology, Middle Tennessee State University, Murfreesboro, TN; ³Dept. of Health and Human Performance, Middle Tennessee State University, Murfreesboro, TN
- P105 MUSCLE RIBOSOMAL CAPACITY IN TUMOR BEARING MICE**
Brittany R. Counts, Justin P. Hardee, and James A. Carson, FACSM. University of South Carolina, Columbia, SC.
- P106 EFFECTS OF WHOLE BODY VIBRATION TRAINING ON STRENGTH, BODY COMPOSITION, AND FUNCTION IN PRE-FRAIL AND FRAIL SKILLED NURSING HOME RESIDENTS: A PILOT STUDY**
B.F. Grubbs, A. Figueroa, J-S. Kim, K. Schmitt, L.B. Panton. Department of NFES and College of Medicine, Florida State University, Tallahassee, FL
- P107 ANALYSIS OF ASSOCIATION BETWEEN THIGH COMPOSITION, STRENGTH, AND MOBILITY IN OLDER ADULTS WITH KNEE OSTEOARTHRITIS**
C. F. Bethel, J. J. Newman, J. J. Carr, D. P. Beavers, S.P. Messier, Department of Health and Exercise Science, Wake Forest University, Winston-Salem, NC
- P108 COMPARISON OF BIOELECTRICAL IMPEDANCE ANALYSIS AND DUAL ENERGY X-RAY ABSORPTIOMETRY FOR ESTIMATING BONE MINERAL CONTENT**
T.M. Stone¹, J.E. Wingo¹, FACSM, M.R. Esco¹, FACSM, B.S. Nickerson^{1,2}, ¹Department of Kinesiology, University of Alabama, Tuscaloosa, AL; ²Department of Curriculum and Pedagogy, Texas A&M International University, Laredo, Texas
- P109 REGIONAL DIFFERENCES IN MUSCULOSKELETAL ADAPTATION FOLLOWING 16-WEEKS OF HIGH-INTENSITY FUNCTIONAL TRAINING.**
W. Hoffstetter, P. Serafini, G. Mangine, Y. Feito, FACSM, Dept. Exercise Science and Sport Management. Kennesaw State University, Kennesaw, GA

- P110 THE INFLUENCE OF DPP-IV AND CD26+ T-CELLS ON IL-6 FOLLOWING A DOMS PROTOCOL IN COLLEGE-AGED PARTICIPANTS**
E.K. Mann, L.E. Neidert, Z.B. Rightmire, A.M. La Mantia, H.A. Kluess, FACSM, School of Kinesiology, Auburn University, Auburn, AL
- P111 MUSCLE LENGTH AFFECTS THE RATE MUSCLES FATIGUE**
M.B. Kitchens, K.K McCully. FACSM. Dept. of Kinesiology, University of Georgia, Athens, GA
- P112 MUSCLE PROTEIN SYNTHESIS REGULATION BY ECCENTRIC CONTRACTIONS DURING CANCER CACHEXIA.**
Justin P. Hardee, Gao S, VanderVeen BN, Fix DK, and James A. Carson, FACSM. University of South Carolina, Columbia, SC
- P113 THE EFFECT OF MAXIMAL AEROBIC EXERCISE ON PLASMA BDNF AND BDNF EXPRESSION IN PBMCs IN OBESE AND NON-OBESE SUBJECTS**
Gabriel Pena, Arun Maharaj, Chun-Jung Huang, FACSM, Michael C. Zourdos, Aaron L. Slusher, and Michael Whitehurst, FACSM, Florida Atlantic University, Boca Raton, FL
- P114 THE COMPARISON OF HIGH-INTENSITY INTERVAL EXERCISE- VS. CONTINUOUS MODERATE-INTENSITY EXERCISE-MEDIATED CALPROTECTIN AND INFLAMMATORY MEDIATORS**
B.G. Fico, M. Whitehurst, FACSM, A.L. Slusher, J.T. Mock, A. Maharaj, K. Dodge, and C-J. Huang, FACSM. Department of Exercise Science and Health Promotion, Florida Atlantic University, Boca Raton, FL
- P115 INVALUABLE INPUT: STAKEHOLDERS PARTICIPATION IN EIM GREENVILLE**
B Maxwell¹, AB Kennedy, F Bennett², N Darling³, P Passini³, K Garrett GHS; F Bennett (USCSOMG), A Hutber, EIM Global, Indianapolis, IN; JL Trilk, USCSOMG; ¹Greenville Health System (GHS), Greenville, SC; ²USC School of Medicine Greenville (USCSOMG), Greenville, SC; ³YMCA Greenville, Greenville, SC
- P116 A NONLINEAR DYNAMICS APPROACH TO EXERCISE RECOVERY-HRV IN YOUNG ADULTS**
N.T. Berry, J.A. Janssen, J. Dollar, C.A. Lovelady, S.D. Calkins, S.P. Keane, L. Shanahan, & L. Wideman; University of North Carolina at Greensboro and University of Zurich, Switzerland.
- P117 PARENT AND STUDENT ATHLETE PERCEPTIONS OF THE ON-SITE SCHOOL PRE-PARTICIPATION SPORTS PHYSICAL EVALUATION AND THE UTILIZATION OF THE ELECTROCARDIOGRAM AS A SCREENING TOOL**
Shelley Street Callender. Mercer University, Macon, GA
- P118 AN EXAMINATION OF ADOLESCENT ATHLETE AND NON-ATHLETES ON BASELINE NEUROPSYCHOLOGICAL TEST SCORES**
C.P. Tomczyk, M.E. Mormile, T.N. Hunt. School. of Health and Kinesiology, Georgia Southern University, Statesboro, GA
- P119 BASELINE AND POST INJURY NEUROCOGNITIVE ASSESSMENTS IN COLLEGIATE FOOTBALL PLAYERS**
Jared H. Perlmutter¹, B. Sue Graves¹, Michael H. Haischer¹, John Burnside², Manish K. Gupta^{1,3}, ¹Exercise Science and Health Promotion Department; ²Athletics Department; ³Florida Atlantic University, Sports & Orthopedic Center, Boca Raton, FL
- P120 INTERNATIONAL SURVEY OF STAND UP PADDLE BAORDING**
Spraker, Jeffrey W. and Raymond W. Thompson, Department of Exercise Science, Arnold School of Public Health, University of South Carolina, Columbia, SC
- P121 SURVEY OF STAND UP PADDLE BOARD INJURIES**
Raymond W. Thompson and Jeffrey W. Spraker, Department of Exercise Science, Arnold School of Public Health, University of South Carolina, Columbia, SC
- P122 VESTIBULAR DEFICITS IN CONCUSSIONS: RELATIONSHIPS BETWEEN CONCUSSION MECHANISM AND NEUROCOGNITIVE PERFORMANCE**
B.A. Krzenski C.J. Ketcham, E. Williams, E.E. Hall Elon University, Elon, NC

- P123** **ASSOCIATION OF ACL INJURY IN STUDENT-ATHLETES WITH CONCUSSION HISTORY**
D.J. Lynch, J.B. Gallagher, J.M. McConnell, E.E. Hall, E. Williams, C.J. Ketcham, Department of Exercise Science, Elon BrainCARE, Elon University, Elon, NC
- P124** **THE EFFECTS OF AN ACUTE BOUT OF FOAM ROLLING ON HIP RANGE OF MOTION ON DIFFERENT TISSUES**
S. Casterlow, J.C. Smith, and M.C. Hall, Coastal Carolina University, Conway, SC
- P125** **INFLUENCE OF SLEEP ON NEUROCOGNITION AND VISUAL PERFORMANCE IN COLLEGIATE STUDENT-ATHLETES**
B.E. Summers, E.E. Hall, K. Patel, C.J. Ketcham, Exercise Science and Elon BrainCARE, Elon University, Elon, NC
- P126** **BODY MASS INDEX IS ASSOCIATED WITH CARTILAGE TURNOVER IN INDIVIDUALS WITH ACL RECONSTRUCTION**
AR Lane, MS Harkey, BA Luc-Harkey, HC Davis, JT Blackburn, AC Hackney FACSM, B Pietrosimone. University of North Carolina, Chapel Hill, NC
- P127** **DIFFERENTIAL METABOLIC RESPONSES TO ACUTE FATMAX AND LACTATE THRESHOLD EXERCISE.**
TD Allerton¹, KS Early^{1,2}, M Singh¹, CJ Lavie³, NM Johannsen¹; ¹Louisiana State University, Baton Rouge, LA, ²Columbus State University, Columbus, GA, ³Ochsner Heart and Vascular Institute, New Orleans, LA
- P128** **SHORT-TERM INTERVAL TRAINING INCREASES FAT UTILIZATION DURING EXERCISE IN ADULTS WITH PREDIABETES**
JM Gaitan, NZM Eichner, JR Moxey, NM Gilbertson, Z Lui, EJ Barrett, A Weltman (FACSM), SK Malin, University of Virginia
- P129** **METABOLIC EFFECTS OF CAFFEINE ON REGULATORS OF OXIDATIVE METABOLISM AND MITOCHONDRIAL BIOGENESIS IN MYOTUBES**
Lacey M. Gould¹, Hailey A. Parry¹, Jamie K. Schnuck¹, Michele A. Johnson¹, Nicholas P. Gannon², Kyle L. Sunderland, PhD¹, and Roger A. Vaughan, PhD¹, ¹Department of Exercise Science, High Point University, High Point, NC; ²Medical College of Wisconsin, Milwaukee, WI
- P130** **CAPSAICIN INDUCES METABOLIC GENE EXPRESSION IN MYOTUBES**
Michele A. Johnson¹, Jamie K. Schnuck¹, Lacey M. Gould¹, Nicholas P. Gannon², and Roger A. Vaughan, PhD¹, ¹Department of Exercise Science, High Point University, High Point NC; ²Medical College of Wisconsin, Milwaukee, WI
- P131** **EFFECTS OF PRIOR FASTING ON FAT OXIDATION DURING RESISTANCE EXERCISE**
Gabrielle Greenwald, Kendall Frawley, Rebecca Rogers, John Petrella (FACSM), Mallory Marshall. Kinesiology Dept., Samford University. Birmingham, AL
- P132** **THE EFFECT OF NIGHTTIME EATING ON MORNING APPETITE, RESTING ENERGY EXPENDITURE, AND RESISTANCE TRAINING VOLUME**
J.T. Melanson, J.R. Black, S.C. Locke, S. Nepocatyck, T.A Madzima. Dept. of Exercise Science, Elon University, Elon, NC
- P133** **PENTRAXIN 3 AND GLUCOSE RESPONSES TO ACUTE HIGH-INTENSITY EXERCISE VS. CONTINUOUS MODERATE-INTENSITY EXERCISE**
K.M. Dodge, M. Whitehurst, FACSM, A.L. Slusher, B.G. Fico, A. Maharaj, J.T. Mock, and C-J. Huang, FACSM. Department of Exercise Science and Health Promotion, Florida Atlantic University, Boca Raton, FL
- P134** **METABOLIC FLEXIBILITY AMONG WOMEN IN RESPONSE TO A SINGLE HIGH FAT MEAL.**
A. Olenick, R. Pearson, N. Shaker, R. Tinius, M. Blankenship, J. Maples. Kinesiology, Recreation and Sport, Western Kentucky University, Bowling Green KY
- P135** **PHYSIOLOGICAL RESPONSES TO AN IMMERSIVE VIRTUAL ENVIRONMENT DURING REST AND EXERCISE**
AC Lowe, S Saeidi, NM Johannsen, Y Zhu, Louisiana State University, Baton Rouge, LA.

