

# **SOUTHEAST AMERICAN COLLEGE OF SPORTS MEDICINE 2018 ANNUAL MEETING SCHEDULE (OUTLINE)**

## **THURSDAY, February 15, 2018**

- 11:00-1:00 SEACSM EXECUTIVE BOARD MEETING (Kinsey)**
- 1:00-6:00 REGISTRATION AND STUDENT HELP DESK (Lobby)**
- 1:00-1:45 AUDIOVISUAL TEAM MEETING (Littleton)**
- 2:00-2:50 PRE-CONFERENCE SYMPOSIUM (Rose)**  
**PC1** Peeling Back the Curtain - A Pre-Conference Symposium on the Fellowship Application From a Reviewer
- 2:00-2:50 PRE-CONFERENCE TUTORIAL (Walker)**  
**PC2** Going Anywhere Starts Here! Everything You Need to Know Before the SEACSM Annual Meeting Begins
- 3:00-3:50 PRE-CONFERENCE SYMPOSIUM (Walker)**  
**PC3** Rapid Research Race: A Preconference Presentation
- 4:00-6:30 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
- 4:00-6:00 POSTER FREE COMMUNICATIONS I (Ballroom Foyer)**  
**P1-P48** Authors present, 4:30-6:00 pm  
Endocrinology/Immunology                      Epidemiology  
Growth, Development & Aging                      Reproduction  
Research Design and Statistics
- 4:00-5:30 THEMATIC POSTERS SESSION I (Ochs)**  
**TP1-TP6** Nutrition and Exercise/Sports
- 4:00-6:00 ORAL FREE COMMUNICATIONS I (Kelley)**  
**O1-O8** Psychology/Psychiatry/Behavior
- 4:00-4:50 SYMPOSIUM SESSION I (Walker)**  
**S1** Acute Sedentarism and Cardiovascular Health: Interactions Between Peripheral and Systemic Vascular Health
- 4:00-4:50 SYMPOSIUM SESSION II (Rose)**  
**S2** Student Run Programs Providing Community-Based Physical Activity Programs for Individuals with Special Needs
- 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
- 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?
- 5:00-5:50 SYMPOSIUM SESSION III (Walker)**  
**S3** If You Build It, Will They Come? Physical Activity and the Built Environment
- 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
- 5:00-5:50 TUTORIAL SESSION III (Roberts)**  
**T3** Does Adding Pharmacology to Exercise Enhance or Attenuate Management of Type 2 Diabetes?

- 5:00-5:50 TUTORIAL SESSION IV (Amphitheater)**  
**T4** Dynamics of Pre-Health Screening: Application of Current ACSM Guidelines
- 7:30-9:00 OPENING REMARKS AND KEYNOTE ADDRESS (Chattanooga Ballroom 1,2,3,4)**  
**Is the Revolution Underway? The Use of Genetics in Exercise Physiology**  
 Tim Lightfoot, Ph.D., SEACSM Past President  
 Huffines Institute at Texas A & M  
 Presiding: Michael McKenzie, Ph.D., SEACSM President, Winston-Salem State University  
 Introduction: Michael McKenzie, Ph.D., SEACSM President, Winston-Salem State University
- 9:00-10:30 SEACSM SOCIAL (Lobby)**
- FRIDAY, February 16, 2018**
- 6:45-7:45 MENTORING BREAKFAST (Chattanooga Ballroom 1,2,3,4)**  
**(Pre-Register by February 5)**  
 Naming of Breakfast in Honor of Emily Haymes, Ph.D., SEACSM Past President  
 Remarks: Judith A. Flohr, Ph.D., SEACSM Past President
- 8:00-5:00 REGISTRATION AND STUDENT HELP DESK (Lobby)**
- 8:00-6:00 EXHIBITS (Conference Concierge)**
- 8:00-9:30 POSTER FREE COMMUNICATIONS II (Ballroom Foyer)**  
**P49-P120** Athletic Care/Trauma/Rehabilitation      Fitness/Testing/Assessment  
 Motor Control      Respiratory Physiology
- 8:00-9:30 THEMATIC POSTERS SESSION II (Ochs)**  
**TP7-TP12** Competitive Athletes
- 8:00-10:00 ORAL FREE COMMUNICATION II (Kelley)**  
**09-O16** Biomechanics/Gait/Balance
- 8:00-8:50 SYMPOSIUM SESSION V (Walker)**  
**S5** Multifaceted Regulation of Skeletal Muscle Growth, Regeneration, and Metabolism
- 8:00-8:50 SYMPOSIUM SESSION VI (Rose)**  
**S6** Visual System Impairments Following Sport-Related Concussion: Updates from the Consensus Statement
- 8:00-8:50 TUTORIAL SESSION V (Roberts)**  
**T5** Automating Data Collection on the Cheap with Microprocessor and Microcontroller Technologies
- 8:00-8:50 TUTORIAL SESSION VI (Amphitheater)**  
**T6** Carbohydrate Intake During Endurance Exercise: Scientific Approaches to Optimize Athletic Performance
- 9:00-9:50 SYMPOSIUM SESSION VII (Walker)**  
**S7** Low Carbohydrate-High Fat Diets for Endurance Athletes: Have We Focused on the Wrong Population?
- 9:00-9:50 TUTORIAL SESSION VII (Rose)**  
**T7** Got Gold? Everything You Wanted to Know About the Updated ACSM Certifications and More
- 9:00-9:50 TUTORIAL SESSION VIII (Roberts)**  
**T8** From Graduate Student to Assistant Professor and Everything in Between
- 9:00-9:50 TUTORIAL SESSION VIII (Amphitheater)**  
**T9** Autonomic Adjustments to Physical Stress: Insights from Microneurographic Recordings
- 10:00-11:00 ANDREW KOZAR ACSM PRESIDENTIAL ADDRESS (Chattanooga Ballroom 1,2,3,4)**  
**The State of the American College of Sports Medicine**  
 Walter Thompson, Ph.D., 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 INTEREST GROUP (Roberts)**

