

**SOUTHEAST AMERICAN COLLEGE OF SPORTS MEDICINE  
2018 ANNUAL MEETING SCHEDULE**

**THURSDAY, February 15, 2018**

- 11:00-1:00 SEACSM EXECUTIVE BOARD MEETING (Kinsey)**
- 1:00-6:00 REGISTRATION AND STUDENT HELP DESK (Lobby)**
- 1:00-1:45 AUDIOVISUAL TEAM MEETING (Littleton)**
- 2:00-2:50 PRE-CONFERENCE SYMPOSIUM (Rose)**  
**PC1 PEELING BACK THE CURTAIN - A PRE-CONFERENCE SYMPOSIUM ON THE FELLOWSHIP APPLICATION FROM A REVIEWER**  
M. J. McKenzie, Dept. of Exercise Physiology, Winston Salem State University, Winston-Salem, NC.  
**Chair:** Karissa Peyer, Ph.D., University of Tennessee - Chattanooga
- 2:00-2:50 PRE-CONFERENCE TUTORIAL (Walker)**  
**PC2 GOING ANYWHERE STARTS HERE! EVERYTHING YOU NEED TO KNOW BEFORE THE SEACSM ANNUAL MEETING BEGINS**  
Tiffany Esmat<sup>1</sup>, Ashlyn Schwartz<sup>2</sup>, Samuel Buckner<sup>3</sup>. <sup>1</sup>Dept. of Exercise Science and Sport Management, Kennesaw State University, Kennesaw, GA; <sup>2</sup>Dept. of Child and Family Studies, University of Tennessee, Knoxville, TN; <sup>3</sup>Dept. of Health, Exercise Science and Recreation Management, University of Mississippi, University, MS  
**Chair:** Nicholas Boer, Ph.D., University of Tennessee - Chattanooga
- 3:00-3:50 PRE-CONFERENCE SYMPOSIUM (Walker)**  
**PC3 RAPID RESEARCH RACE: A PRECONFERENCE PRESENTATION**  
B. Sue Graves<sup>1</sup>, Samuel Buckner<sup>2</sup>, and Ashlyn Schwartz<sup>3</sup>; <sup>1</sup>Florida Atlantic University, Boca Raton, Florida; <sup>2</sup>University of Mississippi, Oxford, Mississippi; <sup>3</sup>University of Tennessee, Nashville, Tennessee  
**Chair:** Sue Graves, Ph.D., Florida Atlantic University
- 4:00-6:00 EXHIBITS (Conference Concierge)**
- 4:00-6:00 STUDENT AWARD POSTER FREE COMMUNICATIONS I: (Ballroom Foyer)**  
**D1-D8, M1-M8, U1-U8**  
Authors present, 4:00-6:00 p.m.  
**Chair:** John Quindry, Ph.D., SEACSM Past-President, University of Montana
- D1 SOY PROTEIN SUPPLEMENTATION IS NOT ADIPOGENIC OR ESTROGENIC IN YOUNG MEN WHEN COMBINED WITH RESISTANCE TRAINING**  
Cody T. Haun<sup>1</sup>, C. Brooks Mobley<sup>1</sup>, Christopher G. Vann<sup>1</sup>, Matthew A. Romero<sup>1</sup>, Paul A. Roberson<sup>1</sup>, Petey W. Mumford<sup>1</sup>, Wesley C. Kephart<sup>1</sup>, James C. Healy<sup>1</sup>, Romil K. Patel<sup>1</sup>, Shelby C. Osburn<sup>1</sup>, Darren T. Beck<sup>2</sup>, Michael D. Roberts<sup>1, 2\*</sup>. <sup>1</sup>Molecular and Applied Sciences Laboratory, School of Kinesiology, Auburn University, Auburn, AL; <sup>2</sup>Department of Cell Biology and Physiology, Edward Via College of Osteopathic Medicine – Auburn Campus, Auburn, AL
- D2 HEART RATE COVERAGE OF WEARABLE ACTIVITY MONITORS IN YOUTH WITH DEVELOPMENTAL DISABILITIES**  
K. Brazendale<sup>1</sup>, A. Brazendale<sup>2</sup>, C. Monroe<sup>3</sup>, R.G. Weaver<sup>1</sup>, M.W. Beets<sup>1</sup>. <sup>1</sup>Department of Exercise Science, University of South Carolina, Columbia, SC; <sup>2</sup>Autism Academy of South Carolina, Columbia, SC; <sup>3</sup>Health Promotion Education and Behavior Department, University of South Carolina, Columbia, SC
- D3 EXERCISE INTENSITY REDUCES CIRCULATING ANNEXIN V- CD105 MICROPARTICLES IN ADULTS WITH PREDIABETES**  
N.Z.M. Eichner, N.M. Gilbertson, E.M. Heiston, J.M. Gaitan, L. Musante, S. LaSalvia, E.J. Barrett, A. Weltman (FACSM), U. Erdbrügger, and S.K. Malin (FACSM). University of Virginia, Charlottesville, VA

- D4**      **COMPARISON OF BONE AND BODY COMPOSITION IN THE AFFECTED AND UNAFFECTED ARMS IN BREAST CANCER SURVIVORS**  
A.L. Artese, R.L. Hunt, D.R. Marshall, J-S. Kim, R. Moffatt, M.J. Ormsbee, L.B. Panton. Florida State University, Tallahassee, FL
- D5**      **THE VALIDITY OF AGE-BASED MAXIMAL HEART RATE EQUATIONS IN YOUTH: A SYSTEMATIC REVIEW AND META-ANALYSIS**  
Zackary S. Cicone, Michael V. Fedewa, Hayley V. MacDonald, Michael R. Esco. Department of Kinesiology, University of Alabama, Tuscaloosa, AL.
- D6**      **ACUTE AND CHRONIC AEROBIC EXERCISE EFFECTS ON Nrf2 PROTEIN CONCENTRATION IN MULTIPLE BRAIN REGIONS**  
Vervaecke, L.<sup>1</sup>, Goldfarb, A.H.<sup>2</sup>, Wideman, L.<sup>2</sup>, Starnes, J.<sup>2</sup>, Erikson, K.<sup>3</sup>. <sup>1</sup>Dept. of Exercise Science, The University of South Carolina Upstate, Spartanburg, SC; <sup>2</sup>Dept. of Kinesiology, The University of North Carolina Greensboro, Greensboro, NC; <sup>3</sup>Dept. of Nutrition, The University of North Carolina Greensboro, Greensboro, NC
- D7**      **CHANGES IN AMINO ACID TRANSPORTERS AND METABOLIC PROTEINS AFTER 12 WEEKS OF RESISTANCE TRAINING WITH VARYING SUPPLEMENTATION**  
Roberson PA<sup>1</sup>, Mobley CB<sup>1</sup>, Haun CT<sup>1</sup>, Mumford PW<sup>1</sup>, Romero MA<sup>1</sup>, Kephart WC<sup>1</sup>, Osburn SC<sup>1</sup>, Vann CG<sup>1</sup>, Lockwood CM<sup>2</sup>, Roberts MD<sup>1</sup>; <sup>1</sup>School of Kinesiology-Auburn University, Auburn, AL; <sup>2</sup>Lockwood, LLC, Draper, UT.
- D8**      **INFLUENCE OF SEX AND MUSCLE QUALITY ON MOTOR UNIT RECRUITMENT PATTERNS OF THE VASTUS LATERALIS**  
MA. Trevino<sup>1</sup>, T.J. Herda<sup>2</sup>, J.D. Miller<sup>2</sup>, and A.J. Sterczala<sup>2</sup>. <sup>1</sup>Georgia Southern University, Armstrong Campus, Savannah, GA; <sup>2</sup>The University of Kansas, Lawrence, KS
- MS1**     **LOW INTENSITY RESISTANCE TRAINING TO FAILURE ON 1RM STRENGTH IN UNTRAINED FEMALES**  
Taylor K. Dinyer<sup>1</sup>, Matthew J. Garver<sup>2</sup>, Alex J. Rickard<sup>2</sup>, William Miller<sup>2</sup>, Steve Burns<sup>2</sup>, Haley C. Bergstrom<sup>1</sup>; <sup>1</sup>University of Kentucky, Lexington, KY; <sup>2</sup>University of Central Missouri, Warrensburg
- MS2**     **LIFELONG KETOGENIC DIET OR KETONE SALT SUPPLEMENTATION IN RATS INCREASES LONGEVITY WITHOUT ALTERING OXIDATIVE STRESS MARKERS**  
Hailey Parry<sup>1</sup>, Wesley C. Kephart<sup>1</sup>, Petey Mumford<sup>1</sup>, Matthew Romero<sup>1</sup>, Cody Haun<sup>1</sup>, C. Brooks Mobley<sup>1</sup>, Dominic P. D'Agostino<sup>2</sup>, Ryan P. Lowery<sup>3</sup>, Jacob M. Wilson<sup>3</sup>, Michael D. Roberts<sup>1</sup>, and Andreas N. Kavazis<sup>1</sup>. <sup>1</sup>School of Kinesiology, Auburn University, Auburn, AL; <sup>2</sup>Department of Molecular Pharmacology and Physiology, University of South Florida, Tampa, FL; <sup>3</sup>Applied Science and Performance Institute, Tampa,
- MS3**     **ACUTE CAFFEINE CONSUMPTION DOES NOT AFFECT BODY COMPOSITION ANALYSIS**  
C. Williamson<sup>1</sup>, B.M. Kliszczewicz<sup>1</sup>, B. Nickerson<sup>2</sup>, E.E. Bechke<sup>1</sup>, C. McLester<sup>1</sup>. <sup>1</sup>Dept. of Exercise Science & Sport Management Kennesaw State University, Kennesaw; <sup>2</sup>Dept. of Curriculum & Pedagogy, Texas A&M International University, Laredo, TX
- MS4**     **CHILD DEVELOPMENT MAJORS PHYSICAL ACTIVITY COMPETENCE AND ATTITUDES**  
R.K. Hess, R.A. Battista. Department of Health and Exercise Science, Appalachian State University, Boone, NC
- MS5**     **THE EFFECTS OF MICRO-RNA-26A IN LIPID INDUCED INSULIN RESISTANCE**  
JJ. Petrocelli, N. Stott, CL. Beach, and JS. Marino. Dept. of Kinesiology, The University of North Carolina at Charlotte, Charlotte, NC
- MS6**     **CONCUSSION SYMPTOM CLUSTERS AND RETURN-TO-PLAY TIME IN COLLEGE ATHLETES WITH SPORTS-RELATED CONCUSSIONS: 2009-2010 AND 2013-2014 DISC**  
A.J. Boltz<sup>1</sup>, M.H. Feinberg<sup>3</sup>, T.D. Smith<sup>1</sup>, T.M. Johnson<sup>2</sup>, M.R. Richardson<sup>1</sup>, J.R. Churilla<sup>1</sup>. <sup>1</sup>Department of CAMS; <sup>2</sup>Department of Public Health, University of North Florida, Jacksonville, FL; <sup>3</sup>S Florida Neurology Assoc, Boca Raton, FL



- P1 ERK1/2 AND CCR2 EXPRESSION IN FIT AND UNFIT MALES**  
Anson M. Blanks, Lauren N. Pedersen, Virginia L. Mihalick, Attiya Shah, R. Lee Franco, Dept. of Kinesiology and Health Sciences, Virginia Commonwealth University, Richmond, VA
- P2 AERBOIC TRAINING STATUS AND THE PENTRAXIN (PTX3)-MEDIATED INNATE IMMUNE RESPONSE FOLLOWING MAXIMAL EXERCISE**  
A.L. Slusher, Zúñiga T.M., Acevedo E.O., FACSM. Dept. of Kinesiology and Health Sciences, Virginia Commonwealth University, Richmond, VA
- P3 ENDOGENOUS IGG IN WESTERN BLOTTING: TRASH TO TREASURE?**  
AL. Letsinger, JZ. Granados, C. Nagel, VA. Garcia, JD. Velasco, K. Stiegel, B. Nevares, and JT. Lightfoot (FACSM). Dept. of Health & Kinesiology, Texas A&M University, College Station, TX
- P4 A TWO WEEK LOW-CALORIE DIET PLUS INTERVAL EXERCISE IMPROVES METABLIC FLEXIBILITY AND ADIPOSOPATHY IN OBESE WOMEN**  
N.M. Gilbertson; N.Z.M. Eichner; J.M. Gaitan; E.M. Heiston; J.H. Mehaffey; T.E. Hassinger; P.T. Hollowell; A. Weltman (FACSM); S.K. Malin (FACSM). University of Virginia, Charlottesville, VA
- P5 TESTOSTERONE RESPONSE FOLLOWING FIVE CROSSFIT® OPEN WORKOUTS**  
P. Serafini, T. VanDusseldorp, Y. Feito, FACSM, A. Holmes, G. Mangine Department of Exercise Science & Sport Management, Kennesaw State University, Kennesaw, GA
- P6 CARDIOMETABOLIC RISK ASSESSMENT IN ADOLESCENTS USING LATENT PROFILE ANALYSIS**  
Gabaldon, J., Gangel, M., Dollar, J., Shanahan, L., Calkins, S. D., Keane, S., & Wideman, L. The University of North Carolina Greensboro, Greensboro, NC and University of Zurich, Zurich, SW.
- P7 POST-STEMI AGE DIFFERENCES IN CD14 RESPONSE TO LPS**  
Lauren N. Pedersen, Anson M. Blanks, Justin M. Canada, Edmund O. Acevedo (FACSM), Antonio Abbate, R. Lee Franco. Department of Kinesiology and Health Sciences, Virginia Commonwealth University, Richmond, VA
- P8 STRESS HORMONES INCREASE MONOCYTE CD14 AND CD16 POST-MI**  
Virginia L. Mihalick, Anson M. Blanks, Lauren N. Pederson, Justin M. Canada, Edmund O. Acevedo FACSM, Antonio Abbate, R. Lee Franco, Dept of Kinesiology and Health Sciences, Virginia Commonwealth University, Richmond, VA
- P9 CORTISOL RESPONSES TO EXERCISE FOLLOWING SLEEP DEPRIVATION ARE INTENSITY DEPENDENT**  
T. Anderson<sup>1</sup>, K. Ritsche<sup>2</sup>, N.T. Berry<sup>1</sup>, J.A. Janssen<sup>1</sup>, J.A. Diekfuss<sup>3</sup>, A.B. Slutsky<sup>1</sup>, L.D. Raisbeck<sup>1</sup>, J.L. Etnier<sup>1</sup>, L. Wideman<sup>1</sup>; <sup>1</sup>Department of Kinesiology, University of North Carolina at Greensboro; <sup>2</sup>Winston-Salem State University; <sup>3</sup>Cincinnati Children's Hospital Medical Center
- P10 THE EFFECT OF SLEEP ON SYSTEMIC INFLAMMATION DURING THE ULTRAMAN TRIATHLON**  
K.A. Smith, J.N. Kisiolek, M.C. Morrissey, P.G. Saracino, B.D. Willingham, S.M. Leyh, D.A. Baur, and M.J. Ormsbee, FACSM. Institute of Sports Sciences and Medicine, Florida State University, Tallahassee, FL
- P11 EFFECT OF ACUTE HIGH-INTENSITY INTERVAL EXERCISE VS. CONTINUOUS MODERATE-INTENSITY EXERCISE ON THE BDNF, LACTATE, AND CORTISOL RESPONSES IN OBESE INDIVIDUALS**  
Alexandra A. Rodriguez, Michael Whitehurst, FACSM, Brandon G. Fico, Katelyn M. Dodge, Peter J. Ferrandi, Gabriel Pena, Avraham Adelman, Chun-Jung Huang, FACSM. Exercise Biochemistry Laboratory, Department of Exercise Science and Health Promotion, Florida Atlantic University, Boca Raton, FL

- P12 DEVELOPMENT OF A TURN-BY-TURN WHEEL RUNNING SYSTEM**  
O.R. Darley, C.E. Lombard, K.A. West, D.O. Lawrence, B.K. Butts, N.L. Stott, and R.S. Bowen. Pilgram Marpeck School of STEM, Truett McConnell University, Cleveland, GA & Department of Kinesiology, University of North Carolina Charlotte, Charlotte, NC
- P13 THE EFFECT OF INTENTIONAL WEIGHT LOSS ON THE HEALTHY AGING INDEX IN OLDER ADULTS WITH OBESITY**  
LN. Shaver, BS<sup>1</sup>, DP. Beavers, PhD<sup>2</sup>, SB. Kritchevsky, PhD<sup>3</sup>, KM. Beavers, PhD<sup>1</sup>. Depts. of <sup>1</sup>Health and Exercise Science, <sup>2</sup>Biostatistics, and <sup>3</sup>Internal Medicine, Wake Forest University, Winston-Salem, NC.
- P14 PHYSICAL ACTIVITY BY LOCATION OF MARYVILLE COLLEGE ATHLETES, NON-ATHLETES, AND FACULTY/STAFF**  
T. Smith, C. Beach, J.I. Flynn, T. Haydu, B. Guillaume, J.A. Steeves. Div. of Education, Maryville College, Maryville, TN
- P15 THE ATHLETIC DIFFERENCE: DIFFERENCES IN PHYSICAL ACTIVITY BETWEEN STUDENT ATHLETES, NON-ATHLETES AND FACULTY/STAFF**  
C. Beach, T. Smith, B. Guillaume, J. I. Flynn, T. Haydu, J. A. Steeves. Division of Education, Maryville College, Maryville, TN
- P16 DEVELOPING A FIT. GREEN. HAPPY™ CAMPUS: A DESCRIPTIVE STUDY OF OUTDOOR ACTIVITY AND SEDENTARY TIME IN FRESHMAN STUDENTS**  
L.G. Marttala, T. Haydu, B. Guillaume, J.A. Steeves & J.I. Flynn, Division of Education, Maryville College, Maryville, TN
- P17 FEASIBILITY OF A COLLABORATIVE INTERVENTION TO IMPROVE HEALTHY BEHAVIORS IN TEACHERS AND SCHOOL STAFF: A PILOT STUDY**  
Kayla M. Baker, Jaime L. Best, David H. Fukuda, Jeanette M. Garcia, University of Central Florida, Orlando, FL
- P18 SELF-REPORTED SEDENTARY TIME AND CUMULATIVE RISK OF PRESERVED AND REDUCED EJECTION FRACTION HEART FAILURE (FROM THE MULTI-ETHNIC STUDY OF ATHEROSCLEROSIS)**  
B.S. Rariden<sup>1</sup>, M.R. Richardson<sup>1</sup>, T.M. Johnson<sup>2</sup>, C.A. Brawner<sup>3</sup>, S.O. Pinkstaff<sup>1</sup>, J.R. Churilla<sup>1</sup>; <sup>1</sup>Department of CAMS, <sup>2</sup>Department of Public Health, University of North Florida, Jacksonville, FL; <sup>3</sup>Division of Cardiovascular Medicine, Henry Ford Hospital, Detroit, MI.
- P19 MEAN COMBINED RELATIVE GRIP STRENGTH AND METABOLIC SYNDROME: 2011-2014 NHANES**  
M.E. Summerlin, M.R. Richardson, J.R. Churilla. Dept. of Clinical & Applied Movement Sciences; University of North Florida, Jacksonville, FL
- P20 Diabetic Risk Profiling in Charlotte Hispanic Community**  
Anna Tart Carly Munchel, Ali Hinton, Blake Loman, Adam Lavis, Julianna Mills, Jimmy Joyner, Jibril Ash-Shakoor, Wendy Pascual, Scott Gordon PhD, Trudy Moore-Harrison PhD. University of North Carolina at Charlotte
- P21 SO YOU THINK YOU ARE BETTER THAN A 12-YEAR-OLD?**  
Katherine E. Wood<sup>1</sup>, Megan E. Holmes<sup>1</sup>, YonJoong Ryuh<sup>1</sup>, Chih Chia Chen<sup>1</sup>, Pamala H Kulinna<sup>2</sup>. <sup>1</sup>Mississippi State University, Starkville, MS; <sup>2</sup>Arizona State University, Phoenix, AZ
- P22 THE IMPORTANCE OF HIGH CARDIORESPIRATORY FITNESS AND OVERWEIGHT OBESITY TO CARDIOMETABOLIC HEALTH IN PRE-ADOLESCENT CHILDREN**  
Katie Burnet<sup>1</sup>, Nicholas Castro<sup>2</sup>, Lee Stoner<sup>1</sup>. <sup>1</sup>Department of Exercise and Sport Science, University of North Carolina at Chapel Hill, Chapel Hill, NC; <sup>2</sup>School of Sport and Exercise, Massey University, Wellington, NZ

- P23 THE BENEFITS OF A REQUIRED WELLNESS COURSE IN A LIBERAL ARTS EDUCATION**  
Anna K. Leal<sup>1</sup>, Ph.D., Edien Fernandini<sup>2</sup>, B.S., Brandon Jackson<sup>3</sup>, Madeleine Mason<sup>4</sup>, David Elmer<sup>4</sup>, Ph.D., <sup>1</sup>Bridgewater College (Bridgewater, VA); <sup>2</sup>University of Tennessee Chattanooga (Chattanooga, TN); <sup>3</sup>Georgia Southern University (Statesboro, GA); <sup>4</sup>Berry College (Mt. Berry, GA)
- P24 DOMAIN-SPECIFIC CORRELATIONS BETWEEN PHYSICAL ACTIVITY INTENSITY AND CELL-PHONE ADDICTION IN COLLEGE STUDENTS**  
V.K. Lewis<sup>1</sup>, A.L. Moskowski<sup>1</sup>, B.L. Tretter<sup>1</sup>, M.L. Stough<sup>1</sup>, E.D. Hathaway<sup>2</sup>, M.V. Fedewa<sup>1</sup>. <sup>1</sup>University of Alabama, Tuscaloosa, AL; <sup>2</sup>University of Tennessee at Chattanooga, Chattanooga, TN.
- P25 SEX-RELATED DIFFERENCES IN PHYSICAL ACTIVITY, SEDENTARY BEHAVIOR AND CELL-PHONE ADDICTION**  
S.C. Leatherwood<sup>1</sup>, T.D. Glover<sup>1</sup>, C.M. Brunton<sup>1</sup>, A.L. Moskowski<sup>1</sup>, T.A. Henson<sup>1</sup>, E.D. Hathaway<sup>2</sup>, M.V. Fedewa<sup>1</sup>. <sup>1</sup>University of Alabama, Tuscaloosa, AL; <sup>2</sup>University of Tennessee at Chattanooga, Chattanooga, TN.
- P26 SEDENTARY BEHAVIOR IS ASSOCIATED WITH PHYSICAL ACTIVITY AND CELL-PHONE ADDICTION IN YOUNG ADULTS**  
A.L. Moskowski<sup>1</sup>, T.A. Henson<sup>1</sup>, T.D. Glover<sup>1</sup>, S.C. Leatherwood<sup>1</sup>, C.M. Brunton<sup>1</sup>, E.D. Hathaway<sup>2</sup>, M.V. Fedewa<sup>1</sup>. <sup>1</sup>University of Alabama, Tuscaloosa, AL; <sup>2</sup>University of Tennessee at Chattanooga, Chattanooga, TN.
- P27 A COMPARISON OF MODERATE TO VIGOROUS PHYSICAL ACTIVITY DURING TRADITIONAL AND NON-TRADITIONAL SCHOOL ACTIVITY OPPORTUNITIES**  
Michelle L. Whitfield, G. Stewart, L. Decker, K. Brazendale, M. W. Beets, R.G. Weaver  
Dept. of Exercise Science, University of South Carolina, Columbia, SC
- P28 PHYSICAL ACTIVITY OPPORTUNITIES THROUGHOUT A SEGMENTED SCHOOL DAY**  
Emily C. Burrell, K. Brazendale, L. Decker, L.Schisler, M. Whitfield, B. Mealing, E. Hunt, M. Aziz , M. W. Beets , R.G. Weaver. Dept. of Exercise Science, University of South Carolina, Columbia, SC
- P29 ASSOCIATION OF PHYSICAL ACTIVITY AND SEDENTARY TIME ON SLEEP QUALITY IN FIRST-YEAR COLLEGE FEMALES**  
G.M. Frederick<sup>1</sup>, M.V. Fedewa<sup>2</sup>, B.M. Das<sup>3</sup>, E. Rees-Punia<sup>1</sup>, W.J. McConnell<sup>4</sup>, M.D. Schmidt<sup>1</sup>, E.M. Evans<sup>1</sup>, FACSM. <sup>1</sup>Department of Kinesiology: University of Georgia, Athens, GA; <sup>2</sup>Department of Kinesiology, The University of Alabama, Tuscaloosa, AL; <sup>3</sup>Department of Kinesiology, East Carolina University, Greenville, NC; <sup>4</sup>University Health Center, University of Georgia, Athens, GA.
- P30 PHYSICAL ACTIVITY PARTICIPATION AND CHRONIC DISEASE RISK FACTORS IN AFRICAN AMERICAN COLLEGE STUDENTS**  
A.A. Price<sup>1,2</sup>, T. Fair<sup>1</sup>, G. McCauley<sup>1</sup>, V. Duren-Winfield<sup>1</sup>. <sup>1</sup>Winston-Salem State University, Winston-Salem, NC; <sup>2</sup>Gramercy Research Group, Winston-Salem, NC.
- P31 EFFECTS OF EXERCISE AND WINE ON GLYCEMIC CONTROL IN TYPE 2 DIABETES**  
K.A. Abraham, M. Wasson, and H. Woggon. Exercise Science Program, Transylvania University, Lexington, KY.
- P32 PHYSICAL ACTIVITY AND PLAY BEHAVIORS DURING INDOOR AND OUTDOOR FREE PLAY IN TODDLERS**  
T.J. Kybartas, J.T. Ramsey, and D.P. Coe, FACSM. Department of Kinesiology, Recreation, & Sport Studies, The University of Tennessee, Knoxville, TN
- P33 WNT PROTEIN RESPONSE TO ACUTE AND CHRONIC RESISTANCE EXERCISE**  
Petey W. Mumford, C. Brooks Mobley, Cody T. Haun, Matthew A. Romero, Paul A. Roberson, Wesley C. Kephart, Kaelin C. Young, Michael D. Roberts; Auburn University, Auburn, AL; University of Wisconsin-Whitewater, Whitewater, WI; Edward Via College of Osteopathic Medicine – Auburn Campus, Auburn, AL