- P136 EFFECT OF INTERVAL VS. CONTINUOUS EXERCISE TRAINING ON ACYLATED GHRELIN AND APPETITE IN ADULTS WITH PREDIABETES**
EM Heiston, NZM Eichner, NM Gilbertson, Z Liu, EJ Barrett, A Weltman (FACSM), and SK Malin. University of Virginia, Charlottesville, VA
- P137 MUCOSAL ASSOCIATED INVARIANT T CELL RESPONSE FOLLOWING MAXIMAL EXERCISE**
E. Danson¹, ED. Hanson^{1,2}, C. Blyth², CV. Nguyen Robertson², JJ. Fyfe², NK. Stepto² and S. Sakkal², ¹Department of Exercise & Sports Science, University of North Carolina, Chapel Hill, NC; ²Institute of Sport, Exercise, and Active Living, College of Health and Biomedicine, Victoria University, Melbourne, VIC, 8001 Australia
- P138 CORTISOL RESPONSE TO AWAKENING AND SLEEP DEPRIVATION PREDICT HEART RATE VARIABILITY CHANGES**
T. Anderson, N.T. Berry, W.A. Hiatt, J.A. Janssen, J.A. Diekfuss, A.B. Slutsky, L.D. Raisbeck, J.L. Etnier, L. Wideman; Department of Kinesiology, University of North Carolina at Greensboro, N.C
- P139 PHYSICAL ACTIVITY, ADIPOSITY AND ADIPOKINE LEVELS IN ADOLESCENTS**
L Wideman, J Dollar, JA Janssen, Z Kincaid, CA Lovelady, SP Keane SD Calkins, L Shanahan. Departments of Kinesiology; Nutrition; and Human Development and Family Studies, University of North Carolina at Greensboro, N.C and Department of Psychology, University of Zurich, Switzerland
- P140 STRESS HORMONE RESPONSE TO ACUTE AEROBIC EXERCISE DURING PROSTATE CANCER TREATMENT**
William S. Evans¹, Erik D. Hanson^{1,2}, Samy Sakkal², John A. Violet³, Glenn K. McConell², Alan Hayes². ¹University of North Carolina, Chapel Hill, NC; ²Victoria University, Melbourne, Australia; ³Peter MacCallum Cancer Centre, Melbourne, Australia
- P141 THE EXPRESSION OF BAX AND BCL-2 IN PERIPHERAL BLOOD MONONUCLEAR CELLS FOLLOWING MAXIMAL EXERCISE IN OBESE AND NORMAL-WEIGHT INDIVIDUALS**
P.J. Ferrandi, A.L. Slusher, M. Whitehurst, FACSM, and C-J. Huang, FACSM. Department of Exercise Science and Health Promotion, Florida Atlantic University, Boca Raton, FL
- P142 ACCELERATION PATTERNS AFTER ORCHIDECTOMY IN MICE**
T.S. Whitsel, E.P. Williams, S.M. Singletary, M.H. Miller, W.T. Gaines, L.A. Gonzalez, N.L. Stott, R.S. Bowen. Pilgram Marpeck School of Science, Technology, Engineering, and Mathematics. Truett McConnell University, Cleveland, GA
- P143 SPEED PATTERN AND MUSCLE SIZE FOLLOWING ORCHIDECTOMY**
S.M. Singletary, M.H. Miller, W.T. Gaines, L.A. Gonzalez, E.P. Williams T.S. Whitsel, N.L. Stott, R.S. Bowen. Pilgram Marpeck School of Science, Technology, Engineering, and Mathematics, Truett McConnell University, Cleveland, GA
- P144 EFFECTS OF ORCHIDECTOMY ON PHYSICAL ACTIVITY PATTERNS**
L.A. Gonzalez, W.T. Gaines, M.H. Miller, S.M. Singletary, T.S. Whitsel, E.P. Williams, N.L. Stott, R.S. Bowen. Pilgram Marpeck School of Science, Technology, Engineering, and Mathematics. Truett McConnell University, Cleveland, GA
- 2:30-4:00 THEMATIC POSTERS SESSION III (Think Tank)**
TP17-TP24 Fitness Testing
Chair: Kelly Massey, Ph.D. Georgia College and State University
- TP17 AN EVALUATION OF TIME-TRIAL BASED PREDICTIONS OF VO₂MAX AND RECOMMENDED TRAINING PACES FOR COLLEGIATE AND RECREATIONAL RUNNERS**
E.M. Scudamore, V.W. Barry, J.M. Coons, Dept. of Health and Human Performance, Middle Tennessee State University, Murfreesboro, TN
- TP18 THE EFFECT OF A WRIST WORN ACCELEROMETER ON CHILDREN'S IN-SCHOOL AND OUT-OF-SCHOOL PHYSICAL ACTIVITY LEVELS**
S.J. Foote, D.D. Wadsworth, S. Brock, and P.H. Hastie, School of Kinesiology, Auburn University, Auburn AL

- TP19 THE RELATIONSHIP BETWEEN CELL PHONE USE, PHYSICAL ACTIVITY, AND SEDENTARY BEHAVIOR IN ADULTS ABOVE THE COLLEGE AGE**
S. Millsaps¹, J.E. Barkley², A. Lepp², E.L. Glickman², J.D. Kingsley², C. Fennell¹, ¹Dept. of Kinesiology, University of Montevallo, Montevallo, AL; ²Dept. of Exercise Physiology, Kent State University, Kent, OH
- TP20 EFFECTS OF A 16-WEEK WORKSITE EXERCISE PROGRAM ON PHYSICAL ACTIVITY, SEDENTARY BEHAVIOR, AND FITNESS VARIABLES**
C. Fennell¹, J. E. Barkley², J.D. Kingsley², E.L. Glickman², L. Duckworth¹, ¹Dept. of Kinesiology, University of Montevallo, Montevallo, AL; ²Dept. of Exercise Physiology, Kent State University, Kent, OH
- TP21 SELF-REPORTED PERFORMANCE MEASURES OF MALES ARE PREDICTIVE OF OVERALL PERFORMANCE IN THE CROSSFIT OPEN**
O. Olowojesiku, P. Serafini, Y. Feito, FACSM, G. Mangine, Exercise Science and Sport Management. Kennesaw State University, Kennesaw, GA
- TP22 EFFECTIVENESS OF A STUDENT-LED WORKSITE WELLNESS PROJECT ADDRESSING HEALTH-RELATED PHYSICAL FITNESS**
G.A. Cortese and J.M. Hartman. Department of Exercise Science, Gardner-Webb University, Boiling Springs, NC
- TP23 ACUTE EFFECTS OF STANDING, SITTING, AND SITTING ON A PHYSIOBALL ON MUSCULAR ACTIVATION, PHYSICAL ACTIVITY LEVEL, AND ENERGY EXPENDITURE**
Mallory Marshall, Hallie Georgi, Lydia McHee, Krista Stricklin, Rebecca Rodgers, John Petrella, Samford University, Birmingham, AL
- TP24 WRIST-WORN PHYSICAL ACTIVITY TRACKERS PROGRESSIVELY UNDERESTIMATE STEPS WITH INCREASING WALKING SPEEDS**
Tiffany Sears¹, Elmer Avalos¹, Samantha Lawson¹, Ian McAlister¹, Chris Eschbach², & Jennifer Bunn¹, ¹Campbell University, Exercise Science, Buies Creek, North Carolina; ²Valencell Inc. Raleigh, North Carolina
- 2:30-3:30 TUTORIAL SESSION XIV (Crepe Myrtle)**
T14 HOW TO MEASURE MUSCLE FATIGUE IN CLINICAL POPULATIONS
Kevin K. McCully FASCM, T. Bradley Willingham. University of Georgia, Athens GA
Chair: Chad Markert, Ph.D., Winston-Salem State University
- 2:30-3:30 TUTORIAL SESSION XV (Ballroom G)**
T15 HOW TO FIND AND COMPETE FOR MAINSTREAM, UNIQUE, AND ATYPICAL EXERCISE AND SPORT SCIENCE CAREERS
A. Bosak¹ and K. Huet². ¹Liberty University, Lynchburg, VA; ²Kennesaw State University, Kennesaw, GA
Chair: Brian Kliszczewicz, Ph.D., Kennesaw State University
- 3:30-4:30 TUTORIAL SESSION XVI (Ballroom G)**
T16 SABBATICALS, FULBRIGHTS AND STUDIES ABROAD: PROFESSIONAL OPPORTUNITIES IN EXERCISE SCIENCE
P.A. Bishop¹ and J.M. Green², ¹Dept. of Exercise Science, Liberty University; ²Dept. of HPER, University of North Alabama
Chair: Becki Battista, Ph.D., Appalachian State University
- 3:30-4:30 TUTORIAL SESSION XVII (Crepe Myrtle)**
T17 KETO-ADAPTATION: THE PROCESS, METABOLIC ALTERATIONS, AND IMPLICATIONS FOR HEALTH AND PERFORMANCE
A. Maleah Holland, Hillary M. Gaines, Naomie E. Jules, Daniel D. Horuzsko, Augusta University, Augusta, GA
Chair: Lynn Pantan, Ph.D., Florida State University
- 4:30-5:50 STUDENT BOWL (Ballroom A&B)**
MC: Judith A. Flohr, FACSM
Professor Emeritus, James Madison University
- 6:00-7:30 SEACSM GRADUATE STUDENT FAIR (Teal)**

