THURSDAY, February 15, 2018

11:00-1:00 SEACSM EXECUTIVE BOARD MEETING (Kinsey)
1:00-6:00 REGISTRATION AND STUDENT HELP 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 Esmat1, Ashlyn Schwartz2, Samuel Buckner3. 1Dept. of Exercise Science and Sport Management, Kennesaw State University, Kennesaw, GA; 2Dept. of Child and Family Studies, University of Tennessee, Knoxville, TN; 3Dept. 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 Graves1, Samuel Buckner2, and Ashlyn Schwartz3; 1Florida Atlantic University, Boca Raton, Florida; 2University of Mississippi, Oxford, Mississippi; 3University 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. Haun1, C. Brooks Mobley1, Christopher G. Vann1, Matthew A. Romero1, Paul A. Roberson1, Petey W. Mumford1, Wesley C. Kephart1, James C. Healy1, Romil K. Patel1, Shelby C. Osburn1, Darren T. Beck2, Michael D. Roberts1, 2*. 1Molecular and Applied Sciences Laboratory, School of Kinesiology, Auburn University, Auburn, AL; 2Department 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. Brazendale1, A. Brazendale2, C. Monroe3, R.G. Weaver1, M.W. Beets1. 1Department of Exercise Science, University of South Carolina, Columbia, SC; 2Autism Academy of South Carolina, Columbia, SC; 3Health Promotion Education and Behavior Department, University of South Carolina, Columbia, SC

D3 EXERCISE INTENSITY REDUCES CIRCULATING ANNEXIN V- CD105 MICROPARTICLES IN ADULTS WITH PREDIABETES
**D4**  COMPARISON OF BONE AND BODY COMPOSITION IN THE AFFECTED AND UNAFFECTED ARMS IN BREAST CANCER SURVIVORS  

**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.1, Goldfarb, A.H.2, Wideman, L.2, Starnes, J.2, Erikson, K.3. 1Dept. of Exercise Science, The University of South Carolina Upstate, Spartanburg, SC; 2Dept. of Kinesiology, The University of North Carolina Greensboro, Greensboro, NC; 3Dept. 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 PA1, Mobley CB1, Haun CT1, Mumford PW1, Romero MA1, Kephart WC1, Osburn SC1, Vann CG1, Lockwood CM2, Roberts MD1; 1School of Kinesiology-Auburn University, Auburn, AL; 2Lockwood, LLC, Draper, UT.

**D8**  INFLUENCE OF SEX AND MUSCLE QUALITY ON MOTOR UNIT RECRUITMENT PATTERNS OF THE VASTUS LATERALIS  
MA. Trevino1, TJ. Herda2, JD. Miller2, and AJ. Sterczala2. 1Georgia Southern University, Armstrong Campus, Savannah, GA; 2The University of Kansas, Lawrence, KS

**MS1**  LOW INTENSITY RESISTANCE TRAINING TO FAILURE ON 1RM STRENGTH IN UNTRAINED FEMALES  
Taylor K. Dinyer1, Matthew J. Garver2, Alex J. Rickard2, William Miller2, Steve Burns2, Haley C. Bergstrom1; 1University of Kentucky, Lexington, KY; 2University of Central Missouri, Warrensburg

**MS2**  LIFELONG KETOGENIC DIET OR KETONE SALT SUPPLEMENTATION IN RATS INCREASES LONGEVITY WITHOUT ALTERING OXIDATIVE STRESS MARKERS  
Hailey Parry1, Wesley C. Kephart1, Petey Mumford1, Matthew Romero1, Cody Haun1, C. Brooks Mobley1, Dominic P. D'Agostino2, Ryan P. Lowery2, Jacob M. Wilson3, Michael D. Roberts1, and Andreas N. Kavazis1. 1School of Kinesiology, Auburn University, Auburn, AL; 2Department of Molecular Pharmacology and Physiology, University of South Florida, Tampa, FL; 3Applied Science and Performance Institute, Tampa, FL

**MS3**  ACUTE CAFFEINE CONSUMPTION DOES NOT AFFECT BODY COMPOSITION ANALYSIS  
C. Williamson1, BM. Kliszczewicz1, B. Nickerson2, EE. Bechke1, C. McLester1. 1Dept. of Exercise Science & Sport Management Kennesaw State University, Kennesaw; 2Dept. 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. Boltz1, M.H. Feinberg3, T.D. Smith1, T.M. Johnson2, M.R. Richardson1, J.R. Churilla1. 1Department of CAMS; 2Department of Public Health, University of North Florida, Jacksonville, FL; 3S Florida Neurology Assoc, Boca Raton, FL
THE VALIDATION OF THE INBODY 770 FOR THE ASSESSMENT OF BODY COMPOSITION IN COLLEGE-AGED INDIVIDUALS
VG. Nocera¹, AJ. Fradkin FACSM¹, CB. Dixon FACSM², and JL. Andreacci FACSM¹. ¹Dept. of Exercise Science, Bloomsburg University, Bloomsburg, PA; ²Dept. of Health Sciences, Lock Haven University, Lock Haven, PA

SEMITENDINOSUS TENDON MATERIAL PROPERTIES DEFICITS PERSIST FOUR YEARS POST-ACL RECONSTRUCTION
C Amat-Fernandez, Z Domire, A Kulas. Dept. of Kinesiology, East Carolina University, Greenville, NC

MUSCLE AKT SIGNALING SENSITIVITY TO SHORT-TERM FASTING IN TUMOR BEARING MICE
Nancy K. Kaura¹, Brandon N. VanderVeen¹, Dennis K. Fix¹, Brittany R. Counts¹, Justin P. Hardee¹, and James A. Carson, FACSM¹,². ¹Integrative Muscle Biology Laboratory, University of South Carolina, Columbia, SC; ²Center for Colon Cancer Research, University of South Carolina, Columbia, SC

EFFECTS OF LUMBOPELVIC-HIP COMPLEX STABILITY ON OVERHEAD THROWING MECHANICS AMONGST COLLEGIATE SOFTBALL ATHLETES
G.G. Gilmer, J.K. Washington, G.D. Oliver, FACSM. School of Kinesiology, Auburn University, Auburn, AL

FITNESS-RELATED BENEFITS: LAND-BASED VERSUS AQUA-BASED
R. Swiezy¹, R. Williams¹, M. Patterson¹, R. McCormick¹, B. Bonner¹, A. Ausley¹, R. Santee¹, A. Burgess¹, V. Wilson¹, H. Grimes¹, M. Heijnen¹, T.V. Barreira², W. Tseh¹. ¹School of Health and Applied Human Sciences, University of North Carolina Wilmington, Wilmington, NC; ²School of Education, Syracuse University, Syracuse, NY

EFFECT OF CROSS-SLOPED SURFACES ON RUNNING KINEMATICS
E. Heald, M. McKinney, M. Andrews, D. Barney, and R. McCoy, Kinesiology & Health Sciences Department, College of William and Mary, Williamsburg, VA

ASSESSING THE EFFECT OF YMCA MOVING FOR BETTER BALANCE PROGRAM ON BALANCE, ELECTROMECHANICAL DELAY AND BODY COMPOSITION
CE Corle, JR Wingert, DF Saccone, GG Evins, and AE Rote. Department of Health and Wellness, University of North Carolina at Asheville, Asheville, NC

THE EFFECTS OF PALMITIC ACID ON MICRO-RNA-23A EXPRESSION AND MYOTUBE FORMATION
CL. Beach, JJ. Petrocelli, N. Stott, and JS. Marino. Dept. of Kinesiology, University of North Carolina at Charlotte, Charlotte, NC

DIFFERENCES IN COACH AND ATHLETE PERCEPTIONS OF PHYSICAL AND MENTAL DEMAND DURING A COLLEGIATE SEASON
W. Davis, H. Demeester, J. OShaughnessy, J. Kutz. Dept. of Exercise Science & Dept. of Mathematics, Shenandoah University, Winchester, VA

THE EFFECTS OF NOTCH AND MTOR ON MYOGENESIS
B. Q. Thompson, C. McMullen, J.R. Huot, S. Arthur. Dept. of Kinesiology: Laboratory of System Physiology, University of North Carolina at Charlotte, Charlotte, NC

4:00-6:00 POSTER FREE COMMUNICATIONS I (Ballroom Foyer)
Authors present, 4:30–6:00 pm
ENDOCRINOLOGY/IMMUNOLOGY EPIDEMIOLOGY
GROWTH, DEVELOPMENT & AGING REPRODUCTION
RESEARCH DESIGN AND STATISTICS

Chair: Curtis Fennel, Ph.D., University of Montevallo
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 AEROBIC TRAINING STATUS AND THE PENTRAVAXIN (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. Nevaures, 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 METABOLIC 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. Hallowell; A. Weltman (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. Anderson¹, K. Ritsche², N.T. Berry¹, J.A. Janssen¹, J.A. Diekfuss³, A.B. Slutsky¹, L.D. Raisbeck¹, J.L. Etnier¹, L. Wideman¹; ¹Department of Kinesiology, University of North Carolina at Greensboro; ²Winston-Salem State University; ³Cincinnati 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
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

THE EFFECT OF INTENTIONAL WEIGHT LOSS ON THE HEALTHY AGING INDEX IN OLDER ADULTS WITH OBESITY
LN. Shaver, BS¹, DP. Beavers, PhD², SB. Kritchevsky, PhD³, KM. Beavers, PhD¹. Depts. of ¹Health and Exercise Science, ²Biostatistics, and ³Internal Medicine, Wake Forest University, Winston-Salem, NC.

