Welcome

Recent months have presented the world with unrelenting challenges and devastation, and the importance of scientific advancement has never been more apparent. We will return to in-person programming for the 2021 NEACSM Fall Conference that will highlight impressive advancements in our respective fields to leave us informed, intrigued and inspired. Accordingly, the Executive Committee, Program Planning Committee and I present this overview of the conference, titled “Progress in Motion.”

Our two keynote lectures will bring particular attention to the complex issues and advancements in exercise, sport and health science. The Knutgen Keynote lecture will feature Dr. Erica Perrier, Medical Innovation Lead at Perifit in France, who will dive into the challenging and fascinating facets of linking behaviors to health outcomes. The Clarkson Keynote lecture will be delivered by Dr. Monica Hubal, associate professor at Indiana University-Purdue University Indianapolis and former student of the late Dr. Priscilla Clarkson. Dr. Hubal will illustrate how non-reductionist (systems) biology defines the effects of exercise, providing us with a holistic view of exercise and health connections.

Dr. Dain LaRoche, professor and chair at the University of New Hampshire, will deliver the Past President’s lecture on robots as caregivers. With expertise in developing technology for tracking physical activity and movement quality, exercise program delivery and independent living assistance, Dr. LaRoche will turn our attention to new options pertinent to exercise and health science.

Our invited and featured lecturers are also bound to capture your attention. You can view the impressive lineup of speakers and corresponding presentation titles in the following pages. Our Physician track will be filled with critical and novel topics in athletic care and clinical medicine, and we will offer presentations geared toward student and professional member development.

We are also thrilled to reinstate the annual Ronai Academic College Bowl, where students represent their respective institutions in a quiz-based competition that tests their knowledge of exercise science and sports medicine. This event will occur on Thursday evening following the President’s Reception and announcement of student scholarships and research awards.

Please note that chapter leadership will consistently monitor local and national pandemic guidelines. Updated safety protocols will be available for review on our website closer to the conference date.

Whether you are a student or professional member, we hope the fall meeting provides an engaging program that will contribute to your continued learning, professional development and scientific intrigue. We look forward to seeing you in Providence this October!

Colleen Muñoz, Ph.D.
President-Elect and Program Chair
Associate Professor of Health Sciences
University of Hartford
#NEACSM21
**Invited Speakers**

**Knuttgen Keynote Lecture**  
Thursday, October 21  
Unseen, Unspoken, Unheard: Linking Invisible Behaviors and Health Outcomes  
*Erica Perrier, Ph.D.*  
*Perifit*

**Clarkson Keynote Lecture**  
Friday, October 22  
Defining Exercise Effects via Systems Biology  
*Monica Hubal, Ph.D., FACSM*  
*Indiana University-Purdue University Indianapolis*

**Invited Lecture**  
Thursday, October 22  
Breaking Barriers, Melting Silos and Discovering Pathways  
*Niccole Keith, Ph.D., FACSM*  
*Indiana University-Purdue University Indianapolis*

**Invited Lecture**  
Thursday, October 21  
Microbiota and Inflammation: A Story of Sex, Exercise and Diet  
*Sara Campbell, Ph.D., FACSM*  
*Rutgers University*

**Invited Lecture**  
Thursday, October 21  
Artificial Intelligence Meets Sport & Exercise Science: A Complex Systems Approach  
*Michael Bergeron, Ph.D., FACSM*  
*Women's Tennis Association*

**Invited Lecture**  
Thursday, October 21  
Exploration of the Exercise Metabolome in Health and Disease  
*Gregory Lewis, M.D.*  
*Massachusetts General Hospital*

**Invited Lecture**  
Friday, October 22  
Move People with Stories: Exploring the Health Potential of Narratives  
*Amy Lu, Ph.D.*  
*Northeastern University*

**Past-President's Lecture**  
Friday, October 22  
Robots as Caregivers: Machine Learning Meets Therapeutic Service Delivery  
*Dain LaRoche, Ph.D., FACSM*  
*University of New Hampshire*

**Featured Lecture**  
Thursday, October 21  
10 Action Items to Combat Racial Bias in Medicine  
*Paul G. Mathew, M.D.*  
*Brigham and Women's Hospital*