SATURDAY, February 18, 2017

6:45-7:45 YOGA (Ballroom H) Must Pre-Register

8:00-12:00 EXHIBITS (Prefunctorary Area)

8:00-9:30 POSTER FREE COMMUNICATIONS IV (Studio 220)

P145-P201 Environmental Physiology

Exercise Evaluation/Clinical

Fitness/Testing/Assessment

Growth, Development, and Aging

Chair: Mary Pat Meaney, Ph.D., Winston-Salem State University

P145 FLUID BALANCE AND ELECTROLYTE LOSSES IN COLLEGIATE FEMALE SOCCER PLAYERS

H Wang¹, BM Theall¹, NP Lemoine Jr.¹, A Lowe¹, R Castle¹, S Mullenix¹, J Marucci¹, TS Church², KS Early³, NM Johannsen^{1,2}, ¹Louisiana State University; ²Pennington Biomedical; ³Columbus State University

P147 TIME TO COMPLETE FIVE REPETITIONS OF SIT-TO-STAND DIFFERS AMONG PATIENTS WITH MORE SEVERE HEART FAILURE

Pinkstaff S^{1,2}, Fletcher B², Magyari P^{1,2}, Montes B¹, Churilla J¹, Yamani M², Fletcher G², ¹University of North Florida, Jacksonville, FL; ²Mayo Clinic Florida, Jacksonville, FL

P148 MULTIPLE SHORT BOUTS OF WALKING ACTIVITY ATTENUATES THE POST-PRANDIAL BLOOD GLUCOSE RESPONSE IN OBESE WOMEN

Mynor Rodriguez-Hernandez¹, Jeffrey Martin^{1,2}, David D. Pascoe¹ FACSM, Michael D. Roberts^{1,2}, Danielle W. Wadsworth¹, ¹School of Kinesiology, Auburn University, Auburn, AL, ²Department of Cell Biology and Physiology, Edward Via College of Osteopathic Medicine, Auburn, AL

P149 DOES THE PRECOR ADAPTIVE MOTION TRAINER ACCURATELY PREDICT CALORIC EXPENDITURE

Alex Babineau, Chuck Tanner, Brian Sell, Melanie Obregon-Salinas, and Mike McCammon, The College of Health and Human Performance, East Carolina University, Greenville, NC

P150 THE EFFECTS OF TYPE 1 DIABETES ON SKELETAL MUSCLE ENDURANCE

B.A. Toney, R.A. Jenkins, N.T. Jenkins, K.K., McCully. FACSM, Dept. of Kinesiology, University of Georgia, Athens, GA

P151 Abstract Withdrawn

P152 MITOCHONDRIAL CAPACITY IN PEOPLE WITH TYPE 1 DIABETES

R.A. Jenkins, B.A. Toney, N.T. Jenkins, K.K. McCully FACSM, Dept. of Kinesiology, University of Georgia, Athens, GA

P153 SINGLE-LEG SQUAT TRUNK KINEMATICS IN INDIVIDUALS WITH AND WITHOUT SCAPULAR DYSKINESIS

L.E. Henning, J.K. Washington, M.M. Hanks, G.G. Gilmer, A.L. Brambeck, S.S. Gascon, J.W. Barfield, T.E. Holt, G.D. Oliver, FACSM. Auburn University, Auburn, AL

P154 EFFECTS OF A CONTEMPORARY SUMMER CAMP AND TECHNOLOGY-BASED FOLLOW-UP INTERVENTION ON PHYSICAL ACTIVITY AND DIET QUALITY IN GIRLS

R.A. Reed, M.D. Schmidt, E.M. Evans, FACSM, Department of Kinesiology: University of Georgia, Athens, GA

P155 **Withdrawn**

P156 THE INFLUENCE OF VISION DEFICITS ON BALANCE ABILITY AND LEISURE ACTIVITY

L. J. Harrison, Health and Human Performance, Middle Tennessee State University, Murfreesboro, TN

P157 IMPROVED STRENGTH AND BALANCE IN OLDER ADULTS FOLLOWING AN 8-WEEK ECCENTRIC TRAINING PROGRAM

S.L. Johnson¹, D. Fuller², and J.L. Caputo¹. ¹Dept. of Health and Human Performance, ²Dept. of Psychology, Middle Tennessee State University, Murfreesboro, TN

- P158 THE IMPACT OF NOTCH ON MUSCLE INJURY FOLLOWING DOWNHILL RUNNING**
B. Wilson, J. Huot, J. Jones, J. Marino & S. Arthur, University of North Carolina at Charlotte, Charlotte, NC
- P159 MOTOR UNIT ACTION POTENTIAL SIZE IN YOUNG AND OLD MALES**
G.M. Hester¹, Z.K. Pope², A. Barrera-Curiel², J.M. DeFreitas². ¹Dept. of Exercise Science and Sport Management, Kennesaw State University, Kennesaw, GA; ²Applied Neuromuscular Physiology Laboratory, Oklahoma State University, OK
- P160 EFFECTS OF AGE, ADIPOSITY, AND DAILY PHYSICAL ACTIVITY ON LOWER EXTREMITY PHYSICAL FUNCTION IN MIDDLE-AGED AND OLDER WOMEN**
R.E. Salyer¹, R.A. Reed¹, C.L. Ward-Ritacco², C.R. Straight³, L.Q. Higgins¹, E.M. Evans¹, FACSM. ¹Department of Kinesiology: University of Georgia, Athens, GA; ²Department of Kinesiology, University of Rhode Island, Kingston, RI; ³Department of Kinesiology, University of Massachusetts, Amherst, MA
- P161 THE RELATION BETWEEN PERSONALITY AND PHYSICAL ACTIVITY IN OLDER ADULTS IN THE FLORIDA LONGITUDINAL STUDY OF AGING**
A.L. Artese, D. Ehley, A.R. Sutin, A.Terracciano. College of Medicine, Dept of Nutrition, Food and Exercise Sciences, Florida State University
- P162 IRISIN RESPONSE IN OLDER ADULTS PARTICIPATING IN THE PAAD STUDY**
W.A. Hiatt, L. Wideman, N.B. Berry, Z. Kincaid, B. Karper, V.C. Henrich, A.T. Piepmier, C.-H. Shih, S. Park, W.N. Dudley, K.L. Rulison, J.D. Labban, J.L. Ethier, Department of Kinesiology, University of North Carolina at Greensboro, Greensboro, NC, USA
- P163 OBJECTIVE MEASUREMENT OF TIME OBJECTIVE MEASUREMENT OF TIME SPENT INDOORS VS. OUTDOORS AND ACTIVITY INTENSITY DURING THE SCHOOL DAY IN YOUNG CHILDREN**
R.T. Marcotte¹, D.P. Coe, FACSM¹, D.R. Bassett, FACSM¹, and J.I. Flynn², ¹Department of Kinesiology, Recreation, & Sport Studies, The University of Tennessee, Knoxville, TN 37996 and ²Division of Education, Maryville College, Maryville, TN
- P164 EVALUATING THE RELATIONSHIP BETWEEN VERTICAL JUMP PERFORMANCE AND FMS IN YOUNG ADULT MALES**
A. Smith, A. Bosak, C. Carver, M. Sokoloski, J. Houck, J. Feister, R. Sanders. Dept. of Health Professions, Liberty University, Lynchburg, VA
- P165 THE EFFECT OF SPORT SPECIFIC, GOVERNED, AND NON-CONTROLLED FOCAL POINT ON FEMALE VERTICAL JUMP PERFORMANCE**
Robert Saunders, Andy Bosak, Chris Carver, Austin Smith, Jon Houck, Jared Feister, Department of Health Professions, Liberty University
- P166 USING THE MODIFIED INTERNATIONAL PHYSICAL ACTIVITY QUESTIONNAIRE TO ASSESS PHYSICAL ACTIVITY IN AFRICAN AMERICANS**
A.A. Price^{1,2}, M.C. Whitt-Glover^{1,2}, T. Ceaser³. ¹Winston-Salem State University, Winston-Salem, NC; ²Gramercy Research Group, Winston-Salem, NC; ³Winthrop University, Rock Hill, SC
- P167 COMPARISON OF RECOVERY MEASURES FOLLOWING CARDIORESPIRATORY FITNESS TESTING IN CHILDREN**
Shannon E. Vinci, Michael C. Taylor Jr, Justin M. Thomas, Cassandra M. Blase, Rosie K. LaCoe, Jody L. Clasey. Dept. of Kinesiology and Health Promotion, University of Kentucky, Lexington, KY
- P168 TRAINING AND CHRONOLOGICAL AGE EFFECT RIR-BASED RPE ACCURACY**
Michael H. Haischer, Jacob A. Goldsmith, Daniel M. Cooke, Ryan K. Byrnes, Jared H. Perlmutter, Jose C. Velazquez, Adam Sayih, Eric R. Helms, Chad Dolan, and Michael C. Zourdos. Florida Atlantic University, Boca Raton, FL
- P169 THE EFFECT OF A TWO WEEK LOWER BODY RESISTANCE TRAINING PROTOCOL ON AEROBIC CAPACITY (VO₂PEAK) IN SEDENTARY MIDDLE AGED FEMALES**
C.W. Wagoner, E.D. Hanson, E.D. Ryan, R. Brooks, E.M. Coffman, J.T. Lee, & C.L. Battaglini, FACSM, Exercise Oncology Research Laboratory, Neuromuscular Research