PHYSICAL ACTIVITY BY LOCATION OF MARYVILLE COLLEGE ATHLETES, NON-ATHLETES, AND FACULTY/STAFF

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

DEVELOPING A FIT. GREEN. HAPPYTM 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

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

SELF-REPORTED SEDENTARY TIME AND CUMULATIVE RISK OF PRESERVED AND REDUCED EJECTION FRACTION HEART FAILURE (FROM THE MULTI-ETHNIC STUDY OF ATHEROSCLEROSIS)
B.S. Rariden¹, M.R. Richardson¹, T.M. Johnson², C.A. Brawner³, S.O. Pinkstaff¹, J.R. Churilla¹; ¹Department of CAMS, ²Department of Public Health, University of North Florida, Jacksonville, FL; ³Division of Cardiovascular Medicine, Henry Ford Hospital, Detroit, MI.

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

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

SO YOU THINK YOU ARE BETTER THAN A 12-YEAR-OLD?
Katherine E. Wood¹, Megan E. Holmes¹, YonJoong Ryu¹, Chih Chia Chen¹, Pamala H Kulinna². ¹Mississippi State University, Starkville, MS; ²Arizona State University, Phoenix, AZ

THE IMPORTANCE OF HIGH CARDIORESPIRATORY FITNESS AND OVERWEIGHT OBESITY TO CARDIOMETABOLIC HEALTH IN PRE-ADOLESCENT CHILDREN
Katie Burnet¹, Nicholas Castro², Lee Stoner¹. ¹Department of Exercise and Sport Science, University of North Carolina at Chapel Hill, Chapel Hill, NC; ²School of Sport and Exercise, Massey University, Wellington, NZ
THE BENEFITS OF A REQUIRED WELLNESS COURSE IN A LIBERAL ARTS EDUCATION
Anna K. Leal¹, Ph.D., Edien Fernandini², B.S., Brandon Jackson³, Madeleine Mason⁴, David Elmer⁵, Ph.D., ¹Bridgewater College (Bridgewater, VA); ²University of Tennessee Chattanooga (Chattanooga, TN); ³Georgia Southern University (Statesboro, GA); ⁴Berry College (Mt. Berry, GA)

DOMAIN-SPECIFIC CORRELATIONS BETWEEN PHYSICAL ACTIVITY INTENSITY AND CELL-PHONE ADDICTION IN COLLEGE STUDENTS
V.K. Lewis¹, A.L. Moskowski¹, B.L. Tretter¹, M.L. Stough¹, E.D. Hathaway², M.V. Fedewa¹. ¹University of Alabama, Tuscaloosa, AL; ²University of Tennessee at Chattanooga, Chattanooga, TN.

SEX-RELATED DIFFERENCES IN PHYSICAL ACTIVITY, SEDENTARY BEHAVIOR AND CELL-PHONE ADDICTION
S.C. Leatherwood¹, T.D. Glover¹, C.M. Brunton¹, A.L. Moskowski¹, T.A. Henson¹, E.D. Hathaway², M.V. Fedewa¹. ¹University of Alabama, Tuscaloosa, AL; ²University of Tennessee at Chattanooga, Chattanooga, TN.

SEDENTARY BEHAVIOR IS ASSOCIATED WITH PHYSICAL ACTIVITY AND CELL-PHONE ADDICTION IN YOUNG ADULTS
A.L. Moskowski¹, T.A. Henson¹, T.D. Glover¹, S.C. Leatherwood¹, C.M. Brunton¹, E.D. Hathaway², M.V. Fedewa¹. ¹University of Alabama, Tuscaloosa, AL; ²University of Tennessee at Chattanooga, Chattanooga, TN.

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

PHYSICAL ACTIVITY OPPORTUNITIES THROUGHOUT A SEGMENTED SCHOOL DAY

ASSOCIATION OF PHYSICAL ACTIVITY AND SEDENTARY TIME ON SLEEP QUALITY IN FIRST-YEAR COLLEGE FEMALES
G.M. Frederick¹, M.V. Fedewa², B.M. Das³, E. Rees-Punia¹, W.J. McConnell⁴, M.D. Schmidt¹, E.M. Evans¹, FACSM. ¹Department of Kinesiology: University of Georgia, Athens, GA; ²Department of Kinesiology, The University of Alabama, Tuscaloosa, AL; ³Department of Kinesiology, East Carolina University, Greenville, NC; ⁴University Health Center, University of Georgia, Athens, GA.

PHYSICAL ACTIVITY PARTICIPATION AND CHRONIC DISEASE RISK FACTORS IN AFRICAN AMERICAN COLLEGE STUDENTS
A.A. Price¹,², T. Fair¹, G. McCauley¹, V. Duren-Winfield¹. ¹Winston-Salem State University, Winston-Salem, NC; ²Gramercy Research Group, Winston-Salem, NC.

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.

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

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
ENERGY EXPENDITURE IN OUTDOOR PLAY IN YOUNG CHILDREN
A.N. Schwartz\textsuperscript{1,2}, R.A. Brookshire\textsuperscript{2,3}, L.M. Hornbuckle\textsuperscript{1}, E.C. Fitzhugh\textsuperscript{1}, M.J. Moran\textsuperscript{2}, S.E. Crouter\textsuperscript{1}, and D.P. Coe\textsuperscript{1}. \textsuperscript{1}Department of Kinesiology, Recreation, and Sport Studies; \textsuperscript{2}Department of Child and Family Studies; \textsuperscript{3}Early Learning Center for Research and Practice, The University of Tennessee, Knoxville, TN

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

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

THE IMPACT OF NOTCH ON MUSCLE INJURY, COLLAGEN FORMATION AND FAT DEPOSITION FOLLOWING DOWNHILL RUNNING

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.

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

EFFECTS OF SHORT-TERM RESISTANCE TRAINING ON MAXIMAL AND RAPID TORQUE CHARACTERISTICS IN OLDER MALES
A.A. Olmos\textsuperscript{1}, G.M. Hester\textsuperscript{1}, Z.K. Pope\textsuperscript{2}, M.A. Magrini\textsuperscript{2}, R.J. Colquhoun\textsuperscript{2}, A. Barrera-Curiel\textsuperscript{2}, C.A. Estrada\textsuperscript{2}, J.M. DeFreitas\textsuperscript{2}. \textsuperscript{1}Dept. of Exercise Science and Sport Management, Kennesaw State University, Kennesaw, GA; \textsuperscript{2}Applied Neuromuscular Physiology Laboratory, Oklahoma State University, Stillwater, OK

THE INFLUENCE OF RACE ON GESTATIONAL EXERCISE AND BIRTH OUTCOMES
Alex Babineau\textsuperscript{1}, Christy Isler\textsuperscript{1}, Linda E. May\textsuperscript{1,2}. \textsuperscript{1}College of Health and Human Performance, East Carolina University (ECU), Greenville, North Carolina; \textsuperscript{2}Department of Obstetrics and Gynecology, ECU, Greenville, NC

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

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

EXAMINING THE DIFFERENCES IN BMI CHANGES OVER THE SUMMER AMONG CHILDREN ATTENDING YEAR-ROUND VERSUS TRADITIONAL SCHOOLS
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

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

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

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

EFFECT OF BETA-HYDROXY BETA-METHYLBUTYRATE SUPPLEMENTATION ON SPRINT KINETICS ACROSS A COLLEGIATE RUGBY SEASON

PRELIMINARY ANALYSIS: MODERATING THE STRESS PERCEPTION OF COLLEGIATE DISTANCE RUNNERS USING BRANCHED-CHAIN AMINO ACIDS
Asher Flynn, Tara Whiton, Kimitake Sato, Joseph Walters, Caleb Bazyler, Michael H. Stone, Brad DeWeese. East Tennessee State University, Johnson City, TN

NITRATE SUPPLEMENTATION DOES NOT INFLUENCE SUPRAMAXIMAL CYCLING PERFORMANCE OR LACTATE CLEARANCE
M.J. Webster¹, M.R. Gross², V.A. Blades¹, and C.D. Rogers¹. ¹Dept. of Exercise Physiology, Valdosta State University, Valdosta, GA; ²Dept. of Kinesiology, University of North Georgia, Dahlonega, GA

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

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

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-O8 PSYCHOLOGY/PSYCHIATRY/BEHAVIOR
Chair: Rebecca Ellis, Ph.D., Georgia State University
O1 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

O2 4:15 BARRIERS TO A WORKPLACE PHYSICAL ACTIVITY PROGRAM
A. Davis, D. Biber, & R. Ellis. Georgia State University, Atlanta, GA

O3 4:30 EFFECT OF MOTIVATIONAL SIGNAGE ON STAIR USAGE IN MUNICIPAL BUILDING
Aram Yoon¹, Timothy Hughley¹, Laxmi Paudel², Hui Jun Yun². ¹Department of Health and Human Performance; ²Department of Math and Computer Science, Albany State University, Albany, GA