- P34 ENERGY EXPENDITURE IN OUTDOOR PLAY IN YOUNG CHILDREN**  
A.N. Schwartz<sup>1,2</sup>, R.A. Brookshire<sup>2,3</sup>, L.M. Hornbuckle<sup>1</sup>, E.C. Fitzhugh<sup>1</sup>, M.J. Moran<sup>2</sup>, S.E. Crouter<sup>1</sup>, and D.P. Coe<sup>1</sup>. <sup>1</sup>Department of Kinesiology, Recreation, and Sport Studies; <sup>2</sup>Department of Child and Family Studies; <sup>3</sup>Early Learning Center for Research and Practice, The University of Tennessee, Knoxville, TN
- P35 EFFICACY OF BINGOCIZE®: A GAME-CENTERED MOBILE APPLICATION TO IMPROVE PHYSICAL AND COGNITIVE PERFORMANCE IN COMMUNITY-DWELLING OLDER ADULTS**  
A. Kathryn Dispennette, K. Jason Crandall, Matthew Shake, Rilee P. Mathews, Western Kentucky University, Bowling Green, KY
- P36 THE IMPACT OF A 1-YEAR PHYSICAL ACTIVITY PROGRAM FOR PRESCHOOLERS ON FUNDAMENTAL MOTOR SKILLS, PERCEIVED COMPETENCE, AND PHYSICAL ACTIVITY**  
A.P. Venezia, M.E. Rudisill and D.D. Wadsworth, School of Kinesiology, Auburn University, Auburn AL
- P37 THE IMPACT OF NOTCH ON MUSCLE INJURY, COLLAGEN FORMATION AND FAT DEPOSITION FOLLOWING DOWNHILL RUNNING**  
J.Chesson, J. Huot, B. Thompson, B. Wilson & S. Arthur. Dept. of Kinesiology, University of North Carolina at Charlotte, Charlotte, NC
- P38 SEX MAY INFLUENCE EFFECTS OF AN EXERCISE INTERVENTION ON CHANGE IN PHYSICAL FUNCTION, LONELINESS, AND SOCIAL SUPPORT**  
R.E. Salyer, E.R. Williams, C.X. Torres, E.M. Evans, FACSM. Department of Kinesiology: University of Georgia, Athens, GA.
- P39 THE EFFECTS OF TAI CHI INTERVENTION ON HEALTHY ELDERLY BY MEANS OF NEUROIMAGING AND EEG**  
Su, X.1, Pan, Z.2, McWhirter, K. 2, Fang, Q.2, Hou, L. 1, Chen, C-C. 2, Lee, Y. 2, Kim, M.3, 1College of Physical Education and Sports, Beijing Normal University, China, 2Department of Kinesiology, Mississippi State University, MS State, MS; 3Department of Sports, Leisure and Recreation, Soonchunhyang University, Korea
- P40 EFFECTS OF SHORT-TERM RESISTANCE TRAINING ON MAXIMAL AND RAPID TORQUE CHARACTERISTICS IN OLDER MALES**  
A.A. Olmos<sup>1</sup>, G.M. Hester<sup>1</sup>, Z.K. Pope<sup>2</sup>, M.A. Magrini<sup>2</sup>, R.J. Colquhoun<sup>2</sup>, A. Barrera-Curiel<sup>2</sup>, C.A. Estrada<sup>2</sup>, J.M. DeFreitas<sup>2</sup>. <sup>1</sup>Dept. of Exercise Science and Sport Management, Kennesaw State University, Kennesaw, GA; <sup>2</sup>Applied Neuromuscular Physiology Laboratory, Oklahoma State University, Stillwater, OK
- P41 THE INFLUENCE OF RACE ON GESTATIONAL EXERCISE AND BIRTH OUTCOMES**  
Alex Babineau<sup>1</sup>, Christy Isler<sup>1</sup>, Linda E. May<sup>1,2</sup>. <sup>1</sup>College of Health and Human Performance, East Carolina University (ECU), Greenville, North Carolina; <sup>2</sup>Department of Obstetrics and Gynecology, ECU, Greenville, NC
- P42 PHYSICIAN-PROVIDED PHYSICAL ACTIVITY ADVICE DURING PREGNANCY AND ADVICE ADHERENCE**  
Cara Warren, Christopher G. Ballmann, John K. Petrella, FACSM, Rebecca R. Rogers, Mallory R. Marshall; Dept. of Kinesiology, Samford University, Birmingham, AL
- P43 WEARABLES FOR KIDS – VALIDATION OF CONSUMER-WEARABLE HEART RATE IN CHILDREN**  
L.Decker, M.W. Beets, E.Hunt, M.Whitfield, K.Brazendale, R.G. Weaver, Dept. of Exercise Science, University of South Carolina, Columbia, SC
- P44 EXAMINING THE DIFFERENCES IN BMI CHANGES OVER THE SUMMER AMONG CHILDREN ATTENDING YEAR-ROUND VERSUS TRADITIONAL SCHOOLS**  
Breonna A. Mealing, K. Brazendale, M. Whitfield, L. Decker, E. Burrell, L. Decker, E. Hunt, M. Aziz, M. W. Beets, R. G. Weaver; Dept. of Exercise Science, University of South Carolina, Columbia, SC

- P45 MODIFYING ACCELEROMETER CUT-POINTS AFFECTS CRITERION VALIDITY IN FREE-LIVING YOUTH AND ADULTS**  
P.R. Hibbing, D.R. Bassett FACSM, and S.E. Crouter FACSM. Dept. of Kinesiology, Recreation, and Sport Studies, The University of Tennessee, Knoxville, TN
- P46 QUALITY OF REPORTING FOR SINGLE-CASE EXPERIMENTAL DESIGNS TARGETING PHYSICAL ACTIVITY BEHAVIOR: A SYSTEMATIC REVIEW**  
Paula-Marie M. Ferrara, Kelley Strohacker. Department of Kinesiology, Recreation, & Sport Studies, University of Tennessee, Knoxville, TN
- P47 VALIDITY OF ADHESIVE WORN ACTIGRAPH GT3X+ ACCELEROMETER**  
AnnaMagee Morris, Eleanor Stevenback, Roxanna Lopez, Katherine H. Ingram, Ph.D. Dept. of Exercise Science and Sport Management, Kennesaw State University, Kennesaw, GA
- P48 CAN A PARTICIPANT-TAILORED PHYSICAL ACTIVITY INTERVENTION IMPACT MVPA IN LOW-SES, URBAN SCHOOL ADOLESCENTS?**  
A. Grant, K.C. Hamilton, S. Howard-Baptiste. Department of Health & Human Performance, University of Tennessee-Chattanooga, Chattanooga TN
- 4:00-5:30 THEMATIC POSTERS SESSION I (Ochs)**  
**TP1-TP6 NUTRITION AND EXERCISE/SPORTS**  
**Chair:** Trisha VanDusseldorp, Ph.D., Kennesaw State University
- TP1 EFFECT OF BETA-HYDROXY BETA-METHYLBUTYRATE SUPPLEMENTATION ON SPRINT KINETICS ACROSS A COLLEGIATE RUGBY SEASON**  
K.L. Hayes, J.M. Julian, T.A. VanDusseldorp, G.M. Hester, Y. Feito, and G.T. Mangine. Dept. of Exercise Science and Sport Management Kennesaw State University, Kennesaw, GA.
- TP2 PRELIMINARY ANALYSIS: MODERATING THE STRESS PERCEPTION OF COLLEGIATE DISTANCE RUNNERS USING BRANCHED-CHAIN AMINO ACIDS**  
Asher Flynn, Tara Whiton, Kimitake Sato, Joseph Walters, Caleb Bazylar, Michael H. Stone, Brad DeWeese. East Tennessee State University, Johnson City, TN
- TP3 NITRATE SUPPLEMENTATION DOES NOT INFLUENCE SUPRAMAXIMAL CYCLING PERFORMANCE OR LACTATE CLEARANCE**  
M.J. Webster<sup>1</sup>, M.R. Gross<sup>2</sup>, V.A. Blades<sup>1</sup>, and C.D. Rogers<sup>1</sup>. <sup>1</sup>Dept. of Exercise Physiology, Valdosta State University, Valdosta, GA; <sup>2</sup>Dept. of Kinesiology, University of North Georgia, Dahlonega, GA
- TP4 EFFECTS OF ACUTE GOLDEN ROOT EXTRACT (RHODIOLA ROSEA) SUPPLEMENTATION ON ANAEROBIC EXERCISE CAPACITY**  
Shelby Maze, Abby Wells, Rebecca R. Rogers, Mallory R. Marshall, John K. Petrella, FACSM, Christopher G. Ballmann, Dept. of Kinesiology, Samford University, Birmingham, AL
- TP5 SUB-CHRONIC PHYSIOLOGICAL EFFECTS OF BETALAIN SUPPLEMENTATION ON CYCLING PERFORMANCE**  
Shelby C. Osburn, Petey W. Mumford, C. Brooks Mobley, Cody T. Haun, Matthew A. Romero, Paul A. Roberson, Wesley C. Kephart, William C. Ruffin, Jeffery S. Martin, Kaelin C. Young, Michael D. Roberts, Auburn University, Auburn, AL; University of Wisconsin-Whitewater, Whitewater, WI; Edward Via College of Osteopathic Medicine – Auburn Campus, Auburn, AL
- TP6 EFFECTS OF EXOGENOUS KETONE SUPPLEMENTATION ON ANAEROBIC AND AEROBIC PHYSICAL PERFORMANCE**  
Ahmed S. Qazi, Hillary Gaines, Matthew Sharp, Ryan Lowery, Jacob Wilson, A. Maleah Holland. Department of Kinesiology, Augusta University, Augusta, GA
- 4:00-6:00 ORAL FREE COMMUNICATIONS I (Kelley)**  
**O1-08 PSYCHOLOGY/PSYCHIATRY/BEHAVIOR**  
**Chair:** Rebecca Ellis, Ph.D., Georgia State University



- 01 4:00 BASELINE CHARACTERISTICS OF MIDDLE SCHOOL EMPLOYEES PARTICIPATING IN A WORKPLACE PHYSICAL ACTIVITY INTERVENTION**  
M. Lima, R. Ellis, R. Gurvitch, & J. Lund. Dept. of Kinesiology and Health, Georgia State University, Atlanta, GA
- 02 4:15 BARRIERS TO A WORKPLACE PHYSICAL ACTIVITY PROGRAM**  
A. Davis, D. Biber, & R. Ellis. Georgia State University, Atlanta, GA
- 03 4:30 EFFECT OF MOTIVATIONAL SIGNAGE ON STAIR USAGE IN MUNICIPAL BUILDING**  
Aram Yoon<sup>1</sup>, Timothy Hughley<sup>1</sup>, Laxmi Paudel<sup>2</sup>, Hui Jun Yun<sup>2</sup>. <sup>1</sup>Department of Health and Human Performance; <sup>2</sup>Department of Math and Computer Science, Albany State University, Albany, GA
- 04 4:45 RACE, AGE, AND TYPES OF MOTIVATION IN INDOOR GROUP CYCLING**  
Alvin L. Morton, Derrick T. Yates, Miguel Aranda, Lyndsey M. Hornbuckle. Dept. of Kinesiology, Recreation, & Sports Studies, University of Tennessee, Knoxville, TN
- 05 5:00 TURN STRESS INTO SWEAT: THE EFFECTS OF PHYSICAL ACTIVITY CLASSES ON STRESS IN COLLEGE STUDENTS**  
K. Cooper, J.R. Wojcik, FACSM. Dept. of Physical Education, Sport and Human Performance, Winthrop University, Rock Hill, SC
- 06 5:15 ACUTE EXERCISE TO LIFT AFFECTIVE STATES IN INDIVIDUALS WITH PTSD**  
Daniel R. Greene, Augusta University, Augusta GA; Steven J. Petruzzello, University of Illinois at Urbana-Champaign, Urbana IL
- 07 5:30 REDUCING THE DISPLEASURE OF A PAINFUL EXERCISE: INDUCING BENIGN MASOCHISM**  
C. Loflin, Z. Zenko, C. J. Berman, J. D. O'Brien, and D. Ariely, Center for Advanced Hindsight, Duke University, Durham, NC
- 08 5:45 IMPACT OF A MOTHER-DAUGHTER PHYSICAL ACTIVITY INTERVENTION ON MATERNAL ENJOYMENT AND SUPPORT**  
D. Dlugonski and L. Schwab, Dept. of Kinesiology, East Carolina University, Greenville, NC
- 4:00-4:50 S1 SYMPOSIUM SESSION I (Walker)**  
**ACUTE SEDENTARISM AND CARDIOVASCULAR HEALTH: INTERACTIONS BETWEEN PERIPHERAL AND SYSTEMIC VASCULAR HEALTH**  
Lee Stoner<sup>2</sup>, Daniel Credeur<sup>2</sup>, William Evans<sup>1</sup>, Sabina Miller<sup>2</sup>, Quentin Willey<sup>1</sup>; <sup>1</sup>Dept. of Sport & Exercise Science, University of North Carolina, Chapel Hill, NC; <sup>2</sup>Dept. of Kinesiology, University of Southern Mississippi, Hattiesburg, MS  
**Chair:** Trudy Moore-Harrison, Ph.D., University of North Carolina - Charlotte
- 4:00-4:50 S2 SYMPOSIUM SESSION II (Rose)**  
**STUDENT RUN PROGRAMS PROVIDING COMMUNITY-BASED PHYSICAL ACTIVITY PROGRAMS FOR INDIVIDUALS WITH SPECIAL NEEDS**  
Dr. Kathy Carter- University of Louisville, Dr. Kevin McCully - University of Georgia, Dr. Jason Crandall - Western Kentucky University, Megan Osbourn - University of Georgia  
**Chair:** Erica Roelofs, Ph.D., Meredith College
- 4:00-4:50 T1 TUTORIAL SESSION I (Roberts)**  
**BONE MINERAL DENSITY AND BODY COMPOSITION RELATIONSHIPS IN MULTICULTURAL NON- AND MENOPAUSAL RUNNERS AND NON-RUNNERS**  
Doris J. Morris<sup>1</sup>, L. Jerome Brandon<sup>2</sup>, FACSM; <sup>1</sup>Kennesaw State Univ., Kennesaw, GA; <sup>2</sup>Georgia State University, Atlanta, GA  
**Chair:** Catalina Casaru, Ph.D., Georgia Southern University
- 4:00-4:50 T2 TUTORIAL SESSION II (Amphitheater)**  
**THE ADVERSE EFFECTS OF HIGH-FAT MEALS ON METABOLIC AND CARDIOPULMONARY OUTCOMES: WHAT ROLE DOES EXERCISE HAVE?**  
Stephanie P. Kurti, Ph.D., James Madison University, Harrisonburg, VA  
**Chair:** Eric Plainsance, Ph.D., University of Alabama - Birmingham

- 5:00-5:50 S3 SYMPOSIUM SESSION III (Walker)**  
**IF YOU BUILD IT, WILL THEY COME? PHYSICAL ACTIVITY AND THE BUILT ENVIRONMENT**  
 GW Heath, KL Peyer, K Hamilton, A Bailey. Department of Health and Human Performance, University of Tennessee at Chattanooga, Chattanooga, TN  
**Chair:** Elizabeth Skidmore Edwards, Ph.D., James Madison University
- 5:00-5:50 S4 SYMPOSIUM SESSION IV (Rose)**  
**CHRONIC EXTERNAL LOADING DURING DAILY LIVING: A "LOST" TRAINING STRATEGY TO IMPROVE THE FORCE-VELOCITY CURVE**  
 JD Simpson<sup>1</sup>, EM Scudamore<sup>2</sup>, & EK O'Neal<sup>3</sup>. <sup>1</sup>Mississippi State University, Mississippi State, MS; <sup>2</sup>Arkansas State University, Jonesboro, AR; <sup>3</sup>University of North Alabama, Florence, AL  
**Chair:** Jennifer Bunn, Ph.D., Campbell University
- 5:00-5:50 T3 TUTORIAL SESSION III (Roberts)**  
**DOES ADDING PHARMACOLOGY TO EXERCISE ENHANCE OR ATTENUATE MANAGEMENT OF TYPE 2 DIABETES?**  
 Steven K. Malin<sup>1,2,3</sup>. <sup>1</sup>Dept. of Kinesiology; <sup>2</sup>Division of Endocrinology & Metabolism; <sup>3</sup>Robert M. Berne Cardiovascular Research Center, University of Virginia, Charlottesville, VA  
**Chair:** Juliana Marino, MA, University of North Carolina - Charlotte
- 5:00-5:50 T4 TUTORIAL SESSION IV (Amphitheater)**  
**DYNAMICS OF PRE-HEALTH SCREENING: APPLICATION OF CURRENT ACSM GUIDELINES**  
 J.M. Green and L.G. Killen, Dept. of HPER, University of North Alabama, Florence, AL  
**Chair:** Christopher Mojock, Ph.D., University of Georgia
- 7:30-9:00 OPENING REMARKS AND KEYNOTE ADDRESS (Chattanooga Ballroom 1,2,3,4)**  
**IS THE REVOLUTION UNDERWAY? THE USE OF GENETICS IN EXERCISE PHYSIOLOGY**  
 Tim Lightfoot, Ph.D., SEACSM Past President  
 Huffines Institute at Texas A & M  
**Presiding:** Michael McKenzie, Ph.D., SEACSM President, Winston-Salem State University  
**Introduction:** Michael McKenzie, Ph.D., SEACSM President, Winston-Salem State University
- 9:00-10:30 SEACSM SOCIAL (Lobby)**
- FRIDAY, February 16, 2018**
- 6:45-7:45 MENTORING BREAKFAST (Chattanooga Ballroom 1,2,3,4)**  
**(Pre-Register by February 5)**  
 Naming of Breakfast in Honor of Emily Haymes, Ph.D., SEACSM Past President  
**Remarks:** Judith A. Flohr, Ph.D., SEACSM Past President
- 8:00-5:00 REGISTRATION AND STUDENT HELP DESK (Lobby)**
- 8:00-6:00 EXHIBITS (Conference Concierge)**
- 8:00-9:30 POSTER FREE COMMUNICATIONS II (Ballroom Foyer)**  
**P49-P120 ATHLETIC CARE/TRAUMA/REHABILITATION MOTOR CONTROL**  
**FITNESS/TESTING/ASSESSMENT**  
**RESPIRATORY PHYSIOLOGY**  
**Chair:** Kathy Carter, Ph.D., University of Louisville
- P49 WHO'S USING IT: UTILIZATION OF STRENGTH AND CONDITIONING FACILITIES AND STAFF BY HIGH SCHOOL ATHLETIC TEAMS**  
 WD. Shaver, & TG. Coffey. Dept. of Health, Athletic Training, Recreation, and Kinesiology, Longwood University, Farmville, VA
- P50 EXAMINATION OF SCHOOL TYPE, ENROLLMENT, AND LOCATION ON THE SQUARE FOOTAGE OF HIGH SCHOOL STRENGTH AND CONDITIONING FACILITIES**  
 AM. Bielen, & TG. Coffey. Dept. of Health, Athletic Training, Recreation, and Kinesiology, Longwood University, Farmville, VA

- P51 CONCUSSION EDUCATION AWARENESS AMONG DIVISION III COLLEGE ATHLETES AND COACHES**  
 Jamie L Langford, Michael R. Bamman, Huntingdon College, Birmingham, AL
- P52 EXAMINING THE IMPACT OF A SUMMER LEARNING PROGRAM ON CHILDREN'S WEIGHT STATUS, CARDIORESPIRATORY FITNESS**  
 Ethan T. Hunt, Michelle L. Whitfield, Keith Brazendale, Michael W. Beets, Robert G. Weaver, Dept. of Exercise Science, University of South Carolina, Columbia, SC
- P53 GENDER COMPARISONS FOR VERY SHORT-TERM DYNAMIC CONSTANT EXTERNAL RESISTANCE TRAINING**  
 M. Travis Byrd, Haley C. Bergstrom, University of Kentucky, Lexington, KY
- P54 COMPARISON OF ELECTROMYOGRAPHICAL SIGNAL ANALYSES FOR ESTIMATING LACTATE THRESHOLD**  
 Ronald L. Snarr<sup>1</sup>, Danilo V. Toluoso<sup>2</sup>, Ashleigh V. Hallmark<sup>3</sup>. <sup>1</sup>Georgia Southern University, Statesboro, GA; <sup>2</sup>The University of Alabama, Tuscaloosa, AL; <sup>3</sup>The University of Alabama at Birmingham, Birmingham, AL
- P55 EXERCISE ENJOYMENT ASSOCIATED WITH HIIT AND RESISTANCE TRAINING IN WOMEN**  
 K. Suire, A. Peart and D.D. Wadsworth, School of Kinesiology, Auburn University, Auburn AL
- P56 THE IMPACT OF OBESITY ON PENTRAXIN 3 AND ENDOTHELIAL FUNCTION FOLLOWING ACUTE HIGH-INTENSITY INTERVAL EXERCISE VS. CONTINUOUS MODERATE-INTENSITY EXERCISE**  
 K.M. Dodge, B.G. Fico, R.S. Garten, P.J. Ferrandi, A.A. Rodriguez, G. Pena, and C-J. Huang, FACSM. Exercise Biochemistry Laboratory, Dept. of Exercise Science and Health Promotion, Florida Atlantic University, Boca Raton, FL
- P57 PREDICTABILITY OF MAXIMAL OXYGEN CONSUMPTION USING SUBMAXIMAL RATING OF PERCEIVED EXERTION IN CHILDREN**  
 Danilo V. Toluoso, Mike R. Esco FACSM. Department of Kinesiology, The University of Alabama, Tuscaloosa, AL
- P58 PREDICTING ENERGY EXPENDITURE WITH THE ACTIGRAPH GT9X IMU USING ARTIFICIAL NEURAL NETWORKS**  
 S.R. LaMunion, P.R. Hibbing, A.S. Kaplan, D.R. Bassett FACSM, S.E. Crouter FACSM, Dept. of Kinesiology, Recreation, & Sport Studies, The University of Tennessee, Knoxville, TN
- P59 LOWER FOOD SECURITY IS ASSOCIATED WITH LESS PHYSICAL ACTIVITY IN RURAL APPALACHIA**  
 Jeremy A. Steeves<sup>1</sup>, C. Beach<sup>1</sup>, J. I. Flynn<sup>1</sup>, E.T. Anderson Steeves<sup>2</sup>, <sup>1</sup>Maryville College, Maryville, TN, <sup>2</sup>University of Tennessee, Knoxville, TN
- P60 USING THE WRIST-WORN ATLAS MONITOR TO OBJECTIVELY MEASURE STRENGTH TRAINING EXERCISES**  
 T. Perry<sup>1</sup>, J. Collett<sup>1</sup>, C. Johnson<sup>1</sup>, S.A. Conger<sup>2</sup>, A.H.K. Montoye<sup>3</sup>, J.A. Steeves<sup>1</sup>. <sup>1</sup>Maryville College, Maryville, TN; <sup>2</sup>Boise State University, Boise, ID; <sup>3</sup>Alma College, Alma MI.
- P61 EVALUATING THE POTENTIAL IMPACT OF FATIGUE ON ULTIMATE FRISBEE PLAYERS DURING TOURNAMENT PLAY**  
 J. Feister, R. Sanders, C. Carver, H. Nelson, J. Kelly, A. Bosak. Dept. of Health Professions, Liberty University, Lynchburg VA
- P62 RELIABILITY AND VALIDITY OF THE RUNNING READINESS SCALE™**  
 A.W. Kercheville<sup>1</sup>, M.G. Michael<sup>1</sup>, C.J. Reed<sup>1</sup>, K.C. Palmer<sup>1</sup>, Z. Sutton<sup>2</sup>, D. Levine<sup>1</sup>, S. Payne<sup>3</sup>, D.S.B. Williams III<sup>4</sup>. <sup>1</sup>University of Tennessee at Chattanooga, Chattanooga, TN; <sup>2</sup>McMinnville Physical Therapy, McMinnville, TN; <sup>3</sup>Otterbein University, Westerville, OH; <sup>4</sup>Virginia Commonwealth University, Richmond, VA