Laboratory, Department of Exercise & Sport Science, University of North Carolina at Chapel Hill, Chapel Hill, NC

- P170** **TOTAL REPETITIONS PER SET EFFECTS RIR-BASED RPE ACCURACY**
Daniel M. Cooke, Jacob A. Goldsmith, Ryan K. Byrnes, Jared H. Perlmutter, Michael H. Haischer, Jose C. Velazquez, Adam Sayih, Eric R. Helms, Chad Dolan, and Michael C. Zourdos, Florida Atlantic University, Boca Raton, FL
- P171** **CHANGES IN VERTICAL JUMP AND LANDING MECHANICS AFTER A SIX WEEK LUMBO-PELVIC HIP COMPLEX STRENGTHENING PROGRAM**
M. Barron, G. Elmore, T. J. Leszczak. Dept. of Health and Human Performance, Austin Peay State University, Clarksville, TN
- P172** **EFFECTS OF A FOUR-WEEK SWINGFIT® TRAINING PROGRAM ON BALANCE AND STRENGTH**
J. Schoffstall, FACSM, C. Carver, A. Smith, J. Houck, A. Bosak, C. Page, and J. Feister, Department of Health Professions, Liberty University, Lynchburg, VA
- P173** **DIFFERENCES IN PEAK MUSCLE ACTIVITY ACROSS FOUR SETS TO VOLITIONAL FATIGUE BETWEEN REST-PAUSE AND TRADITIONAL BENCH PRESS.**
J.A. Korak¹, M.R. Paquette², and J.M. Coons¹. ¹Dept. of Health and Human Performance, Middle Tennessee State University, Murfreesboro, TN; ²School of Health Studies, University of Memphis, Memphis, TN
- P174** **COMPARATIVE ANALYSIS OF THE CREWS AND BRUCE GRADED EXERCISE TESTS (GXT) FOR DETERMINING MAXIMAL VO₂ ON THE TREADMILL IN RECREATIONALLY TRAINED COLLEGE FEMALES.**
K.A. Hixson, K. Lollis, Q. Lewis, and D. Tilley. Dept. of Exercise Science, Salem College, Winston-Salem, NC
- P175** **MAXIMAL VELOCITY ADAPTATIONS DURING UNILATERAL RESISTANCE TRAINING IN OLDER ADULTS**
Alex Olmos¹, G.M. Hester¹, Z.K. Pope², R.J. Colquhoun², M.A. Magrini², A. Barrera- Curiel², C.A. Estrada², J.M. DeFreitas², ¹Dept. of Exercise Science and Sport Management, Kennesaw State University, Kennesaw, GA; ²Applied Neuromuscular Physiology Laboratory, Oklahoma State University, Stillwater, OK
- P176** **IMPACT OF HIGH SCHOOL ATHLETIC PARTICIPATION ON PHYSICAL ACTIVITY IN COLLEGE STUDENTS**
RJ Schofield, AM Garris, JG Stevens, MN Fargalla, SH Sellhorst, EA Easley, WF Riner, FACSM., Dept. of Exercise Science, USC Lancaster, Lancaster SC
- P177** **DIFFERENCE IN AVERAGE DAILY STEP COUNT BETWEEN MALE AND FEMALE COLLEGE-AGE STUDENTS**
MN Fargalla, RJ Schofield, AM Garris, JG Stevens, EA Easley, SH Sellhorst, WF Riner, FACSM. Dept. of Exercise Science, USC Lancaster, Lancaster SC
- P178** **CAN THE JACKIE CHAN ACTION RUN VIDEO GAME BE USED AS A PREDICTOR FOR VO₂max IN COLLEGE AGE STUDENTS?**
S.L. Beam, G.W. Lyerly, FACSM, T.J Meyler, Department of Kinesiology, Coastal Carolina University, Conway, SC
- P179** **EFFECT OF BODY FATNESS ON MOOD RESPONSE DURING WEEK ONE OF THE CROSSFIT® OPEN.**
E. Gilbert, L. Baldwin, A. Box, B. Kliszczewicz, G. Mangine, Y. Feito, FACSM, Kennesaw State University, Department of Exercise Science and Sport Management Kennesaw, GA
- P181** **ESTIMATING LACTATE THRESHOLD VIA RESPIRATORY EXCHANGE RATIO: A PILOT STUDY**
M. Ivey and D. Elmer. Department of Kinesiology, Berry College, Mt. Berry, GA
- P182** **VALIDATION OF A PHYSICAL ACTIVITY MONITOR AS A MEASURE OF ENERGY EXPENDITURE DURING A CIRCUIT-STYLE WORKOUT WITH FEMALES WHO ARE OVERWEIGHT OR OBESE**
L.G. Killen¹, J.M. Coons², V.W. Barry², D.K. Fuller³, and J.L. Caputo². ¹Department of Health, Physical Education and Recreation, University of North Alabama, Florence, AL;

²Department of Health and Human Performance, Middle Tennessee State University, Murfreesboro, TN; ³Department of Psychology, Middle Tennessee State University, Murfreesboro, TN

- P183** **VALIDITY OF THE GARMIN VIVOSMART HR ACTIVITY MONITOR AS COMPARED TO THE ACTIGRAPH GT3X IN MEASURING STEPS.**
Michael J. O'Dwyer, Lauren E. Durant, G. William Lyerly FACSM, Department of Kinesiology, Coastal Carolina University, Conway, SC
- P184** **PHYSICAL ACTIVITY LEVEL OF COLLEGE STUDENTS**
Ashby M. Williamson, Danielle N. Ludlam, G. William Lyerly, FACSM, Department of Kinesiology, Coastal Carolina University, Conway, SC
- P185** **LONGITUDINAL STUDY ON THE CHANGES IN 1.5 MILE RUN TIMES OF POLICE RECRUITS OVER 18 YEARS**
A.C. Smith, R.W. Boyce, E.H. Seldomridge, H.O. Norris, G.R. Jones, M.A. Parker. School of Health and Applied Human Sciences, University of North Carolina Wilmington, Wilmington, NC
- P186** **BENCH PRESS STRENGTH CHANGES OVER 23 YEARS IN POLICE RECRUITS WITH GENDER COMPARISONS**
E.H. Seldomridge, R.W. Boyce, A.C. Smith, H.O. Norris, G.R. Jones, M.A. Parker. School of Health and Applied Human Sciences, University of North Carolina Wilmington, Wilmington, NC
- P187** **A LONGITUDINAL RETROSPECTIVE STUDY OF BODY COMPOSITION TRENDS IN POLICE RECRUITS**
H.O. Norris, R.W. Boyce, E.H. Seldomridge, A.C. Smith, G.R. Jones, M.A. Parker. School of Health and Applied Human Sciences, University of North Carolina Wilmington, Wilmington, NC
- P188** **Withdrawn**
- P189** **RELATIONSHIP BETWEEN MAXIMAL STRENGTH AND POWER PRODUCTION AT SUBMAXIMAL LOADS IN THE BENCH PRESS**
L.V. Powers, I. M. Rodgers, and C.J. Sole, Dept. of Health, Exercise, and Sport Science, The Citadel, Charleston, SC
- P190** **VALIDITY OF SELF-REPORT MEASURES FOR PREDICTING HEALTH AND FITNESS LEVELS OF COLLEGE STUDENTS.**
K.D. Randazzo, K.S. McDonough, W. J. Berdami, and J. S. Hogg, Dept. of Kinesiology, Mississippi College, Clinton, MS 39056
- P191** **THE RELATIONSHIP BETWEEN HEART RATE VARIABILITY VS FIREFIGHTER PERFORMANCE, PHYSICAL ACTIVITY, AND FITNESS MEASURES**
A. Lesniak¹, M. Abel¹, K. Sell², C. Morris³, ¹Department of Kinesiology and Health Promotion, University of Kentucky, Lexington, KY; ²Department of Health Professions, Hofstra University, Hempstead, NY; ³Intercollegiate Athletics, University of Kentucky, Lexington, KY
- P192** **COMPARING THE GARMIN VIVOSMART HR VS THE ACTIGRAPH GT3X IN MEASURING ENERGY EXPENDITURE.**
Lauren E. Durant, Michael J. O'Dwyer, G. William Lyerly FACSM. Department of Kinesiology, Coastal Carolina University, Conway, SC
- P193** **PARTICIPATION IN SEDENTARY BEHAVIORS DURING THE TRANSITION FROM ELEMENTARY TO MIDDLE SCHOOL**
Jamie Burger and Kerry L. McIver, PhD. University of South Carolina, Columbia, SC
- P194** **EFFICACY OF THE REPETITIONS IN RESERVE-BASED RATING OF PERCEIVED EXERTION FOR THE BENCH PRESS IN EXPERIENCED AND NOVICE BENCHERS**
Joseph P. Carzoli ^{1,2}, Alex Klemp¹, Brittany R. Allman¹, Michael C. Zourdos², Jeong-Su Kim¹, Lynn B. Panton¹, and Michael J. Ormsbee¹, ¹Florida State University, Tallahassee, FL. ²Florida Atlantic University, Boca Raton, FL
- P195** **EFFECTS OF TRADITIONAL ARMY TRAINING ON ROTC CADET PERFORMANCE IN THE OCCUPATIONAL PHYSICAL ASSESSMENT TEST**

