THURSDAY, February 16, 2017

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

1:00-6:00  REGISTRATION (Prefunctory 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 Esmat\(^1\), Yuri Feito\(^1\), Brian Parr\(^2\), \(^1\)-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 Graves\(^1\), Brittany Overstreet\(^2\), Samuel Buckner\(^3\), \(^1\)-Florida Atlantic University, Boca Raton, FL.; \(^2\)-University of Delaware, Newark, DE; \(^3\)-University of Mississippi, Oxford, MS

4:00-6:30  EXHIBITS (Prefunctory 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. Overstreet\(^1\), A.Tarantello\(^2\), K.N. Smitherman\(^2\), K. Strohacker\(^2\), \(^1\)-Dept of Kinesiology and Applied Physiology, University of Delaware, Newark, DE; \(^2\)-Dept 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. Kybartas\(^1\), J.I. Flynn\(^2\), J.T. Fairbrother\(^1\), R.S. Durham\(^3\), and D.P. Coe FACSM\(^1\), \(^1\)-Department of Kinesiology, Recreation, & Sport Studies, The University of Tennessee, Knoxville, TN; \(^2\)-Division 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. Das\(^1\), K.A. Zwingler\(^1\), D. Dlugonski\(^1\), T.D. Raedeke\(^1\), M.T. Mahar\(^2\), \(^1\)-Dept. of Kinesiology, East Carolina University, Greenville, NC; \(^2\)-School 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
O8 5:45 EXERCISE AND PAIN REDUCTION THERAPY (EXPRT): THE FEASIBILITY OF COMMUNITY-BASED EXERCISE AND COGNITIVE BEHAVIORAL INTERVENTION FOR PATIENTS WITH FIBROMYALGIA
NL. DiCicco, BS, EL. Griffith, MS, DC. Ang, MD, & JA Katula, PhD. Departments: 1Health and Exercise Science, and 2Immunology and Rheumatology, Wake Forest University, Winston-Salem, NC

4:00-5:30 SYMPOSIUM SESSION I (Ballroom G)
S1 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 SYMPOSIUM SESSION II (Redbud)
S2 VISUAL SYSTEM IMPAIRMENTS POST-CONCUSSION: CLINICAL UTILITY OF CURRENT AND NOVEL ASSESSMENTS
N.G. Murray, PhD, D.W. Powell, PhD, R.K. Gore, MD, 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 SYMPOSIUM SESSION III (Ballroom H)
S3 DEVELOPING “SOFT SKILLS” IN EXERCISE SCIENCE EDUCATION
Kelly P. Massey and Brian B. Parr, 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 THEMATIC POSTERS SESSION I (Think Tank)
TP1-TP8 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. Simpson, B.L. Miller, E.K. O’Neal, H. Chander, & A.C. Knight, 1Department of Kinesiology, Mississippi State University, Mississippi State, MS; 2Department of HPER, University of North Alabama, Florence, AL

TP2 SAGITTAL PLANE KNEE VARIABILITY DURING DISTANCE RUNNING AT DIFFERENT SPEEDS

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
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<th>TP</th>
<th>Title</th>
<th>Authors</th>
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<td>TP6</td>
<td>Sagittal Plane Hip, Knee, and Ankle Variability for Distance Running</td>
<td>B. DeCouto1, C.T. Robertson1, and J.T. Wight1. 1Dept. of Kinesiology, Jacksonville University, Jacksonville, FL.</td>
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<td>TP7</td>
<td>Comparison of Peak Ground Reaction Forces of Flexible Barbell and Steel Olympic Barbell at Various Lifting Speeds</td>
<td>Sun Lee, Lee Shearer, Randolph E. Hutchison, Anthony Caterisano; Department of Health Sciences, Greenville, SC</td>
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<td>TP8</td>
<td>Effects of Custom Orthotics on Lower Extremity Biomechanics During Cycling</td>
<td>K Martin1, A Elhart1, M Rigby2, A Goldfarb1, 1Department of Kinesiology, The University of North Carolina at Greensboro; 2Cone Health, Greensboro, NC</td>
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4:00-6:00

**STUDENT AWARD POSTER FREE COMMUNICATIONS I: (Studio 220)**

| 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 |
| 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 Weltman1,2 (FACSM), and SK Malin1,2. 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 | |
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