- P63 ASSESSING THE IMPACT OF BODY FAT PERCENTAGE AND LEAN MASS, ON WINGATE PERFORMANCE**  
Robert Taylor Sanders, Andrew Bosak, Matthew Sokoloski, Hannah Nelson, Jared Feister; Department of Health Professions, Liberty University & Department of Kinesiology, Texas Woman's University, Lynchburg, VA
- P64 AN ASSESSMENT OF A 15 VS. 30 SECOND RECOVERY PERIOD ON VERTICAL JUMP PERFORMANCE**  
H. Nelson, A. Bosak, R. Lowell, B. Ziebell, R. Sanders, J. Feister, and M. Phillips. Dept. of Health Professions, Liberty University, Lynchburg, VA
- P65 PHYSIOLOGICAL PROFILING OF COLLEGIATE CLUB MALE ULTIMATE FRISBEE ATHLETES**  
A. Smith<sup>1</sup>, A. Bosak<sup>2</sup>, J. Houck<sup>3</sup>, M. Sokoloski<sup>4</sup>, C. Carver<sup>2</sup>. <sup>1</sup>Center of Excellence for Sport Science and Coach Education, Department of Sport, Exercise, Recreation, and Kinesiology. East Tennessee State University, Johnson City, TN; <sup>2</sup>Liberty University, Lynchburg, VA. <sup>3</sup>University of New Mexico, Albuquerque, NM; <sup>4</sup>Texas Women's University, Denton, TX.
- P66 AN EVALUATION OF DIFFERENT PASSIVE RECOVERY PERIODS ON VERTICAL JUMP PERFORMANCE IN COLLEGIATE FEMALES**  
A. Bosak<sup>1</sup>, R. Sanders<sup>1</sup>, H. Nelson<sup>1</sup>, J. Feister<sup>1</sup>, and M. Sokoloski<sup>2</sup>. <sup>1</sup>Liberty University, Lynchburg, VA and <sup>2</sup>Texas Women's University, Denton, TX.
- P67 COMPARATIVE RESPONSES TO SQUATS DONE WITH FREE WEIGHTS AND AN EXOSKELETON.**  
LJ Vargas, MK Daunis, T Bayers, L Bai, TB Symons, JF Caruso. The University of Louisville, Louisville KY
- P68 EFFECTS OF 12-WEEKS OF AEROBIC EXERCISE TRAINING ON INSULIN SENSITIVITY UNDER ENERGY BALANCED CONDITIONS IN WOMEN**  
Chandler, M. Gentz<sup>1</sup>, Douglas, M Moellering<sup>2</sup>, Samuel T. Windham<sup>3</sup>, Barbara A. Gower<sup>2</sup>, Gary R. Hunter<sup>1, 2</sup>, and Gordon Fisher<sup>1, 2</sup>. <sup>1</sup>Departments of Human Studies; <sup>2</sup>Nutrition Sciences; <sup>3</sup>Medicine University of Alabama at Birmingham
- P69 ARTERIAL STIFFNESS IS REDUCED IN AN EXERCISE DOSE DEPENDENT MANNER IN ADULTS WITH PREDIABETES**  
M. Khurshid, N.Z.M. Eichner, J.M. Gaitan, N.M. Gilbertson, E.J. Barrett, A. Weltman (FACSM), S.K. Malin (FACSM). University of Virginia, Charlottesville VA
- P70 THE EFFECT OF DIETARY MANIPULATIONS ON ULTRASONOGRAPHY DERIVED MEASURES OF MUSCLE ARCHITECTURE**  
Philip A. Sapp, Jeremy R. Townsend, Autumn C. Marshall, Kent D. Johnson FACSM, William C. Vantrease. Exercise and Nutrition Science, Lipscomb University, Nashville, TN
- P71 DIFFERENCES BY PHYSICAL EDUCATION CLASS AND RECESS TIME AMONG CHILDREN IN PUERTO RICO**  
M. E. Santiago-Rodríguez<sup>1</sup>, M. A. Amalbert-Birriel<sup>2</sup>, F. A. Ramírez-Marrero<sup>2</sup>, FACSM, <sup>1</sup>University of Illinois at Chicago – Chicago, IL; <sup>2</sup>University of Puerto Rico – Rio Piedras Campus, San Juan, PR
- P72 THE EFFECTS OF REPEATED BOUTS OF FOAM ROLLING ON HIP RANGE OF MOTION, PAIN AND PERFORMANCE ACROSS DIFFERENT TISSUES**  
S. Carter, Coastal Carolina University, Conway, SC
- P73 FAMILIARIZATION PROTOCOLS PROVE USEFUL WITH MAXIMAL EXERCISE TESTING IN SEDENTARY MIDDLE-AGED FEMALES**  
C.W. Wagoner, E.D. Hanson, E.D. Ryan, R. Brooks, J.T. Lee, & C.L. Battaglini, FACSM, Exercise Oncology Research Laboratory, Neuromuscular Research Laboratory, Department of Exercise & Sport Science, University of North Carolina at Chapel Hill, Chapel Hill, NC

- P74 PHYSICAL ACTIVITY BEHAVIORS AND SMARTPHONE USE IN COLLEGE AGED STUDENTS**  
A.V. Farrell<sup>1</sup>, N.T. Penglee<sup>3</sup>, E Rosenberg<sup>2</sup>, R.W. Christiana<sup>1</sup>, R.A. Battista<sup>1</sup>,. <sup>1</sup>Department of Health and Exercise Science; <sup>2</sup>Department of Sociology. Appalachian State University, Boone, North Carolina; <sup>3</sup>Department of Physical Education, Kasetsart University, Bangkok, Thailand.
- P75 CONCURRENT VALIDITY OF THE MYMO PHYSICAL ACTIVITY MONITOR**  
Katharine McComiskey, G.W. Heath and K.L. Peyer, Dept. of Health and Human Performance, University of Tennessee at Chattanooga Chattanooga, TN
- P76 EVALUATION OF A GOALKEEPER-SPECIFIC ADAPTATION TO THE YO-YO INTERMITTENT RECOVERY TEST LEVEL 1: RELIABILITY AND VARIABILITY**  
AM Ehlert<sup>1</sup>, JR Cone<sup>2</sup>, L Wideman<sup>1</sup>, AH Goldfarb<sup>1</sup>. <sup>1</sup>Department of Kinesiology, The University of North Carolina at Greensboro, Greensboro, NC; <sup>2</sup>Athletes Research Institute, Inc., Chapel Hill, NC.
- P77 EFFECTS OF CONTINUOUS AND NON-CONTINUOUS TREADMILL DESK WALKING ON FREE-LIVING PHYSICAL ACTIVITY**  
Erica Disbrow, Rebecca R. Rogers, Mallory R. Marshall, John K. Petrella, FACSM, Christopher G. Ballmann, Dept. of Kinesiology, Samford University, Birmingham, AL
- P78 THE MEASURE OF FUNCTIONAL MOVEMENT IN RECREATIONAL CYCLISTS AND CLIMBERS**  
N.T. Bacon, K. Koch. Dept. of Sport Science, Belmont University, Nashville, TN
- P79 CHANGES IN BENCH PRESS VELOCITY FOLLOWING OVERLOAD AND TAPER MICROCYCLES**  
TS Queen<sup>1</sup>, PA Bishop<sup>2</sup>, and MR Esco<sup>2</sup>, TD Williams<sup>1,2</sup>. <sup>1</sup>Samford University, Birmingham, AL; <sup>2</sup>University of Alabama, Tuscaloosa, AL
- P80 VENTILATORY AND BREATHLESSNESS ALTER SELF-SELECTED POWER OUTPUT DURING A CYCLING TIME TRIAL**  
H.E. Snyder, V.P. Georgescu, A.B. McMichael, E.M. Larson, J.T. Oliver, and J.L. Stickford. Department of Health & Exercise Science, Appalachian State University, Boone, NC
- P81 PREDICTING OXYGEN UPTAKE RESPONSES DURING CYCLING USING AN ARTIFICIAL NEURAL NETWORK**  
A. M. Borrer<sup>1</sup>, M. J. Mazzoleni<sup>2</sup>, J. Coppock<sup>3</sup>, B. P. Mann<sup>4</sup>, & C. L. Battaglini<sup>1</sup>. <sup>1</sup>The University of North Carolina, Chapel Hill, NC; <sup>2</sup>Under Armour, Inc., Baltimore, MD; <sup>3</sup>The University of North Carolina, Greensboro, NC; <sup>4</sup>Duke University, Durham, NC
- P82 ASSESSING THE IMPACT OF A GOVERNED FOCAL POINT ON BROAD JUMP PERFORMANCE IN COLLEGIATE FEMALES**  
M. Phillips, R. Sanders, J. Feister, A. Bosak, H. Nelson, R. Lowell, and B. Ziebell. Dept. of Health Professionals, Liberty University, Lynchburg, VA
- P83 COMPARING INTENSITY LEVELS OF EXERCISE ACHIEVED BETWEEN AN OUTDOOR FITNESS PARK AND A STANDARD INDOOR FITNESS FACILITY**  
R. Butler, S. Stutts, K.L. Peyer, G.W. Heath, FACSM, B. Oglesby, N. Boer, and K.C. Hamilton. Dept. of Health and Human Performance, University of Tennessee Chattanooga, Chattanooga
- P84 HYPERTROPHIC RESPONSES DO NOT COMPLETELY EXPLAIN INCREASES IN STRENGTH AFTER 12 WEEKS OF RESISTANCE TRAINING IN PREVIOUSLY UNTRAINED YOUNG MEN**  
Christopher G. Vann<sup>1</sup>, Cody T. Haun<sup>1</sup>, C. Brooks Mobley<sup>1</sup>, Matthew A. Romero<sup>1</sup>, Paul A. Roberson<sup>1</sup>, Pete W. Mumford<sup>1</sup>, Wesley C. Kephart<sup>1</sup>, Shelby C. Osburn<sup>1</sup>, Michael D. Roberts<sup>1,2</sup>. <sup>1</sup>Molecular and Applied Sciences Laboratory, School of Kinesiology, Auburn University, Auburn, AL; <sup>2</sup>Department of Cell Biology and Physiology, Edward Via College of Osteopathic Medicine – Auburn Campus, Auburn, AL

- P85 EFFECTS OF GRIP DIAMETER ON MUSCLE ACTIVITY AND PERFORMANCE DURING DEADLIFT AND BENT-OVER ROW EXERCISES**  
B.D. Shepherd, B.M. Krings, P.L. Williamson, J.C. Swain, A.J. Turner, H.S. Waldman, H. Chander, M.J. McAllister, A.C. Knight, & J.W. Smith. Dept. of Kinesiology, Mississippi State University, Mississippi State, MS
- P86 THE EFFECT OF PERSONAL PROTECTIVE EQUIPMENT ON FIREFIGHTER OCCUPATIONAL PERFORMANCE**  
A. Lesniak<sup>1</sup>, H. Bergstrom<sup>2</sup>, J.L. Clasey<sup>2</sup>, A.J. Stromberg<sup>2</sup>, M. Abel<sup>2</sup>; <sup>1</sup>Department of Exercise Physiology, Lynchburg College, Lynchburg, VA., <sup>2</sup>Department of Kinesiology and Health Promotion, University of Kentucky, Lexington, KY
- P87 STRIDE TIME CONSISTENCY MAY IMPROVE DISTANCE RUNNING PERFORMANCE**  
Nicholas A. Hadgis & Dr. Matthew W. Wittstein, Elon University, Elon, NC
- P88 VALIDITY OF FOUR HEART RATE MEASUREMENT METHODS AT REST AND DIFFERENT EXERCISE INTENSITIES**  
E. Spradling, N. Wiggins, D. Williams, R.R. Rogers, C. Ballmann, J.K. Petrella, FACSM and M.R. Marshall; Department of Kinesiology, Samford University, Birmingham, AL
- P89 ARMY ROTC CADET PERFORMANCE ON A MODIFIED RANGER PHYSICAL ASSESSMENT TEST- A DESCRIPTIVE STUDY**  
BL. Johnson, KI. Moore, DP. Meckley, KM. Hulbert, JJ. Houck, WA. Stewart, and JH. Hornsby. Dept. of Health Professions, Liberty University, Lynchburg, VA
- P90 ACTIVITY CLASSIFICATION WITH THE ACTIGRAPH GT9X IMU USING ARTIFICIAL NEURAL NETWORKS**  
A.S. Kaplan, S.R. LaMunion, P.R. Hibbing, D.R. Bassett FACSM, S.E. Crouter FACSM, Dept. of Kinesiology, Recreation, and Sports Studies, University of Tennessee, Knoxville, TN
- P91 THE EFFECTS OF VARIOUS INTERVALS OF PASSIVE RECOVERY ON PEAK POWER OUTPUT DURING BOUTS OF HIGH-INTENSITY INTERMITTENT CYCLING EXERCISE**  
S.M. Mitchell<sup>1</sup>, K. Muskaj<sup>2</sup>, R.J. Henderson-Mitchell<sup>3</sup>, SH Bishop<sup>1</sup>, M. Webb<sup>1</sup>, J.B. Mitchell<sup>1</sup>.  
<sup>1</sup>Dept. of Exercise and Nutrition Science, The University of Montevallo, Montevallo, AL;  
<sup>2</sup>Dept. of Kinesiology, The University of South Alabama, Mobile, AL; <sup>3</sup>Rural Health Institute, The University of Alabama, Tuscaloosa, AL
- P92 EFFECTS OF TRANSDERMAL MAGNESIUM CHLORIDE ON MUSCLE STRENGTH AND SORENESS FOLLOWING ECCENTRIC EXERCISE: PRELIMINARY FINDINGS**  
M.L. Moore, W.S. Evans, M. Bass, G. Gerstner, J.W. Beaulieu, C.L. Battaglini, FACSM, E.D. Hanson. Exercise Oncology Research Laboratory, Neuromuscular Research Laboratory, Dept of Exercise & Sport Science, University of North Carolina, Chapel Hill, NC
- P93 INCREASED RESISTED SPRINTING LOAD DECREASES BILATERAL ASYMMETRY IN SPRINTING KINETICS**  
J McNabb, T VanDusseldorp, G Hester, Y Feito FACSM, & G Mangine, Dept. of Exercise Science and Sport Management, Kennesaw State University, Kennesaw, GA
- P94 COMPARISON OF HR AND RPE DURING SELF-SELECTED AND PRESCRIBED EXERCISE BOUTS IN COLLEGE STUDENTS**  
A. Ewald, N. F. Boér, K.C. Hamilton; Department of Health and Human Performance, University of Tennessee at Chattanooga, Chattanooga, TN
- P95 GESTURE ANALYSIS OF YOGA POSES FOR EXERGAME USING MACHINE INTELLIGENCE**  
S. Fouche, H. Crumley, M. Martin, R. Martucci, W. Seffens, and P. Pullen. Dept. of Kinesiology, University North Georgia, Gainesville, GA, and Seftec, Inc., Atlanta, GA.

- P96**      **COMPARISON OF PLETHYSMOGRAPHY AND BMI-BASED EQUATIONS FOR ESTIMATING BODY FAT IN FEMALE COLLEGIATE GYMNASTS**  
Lea Ann Porter, and Jason C. Casey, Department of Exercise Science, LaGrange College, LaGrange, GA
- P97**      **VALIDITY AND RELIABILITY OF FLYWHEEL-BASED MUSCLE PERFORMANCE TESTING**  
Jason T. Brantley, J. Kohl Tarlton, Paul A. Baker, Jenna Abbott, and Lance M. Bollinger. Department of Kinesiology and Health Promotion, University of Kentucky, Lexington, KY
- P100**     **THE RELATIONSHIP AMONG MANUAL DEXTERITY, UPPER AND LOWER EXTREMITY STRENGTH IN OLDER ADULTS RESIDING IN INDEPENDENT LIVING**  
Choi, P., Talwar, S., Key, J., Hartmann, K., Bass, M., Chen, C-C., Pan, Z. Dept. of Kinesiology, Mississippi State University, MS State, MS
- P101**     **COMPARISON OF UPPER EXTREMITY STRENGTH AMONG DIFFERENT AGE GROUPS OF THE OLDER ADULT POPULATION**  
Ryuh, Y., Talwar, S., McBeth, J., McWhirter, K., Siosin, N., Chen, C-C., Pan, Z. Dept. of Kinesiology, Mississippi State University, MS State, MS
- P102**     **PHYSIOLOGICAL MEASURES OF STRESS CAN PREDICT MARKSMANSHIP SUCCESS IN BASIC TRAINING SOLDIERS**  
McGinnis K, McAdam JS, Sefton JM. Warrior Research Center, School of Kinesiology, Auburn University, Auburn, AL
- P104**     **HEART RATE VALIDITY OF CONSUMER WRIST-BASED MONITORS**  
N. Sealover<sup>1</sup>, JC. Sieverdes<sup>2</sup>, DD. Thomas<sup>1</sup>, DB. Bornstein<sup>3</sup>, AM. Hoover<sup>1</sup>, HM. Puleo<sup>1</sup>, and WD. Dudgeon<sup>1</sup>. <sup>1</sup>Dept. of Health and Human Performance, College of Charleston, SC; <sup>2</sup>CON, Medical University of South Carolina, Charleston, SC; <sup>3</sup>Dept. of Health Exer., and Sport Science, The Citadel, Charleston, SC
- P105**     **BIOMARKERS OF INFLAMMATION AND ANGIOGENESIS FOLLOWING SHORT VS. LONG BOUTS OF HIGH-INTENSITY TRAINING**  
K.N. Clemons<sup>1</sup>, C.D. Markert<sup>1</sup>, E.E. Bechke<sup>2</sup>, C.M. Williamson<sup>2</sup>, M.J. McKenzie<sup>1</sup>, B.M. Kliszczewicz<sup>2</sup>. <sup>1</sup>Dept. of Exercise Physiology, Winston-Salem State University, Winston-Salem, NC; <sup>2</sup>Dept. of Exercise Science and Sport Management, Kennesaw State University, Kennesaw, GA
- P106**     **ASSESSMENT OF STEP ACCURACY DURING WALKING USING THE CONSUMER TECHNOLOGY ASSOCIATION STANDARD**  
Alexis Oliveira<sup>1</sup>, Caleb Jones<sup>1</sup>, L. Chris Eschbach<sup>2</sup>, Jennifer Bunn<sup>1</sup>, <sup>1</sup>Campbell University, Department of Physical Therapy, Buies Creek, NC; <sup>2</sup>Valencell Inc., Raleigh, NC
- P107**     **ASSESSMENT OF STEP ACCURACY DURING RUNNING USING THE CONSUMER TECHNOLOGY ASSOCIATION STANDARD**  
Caleb Jones<sup>1</sup>, Alexis Oliveira<sup>1</sup>, L. Chris Eschbach<sup>2</sup>, Jennifer Bunn<sup>1</sup>, <sup>1</sup>Campbell University, Department of Physical Therapy, Buies Creek, NC; <sup>2</sup>Valencell Inc., Raleigh, NC
- P108**     **MUSCLE QUALITY IS A PREDICTOR OF A SINGLE TASK AND A COMPOSITE MEASURE OF PHYSICAL FUNCTION IN OLDER ADULTS**  
J.A. Moody, J.S. Walker, and A.O. Brady, Department of Kinesiology, The University of North Carolina at Greensboro, Greensboro, NC
- P109**     **COMPARING THE GARMIN VIVOSMART HR VS THE COSMED K4B2 METABOLIC BACKPACK IN MEASURING ENERGY EXPENDITURE**  
Brandi R. Washell, Alexandra P. Lucas, Ethan Hayes, G. William Lyerly FACSM. Department of Kinesiology, Coastal Carolina University, Conway, SC
- P110**     **COMPARING THE GARMIN VIVOSMART HR VS THE ACTIGRAPH GT3X ACCELEROMETER IN MEASURING ENERGY EXPENDITURE**  
Ethan M. Hayes, Alexandra P. Lucas, Brandi R. Washell, G. William Lyerly FACSM Department of Kinesiology, Coastal Carolina University, Conway, SC

- P111**      **COMPARING THE GARMIN VIVOSMART HR ACTIVITY MONITOR TO THE COSMED K4b2 METABOLIC BACKPACK IN MEASURING HEART RATE**  
Alexandra P. Lucas, Ethan M. Hayes, Brandi R. Washell, G. William Lyerly FACSM,  
Department of Kinesiology, Coastal Carolina University, Conway, SC
- P112**      **EXERCISE INTENSITY AFFECTS THE KINEMATIC APPROACH USED TO IMPROVE PERFORMANCE OF A 3-DIMENSIONAL TARGET TASK**  
JF Baird, ME Gaughan, HM Saffer, MA Sarzynski, TM Herter, SL Fritz, DB den Ouden, & JC Stewart. Exercise Science, University of South Carolina, Columbia, SC
- P113**      **RELATIONSHIP BETWEEN NEUROCOGNITIVE TESTING AND SACCADIC EYE MOVEMENTS IN SYMPTOM FREE DIVISION I ATHLETES**  
S. Wilhoite<sup>1</sup>, B. Szekely<sup>1</sup>, P. Chrysoferidis<sup>1</sup>, K. Neitz<sup>1</sup>, D. Powell<sup>2</sup>, B. Munkasy<sup>1</sup>, N. Murray<sup>1</sup>,  
<sup>1</sup>Georgia Southern University, Statesboro, GA; <sup>2</sup>University of Memphis, Memphis, TN.
- P114**      **ASSOCIATIONS OF PHYSICAL SELF-WORTH & GLOBAL SELF-ESTEEM WITH PHYSICAL ACTIVITY & MOTOR SKILLS IN CHILDREN**  
AP. Wood<sup>1</sup>, TD. Raedeke<sup>1</sup>, A. Gross McMillan<sup>2</sup>, KD. DuBose<sup>1</sup>, FACSM. Depts. of <sup>1</sup>Kinesiology and <sup>2</sup>Physical Therapy, East Carolina University, Greenville, NC
- P115**      **EFFECTS OF SHORT-TERM RESISTANCE TRAINING ON MOTOR UNIT-SPECIFIC PROPERTIES IN OLDER MALES**  
P.L. Ha<sup>1</sup>, G.M. Hester<sup>1</sup>, Z.K. Pope<sup>2</sup>, R.J. Colquhoun<sup>2</sup>, M.A. Magrini<sup>2</sup>, A. Barrera-Curiel<sup>2</sup>, C.A. Estrada<sup>2</sup>, J.M. DeFreitas<sup>2</sup>. <sup>1</sup>Dept. of Exercise Science and Sport Management, Kennesaw State University, Kennesaw, GA; <sup>2</sup>Applied Neuromuscular Physiology Laboratory, Oklahoma State University, Stillwater, OK
- P116**      **RELATIONSHIP OF FINE MOTOR FUNCTIONS AND FUNDAMENTAL MEMORY AND COGNITIVE FUNCTIONS IN OLDER ADULTS**  
Talwar, S.<sup>1</sup>, Hommel, M.<sup>1</sup>, Ross, K.<sup>1</sup>, Pate, T.<sup>1</sup>, Hunt, A<sup>1</sup>, Lamberth, J.<sup>1</sup>, Liu, K.<sup>2</sup>, Pan, Z.<sup>1</sup>.  
<sup>1</sup>Department of Kinesiology, Mississippi State University, MS State, MS; <sup>2</sup>Department of Psychiatry, Yale University School of Medicine, New Haven, CT
- P117**      **EFFECT OF CADENCE ON VENTILATORY KINETICS AT THE ONSET OF EXERCISE**  
R.W. Thompson, D.C. Potter, R. Dorion, University of South Carolina, Columbia, SC
- P118**      **LOCOMOTOR-RESPIRATORY COUPLING IS NOT RELATED TO ATTENTIONAL STRATEGIES IN TRAINED RUNNERS**  
Jordan C. Stamey<sup>1</sup>, Courtney N. Collins<sup>1</sup>, Jonathon L. Stickford<sup>1</sup>, Joel M. Stager<sup>2</sup>, Robert F. Chapman<sup>2</sup>, Abigail S.L. Stickford<sup>1</sup>. <sup>1</sup>Appalachian State University, Department of Health and Exercise Science, Boone, NC; <sup>2</sup>Indiana University, Department of Kinesiology, Bloomington, IN
- P119**      **QUANTIFYING THE SHAPE OF THE MAXIMAL EXPIRATORY FLOW-VOLUME CURVE FOLLOWING ACUTE ELECTRONIC CIGARETTE USE**  
J.T. Oliver, A.B. McMichael, V.P. Georgescu, E.M. Larson, and J.L. Stickford. Department of Health & Exercise Science, Appalachian State University, Boone, NC
- P120**      **PREDICTED LUNG ELASTIC RECOIL PRESSURE DOES NOT ACCURATELY ESTIMATE THE DYSPANAPSIS RATIO**  
R.E. Bragg and J.L. Stickford. Department of Health & Exercise Science, Appalachian State University, Boone, NC
- 8:00-9:30**      **THEMATIC POSTERS SESSION II (Ochs)**  
**TP7-TP12**      **COMPETITIVE ATHLETES**  
**Chair:** Yuri Feito, Ph.D., Kennesaw State University
- TP7**      **IMPACT OF HIGH-INTENSITY INTERVAL TRAINING ON DIVISION I COLLEGE 800M/1500M RUNNER'S PERFORMANCE**  
F.G. Price, A.J. Turner, B.M. Krings, H.S. Waldman, H. Chander, A.C. Knight, M.J. McAllister, & J.W. Smith. Dept. of Kinesiology, Mississippi State University, Mississippi State, MS