O4 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

O5 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

O6 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

O7 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

O8 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 SYMPOSIUM SESSION I (Walker)
S1 ACUTE SEDENTARISM AND CARDIOVASCULAR HEALTH: INTERACTIONS BETWEEN PERIPHERAL AND SYSTEMIC VASCULAR HEALTH
Lee Stoner², Daniel Credeur², William Evans¹, Sabina Miller², Quentin Willey¹; ¹Dept. of Sport & Exercise Science, University of North Carolina, Chapel Hill, NC; ²Dept. of Kinesiology, University of Southern Mississippi, Hattiesburg, MS
Chair: Trudy Moore-Harrison, Ph.D., University of North Carolina - Charlotte

4:00-4:50 SYMPOSIUM SESSION II (Rose)
S2 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 TUTORIAL SESSION I (Roberts)
T1 BONE MINERAL DENSITY AND BODY COMPOSITION RELATIONSHIPS IN MULTICULTURAL NON- AND MENOPAUSAL RUNNERS AND NON-RUNNERS
Doris J. Morris¹, L. Jerome Brandon², FACSM; ¹Kennesaw State Univ., Kennesaw, GA; ²Georgia State University, Atlanta, GA
Chair: Catalina Casaru, Ph.D., Georgia Southern University

4:00-4:50 TUTORIAL SESSION II (Amphitheater)
T2 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 SYMPOSIUM SESSION III (Walker)
S3 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 SYMPOSIUM SESSION IV (Rose)
S4 CHRONIC EXTERNAL LOADING DURING DAILY LIVING: A “LOST” TRAINING STRATEGY TO IMPROVE THE FORCE-VELOCITY CURVE
JD Simpson¹, EM Scudamore², & EK O’Neal³. ¹Mississippi State University, Mississippi State, MS; ²Arkansas State University, Jonesboro, AR; ³University of North Alabama, Florence, AL
Chair: Jennifer Bunn, Ph.D., Campbell University

5:00-5:50 TUTORIAL SESSION III (Roberts)
T3 DOES ADDING PHARMACOLOGY TO EXERCISE ENHANCE OR ATTENUATE MANAGEMENT OF TYPE 2 DIABETES?
Steven K. Malin¹, ², ³. ¹Dept. of Kinesiology; ²Division of Endocrinology & Metabolism; ³Robert M. Berne Cardiovascular Research Center, University of Virginia, Charlottesville, VA
Chair: Juliana Marino, MA, University of North Carolina - Charlotte

5:00-5:50 TUTORIAL SESSION IV (Amphitheater)
T4 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 (Chattanoogan 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 (Chattanoogan 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. Snarr¹, Danilo V. Tolusso², Ashleigh V. Hallmark³. ¹Georgia Southern University, Statesboro, GA; ²The University of Alabama, Tuscaloosa, AL; ³The 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 PENTRA Xin 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. Tolusso, 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. Steeves¹, C. Beach¹, J. I. Flynn¹, E.T. Anderson Steeves², ¹Maryville College, Maryville, TN, ²University of Tennessee, Knoxville, TN

P60  USING THE WRIST-WORN ATLAS MONITOR TO OBJECTIVELY MEASURE STRENGTH TRAINING EXERCISES
T. Perry¹, J. Collett¹, C. Johnson¹, S.A. Conger², A.H.K. Montoye³, J.A. Steeves¹. ¹Maryville College, Maryville, TN; ²Boise State University, Boise, ID; ³Alma 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. Kercheville¹, M.G. Michael¹, C.J. Reed², K.C. Palmer¹, Z. Sutton², D. Levine¹, S. Payne³, D.S.B. Williams III⁴. ¹University of Tennessee at Chattanooga, Chattanooga, TN; ²McMinnville Physical Therapy, McMinnville, TN; ³Otterbein University, Westerville, OH; ⁴Virginia Commonwealth University, Richmond, VA
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

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

PHYSIOLOGICAL PROFILING OF COLLEGIATE CLUB MALE ULTIMATE FRISBEE ATHLETES
A. Smith1, A. Bosak2, J. Houck3, M. Sokoloski4, C. Carver2. 1Center of Excellence for Sport Science and Coach Education, Department of Sport, Exercise, Recreation, and Kinesiology. East Tennessee State University, Johnson City, TN; 2Liberty University, Lynchburg, VA. 3University of New Mexico, Albuquerque, NM; 4Texas Women’s University, Denton, TX.

AN EVALUATION OF DIFFERENT PASSIVE RECOVERY PERIODS ON VERTICAL JUMP PERFORMANCE IN COLLEGIATE FEMALES
A. Bosak1, R. Sanders1, H. Nelson1, J. Feister1, and M. Sokoloski2. 1Liberty University, Lynchburg, VA and 2Texas Women’s University, Denton, TX.

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

EFFECTS OF 12-WEEKS OF AEROBIC EXERCISE TRAINING ON INSULIN SENSITIVITY UNDER ENERGY BALANCED CONDITIONS IN WOMEN
Chandler, M. Gentz1, Douglas, M Moellering2, Samuel T. Windham3, Barbara A. Gower2, Gary R. Hunter1, 2, and Gordon Fisher1, 2. 1Departments of Human Studies; 2Nutrition Sciences; 3Medicine University of Alabama at Birmingham

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

THE EFFECT OF DIETARY MANIPULATIONS ON ULTRASONOGRAPHY DERIVED MEASURES OF MUSCLE ARCHITECTURE

DIFFERENCES BY PHYSICAL EDUCATION CLASS AND RECESS TIME AMONG CHILDREN IN PUERTO RICO
M. E. Santiago-Rodríguez1, M. A. Amalbert-Birriel2, F. A. Ramírez-Marrero2, FACSM, 1University of Illinois at Chicago – Chicago, IL; 2University of Puerto Rico – Rio Piedras Campus, San Juan, PR

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

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
PHYSICAL ACTIVITY BEHAVIORS AND SMARTPHONE USE IN COLLEGE AGED STUDENTS
A.V. Farrell¹, N.T. Penglee², E Rosenberg², R.W. Christiana¹, R.A. Battista¹. ¹Department of Health and Exercise Science; ²Department of Sociology, Appalachian State University, Boone, North Carolina; ³Department of Physical Education, Kasetsart University, Bangkok, Thailand.

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

EVALUATION OF A GOALKEEPER-SPECIFIC ADAPTATION TO THE YO-YO INTERMITTENT RECOVERY TEST LEVEL 1: RELIABILITY AND VARIABILITY
AM Ehiert¹, JR Cone², L Wideman¹, AH Goldfarb¹. ¹Department of Kinesiology, The University of North Carolina at Greensboro, Greensboro, NC; ²Athletes Research Institute, Inc., Chapel Hill, NC.

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

THE MEASURE OF FUNCTIONAL MOVEMENT IN RECREATIONAL CYCLISTS AND CLIMBERS
N.T. Bacon, K. Koch. Dept. of Sport Science, Belmont University, Nashville, TN

CHANGES IN BENCH PRESS VELOCITY FOLLOWING OVERLOAD AND TAPER MICROCYCLES
TS Queen¹, PA Bishop², and MR Esco², TD Williams¹-². ¹Samford University, Birmingham, AL; ²University of Alabama, Tuscaloosa, AL

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

PREDICTING OXYGEN UPTAKE RESPONSES DURING CYCLING USING AN ARTIFICIAL NEURAL NETWORK
A. M. Borror¹, M. J. Mazzoleni², J. Coppock³, B. P. Mann⁴, & C. L. Battaglini¹. ¹The University of North Carolina, Chapel Hill, NC; ²Under Armour, Inc., Baltimore, MD; ³The University of North Carolina, Greensboro, NC; ⁴The University of North Carolina, Greensboro, NC

ASSESSING THE IMPACT OF A GOVERENED FOCAL POINT ON BROAD JUMP PERFORMANCE IN COLLEGIATE FEMALES

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

HYPERTROPHIC RESPONSES DO NOT COMPLETELY EXPLAIN INCREASES IN STRENGTH AFTER 12 WEEKS OF RESISTANCE TRAINING IN PREVIOUSLY UNTRAINED YOUNG MEN
Christopher G. Vann¹, Cody T. Haun¹, C. Brooks Mobjley¹, Matthew A. Romero¹, Paul A. Roberson¹, Pete W. Mumford¹, Wesley C. Kephart¹, Shelby C. Osburn¹, Michael D. Roberts¹-². ¹Molecular and Applied Sciences Laboratory, School of Kinesiology, Auburn University, Auburn, AL; ²Department of Cell Biology and Physiology, Edward Via College of Osteopathic Medicine – Auburn Campus, Auburn, AL
EFFECTS OF GRIP DIAMETER ON MUSCLE ACTIVITY AND PERFORMANCE DURING DEADLIFT AND BENT-OVER ROW EXERCISES

THE EFFECT OF PERSONAL PROTECTIVE EQUIPMENT ON FIREFIGHTER OCCUPATIONAL PERFORMANCE
A. Lesniak1, H. Bergstrom2, J.L. Clasey2, A.J. Stromberg2, M. Abel2; 1Department of Exercise Physiology, Lynchburg College, Lynchburg, VA., 2Department of Kinesiology and Health Promotion, University of Kentucky, Lexington, KY

STRIDE TIME CONSISTENCY MAY IMPROVE DISTANCE RUNNING PERFORMANCE
Nicholas A. Hadgis & Dr. Matthew W. Wittstein, Elon University, Elon, NC

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

ARMY ROTC CADET PERFORMANCE ON A MODIFIED RANGER PHYSICAL ASSESSMENT TEST - A DESCRIPTIVE STUDY
BL. Johnson, KL. Moore, DP. Meckley, KM. Hulbert, JJ. Houck, WA. Stewart, and JH. Hornsby. Dept. of Health Professions, Liberty University, Lynchburg, VA

