

**SOUTHEAST AMERICAN COLLEGE OF SPORTS MEDICINE
2017 ANNUAL MEETING SCHEDULE (OUTLINE)**

THURSDAY, February 16, 2017

- 12:00-2:00 SEACSM EXECUTIVE BOARD MEETING (Boardroom)**
- 1:00-6:00 REGISTRATION (Prefunctorary Area)**
- 2:00-3:30 Audiovisual Team Meeting (Crepe Myrtle)**
- 2:00-2:50 Pre-Conference Tutorial I (Redbud)**
How to get the most of out the SEACSM Annual Meeting
- 3:00-3:50 Pre-Conference Tutorial II (Redbud)**
Rapid Research Race: A Preconference Presentation
- 4:00-6:30 EXHIBITS (Prefunctorary Area)**
- 4:00-6:00 ORAL FREE COMMUNICATIONS I (Ballroom F)**
O1-O8 Psychology/Psychiatry/Behavior
- 4:00-5:30 SYMPOSIUM SESSION I (Ballroom G)**
S1 HIIT Training and Resistance Training in Women: A Tale of Four Studies
- 4:00-5:30 SYMPOSIUM SESSION II (Redbud)**
S2 Visual System Impairments Post-Concussion: Clinical Utility of Current and Novel Assessments
- 4:00-5:30 SYMPOSIUM SESSION III (Ballroom H)**
S3 Developing "Soft Skills" in Exercise Science Education
- 4:00-6:00 THEMATIC POSTERS SESSION I (Think Tank)**
TP1-TP8 Biomechanics, Gait, and Balance
- 4:00-6:00 STUDENT AWARD POSTER FREE COMMUNICATIONS I: (Studio 220)**
D1-D10, M1-M10, U1-U10
Authors present, 4:30-6:00 p.m.
Chair, Sue Graves, Ph.D., SEACSM Past-President, Florida Atlantic University
- 4:00-6:00 POSTER FREE COMMUNICATIONS I (Studio 220)**
P1-P33 Authors present, 4:30-6:00 pm, Competitive Athletes
- 4:00-5:00 TUTORIAL SESSION I (Regency C)**
T1 Exercise-Induced Oxidative Stress: Cause and Consequences
- 4:00-5:00 TUTORIAL SESSION II (Ballroom D&E)**
T2 FASEB MARC Awards and Underrepresented Undergraduate Students
- 5:00-6:00 TUTORIAL SESSION III (Regency C)**
T3 Recovery from Varying Types of Muscle Injury: Importance of Repair Versus Regeneration and Role of Mitochondria
- 5:00-6:00 TUTORIAL SESSION IV (Crepe Myrtle)**
T4 Mythbusters- The Truth about Exercise During Pregnancy
- 5:00-6:00 TUTORIAL SESSION V (Ballroom D&E)**
T5 Issues Related to Publishing in the 21st Century
- 7:30-9:00 OPENING REMARKS AND KEYNOTE ADDRESS (Ballroom A&B)**
Recent Advances in Preventive Cardiology and Lifestyle Medicine
Barry Franklin, Ph.D. FACSM
Director of Preventative Cardiology and Cardiac Rehabilitation
William Beaumont Hospital, Royal Oak, Michigan
Presiding: John Quindry, University of Montana, SEACSM President
- 9:00-10:30 SEACSM SOCIAL (Teal)**