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

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

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

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

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

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

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

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

COMPARISON OF HEMODYNAMIC PARAMETERS IN PRETERM AND TERM-BORN YOUNG ADULTS
M.E. Ray1, P.A. Nixon1,2, and L.K. Washburn2. Depts. of 1Health and Exercise Science and 2Pediatrics, Wake Forest University, Winston Salem, NC

THE EFFECTS OF WHEY VS. SOY PROTEIN AT BREAKFAST ON SATIETY RESPONSE, ENERGY INTAKE AND METABOLISM
C. E. Melson, S. Nepocatych, and T. A. Madzima. Dept. of Exercise Science, Elon University, Elon, NC

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

MYOKINE RESPONSE FOLLOWING A 75-KM CYCLING TIME TRIAL
Ella C. Perrin, B. Shane Tolbert, David C. Nieman, and Kevin A. Zwetsloot, Integrative
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. Patel¹,² 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**

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**

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**

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**
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
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  TUTORIAL SESSION III (Regency C)
T3  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  TUTORIAL SESSION IV (Crepe Myrtle)
T4  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  TUTORIAL SESSION V (Ballroom D&E)
T5  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 (Prefunctory Area)

8:00-6:00  EXHIBITS (Prefunctory Area)

8:00-9:30  POSTER FREE COMMUNICATIONS II (Studio 220)
P30-P85  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, HYPTERTROPHY 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. Goodlett²,³, David D. Pascoe¹, Michael D. Roberts¹,², Jeffrey S. Martín¹,² 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. Nixon¹,², 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. Early¹,², N. Johannsen¹,⁴. 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. Chrysosferidis¹, B. Szekely¹, M.E. Mormile¹, K. Grime¹, B.A. Munkasy¹, D. Powell², N.G. Murray¹; ¹School of Health & Kinesiology, Georgia Southern University, Statesboro, GA; ²Department of Kinesiology, Louisiana Tech University, Ruston, LA

P46  THE INTERACTION OF ARCH HEIGHT STIFFNESS AND CENTER OF PRESSURE MEDIOLATERAL DEVIATION IN DIFFERENT SOCK TYPES

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

P49  ELECTROMYOGRAPHY 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. Springer¹; 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 DURING 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. Loftin⁶. 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. Loftin⁵, 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; 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; ⁶Dept. of Industrial & Systems Engineering, Auburn University, Auburn, AL; ⁷Dept. 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. Loftin⁶. 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; ⁶Dept. 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. Loftin⁶. 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; ⁶Dept. of Nutrition and 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 ACTIVATION IN WELL-TRAINED FEMALES
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

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

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

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

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

INFLUENCE OF MILITARY TYPE FOOTWEAR AND WORKLOAD ON PERCENT MUSCLE ACTIVATION IN STATIC BALANCE
Christopher Hill, Hunter DeBusk, University of Mississippi, Mississippi State University

THE EFFECTS OF GOLF SPECIFIC FOOTWEAR ON BALANCE EQUILIBRIUM SCORES
JD. Eason¹, SJ. Wilson¹, JR. Gdovin¹, CC. Williams¹, EL. Hoke¹, LA. Luginsland¹, 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

THE EFFECTS OF GOLF SHOE TYPE ON BALANCE EQUILIBRIUM
SJ. Wilson¹, JR. Gdovin¹, CC. Williams¹, JD. Eason¹, EL. Hoke¹, LA. Luginsland¹, 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

THE EFFECTS OF GOLF SPECIFIC FOOTWEAR ON HUMAN BALANCE
SJ. Wilson¹, JR. Gdovin¹, CC. Williams¹, JD. Eason¹, EL. Hoke¹, LA. Luginsland¹, 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

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

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CC. Williams¹, SJ. Wilson¹, JR. Gdovin¹, JD. Eason¹, EL. Hoke¹, LA. Luginsland¹, 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

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LA. Luginsland¹, SJ. Wilson¹, JR. Gdovin¹, CC. Williams¹, JD. Eason¹, EL. Hoke¹, CM. Hill¹, PT.
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
TP12 ASSESSING BARRIERS AND MOTIVATORS FOR USE OF A TRAIL FOR ACTIVE TRANSPORTATION IN A COLLEGE TOWN

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 Singletery, 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-O16 Fitness Testing
Chair: Jesse Pittsley, Ph.D. Winston-Salem State University