- TP8 AN ELECTROMYOGRAPHY COMPAIRSON OF BENCH PRESS VOLUME FOLLOWING VARIED WARM-UPS.**  
K. Mehls, J. Coons Dept. of Health and Human Performance, Middle Tennessee State University
- TP9 PHYSIOLOGICAL, PERCEPTUAL, AND PERFORMANCE METRICS OF A UPPER-BODY HIGH INTENSITY FUNCTIONAL TRAINING WORKOUT**  
Robert L. Herron<sup>1</sup>, Jason C. Casey<sup>2</sup>. <sup>1</sup>Univ. of Alabama, Tuscaloosa, AL; <sup>2</sup>Department of Exercise Science, LaGrange College, LaGrange, GA
- TP10 PHYSIOLOGICAL, PERCEPTUAL, AND PERFORMANCE METRICS OF A FULL-BODY HIGH INTENSITY FUNCTIONAL TRAINING WORKOUT**  
Ashlan T. Bloodworth<sup>1</sup>, Robert L. Herron<sup>2</sup>, Jason C. Casey<sup>1</sup>. <sup>1</sup>Department of Exercise Science, LaGrange College, LaGrange, GA; <sup>2</sup>The Univ. of Alabama, Tuscaloosa, AL
- TP11 SKELETAL MUSCLE SIZE AND PERFORMANCE: MUSCLE BIOPSY OR ULTRASONOGRAPHY?**  
KM Carroll, CD Bazylar, K Sat1. Department of Sport, Exercise, Recreation, and Kinesiology, East Tennessee State University, Johnson City, TN
- TP12 COMPARING NATIONAL FOOTBALL LEAGUE (NFL) COMBINE PERFORMANCE TO DRAFT POSITION FOR THE 2017 NFL DRAFT**  
A. Hartman<sup>1</sup>, P. Chrysosferidis<sup>1</sup>, R. Herron<sup>2</sup>, S. Bishop<sup>2</sup>, C. Katica<sup>3</sup> & G.A. Ryan<sup>1</sup>  
<sup>1</sup>Georgia Southern University, Statesboro, GA; <sup>2</sup>University of Montevallo, Montevallo, AL; <sup>3</sup>Pacific Lutheran University, Tacoma, WA
- 8:00-10:00 09-016 ORAL FREE COMMUNICATION II (Kelley) BIOMECHANICS/GAIT/BALANCE**  
**Chair:** G. William Lyerly, Ph.D., Coastal Carolina University
- 09 8:00 IMPACT OF REPEATED BALANCE PERTURBATIONS ON LOWER EXTERMITY MEAN MUSCLE ACTIVITY**  
C.M. Hill<sup>1</sup>, S.J. Wilson<sup>1</sup>, J.G. Mouser<sup>1</sup>, C.C.Williams<sup>1</sup>, L.L. Luginland<sup>1</sup>, P.T. Donahue<sup>1</sup>, H. Chander<sup>2</sup>  
<sup>1</sup>University of Mississippi University MS; <sup>2</sup>Mississippi State University, Mississippi State, MS
- 010 8:15 EFFECT OF ARCH FLEXIBILITY ON PROPULSIVE PARAMETER OF HOPPING**  
W.H. Weimar, C.M. Wilburn, B.E. Decoux, R. Fawcett L.E. Brewer, & N.H. Moore, School of Kinesiology, Auburn University, Auburn, AL
- 011 8:30 EFFECT OF TEXTURED INSOLES ON ONSET OF LOWER EXTREMITY MUSCULAR ACTIVITY DURING NORMAL WALKING**  
B.H. Romer<sup>1</sup>, J.W. Fox<sup>2</sup>, and W.H. Weimar<sup>3</sup>. <sup>1</sup>Dept. of Exercise Science, High Point University, High Point, NC; <sup>2</sup>Department of Physical Therapy, Methodist University, Fayetteville, NC; <sup>3</sup>School of Kinesiology, Auburn University, Auburn, AL
- 012 8:45 ARCH STIFFNESS, VERTICAL STIFFNESS, AND HOPPING FREQUENCY DURING UNILATERAL STATIONARY HOPPING AMONG MALE COLLEGIATE ATHLETES**  
B.E. Decoux, C. M. Wilburn, R.T. Fawcett, L.E. Brewer, P.T. Williams, N.H. Moore, L.L. Smallwood, & W.H. Weimar, School of Kinesiology, Auburn University, Auburn, AL
- 013 9:00 GROUND REACTION FORCE FROM THE HIP, KNEE, AND ANKLE IN ISOMETRIC LEG EXTENSION**  
J. W. Fox, C.M. Wilburn, A.E. Jagodinsky, L.L. Smallwood, & W.H. Weimar, Physical Therapy, Methodist University, Fayetteville, NC
- 014 9:15 COMPARISON OF POSTURAL CHANGES BETWEEN TRIALS USING NINTENDO WII FIT SOCCER**  
A. Koenig<sup>1</sup>, B. Szekely<sup>1</sup>, S.V. Wilhoite<sup>1</sup>, P. Chrysosferidis<sup>1</sup>, K. Neitz<sup>1</sup>, D. Powell<sup>2</sup>, B.A. Munkasy<sup>1</sup>, N.G. Murray<sup>1</sup>; <sup>1</sup>Georgia Southern University, Statesboro, GA; <sup>2</sup>University of Memphis, Memphis, TN

- 015 9:30 RELATIONSHIP BETWEEN BODY COMPOSITION AND POSTURAL MEASURES OF COLLEGIATE ATHLETES**  
A. Millett<sup>1</sup>, S. Wilhoite<sup>1</sup>, P. Chrysoferidis<sup>1</sup>, B. Szekely<sup>1</sup>, D. Powell<sup>2</sup>, B. Munkasy<sup>1</sup>, Greg A. Ryan<sup>1</sup>, N. Murray<sup>2</sup>. <sup>1</sup>Georgia Southern University, Statesboro, GA <sup>2</sup>University of Memphis, Memphis, TN
- 016 9:45 COMPARISONS OF HIP BIOMECHANICS DURING WALKING USING FOUR ANATOMICAL HIP JOINT CENTER PREDICTION METHODS**  
Hunter J Bennett<sup>1</sup>, Kristina Fleenor<sup>1</sup>, Joshua T Weinhandl<sup>2</sup>. <sup>1</sup>Old Dominion University, Norfolk, VA; <sup>2</sup>University of Tennessee, Knoxville, TN
- 8:00-8:50 S5 SYMPOSIUM SESSION V (Walker) MULTIFACETED REGULATION OF SKELETAL MUSCLE GROWTH, REGENERATION, AND METABOLISM**  
N.L. Stott and J.R. Huot. Laboratory of Systems Physiology, Department of Kinesiology, University of North Carolina Charlotte, Charlotte, NC  
**Chair:** Gordon Fisher, Ph.D., University of Alabama - Birmingham
- 8:00-8:50 S6 SYMPOSIUM SESSION VI (Rose) VISUAL SYSTEM IMPAIRMENTS FOLLOWING SPORT-RELATED CONCUSSION: UPDATES FROM THE CONSENSUS STATEMENT**  
NG. Murray<sup>1</sup>, R. Moran<sup>2</sup>; <sup>1</sup>Concussion Research Laboratory, Georgia Southern University, School of Health and Kinesiology, Statesboro, GA; <sup>2</sup>The University of Alabama, Athletic Training Program, Tuscaloosa, AL  
**Chair:** Brian Parr, Ph.D., University of South Carolina - Aiken
- 8:00-8:50 T5 TUTORIAL SESSION V (Roberts) AUTOMATING DATA COLLECTION ON THE CHEAP WITH MICROPROCESSOR AND MICROCONTROLLER TECHNOLOGIES**  
R.S. Bowen. Pilgram Marpeck School of STEM, Truett McConnell University, Cleveland, GA  
**Chair:** Matthew Kuennen, Ph.D., High Point University
- 8:00-8:50 T6 TUTORIAL SESSION VI (Amphitheater) CARBOHYDRATE INTAKE DURING ENDURANCE EXERCISE: SCIENTIFIC APPROACHES TO OPTIMIZE ATHLETIC PERFORMANCE**  
Michael J. Saunders, FACSM, James Madison University, Harrisonburg, VA  
**Chair:** Daniel Baur, Ph.D., Elon University
- 9:00-9:50 S7 SYMPOSIUM SESSION VII (Walker) LOW CARBOHYDRATE-HIGH FAT DIETS FOR ENDURANCE ATHLETES: HAVE WE FOCUSED ON THE WRONG POPULATION?**  
EK O'Neal<sup>1</sup> and HS Waldman<sup>2</sup>. <sup>1</sup>University of North Alabama, Florence, AL; <sup>2</sup>Mississippi State University, Starkville, MS  
**Chair:** James Churilla, Ph.D., University of North Florida
- 9:00-9:50 T7 TUTORIAL SESSION VII (Rose) GOT GOLD? EVERYTHING YOU WANTED TO KNOW ABOUT THE UPDATED ACSM CERTIFICATIONS AND MORE**  
R.A. Battista<sup>1</sup>, P. M, Magyari<sup>2</sup>, and M. Magal<sup>3</sup>. <sup>1</sup>Department of Health and Exercise Science, Appalachian State University, Boone, NC; <sup>2</sup>Brooks College of Health, University of North Florida, Jacksonville, FL; <sup>3</sup>School of Mathematics and Sciences, North Carolina Wesleyan University, Rocky Mount, NC  
**Chair:** Kelly Massey, Ph.D., Georgia College and State University
- 9:00-9:50 T8 TUTORIAL SESSION VIII (Roberts) FROM GRADUATE STUDENT TO ASSISTANT PROFESSOR AND EVERYTHING IN BETWEEN**  
L.G. Killen and J.M. Green, FACSM, Dept. of HPER, University of North Alabama, Florence, AL  
**Chair:** Lyndsey Hornbuckle-Lampkin, Ph.D., University of Tennessee - Knoxville

- 9:00-9:50 T9 TUTORIAL SESSION VIII (Amphitheater)**  
**AUTONOMIC ADJUSTMENTS TO PHYSICAL STRESS: INSIGHTS FROM MICRONEUROGRAPHIC RECORDINGS**  
 C.A. Ray, FACSM. Department of Nutrition, Food & Exercise Sciences. Florida State University, Tallahassee, FL  
**Chair:** Heidi Kluess, Ph.D., Auburn University
- 10:00-11:00 ANDREW KOZAR ACSM PRESIDENTIAL ADDRESS 2018 (Chattanooga Ballroom 1,2,3,4)**  
**THE STATE OF THE AMERICAN COLLEGE OF SPORTS MEDICINE**  
 Walter Thompson, Ph.D., FACSM, President ACSM, Georgia State University  
**Presiding:** Michael McKenzie, Ph.D., SEACSM President, Winston-Salem State University  
**Introduction:** Michael McKenzie, Ph.D., SEACSM President, Winston-Salem State University
- 11:10-12:00 CLINICAL CROSSOVER LECTURE (Chattanooga Ballroom 1,2,3,4)**  
**STEPPING BACK TO MOVE FORWARD: DIABETES PREVENTION IN THE 21ST CENTURY**  
 Elizabeth Joy, M.D., M.P.H., ACSM Past-President, Intermountain Healthcare Medical Director, Community Health & Food and Nutrition  
**Presiding:** Michael McKenzie, Ph.D., SEACSM President, Winston-Salem State University  
**Introduction:** Kenneth Barnes, M.D., M.Sc., Clinical Representative, Greensboro Orthopaedics
- 12:00-1:00 PAST PRESIDENT'S LUNCH (Crabtree)**
- 12:30-1:15 BIOMECHANICS SPECIAL INTEREST GROUP (Roberts)**
- 12:00-1:15 MINORITY AND HEALTH SPECIAL INTEREST GROUP (Kelley)**
- 1:15-2:15 BASIC SCIENCE LECTURE 2018 (Chattanooga Ballroom 1,2,3,4)**  
**PHYSIOLOGY OF MOTORSPORT ATHLETES**  
 Michael Reid, Ph.D., Dean and Professor of the College of Health and Human Performance University of Florida  
**Presiding:** Michael McKenzie, Ph.D., SEACSM President, Winston-Salem State University  
**Introduction:** Michael McKenzie, Ph.D., SEACSM President, Winston-Salem State University
- 2:30-4:00 P121-P192 POSTER FREE COMMUNICATIONS III (Ballroom Foyer)**  
**BODY COMPOSITION/ENERGY BALANCE/WEIGHT CONTROL NUTRITION AND EXERCISE/SPORTS PSYCHOLOGY/PSYCHIATRY/BEHAVIOR**  
**Chair:** John Garner, Ph.D., Troy University
- P121 HABITUAL MACRONUTRIENT INTAKE, BODY COMPOSITION, AND METABOLISM: SEX-BASED DIFFERENCES**  
 K.R. Hirsch, M.N.M. Blue, M.G. Mock, E.T. Trexler, A.E. Smith-Ryan, FACSM. Department of Allied Health Science and Exercise and Sport Science. University of North Carolina, Chapel Hill, NC
- P122 ASSOCIATIONS BETWEEN BODY COMPOSITION, BMI, AND PHYSICAL PERFORMANCE IN INDIVIDUALS WITH KNEE OSTEOARTHRITIS**  
 H.C. Davis, M.N. Blue, K.R. Hirsch, B.A. Luc-Harkey, K.C. Anderson, A.E. Smith-Ryan, B. Pietrosimone FACSM. Dept. of Exercise and Sport Science, University of North Carolina, Chapel Hill, NC
- P123 HYPERMETABOLIC EFFECTS OF DIETARY KETONES ARE INDEPENDENT OF CHANGES IN SKELETAL MUSCLE MITOCHONDRIAL RESPIRATION**  
 S.E. Deemer<sup>3</sup>, R.A.H. Davis<sup>2, 3</sup>, J.M. Bergeron<sup>1</sup>, J.T. Little<sup>1</sup>, J.L. Warren<sup>2, 3, 4</sup>, G. Fisher<sup>1, 2, 3, 4</sup>, E.P. Plaisance<sup>1, 2, 3, 4</sup>. <sup>1</sup>Departments of Human Studies; <sup>2</sup>Nutrition Sciences; <sup>3</sup>Nutrition Obesity Research Center; <sup>4</sup>Center for Exercise Medicine. UAB.

- P124**      **BODY COMPOSITION ASSESSMENT IN FEMALE NCAA DIVISION I SOFTBALL PLAYERS AS A FUNCTION OF PLAYING POSITION ACROSS A MULTIYEAR TIMEFRAME**  
A. Peart, J. Washington, D. Wadsworth, and G. Oliver FACSM School of Kinesiology, Auburn University, Auburn, AL
- P125**      **NO RELATIONSHIP BETWEEN DUAL ENERGY X-RAY ABSORPTIOMETRY AND ULTRASOUND ESTIMATES OF VISCERAL ADIPOSE TISSUE IN COLLEGIATE WOMEN WITH NORMAL BMI**  
GL Nuckols, KC Anderson, AM Peterjohn, KR Hirsch, MNM Blue, AA Pihoker, ET Trexler, and AE Smith-Ryan, FACSM. Applied Physiology Laboratory, Dept. of Exercise and Sport Science, UNC Chapel Hill, Chapel Hill, NC
- P126**      **TWO WEEKS OF LOW CALORIE DIET PLUS INTERVAL EXERCISE FAVORABLY INFLUENCES PYY AND APPETITE COMPARED TO DIET ONLY IN OBESE ADULTS**  
E.M. Heiston, N.M. Gilbertson, N.Z.M. Eichner, J.M. Gaitan, M.E. Francois, J.H. Mehaffey, T.E. Hassinger, P.T. Hallowell, A. Weltman (FACSM), S.K. Malin (FACSM), University of Virginia, Charlottesville, VA
- P127**      **RELATIONSHIP BETWEEN SKINFOLD, AIR DISPLACEMENT PLETHYSMOGRAPHY, AND BIOELECTRICAL IMPEDANCE MEASUREMENTS ON FEMALE COLLEGIATE ATHLETES**  
C. Butler, R.L. Snarr, M. Eisenman, S. Wilhoite, B. Szekley, & G.A. Ryan. Human Performance Lab, Georgia Southern University, Statesboro, GA
- P128**      **IS BODY MASS INDEX (BMI) THE BEST FIELD BASED PROCEDURE TO ESTIMATE OBESITY IN PRE- AND POSTMENOPAUSAL WOMEN**  
I Naor-Maxwell, DJ Morris, LJ Brandon, Georgia State Univ., Atlanta, GA
- P129**      **EVALUATION OF RELATIONSHIPS BETWEEN BODY COMPOSITION, MAXIMAL STRENGTH, AND RESTING METABOLISM IN RESISTANCE-TRAINED FEMALES**  
A.A. Pihoker, A.M. Peterjohn, G.L. Nuckols, K.R. Hirsch, M.N.M. Blue, K.C. Anderson, E.T. Trexler, A.E. Smith-Ryan, FACSM. Department of Exercise and Sport Science, University of North Carolina, Chapel Hill, NC
- P130**      **THE ASSOCIATION BETWEEN WAIST TO HIP RATIO AND ANDROID TO GYNOID FAT RATIO IN COLLEGE WOMEN WITH A NORMAL BMI**  
K.C. Anderson<sup>1</sup>, K.R. Hirsch<sup>1,2</sup>, M.N.M. Blue<sup>1,2</sup>, A.M. Peterjohn<sup>1</sup>, G.L. Nuckols<sup>1</sup>, A.P. Pihoker<sup>1</sup>, E.T. Trexler<sup>1,2</sup>, A.E. Smith-Ryan, FACSM <sup>1,2</sup>. <sup>1</sup>Department of Exercise and Sport Science, University of North Carolina at Chapel Hill, NC; <sup>2</sup>Human Movement Science Curriculum, University of North Carolina at Chapel Hill, NC
- P131**      **LEAN MASS AND ITS RELATIONSHIP TO CARDIORESPIRATORY FITNESS IN OBESE YOUNG AFRICAN AMERICAN WOMEN**  
A.M. Davis, I. Naor-Maxwell, L.J. Brandon; Dept. of Kinesiology & Health, Georgia State University, Atlanta, GA
- P132**      **A PREDICTION EQUATION FOR ENERGY EXPENDITURE DURING WALKING OR RUNNING CORRECTED FOR ONE MILE IN NORMAL WEIGHT AND OVERWEIGHT AFRICAN AMERICAN ADULTS AND CROSS-VALIDATION OF THE EQUATION**  
X. Jin<sup>1</sup>, P. D. Loprinzi<sup>1</sup>, M. A. Bass<sup>1</sup>, L. Xin<sup>1</sup>, T. C. Carithers<sup>2</sup>, M. Loftin<sup>1</sup>. <sup>1</sup>Health, Exercise Science and Recreation Management; <sup>2</sup>Nutrition & Hospitality Management, The University of Mississippi, University, MS
- P133**      **BODY COMPOSITION IS NOT RELATED TO FITNESS OR ATHLETIC PERFORMANCE IN A SAMPLE OF FEMALE COLLEGE BASKETBALL PLAYERS**  
SL Smith and AE Rote. Department of Health and Wellness, University of North Carolina at Asheville, Asheville, NC

- P134 EXAMINING THE LIMITATIONS OF USING WEIGH INS AS A MEASURE OF BODY COMPOSITION AMONG FEMALE COLLEGE BASKETBALL PLAYERS**  
AE Rote and SL Smith. Department of Health and Wellness, University of North Carolina at Asheville, Asheville, NC
- P135 EVALUATION OF AN ALTERNATIVE TO BMI PERCENTILE TO CAPTURE WEIGHT CHANGE IN OBESE YOUTH**  
Bethany Harris, T. Zaffore, J. Jack, G. W. Heath and K.L. Peyer, Dept. of Health and Human Performance, University of Tennessee at Chattanooga Chattanooga, TN
- P136 DIFFERENCES AMONG BODY FAT PERCENTAGE PREDICTION EQUATIONS IN A COLLEGE AGE POPULATION**  
Molly N. Melton, Elizabeth A. Easley, Sarah Hunt Sellhorst, William F. Riner, FACSM. Dept. of Exercise Science, USC Lancaster, Lancaster SC
- P137 HOW DOES AIR DISPLACEMENT PLETHYSMOGRAPHY AND DIRECT SEGMENTAL BIOELECTRICAL IMPEDANCE COMPARE IN A UNIVERSITY STUDENT POPULATION?**  
William C. Vantrease, David Bender, Jeremy R. Townsend and Kent D. Johnson, FACSM. Department of Kinesiology, College of Pharmacy and Health Sciences
- P138 ACUTE METABOLIC AND ENJOYMENT RESPONSES OF MODERATE-INTENSITY INTERMITTENT INTERVAL WALKING**  
Jermaine B. Mitchell, Assistant Professor in the Department of Health & Human Sciences at the University of Montevallo, Montevallo, AL; Robert L. Herron, PhD Candidate in the Department of Kinesiology at the University of Alabama, Tuscaloosa, AL; Shawn M. Mitchell, Assistant Professor in the Department of Health & Human Sciences at the University of Montevallo, Montevallo, AL
- P139 CHANGING ENERGY DENSITY OF DIET IN C57BL6/J MICE RESULTS IN ADJUSTING FOOD INTAKE TO BALANCE CALORIC INTAKE**  
K.A. Stiegel, J.Z. Granados, A.L. Letsinger, C. Cerda, J.T. Lightfoot (FACSM). Dept. of Health and Kinesiology, Texas A&M University, College Station, TX
- P140 IMPACT OF BODY COMPOSITION ON GLOBAL ESTEEM IN COLLEGE AGE WOMEN**  
S. Kailey Miller, Sarah H. Sellhorst, Elizabeth A. Easley, William F. Riner, FACSM
- P141 VALIDITY OF NOKIA BODY CARDIO SCALE VERSUS BOD POD IN YOUNG MALES AND FEMALES**  
C.A. McCraw, M. Campany, A. Lubkemann, S.R. Collier(FACSM). Vascular Biology and Autonomic Studies Laboratory, Appalachian State University, Boone, NC.
- P142 INTERRATER RELIABILITY FOR DXA AND BIA FOR MEASURING TOTAL AND REGIONAL LEAN MASS**  
TT Boyett, TA Van Dusseldorp, GM Hester, Y Feito, GT Mangine. Department of Exercise Science and Sport Management, Kennesaw State University, GA
- P143 BODY COMPOSITION CHANGES IN DIII ATHLETES OVER SUMMER BREAK**  
J. Mehrer, C. Vangsnes and J. Kutz, Ph.D., Dept. of Exercise Science, Shenandoah University, Winchester, VA
- P144 INFLUENCE OF RESISTANCE EXERCISE ON INFANT BODY COMPOSITION IN OVERWEIGHT/OBESE WOMEN**  
J.M. Ruemmler<sup>1</sup>, C.M. Isler<sup>2</sup>, L.E. May<sup>1,2</sup>. <sup>1</sup>Human Performance Lab, East Carolina University, Greenville, NC; <sup>2</sup>Vidant Medical Center, Greenville, NC
- P145 BODY COMPOSITION AND INFLAMMATION IN BREAST CANCER SURVIVORS COMPARED TO HEALTHY AGE-MATCHED WOMEN**  
C.D. Deaterly and T.A. Madzima, Department of Exercise Science, Elon University, Elon, NC.