Hunter Bennett, Ph.D., Old Dominion University  
Zac Domire, Ph.D., East Carolina University

**12:30-1:15 MINORITY HEALTH AND RESEARCH INTEREST GROUP (Kelley)**

Lyndsey Hornbuckle, Ph.D., University of Tennessee  
Alvin Morton, M.S., University of Tennessee

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**SEACSM CLINICAL TRACK Amphitheater)**

**"Hot Topics in Sports Medicine"**

12:30 pm **Welcome and Announcements**

Matthew Close, DO (Health Fit Sports Medicine)

12:45 pm "Icarus and Asclepius: Doping and the Role of the Physician" Kevin Sprouse, DO (Podium Sports Medicine)

1:15 pm "Fueling an Athlete" Kim Kaiser, MD (U. of Kentucky)

1:45 pm "Mid-shaft Clavicle Fractures: To Fix or Not to Fix?" David Liddle, MD (Vanderbilt University)

2:15 pm **Break**

2:45 pm Fellow Case #1-PJ Bourde, Vanderbilt: The Breaking Pitch

3:00 pm Fellow Case #2-Jenna Crowder-GHS: Bilateral Exertional Leg Pain in a High School Athlete

3:15 pm Fellow Case #3-Daniel Smith-Phoebe: An Unusual Contributor to DeQuervain's Tenosynovitis: A Case Study

3:30 pm "Bullying and hazing in the Adolescent Athlete" Alex B. Diamond, DO MPH FAAP (Vanderbilt University)

4:00 pm **Break**

4:15 pm "The Female Athlete Triad: Recommendations for Screening, Evaluation, Management and Return to Play" Liz Joy, MD (Intermountain Healthcare)

5:15 pm "Neuro-vestibular Rehabilitation Following Concussion" Amadeus Mason, MD (Emory University)

5:45 pm Adjourn

6:15-7:15 **CLINICAL TRACK RECEPTION (Game Room)**

**Sponsored by XXXX**

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**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

**2:30-4:00 THEMATIC POSTERS SESSION III (Ochs)**

**TP13-TP18** Biomechanics/Gait/Balance

**2:30-4:30 ORAL FREE COMMUNICATION III (Kelley)**

**017-023** Athletic Care/Trauma/Rehabilitation

- 2:30-3:20 S8 SYMPOSIUM SESSION VIII (Walker)**  
Fitness Essential to the Mission? The Shift in Military Physical Fitness in the 21st Century
- 2:30-3:20 S9 SYMPOSIUM SESSION IX (Rose)**  
Validity and Practical Utility of 3D Body Fat Scanners
- 2:30-3:20 T10 TUTORIAL SESSION X (Roberts)**  
Hey Kid! Go Take a Hike!: Strategies to Get Children and Youth Outside and Active
- 3:30-4:20 S10 SYMPOSIUM SESSION X (Walker)**  
Theory and Practical Application of the ISAK Protocol: Kinanthropometry from the Lab to the Field
- 3:30-4:20 T11 TUTORIAL SESSION XI (Rose)**  
How to Interpret Near-Infrared Spectroscopy Measurements of Oxygen Levels from Skeletal Muscle
- 3:30-4:20 T12 TUTORIAL SESSION XII (Roberts)**  
Experiential Learning Can Help the Next Gen Win
- 4:30-6:00 STUDENT BOWL SPONSORED BY GANNON UNIVERSITY (Chattanooga Ballroom 1,2,3,4)**  
MC: Judith A. Flohr, Ph.D., SEACSM Past President  
Professor Emeritus James Madison University
- 6:15-7:45 SEACSM GRADUATE STUDENT FAIR SPONSORED BY NOVA SOUTHEASTERN UNIVERSITY (Walker and Rose)**