O9 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

O10 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

O11 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; ²School of Physical Therapy and Athletic Training, Old Dominion University, Norfolk, VA

O12 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

O13 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

O14 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
O15 9:30  RELATIONSHIP BETWEEN HEART RATE RECOVERY AND CARDIOVASCULAR RISK FACTORS
Jennifer A. Bunn\textsuperscript{1} and L. Chris Eschbach\textsuperscript{2}, \textsuperscript{1}Campbell University, Buies Creek, NC, \textsuperscript{2}Valencell Inc. Raleigh, NC

O16 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. Ryan\textsuperscript{1}, Robert L. Herron\textsuperscript{2}, Jason C. Casey\textsuperscript{3}, \textsuperscript{1}Georgia Southern University, Statesboro, GA; \textsuperscript{2}The University of Alabama, Tuscaloosa, AL; \textsuperscript{3}Charleston 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. Battista\textsuperscript{1} and D.P. Coe\textsuperscript{2}, \textsuperscript{1}Department of Health, Leisure and Exercise Science, Appalachian State University, Boone, NC; \textsuperscript{2}Department 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. DuBose\textsuperscript{1}, FACSM, R. Jeffreys-Heil\textsuperscript{2}, P. Bauer\textsuperscript{2}, \textsuperscript{1}East Carolina University, Greenville, NC; \textsuperscript{2}Florida 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. Jaggers, 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. Jaggers¹, 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
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

THE EFFECTS OF EXERCISE MODE AND INTENSITY ON EXERCISE ENERGY EXPENDITURE AND EPOC
George L. Griever, Mark A. Sarzynski, Taylor J. McFaddin, Andrew J. Dopp, Alexandrea L. Netto, Jackson S. Ritchey, Clemens Drenowatz. Dept. of Exercise Science, University of South Carolina, Columbia, SC

EFFECTS OF BRANCHED-CHAIN AMINO ACIDS ON RESTING METABOLIC RATE, BODY COMPOSITION, AND SATIETY IN FEMALES
E.J. Roelofs¹, A.E. Smith-Ryan², ³Meredith College, Raleigh, NC; ²University of North Carolina, Chapel Hill, NC

ASSESSMENT OF LONGITUDINAL CHANGES IN BODY COMPOSITION OVER MULTIPLE YEARS OF NCAA DIVISION I CROSS COUNTRY RUNNING

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

EFFECTS OF MENOPAUSE ON BODY COMPOSITION AND BONE MINERAL DENSITY IN RUNNERS AND NON-RUNNERS.
Doris J. Morris, Inbar Naor-Maxwell, Anjulyn Davis, Christina, St. Martin, L. Jerome Brandon Department Kinesiology & Health, Georgia State University, Atlanta, GA

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

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

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

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, PhD⁴, 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

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

CHANGES IN SELF-REPORTED SLEEP DURING A STRUCTURED EXERCISE PROGRAM IN COLLEGE FEMALES
A. Grant¹, E.D. Hathaway¹,², M.V. Fedewa²,³, 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

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. Edwards1,2, 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. Coons1, D.K. Fuller1, D.W. Morgan1, 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

P108 COMPARISON OF BIOELECTRICAL IMPEDANCE ANALYSIS AND DUAL ENERGY X-RAY ABSORPTIOLOGY FOR ESTIMATING BONE MINERAL CONTENT
T.M. Stone1, J.E. Wingo1, FACSM, M.R. Esco3, FACSM, B.S. Nickerson1,2, 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
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

MUSCLE LENGTH AFFECTS THE RATE MUSCLES FATIGUE
M.B. Kitchens, K.K McCully. FACSM. Dept. of Kinesiology, University of Georgia, Athens, GA

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

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

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

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

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.