- P146**      **BODY ADIPOSITY INDEX, BODY MASS INDEX, AND BODY FAT IN YOUNG ADULTS**  
 B.A. Welborn<sup>1</sup>, B.S. Nickerson<sup>2</sup>, M.V. Fedewa<sup>1</sup>, M.R. Esco<sup>1</sup>. <sup>1</sup>University of Alabama, Tuscaloosa, AL. <sup>2</sup>Texas A&M International University, Laredo, TX.
- P147**      **VARIABILITY IN RESTING ENERGY EXPENDITURE ADAPTATION FOLLOWING SHORT-TERM AEROBIC EXERCISE TRAINING: A PILOT STUDY**  
 N.A. Schwarz, A.C. Knapp, S.K. McKinley-Barnard, and S.L. Holden. Department of Health, Kinesiology, and Sport, University of South Alabama, Mobile, AL
- P148**      **AIR DISPLACEMENT PLETHYSMOGRAPHY UNDERESTIMATES PERCENT BODY FAT COMPARED TO DXA**  
 GM. Hudson<sup>1</sup>, J. Zabal<sup>2</sup>, AD. Garber<sup>2</sup>, LA. Radman<sup>2</sup>, and JV. Danoff<sup>2</sup>. <sup>1</sup>Dept. Health, Kinesiology, & Sport, University of South Alabama, Mobile, AL; <sup>2</sup>Dept. Exercise & Nutrition Sciences, George Washington University, Washington, D.C
- P149**      **EXERCISE TRAINING, FAT DISTRIBUTION AND WEIGHT LOSS**  
 J.H. Borges, S.J. Carter, D.R. Bryan, G.R. Hunter. Departments of Human Studies and Nutrition Sciences, University of Alabama at Birmingham, Birmingham, AL
- P150**      **BODY IMAGE, BODY COMPOSITION, AND WEIGHT CONTROL PRACTICES AMONG COLLEGE STUDENTS**  
 M. H. Richardson, T. J. Sorrentino, T. A. Madzima, and S. Nepocatyck. Dept. of Exercise Science, Elon University, Elon, NC
- P151**      **THE EFFECT OF PRE-SLEEP CONSUMPTION OF CASEIN PROTEIN ON RESTING METABOLIC RATE AND APPETITE IN POSTMENOPAUSAL WOMEN**  
 C.M. Schattinger, J.R. Leonard, A.L. Artese, M.J. Ormsbee, C.L Pappas and L.B. Panton. Department of Nutrition, Food and Exercise Sciences, Institute of Sport Sciences and Medicine, Florida State University, Tallahassee, FL
- P152**      **CAFFEINE AND CITRATE AURANTIUM COMPLEX ALTERS RESTING CARDIAC AUTONOMIC ACTIVITY BUT NOT DURING RECOVERY**  
 E. Bechke, C. Williamson, P. Bailey, W. Hoffstetter, C. McLester, B. Kliszczewicz. Dept. of Exercise Science & Sport Management. Kennesaw State University, Kennesaw, GA
- P153**      **THE EFFECTS OF CAFFEINE AND CITRUS AURANTIUM ON PERFORMANCE DURING REPEATED ANAEROBIC BOUTS IN HABITUAL CAFFEINE USERS**  
 C. McLester, B. Kliszczewicz, P. Bailey, E. Bechke, C. Williamson, W. Hoffstetter, J. McLester, Dept. of Exercise Science and Sport Management, Kennesaw State University, Kennesaw GA
- P154**       **$\beta$ -HYDROXY  $\beta$ -METHYL BUTYRATE SUPPLEMENTATION DOES NOT EFFECT CREATINE KINASE AND CORTISOL LEVELS ACROSS A RUGBY SEASON**  
 A. Holmes, T. VanDusseldorp, M. Lee, G. Hester, Y. Feito, FACSM, G. Mangine. Dept. of Exercise Science and Sport Management, Kennesaw State University, Kennesaw, GA
- P155**      **EFFECT OF  $\beta$ -HYDROXY  $\beta$ -METHYL BUTYRATE SUPPLEMENTATION ON BODY COMPOSITION AND MUSCLE STRENGTH DURING A RUGBY SEASON**  
 M. Stratton, G.T. Mangine, A.A. Olmos, T.A. VanDusseldorp, Y. Feito, FACSM, and G.M. Hester. Dept. of Exercise Science and Sport Management, Kennesaw State University, Kennesaw, GA
- P156**       **$\beta$ -HYDROXY  $\beta$ -METHYL BUTYRATE SUPPLEMENTATION DOES NOT REDUCE SERUM CORTISOL AND CREATINE KINASE FOLLOWING FALL AND SPRING SEASONS OF RUGBY**  
 M. Lee, Dr. T. VanDusseldorp, A. Holmes, Dr. G. Hester, Dr. Y. Feito, Dept. of Exercise Science and Sport Management, Kennesaw State University, Kennesaw, GA
- P157**      **COMPARING PHYSICAL ACTIVITY AMONG AMERICAN FOOTBALL OFFICIALS DURING A GAME**  
 N.Aqqad, K.C.Hamilton, B. Oglesby, N. Boer, E. Andrews, C. Barker, and J. Harvey, Dept. of Hlth and Human Performance, Univ of TN Chattanooga, Chattanooga, TN

- P158**      **EFFECTS OF ACUTE GOLDEN ROOT EXTRACT (RHODIOLA ROSEA) SUPPLEMENTATION ON AEROBIC EXERCISE PERFORMANCE**  
 Michayla Brown, Alec Hersh , Rebecca R. Rogers, Mallory R. Marshall, John K. Petrella, FACSM, Christopher G. Ballmann. Dept. of Kinesiology, Samford University, Birmingham, AL
- P159**      **POTENTIAL VITAMIN AND MINERAL DEFICIENCIES IN DIII ATHLETES**  
 M. Chang, O. Gouldin and J. Kutz, Ph.D. , Dept. of Exercise Science, Shenandoah University, Winchester, VA
- P160**      **EXERCISE BARRIERS AND INCENTIVES FOR MUNICIPAL WORKERS IN SOUTHERN GEORGIA**  
 Bridget Melton, T. Kent Kessinger, Taytana Dumas, and Greg A Ryan, Georgia Southern University and Ottawa University, Statesboro, GA
- P161**      **PERCEIVED PARENTAL RISK OF INJURY ACROSS AGE GROUPS FOR YOUTH RECREATIONAL SPORT PROGRAMS**  
 Peeler, A., Todd, K., B. Jackson, B.F. Melton, H.W. Lee, C. Gipson, and G.A. Ryan. Georgia Southern University, Statesboro, GA
- P162**      **EFFECTS OF BRANCHED-CHAIN AMINO ACIDS, PROTEIN, AND CARBOHYDRATES ON RUNNING TIME TO EXHAUSTION AND OXYGEN KINETICS IN FEMALES**  
 Anna C. Huff, Jessica R. Lane, Erica J. Roelofs, Department of Nutrition, Health and Human Performance, Meredith College, Raleigh, NC
- P163**      **THE EFFECTS OF BLUEBERRY SUPPLEMENTATION ON EXERCISE-INDUCED MUSCLE DAMAGE**  
 L.J. Lee, P.C. Miller, FACSM, T.A. Madzima. Dept. of Exercise Science, Elon University, Elon, NC
- P164**      **THE EFFECTS OF BRANCHED-CHAIN AMINO ACIDS, PROTEIN, AND CARBOHYDRATES ON PERCEIVED EXERTION AFTER HIGH INTENSITY EXERCISE IN FEMALES**  
 Jessica R. Lane, Anna C. Huff, Erica J. Roelofs, Department of Nutrition, Health and Human Performance, Meredith College, Raleigh, NC
- P165**      **IMPACT OF HIGH-INTENSITY INTERVAL EXERCISE ON EXECUTIVE FUNCTION AND BRAIN DERIVED NEUROTROPHIC FACTOR**  
 Schwartz C.S., Slusher A.L., Patterson V.T., Acevedo E.O., FACSM. Dept. of Kinesiology and Health Sciences, Virginia Commonwealth University, Richmond, VA
- P167**      **THE RELATIONSHIP OF COGNITIVE SCORES WITH MUSCLE POWER, STRENGTH, AND 6-MINUTE WALK in BREAST CANCER SURVIVORS**  
 R.L. Hunt, A.L. Artese, J-S. Kim, L.B. Panton, Dept of Nutrition, Food and Exercise Sciences, Florida State University, Tallahassee, FL
- P168**      **EXPERIMENTAL INVESTIGATION OF PRIMING HEDONIC RESPONSES TO ACUTE EXERCISE: PILOT STUDY**  
 O. Addoh and P.D. Loprinzi. Dept. of Health, Exercise Science and Recreation Mgmt., University of Mississippi, University, MS
- P169**      **EXPLORING THE CONCEPT OF READINESS TO EXERCISE IN OBESE ADULTS: A THEMATIC ANALYSIS**  
 Kelley Strohacker, Ethan T. Schaltegger, Rebecca A. Zakrajsek. Dept. of Kinesiology, Recreation, and Sport Studies, The University of Tennessee, Knoxville TN
- P170**      **IT'S PERSONAL. EXPLORING THE EFFECT OF GENERAL FITNESS COURSES ON THE PERSONAL VALUE STUDENTS PLACE ON FITNESS**  
 K.D.Randazzo, K.S. McDonough, W.J.Berdami, and J.S.Hogg: Mississippi College, Clinton Ms.

- P171**      **EFFICACY OF PHYSICAL TRAINING AMONG MILITARY CADETS**  
DB Bornstein, A Overton, CJ Sole, C Duke, K Hucks, I Rodgers, D Boucher, Dept. of Health, Exercise, and Sport Science, The Citadel, Charleston, SC
- P172**      **ARE PARENTS ACCURATELY GAUGING THEIR CHILD'S PHYSICAL ACTIVITY LEVELS?**  
K.J. Hahn, K.C. Hamilton, K.L. Peyer, and G.W. Heath FACSM. Dept. of Health & Human Performance, University of Tennessee Chattanooga, TN
- P173**      **THE IMPACT OF FITNESS ZONES IN LOW-INCOME AREA PARKS**  
C.Partida, G.W. Heath, FACSM, B.Oglesby, and K.C.Hamilton. Dept. of Hlth and Human Performance, Univ of TN Chattanooga, Chattanooga, TN
- P174**      **PARENT AND ADOLESCENT REPORTED PHYSICAL ACTIVITY BARRIERS IN HEALTHY WEIGHT AND OBESE YOUTH**  
Leahy N., Raedeke T.D., Collier D., DuBose K.D., FACSM, Depts. of Kinesiology & Pediatrics, East Carolina University, Greenville, NC
- P175**      **EXPERIMENTAL INVESTIGATION OF EXERCISE-RELATED, PERCEIVED HEDONIC RESPONSES TO PREFERRED VERSUS IMPOSED MEDIA CONTENT**  
Emily Frith, MS, Paul D. Loprinzi, PhD, University of Mississippi, Oxford, Mississippi
- P176**      **EFFECTS OF ACUTE EXERCISE ON STRESS-INDUCED MEMORY FUNCTION**  
Pamela Ponce, Emily Frith, MS, Paul D. Loprinzi, PhD, The University of Mississippi, Oxford, Mississippi
- P177**      **MOTIVATION AND CONFIDENCE AMONG DIVISION III ATHLETES ACROSS THE SUMMER OFFSEASON**  
E Moses, A McCarron, and J Peacock, Ph.D. Department of Exercise Science, Shenandoah University, Winchester, VA
- P178**      **RANDOMIZED CONTROLLED TRIAL EXAMINING THE EFFECTS OF ACUTE EXERCISE ON MEMORY FUNCTION: MEMORY CONSOLIDATION**  
Dylan Delancey, Paul Loprinzi, Physical Activity Epidemiology Laboratory, Exercise Psychology Laboratory, Department of Health, Exercise Science and Recreation Management, The University of Mississippi, University, MS
- P179**      **IMPACT OF UTILIZING SIT-STAND WORKSTATIONS FOR 10 WEEKS IN UNIVERSITY STAFF MEMBERS**  
K. Edens, M. Schafer, J. Crandall, T.S. Lyons, R. Vondy, A. Olenick, L. Blankenship, N. Shaker. School of Kinesiology, Recreation, & Sport, Western Kentucky University, Bowling Green, KY
- P180**      **PHYSICAL ACTIVITY ENGAGEMENT IN FIRST YEAR VERSUS SECOND YEAR COLLEGE STUDENTS**  
E.D. Hathaway, C. Oglesby, B. Oglesby, A.H. Durall. Department of Health and Human Performance, University of Tennessee at Chattanooga, Chattanooga, TN
- P181**      **ARE STUDENTS THAT ARE INVOLVED IN INTRAMURAL ATHLETICS MORE PHYSICALLY ACTIVE?**  
J.Y. Coker, H.D. Holmes, C. Oglesby, B. Oglesby, A.H. Durall, E.D. Hathaway. Department of Health and Human Performance, University of Tennessee at Chattanooga, Chattanooga, TN
- P182**      **FEELINGS OF EXHAUSTION AND PHYSICAL ACTIVITY LEVELS IN COLLEGE STUDENTS**  
A.H. Durall, C. Oglesby, B. Oglesby, E.D. Hathaway. Department of Health and Human Performance, University of Tennessee at Chattanooga, Chattanooga, TN



- P183 FRUITS/VEGETABLES CONSUMPTION ASSOCIATED WITH PHYSICAL ACTIVITY ENGAGEMENT IN COLLEGE STUDENTS**  
E.A. Stuart, J.L. Greiner, C. Oglesby, B. Oglesby, A.H. Durall, E.D. Hathaway. Department of Health and Human Performance, University of Tennessee at Chattanooga, Chattanooga, TN
- P184 RELATIONSHIP BETWEEN FEELINGS OF BEING OVERWHELMED AND PHYSICAL ACTIVITY LEVELS IN COLLEGE STUDENTS**  
J.L. Greiner, E.A. Stuart, C. Oglesby, B. Oglesby, A.H. Durall, E.D. Hathaway. Department of Health and Human Performance, University of Tennessee at Chattanooga, Chattanooga, TN
- P185 RELATIONSHIP BETWEEN AFFECTIVE STATE AND ENJOYMENT FOLLOWING ACUTE EXERCISE**  
Battogtokh Zagdsuren, Colleen L. Geary, Hayley V. MacDonald, Mark T. Richardson, James D. Leeper, Jonathan E. Wingo, FACSM, Phillip A. Bisho<sup>1</sup>, and Frances A. Connors. The University of Alabama, Tuscaloosa, Alabama
- P186 THE ROLE OF LOW-FREQUENCY POWER IN THE RELATIONSHIP BETWEEN EXERCISE AND MEMORY**  
AB Slutsky, JL Etnier, S Arunachalam, L Wideman, University of North Carolina at Greensboro, Greensboro, NC
- P187 THE RELATIONSHIP BETWEEN CELL PHONE USE, SEDENTARY BEHAVIOR, AND PHYSICAL ACTIVITY IN ADULTS**  
C. Fennell<sup>1</sup>, J.E. Barkley<sup>2</sup>, A. Lepp<sup>2</sup>, <sup>1</sup>Exercise and Nutrition Science, University of Montevallo, Montevallo, AL; <sup>2</sup>Exercise Physiology, Kent State University, Kent, OH
- P188 HOW GENERAL ADULTS PERCEIVE AEROBIC EXERCISE DEMAND: A MIXED METHODS EXPLORATORY STUDY**  
Ethan T. Schaltegger, Rebecca A. Zakrajsek, Kelley Strohacker; Dept. of Kinesiology, Recreation, and Sport Studies, The University of Tennessee, Knoxville TN
- P189 MACHINES VERSUS FREE WEIGHTS: DOES EXERCISE MODE INFLUENCE AFFECT AND PERCEIVED EXERTION?**  
D.J. Cavarretta, W.R. Bixby (FACSM), & E.H. Hall (FACSM). Department of Exercise Science, Elon University, Elon, NC
- P190 THE EFFECTS OF INTERNAL AND PROXIMAL AND DISTAL EXTERNAL FOCUS CUES ON EXERCISE PERFORMANCE**  
Cooper A. Rodriguez and Erica J. Roelofs, Department of Nutrition, Health and Human Performance, Meredith College, Raleigh, NC
- P191 EVALUATING THE EFFECTIVENESS OF APPLYING GRIEF-RESPONSE MODELS TO SPORT INJURY IN COLLEGIATE STUDENT-ATHLETES**  
S. Brown, E.E. Hall. Dept. of Exercise Science, Elon University, Elon, NC
- 2:30-4:00 THEMATIC POSTERS SESSION III (Ochs)**  
**TP13-TP18 BIOMECHANICS/GAIT/BALANCE**  
**Chair:** Gretchen Oliver, Ph.D., Auburn University
- TP13 CORRELATION OF LUMBOPELVIC-HIP COMPLEX KINEMATICS TO HAND ANGULAR VELOCITY IN SOFTBALL HITTING: A PILOT STUDY**  
JK. Washington, MM. Hanks, SS. Gascon, JW. Barfield, P. Williams, K. Friesen, GG. Gilmer, A. Brittain, and G.D. Oliver, FACSM. School of Kinesiology, Auburn University, Auburn, AL
- TP14 BASEBALL PITCHER'S GLOVE ARM INFLUENCE ON ELBOW AND SHOULDER KINETICS**  
J.W. Barfield, J.K. Washington, MM. Hanks, S.S. Gascon, G.G. Gilmer, A.R. Brittain, P.W. Williams, K.B. Friesen, and G.D. Oliver FACSM. School of Kinesiology, Auburn University,

Auburn, AL

- TP15**      **SHOULDER AND ELBOW KINETICS DURING POLO OFFSIDE FORHAND SHOTS**  
A.R. Brittain, G.G. Gilmer, J.W. Barfield, J.K. Washington, G.D. Oliver, FACSM. School of Kinesiology, Auburn University, Auburn, AL
- TP16**      **EXAMINING CHANGES IN BAT ANGLE AT BALL CONTACT IN COLLEGIATE SOFTBALL PLAYERS OVER A FALL SOFTBALL SEASON**  
CC. Williams<sup>1</sup>, JR. Gdovin<sup>2</sup>, SJ. Wilson<sup>1</sup>, CM. Hill<sup>1</sup>, PT Donahue<sup>1</sup>, LA Luginsland<sup>1</sup>, JD. Eason<sup>1</sup>, AL Yarbrough<sup>1</sup>, C. Wade<sup>3</sup> and JC. Garner<sup>4</sup>; <sup>1</sup>Dept. of Health, Exercise Science and Recreation Management, The University of Mississippi, University, MS; <sup>2</sup>Dept. of Kinesiology, Missouri State University, Springfield, MO; <sup>3</sup>Dept. of Industrial & Systems Engineering, Auburn University, Auburn, AL; <sup>4</sup>Dept. of Kinesiology & Health Promotion, Troy University, Troy AL
- TP17**      **ANALYSIS OF THE START TIMES FOR THE SWING PHASES FOR BASEBALL HITTERS OF VARYING SKILL**  
E. Stewart<sup>1,2</sup>, M. Smidebush<sup>2</sup>, J. Simpson<sup>1</sup>, A. Knight<sup>1</sup>, H. Chander<sup>1</sup>, R. Shapiro<sup>2</sup>. <sup>1</sup> Department of Kinesiology, Mississippi State University, Mississippi State, MS; <sup>2</sup> Department of Kinesiology, University of Kentucky, Lexington, KY
- TP18**      **ANALYSIS OF PEAK AND MEAN MUSCLE ACTIVITY FOR BASEBALL HITTERS OF VARYING SKILL**  
M. Smidebush<sup>1</sup>, E. Stewart<sup>1,2</sup> & R. Shapiro<sup>1</sup>. <sup>1</sup>Department of Kinesiology, University of Kentucky, Lexington, KY; <sup>2</sup>Department of Kinesiology, Mississippi State University, Mississippi State, MS
- 2:30-4:30**      **ORAL FREE COMMUNICATION III (Kelley)**  
**017-023**      **ATHLETIC CARE/TRAUMA/REHABILITATION**  
**Chair:** Nicholas Murray, Ph.D., Georgia Southern University
- 017**      **BIOMECHANICAL INFLUENCES OF A POSTURAL COMPRESSION GARMENT ON SCAPULAR POSITIONING**  
S.S. Gascon, G.G. Gilmer, M.M. Hanks, J.K. Washington, G.D. Oliver, FACSM. School of Kinesiology, Auburn University, Auburn, AL
- 018**      **CROSS-OVER EFFECT OF BALANCE TRAINING AFTER KNEE SURGERY: A PILOT STUDY**  
Layci J Harrison, MS, LAT, ATC<sup>1</sup>, Lindsey K. Lepley, PhD, ATC<sup>2</sup>, Jennifer L. Caputo, PhD, CSCS, MX<sup>1</sup>, Dana K. Fuller, PhD<sup>1</sup>. <sup>1</sup>Department of Health and Human Performance, Middle Tennessee State University, Murfreesboro, TN; <sup>2</sup>Department of Kinesiology, University of Connecticut, Storrs, CT
- 019**      **EFFECTS OF COLD WATER IMMERSION METHODS ON SKIN TEMPERATURE AND PERCEPTION OF COLD**  
K. Flickinger, J.A. Steeves. Dept of Education, Maryville College, Maryville, TN.
- 020**      **THE EFFECT OF EXERTION ON KING DEVICK CONCUSSION SCREENING NORMS IN WHEELCHAIR RUGBY ATHLETES**  
JP. Barfield, A. Joyce, L. Newsome, and A. Mickle. Dept. of Health and Human Performance, Radford University, Radford, VA
- 021**      **EFFECTS OF HIP STRENGTHENING ON RUNNING MECHANICS AND CHRONIC LEG PAIN IN RECREATIONAL ATHLETES**  
J Bossi, S Everett, V Rettinger, A Keath Department of Kinesiology, Anderson University, Anderson, SC
- 022**      **IMPACT® ASSESSMENT IN CONCUSSED DIVISION I COLLEGIATE FOOTBALL PLAYERS**  
Jared H. Perlmutter<sup>1</sup>, B. Sue Graves<sup>1</sup>, Sasha Guslyyayev<sup>1</sup>, Michael H. Haischer<sup>3</sup>, John Burnside<sup>4</sup>, and Manish K. Gupta<sup>1, 2</sup>; <sup>1</sup>Exercise Science and Health Promotion Department,

Florida Atlantic University; <sup>2</sup>Sports & Orthopedic Center, Boca Raton, Florida; <sup>3</sup>Department of Kinesiology, University of Wisconsin-Milwaukee, Milwaukee, Wisconsin; <sup>4</sup>Anderson Training Center, University of Tennessee, Knoxville, Tennessee