**SATURDAY, February 17, 2018**

**SEACSM CLINICAL TRACK (Amphitheater)**

**"Hot Topics in Sports Medicine"**

- 7:30 Welcome and Announcements: Matthew Close, DO (Health Fit Sports Medicine)
- 7:45 Overuse Throwing Injuries in Adolescents & Pitch Counts: Is the Answer in Front of Us?" Jason Zaremski, MD CAQSM FACSM FAAPMR (U. of Florida)
- 8:15 "Hip Injuries in Athletes and Weekend Warriors" Stephen Duncan, MD (U. of Kentucky)
- 8:45 "Stem Cells Evidence Based Medicine: Is the Evidence There Yet?" Andrew Gregory, MD (Vanderbilt University)
- 9:15 **Break**
- 9:45 Fellow Case #4 –Andrew Schleihauf-UK-19-Year Old Female Collegiate Soccer Goalie with Left Arm Cramping and Discoloration
- 10:00 Fellow Case #5 –Elizabeth Barton-GHS-Leg Pain in a Recreational Athlete
- 10:15 Fellow Case #6-Timothy Dekker-Mayo-Wrist Pain in Mechanic-Volleyball and Softball
- 10:30 Tendinopathy: Treatment and Research Ideas" David Berkoff, MD (U. of North Carolina)
- 11:00 **Break**
- 11:15 "Experiences of an International Traveling Fellow: United Kingdom 2017" Ken Barnes, MD MSc. CAQSM FACSM (Greensboro Orthopaedics)
- 11:45 Fellow Case #7 –Paul Meirick-Vanderbilt-Thumb Pain in a CrossFit Athlete: Collateral Damage?
- 12:00 Fellow Case #8-Jeremy Schmitz-Cone-Basketball: A Contact Sport After All
- 12:15 Fellow Case #9-Victor Ratajczak-Cabarrus Sports Medicine-My Shoulder is Eating into my Wrestling Season
- 12:30 Voting for Best Case Presentation
- 12:45 Adjourn

- 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
- 8:00-9:30 THEMATIC POSTERS SESSION IV (Ochs)**  
**TP19-TP24** Cellular Regulatory Mechanisms
- 8:00-10:00 ORAL FREE COMMUNICATION IV (Kelley)**  
**024-O31** Nutrition and Exercise/Sports
- 8:00-8:50 TUTORIAL SESSION XIII (Walker)**  
**T13** Tracking Athlete Training Load: It Takes a Village to Monitor a Team
- 8:00-8:50 TUTORIAL SESSION XIV (Rose)**  
**T14** Hello Professors: Engaging Students and Teaching Through the Gaps of Knowledge
- 9:00-9:50 TUTORIAL SESSION XV (Walker)**  
**T15** Animal Research and Training for Exercise Science Professions!
- 9:00-9:50 TUTORIAL SESSION XVI (Rose)**  
**T16** Socioeconomic Status, Concussion and Adolescents: How to Work with a Growing Population
- 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
- 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
- 10:00-10:50 TUTORIAL SESSION XVII (Walker)**  
**T17** Lactate Metabolism: History and Update
- 10:00-10:50 TUTORIAL SESSION XVIII (Rose)**  
**T18** Training Sports Officials: An Exciting, Yet Relatively New Opportunity in Exercise Science and Sports Performance
- 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 W. Rankin, Ph.D., FACSM, ACSM Past President, Virginia Tech University  
Presiding: Michael McKenzie, Ph.D., SEACSM President, Winston-Salem State University  
Introduction: John Quindry, Ph.D., SEACSM Past President, University of Montana
- 12:00-2:00 SEACSM LUNCHEON AND LECTURE (Chattanooga Ballroom 1,2,3,4)**  
**(Pre-Register by Feb 5)**  
**It's Not Always Sunny Side Up! Lessons Learned from Preschool Physical Activity Interventions**  
Sofiya Alhassan, Ph.D., FACSM  
Director, 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)**

1/16/18