K. Moore, J.E. Schoffstall, FACSM, and J.H. Hornsby. Dept. of Health Professions, Liberty University, Lynchburg, VA

- P196 THE VALIDITY OF SUBMAXIMAL EXERCISE TESTING IN OBESE WOMEN**
Gabrielle Ringenberg & Rachel A. Tinius, PhD, ACSM-EP-C, Western Kentucky University, School of Kinesiology, Recreation, & Sport, Bowling Green, KY
- P197 PHYSICAL ACTIVITY LEVEL OF COLLEGE STUDENTS**
Danielle N. Ludlam, Sarah M. Henry, Ashby M. Williamson, G. William Lyerly FACSM, Department of Kinesiology, Coastal Carolina University, Conway, SC
- P198 SECONDARY CRITERIA FOR VO₂MAX TESTING AMONG PREGNANT WOMEN**
C. Hesse, R. Tinius, B. Cooley, A. Olenick, M. Blankenship, D. Hoover, J. Maples, School of Kinesiology, Recreation and Sport, Western Kentucky University, Bowling Green, KY
- P199 ASSESSMENT OF REPETITIONS ALLOWED AT 70% OF ONE-REPETITION MAXIMUM IN THE BACK SQUAT IN TRAINED MALES**
Jessica L. Halle, Jacob A. Goldsmith, Daniel M. Cooke, Ryan K. Byrnes, Jared H. Perlmutter, Michael H. Haischer, Jose C. Velazquez, Eric R. Helms, Chad Dolan, and Michael C. Zourdos, Florida Atlantic University, Boca Raton, FL
- P200 SELF-REPORTED MEASURES OF STRENGTH AND SPORT-SPECIFIC SKILLS DISTINGUISH RANKING AMONG FEMALES IN AN INTERNATIONAL ONLINE FITNESS COMPETITION**
P. Serafini, O. Olowojesiku, Y. Feito FACSM, and G. Mangine, Exercise Science and Sport Management, Kennesaw State University, Kennesaw, GA
- P201 COMPARISON OF CARDIORESPIRATORY FITNESS TESTING MEASURES IN YOUNG CHILDREN**
Michael C. Taylor Jr, Shannon E. Vinci, Justin M. Thomas, Cassandra M. Blase, Rosie K. LaCoe, Jody L. Clasey. Dept. of Kinesiology and Health Promotion, University of Kentucky, Lexington, KY
- 8:00-10:00 ORAL FREE COMMUNICATION III (Ballroom F)**
017-024 Biomechanics/Gait/Balance
Chair: Kristen Beavers, Ph.D., Wake Forest University
- 017 8:00 BIOMECHANICAL ANALYSIS OF THE START IN COLLEGE SWIMMERS**
J. Kojima, M. Kroger, A.R. DeAngelis, A.M. Knab, Kinesiology Department, Queens University of Charlotte, Charlotte NC
- 018 9:15 TIBIOFEMORAL ALIGNMENT AND KNEE JOINT CONTACT FORCES DURING STAIR ASCENT ARE INTERRELATED**
Hunter J Bennett¹, Joshua T Weinhandl², Songning Zhang², ¹Old Dominion University, Norfolk, VA; ²University of Tennessee, Knoxville TN
- 019 8:30 BIOMECHANICAL DIFFERENCES IN BOX AND JUMP LANDINGS**
Shelby A Peel, Joshua T Weinhandl, University of Tennessee, Knoxville TN
- 020 8:45 KINEMATICS OF SOFTBALL HITTING OFF OF A TEE VERSUS FRONT TOSS**
J.K. Washington, S.S. Gascon, G.D. Oliver. School of Kinesiology, Auburn University, Auburn, AL
- 021 9:00 EVALUATION OF CLINICAL MEASURES OF CONCUSSION FOLLOWING RE-BASELINE ASSESSMENTS**
B.J. Mizeski, M.E. Mormile, B. Szekely, K. Grimes, B.A. Munkasy, N.G. Murray. School of Health and Kinesiology, Georgia Southern University, Statesboro, GA.
- 022 9:15 THE RELATIONSHIP BETWEEN POST-CONCUSSION NEUROCOGNITIVE AND POSTURAL CONTROL**
K. Grimes¹, E. Lasko¹, M.E. Mormile¹, B.J. Szekely¹, B.A. Munkasy¹, D.W. Powell², N.G. Murray¹, ¹School of Health and Kinesiology, Georgia Southern University, Statesboro, GA; ²School of Health Studies, University of Memphis, Memphis, TN
- 023 9:30 TEST-RETEST RELIABILITY OF MULTIPLE POSTURAL CONTROL ASSESSMENT MEASURES**

M.E. Mormile¹, B.J. Szekely¹, K.E. Grimes¹, B.J. Mizeski¹, B.A. Munkasy¹, D.W. Powell², N.G. Murray¹. ¹School of Health & Kinesiology, Georgia Southern University, Statesboro, GA; ²School of Health Studies, University of Memphis, Memphis, TN

024 9:45 GAZE STABILITY OF VISUALLY TRAINED AND NON-VISUALLY TRAINED ATHLETES DURING A SPORT-LIKE POSTURAL TASK

B. Szekely¹, M.E. Mormile¹, P. Chrysoferidis¹, K. Grimes¹, B. Mizeski¹, B.A. Munkasy¹, D. Powell², N.G. Murray¹. ¹School of Health & Kinesiology, Georgia Southern University, Statesboro, GA; ²School of Health Studies, University of Memphis, Memphis, TN.

8:00-9:30 THEMATIC POSTERS SESSION VI (Crepe Myrtle)

TP25-TP32 Exercise and Autonomic Control

Chair: Bryan Tyo, Ph.D. Columbus State University

TP25 THE EFFECTS OF A SHORT-TERM BLOCK PERIODIZED STRENGTH TRAINING PROGRAM ON FORCE PRODUCTION AND RUNNING ECONOMY AND KINEMATICS IN A HIGHLY TRAINED MARATHON RUNNER

N. J. Fiolo and M. H. Stone. Dept. of Sport, Exercise, Recreation, and Kinesiology, East Tennessee State University, Johnson City, TN

TP26 Withdrawn

TP27 PERFORMANCE-RELATED AND MOLECULAR EFFECTS OF EXTERNAL PNEUMATIC COMPRESSION TREATMENT AS AN ADJUVANT TO HEAVY, VOLUMINOUS RESISTANCE EXERCISE

Cody T. Haun¹, Matthew A. Romero¹, Shelby C. Osburn¹, Gillis L. Langston¹, Richard G. Anderson¹, Michael D. Goodlett^{2,3}, David D. Pascoe¹, Michael D. Roberts^{1,2}, Jeffrey S. Martin^{1,2}, ¹School of Kinesiology, Auburn University, Auburn, AL, ²Department of Cell Biology and Physiology, Edward Via College of Osteopathic Medicine – Auburn Campus, Auburn, AL; ³Athletics Department, Auburn University, Auburn, AL

TP28 EFFECTS OF ANTAGONIST MUSCLE FATIGUE ON AGONIST MUSCULAR ENDURANCE IN RESISTANCE TRAINED MEN

Cody Brooks, Jeffrey Criswell, John Derzis, Wil Moore, Rebecca Rogers, Mallory Marshall, John Petrella (FACSM). Kinesiology Dept., Samford University. Birmingham, AL

TP29 GENDER DIFFERENCES IN SPRINTING- AND RESISTED-SPRINTING KINEMATICS IN ATHLETES

Kevin D Huet¹, Gerald T Mangine¹, Jeremy R Townsend², Alex A Olmos¹. ¹Kennesaw State University, Kennesaw, GA; ²Lipscomb University, Nashville, TN

TP30 DISTANCE RUNNING AND JUMPING PERFORMANCE IN NCAA DIII ATHLETES

Marcelin, M., Morgan, C.B., Bellon, C.R., McInnis, T.C., and Bailey, C.A. Sport Performance Enhancement, Education, and Development (SPEED) Center, Department of Exercise Science, LaGrange College, LaGrange, GA

TP31 RELATIONSHIP BETWEEN SMO₂% MEASURED BY NIRS AND VO₂ DURING RECOVERY PERIODS OF ENDURANCE EXERCISE

L. Shearer, K. Bruneau, K. Knowles, S. Lee, R. Hutchison. Department of Health Sciences, Furman University, Greenville, SC

TP32 A ROBOTIC RESISTED-SPRINT IMPROVES RATE OF FORCE DEVELOPMENT DURING A 20-METER SPRINT IN ATHLETES.

Gerald Mangine¹, Kevin Huet¹, Cassie Williamson¹, Emily Bechke¹, Paul Serafini¹, Jeremy Townsend², David Bender², and John Hudy², ¹Kennesaw State University, Kennesaw, GA; ²Lipscomb University, Nashville, TN

8:00-9:30 SYMPOSIUM SESSION VII (Redbud)

S7 VASCULAR DYSFUNCTION FROM GENE, CHILD TO ADULT: EXERCISE TO THE RESCUE!

Steven K. Malin¹, Lee Stoner², and Mark A. Sarzynski³, ¹Dept. of Kinesiology, University of Virginia; ²Dept. of Sport & Exercise Science, University of North Carolina; ³Dept. of Exercise Science, University of South Carolina.