- 023 THE EFFECT OF ANXIETY ON BASELINE NEUROPSYCHOLOGICAL ASSESMENTS IN ADOLESCENT FEMALES**  
Christopher P. Tomczyk, Jody Langdon, George Shaver, Tamerah N. Hunt, FACSM. Georgia Southern University, Statesboro, GA
- 2:30-3:20 SYMPOSIUM SESSION VIII (Walker)**  
**S8 FITNESS ESSENTIAL TO THE MISSION? THE SHIFT IN MILITARY PHYSICAL FITNESS IN THE 21ST CENTURY**  
K. J. Kellera<sup>1</sup>, W. W. Peveler<sup>2</sup>, A. Bosak<sup>2</sup>. <sup>1</sup>Bridgewater College, Bridgewater, VA; <sup>2</sup>Liberty University, Lynchburg, VA  
**Chair:** Christopher Sole, Ph.D., Citadel – The Military College of South Carolina
- 2:30-3:20 SYMPOSIUM SESSION IX (Rose)**  
**S9 VALIDITY AND PRACTICAL UTILITY OF 3D BODY FAT SCANNERS**  
GM Hudson. Dept. of Exercise and Nutrition Sciences. The George Washington University, Washington, D.C.  
**Chair:** Scott Collier, Ph.D., Appalachian State University
- 3:30-4:20 SYMPOSIUM SESSION X (Walker)**  
**S10 THEORY AND PRACTICAL APPLICATION OF THE ISAK PROTOCOL: KINANTHROPOMETRY FROM THE LAB TO THE FIELD**  
Laurel M. Wentz, PhD, RD, CSSD, ISAK Level 2, Department of Nutrition and Healthcare Management, Appalachian State University, Boone, NC; P. Spencer Webb, MS, RDN, CSCS, PES, LDN, ISAK Level 3 Instructor, 325th Fighter Wing, Tyndall Air Force Base, FL  
**Chair:** Michael Ormsbee, Ph.D., Florida State University
- 2:30-3:20 TUTORIAL SESSION X (Roberts)**  
**T10 HEY KID! GO TAKE A HIKE!: STRATEGIES TO GET CHILDREN AND YOUTH OUTSIDE AND ACTIVE**  
D.P. Coe<sup>1</sup>, FACSM and R.A. Battista<sup>2</sup>, FACSM. <sup>1</sup>Department of Kinesiology, Recreation, and Sport Studies, The University of Tennessee, Knoxville, TN; <sup>2</sup>Department of Health, Leisure and Exercise Science, Appalachian State University, Boone, NC  
**Chair:** Mallory Marshall, Ph.D., Samford University
- 3:30-4:20 TUTORIAL SESSION XI (Rose)**  
**T11 HOW TO INTERPRET NEAR-INFRARED SPECTROSCOPY MEASUREMENTS OF OXYGEN LEVELS FROM SKELETAL MUSCLE**  
AA Sanni, KK McCully, FACSM. Department of Kinesiology, University of Georgia, Athens GA  
**Chair:** Peter Magyari, Ph.D., University of North Florida
- 3:30-4:20 TUTORIAL SESSION XII (Roberts)**  
**T12 EXPERIENTIAL LEARNING CAN HELP THE NEXT GEN WIN**  
Nicole A. Lynch, Ph.D., Department of Kinesiology and Health, Georgia State University Perimeter College, Atlanta, GA  
**Chair:** Amanda Price, Ph.D., Winston-Salem State University
- 4:30-6:00 STUDENT BOWL SPONSORED BY GANNON UNIVERSITY (Chattanooga Ballroom 1,2,3,4)**  
MC: Judith A. Flohr, Ph.D., FACSM  
Professor Emeritus  
James Madison University
- 6:15-7:45 SEACSM GRADUATE STUDENT FAIR SPONSORED BY NOVA SOUTHEASTERN UNIVERSITY (Walker and Rose)**

## **SATURDAY, February 17, 2018**

**6:30-7:30 YOGA (Crabtree) Must Pre-Register at Student Help Desk (Lobby)**

**6:30-7:30 RUN THROUGH DOWNTOWN CHATTANOOGA (Meet in Lobby)**

**8:00-12:00 EXHIBITS (Conference Concierge)**

**8:00-9:25 POSTER FREE COMMUNICATIONS IV (Ballroom Foyer)**

**P193-P264 BIOMECHANICS/GAIT/BALANCE**

**COMPETITIVE ATHLETES**

**CONNECTIVE TISSUE/BONE/SKELETAL MUSCLE**

**Chair:** Emily Simonavice, Ph.D., Georgia College and State University

**P193 VIDEO VALIDATION OF WEARABLE STEP COUNTERS**

L.P. Toth<sup>1</sup>, S. Park<sup>1</sup>, C.M. Springer<sup>2</sup>, M.D. Feyerabend<sup>1</sup>, J.A. Steeves<sup>3</sup>, D.R. Bassett FACSM<sup>1</sup>.  
<sup>1</sup>Department of Kinesiology, Recreation, and Sports Studies, The University of Tennessee, Knoxville, TN; <sup>2</sup>Office of Information Technology, Research Computing Support, The University of Tennessee, Knoxville, TN; <sup>3</sup>Division of Education, Maryville College, Maryville, TN

**P194 RELATIONSHIP BETWEEN KNEE VALGUS ASYMMETRY DURING RUNNING AND KNEE LOADING DURING SINGLE LEG LANDING IN FEMALE BASKETBALL ATHLETES**

Bhushan Thakkar<sup>1</sup>, Kathryn Harrison<sup>1</sup>, Jacqueline Morgan<sup>1</sup>, Jenna Kostiuik<sup>2</sup>, Zayd Abdul-Ali<sup>2</sup>, Lauren Beshada<sup>2</sup>, Ali Lodhi<sup>2</sup>, Gregory Crosswell<sup>1</sup>, D.S. Blaise Williams III<sup>1</sup>. <sup>1</sup>Dept. of Physical Therapy; <sup>2</sup>Dept. of Kinesiology and Health Sciences, Virginia Commonwealth University, Richmond, VA

**P195 THE INFLUENCE OF SELF-SELECTED PROTECTIVE EQUIPMENT ON KINEMATICS IN YOUTH LACROSSE PLAYERS**

MM. Hanks, LE. Brewer, GG. Gilmer, JK. Washington, SS. Gascon, JW. Barfield, PT. Williams, GD. Oliver FACSM. School of Kinesiology, Auburn University, Auburn, AL

**P196 A HISTORY OF SPORT-RELATED CONCUSSIONS DOES NOT INFLUENCE OCULOMOTOR CONTROL**

K. Neitz<sup>1</sup>, B. Szekely<sup>1</sup>, S. Wilhoite<sup>1</sup>, P. Chrysoferidis<sup>1</sup>, B.A. Munkasey<sup>1</sup>, D. Powell<sup>2</sup>, N.G. Murray<sup>1</sup>. <sup>1</sup>Georgia Southern University, Statesboro, GA; <sup>2</sup>University of Memphis, Memphis, TN

**P197 THE EFFECTS OF CONCUSSION HISTORY ON POSTURAL CONTROL**

Szekely B.<sup>1</sup>, Wilhoite S.<sup>1</sup>, Chrysoferidis P.<sup>1</sup>, Neitz K.<sup>1</sup>, Powell D.<sup>2</sup>, Munkasy B.<sup>1</sup>, Murray N.<sup>1</sup>. <sup>1</sup>Georgia Southern University, Biomechanics Laboratory, Statesboro, GA; <sup>2</sup>University of Memphis, Department of Health and Sport Sciences, Memphis, TN

**P198 DOMINANT VS NON-DOMINANT WEAR: A COMPARISON OF STEPS PER DAY**

S. Park, L.P. Toth, P.R. Hibbing, C.M. Springer, A.S. Kaplan, M.D. Feyerabend, S.E. Crouter FACSM, D.R. Bassett FACSM., Department of Kinesiology, Recreation, and Sports Studies, The University of Tennessee, Knoxville, TN

**P199 THE EFFECT OF BAREFOOT RUNNING USING TWO RUNNING STYLES ON LOWER EXTREMITY JOINT REACTION FORCES**

D.A. Titcomb, J.M. Rogers. Dept. of Health Professions, Liberty University, Lynchburg, VA

**P200 THE EFFECT OF TWO JERK TECHNIQUES ON BARBELL KINEMATICS.**

H.M. Lang<sup>1,2</sup>, R. Lund<sup>1</sup>, T.K. Ficklin<sup>3</sup>, C.D. Bazylar<sup>2</sup>. <sup>1</sup>University of Northern Iowa, Cedar Falls, IA; <sup>2</sup>East Tennessee State University, Johnson City, TN; <sup>3</sup>Dixie State University, Saint George, UT

- P201**      **EXAMINATION OF PROXIMAL AND DISTAL MUSCLE ACTIVATION: AN EMG STUDY**  
P.T. Williams, J.K. Washington, M.M. Hanks, J.W. Barfield, G.G. Gilmer, S.S. Gascon, K.B. Friesen, and G.D. Oliver, FACSM. School of Kinesiology, Auburn University, Auburn, AL.
- P202**      **CO-CONTRACTION INDEX OF LOWER EXTREMITY MUSCLES DURING MULTIPLE SLIP EVENTS: ROLE OF FOOTWEAR**  
P.E. Sutton<sup>1</sup>, H. Chander<sup>1</sup>, A.C. Knight<sup>1</sup>, A.J. Turner<sup>1</sup>, J.C. Garner<sup>2</sup>, C. Wade<sup>3</sup>, D.W. Carruth<sup>4</sup>.  
<sup>1</sup>Dept. of Kinesiology, Mississippi State University, Mississippi State, MS; <sup>2</sup>Dept. of Kinesiology & Health Promotion, Troy AL; <sup>3</sup>Industrial Systems Engineering, Auburn University, Auburn AL; <sup>4</sup>Center for Advanced Vehicular Systems, Mississippi State University, Mississippi State, MS
- P203**      **IMPACT OF MILITARY TYPE FOOTWEAR AND WORKLOAD ON PERCENT MUSCLE ACTIVATION IN UNILATERAL STATIC BALANCE**  
A.J. Turner<sup>1</sup>, C.M. Hill<sup>1</sup>, H. DeBusk<sup>2</sup>, H. Chander<sup>1</sup>, A.C. Knight<sup>1</sup>, S.J. Wilson<sup>2</sup>, C.C. Williams<sup>2</sup> & L.L. Luginsland<sup>2</sup>. <sup>1</sup>Dept. of Kinesiology, Mississippi State University, Mississippi State MS; <sup>2</sup>Dept. of Health, Exercise Science & Recreation, University of Mississippi, University MS
- P204**      **CORRELATION OF PELVIS KINEMATICS TO GROUND REACTION FORCE IN SOFTBALL HITTING: A PILOT STUDY**  
J.L. Downs & K.B. Friesen, J.K. Washington, G.G. Gilmer, and G.D. Oliver, FACSM. School of Kinesiology, Auburn University, Auburn, AL
- P205**      **CORRELATION OF TRUNK AND UPPER EXTREMITY KINEMATICS AT BALL CONTACT IN THE SOFTBALL SWING: A PILOT STUDY**  
K.W. Wasserberger, J.K. Washington, G.G. Gilmer, and G.D. Oliver, FACSM. School of Kinesiology, Auburn University Auburn AL
- P207**      **VERTICAL JUMP HEIGHT IN A STATIC COUNTERMOVEMENT JUMP VS A DROP JUMP IN DIVISION I ATHLETES.**  
J.Clark, J. Manor, A. Carnall, J. Bunn, Department of Physical Therapy, Campbell University, Buies Creek, NC
- P208**      **THE EFFECT OF A CURVED NON-MOTORIZED TREADMILL ON RUNNING GAIT LENGTH, IMBALANCE AND STEP ANGLE**  
Kaitlyn Armstrong, Andrew Hatchett, Brian Parr, Mallory Crews; University of South Carolina Aiken, Aiken, SC
- P209**      **EFFECTS OF MANIPULATING STRIDE LENGTH ON GROUND REACTION FORCE AND WRIST VELOCITY DURING BASEBALL PITCHING**  
Garrison Roy<sup>1</sup>, Christopher Wendt<sup>2</sup>, Kurt Kornatz<sup>1</sup>, and Kevin Ritsche<sup>1</sup>. <sup>1</sup>Dept. of Exercise Physiology; <sup>2</sup>Dept. of Physical Therapy, Winston-Salem State University, NC
- P210**      **EFFECT OF PACK LOAD POSITION ON TRUNK FLEXION DURING OBSTACLE TASK**  
L.E. Brewer, B.E. Decoux, C.M. Wilburn, N.H. Moore, R. Fawcett & W.H. Weimar, School of Kinesiology, Auburn University, Auburn, AL
- P211**      **EFFECTS OF MILITARY LOAD CARRIAGE ON VERTICAL GROUND REACTION FORCE PARAMETERS**  
Z.A. Player. Dept. of Health, Exercise, and Sport Science, The Citadel - The Military College of South Carolina, Charleston, SC
- P212**      **EFFECT OF INSTRUCTIONS ON FORCE-TIME CHARACTERISTICS OF THE COUNTERMOVEMENT VERTICAL JUMP**  
K.P. Manceaux, S.J. Winch, I.M. Rodgers, C.J. Sole. Dept. of Health, Exercise, and Sport Science, The Citadel – The Military College of South Carolina, Charleston, SC

- P213 CAN AUTOMATIC POSTURAL RESPONSES BE LEARNED?**  
S.J. Wilson<sup>1</sup>, C.M.Hill<sup>1</sup>, J.G. Mouser<sup>1</sup>, C.C.Williams<sup>1</sup>, L.A. Luginsland<sup>1</sup>, P.T. Donahue<sup>1</sup>, J.C. Garner<sup>2</sup>, & H.Chander<sup>3</sup>. <sup>1</sup>University of Mississippi, University, MS; <sup>2</sup>Troy University, Troy, AL; <sup>3</sup>Mississippi State University, Mississippi State, MS
- P214 MUSCLE FATIGUE IS NOT NECESSARY TO INCREASE KNEE INSTABILITY WITH EXERCISE**  
Collins, G.A., Patel, J.A. Palmetto Health USC Orthopedic Center. Columbia, SC, and Thompson, R.W. Exercise Science Dept, University of South Carolina, Columbia, SC
- P215 ANALYSIS OF VERTICAL GROUND REACTION FORCES DURING THE BASEBALL SWING IN HITTERS OF DIFFERENT SKILL LEVEL**  
J. Simpson<sup>1</sup>, E. Stewart<sup>1,2</sup>, M. Smidebush<sup>2</sup>, A. Knight<sup>1</sup>, H. Chander<sup>1</sup>, & R. Shapiro<sup>2</sup>. <sup>1</sup>Department of Kinesiology, Mississippi State University, Mississippi State, MS; <sup>2</sup>Department of Kinesiology, University of Kentucky, Lexington, KY
- P216 INFLUENCE OF PREPARATORY ARM MOTION ON PEAK VERTICAL FORCE, RESULTANT HORIZONTAL GROUND REACTION FORCE, AND PROPULSION ANGLE**  
N.H. Moore, L. Brewer, B. Decoux, C.M. Wilburn, L.L. Smallwood, P.T. Williams & W.H. Weimar, School of Kinesiology, Auburn University, Auburn, AL
- P217 INFLUENCE OF REPEATED MOTOR CONTROL TESTS ON PROXIMAL LOWER EXTERMITY MUSCULTURE ACTIVATION**  
J.C. Garner<sup>1</sup> C.M.Hill<sup>2</sup>, S.J. Wilson<sup>2</sup>, J.G. Mouser<sup>2</sup>, C.C.Williams<sup>2</sup>, L.A.Luginsland<sup>2</sup>, P.T. Donahue<sup>2</sup>, H.Chander<sup>3</sup>. <sup>1</sup>Troy University, Troy AL; <sup>2</sup>University of Mississippi, University MS; <sup>3</sup>Mississippi State University, Mississippi State, MS
- P218 THE INFLUENCE OF ARCH HEIGHT ON PROPULSION MECHANICS DURING FORWARD HOPPING AND LATERAL JUMPING TASKS**  
C.M. Wilburn, B.E. Decoux, R.T. Fawcett., L.E. Brewer, P. T. Williams, N.H. Moore, L.L. Smallwood, & W.H. Weimar, School of Kinesiology, Auburn University, Auburn, AL
- P219 RELATIONSHIP BETWEEN LOWER EXTREMITY STRENGTH AND GAIT CHARACTERISTICS DURING STAIR DESCENT IN OBESE SUBJECTS**  
A.L. Ransom, R.F. Seay, R. Shapiro, L.M. Bollinger. Department of Kinesiology and Health Promotion, University of Kentucky, Lexington, KY
- P220 EFFECTS OF CANCER RELATED TREATMENT ON VISION AND VARIOUS COMPONENTS OF BALANCE**  
D. Knight, E. Simonavice, K. Hunt, K. Massey, M. Martino, School of Health and Human Performance, Georgia College, Milledgeville, GA
- P222 INTRASESSION ANALYSIS IN POSTURAL CONTROL IN SPORT LIKE DUAL TASK**  
A. Fulbright<sup>1</sup>, B. Szkeley<sup>1</sup>, S. Wilhoite<sup>1</sup>, P. Chyosferidis<sup>1</sup>, B. Munkasy<sup>1</sup>, D. Powell<sup>2</sup>, N. Murray<sup>2</sup>, <sup>1</sup>Georgia Southern University, Biomechanics Lab Statesboro, Ga; <sup>2</sup>University of Memphis, School of Health Studies, Memphis, TN
- P223 DIFFERENCES IN NEUROMUSCULAR STRATEGIES BETWEEN TWO TASKS IN FEMALE LACROSSE ATHLETES**  
Jenna Kostiuk<sup>1</sup>, Bhushan Thakkar<sup>2</sup>, Kathryn Harrison<sup>2</sup>, Jacqueline Morgan<sup>2</sup>, Gregory Crosswell<sup>2</sup>, D.S. Blaise Williams<sup>2</sup>. <sup>1</sup>Dept. of Kinesiology and Health Sciences; <sup>2</sup>Dept. of Physical Therapy, Virginia Commonwealth University, Richmond, VA
- P224 SEX DIFFERENCES IN ANKLE, KNEE, HIP, AND TORSO ANGLES DURING A DROP JUMP TASK**  
Camden Johnston, John Manor, Alex Carnall, Jennifer Bunn, Campbell University, Buies Creek, North Carolina

- P225**      **COMPARISON OF TRAINING PERFORMANCE, RECOVERY, AND PERCEIVED EXERTION AGAINST PLAYING STATUS IN FEMALE COLLEGIATE SOCCER PLAYERS**  
E. Langford, S.J. Rossi, P. Chrysoferidis, M. Eisenman, G. Barker and G.A. Ryan, Human Performance Lab, Georgia Southern University, Statesboro, GA
- P226**      **EXTERNAL AND INTERNAL TRAINING LOAD RESPONSES DURING REGULAR AND RECOVERY TRAINING SESSIONS IN COLLEGIATE SOCCER PLAYERS**  
S. Henry, S.J. Rossi, M. Eisenman, P. Chrysoferidis, and G.A. Ryan. Human Performance Lab, Georgia Southern University, Statesboro, GA
- P227**      **COMPARISON OF TRAINING PERFORMANCE, RECOVERY, AND PERCEIVED EXERTION AGAINST PLAYING STATUS IN COLLEGIATE SOCCER PLAYERS**  
M. Eisenman, S.J. Rossi, P. Chrysoferidis, S. Henry, and G.A. Ryan, Human Performance Lab, Georgia Southern University, Statesboro, GA
- P228**      **POSITIONAL DIFFERENCES IN PHYSIOLOGICAL RESPONSE TO TRAINING SESSIONS IN COLLEGIATE BASKETBALL PLAYERS**  
K. Adams, P. Chrysoferidis, J. S. Cook, S. J. Rossi, M. Eisenman, & G.A. Ryan Human Performance Lab, Georgia Southern University, Statesboro, GA 30458
- P229**      **USING VERT© TO PREDICT GAME PERFORMANCE IN DIVISION I VOLLEYBALL PLAYERS**  
P. Chrysoferidis, E.H. Belson, E. Newby, B.A. Munkasy, B.J. Szekely, G.A. Ryan Human Performance Lab, Georgia Southern University, Statesboro, GA
- P230**      **RELATIONSHIP BETWEEN MECHANICAL AND PHYSIOLOGICAL LOADS ON STRENGTH GAINS IN COLLEGIATE BASKETBALL PLAYERS**  
J. S. Cook, P. Chrysoferidis, K. M. Adams, C. M. Dukquits, & G. A. Ryan Human Performance Lab, Georgia Southern University, Statesboro, GA
- P231**      **WEEKLY CHANGES IN PERFORMANCE, PERCEIVED EXERTION AND RECOVERY IN COLLEGIATE SOCCER PLAYERS**  
S.J. Rossi, M. Eisenman, P. Chrysoferidis, S. Henry, and G.A. Ryan, Human Performance Lab, Georgia Southern University, Statesboro, GA
- P232**      **CHANGES IN BAT ANGLE AT MAXIMAL VELOCITY IN COLLEGIATE SOFTBALL PLAYERS**  
LA. Luginsland<sup>1</sup>, CC. Williams<sup>1</sup>, JR. Gdovin<sup>2,2</sup>, SJ. Wilson<sup>1</sup>, PT. Donahue<sup>1</sup>, CM. Hill<sup>1</sup>, JD. Eason<sup>1</sup>, AL. Yarbrough<sup>1</sup>, C. Wade<sup>3</sup> and JC. Garner<sup>4</sup>; <sup>1</sup>Dept. of Health, Exercise Science and Recreation Management, University of Mississippi, University, MS; <sup>2</sup>Dept. of Kinesiology, Missouri State University, Springfield, MO; <sup>3</sup>Dept. of Industrial & Systems Engineering, Auburn University, Auburn, AL; <sup>4</sup>Dept. of Kinesiology & Health Promotion, Troy University, Troy AL
- P233**      **QUANTIFYING PERFORMANCE CHARACTERISTICS OF AN INTERNATIONAL LEVEL MALE WEIGHTLIFTER**  
S.K. Travis, J.R. Goodin, K.M. Carroll, C.D. Bazylar  
East Tennessee State University, Department of Exercise and Sport Science, Johnson City, TN.
- P234**      **CARDIAC-AUTONOMIC RESPONSES TO IN-SEASON TRAINING AMONG COLLEGE FOOTBALL PLAYERS**  
AA. Flatt,<sup>1,2</sup> and MR. Esco FACSM<sup>2</sup>. <sup>1</sup>Department of Health Sciences and Kinesiology, Georgia Southern University, Savannah, GA; <sup>2</sup>Department of Kinesiology, University of Alabama, Tuscaloosa, AL
- P235**      **POSITIONAL DIFFERENCES IN PEAK POWER DURING COUNTERMOVEMENT VERTICAL JUMP IN PROFESSIONAL BASEBALL PITCHERS**  
Donahue PT<sup>1</sup>, Wilson SJ<sup>1</sup>, Williams CC<sup>1</sup>, Hill CM<sup>1</sup>, Luginsland LA<sup>1</sup>, Garner JC<sup>2</sup>. <sup>1</sup>Department of Health, Exercise Science, and Recreation Management, University of Mississippi, University,

MS; <sup>2</sup>Department of Health and Kinesiology. Troy University, Troy, Alabama

- P236 RELATIONSHIP BETWEEN THE ECCENTRIC UTILIZATION RATIO AND 20-METER SPRINT TIMES IN DIVISION I MEN'S SOCCER PLAYERS**  
K. D. Lewis and C.R. Bellon; Department of Exercise Science, LaGrange College, LaGrange, GA
- P237 RELATIONSHIP BETWEEN MAXIMAL ISOMETRIC STRENGTH AND 20-METER SPRINT TIMES IN DIVISION I MEN'S SOCCER PLAYERS**  
K. N. Jacobsen and C.R. Bellon. Department of Exercise Science, LaGrange College, LaGrange, GA
- P239 RELATIONSHIPS BETWEEN JUMPING AND BASEBALL PERFORMANCE**  
S.C. Rogers, T.C. McInnis, and C.A. Bailey. Sport Performance Enhancement, Education & Development (SPEED) Center, Department of Exercise Science, LaGrange College, LaGrange, GA
- P240 FORCE PRODUCTION ASYMMETRY AND JUMPING PERFORMANCE IN BASEBALL PLAYERS**  
C.E. Joyner and C.A. Bailey. Sport Performance Enhancement, Education & Development (SPEED) Center, Department of Exercise Science, LaGrange College, LaGrange, GA 30240
- P241 THE EFFECTIVENESS OF A COLLEGIATE STRENGTH AND CONDITIONING PROGRAM FOR DIVISION III COLLEGIATE BASEBALL PLAYERS**  
A. Wright, C.A. Bailey and T.C. McInnis. Sport Performance Enhancement, Education & Development (SPEED) Center, Department of Exercise Science, LaGrange College, LaGrange, GA
- P242 THE EFFECTS OF SLEEP TIME ON ULTRA-ENDURANCE TRIATHLON PERFORMANCE**  
J.N. Kisiolk, K.A. Smith, D.A. Baur, B.D. Willingham, M. C. Morrissey, S. M. Leyh, P.G. Saracino, and M.J. Ormsbee, FACSM, Institute of Sports Sciences and Medicine, Department of Nutrition, Food and Exercise Sciences, Florida State University, Tallahassee, FL
- P243 DAILY HRV MONITORING DURING RESISTANCE TRAINING PROGRAM IN A COLLEGIATE ATHLETE**  
Clifton J. Holmes and Michael R. Esco. Dept. of Kinesiology, The University of Alabama, Tuscaloosa, AL
- P245 MOTIVATION OF RURAL PARENTS FOR YOUTH RECREATIONAL SPORTS PROGRAMS**  
M. Lewis, L. Kiskunes, B. F. Melton, H.W. Lee, C. Gipson, and G.A. Ryan. Georgia Southern University, Statesboro, GA
- P246 RELATIONSHIP BETWEEN SUBJECTIVE AND OBJECTIVE MEASURES OF EXERTION IN DIVISION I BASKETBALL PLAYERS**  
J. Brown, P. Chrysosferidis, M.L. Eisenman, S.J. Rossi, & G.A. Ryan. Human Performance Lab, Georgia Southern University, Statesboro, GA
- P247 WEEKLY CHANGES IN PERFORMANCE, PERCEIVED EXERTION AND RECOVERY IN FEMALE COLLEGIATE SOCCER PLAYERS**  
M. Hinson, S.J. Rossi, M. Eisenman, P. Chrysosferidis, G. Barker, and G.A. Ryan Human Performance Lab, Georgia Southern University, Statesboro, GA
- P248 COMPARING UPPERCLASSMEN AND UNDERCLASSMEN MALE COLLEGIATE TENNIS PLAYERS**  
B. Loewen, P. Chrysosferidis, E. Langford, L. Stroud, R. Snarr, M.L. Eisenman, & G.A. Ryan Human Performance Lab, Georgia Southern University, Statesboro, GA
- P249 ATHLETIC PROFILE DIFFERENCES BETWEEN FRONT COURT AND BACK COURT DIVISION I FEMALE BASKETBALL PLAYERS**  
S. Dhaliwal, P. Chrysosferidis, M.L. Eisenman, R. Snarr, & G.A. Ryan, Human Performance Lab, Georgia Southern University, Statesboro, GA