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

THE EFFECTS OF VARIOUS INTERVALS OF PASSIVE RECOVERY ON PEAK POWER OUTPUT DURING BOUTS OF HIGH-INTENSITY INTERMITTENT CYCLING EXERCISE
S.M. Mitchell1, K. Muskaj2, R.J. Henderson-Mitchell3, SH Bishop1, M. Webb1, J.B. Mitchell1. 1Dept. of Exercise and Nutrition Science, The University of Montevallo, Montevallo, AL; 2Dept.of Kinesiology, The University of South Alabama, Mobile, AL; 3Rural Health Institute, The University of Alabama, Tuscaloosa, AL

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

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

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

GESTURE ANALYSIS OF YOGA POSES FOR EXERGAME USING MACHINE INTELLIGENCE
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

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

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

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

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

HEART RATE VALIDITY OF CONSUMER WRIST-BASED MONITORS
N. Sealover1, JC. Sieverdes2, DD. Thomas1, DB. Bornstein3, AM. Hoover1, HM. Puleo1, and WD. Dudgeon1. 1Dept. of Health and Human Performance, College of Charleston, SC; 2CON, Medical University of South Carolina, Charleston, SC; 3Dept. of Health Exer., and Sport Science, The Citadel, Charleston, SC

BIOMARKERS OF INFLAMMATION AND ANGIGENESIS FOLLOWING SHORT VS. LONG BOUTS OF HIGH-INTENSITY TRAINING
K.N. Clemons1, C.D. Markert1, E.E. Bechke2, C.M. Williamson2, M.J. McKenzie1, B.M. Kliszczewicz2. 1Dept. of Exercise Physiology, Winston-Salem State University, Winston-Salem, NC; 2Dept. of Exercise Science and Sport Management, Kennesaw State University, Kennesaw, GA

ASSESSMENT OF STEP ACCURACY DURING WALKING USING THE CONSUMER TECHNOLOGY ASSOCIATION STANDARD
Alexis Oliveira1, Caleb Jones1, L. Chris Eschbach2, Jennifer Bunn1, 1Campbell University, Department of Physical Therapy, Buies Creek, NC; 2Valencell Inc., Raleigh, NC

ASSESSMENT OF STEP ACCURACY DURING RUNNING USING THE CONSUMER TECHNOLOGY ASSOCIATION STANDARD
Caleb Jones1, Alexis Oliveira1, L. Chris Eschbach2, Jennifer Bunn1, 1Campbell University, Department of Physical Therapy, Buies Creek, NC; 2Valencell Inc., Raleigh, NC

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

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

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. Wilhoite¹, B. Szekely¹, P. Chrysosferidis¹, K. Neitz¹, D. Powell², B. Munkasy¹, N. Murray¹, ¹Georgia Southern University, Statesboro, GA; ²University of Memphis, Memphis, TN.

P114 ASSOCIATIONS OF PHYSICAL SELF-WORTH & GLOBAL SELF-ESTEEM WITH PHYSICAL ACTIVITY & MOTOR SKILLS IN CHILDREN
AP. Wood¹, TD. Raedeke¹, A. Gross McMillan³, KD. DuBoise¹, FACSM. Depts. of ¹Kinesiology and ²Physical Therapy, East Carolina University, Greenville, NC

P115 EFFECTS OF SHORT-TERM RESISTANCE TRAINING ON MOTOR UNIT-SPECIFIC PROPERTIES IN OLDER MALES
P.L. Ha¹, G.M. Hester¹, Z.K. Pope², R.J. Colquhoun², M.A. Magrini², A. Barrera-Curiel², C.A. Estrada², J.M. DeFreitas². ¹Dept. of Exercise Science and Sport Management, Kennesaw State University, Kennesaw, GA; ²Applied Neuromuscular Physiology Laboratory, Oklahoma State University, Stillwater, OK

P116 RELATIONSHIP OF FINE MOTOR FUNCTIONS AND FUNDAMENTAL MEMORY AND COGNITIVE FUNCTIONS IN OLDER ADULTS
Talwar, S.¹, Hommel, M.¹, Ross, K.¹, Pate, T.¹, Hunt, A¹, Lambert, J.¹, Liu, K.², Pan, Z.¹. ¹Department of Kinesiology, Mississippi State University, MS State, MS; ²Department 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. Stamey¹, Courtney N. Collins¹, Jonathon L. Stickford¹, Joel M. Stager², Robert F. Chapman², Abigail S.L. Stickford¹. ¹Appalachian State University, Department of Health and Exercise Science, Boone, NC; ²Indiana 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 DYSANAPSIS 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
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

PHYSIOLOGICAL, PERCEPTUAL, AND PERFORMANCE METRICS OF A UPPER-BODY HIGH INTENSITY FUNCTIONAL TRAINING WORKOUT
Robert L. Herron¹, Jason C. Casey². ¹Univ. of Alabama, Tuscaloosa, AL; ²Department of Exercise Science, LaGrange College, LaGrange, GA

PHYSIOLOGICAL, PERCEPTUAL, AND PERFORMANCE METRICS OF A FULL-BODY HIGH INTENSITY FUNCTIONAL TRAINING WORKOUT
Ashlan T. Bloodworth¹, Robert L. Herron², Jason C. Casey¹. ¹Department of Exercise Science, LaGrange College, LaGrange, GA; ²The Univ. of Alabama, Tuscaloosa, AL

SKELETAL MUSCLE SIZE AND PERFORMANCE: MUSCLE BIOPSY OR ULTRASONOGRAPHY?
KM Carroll, CD Bazyler, K Sat1. Department of Sport, Exercise, Recreation, and Kinesiology, East Tennessee State University, Johnson City, TN

COMPARING NATIONAL FOOTBALL LEAGUE (NFL) COMBINE PERFORMANCE TO DRAFT POSITION FOR THE 2017 NFL DRAFT
A. Hartman¹, P. Chrysosferidis¹, R. Herron², S. Bishop², C. Katica³ & G.A. Ryan¹
¹Georgia Southern University, Statesboro, GA; ²University of Montevallo, Montevallo, AL; ³Pacific Lutheran University, Tacoma, WA

IMPACT OF REPEATED BALANCE PERTURBATIONS ON LOWER EXTERMITY MEAN MUSCLE ACTIVITY
C.M. Hill¹, S.J. Wilson¹, J.G. Mouser¹, C.C.Williams¹, L.L. Luginsland¹, P.T. Donahue¹, H. Chander²
¹University of Mississippi University MS; ²Mississippi State University, Mississippi State, MS

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

EFFECT OF TEXTURED INSOLES ON ONSET OF LOWER EXTREMITY MUSCULAR ACTIVITY DURING NORMAL WALKING
B.H. Romer¹, J.W. Fox², and W.H. Weimar³. ¹Dept. of Exercise Science, High Point University, High Point, NC; ²Department of Physical Therapy, Methodist University, Fayetteville, NC; ³School of Kinesiology, Auburn University, Auburn, AL