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

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

BASELINE AND POST INJURY NEUROCOGNITIVE ASSESSMENTS IN COLLEGIATE FOOTBALL PLAYERS
Jared H. Perlmutter¹, B. Sue Graves¹, Michael H. Haischer¹, John Burnside², Manish K. Gupta¹,²,³, ¹Exercise Science and Health Promotion Department; ²Athletics Department; ³Florida Atlantic University, Sports & Orthopedic Center, Boca Raton, FL

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

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

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
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

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

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

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

DIFFERENTIAL METABOLIC RESPONSES TO ACUTE FATMAX AND LACATATE THRESHOLD EXERCISE.
TD Allerton¹, KS Early¹,², 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

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

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

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

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

THE EFFECT OF NIGHTTIME EATING ON MORNING APPETITE, RESTING ENERGY EXPENDITURE, AND RESISTANCE TRAINING VOLUME

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

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

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.
EFFECT OF INTERVAL VS. CONTINUOUS EXERCISE TRAINING ON ACYLATED GHERLIN 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

MUCOSAL ASSOCIATED IN Variant T CELL RESPONSE FOLLOWING MAXIMAL EXERCISE
E. Danson¹, ED. Hanson¹,², 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

CORTISOL RESPONSE TO AWAKENING AND SLEEP DEPRIVATION PREDICT HEART RATE VARIABILITY CHANGES

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

STRESS HORMONE RESPONSE TO ACUTE AEROBIC EXERCISE DURING PROSTATE CANCER TREATMENT
William S. Evans¹, Erik D. Hanson¹,², Samy Sakkal², John A. Violet³, Glenn K. McConnell², Alan Hayes². ¹University of North Carolina, Chapel Hill, NC; ²Victoria University, Melbourne, Australia; ³Peter MacCallum Cancer Centre, Melbourne, Australia

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

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

ACCELERATION PATTERNs AFTER ORCHIDECTOMY IN MICE

SPEED PATTERN AND MUSCLE SIZE FOLLOWING ORCHIDECTOMY

EFFECTS OF ORCHIDECTOMY ON PHYSICAL ACTIVITY PATTERNs

2:30-4:00 THEMATIC POSTERS SESSION III (Think Tank)
TP17-TP24 Fitness Testing
Chair: Kelly Massey, Ph.D. Georgia College and State University

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

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

8:00-12:00  EXHIBITS (Prefunctionary 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 Johannsen¹,², 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 S¹,², Fletcher B², Magyari P¹,², 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 POSTPRANDIAL BLOOD GLUCOSE RESPONSE IN OBSESE WOMEN
  Mynor Rodriguez-Hernandez¹, Jeffrey Martin¹,², David D. Pascoe¹ FACSM, Michael D. Roberts¹,², 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

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
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

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

EFFECTS OF AGE, ADIPOSY, 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. Higgins³, E.M. Evans³, 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

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

IRISIN RESPONSE IN OLDER ADULTS PARTICIPATING IN THE PAAD STUDY

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

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

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

USING THE MODIFIED INTERNATIONAL PHYSICAL ACTIVITY QUESTIONNAIRE TO ASSESS PHYSICAL ACTIVITY IN AFRICAN AMERICANS
A.A. Price¹-², M.C. Whitt-Glover¹-², T. Ceaser³. ¹Winston-Salem State University, Winston-Salem, NC; ²Gramercy Research Group, Winston-Salem, NC; ³Winthrop University, Rock Hill, SC

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. Case. Dept. of Kinesiology and Health Promotion, University of Kentucky, Lexington, KY

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

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
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.  

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, FASCM., 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

P180 ESTIMATING LACTATE THRESHOLD VIA RESPIRATORY EXCHANGE RATIO: A PILOT STUDY  
M. Ivey and D. Elmer. Department of Kinesiology, Berry College, Mt. Berry, GA

P181 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;
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


P188 Withdrawn


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. Lesniakv1, 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. Carzoli1,2, Alex Klemp1, Brittany R. Allman1, Michael C. Zourdos2, Jeong-Su Kim1, Lynn B. Panton3, and Michael J. Ormsbee4, 1Florida Atlantic University, Boca Raton, FL

P195 EFFECTS OF TRADITIONAL ARMY TRAINING ON ROTC CADET PERFORMANCE IN THE OCCUPATIONAL PHYSICAL ASSESSMENT TEST
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

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

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

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. Haicher, Jose C. Velazquez, Eric R. Helms, Chad Dolan, and Michael C. Zourdos, Florida Atlantic University, Boca Raton, FL

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

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. Caseys. Dept. of Kinesiology and Health Promotion, University of Kentucky, Lexington, KY

8:00-10:00 ORAL FREE COMMUNICATION III (Ballroom F)

O17 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

O18 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

O19 8:30  BIOMECHANICAL DIFFERENCES IN BOX AND JUMP LANDINGS  
Shelby A Peel, Joshua T Weinhandl, University of Tennessee, Knoxville TN

O20 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

O21 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.