- P250 VARIATIONS IN ATHLETIC PROFILES BETWEEN DIVISION I COMPETITION AND AMATEUR CHEERLEADERS**  
J. Dhaliwal, P. Chrysoferidis, S.V. Wilhoite, B.J. Szekely, B.A. Munkasy, A. Johnson, G.A. Ryan, Human Performance Lab, Georgia Southern University, Statesboro, GA
- P251 COMPARING KINETIC AND KINEMATIC PERFORMANCE BETWEEN CONTRIBUTORS AND NONCONTRIBUTORS IN DIVISION I FEMALE VOLLEYBALL PLAYERS**  
E. Newby, P. Chrysoferidis, E.H. Belson, B. Haupt, B.J. Szekely, B.A. Munkasy, and G.A. Ryan, Human Performance Lab, Georgia Southern University, Statesboro, GA
- P252 VARIATIONS IN HANDGRIP STRENGTH BETWEEN DOMINANT AND NONDOMINANT HANDS IN COLLEGIATE FEMALE ATHLETES**  
S. Schultz, P. Chrysoferidis, S.V. Wilhoite, B.J. Szekely, R. Snarr, E. Langford, & G.A. Ryan, Human Performance Laboratory, Georgia Southern University, Statesboro, GA
- P253 EFFECTS OF COOL-DOWN PROTOCOL UPON EXIT FROM THE FIRST-HALF ON SECOND-HALF PERFORMANCE IN NCAA D-II SOCCER PLAYERS**  
S. Valladao, D. Mendsen, C. Casaru, B. Meador. Exercise Science and Wellness, Georgia Southwestern State University, Americus, GA
- P254 DOES EXERCISE AFFECT EXECUTIVE FUNCTION IMMEDIATELY POST EXERCISE?**  
Nguyen, K, A. Price, T Herter, and R.W. Thompson, Exercise Science, University of South Carolina, Columbia, SC
- P255 DIURNAL REGULATION OF SKELETAL MUSCLE ANABOLIC SIGNALING THROUGH mTORC1**  
Brittany R. Counts, Brandon N. VanderVeen, Justin P. Hardee, Dennis K. Fix and James A. Carson, FACSM. University of South Carolina, Columbia, SC.
- P256 EVALUATING NEAR INFRARED SPECTROSCOPY SIGNALS FROM SKELETAL MUSCLE**  
AA Sanni, KK McCully, FACSM. Department of Kinesiology, University of Georgia, Athens GA
- P258 OSTEOPOROSIS PREVENTION THROUGH STRUCTURED STRENGTH TRAINING**  
David R. Hooper, Ph.D, CSCS, Jacksonville University, Jacksonville, Florida , Kevin R. Coyle, Master Student, Jacksonville University, Jacksonville, Florida
- P259 EFFECTS OF ACUTE SUPINE REST AND HYDRATION STATUS ON MID-THIGH MUSCLE SIZE AND QUALITY AS MEASURED BY ULTRASONOGRAPHY**  
Nicholas W. Shea<sup>1, 2</sup>, Hayden K. Giuliani<sup>1</sup>, Gena R. Gerstner<sup>1</sup>, Jacob A. Mota<sup>1</sup>, Brett S. Pexa<sup>1</sup>, Abbie E Smith-Ryan<sup>1</sup>, and Eric D. Ryan<sup>1</sup>. <sup>1</sup>University of North Carolina-Chapel Hill; <sup>2</sup>Georgia Tech Institute of Technology, Atlanta, GA
- P260 EXAMINING MYOGENESIS IN C2C12 WITH USE OF NOTCH-1 ANTIBODY**  
Charlotte McMullen, B. Thompson, J. Huot, S. Arthur, Laboratory of Systems Physiology, Dept. of Kinesiology, UNC Charlotte, Charlotte, NC
- P261 EFFECTS OF HEEL HEIGHT ON STIFFNESS IN THE GASTRONEMIUS OF YOUNGER WOMEN**  
B Hargett, Z Domire. Dept. of Kinesiology, East Carolina University, Greenville NC
- P262 DIFFERENCES IN THE MITOCHONDRIAL CAPACITY OF THE RIGHT AND LEFT BICEPS BRACHII MUSCLE**  
EK Pryor, AK Luquire, and KK McCully FACSM; Department of Kinesiology University of Georgia, Athens, GA
- P263 CHARACTERIZING THE ENDURANCE OF THE DOMINANT AND NON-DOMINANT BICEPS BRACHII**  
AK. Luquire, EK. Pryor, and KK. McCully FACSM., Department of Kinesiology, University of Georgia. Athens, GA

- P264 EVALUATING A NEW ANALYSIS PROTOCOL FOR MEASURING MUSCLE MITOCHONDRIAL CAPACITY**  
MD Sumner, AA Sanni, RG Lavender, EK Pryor, AK Luquire, and KK McCully FACSM  
Department of Kinesiology University of Georgia, Athens, GA
- 8:00-9:30 THEMATIC POSTERS SESSION IV (Ochs)**  
**TP19-TP24 CELLULAR REGULATORY MECHANISMS**  
**Chair:** Susan Arthur, Ph.D., University of North Carolina - Charlotte
- TP19 ACUTE AND CHRONIC RESISTANCE-TRAINING DOWNREGULATES SELECT LINE-1 RETROTRANSPOSON ACTIVITY MARKERS IN HUMAN SKELETAL MUSCLE**  
Matthew A. Romero, C. Brooks Mobley, Paul A. Roberson, Cody T. Haun, Wesley C. Kephart, Petey W. Mumford, James C. Healy, Darren T. Beck, Kaellin C. Young, Jeffrey S. Martin, Christopher M. Lockwood, Michael D. Roberts. Auburn University, Auburn, AL; Edward Via College of Osteopathic Medicine – Auburn Campus, Auburn, AL; Lockwood Nutrition, Draper, UT
- TP20 ELEVATING PROTEIN SYNTHESIS: TURN IT DOWN A NOTCH**  
J.R. Huot & S.T. Arthur University of North Carolina at Charlotte, Charlotte, NC
- TP21 BIOMARKERS OF GROWTH ARE MINIMALLY INFLUENCED BY TWO VARYING BOUTS OF HIGH-INTENSITY TRAINING PROGRAMMING**  
B.M. Kliszczewicz<sup>1</sup>, C.D. Markert<sup>2</sup>, E.E. Bechke<sup>1</sup>, C. Williamson<sup>1</sup>, M. McKenzie<sup>2</sup>, K.N. Clemons<sup>2</sup>. <sup>1</sup>Dept. of Exercise Science & Sport Management, Kennesaw State University, Kennesaw, GA; <sup>2</sup>Dept. of Exercise Physiology, Winston-Salem State University, Winston-Salem, NC.
- TP22 ASSOCIATION BETWEEN MITOCHONDRIAL DNA SEQUENCE AND DNA DAMAGE WITH THE RESPONSE TO ENDURANCE TRAINING IN MICE**  
Heather L. Vellers<sup>1</sup>, J. Timothy Lightfoot(FACSM)<sup>2</sup>, and Michael P. Massett<sup>2</sup>, Steven R. Kleeberger<sup>1</sup>. <sup>1</sup>National Institute of Environmental Health Sciences, Research Triangle Park, NC; <sup>2</sup>Texas A&M University, Department of Health and Kinesiology, College Station, TX
- TP23 BIOMARKERS ASSOCIATED WITH TYPE II MUSCLE FIBER HYPERTROPHY FOLLOWING 12 WEEKS OF RESISTANCE TRAINING IN YOUNG, UNTRAINED MALES**  
C. Brooks Mobley<sup>1</sup>, Cody T. Haun<sup>1</sup>, Paul A. Roberson<sup>1</sup>, Petey W. Mumford<sup>1</sup>, Wesley C. Kephart<sup>1</sup>, Matthew A. Romero<sup>1</sup>, Shelby C. Osburn<sup>1</sup>, Christopher G. Vann<sup>1</sup>, Christopher M. Lockwood<sup>2</sup>, Michael D. Roberts<sup>1</sup>. <sup>1</sup>School of Kinesiology, Auburn University, Auburn, AL; <sup>2</sup>Lockwood LLC, Draper, UT,.
- TP24 EFFECT OF SATURATED FATTY ACID ON MARKERS OF BCAA-MEDIATED MITOCHONDRIAL BIOGENESIS AND BCAA CATABOLISM IN VITRO**  
Michele A. Johnson<sup>1</sup>, Nicholas P. Gannon<sup>2</sup>, Jamie K. Schnuck<sup>2</sup>, Roger A. Vaughan<sup>1\*</sup>; <sup>1</sup>Department of Exercise Science, High Point University, High Point NC; <sup>2</sup>School of Medicine, Medical College of Wisconsin, Milwaukee WI
- 8:00-10:00 ORAL FREE COMMUNICATION IV (Kelley)**  
**024-031 NUTRITION AND EXERCISE/SPORTS**  
**Chair:** Takudzwa Madzima, Ph.D., Elon University
- 024 BRANCHED-CHAIN AMINO ACID SUPPLEMENTATION MAY PRODUCE MARGINAL REDUCTIONS IN TASK-SPECIFIC MUSCULAR SORENESS IN COLLEGIATE DISTANCE RUNNERS**  
Tara Whiton, Kimitake Sato, Asher Flynn, Caleb Bazyler, Michael H. Stone, Brad DeWeese, East Tennessee State University, Johnson City, TN
- 025 Energy Assessment in Endurance-Trained Male Athletes**  
E.M. Moore<sup>1</sup>, T.M. Torres-McGehee<sup>1</sup>, D.F. Stodden<sup>1</sup>, J.M. Goins<sup>1</sup>, C. Drenowatz<sup>2</sup>, B.T. Williams<sup>1</sup>, T.C. Broderick<sup>1</sup>. <sup>1</sup>University of South Carolina, Columbia, SC; <sup>2</sup>Pädagogische

- 026 EFFECTS OF GINGER ROOT ON SORENESS AND MUSCLE DYSFUNCTION STEMMING FROM A 40-MINUTE DOWNHILL RUN**  
P.B. Wilson, Dept. of Human Movement Sciences, Old Dominion University, Norfolk, VA
- 027 EXAMINATION OF PATHOGENIC BEHAVIORS AND EATING DISORDER RISK AMONG COLLEGIATE FEMALE TRACK & FIELD ATHLETES**  
A. Smith, T.M. Torres-McGehee, E. Monsma, S. Weber University of South Carolina, Columbia, SC
- 028 EXAMINATION OF BODY IMAGE DISSATISFACTION AMONG COLLEGIATE FEMALE TRACK & FIELD ATHLETES**  
Sam Weber, Toni Torres-McGehee, Eva Monsma, Ally Smith, University of South Carolina, Columbia, SC
- 029 EFFECTS OF NATURAL VS MANUFACTURED RECOVERY SNACKS ON REPEATED EXHAUSTIVE EXERCISE PERFORMANCE**  
M DeBardelaben, J Bossi, Department of Kinesiology, Anderson University, Anderson, SC
- 030 THE EFFECTS OF COFFEE INGESTION ON THE ACUTE TESTOSTERONE RESPONSE TO EXERCISE**  
Taylor Landry<sup>1</sup>, Jeremy D Akers<sup>2</sup>, Michael J Saunders FACSM<sup>1</sup>, and Christopher J Womack FACSM<sup>1</sup>. <sup>1</sup>Human Performance Laboratory-Department of Kinesiology; <sup>2</sup>Department of Health Sciences, James Madison University, Harrisonburg VA
- 031 EXERCISE PERFORMANCE AND PERCEPTION OF BREATHLESSNESS AFTER CAFFEINE INGESTION IN CYCLISTS**  
E.M. Larson, J.T. Oliver, J.L. Stickford, K.S. Fasczewski, and R.A. Shanely. Department of Health & Exercise Science, Appalachian State University, Boone, NC
- 9:00-9:50 S11 SYMPOSIUM SESSION XI (Roberts)**  
**THE UTILITY OF HEART RATE VARIABILITY MONITORING IN ATHLETIC SETTINGS: FROM THE LABORATORY TO THE FIELD**  
Michael R Esco, Ward Dobbs, Clifton Holmes, The University of Alabama, Tuscaloosa, AL  
**Chair:** Richard Storie, Ph.D., Cumberland University
- 8:00-8:50 T13 TUTORIAL SESSION XIII (Walker)**  
**TRACKING ATHLETE TRAINING LOAD: IT TAKES A VILLAGE TO MONITOR A TEAM**  
Greg A. Ryan & Stephen J. Rossi, Georgia Southern University, Statesboro, GA  
**Chair:** Martin Carmichael, Ph.D., Lander University
- 8:00-8:50 T14 TUTORIAL SESSION XIV (Rose)**  
**HELLO PROFESSORS: ENGAGING STUDENTS AND TEACHING THROUGH THE GAPS OF KNOWLEDGE**  
Patrice Elder, Tamerah N. Hunt, FACSM, Oak Hill High, Nashville, TN; Georgia Southern University, Statesboro, GA  
**Chair:** Rebecca Battista, Ph.D., Appalachian State University
- 9:00-9:50 T15 TUTORIAL SESSION XV (Walker)**  
**ANIMAL RESEARCH AND TRAINING FOR EXERCISE SCIENCE PROFESSIONS!**  
John C. Quindry, Christopher G. Ballmann, University of Montana, University of Montana, Missoula, MT  
**Chair:** Ray Thompson, Ph.D., University of South Carolina
- 9:00-9:50 T16 TUTORIAL SESSION XVI (Rose)**  
**SOCIOECONOMIC STATUS, CONCUSSION AND ADOLESCENTS: HOW TO WORK WITH A GROWING POPULATION**

Tamerah Hunt, Georgia Southern University, School of Health and Kinesiology, Georgia Southern University, Statesboro, GA

**Chair:** Kelley Strohacker, Ph.D., University of Tennessee – Knoxville

**9:30-11:00 POSTER FREE COMMUNICATIONS V (Ballroom Foyer)**

**P265-P336** **CARDIOVASCULAR PHYSIOLOGY CELLULAR REGULATORY MECHANISMS**  
**CHRONIC DISEASE AND DISABILITY ENVIRONMENTAL PHYSIOLOGY**  
**EXERCISE EVALUATION/CLINICAL HEMATOLOGY/IMMUNOLOGY**  
**METABOLISM/CARBOHYDRATE, LIPID, PROTEIN**

**Chair:** Hyun-Seok Hwang, Ph.D., Florida State University

**P265 PRELIMINARY RESULTS OF VASCULAR FUNCTION AND AEROBIC CAPACITY PROFILE OF BREAST CANCER SURVIVORS WHO ARE WITHIN ONE YEAR OF COMPLETING PRIMARY THERAPY**

J.T. Lee<sup>1</sup>, C.W. Wagoner<sup>1</sup>, L. Stoner<sup>1</sup>, K.A. Nyrop<sup>2</sup>, H.B. Muss<sup>2</sup>, E.D. Hanson<sup>1</sup>, A. Piepmeier<sup>2</sup>, & C.L. Battaglini<sup>1</sup>, FACSM. <sup>1</sup>Exercise Oncology Research Laboratory, Department of Exercise & Sport Science; <sup>2</sup>Department of Hematology Oncology; <sup>3</sup>Department of Physical Medicine & Rehabilitation, University of North Carolina at Chapel Hill, Chapel Hill, NC

**P266 EXAMINING PERIPHERAL HEMODYNAMICS DURING HANDGRIP EXERCISE IN VARSITY ROWERS**

K. Decker, A. Hogwood, J. Weggen, R. Maniyar, A. Darling, A. Michael and R.S. Garten. Dept. of Kinesiology and Health Sciences, Virginia Commonwealth University, Richmond, VA

**P267 IMPACT OF AEROBIC CAPACITY ON PROLONGED SITTING-INDUCED VASCULAR DYSFUNCTION**

J. Weggen, A. Hogwood, R. Fralin, K. LaRosa, A. Michael, and R. Garten. Dept. of Kinesiology and Health Sciences, Virginia Commonwealth University, Richmond, VA

**P268 AGE-RELATED AUTONOMIC REGULATION IN CPVT MICE**

YJ. Koh, Z. Oropallo, and HS. Hwang. Department of Nutrition, Food and Exercise Sciences, Florida State University, Tallahassee, FL

**P269 THE ACCURACY OF MULTIPLE HRV METRICS ACQUIRED FROM MOBILE DEVICES: A SYSTEMATIC REVIEW AND META-ANALYSIS**

Ward C. Dobbs, Michael R. Esco, Michael V. Fedewa, Hayley V. MacDonald, University of Alabama, Tuscaloosa, AL

**P270 EXAMINING THE ROLE OF SYMPATHETIC ACTIVATION DURING A PORLONGED SITTING BOUT**

R.C. Fralin, A.C. Hogwood, J. Weggen, D. Lee, M. Scott, and R.S. Garten. Dept of Kinesiology and Health Sciences, Virginia Commonwealth University, Richmond, VA.

**P271 PREVALENCE OF CPR TRAINING AND PUBLIC ACCESS AED AVAILABILITY AT THE UNIVERSITY OF SOUTH CAROLINA AIKEN AND OTHER SOUTHEASTERN U.S. UNIVERSITIES**

C.M. DeWitt, T.E. Stacy, K.M. Smith, A.R. Ravenell, and B.P. Parr. Department of Exercise and Sports Science, The University of South Carolina Aiken, Aiken, SC

**P272 VALIDITY OF LOWER LIMB PULSE-WAVE VELOCITY ASSESSMENTS USING AN OSCILLOMETRIC TECHNIQUE**

Elizabeth Kelsch<sup>1</sup>, Gabriel Zieff<sup>1</sup>, Simon Fryer<sup>2</sup>, Keeron Stone<sup>2</sup>, and Lee Stoner<sup>1</sup>;  
<sup>1</sup>Department of Exercise and Sport Science, University of North Carolina, Chapel Hill;  
<sup>2</sup>School of Sport and Exercise, University of Gloucestershire, Gloucestershire, UK

**P273 THE IMPACT OF PERIPHERAL HEMODYNAMICS ON DERIVED CENTRAL PRESSURE WAVEFORMS**

Gabriel Zieff, Simon Fryer, Keeron Stone, James Faulkner, Lee Stoner, UNC Chapel Hill, NC; University of Gloucestershire; University of Winchester, Department of Exercise and Sport Science, The University of North Carolina, Chapel Hill, NC

- P274**      **OXIDANT-ANTIOXIDANT BALANCE AND PERIPHERAL VASCULAR FUNCTION: THE IMPACT OF CHRONIC ANTIOXIDANT SUPPLEMENTATION**  
A. C. Hogwood, J. Weggen, C. Fralin, D. Lee, M. Scott, and R. S. Garten. Dept of Kinesiology and Health Sciences, Virginia Commonwealth University, Richmond, VA
- P275**      **ARTERIAL STIFFNESS AND MITOCHONDRIAL OXIDATIVE CAPACITY IN OBESE AFRICAN AMERICANS**  
JE McGee<sup>1</sup>, TE Ryan<sup>2</sup>, GS Dubis<sup>1</sup>, SG Barefoot<sup>1</sup>, PM Brophy<sup>1</sup>, DL Swift<sup>1</sup>. <sup>1</sup>Dept. of Kinesiology, <sup>2</sup>Dept. of Physiology, East Carolina University, Greenville, NC
- P276**      **THE EFFECT OF SEDENTARY BEHAVIOR ON ARTERIAL STIFFNESS IN OBESE AFRICAN AMERICANS**  
Barefoot, Savanna G.; McGee, Joshua E.; Brophy, Patricia M.; Swift, Damon L. Department of Kinesiology. East Carolina University, Greenville, NC
- P277**      **THE IMPACT OF SLEEP QUALITY ON PERIPHERAL VASCULAR FUNCTION IN YOUNG ADULTS**  
M.C. Scott, A. Hogwood, R. Fralin, D. Lee, J. Weggen, T.M. Zúñiga, and R.S. Garten. Dept. of Kinesiology and Health Sciences, Virginia Commonwealth University, Richmond, VA
- P278**      **EFFECT OF MODERATE-TO-HIGH INTENSITY PHYSICAL ACTIVITY ON ARTERIAL STIFFNESS IN OBESE CHILDREN**  
A.T. Lassiter, G.M. Thompson, K.T. Williford, N.D. Tocci, H. Kim, M. Meucci Department of Health and Exercise Science, Appalachian State University, Boone, NC
- P279**      **COMPREHENSIVE ANALYSIS ON THE VALIDITY OF ULTRA-SHORTEN HRV PARAMETERS**  
Yuan Liu, Bjoern Hornikel, Micheal R. Esco, Department of Kinesiology, The University of Alabama, Tuscaloosa, AL
- P281**      **INTER-DAY RELIABILITY OF ULTRA-SHORTENED HEART RATE VARIABILITY PARAMETERS**  
Bjoern Hornikel, Yuan Liu, Michael R. Esco, Dept. of Kinesiology, The University of Alabama, Tuscaloosa, Alabama
- P282**      **TIME COURSE OF ENOS EXPRESSION AND ENDOTHELIAL FUNCTION IN RAT AORTAS FOLLOWING ACUTE EXERCISE**  
M.C. Bucknor, Y. Guan, T.H. Embry, and M.B. Harris. Dept. of Kinesiology & Health Sciences, William & Mary, Williamsburg, VA
- P283**      **INCREASED LAMINAR SHEAR STRESS REDUCES INFLAMMATION-INDUCED ENDOTHELIAL MICROPARTICLE APOPTOSIS IN HUVECS**  
Adelola O. Adeyemo<sup>1,2</sup>, Chenyi Ling<sup>2</sup>, Heather Grimm<sup>2</sup>, Michael Brown<sup>1,2</sup>. <sup>1</sup>Auburn University, School of Kinesiology, Auburn, AL; <sup>2</sup>University of Illinois at Chicago, Department of Kinesiology & Nutrition, Vascular Health Laboratory, Chicago, IL
- P284**      **EFFECTS OF PHYSICAL ACTIVITY ON SYMPATHETIC, CARDIOVASCULAR, AND PERCEPTUAL RESPONSES TO A PAINFUL STIMULUS**  
Danna V. Rodriguez Escobar, Taylor R. Goodman, Emma K. Taylor, Abigail S.L Stickford. Appalachian State University, Department of Health and Exercise Science, Boone, NC
- P285**      **INVESTIGATION OF SEX DIFFERENCES BETWEEN NOKIA BODY CARDIO AND SPHYGMACOR APPLANATION TONOMETRY**  
M. Company, A. Lubkemann, C. McCraw, P. St.Clair, SR Collier (FACSM). Vascular Biology

and Autonomic Studies Laboratory, Appalachian State University, Boone, NC.