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

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

COMPARISON OF POSTURAL CHANGES BETWEEN TRIALS USING NINTENDO WII FIT SOCCER
A. Koenig¹, B. Szekely¹, S.V. Wilhoite¹, P. Chrysosferidis¹, K. Neitz¹, D. Powell², B.A. Munkasy¹, N.G. Murray¹; ¹Georgia Southern University, Statesboro, GA; ²University of Memphis, Memphis, TN
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<th>Time</th>
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<td>O15</td>
<td>RELATIONSHIP BETWEEN BODY COMPOSITION AND POSTURAL MEASURES OF COLLEGIATE ATHLETES</td>
<td>A. Millett¹, S. Wilhoite¹, P. Chrysosferidis¹, B. Szekely¹, D. Powell², B. Munkasy¹, Greg A. Ryan¹, N. Murray². ¹Georgia Southern University, Statesboro, GA ²University of Memphis, Memphis, TN</td>
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<td>O16</td>
<td>COMPARISONS OF HIP BIOMECHANICS DURING WALKING USING FOUR ANATOMICAL HIP JOINT CENTER PREDICTION METHODS</td>
<td>Hunter J Bennett¹, K Kristina Fleenor¹, Joshua T Weinhandl². ¹Old Dominion University, Norfolk, VA; ²University of Tennessee, Knoxville, TN</td>
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<td>8:00</td>
<td>SYMPOSIUM SESSION V (Walker) MULTIFACETED REGULATION OF SKELETAL MUSCLE GROWTH, REGENERATION, AND METABOLISM</td>
<td>N.L. Stott and J.R. Huot. Laboratory of Systems Physiology, Department of Kinesiology, University of North Carolina Charlotte, Charlotte, NC</td>
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<td>Chair: Gordon Fisher, Ph.D., University of Alabama - Birmingham</td>
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<td>8:00</td>
<td>SYMPOSIUM SESSION VI (Rose) VISUAL SYSTEM IMPAIRMENTS FOLLOWING SPORT-RELATED CONCUSSION: UPDATES FROM THE CONSENSUS STATEMENT</td>
<td>NG. Murray¹, R. Moran²; ¹Concussion Research Laboratory, Georgia Southern University, School of Health and Kinesiology, Statesboro, GA; ²The University of Alabama, Athletic Training Program, Tuscaloosa, AL</td>
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<td>Chair: Brian Parr, Ph.D., University of South Carolina - Aiken</td>
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<td>8:00</td>
<td>TUTORIAL SESSION V (Roberts) AUTOMATING DATA COLLECTION ON THE CHEAP WITH MICROPROCESSOR AND MICROCONTROLLER TECHNOLOGIES</td>
<td>R.S. Bowen. Pilgrim Marpeck School of STEM, Truett McConnell University, Cleveland, GA</td>
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<td>Chair: Matthew Kuennen, Ph.D., High Point University</td>
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<td>8:00</td>
<td>TUTORIAL SESSION VI (Amphitheater) CARBOHYDRATE INTAKE DURING ENDURANCE EXERCISE: SCIENTIFIC APPROACHES TO OPTIMIZE ATHLETIC PERFORMANCE</td>
<td>Michael J. Saunders, FACSM, James Madison University, Harrisonburg, VA</td>
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<td>Chair: Daniel Baur, Ph.D., Elon University</td>
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<td>9:00</td>
<td>SYMPOSIUM SESSION VII (Walker) LOW CARBOHYDRATE-HIGH FAT DIETS FOR ENDURANCE ATHLETES: HAVE WE FOCUSED ON THE WRONG POPULATION?</td>
<td>EK O’Neal¹ and HS Waldman². ¹University of North Alabama, Florence, AL; ²Mississippi State University, Starkville, MS</td>
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<td>Chair: James Churilla, Ph.D., University of North Florida</td>
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<td>9:00</td>
<td>TUTORIAL SESSION VII (Rose) GOT GOLD? EVERYTHING YOU WANTED TO KNOW ABOUT THE UPDATED ACSM CERTIFICATIONS AND MORE</td>
<td>R.A. Battista¹, P. M. Magyari², and M. Magal³. ¹Department of Health and Exercise Science, Appalachian State University, Boone, NC; ²Brooks College of Health, University of North Florida, Jacksonville, FL; ³School of Mathematics and Sciences, North Carolina Wesleyan University, Rocky Mount, NC</td>
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<td>Chair: Kelly Massey, Ph.D., Georgia College and State University</td>
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<td>9:00</td>
<td>TUTORIAL SESSION VIII (Roberts) FROM GRADUATE STUDENT TO ASSISTANT PROFESSOR AND EVERYTHING IN BETWEEN</td>
<td>L.G. Killen and J.M. Green, FACSM, Dept. of HPER, University of North Alabama, Florence, AL</td>
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<td>Chair: Lyndsey Hornbuckle-Lampkin, Ph.D., University of Tennessee - Knoxville</td>
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9:00-9:50  TUTORIAL SESSION VIII (Amphitheater)
T9 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  POSTER FREE COMMUNICATIONS III (Ballroom Foyer)
P121-P192 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
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. Deemer3, R.A.H. Davis2, 3, J.M. Bergeron1, J.T. Little1, J.L. Warren2, 3, 4, G. Fisher1, 2, 3, 4,
E.P. Plaisance1, 2, 3, 4. 1Departments of Human Studies; 2Nutrition Sciences; 3Nutrition Obesity
Research Center; 4Center for Exercise Medicine. UAB.
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

NO RELATIONSHIP BETWEEN DUAL ENERGY X-RAY ABSORPTIOMETRY AND ULTRASOUND ESTIMATES OF VISCERAL ADIPOSE TISSUE IN COLLEGIATE WOMEN WITH NORMAL BMI

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. Meaffey, T.E. Hassinger, P.T. Hallowell, A. Weltman (FACSM), S.K. Malin (FACSM), University of Virginia, Charlottesville, VA

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

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

EVALUATION OF RELATIONSHIPS BETWEEN BODY COMPOSITION, MAXIMAL STRENGTH, AND RESTING METABOLISM IN RESISTANCE-TRAINED FEMALES

THE ASSOCIATION BETWEEN WAIST TO HIP RATIO AND ANDROID TO GYNOID FAT RATIO IN COLLEGE WOMEN WITH A NORMAL BMI
K.C. Anderson¹, K.R. Hirsch¹, M.N.M. Blue¹, A.M. Peterjohn¹, G.L. Nuckols¹, A.P. Pihoker¹, E.T. Trexler¹, A.E. Smith-Ryan, FACSM ¹, ²Department of Exercise and Sport Science, University of North Carolina at Chapel Hill, NC; ²Human Movement Science Curriculum, University of North Carolina at Chapel Hill, NC

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

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. Jin¹, P. D. Loprinzi¹, M. A. Bass¹, L. Xin¹, T. C. Carithers², M. Loftin¹. ¹Health, Exercise Science and Recreation Management; ²Nutrition & Hospitality Management, The University of Mississippi, University, MS

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
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

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

DIFFERENCES AMONG BODY FAT PERCENTAGE PREDICTION EQUATIONS IN A COLLEGE AGE POPULATION
Molly N. Melton, Elizabeth A. Easley, Sarah Hunt Selhorst, William F. Riner, FACSM. Dept. of Exercise Science, USC Lancaster, Lancaster SC

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

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

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

IMPACT OF BODY COMPOSITION ON GLOBAL ESTEEM IN COLLEGE AGE WOMEN
S. Kailey Miller, Sarah H. Selhorst, Elizabeth A. Easley, William F. Riner, FACSM

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.

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

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

INFLUENCE OF RESISTANCE EXERCISE ON INFANT BODY COMPOSITION IN OVERWEIGHT/OBESE WOMEN
J.M. Ruemmler¹, C.M. Isler², L.E. May¹2. ¹Human Performance Lab, East Carolina University, Greenville, NC; ²Vidant Medical Center, Greenville, NC

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. Welborn1, B.S. Nickerson2, M.V. Fedewa1, M.R. Esco1. 1University of Alabama, Tuscaloosa, AL. 2Texas A&M International University, Laredo, TX.

P147 VARIABILITY IN RESTING ENERGY EXPENDITURE ADAPTATION FOLLOWING SHORT-TERM AEROBIC EXERCISE TRAINING: A PILOT STUDY

P148 AIR DISPLACEMENT PLETHYSMOGRAPHY UNDERESTIMATES PERCENT BODY FAT COMPARED TO DXA
GM. Hudson1, J. Zabal2, AD. Garber2, LA. Radman2, and JV. Danoff2. 1Dept. Health, Kinesiology, & Sport, University of South Alabama, Mobile, AL; 2Dept. 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. Nepocatych. 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

P153 THE EFFECTS OF CAFFEINE AND CITRUS AURANTIUM ON PERFORMANCE DURING REPEATED ANAEROBIC BOUTS IN HABITUAL CAFFEINE USERS
C. McLeister, B. Kliszczewicz, P. Bailey, E. Bechke, C. Williamson, W. Hoffstetter, J. McLeister, Dept. of Exercise Science and Sport Management, Kennesaw State University, Kennesaw GA

P154 β-HYDROXY β-METHYLBUTYRATE 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 β-HYDROXY β-METHYLBUTYRATE 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 β-HYDROXY β-METHYLBUTYRATE 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

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**  

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?**  

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
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

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

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. Bishoff, and Frances A. Conners. The University of Alabama, Tuscaloosa, Alabama

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

THE RELATIONSHIP BETWEEN CELL PHONE USE, SEDENTARY BEHAVIOR, AND PHYSICAL ACTIVITY IN ADULTS
C. Fennell, J.E. Barkley, A. Lepp. Exercise and Nutrition Science, University of Montevallo, Montevallo, AL; Exercise Physiology, Kent State University, Kent, OH

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

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

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

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

THEMATIC POSTERS SESSION III (Ochs)

BIOMECHANICS/GAIT/BALANCE
Chair: Gretchen Oliver, Ph.D., Auburn University

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

BASEBALL PITCHER’S GLOVE ARM INFLUENCE ON ELBOW AND SHOULDER KINETICS
SHOULDER AND ELBOW KINETICS DURING POLO OFFSIDE FORHAND SHOTS

EXAMINING CHANGES IN BAT ANGLE AT BALL CONTACT IN COLLEGIATE SOFTBALL PLAYERS OVER A FALL SOFTBALL SEASON
CC. Williams¹, JR. Gdovin², SJ. Wilson¹, CM. Hill¹, PT Donahue¹, LA Luginsland¹, JD. Eason¹, AL Yarbrough¹, C. Wade³ and JC. Garner⁴; ¹Dept. of Health, Exercise Science and Recreation Management, The University of Mississippi, University, MS; ²Dept. of Kinesiology, Missouri State University, Springfield, MO; ³Dept. of Industrial & Systems Engineering, Auburn University, Auburn, AL; ⁴Dept. of Kinesiology & Health Promotion, Troy University, Troy AL

ANALYSIS OF THE START TIMES FOR THE SWING PHASES FOR BASEBALL HITTERS OF VARYING SKILL
E. Stewart¹,2, M. Smidebush², J. Simpson¹, A. Knight¹, H. Chander¹, R. Shapiro². ¹Department of Kinesiology, Mississippi State University, Mississippi State, MS; ²Department of Kinesiology, University of Kentucky, Lexington, KY

ANALYSIS OF PEAK AND MEAN MUSCLE ACTIVITY FOR BASEBALL HITTERS OF VARYING SKILL
M. Smidebush¹, E. Stewart¹,2 & R. Shapiro¹. ¹Department of Kinesiology, University of Kentucky, Lexington, KY; ²Department of Kinesiology, Mississippi State University, Mississippi State, MS

ORAL FREE COMMUNICATION III (Kelley)
017-023
ATHLETIC CARE/TRAUMA/REHABILITATION
Chair: Nicholas Murray, Ph.D., Georgia Southern University

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

CROSS-OVER EFFECT OF BALANCE TRAINING AFTER KNEE SURGERY: A PILOT STUDY
Layci J Harrison, MS, LAT, ATC¹, Lindsey K. Lepley, PhD, ATC², Jennifer L. Caputo, PhD, CSCS, MX¹, Dana K. Fuller, PhD¹. ¹Department of Health and Human Performance, Middle Tennessee State University, Murfreesboro, TN; ²Department of Kinesiology, University of Connecticut, Storrs, CT

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.