O22 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

O23 9:30  TEST-RETEST RELIABILITY OF MULTIPLE POSTURAL CONTROL ASSESSMENT MEASURES
O24 9:45  GAZE STABILITY OF VISUALLY TRAINED AND NON-VISUALLY TRAINED ATHLETES DURING A SPORT-LIKE POSTURAL TASK
B. Szekely1, M.E. Mormile1, P. Chrysosferidis1, 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. Goodlett2,3, David D. Pascoe1, Michael D. Roberts1,2, Jeffrey S. Martin1,2. School 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.
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. ¹School of Medicine, University of California, San Diego, ²School of Kinesiology, Auburn University, ³Department 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 BARA TRIC 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. Pan², R. Plamondon², S. Bidias³, 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 INTERRMITTENT 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

P214 EFFECTS OF A 3-WEEK HIGH FAT LOW CARBOHYDRATE DIET ON ANTHROPOMETRIC MEASURES IN MIDDLE-AGE MALE RUNNERS

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

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. Mumford, Wesley C. Kephart, Xuanhong Mao, Jeffrey S. Martin, Kaelin C. Young, Ryan P. Lowery, Andreas N. Kavazis, Jacob M. Wilson, Michael D. Roberts, School 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

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. Kephart, Petey W. Mumford, Drew Solorzano, Shelby C. Osburn, Romil K. Patel, Richard G. Anderson, James Healy, Angelique Moore, Jeffrey S. Martin, Kaelin C. Young, Ryan P. Lowery, Jacob M. Wilson, Michael D. Roberts, School 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

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. Roberson, Wesley C. Kephart, Coree Pledge, Petey W. Mumford, Jeffrey S. Martin, Kaelin C. Young, Michael D. Roberts, School 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

P226 THE PHYSICAL ACTIVITY PROFILE OF STUDENT FOOTBALL MANAGERS AT A NCAA DIVISION I UNIVERSITY.
E.C Fitzhugh, R. Hardin, W. Boyer, E. Post & Behnke, Z. 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., Klischczewicz, 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 COGNITIVE 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. Hathaway¹,², M.V. Fedewa²,³, 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

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?
CHANGES IN SELF-REPORTED ENERGY INTAKE BY MOTIVATION LEVEL IN FEMALES ENGAGED IN EXERCISE
A. Durall, E.D. Hathaway, M.V. Fedewa, S. Higgins, K.C. Hamilton, K. Peyer, E.M. Evans, and M.D. Schmidt. 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

MVPA LEVELS IN CHILDREN ON WEEKDAYS VERSUS WEEKENDS

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

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.

INFLUENCES OF AGGRESSION IN SPORT IN COLLEGIATE CLUB ATHLETES
David Bement, Eric Hall, FACSM, Elon University, Elon, NC

REGULATING PLEASURE DURING EXERCISE: IMPACT ON EXERCISE ADHERENCE
N.B. Doolen & W.R. Bixby. Department of Exercise Science, Elon University, Elon, NC

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

THE PROTECTIVE ROLE OF PHYSICAL ACTIVITY ON DIABETES: A META-ANALYSIS OF RACE
William R. Boyer, MSH, Scott E. Crouter, PhD, FACSM, Lyndsey M. Hornbuckle, PhD, RD, Samantha F. Ehrlich, PhD, James R. Churilla, PhD, FACSM, Eugene C. Fitzhugh, PhD, 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

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

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

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

CHILDREN’S OBESOGENIC BEHAVIORS DURING SUMMER VERSUS SCHOOL: A PILOT STUDY
K. Brazendale, M.W. Beets, R.R. Pate, G. Turner-McGrievy, A.T. Kaczynski, 1Dept. of Exercise Science, University of South Carolina, Columbia, SC, 2Dept. of Health Promotion, Education, and Behavior, University of South Carolina, Columbia, SC

MUSCLE STRENGTHENING ACTIVITY, C-REACTIVE PROTEIN, AND DIABETES: 1999-2006 NHANES.
B.S. Rariden, A.J. Boltz, B.D. Williams, M.R. Richardson, T.M. Johnson, J.R. Churilla. 1Department of CAMS; 1-Department 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. Arden3, 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 Ernstsen; 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. Price1,3. 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. Conners, 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
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

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, FNAM
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)