**Featured Lecture**  
Friday, October 22  
Is a Career in the Fitness Industry Right for You?  
*Francis Neric, M.S., MBA*  
*American College of Sports Medicine*

**Featured Lecture**  
Friday, October 22  
Aches, Age and Influenza: A Pathway to Muscle Loss and Disability  
*Jenna Bartley, Ph.D., and Andreia Cadar, B.S.*  
*University of Connecticut Health*
<table>
<thead>
<tr>
<th>Time</th>
<th>Room S50 (110 seats)</th>
<th>Room S551 (192 seats)</th>
<th>Room S552 (198 seats)</th>
<th>Room S553 (160 seats)</th>
<th>Ballroom D (414 seats)</th>
<th>Rotunda (212 seats)</th>
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<tbody>
<tr>
<td>8:00-8:30 AM</td>
<td>Tutorial Lectures: Are We Still Overdrinking during Exercise? Suzanne Young, Ph.D.,</td>
<td>Mini-Symposia: Gait as a Biomarker of Brain Health Assessing Motor Impairments in MCI &amp;</td>
<td>Physician's Track: Tendonpathy in Runners: Cutting Edge Treatments and Evidence-Driven</td>
<td>Tutorial Lecture: Special Considerations in Youth Sports: A Medical Perspective Peter</td>
<td>Invited Lecture: Breaking Barriers, Melting Silos and Discovering Pathways NiCole</td>
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<td>Cannabidiol (CBD), Worth the Hype? David Ferrer, Ph.D.</td>
<td>Dementia Christie Ward-Ritacco, Ph.D., ACSM-EP, FACSM, Susan D’Andrea, Ph.D., and Tabatha Hartshorn, M.S.</td>
<td>Rehab Adam Tenforde, MD David Nolan, DPT</td>
<td>Morano, Ph.D., ATC</td>
<td>Keith, Ph.D., FACSM</td>
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<td>9:40-10:40 AM</td>
<td>Free Comm Pres</td>
<td>Physicians' Track: Interesting Fellowship Case Presentations</td>
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<td>10:50-12:00 PM</td>
<td>Ballroom A. Knutten Keynote Lecture - Unseen, Unspoken, Unheard: Linking Invisible Behaviors and Health Outcomes Erica Farmer, Ph.D.</td>
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<td>12:00-1:05 PM</td>
<td>Lunch/Exhibitors/Free Communication Posters (1:00-4:00 PM)</td>
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<td>4:35-5:05 PM</td>
<td>Special Interest Group Meetings</td>
<td>Special Interest Group: Biomechanics</td>
<td>Special Interest Group: Strength and Conditioning</td>
<td>Special Interest Group: Physiological/Biological Mechanisms</td>
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8:00-8:30 AM
NEACSM Registration Booth Opens

8:30-9:30 AM
Mini-Symposium: Physical Activity, Social Support and Anxiety in Undergraduate Students Shifting from On-Campus to Remote-Learning during the COVID-19 Pandemic
Jessica Peacock, Ph.D.; Leah Polosky, Ph.D.; and April Bowling, Sc.D.
Clinical Workshop: Resistance Training for the Cardiac Rehabilitation Patient: Practical Tips for the Clinical Exercise Physiologist
Peter Ronai, M.S., ACSM-CEP, CSCS-D, FACSM
Physician’s Track: Advancing Women’s Sports Medicine Part 1: Sex Differences and Core of Injury Prevention - Kelly C. McInnis, DO and Ashley Water, DPT
Tutorial Lecture: The Impact of Exercise on Vascular Responsiveness to Angiotensin II Infusion as a Novel Method to Measure Cardiovascular Function
Stephen Mari, Ph.D.
Featured Lecture: Is a Career in the Fitness Industry Right for You?
Francis Neric, M.S., MBA.
Invited Lecture: Move People with Stories: Exploring the Health Potential of Narratives
Amy Lu, Ph.D.