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

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

IMPACT® ASSESSMENT IN CONCUSED DIVISION I COLLEGIATE FOOTBALL PLAYERS
Jared H. Perlmutter¹, B. Sue Graves¹, Sasha Guslyayev¹, Michael H. Haischer³, John Burnside⁴, and Manish K. Gupta¹, ²; ¹Exercise Science and Health Promotion Department,
O23  THE EFFECT OF ANXIETY ON BASELINE NEUROPSYCHOLOGICAL ASSESSMENTS 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. Kelleran¹, W. W. Peveler², A. Bosak². ¹Bridgewater College, Bridgewater, VA; ²Liberty 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
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. Coe¹, FACSM and R.A. Battista², FACSM. ¹Department of Kinesiology, Recreation, and Sport Studies, The University of Tennessee, Knoxville, TN; ²Department 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 (Chattanoogan 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)
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. Toth¹, S. Park¹, C.M. Springer², M.D. Feyerabend³, J.A. Steeves³, D.R. Bassett FACSM¹.¹Department of Kinesiology, Recreation, and Sports Studies, The University of Tennessee, Knoxville, TN; ²Office of Information Technology, Research Computing Support, The University of Tennessee, Knoxville, TN; ³Division 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 Thakkar¹, Kathryn Harrison¹, Jacqueline Morgan¹, Jenna Kostiuk², Zayd Abdul-Alli², Lauren Beshada², Ali Lodhi², Gregory Crosswell¹, D.S. Blaise Williams III¹.¹Dept. of Physical Therapy; ²Dept. 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. Neitz¹, B. Szekely¹, S. Wilhoite¹, P. Chrysosferidis¹, B.A. Munkasey¹, D. Powell², N.G. Murray¹.¹Georgia Southern University, Statesboro, GA; ²University of Memphis, Memphis, TN

P197  THE EFFECTS OF CONCUSSION HISTORY ON POSTURAL CONTROL
Szekely B.¹, Wilhoite S. ¹, Chrysosferidis P. ¹, Neitz K. ¹, Powell D. ², Munkasy B. ¹, Murray N.¹.¹Georgia Southern University, Biomechanics Laboratory, Statesboro, GA; ²University of Memphis, 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. Lang¹, R. Lund¹, T.K. Ficklin³, C.D. Bazyler².¹University of Northern Iowa, Cedar Falls, IA; ²East Tennessee State University, Johnson City, TN; ³Dixie State University, Saint George, UT
EXAMINATION OF PROXIMAL AND DISTAL MUSCLE ACTIVATION: AN EMG STUDY

CO-CONTRACTION INDEX OF LOWER EXTREMITY MUSCLES DURING MULTIPLE SLIP EVENTS: ROLE OF FOOTWEAR
P.E. Sutton¹, H. Chander¹, A.C. Knight¹, A.J. Turner¹, J.C. Garner², C. Wade³, D.W. Carruth⁴. ¹Dept. of Kinesiology, Mississippi State University, Mississippi State, MS; ²Dept. of Kinesiology & Health Promotion, Troy AL; ³Industrial Systems Engineering, Auburn University, Auburn AL; ⁴Center for Advanced Vehicular Systems, Mississippi State University, Mississippi State, MS

IMPACT OF MILITARY TYPE FOOTWEAR AND WORKLOAD ON PERCENT MUSCLE ACTIVATION IN UNILATERAL STATIC BALANCE
A.J. Turner¹, C.M. Hill¹, H. DeBusk², H. Chander¹, A.C. Knight¹, S.J. Wilson², C.C. Williams² & L.L. Luginsland². ¹Dept. of Kinesiology, Mississippi State University, Mississippi State MS; ²Dept. of Health, Exercise Science & Recreation, University of Mississippi, University MS

CORRELATION OF PELVIS KINEMATICS TO GROUND REACTION FORCE IN SOFTBALL HITTING: A PILOT STUDY

CORRELATION OF TRUNK AND UPPER EXTREMITY KINEMATICS AT BALL CONTACT IN THE SOFTBALL SWING: A PILOT STUDY

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

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

EFFECTS OF MANIPULATING STRIDE LENGTH ON GROUND REACTION FORCE AND WRIST VELOCITY DURING BASEBALL PITCHING
Garrison Roy¹, Christopher Wendt², Kurt Kornatz¹, and Kevin Ritsche¹. ¹Dept. of Exercise Physiology; ²Dept. of Physical Therapy, Winston-Salem State University, NC

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

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

EFFECT OF INSTRUCTIONS ON FORCE-TIME CHARACTERISTICS OF THE COUNTERMOVEMENT VERTICAL JUMP
CAN AUTOMATIC POSTURAL RESPONSES BE LEARNED?
S.J. Wilson¹, C.M.Hill¹, J.G. Mouser¹, C.C.Williams¹, L.A. Luginsland¹, P.T. Donahue¹, J.C. Garner², H.Chander³. ¹University of Mississippi, University, MS; ²Troy University, Troy, AL; ³Mississippi State University, Mississippi State, MS

MUSCLE FATIGUE IS NOT NECESSARY TO INCREASE KNEE INSTABILITY WITH EXERCISE

ANALYSIS OF VERTICAL GROUND REACTION FORCES DURING THE BASEBALL SWING IN HITTERS OF DIFFERENT SKILL LEVEL
J. Simpson¹, E. Stewart¹, M. Smidebush², A. Knight¹, H. Chander¹, & R. Shapiro². ¹Department of Kinesiology, Mississippi State University, Mississippi State, MS; ²Department of Kinesiology, University of Kentucky, Lexington, KY

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

INFLUENCE OF REPEATED MOTOR CONTROL TESTS ON PROXIMAL LOWER EXTERMITY MUSCLE ACTIVATION
J.C. Garner¹, C.M.Hill², S.J. Wilson², J.G. Mouser², C.C.Williams², L.A.Luginsland², P.T. Donahue², H.Chander³. ¹Troy University, Troy AL; ²University of Mississippi, University MS; ³Mississippi State University, Mississippi State, MS

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

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

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

INTRASESSION ANALYSIS IN POSTURAL CONTROL IN SPORT LIKE DUAL TASK
A. Fulbright¹, B. Szkeley¹, S. Wilhoite¹, P. Chysosferidis¹, B. Munkasy¹, D. Powell², N. Murray². ¹Georgia Southern University, Biomechanics Lab Statesboro, Ga; ²University of Memphis, School of Health Studies, Memphis, TN

DIFFERENCES IN NEUROMUSCULAR STRATEGIES BETWEEN TWO TASKS IN FEMALE LACROSSE ATHLETES
Jenna Kostiuk¹, Bhushan Thakkar², Kathryn Harrison², Jacqueline Morgan², Gregory Crosswell², D.S. Blaise Williams². ¹Dept. of Kinesiology and Health Sciences; ²Dept. of Physical Therapy, Virginia Commonwealth University, Richmond, VA

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
COMPARISON OF TRAINING PERFORMANCE, RECOVERY, AND PERCEIVED EXERTION AGAINST PLAYING STATUS IN FEMALE COLLEGIATE SOCCER PLAYERS
E. Langford, S.J. Rossi, P. Chrysosferidis, M. Eisenman, G. Barker and G.A. Ryan, Human Performance Lab, Georgia Southern University, Statesboro, GA

EXTERNAL AND INTERNAL TRAINING LOAD RESPONSES DURING REGULAR AND RECOVERY TRAINING SESSIONS IN COLLEGIATE SOCCER PLAYERS
S. Henry, S.J. Rossi, M. Eisenman, P. Chrysosferidis, and G.A. Ryan. Human Performance Lab, Georgia Southern University, Statesboro, GA

COMPARISON OF TRAINING PERFORMANCE, RECOVERY, AND PERCEIVED EXERTION AGAINST PLAYING STATUS IN COLLEGIATE SOCCER PLAYERS
M. Eisenman, S.J. Rossi, P. Chrysosferidis, S. Henry, and G.A. Ryan, Human Performance Lab, Georgia Southern University, Statesboro, GA

POSITIONAL DIFFERENCES IN PHYSIOLOGICAL RESPONSE TO TRAINING SESSIONS IN COLLEGIATE BASKETBALL PLAYERS
K. Adams, P. Chrysosferidis, J. S. Cook, S. J. Rossi, M. Eisenman, & G. A. Ryan Human Performance Lab, Georgia Southern University, Statesboro, GA 30458

USING VERT© TO PREDICT GAME PERFORMANCE IN DIVISION I VOLLEYBALL PLAYERS
P. Chrysosferidis, E.H. Belson, E. Newby, B.A. Munkasy, B.J. Szekely, G.A. Ryan Human Performance Lab, Georgia Southern University, Statesboro, GA