Chair: Brian Parr, Ph.D., University of South Carolina Aiken

8:00-9:00 TUTORIAL SESSION XVIII (Regency C)

T18 Town Hall Discussion for Trainees

Peter Wagner¹, FACSM, L. Bruce Gladden², FACSM, and Scott Powers³, FACSM. ¹ School of Medicine, University of California, San Diego, ²School of Kinesiology, Auburn University, ³ Department of Applied Physiology and Kinesiology, University of Florida

Chair: L. Bruce Gladden, Ph.D., Auburn University

8:00-9:00 TUTORIAL SESSION XIX (Ballroom G)

T19 OPTIMIZING RECOVERY IN THE MASTERS ATHLETE

C. Casaru¹ and A. Yoon². ¹Department of Health and Human Performance, Georgia Southwestern State University, Americus, GA; ²Department of Nursing/Health and Human Performance Albany State University, Albany, GA

Chair: Peter Magyari, Ph.D., University of North Florida

9:00-10:00 TUTORIAL SESSION XX (Ballroom G)

T20 EXPERIENTIAL LEARNING IN EXERCISE IS MEDICINE USING PEOPLE WITH DISABILITIES

Kevin K. McCully, FACSM, Megan Osbourn. The Kinesiology Department, University of Georgia, Athens, GA

Chair: Kathy Carter, Ph.D., University of Louisville

9:00-10:00 TUTORIAL SESSION XXI (Crepe Myrtle)

T21 INCLUDING EVIDENCE-BASED PRACTICE IN UNDERGRADUATE CURRICULA: A TUTORIAL

Zachary Zenko¹ and Panteleimon Ekkekakis² (FACSM), ¹Center for Advanced Hindsight at the Social Science Research Institute, Duke University, Durham, NC; ²Department of Kinesiology, Iowa State University, Ames, IA

Chair: Andy Bozak, Ph.D., Liberty University

9:00-10:00 TUTORIAL SESSION XXII (Ballroom H)

T22 LIFE AFTER BARIATRIC SURGERY: THE IMPORTANCE OF PHYSICAL ACTIVITY AND NEED FOR BEHAVIOR STRATEGIES

Paul G. Davis, FACSM and Sara M. Rothberger. Department of Kinesiology, The University of North Carolina at Greensboro, Greensboro, NC

Chair: George Lyerly, Ph.D., Coastal Carolina University

9:30-11:00 POSTER FREE COMMUNICATIONS V (Studio 220)

P202-P267

Motor Control

Nutrition and Exercise/Sports

Psychology/Psychiatry/Behavior

Epidemiology & Preventive Medicine

P202 SHIFTS IN THE RELATIONSHIP BETWEEN MOTOR UNIT RECRUITMENT THRESHOLDS VERSUS DERECRUITMENT THRESHOLDS DURING FATIGUE

Matt S. Stock¹, Jacob A. Mota², ¹Department of Health Professions, University of Central Florida, Orlando, FL; ²Department of Exercise and Sport Science, University of North Carolina-Chapel Hill, Chapel Hill, NC

P203 CORRELATION BETWEEN UPPER AND LOWER LIMB MOTOR COORDINATION ASSESSMENT TASKS

Matthew W. Wittstein, Carolina Anzola-Riegel, Rachel Waller, Elon University, Elon, NC

P204 COMPARING MOVEMENT PROPERTIES OF UNIMANUAL AND BIMANUAL MOVEMENTS

S. Talwar¹, Z. Pan¹, R. Plamondon², S. Bidas², A. Martin³, & A.W.A. Van Gemmert³, ¹Mississippi State University, MS State, MS; ²École Polytechnique de Montréal, Montreal, Quebec, Canada; ³Louisiana State University, Baton Rouge, LA

P205 AN EXAMINATION OF NON-LOCAL MUSCLE FATIGUE IN HUMAN ELBOW FLEXORS

Xin Ye, Travis W. Beck, Nathan P. Wages, Joshua C. Carr, and Hayden Tharp, Department of Health, Exercise Science, and Recreation Management, University of Mississippi

- P206 EFFECTS OF SPICE-TRP CHANNEL ACTIVATOR DRINK ON PERFORMANCE DURING INTERMITTENT HIGH-INTENSITY EXERCISE**
Leanna M. Ross, Brittany S. Pope, Ashley Swavley, Bryan Terlizzi, Stephen C. Chen, J. Mark Davis, FACSM. Dept. of Exercise Science, University of South Carolina, Columbia, SC
- P207 EFFICACY OF A TELEPHONE-BASED MEDICAL NUTRITION PROGRAM ON BLOOD LIPID AND LIPOPROTEIN METABOLISM**
E.P. Plaisance¹, K.E. Miller¹, D.C. Martz², C. Stoner², A. Jowers², M.L. Taheri², M.A. Sarzynski³, R.A. Harley¹, ¹University of Alabama at Birmingham; ²Atherotech Diagnostics Lab; ³University of South Carolina
- P208 ENERGY EXPENDITURE DURING SWIM AND DRY LAND WORKOUTS IN COLLEGE SWIMMERS**
A. Bronkar, N. Church, A. Blount, M. Mancini, E. Drake, D. Hughes, A.M. Knab, Kinesiology Department, Queens University of Charlotte, Charlotte NC
- P209 Withdrawn**
- P210 ANAEROBIC IMPROVEMENTS IN AN AEROBIC ATHLETE AFTER UNIQUE 12-WEEK TRAINING PROTOCOL**
V.W. Rettinger, S.C. Burns. Department of Kinesiology, Anderson University, Anderson, SC, Department of Psychology, Presbyterian College, Clinton, SC
- P211 EFFECTS OF CONCURRENT TRAINING AND SHROOM TECH SPORT SUPPLEMENTATION ON PERFORMANCE IN COLLEGE-AGED MEN**
Vince C. Kreipke, Robert J. Moffatt, Joshua P. D'Alessandro, Michael J. Ormsbee, FACSM. Institute of Sports Sciences & Medicine, Florida State University, Tallahassee, FL
- P212 THE TIME COURSE OF SHORT-TERM HYPERTROPHY IN THE ABSENCE OF ECCENTRIC MUSCLE DAMAGE**
Jacob A. Mota¹, Matt S. Stock², ¹Department of Exercise and Sport Science, University of North Carolina-Chapel Hill, Chapel Hill, NC; ²Department of Health Professions, University of Central Florida, Orlando, FL
- P213 SUBSTRATE UTILIZATION AT DIFFERENT RACE PACES, THERMOREGULATION, AND PERFORMANCE IN MALE RUNNERS AFTER A 3-WEEK HIGH FAT DIET**
A.J. Heatherly, L.G. Killen, A.F. Waddell, H.S. Waldman, A. Hollingsworth, and E.K. O'Neal, Dept. of Health, Physical Education and Recreation, University of North Alabama, Florence, AL
- P214 EFFECTS OF A 3-WEEK HIGH FAT LOW CARBOHYDRATE DIET ON ANTHROPOMETRIC MEASURES IN MIDDLE-AGE MALE RUNNERS**
A.F. Waddell, A.J. Heatherly, H.S. Waldman, A. Hollingsworth, L.G. Killen, and E.K. O'Neal, Dept. of Health, Physical Education and Recreation, University of North Alabama, Florence, AL
- P215 ANXIETY AND STRESS PREDICT GASTROINTESTINAL SYMPTOMS DURING ONE MONTH OF RUNNING**
P.B. Wilson, Dept. of Human Movement Sciences, Old Dominion University, Norfolk, VA
- P216 OBSTACLE COURSE RACING ADDS COMMUNITY AWARENESS OF A LOCAL UNIVERSITY**
Warren Caputo¹, M.Ed., Paula Seffens¹, Ph.D., William Seffens², Ph.D., ¹University of North Georgia, Gainesville GA; ²Morehouse School of Medicine, Atlanta GA
- P217 SIX GRAMS OF FISH OIL SUPPLEMENTATION MITIGATES PERCEIVED MUSCLE SORENESS FOLLOWING ACUTE RESISTANCE EXERCISE**
A. Holmes¹, T. VanDusseldorp¹, K. Escobar², K. Johnson², M. Stratton², T. Moriarty², J. McCormick², G. Mangine¹, T. Nuñez², N. Beltz², N. Cole², M. Endito², C. Kerksick, FACSM³, C. Mermier². ¹Dept. of Exercise Science and Sport Management, Kennesaw State University, Kennesaw, GA; ²Dept. of Health, Exercise & Sports Sciences, The University of New Mexico, Albuquerque, NM; ³Dept. Exercise Science, Lindenwood University, St. Charles, MO