FRIDAY, February 17, 2017

- 6:45-7:45 MENTORING BREAKFAST—everyone welcome (Teal)**
(Register by February 5)
Mentoring Tips for Mentors and Mentees
Remarks: Catrine Tudor-Locke, Ph.D.
UMass Amherst, Professor and Chair, Department of Kinesiology
- 8:00-5:00 REGISTRATION (Prefunctorary Area)**
- 8:00-6:00 EXHIBITS (Prefunctorary Area)**
- 8:00-9:30 POSTER FREE COMMUNICATIONS I (Studio 220)**
P34-100 Cellular Regulatory Mechanisms
Biomechanics, Balance, and Gait
Cardiovascular Physiology
- 8:00-9:30 THEMATIC POSTERS SESSION I (Think Tank)**
TP9-TP16 Psychology/Psychiatry/Behavior
- 8:00-10:00 ORAL FREE COMMUNICATION II (Ballroom F)**
09-O16 Fitness Testing
- 8:00-9:30 SYMPOSIUM SESSION IV (Regency C)**
S4 ACSM Fitness Trends: Forecasting the Role Fitness Trends Play in Improving Physical Fitness
- 8:00-9:30 SYMPOSIUM SESSION V (Ballroom D&E)**
S5 Potential Coordinated Participants in the Age-Related Declines in Cardiovascular, Metabolic, and Skeletal Muscle Systems
- 8:00-9:00 TUTORIAL SESSION VI (Redbud)**
T6 Cardiorespiratory Fitness, Physical Activity, and Cardiovascular Health: Clarifying the Risk-Protection Paradox
- 8:00-9:00 TUTORIAL SESSION VII (Crepe Myrtle)**
T7 What the Heck is Physical Literacy?
- 8:00-9:00 TUTORIAL SESSION VIII (Ballroom G)**
T8 Low Testosterone in Exercising Men: A first Hand Account, Historic Overview, and Ideas for Future Research
- 8:00-9:00 TUTORIAL SESSION IX (Ballroom H)**
T9 Exercise is Medicine on Campus: The tale of Two Approaches
- 9:00-10:00 TUTORIAL SESSION X (Redbud)**
T10 Current Research in High Intensity Functional Training
- 9:00-10:00 TUTORIAL SESSION XI (Ballroom H)**
T11 Leveraging Technology to Teach Exercise Science and Physical Activity Classes in Blended and Online Classroom Environments
- 9:00-10:00 TUTORIAL SESSION XII (Ballroom G)**
T12 Use of Bilateral Asymmetry Tests for Rehabilitation and Athlete Monitoring Purposes
- 9:00-10:00 TUTORIAL SESSION XIII (Crepe Myrtle)**
T13 Glucose Response in Type 1 Diabetics During Sports and Exercise
- 10:00-11:00 ANDREW KOZAR ACSM PRESIDENTIAL ADDRESS 2017 (Ballroom A&B)**
Walking the Walk: A History of Step Counting and Cadence Training
Catrine Tudor-Locke, Ph.D.
UMass Amherst, Professor and Chair, Department of Kinesiology
Speaker Introduction: John Quindry, Ph.D., FACSM, University of Montana
- 11:10-12:00 Clinical Crossover Talk (BALLROOM A&B)**
Tips for Prescribing Exercise in your Older Athlete
Bert Fields, M.D.
Sports Medicine Faculty, Cone Health, Greensboro, NC

12:00-12:50 PAST PRESIDENT'S LUNCH (Teal)

SEACSM CLINICAL TRACK (Ballroom D&E)

"Current Controversies in Clinical Sports Medicine-What's the Evidence"?