RELATIONSHIP BETWEEN MECHANICAL AND PHYSIOLOGICAL LOADS ON STRENGTH GAINS IN COLLEGIATE BASKETBALL PLAYERS
J. S. Cook, P. Chrysosferidis, K. M. Adams, C. M. Dukquits, & G. A. Ryan Human Performance Lab, Georgia Southern University, Statesboro, GA

WEEKLY CHANGES IN PERFORMANCE, PERCEIVED EXERTION AND RECOVERY IN COLLEGIATE SOCCER PLAYERS
S.J. Rossi, M. Eisenman, P. Chrysosferidis, S. Henry, and G.A. Ryan, Human Performance Lab, Georgia Southern University, Statesboro, GA

CHANGES IN BAT ANGLE AT MAXIMAL VELOCITY IN COLLEGIATE SOFTBALL PLAYERS
LA. Luginsland¹, CC. Williams¹, JR. Gdovin², SJ. Wilson¹, PT. Donahue¹, CM. Hill¹, JD. Eason¹, AL. Yarbrough¹, C. Wade³ and JC. Garner¹; ¹Dept. of Health, Exercise Science and Recreation Management, University of Mississippi, University, MS; ²Dept. of Kinesiology, Missouri State University, Springfield, MO; ³Dept. of Industrial & Systems Engineering, Auburn University, Auburn, AL; ⁴Dept. of Kinesiology & Health Promotion, Troy University, Troy AL

QUANTIFYING PERFORMANCE CHARACTERISTICS OF AN INTERNATIONAL LEVEL MALE WEIGHTLIFTER
S.K. Travis, J.R. Goodin, K.M. Carroll, C.D. Bazyler East Tennessee State University, Department of Exercise and Sport Science, Johnson City, TN.

CARDIAC-AUTONOMIC RESPONSES TO IN-SEASON TRAINING AMONG COLLEGE FOOTBALL PLAYERS
AA. Flatt,¹,² and MR. Esco FACSM². ¹Department of Health Sciences and Kinesiology, Georgia Southern University, Savannah, GA; ²Department of Kinesiology, University of Alabama, Tuscaloosa, AL

POSITIONAL DIFFERENCES IN PEAK POWER DURING COUNTERMOVEMENT VERTICAL JUMP IN PROFESSIONAL BASEBALL PITCHERS
Donahue PT¹, Wilson SJ¹, Williams CC¹, Hill CM¹, Luginsland LA¹, Garner JC². ¹Department of Health, Exercise Science, and Recreation Management, University of Mississippi, University,
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

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

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

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

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

THE EFFECTS OF SLEEP TIME ON ULTRA-ENDURANCE TRIATHLON PERFORMANCE
J.N. Kisiolek, 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

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

MOTIVATION OF RURAL PARENTS FOR YOUTH RECREATIONAL SPORTS PROGRAMS

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

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

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

ATHLETIC PROFILE DIFFERENCES BETWEEN FRONT COURT AND BACK COURT DIVISION I FEMALE BASKETBALL PLAYERS
S. Dhalliwal, 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. Chrysosferidis, 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. Chrysosferidis, 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. Chrysosferidis, 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. Shea¹ ², Hayden K. Giuliani¹, Gena R. Gerstner¹, Jacob A. Mota¹, Brett S. Pexa¹, Abbie E Smith-Ryan¹, and Eric D. Ryan¹. University of North Carolina-Chapel Hill; ²Georgia 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
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

THEMATIC POSTERS SESSION IV (Ochs)

CELLULAR REGULATORY MECHANISMS
Chair: Susan Arthur, Ph.D., University of North Carolina - Charlotte

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

ELEVATING PROTEIN SYNTHESIS: TURN IT DOWN A NOTCH
J.R. Huot & S.T. Arthur University of North Carolina at Charlotte, Charlotte, NC

BIOMARKERS OF GROWTH ARE MINIMALLY INFLUENCED BY TWO VARYING BOUTS OF HIGH-INTENSITY TRAINING PROGRAMMING
B.M. Kliszczewicz1, C.D. Markert2, E.E. Bechke1, C. Williamson1, M. McKenzie2, K.N. Clemons2. 1Dept. of Exercise Science & Sport Management, Kennesaw State University, Kennesaw, GA; 2Dept. of Exercise Physiology, Winston-Salem State University, Winston-Salem, NC.

ASSOCIATION BETWEEN MITOCHONDRIAL DNA SEQUENCE AND DNA DAMAGE WITH THE RESPONSE TO ENDURANCE TRAINING IN MICE
Heather L. Vellers1, J. Timothy Lightfoot(FACSM)2, and Michael P. Massett2, Steven R. Kleeberger1. 1National Institute of Environmental Health Sciences, Research Triangle Park, NC; 2Texas A&M University, Department of Health and Kinesiology, College Station, TX

BIOMARKERS ASSOCIATED WITH TYPE II MUSCLE FIBER HYPERTROPHY FOLLOWING 12 WEEKS OF RESISTANCE TRAINING IN YOUNG, UNTRAINED MALES
C. Brooks Mobley1, Cody T. Haun1, Paul A. Roberson1, Petey W. Mumford1, Wesley C. Kephart1, Matthew A. Romero1, Shelby C. Osburn1, Christopher G. Vann1, Christopher M. Lockwood2, Michael D. Roberts1. 1School of Kinesiology, Auburn University, Auburn, AL; 2Lockwood LLC, Draper, UT.

EFFECT OF SATURATED FATTY ACID ON MARKERS OF BCAA-MEDIATED MITOCHONDRIAL BIOGENESIS AND BCAA CATABOLISM IN VITRO
Michele A. Johnson1, Nicholas P. Gannon2, Jamie K. Schnuck2, Roger A. Vaughan1*; 1Department of Exercise Science, High Point University, High Point NC; 2School of Medicine, Medical College of Wisconsin, Milwaukee WI

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

Energy Assessment in Endurance-Trained Male Athletes
E.M. Moore1, T.M. Torres-McGehee1, D.F. Stodden1, J.M. Goins1, C. Drenowatz2, B.T. Williams1, T.C. Broderick1. 1University of South Carolina, Columbia, SC; 2Pädagogische
O26  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

O27  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

O28  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

O29  EFFECTS OF NATURAL VS MANUFACTURED RECOVERY SNACKS ON REPEATED EXHAUSTIVE EXERCISE PERFORMANCE
M DeBardelaben, J Bossi, Department of Kinesiology, Anderson University, Anderson, SC

O30  THE EFFECTS OF COFFEE INGESTION ON THE ACUTE TESTOSTERONE RESPONSE TO EXERCISE
Taylor Landry¹, Jeremy D Akers², Michael J Saunders FACSM¹, and Christopher J Womack FACSM¹. ¹Human Performance Laboratory-Department of Kinesiology; ²Department of Health Sciences, James Madison University, Harrisonburg VA

O31  EXERCISE PERFORMANCE AND PERCEPTION OF BREATHLESSNESS AFTER CAFFEINE INGESTION IN CYCLISTS
E.M. Larson, J.T. Oliver, J.L. Stickford, K.S. Fascewalski, and R.A. Shanely. Department of Health & Exercise Science, Appalachian State University, Boone, NC

9:00-9:50  SYMPOSIUM SESSION XI (Roberts)
S11  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  TUTORIAL SESSION XIII (Walker)
T13  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  TUTORIAL SESSION XIV (Rose)
T14  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  TUTORIAL SESSION XV (Walker)
T15  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  TUTORIAL SESSION XVI (Rose)
T16  SOCIOECONOMIC STATUS, CONCUSSION AND ADOLESCENTS: HOW TO WORK WITH A GROWING POPULATION
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. Lee¹, C.W. Wagoner¹, L. Stoner¹, K.A. Nyrop², H.B. Muss², E.D. Hanson¹, A. Piepmeier²,
& C.L. Battaglini¹, FACSM. ¹Exercise Oncology Research Laboratory, Department of Exercise
& Sport Science; ²Department of Hematology Oncology; ³Department of Physical Medicine &
Rehabilitation, University of North Carolina at Chapel Hill, Chapel Hill, NC

P266 EXAMINING PERIPHERAL HEMODYNAMICS DURING HANDGRIP EXERCISE IN
VARSITY ROWERS
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 PROLONGED
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
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 Kelsch¹, Gabriel Zieff¹, Simon Fryer², Keeron Stone², and Lee Stoner¹;
¹Department of Exercise and Sport Science, University of North Carolina, Chapel Hill;
²School 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

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**OXIDANT-ANTIOXIDANT BALANCE AND PERIPHERAL VASCULAR FUNCTION: THE IMPACT OF CHRONIC ANTIOXIDANT SUPPLEMENTATION**

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

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**ARTERIAL STIFFNESS AND MITOCHONDRIAL OXIDATIVE CAPACITY IN OBESE AFRICAN AMERICANS**

JE McGee¹, TE Ryan², GS Dubis¹, SG Barefoot¹, PM Brophy¹, DL Swift¹. ¹Dept. of Kinesiology, ²Dept. of Physiology, East Carolina University, Greenville, NC

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**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. Weggan, T.M. Zúñiga, and R.S. Garten. Dept. of Kinesiology and Health Sciences, Virginia Commonwealth University, Richmond, VA

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**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