- P218 RECOVERY IN VERTICAL JUMP PERFORMANCE IS IMPROVED WITH SIX GRAMS OF FISH OIL SUPPLEMENTATION PRIOR TO AN ECCENTRIC RESISTANCE TRAINING BOUT**
M. Lee¹, T. VanDusseldorp¹, K. Escobar², K. Johnson², M. Stratton², T. Moriarty², J. McCormick², G. Mangine¹, T. Nuñez¹, N. Beltz¹, N. Cole¹, M. Endito¹, C. Kerksick, FACSM³, C. Mermier². ¹Dept. of Exercise Science and Sport Management, Kennesaw State University, Kennesaw, GA; ²Dept. of Health, Exercise & Sports Sciences, The University of New Mexico, Albuquerque, NM; ³Dept. Exercise Science, Lindenwood University, St. Charles, MO
- P219 EFFECTS OF SHORT-TERM KETOGENIC DIETING OR KETONE SALT SUPPLEMENTATION ON TISSUE KETONE LEVELS AND TISSUE MRNA EXPRESSION PATTERNS RELATED TO OXIDATIVE STRESS DEFENSE**
Petey W. Mumford¹, Wesley C. Kephart¹, Xuansong Mao¹, Jeffrey S. Martin^{1,2}, Kaelin C. Young^{1,2}, Ryan P. Lowery³, Andreas N. Kavazis^{1,2}, Jacob M. Wilson^{3†}, Michael D. Roberts^{1,2†}, ¹School of Kinesiology, Auburn University, Auburn, AL; ²Department of Cell Biology and Physiology, Edward Via College of Osteopathic Medicine – Auburn Campus, Auburn, AL; ³Applied Sports Performance Institute, Tampa, FL, [†]co-corresponding authors
- P220 EFFECTS OF SHORT-TERM KETOGENIC DIETING OR KETONE SALT SUPPLEMENTATION ON BODY MASS, FEED EFFICIENCY AND LIPOGENIC GENE EXPRESSION PATTERNS IN DIFFERENT FAT DEPOTS**
Wesley C. Kephart¹, Petey W. Mumford¹, Drew Solorzano¹, Shelby C. Osburn¹, Romil K. Patel¹, Richard G. Anderson¹, James Healy², Angelique Moore², Jeffrey S. Martin^{1,2}, Kaelin C. Young^{1,2}, Ryan P. Lowery³, Jacob M. Wilson^{3†}, Michael D. Roberts^{1,2†}, ¹School of Kinesiology, Auburn University, Auburn, AL; ²Department of Cell Biology and Physiology, Edward Via College of Osteopathic Medicine – Auburn Campus, Auburn, AL; ³Applied Sports Performance Institute, Tampa, FL [†], co-corresponding authors
- P221 COMPARISON OF NUTRITIONAL STATUS OF OFF-SEASON DIVISION II BASEBALL PLAYERS, SEDENTARY AND PHYSICALLY ACTIVE COLLEGE-AGED MALES**
A.R. Henderson, J.H. Robinson Ph.D. Department of Physical Education and Athletic Training, University of West Alabama, Livingston, AL
- P222 THE EFFECT OF 12-WEEKS OF KETOGENIC DIETING WHILE CROSS-TRAINING**
Paul A. Roberson¹, Wesley C. Kephart¹, Coree Pledge¹, Petey W. Mumford¹, Jeffrey S. Martin^{1,2}, Kaelin C. Young^{1,2}, Michael D. Roberts^{1,2}, ¹School of Kinesiology, Auburn University, Auburn, AL; ²Edward Via College of Osteopathic Medicine-Auburn Campus, Auburn, AL
- P223 EFFECT OF BETA-HYDROXY-BETA-METHYLBUTYRATE SUPPLEMENTATION AND RESISTANCE TRAINING ON MUSCULAR STRENGTH: A META-ANALYSIS**
TD Williams, MV Fedewa, and HV MacDonald. Department of Kinesiology, The University of Alabama, Tuscaloosa, AL
- P224 CHILD PHYSICAL ACTIVITY, BMI, AND FAMILY CO-PARTICIPATION IN PHYSICAL ACTIVITY**
K. Wisner, K. D. DuBose, FACSM P. Rider, and D. Dlugonski. Dept. of Kinesiology, East Carolina University, Greenville, NC
- P225 AFFECT RESPONSES TO AN ACUTE BOUT OF RESISTANCE EXERCISE THE MORNING AFTER CONSUMING A NIGHTTIME PROTEIN SUPPLEMENT**
J.R. Black, J.T. Melanson, E.E. Hall, S.C. Locke, S. Nepocatyh, T.A Madzima. Dept. of Exercise Science, Elon University, Elon, NC
- P226 THE PHYSICAL ACTIVITY PROFILE OF STUDENT FOOTBALL MANAGERS AT A NCAA DIVISION I UNIVERSITY.**
E.C Fitzhugh¹, R. Hardin¹, W. Boyer¹, E. Post² & Behnke, Z². ¹Dept. of Kinesiology, Recreation, and Sports Studies; The University of Tennessee, Knoxville, TN; ²Dept. of Human Sciences; The Ohio State University, Columbus, OH
- P227 HEART RATE VARIABILITY AND ENERGY INDEX RESPONSE TO A CROSSFIT OPEN WORKOUT**
Box, A., Kliszczewicz, B., Mangine, G., Feito, Y., FACSM, Kennesaw State University, Department of Exercise Science and Sport Management, Kennesaw, GA

- P228** **COMPARISON OF MOOD RESPONSE THROUGH THE FIVE WEEKS OF THE CROSSFIT® OPEN**
L. Lager, G. Mangine, M. Weber, J. Boner, A. Box, B. Kliszczewicz, and Y. Feito, FACSM, Kennesaw State University, Department of Exercise Science and Sport Management, Kennesaw, GA
- P229** **LINKS BETWEEN DAILY PHYSICAL EDUCATION AND FLUID INTELLIGENCE AND FITNESS LEVELS OF UNDERSERVED MIDDLE SCHOOL YOUTH**
Abigail Short, Julian A. Reed, Haley Holan, Department of Health Sciences, Furman University, Greenville, SC
- P230** **EFFECT OF MUSIC TEMPO ON SELF-SELECTED EXERCISE INTENSITY IN UNTRAINED WOMEN: A PROOF OF CONCEPT STUDY**
K. Strohacker¹, K.N. Smitherman¹, I. Weintraub¹, C.M. Springer², E.C. Fitzhugh FACSM¹, D.R. Bassett FACSM¹, ¹Kinesiology, Recreation, and Sport Studies and ²Research Computer Support, The University of Tennessee, Knoxville TN
- P231** **THE RELATIONSHIP BETWEEN PHYSICAL ACTIVITY, SELF-ESTEEM, GENERAL HAPPINESS, AND BODY-IMAGE IN COLLEGE STUDENTS**
Courtney L. Rivers, University of South Carolina, Columbia, SC; Jennifer. L. Dilger, Virginia Tech University, Blacksburg, VA; Joni. M. Boyd. Winthrop University, Rock Hill, SC
- P232** **EFFECT OF DEHYDRATION ON EXECUTIVE FUNCTIONS: A META-ANALYSIS**
H.T. Keadey, M.T. Wittbrodt, L.I. Pitz, M.L. Millard-Stafford, School of Applied Physiology, Georgia Institute of Technology, Atlanta, GA
- P233** **EXERCISE PARTICIPATION IN WOMEN WITH BREAST CANCER: UNDERSTANDING THE ROLE PLAYED BY SELF EFFICACY**
AM Yax, SL Mihalko, JO Hopkins, TP Avery, GB Russell, GD Miller, and PH Brubaker. Depts. of Health and Exercise Science, Hematology and Oncology, Biostatistics, Wake Forest University, Winston-Salem NC
- P234** **COMPARISON OF THE EFFECTS OF SELF-SELECTED AND PRESCRIBED INTENSITY EXERCISE ON EXERTION AND FEELING**
K.A. Fontela & W.R. Bixby (FACSM). Department of Exercise Science, Elon University, Elon, NC
- P235** **EFFECTS OF SITTING, WALKING ON A TREADMILL DESK AT 1.0 MPH, 1.3 MPH, AND 1.7 MPH ON COGNATIVE FUNCTION, TYPING SPEED AND ACCURACY**
Rebecca R. Rogers, Conner Siekmann, Alec Hulmes, Yifan Shen, Kinsey Sessions, Mallory R. Marshall, John K. Petrella, FACSM, Dept. of Kinesiology, Samford University, Birmingham, AL
- P236** **ASSOCIATIONS BETWEEN COMPENSATORY AND CARDIOMETABOLIC RESPONSES TO EXERCISE**
E.D. Hathaway^{1,2}, M.V. Fedewa^{2,3}, S. Higgins², E.M. Evans², and M.D. Schmidt², ¹Department of Health and Human Performance, University of Tennessee at Chattanooga, Chattanooga, TN; ²Department of Kinesiology, University of Georgia, Athens, GA; ³Department of Kinesiology, University of Alabama, Tuscaloosa, AL
- P237** **A RANDOMIZED CONTROL INTERVENTION INVESTIGATING THE EFFECTS OF ACUTE EXERCISE ON EMOTIONAL REGULATION**
M.K. Edwards, P.D. Loprinzi. Department of Health, Exercise Science, and Recreation Management, The University of Mississippi, Oxford, MS
- P238** **EFFECTS OF A SCHOOL-BASED INTERVENTION ON DAILY MODERATE TO VIGOROUS PHYSICAL ACTIVITY IN RURAL CHILDREN**
K.C. Hamilton¹, M. Richardson², J. Wingo, FACSM², and J.C. Higginbotham³. ¹Dept. of Health and Human Performance, University of Tennessee Chattanooga, Chattanooga, TN; ²Dept. of Kinesiology; ³Dept. of Community and Rural Medicine, University of Alabama, Tuscaloosa, AL
- P239** **GENDER DISPARITY IN PHYSICAL ACTIVITY: WHEN DOES IT START?**
K. Hahn, M. Burkhalter, K.L. Peyer, E.D. Hathaway, and K.C. Hamilton. Dept. of Health and Human Performance, University of Tennessee Chattanooga, TN