- 12:30 pm **Welcome and Announcements:** Matthew Close, DO (Centura Health Emergency Medicine)
- 12:45 pm **Primer on Sports Medicine Emergencies** Jim Ellis, MD (Greenville Health System)
- 1:15 pm **C-Spine and Traumatic Brain Injuries** Jeff Bytomski, DO (Duke Sports Medicine)
- 1:45 pm **Emergent Airway Management in the Athlete** Kevin Sprouse, DO (Podium Sports Medicine)
- 2:15 pm **Break**
- 2:45 pm Case Presentation #1 Michael Murphy, MD (Palmetto)
"Why is My Frozen Shoulder Turning Me Yellow?"
- 3:00 pm Case Presentation #2 Mallory Shasteen, MD (GHS)
"Unilateral Thigh Pain and Swelling"
- 3:15 pm Case Presentation #3 John Hellums, MD (Vanderbilt)
"Unilateral Vision Loss in a Football Player"
- 3:30 pm **Mass Event Preparedness** Lekshmi Kumar, MD (Emory Emergency Medicine)
- 4:00 pm Break : **Move to Ballroom H**
- 4:15 pm **Environmental Illness** Andrew Gregory, MD (Vanderbilt Sports Medicine)
- 4:45 pm **Management of Common Fractures and Dislocations** Ryan Draper, DO (Cone Sports Medicine)
- 5:15 pm **Chest, Abdomen, and Pelvis Emergencies** David Liddle, MD (Vanderbilt Sports Medicine)
- 5:45 pm Adjourn
- 6:30-7:15 **Clinical Track Reception (Ballroom F)**
Sponsored by
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1:15-2:15 BASIC SCIENCE LECTURE 2017 (Ballroom A&B)

Exercise is Regenerative Medicine

Marcus Bamman, Ph.D.

Professor Departments of Physiology and Biophysics, Medicine and Nutrition Sciences,
Director of the Center for Exercise Medicine
University of Alabama Birmingham

Presiding: John Quindry, SEACSM President, University of Montana

Speaker Introduction: John Quindry, SEACSM President, University of Montana

2:30-4:00 SYMPOSIUM SESSION VI (Redbud)

S6

Providing Exercise is Medicine Services to Persons with Chronic Disease and Health Disparity

2:30-4:00 POSTER FREE COMMUNICATIONS III (Studio 220)

P101-P166

Body Composition/Energy Balance/Weight Control

Chronic Disease and Disability

Connective Tissue/Bone/Skeletal Muscle

Hematology/Immunology

Research Design and Statistics

Athletic Care/Trauma/Rehabilitation

Metabolism/Carbohydrate, Lipid, Protein

Endocrinology/Immunology

2:30-4:00 THEMATIC POSTERS SESSION III (Think Tank)

TP17-TP24

Fitness Testing

2:30-3:30 TUTORIAL SESSION XIV (Crepe Myrtle)

- T14** How to Measure Muscle Fatigue in Clinical Populations
- 2:30-3:30 TUTORIAL SESSION XV (Ballroom G)**
T15 How to Find and Compete for Mainstream, Unique, and Atypical Exercise and Sport Science Careers
- 3:30-4:30 TUTORIAL SESSION XVI (Ballroom G)**
T16 Sabbaticals, Fulbright's, and Studies Abroad: Professional Opportunities in Exercise Science
- 3:30-4:30 TUTORIAL SESSION XVII (Crepe Myrtle)**
T17 Keto-Adaptation: The Process, Metabolic Alterations, and Implications for Health and Performance
- 4:30-5:50 STUDENT BOWL (Ballroom A&B&C)**
MC: Judith A. Flohr, FACSM
Professor Emeritus
James Madison University
- 6:00-7:30 SEACSM GRADUATE STUDENT FAIR (Teal)**

SATURDAY, February 18, 2017

SEACSM CLINICAL TRACK (Ballroom D&E)

"Current Controversies in Clinical Sports Medicine-What's the Evidence"?