- P286**      **VALIDITY OF NOKIA PULSE WAVE VELOCITY SCALE VERSUS GOLD STANDARD APPLANATION TONOMETRY IN A YOUNG HEALTHY POPULATION**  
A. Lubkemann, M. Company, C. McCraw, P. St. Clair, SR Collier (FACSM). Health and Exercise Science, Vascular Biology and Autonomic Studies Lab, Appalachian State University, Boone, NC.
- P287**      **COMPARISON OF HEART RATE AND BLOOD PRESSURE RESPONSES TO DIFFERENT TASKS**  
Patricia Nixon, Ph.D, Wake Forest University, Winston-Salem, North Carolina, Eleanor McDonald, Wake Forest University, Winston-Salem, North Carolina
- P288**      **THE EFFECTS OF ISOMETRIC EXERCISE ON IMMEDIATE POST-ISOMETRIC EXERCISE GLUCOSE TOLERANCE**  
Spencer A. Green, Benjamin D. Gordon, David E. Verrill Joseph S. Marino, Reuben Howden. Dept. Of Kinesiology, UNC Charlotte, Charlotte NC
- P289**      **AEROBIC TRAINING STATUS AND FATTY ACID-INDUCED HERT MRNA EXPRESSION FOLLOWING MAXIMAL EXERCISE**  
Zúñiga T.M., Slusher A.L., Acevedo E.O., FACSM. Dept. of Kinesiology and Health Sciences, Virginia Commonwealth University, Richmond, VA
- P290**      **EXERCISE AT SIMULATED ALTITUDE ALTERS PROTEIN EXPRESSION IN PERIPHERAL BLOOD MONONUCLEAR CELLS**  
Zach Schall, Claire Lauterbach, Ally Hamilton, Harrison Strag, Matthew Kuennen. Department of Exercise Science, High Point University, High Point NC
- P291**      **THE EFFECTS OF HIGH-INTENSITY INTERVAL TRAINING AND MODERATE INTENSITY TRAINING FOR IMPROVING CARDIOMETABOLIC HEALTH IN INDIVIDUALS WITH SPINAL CORD INJURY**  
Christian, E. Behrens<sup>1</sup>, Kyle G. Graham<sup>2</sup>, Ceren Yarar-Fisher<sup>3</sup>, Kevin K. McCully<sup>4</sup>, C. Scott Bickel<sup>5</sup>, and Gordon Fisher<sup>1, 2</sup>. <sup>1</sup>Department of Nutrition Science; <sup>2</sup>Human Studies; <sup>3</sup>Physical Medicine and Rehabilitation Sciences, University of Alabama at Birmingham; <sup>4</sup>Department of Kinesiology, University of Georgia; <sup>5</sup>Department of Physical Therapy, Samford University.
- P292**      **RATING OF PERCEIVED EXERTION IN POWER WHEELCHAIR SOCCER ATHLETES.**  
L.J. Newsome, J.R. Flanagan, and J.P. Barfield. Dept. of Health and Human Performance, Radford University, Radford, VA
- P293**      **PHYSICAL ACTIVITY PREDICTS STRENGTH AND FUNCTION IN WOMEN UNDERGOING BREAST CANCER TREATMENT**  
L. Hanson, J. Fanning, J. Boog, E. Levine, M. Howard-McNatt, S. Mihalko, Wake Forest University and Wake Forest School of Medicine, Winston-Salem, NC
- P294**      **HEMODYNAMIC RESPONSES TO A MAXIMAL EXERCISE TEST IN PARKINSON'S DISEASE PATIENTS**  
K. Roberson, N. Ruta, K. Jacobs, J. Signorile. Department of Kinesiology and Sport Sciences, University of Miami, Coral Gables, FL
- P295**      **EFFECTS OF WHOLE-BODY VIBRATION TRAINING ON STRENGTH, BODY COMPOSITION, AND FUNCTION IN SKILLED NURSING HOME RESIDENTS**  
B.F. Grubbs<sup>1</sup>, A. Figueroa<sup>2</sup>, J-S. Kim<sup>3</sup>, K. Schmitt<sup>3</sup>, L.B. Pantou<sup>3</sup>. <sup>1</sup>Middle Tennessee State Univ, TN; <sup>2</sup>Texas Tech Univ, TX; <sup>3</sup>Florida State Univ, FL
- P296**      **BODYWEIGHT CIRCUIT EXERCISE TRAINING IN ADULTS WITH TYPE 2 DIABETES MELLITUS – THREE CASE STUDIES**  
R. Buresh, B. Kliszczewicz, J. Knaga, J. Boone, C. Williamson, and Emily Bechke.

- P297 UNDERSTANDING ARTHRALGIA IN BREAST CANCER SURVIVORS**  
J.A. Boog, L. Hanson, M.M. Howard-McNatt, E. Levine, S.L. Mihalko; Wake Forest University and Wake Forest School of Medicine, Winston-Salem, NC
- P298 INFLAMMATORY MARKERS IN AFRICAN AMERICANS FOLLOWING AN ACUTE BOUT OF EXERCISE: A PILOT STUDY**  
Michael S. Jarrett, Monica Hubal, Vincent Henrich, Laurie Wideman, University of North Carolina at Greensboro, Greensboro, NC, George Washington University, Washington, DC
- P299 NITRATE CONSUMPTION AND PHYSICAL FUNCTION IN ICU PATIENTS**  
T.M. Heinrich, D.C. Files, R.N. Bakhrui, K.L. Shields, M.J. Berry. Health and Exercise Science, Wake Forest University, Winston-Salem, NC
- P300 IS ABILITY TO REACH A HIGH KNEE EXTENSOR VELOCITY A MARKER OF PHYSICAL FUNCTION IN OBESE OLDER ADULTS?**  
Powers SA, Chmelo E, Delbono O, Nicklas BJ, Marsh AP, Wake Forest University, Winston-Salem, NC
- P301 EFFECTS OF PANCREATIC CANCER ON SKELETAL MUSCLE**  
B.Wilson, J. Huot, B. Thompson, S. Wu, P. Mukherjee, and S. Arthur, University of North Carolina at Charlotte, Charlotte, NC
- P302 EASY BREATHER EXERCISE TABLE: A FEASIBILITY EVALUATION OF A MEDICAL DEVICE TO FACILITATE GRAVITY POWERED VENTILATION**  
D.J. Giordano, J.G. Kerr, R.W. Boyce, J.J. Reel, L.K. Sprod, S.M. Sinclair, S.L. Knight, and S.N. Spencer. College of Health and Human Services, University of North Carolina Wilmington, Wilmington, NC
- P303 CANCER CACHEXIA ASSOCIATED MUSCLE WEAKENESS: A ROLE FOR FIBROSIS**  
Jonathan L. Blalock<sup>1</sup>, Brandon N. VanderVeen<sup>1</sup>, Dennis K. Fix<sup>1</sup>, and James A. Carson, FACSM<sup>1, 2</sup> <sup>1</sup>Integrative Muscle Biology Laboratory, University of South Carolina, Columbia, SC; <sup>2</sup>Center for Colon Cancer Research, University of South Carolina, Columbia, SC
- P304 FITNESS LEVEL DOES NOT IMPACT CARDIOVASCULAR DRIFT AND DECREASED MAXIMAL OXYGEN UPTAKE DURING HEAT STRESS**  
T.M. Stone, J.E. Wingo, FACSM, Department of Kinesiology, University of Alabama, Tuscaloosa, AL
- P305 Effect of a Simulated Tactical Occupation Stressor on Reaction Time**  
Andrew J. Hussey<sup>1</sup>, Cody E. Morris<sup>1</sup>, Lee J. Winchester<sup>1</sup>, Ariel S. Tomes<sup>1</sup>, Wesley A. Neal<sup>1</sup>, Damon M. Wilcoxon<sup>1</sup>, MiRanda N. Anderson<sup>1</sup>, William J. Bradshaw<sup>1</sup>, Dana N. Lucas<sup>1</sup>, Harish Chander<sup>2</sup>, and Scott W. Arnett<sup>1</sup>. <sup>1</sup>School of Kinesiology, Recreation, & Sport, Western Kentucky University, Bowling Green, KY; <sup>2</sup>Neuromechanics Laboratory, Department of Kinesiology, Mississippi State University, Mississippi State, MS
- P306 EFFECT OF A SIMULATED TACTICAL OCCUPATION STRESSOR ON PHYSIOLOGICAL STRAIN INDEX AND BLOOD PRESSURE**  
Damon M. Wilcoxon<sup>1</sup>, Cody E. Morris<sup>1</sup>, Lee J. Winchester<sup>1</sup>, Andrew J. Hussey<sup>1</sup>, Ariel S. Tomes<sup>1</sup>, Wesley A. Neal<sup>1</sup>, MiRanda N. Anderson<sup>1</sup>, William J. Bradshaw<sup>1</sup>, Dana N. Lucas<sup>1</sup>, Harish Chander<sup>2</sup>, and Scott W. Arnett<sup>1</sup>. <sup>1</sup>School of Kinesiology, Recreation, & Sport, Western Kentucky University, Bowling Green, KY; <sup>2</sup>Neuromechanics Laboratory, Department of Kinesiology, Mississippi State University, Mississippi State, MS
- P307 Effect of a Simulated Tactical Occupation Stressor on Perceived Exertion and Blood Lactate**  
Wesley A. Neal<sup>1</sup>, Cody E. Morris<sup>1</sup>, Lee J. Winchester<sup>1</sup>, Andrew J. Hussey<sup>1</sup>, Ariel S. Tomes<sup>1</sup>,

Damon M. Wilcoxon<sup>1</sup>, MiRanda N. Anderson<sup>1</sup>, William J. Bradshaw<sup>1</sup>, Dana N. Lucas<sup>1</sup>, Harish Chander<sup>2</sup>, and Scott W. Arnett<sup>1</sup>. <sup>1</sup>School of Kinesiology, Recreation, & Sport, Western Kentucky University, Bowling Green, KY; <sup>2</sup>Neuromechanics Laboratory, Department of Kinesiology, Mississippi State University, Mississippi State, MS

- P308 EFFECT OF A SIMULATED TACTICAL OCCUPATION STRESSOR ON IMMUNE SYSTEM MARKERS OF PHYSIOLOGICAL STRESS AND INFLAMMATION**  
Ariel S. Tomes<sup>1</sup>, Cody E. Morris<sup>1</sup>, Lee J. Winchester<sup>1</sup>, Andrew J. Hussey<sup>1</sup>, Wesley A. Neal<sup>1</sup>, Damon M. Wilcoxon<sup>1</sup>, MiRanda N. Anderson<sup>1</sup>, William J. Bradshaw<sup>1</sup>, Dana N. Lucas<sup>1</sup>, Harish Chander<sup>2</sup>, and Scott W. Arnett<sup>1</sup>. <sup>1</sup>School of Kinesiology, Recreation, & Sport, Western Kentucky University, Bowling Green, KY; <sup>2</sup>Neuromechanics Laboratory, Dept. of Kinesiology, Mississippi State University, Mississippi State, MS
- P309 RELATIONSHIP BETWEEN PHYSIOLOGICAL AND PERCEPTUAL HEAT STRAIN DURING SIMULATED INDUSTRIAL TASKS IN A HOT AND HUMID ENVIRONMENT**  
C. Kirkendoll and B. Sirikul, Dept. of Kinesiology & Health Studies, Southeastern Louisiana University, Hammond, LA
- P310 BOUT VS. NON-BOUT PHYSICAL ACTIVITY MINUTES ON METABOLIC SYNDROME RISK FACTORS IN COLLEGE STUDENTS**  
Trent A. Hargens FACSM<sup>1</sup>, Valerie C. Olijar<sup>1</sup>, Matthew C. Scott<sup>1,3</sup>, Elizabeth S. Edwards<sup>1,2</sup>. <sup>1</sup>Department of Kinesiology; <sup>2</sup>Morrison Bruce Center, James Madison University, Harrisonburg, VA; <sup>3</sup>Department of Kinesiology and Health Sciences, Virginia Commonwealth University, Richmond, VA
- P311 SERUM PROTEIN S100B: A MARKER OF EXERCISE, NOT BRAIN INJURY**  
Matthew J. Rogatzki, Sydney A. Keuler, Abigail E. Harris. Dept. of Health and Human Performance, University of Wisconsin-Platteville, Platteville; WI,
- P312 ASSOCIATION BETWEEN STEP COUNTS AND BLOOD LIPIDS AMONG PEOPLE LIVING WITH HIV/AIDS**  
J.R. Jagers<sup>1</sup>, & G.A. Hand, FACSM<sup>2</sup>. <sup>1</sup>University of Louisville, Louisville, KY; <sup>2</sup>West Virginia University, Morgantown, WV.
- P313 OPTIMAL LOAD FOR HIGH-SPEED EXERCISE.**  
L Bai, EA Selimovic, R Mueller, S Beatty, KA Carter, TB Symons, G Pantalos, JF Caruso. The University of Louisville, Louisville KY.
- P314 VALIDATION OF A STAIR CLIMB TEST FOR CLINICAL USE**  
Greg Wimer, Anthony Parish, Delia Istrate, Sharlene Johnson, David Paek, Ben Wilkening, Kathleen Schaefer, Anne Thompson, Georgia Southern University, Statesboro, Georgia
- P315 EFFECTS OF PROGRESSIVE AEROBIC EXERCISE AND RESISTANCE TRAINING IN OLDER HIV+ ADULTS**  
Madison Heck, Brandon Briggs, Chani Jain, Timothy R. Wamsley, Krisann K. Oursler. Dept. Medicine, Virginia Tech Carilion School of Medicine, Roanoke, VA
- P316 THEORETICAL PREDICTORS OF PHYSICAL ACTIVITY AMONG PEOPLE LIVING WITH HIV/AIDS**  
K.M. King<sup>1</sup>, J.R. Jagers<sup>1</sup>, & G.A. Hand, FACSM<sup>2</sup>. <sup>1</sup>University of Louisville, Louisville, KY. <sup>2</sup>West Virginia University, Morgantown, WV.
- P317 EFFECT OF MODERATE-TO-HIGH INTENSITY PHYSICAL ACTIVITY ON PEAK OXYGEN CONSUMPTION IN CHILDREN**  
K.T. Williford, L.M. White, D.L. Harvey, H.N. Oakley, N.D. Tocci, M. Meucci. Department of Health and Exercise Science, Appalachian State University, Boone, NC
- P318 EFFECT OF MODERATE-TO-HIGH INTENSITY PHYSICAL ACTIVITY ON OXYGEN UPTAKE EFFICIENCY IN OBESE CHILDREN**  
K.T. McShea, H. Kim, J.E. Morgan, T.M. Hill, S.A. Gaynor-Metzinger, M. Meucci. Dpt of



- P319 ANTHROPOMETRIC MEASURES AND PERFORMANCE TESTS IN THE EVALUATION OF PERFORMANCE AND INJURY RISK IN DIVISION I COLLEGIATE ATHLETES**  
A. Carnall<sup>1</sup>, J. Manor<sup>2</sup>, J. Bunn<sup>2</sup>, <sup>1</sup>Sport Performance and Health Consulting Center (SPAHCC), University of Memphis, Memphis, TN; <sup>2</sup>Advanced Interdisciplinary Movement Science (AIMS) Lab, Campbell University, Buies Creek, NC
- P320 THE EFFECTS OF SOCIOECONOMIC STATUS ON HEALTHCARE ACCESS**  
K. Thibault, W. Belt, J. Ash-Shakoor, A. Hinton, A. King, B. Loman, J. Mills, J. Joyner, E. Gibson, C. Munchel, A. Dexter, A. Lavis, T. Palmer, K. Stranburg, S. Gordon, PhD, T. Moore-Harrison, PhD Department of Kinesiology, The University of North Carolina at Charlotte, Charlotte, NC
- P321 EFFECT OF CONCURRENT AEROBIC AND RESISTANCE TRAINING ON STRENGTH: HIGH INTENSITY INTERVAL AND RESISTANCE TRAINING**  
Colton Clary, Sidney Roundy, Jayson Gaza, Madeline Zipperer, Melissa Moulton and Peter Magyari. University of North Florida, Department of Clinical and Applied Movement Sciences. Jacksonville FL
- P322 COMPARISON OF GROSS MOTOR FUNCTION AMONG DIFFERENT AGE GROUPS OF THE OLDER ADULT POPULATION RESIDING IN INDEPENDENT LIVING**  
Fang, Q.<sup>1</sup>, Talwar, S. <sup>1</sup>, Swain, J. <sup>1</sup>, Shinn, J. <sup>1</sup>, Lamberth, J. <sup>1</sup>, Liu, K. <sup>2</sup>, Huang, M.<sup>3</sup>, Pan, Z. <sup>1</sup>, <sup>1</sup>Department of Kinesiology, Mississippi State University, MS State, MS; <sup>2</sup>Department of Psychiatry, Yale University School of Medicine, New Haven, CT; <sup>3</sup>Department of Physical Therapy, University of Mississippi Medical Center, Jackson, MS
- P323 DETERMINING INTENSITY CUT-POINTS FOR WRIST-WORN ACTIGRAPH GT9X ACCELEROMETERS DURING TREADMILL WALKING**  
CM Scott, RD Wolf, RK Evans. Department of Kinesiology and Health Sciences, Virginia Commonwealth University, Richmond, VA
- P324 COMPARISON OF SELF-ESTEEM, BODY IMAGE, AND MOTIVES OF PHYSICAL ACTIVITY IN COLLEGE STUDENTS IN GROUP AND SOLO EXERCISE**  
Isabella Axelsson, Dr. Jody Langdon, Georgia Southern University, Statesboro, GA
- P325 MONOCYTE INFLAMMATORY RESPONSE TO ACUTE EXERCISE IN BREAST CANCER SURVIVORS**  
E.D. Hanson, N. Khosravi, V. Farajivafa, W.S. Evans, J.T. Lee, E. Danson, C.W. Wagoner, E.P. Harrell, K.A. Nyrop, H.B. Muss, D.B. Bartlett, C.L. Battaglini, FACSM. Dept of Exercise & Sport Science, Exercise Oncology Research Laboratory, Dept of Hematology Oncology University of North Carolina, Chapel Hill, NC; Dept of Medicine, Duke University, Durham NC
- P326 METABOLIC DIFFERENCES IN AMINO ACID PLASMA CONCENTRATIONS IN HIGH- AND LOW-ACTIVE MICE**  
JZ Granados, AL Letsinger, GAM Ten Have, JD Velasco, VA Garcia, NEP Deutz, and JT Lightfoot (FACSM). Department of Health & Kinesiology, Texas A&M University, College Station, TX
- P327 EFFECTS OF GROUP EXERCISE ON BLOOD PROFILES IN OLDER ADULTS**  
B. Loman, J. Ash-Shakoor, A. Dexter, E. Gibson, A. Hinton, A. King, A. Lavis, C. Munchel, T. Palmer, K. Stranburg, T. Moore-Harrison, PhD Department of Kinesiology, The University of North Carolina at Charlotte, Charlotte, NC
- P328 RELIABILITY AND VALIDITY OF NIRS MITOCHONDRIAL CAPACITY PROTOCOL IN SKELETAL MUSCLE**  
A. LaMantia, L.E. Neidert, H.A. Kluess, School of Kinesiology, Auburn University, Auburn, AL

- P329 NO LIPOLYTIC SUPPRESSION WITH PRE-EXERCISE CARBHOYDRATE REGARDLESS OF ITS GLYCEMIC INDEX**  
 Dan Baur<sup>1</sup>, Willingham<sup>2</sup>, BD, Smith<sup>2</sup>, KM, Kisiolek<sup>2</sup>, JN, Morrissey<sup>2</sup>, MC, Ragland<sup>2</sup>, TJ, Saracino<sup>2</sup>, and Ormsbee<sup>2</sup>, MJ; <sup>1</sup>Elon University, Elon, NC and <sup>2</sup>Florida State University, Tallahassee, FL
- P330 TRACKING BLOOD PROFILES FOR REPEAT PARTICIPANTS ACROSS OLDER ADULTS MECKLENBURG COUNTY: A 10-MONTH STUDY**  
 A. Hinton, A. King, J. Ash-Shakoor, W. Belt, A. Dexter, E. Gibson, A. Lavis, B. Loman, C. Munchel, T. Palmer, K. Stranburg, K. Thibault, T. Moore-Harrison, PhD. Dept. of Kinesiology, The University of North Carolina at Charlotte, Charlotte, NC
- P331 EFFECTS OF GROUP OR INDIVIDUAL EXERCISE ON TRIGLYCERIDES AND BLOOD GLUCOSE VALUES IN SENIORS**  
 E.Gibson, J, Ash-Shakoor, A. Lavis, C. Munchel, B. Loman, A., Hinton, A. King, A. Dexter, J. Mills, J. Joyner, T. Palmer, K., Stranburg and T. Moore-Harrison PhD, Department of Kinesiology, The University of North Carolina at Charlotte, Charlotte, NC
- P332 CHANGES IN BLOOD PH AND AMMONIA FOLLOWING REPEAT SPRINT PERFORMANCE**  
 Gregory R. Davis, Jordan Perett, Danielle Rudesill, David Bellar. University of Louisiana at Lafayette, Lafayette, LA
- P333 DIURNAL METABOLIC FLUX ASSOCIATED WITH WASTING IN FEMALE TUMOR BEARING MICE**  
 Laura Saunders, Brittany R. Counts, Brandon N. VanderVeen, Justin P. Hardee, Dennis K. Fix, Ryan N. Montalvo, and James A. Carson, FACSM. University of South Carolina, Columbia, SC
- P334 EFFECTS OF A KETOGENIC SUPPLEMENT OR A WHEY PROTEIN BREAKFAST MEAL ON METABOLISM, SATIETY AND ENERGY INTAKE**  
 I.L. Smith, E. Bailey, T.Ramos, T.A. Madzima. Dept. of Exercise Science, Dept. of Physician Assistant Studies, Elon University, Elon NC
- P335 CROSS-TOLERANCE: HYPOXIA STRESSES PERIPHERAL BLOOD MONONUCLEAR CELLS (PBMC) MORE THAN HYPERTHERMIA**  
 Claire Lauterbach, Zach Schall, Ally Hamilton, Harrison Strag, Matthew Kuennen. Department of Exercise Science, High Point University, High Point, NC
- P336 ALTITUDE PROMOTES GUT LEAK AND LEUKOCYTE ACTIVATION**  
 Harrison Strag, Zach Schall, Ally Hamilton, Claire Lauterbach, Matthew Kuennen. Department of Exercise Science, High Point University, High Point, NC
- 10:00-10:50 TUTORIAL SESSION XVII (Walker)**  
**T17 LACTATE METABOLISM: HISTORY AND UPDATE**  
 L. Bruce Gladden and Zachary B. Rightmire. School of Kinesiology, Auburn University, Auburn, AL  
**Chair:** Robert Moffatt, Ph.D., Florida State University
- 10:00-10:50 TUTORIAL SESSION XVIII (Rose)**  
**T18 TRAINING SPORTS OFFICIALS: AN EXCITING, YET RELATIVELY NEW OPPORTUNITY IN EXERCISE SCIENCE AND SPORTS PERFORMANCE**  
 A. Bosak. Dept. of Health Professions, Liberty University, Lynchburg, VA  
**Chair:** Cody Morris, Ph.D., Western Kentucky University
- 10:00-10:50 TUTORIAL SESSION XIX (Roberts)**  
**T19 EVALUATING BIOMETRIC WEARABLES: FROM ACADEMICS TO INDUSTRY**

JA Bunn<sup>1</sup> & LC Eschbach<sup>2</sup>; <sup>1</sup> Campbell University, Buies Creek, NC; <sup>2</sup> Valencell Inc., Raleigh, NC

**Chair:** David Rice, Ph.D., Florida Southern College

**11:00-12:00 HENRY J. MONTOYE AWARD LECTURE 2018 (Walker)**

**HEALTH TO HIGHER PERFORMANCE: RESEARCH AT THE INTERSECTION OF NUTRITION & PHYSICAL ACTIVITY**

Janet Walberg Rankin, Ph.D., FACSM, Past President ACSM, Virginia Tech University

**Presiding:** Michael McKenzie, Ph.D., SEACSM President, Winston-Salem State University

**Introduction:** John Quindry, Ph.D., SEACSM Past President, University of Montana

**12:00-2:00 SEACSM LUNCHEON AND LECTURE (Chattanooga Ballroom 1,2,3,4)  
(Pre-Register by Feb 5)**

**IT'S NOT ALWAYS SUNNY SIDE UP! LESSONS LEARNED FROM PRESCHOOL PHYSICAL ACTIVITY INTERVENTIONS**

Sofiya Alhassan, Ph.D., Director of the Pediatric Activity Laboratory,  
University of Massachusetts

**Presiding:** Michael McKenzie, Ph.D., SEACSM President, Winston-Salem State University

**Introduction:** Michael McKenzie, Ph.D., SEACSM President, Winston-Salem State University

**2:00-4:00 SEACSM EXECUTIVE BOARD MEETING (Kinsey)**

**2/03/18**