- P240 CHANGES IN SELF-REPORTED ENERGY INTAKE BY MOTIVATION LEVEL IN FEMALES ENGAGED IN EXERCISE**
A. Dural¹, E.D. Hathaway^{1,2}, M.V. Fedewa^{2,3}, S. Higgins², K.C. Hamilton¹, K. Peyer¹, E.M. Evans², and M.D. Schmidt². ¹Department of Health and Human Performance, University of Tennessee at Chattanooga, Chattanooga, TN; ²Department of Kinesiology, University of Georgia, Athens, GA; ³Department of Kinesiology, University of Alabama, Tuscaloosa, AL
- P241 MVPA LEVELS IN CHILDREN ON WEEKDAYS VERSUS WEEKENDS**
M. Brooks, K.L. Peyer, E.D. Hathaway, K.C. Hamilton, Dept. of Health and Human Performance, The University of Tennessee Chattanooga, Chattanooga, TN
- P242 EFFECTS OF TWO DIFFERENT TYPES OF YOGA ON PSYCHOLOGICAL STRESS IN COLLEGE-AGED FEMALES**
McKenzie McClanahan, Libby McArthur, Rebecca R. Rogers, Mallory R. Marshall, John K. Petrella, FACSM, Dept. of Kinesiology, Samford University, Birmingham, AL
- P243 WHY ADULTS ARE PHYSICALLY ACTIVE ON GREENWAYS: IMPORTANT FACTORS AND CONCERNS THAT CONTRIBUTE TO GREENWAY USE.**
G. Billstrom, C. Beach, J.I. Flynn, E. Anderson Steeves, L. Robbins, J.A. Steeves, Division of Education, Maryville College, Maryville, TN.
- P244 INFLUENCES OF AGGRESSION IN SPORT IN COLLEGIATE CLUB ATHLETES**
David Bement, Eric Hall, FACSM, Elon University, Elon, NC
- P245 REGULATING PLEASURE DURING EXERCISE: IMPACT ON EXERCISE ADHERENCE**
N.B. Doolen & W.R. Bixby. Department of Exercise Science, Elon University, Elon, NC
- P246 AN INCENTIVE BASED WELLNESS CHALLENGE PREFERENTIALLY INCREASES PHYSICAL ACTIVITY IN INDIVIDUALS WITH LOW PHYSICAL ACTIVITY**
M. Ryan Mason, Mindy J. Ickes, and Lance M. Bollinger, Dept. of Kinesiology and Health Promotion, University of Kentucky, Lexington, KY
- P247 THE PROTECTIVE ROLE OF PHYSICAL ACTIVITY ON DIABETES: A META-ANALYSIS OF RACE**
William R. Boyer, MSH¹, Scott E. Crouter, PhD, FACSM¹, Lyndsey M. Hornbuckle, PhD, RD¹, Samantha F. Ehrlich, PhD², James R. Churilla, PhD, FACSM³, Eugene C. Fitzhugh, PhD¹, ¹University of Tennessee, Dept. of Kinesiology, Recreation and Sports Studies, Knoxville, TN; ²University of Tennessee, Dept. of Public Health, Knoxville, TN; ³University of North Florida, Dept. of Clinical and Applied Movement Sciences, Jacksonville, FL
- P248 DISTANCE MATTERS: LIVING CLOSE TO A GREENWAY PROMOTES MORE FREQUENT USE AND ACTIVE TRANSPORT TO ACCESS IT.**
J.A. Steeves, G. Billstrom, C. Beach, J.I. Flynn, E. Anderson Steeves. Dept. of Education, Maryville College, Maryville, TN
- P249 THE MARYVILLE-ALCOA TN GREENWAY: A DESCRIPTIVE STUDY OF ACTIVITIES PERFORMED BY AGE**
J.I. Flynn, G. Billstrom, C. Beach, E. Anderson Steeves, J.A. Steeves. Division of Education, Maryville College, Maryville, TN
- P250 DISCREPENCIES IN THE 99TH PERCENTILE AMONG CHILDREN**
K.L. Peyer and A. Ewald, Department of Health and Human Performance, University of Tennessee at Chattanooga, Chattanooga, TN
- P251 CHILDREN'S OBESOGENIC BEHAVIORS DURING SUMMER VERSUS SCHOOL: A PILOT STUDY**
K. Brazendale¹, M.W. Beets¹, R.R. Pate¹, G. Turner-McGrievy², A.T. Kaczynski², ¹Dept. of Exercise Science, University of South Carolina, Columbia, SC, ²Dept. of Health Promotion, Education, and Behavior, University of South Carolina, Columbia, SC
- P252 MUSCLE STRENGTHENING ACTIVITY, C-REACTIVE PROTEIN, AND DIABETES: 1999-2006 NHANES.**
B.S. Rariden¹, A.J. Boltz¹, B.D. Williams¹, M.R. Richardson¹, T.M. Johnson¹, J.R. Churilla¹. ¹Department of CAMS; ¹Department of Public Health, University of North Florida, Jacksonville, FL

- P253 PREVALENCE OF LEISURE TIME PHYSICAL ACTIVITY IN ADULTS WITH SEIZURE DISORDERS: 2013 and 2015 NHIS**
A.J. Boltz¹, B.S. Rariden¹, B.D. Williams¹, T.M. Johnson², M.R. Richardson¹, J.R. Churilla¹,
¹Department of CAMS; ²Department of Public Health, University of North Florida,
Jacksonville, FL
- P254 PHYSICAL ACTIVITY, BODY MASS INDEX AND CARDIO-METABOLIC RISK IN U.S. ADOLESCENTS**
B.D. Williams¹, S.B. Sisson², C.I. Ardern³, K.D. DuBose⁴, M.R. Richardson¹, T.M. Johnson⁵,
J.R. Churilla¹. ¹Department of CAMS, University of North Florida; ²Department of Nutrition
Sciences, University of Oklahoma; ³School of Kinesiology and Health Science, York
University; ⁴Department of Kinesiology, East Carolina University; ⁵Department of Public
Health, University of North Florida, Jacksonville, FL
- P255 ASSOCIATIONS OF PHYSICAL ACTIVITY, SEDENTARY BEHAVIOR, AND ENJOYMENT OF PHYSICAL ACTIVITY WITH READING ABILITY AND LITERACY OF HEALTH TERMS IN CHILDREN**
C.R. Darracott and S.H. Darracott, Augusta University, Augusta, GA
- P256 INFLUENCE OF THE "EXERCISE IS MEDICINE – ON CAMPUS" PROGRAMMING ON UNIVERSITY TRANSIT USAGE**
Brandon Jackson, E.Trettel, C. Turner, S. Wilhoite, GA. Ryan, Ph.D. & BF Melton, Ed.D.,
Georgia Southern University
- P257 IMPACT OF RACE AND NON-EXERCISE ESTIMATED CARDIORESPIRATORY FITNESS ON STROKE**
Xuemei Sui, Virginia J. Howard; Michelle McDonnell; Linda Ernstsens; Carl J. Lavie, Steven P.
Hooker, University of South Carolina
- P258 Abstract Withdrawn**
- P259 OPINIONS AND ATTITUDES ABOUT PHYSICAL ACTIVITY AMONG COLLEGE STUDENTS; A PILOT STUDY**
A. Leal, E. Fernandini, B. Jackson, H. Royal, and D. Elmer. Dept. of Kinesiology, Berry
College, Mount Berry, GA
- P260 INFLUENCE OF 1ST GRADE WEIGHT STATUS ON WEIGHT CHANGE DURING CHILDHOOD AND ADOLESCENCE**
A. Ewald¹, C. Partida¹, G. Welk², K. Hamilton¹, and K.L. Peyer¹, ¹Department of Health and
Human Performance, University of Tennessee at Chattanooga, Chattanooga, TN;
²Department of Kinesiology, Iowa State University, Ames, IA
- P261 PHYSICAL ACTIVITY AMONG FORMER COLLEGIATE ATHLETES: A DESCRIPTIVE STUDY**
JA Janssen, EJ Reifsteck, MA Miranda, G Summers, L Wideman; Department of Kinesiology,
University of North Carolina at Greensboro, N.C., USA; NCAA, Indianapolis, IN
- P262 HEALTH BEHAVIORS OF AFRICAN AMERICAN COLLEGE STUDENTS: HEALTH MAJORS VERSUS NON-HEALTH MAJORS**
M. D. Miller¹, K. Clemons¹, N.K. Rendos², A.A. Price^{1,3}. ¹Winston-Salem State University,
Winston-Salem, NC; ²Florida International University, Miami, FL; ³Gramercy Research
Group, Winston-Salem, NC
- P263 FACTORS ASSOCIATED WITH A HIGH HBA1C LEVEL AMONG U.S. ADULTS**
D. E. Walls, B. N. Carter, B. R. Taylor, T. C. Harrison, K. Shearod, R. Connors, S. L. Mathis.
Dept. of Kinesiology, University of Alabama in Huntsville, Huntsville, AL
- P264 Withdrawn**
- P265 ACTIVE TRANSPORTATION AND C-REACTIVE PROTEIN IN U.S. ADULTS**
N.F. Diaz, M.R. Richardson, J.R. Churilla, Dept. of Clinical & Applied Movement Sciences,
University of North Florida, Jacksonville, FL

- P266** **IMPACT OF TENNIS PARTICIPATION ON PARAMETERS OF HEALTH**
Katherine Wood, Megan E. Holmes, John Eric W. Smith. Department of Kinesiology,
Mississippi State University, Mississippi State, MS
- P267** **THE POKEMON GO PHENOMENA MAY PROMOTE UNIQUE PHYSICAL ACTIVITY PATTERNS**
C. Beach, G. Billstrom, E. Anderson Steeves, J. I. Flynn, L. Robbins, J.A. Steeves. Division of
Education, Maryville College, Maryville, TN
- 10:00-11:00 TUTORIAL SESSION XXIII (Ballroom H)**
T23 **MAKING THE MOST OF YOUR GRADUATE EXERCISE SCIENCE EXPERIENCE**
JM Green¹, PA Bishop², ¹HPER Dept. The University of North Alabama, Florence, AL; ²Exerc.
Sci. Dept. Liberty University, Lynchburg, VA
Chair: Suichi Sato, Ph.D., University of Louisiana at Lafayette
- 11:00-12:00 HENRY J. MONTOYE AWARD LECTURE, 2016 (Ballroom C)**
The Evolution of a Career: Lessons Learned
Speaker, Dixie Thompson, Ph.D., FACSM, FNAK
Vice Provost and Dean of the Graduate School
University of Tennessee
- 12:00-2:00** **SEACSM LUNCHEON AND LECTURE (Ballroom A&B) (Register by Feb 5)**
CON-vection, dif-FUSION (and CONFUSION) in One's Career Choices
Peter Wagner, M.D., FACSM
Distinguished Professor of Medicine and Bioengineering, School of Medicine
University of California, San Diego
Presiding: John Quindry, University of Montana, SEACSM President;
B. Sue Graves, Florida Atlantic University, SEACSM Past-President
- 2:00-4:00** **SEACSM EXECUTIVE BOARD MEETING (Boardroom)**