- 7:30 Matthew Close, DO (Centura Health Emergency Medicine)
- 7:45 **Sports Medicine Emergencies: A Career Perspective**
Bert Fields, MD (Cone Sports Medicine)
- 8:15 **Eye and Ear Emergencies** Matthew Close, DO (Centura Health Emergency Medicine)
- 8:45 **Exercise-Associated Collapse** Irfan Assif, MD (Greenville Health System)
- 9:15 **Break**
- 9:45 Case Presentation #4 Ashkan Alkhamisi, MD (Mayo)
"Bilateral Shoulder Pain in a Recreational Fitness Enthusiast"
- 10:00 Case Presentation #5 Jeremy Schmitz, MD (Cone Health)
"Sliding into Second with a Thud"
- 10:15 Case Presentation #6 Christopher Lake, MD (Cabarrus)
"Fumble with a Twist"
- 10:30 **Dental and Maxillofacial Injuries** Brent Messick, MD (Carolinas Healthcare)
- 11:00 **Break**
- 11:15 **Anesthesia and Analgesia Adjuncts for Fractures/Dislocations**
Stephanie Bailey, MD (Greenville Health System)
- 11:45 Case Presentation #7 Jay Umarvadia, MD (AMSI)
"To Clear or not to Clear, That is the Question"
- 12:00 Case Presentation #8 Ashley Lafontaine, MD (Vanderbilt)
"Unusual Case of Knee Pain and Swelling in a Recreational Athlete"
- 12:15 Case Presentation #9 Patrick Williams, MD (Cabarrus)
"The Perils of Weekend Photography"
- 12:30 Voting for Best Case Presentation
- 12:45 Adjourn
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6:45-7:45 YOGA (Ballroom H) Must Pre-Register

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

- 8:00-9:30 P167-P233 POSTER FREE COMMUNICATIONS IV (Studio 220)**
Endocrinology/Immunology
Environmental Physiology
Exercise Evaluation/Clinical
Fitness/Testing/Assessment
Growth, Development, and Aging
- 8:00-10:00 017-O24 ORAL FREE COMMUNICATION III (Ballroom F)**
Biomechanics/Gait/Balance
- 8:00-9:30 TP25-TP32 THEMATIC POSTERS SESSION VI (Think Tank)**
Competitive Athletes
- 8:00-9:30 S7 SYMPOSIUM SESSION VII (Redbud)**
Vascular Dysfunction From Gene, Child to Adult: Exercise to the Rescue!
- 8:00-9:00 T18 TUTORIAL SESSION XVIII (Regency C)**
Town Hall Discussion for Trainees
- 8:00-9:00 T19 TUTORIAL SESSION XIX (Ballroom G)**
Optimizing Recovery in the Masters Athlete
- 9:00-10:00 T20 TUTORIAL SESSION XX (Ballroom G)**
Experiential Learning in Exercise is Medicine Using People with Disabilities
- 9:00-10:00 T21 TUTORIAL SESSION XXI (Crepe Myrtle)**
Including Evidence-Based Practice in Undergraduate Curricula: A Tutorial
- 9:00-10:00 T22 TUTORIAL SESSION XXII (Ballroom H)**
Life After Bariatric Surgery: The Importance of Physical Activity and Need for Behavior Strategies
- 9:30-11:00 P233-P298 POSTER FREE COMMUNICATIONS V (Studio 220)**
Hematology/Immunology
Motor Control
Nutrition and Exercise/Sports
Psychology/Psychiatry/Behavior
Epidemiology & Preventive Medicine
- 10:00-11:00 T23 TUTORIAL SESSION XXIII (Ballroom H)**
Making the Most of Your Graduate Exercise Science Experience
- 11:00-12:00 HENRY J. MONTOYE AWARD LECTURE, 2016 (Ballroom C)**
The Evolution of a Career: Lessons Learned
Speaker, Dixie Thompson, Ph.D., FACSM, FNAK
Vice Provost and Dean of the Graduate School
University of Tennessee
- 12:00-2:00 SEACSM LUNCHEON AND LECTURE (Ballroom A&B) (Register by Feb 5)**
CON-vection, dif-FUSION (and CONFUSION) in One's Career Choices
Peter Wagner, M.D., FACSM
Distinguished Professor of Medicine and Bioengineering, School of Medicine
University of California, San Diego
Presiding: John Quindry, University of Montana, SEACSM President;
B. Sue Graves, Florida Atlantic University, SEACSM Past-President
- 2:00-4:00 SEACSM EXECUTIVE BOARD MEETING (Boardroom)**