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**INCREASED LAMINAR SHEAR STRESS REDUCES INFLAMMATION-INDUCED ENDOTHELIAL MICROPARTICLE APOPTOSIS IN HUVECS**

Adelola O. Adeyemo¹,², Chenyi Ling², Heather Grimm², Michael Brown¹,². ¹Auburn University, School of Kinesiology, Auburn, AL; ²University 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. Campany, A. Lubkemann, C. McCraw, P. St.Clair, SR Collier (FACSM). Vascular Biology
P286  VALIDITY OF NOKIA PULSE WAVE VELOCITY SCALE VERSUS GOLD STANDARD APPLANATION TONOMETRY IN A YOUNG HEALTHY POPULATION
A. Lubkemann, M. Campany, 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 HTERT 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. Behrens¹, Kyle G. Graham², Ceren Yarar-Fisher³, Kevin K. McCully⁴, C. Scott Bickel⁵, and Gordon Fisher¹, ². ¹Department of Nutrition Science; ²Human Studies; ³Physical Medicine and Rehabilitation Sciences, University of Alabama at Birmingham; ⁴Department of Kinesiology, University of Georgia; ⁵Department 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. Grubbs¹, A. Figueroa², J-S. Kim³, K. Schmitt³, L.B. Panton³. ¹Middle Tennessee State Univ, TN; ²Texas Tech Univ, TX; ³Florida State Univ, FL

P296  BODYWEIGHT CIRCUIT EXERCISE TRAINING IN ADULTS WITH TYPE 2 DIABETES MELLITUS – THREE CASE STUDIES
R. Buersh, B. Kliszczewicz, J. Knaga, J. Boone, C. Williamson, and Emily Bechke.
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

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

NITRATE CONSUMPTION AND PHYSICAL FUNCTION IN ICU PATIENTS

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

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

EASY BREATER EXERCISE TABLE: A FEASIBILITY EVALUATION OF A MEDICAL DEVICE TO FACILITATE GRAVITY POWERED VENTILATION

CANCER CACHEXIA ASSOCIATED MUSCLE WEAKNESS: A ROLE FOR FIBROSIS
Jonathan L. Blalock\textsuperscript{1}, Brandon N. VanderVeen\textsuperscript{1}, Dennis K. Fix\textsuperscript{1}, and James A. Carson, FACSM\textsuperscript{1, 2} \textsuperscript{1Integrative Muscle Biology Laboratory, University of South Carolina, Columbia, SC; \textsuperscript{2Center for Colon Cancer Research, University of South Carolina, Columbia, SC

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

Effect of a Simulated Tactical Occupation Stressor on Reaction Time
Andrew J. Hussey\textsuperscript{1}, Cody E. Morris\textsuperscript{1}, Lee J. Winchester\textsuperscript{1}, Ariel S. Tomes\textsuperscript{1}, Wesley A. Neal\textsuperscript{1}, Damon M. Wilcoxen\textsuperscript{2}, MiRanda N. Anderson\textsuperscript{1}, William J. Bradshaw\textsuperscript{1}, Dana N. Lucas\textsuperscript{1}, Harish Chander\textsuperscript{2}, and Scott W. Arnett\textsuperscript{1}. \textsuperscript{1School of Kinesiology, Recreation, & Sport, Western Kentucky University, Bowling Green, KY; \textsuperscript{2Neuromechanics Laboratory, Department of Kinesiology, Mississippi State University, Mississippi State, MS

EFFECT OF A SIMULATED TACTICAL OCCUPATION STRESSOR ON PHYSIOLOGICAL STRAIN INDEX AND BLOOD PRESSURE
Damon M. Wilcoxen\textsuperscript{1}, Cody E. Morris\textsuperscript{1}, Lee J. Winchester\textsuperscript{1}, Andrew J. Hussey\textsuperscript{1}, Ariel S. Tomes\textsuperscript{1}, Wesley A. Neal\textsuperscript{1}, MiRanda N. Anderson\textsuperscript{1}, William J. Bradshaw\textsuperscript{1}, Dana N. Lucas\textsuperscript{1}, Harish Chander\textsuperscript{2}, and Scott W. Arnett\textsuperscript{1}. \textsuperscript{1School of Kinesiology, Recreation, & Sport, Western Kentucky University, Bowling Green, KY; \textsuperscript{2Neuromechanics Laboratory, Department of Kinesiology, Mississippi State University, Mississippi State, MS

Effect of a Simulated Tactical Occupation Stressor on Perceived Exertion and Blood Lactate
Wesley A. Neal\textsuperscript{1}, Cody E. Morris\textsuperscript{1}, Lee J. Winchester\textsuperscript{1}, Andrew J. Hussey\textsuperscript{1}, Ariel S. Tomes\textsuperscript{1},
Damon M. Wilcoxen, Miranda N. Anderson, William J. Bradshaw, Dana N. Lucas, Harish Chander, and Scott W. Arnett. 1School of Kinesiology, Recreation, & Sport, Western Kentucky University, Bowling Green, KY; 2Neuromechanics Laboratory, Department of Kinesiology, Mississippi State University, Mississippi State, MS

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**EFFECT OF A SIMULATED TACTICAL OCCUPATION STRESSOR ON IMMUNE SYSTEM MARKERS OF PHYSIOLOGICAL STRESS AND INFLAMMATION**

Ariel S. Tomes, Cody E. Morris, Lee J. Winchester, Andrew J. Hussey, Wesley A. Neal, Damon M. Wilcoxen, Miranda N. Anderson, William J. Bradshaw, Dana N. Lucas, Harish Chander, and Scott W. Arnett. 1School of Kinesiology, Recreation, & Sport, Western Kentucky University, Bowling Green, KY; 2Neuromechanics Laboratory, Dept. of Kinesiology, Mississippi State University, Mississippi State, MS

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**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

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**BOUT VS. NON-BOUT PHYSICAL ACTIVITY MINUTES ON METABOLIC SYNDROME RISK FACTORS IN COLLEGE STUDENTS**

Trent A. Hargens FACSM, Valerie C. Olijar, Matthew C. Scott, Elizabeth S. Edwards. 1Department of Kinesiology; 2Morrison Bruce Center, James Madison University, Harrisonburg, VA; 3Department of Kinesiology and Health Sciences, Virginia Commonwealth University, Richmond, VA

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**SERUM PROTEIN S100B: A MARKER OF EXERCISE, NOT BRAIN INJURY**

Matthew J. Rogatzi, Sydney A. Keuler, Abigail E. Harris. Dept. of Health and Human Performance, University of Wisconsin-Platteville, Platteville, WI

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**ASSOCIATION BETWEEN STEP COUNTS AND BLOOD LIPIDS AMONG PEOPLE LIVING WITH HIV/AIDS**

J.R. Jaggers, & G.A. Hand, FACSM. 1University of Louisville, Louisville, KY; 2West Virginia University, Morgantown, WV

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**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

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**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

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**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

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**THEORETICAL PREDICTORS OF PHYSICAL ACTIVITY AMONG PEOPLE LIVING WITH HIV/AIDS**

K.M. King, J.R. Jaggers, & G.A. Hand, FACSM. 1University of Louisville, Louisville, KY; 2West Virginia University, Morgantown, WV

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**EFFECT OF MODERATE-TO-HIGH INTENSITY PHYSICAL ACTIVITY ON PEAK OXYGEN CONSUMPTION IN CHILDREN**


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**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...
ANTHROPOMETRIC MEASURES AND PERFORMANCE TESTS IN THE EVALUATION OF PERFORMANCE AND INJURY RISK IN DIVISION I COLLEGIATE ATHLETES
A. Carnall¹, J. Manor², J. Bunn², ¹Sport Performance and Health Consulting Center (SPAHCC), University of Memphis, Memphis, TN; ²Advanced Interdisciplinary Movement Science (AIMS) Lab, Campbell University, Buies Creek, NC

THE EFFECTS OF SOCIOECONOMIC STATUS ON HEALTHCARE ACCESS

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

COMPARISON OF GROSS MOTOR FUNCTION AMONG DIFFERENT AGE GROUPS OF THE OLDER ADULT POPULATION RESIDING IN INDEPENDENT LIVING
Fang, Q.¹, Talwar, S.¹, Swain, J.¹, Shinn, J.¹, Lamberth, J.¹, Liu, K.², Huang, M.³, Pan, Z.¹, ¹Department of Kinesiology, Mississippi State University, MS State, MS; ²Department of Psychiatry, Yale University School of Medicine, New Haven, CT; ³Department of Physical Therapy, University of Mississippi Medical Center, Jackson, MS

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

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

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. Bartlet, 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

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

EFFECTS OF GROUP EXERCISE ON BLOOD PROFILES IN OLDER ADULTS

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 CARBOHYDRATE REGARDLESS OF ITS GLYCEMIC INDEX
Dan Baur¹, Willingham², BD, Smith², KM, Kisiolek², JN, Morrissey², MC, Ragland², TJ, Saracino², and Ormsbee², MJ; ¹Elon University, Elon, NC and ²Florida State University, Tallahassee, FL

P330  TRACKING BLOOD PROFILES FOR REPEAT PARTICIPANTS ACROSS OLDER ADULTS MECKLENBURG COUNTY: A 10-MONTH STUDY

P331  EFFECTS OF GROUP OR INDIVIDUAL EXERCISE ON TRIGLYCERIDES AND BLOOD GLUCOSE VALUES IN SENIORS

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
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 (Chattanoogaon 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