9:40-10:40 AM
Tutorial Lecture: Stress Echocardiography: Visualizing the Heart’s Response to Exercise
Steven Waling, M.S., RCS, RDMS
Tutorial Lecture: Using Accelerometry for Home-monitoring of Daily Activity and Sleep Patterns in Chronic Disease Populations
Alessandra Adami, Ph.D., and Jungeun Lee, Ph.D., R.N.
Physician’s Track: Interesting Fellowship Case Presentations
Tutorial Lecture: Autophagy and Cardiovascular Health
Leena Bharath, Ph.D.
Oral Posters
Past-President’s Lecture: Robots as Caregivers: Machine Learning Meets Therapeutic Service Delivery
Dain LaRoche, Ph.D., FACSM

10:50-12:00 PM
Ballroom A. Clarkson Keynote Lecture - Defining Exercise Effects via Systems Biology
Monica Hubal, Ph.D., FACSM
Lunch/Exhibitors/Free Communication Posters (1:00-4:00 PM)

12:00-1:05 PM
Featured Lecture: Aches, Age and Influenza: A Pathway to Muscle Loss and Disability
Jenna Barley, Ph.D., and Andrea Cador, B.S.
Physician’s Track: Advancing Women’s Sports Medicine Part 2: Managing Elite Dancers and Ice Skaters - Bridget Quinn, MD and Ellen Geminiani, MD
Tutorial Lecture: Monitoring Training Load for Athlete Performance and Health
Jennifer Fields, Ph.D., CSCS, CISSN
Tutorial Lecture: Pregnant Athletes: Boundaries of Safe Exercise during Pregnancy
Ryanne Carmichael, Ph.D., CSCS

1:20-2:20 PM
Tutorial Lecture: Standing up to COVID-19: Using a Telehealth Group Support Intervention to Promote Physical Activity and Reduce Sedentary Behavior during the Pandemic
Allison Seifert, Ph.D., CSCS, and Jacqueline Rickson, Ph.D.
Featured Lecture: Exercise is Medicine® Ambassador Program
Colleen Munoz, Ph.D.
Featured Lecture: Racial Differences in Hemodynamic Responses Following Acute Bouts of Anaerobic Exercise
Humin Yan, Ph.D.
Tutorial Lecture: Monitoring Training Load for Athlete Performance and Health
Jennifer Fields, Ph.D., CSCS, CISSN
Tutorial Lecture: Past-President’s Lecture: Robots as Caregivers: Machine Learning Meets Therapeutic Service Delivery
Dain LaRoche, Ph.D., FACSM

2:20-3:30 PM
Clinical Workshop: Exercise is Medicine® Ambassador Program
Colleen Munoz, Ph.D.
Oral Posters
Physician’s Track: Interesting Fellowship Case Presentations
Nancy Clark, M.S., R.D., CSSD, FACSM
Diversity Committee - Community Conversation

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Center for Rural Cancer Survivorship

UNE Online
UNIVERSITY OF NEW ENGLAND

UMASS BOSTON

Center for Rural Cancer Survivorship
To register online:
Use the NEACSM website: www.neacsm.org

Pre-registration will be accepted through October 17, 2021. No registrations by phone or mail.

Group registrations: To register a group, contact Heather Turner at (317) 637-9200, ext. 138 or hturner@acsm.org. Group registration information and payments must be submitted no later than October 10, 2021.

Registration Fees - Member Rates: Non-members selecting not to pay member dues below must add $35 to registration fee.

<table>
<thead>
<tr>
<th>Registration Fees</th>
<th>Registration before Sept. 19</th>
<th>Registration before Oct. 17</th>
<th>Registration Onsite</th>
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<tbody>
<tr>
<td>Professional Member (One day - Thursday)</td>
<td>$120</td>
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<td>Professional-in-Training Member (One day - Thursday)</td>
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<td>Student Member (One day - Thursday)</td>
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<td>Student Member (Two days)</td>
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Hotel Accommodations
Blocks of guest rooms are available for conference attendees at a special rate at two Providence hotels. Be sure to identify your affiliation with NEACSM to receive the special conference rate. You must reserve your room by September 20, 2021, to receive the special rates listed below:

- The Omni Providence
  - One West Exchange Street
  - Providence, RI 02903
  - (800) 843-6664
  - Click here to book your room
  - $179.00/night

- Providence Biltmore
  - 11 Dorrance Street
  - Providence, RI 02903
  - (800) 294-7709
  - Click here to book your room
  - $159.00/night

Directions to the Conference

From the South:
Take 95 North to Exit 16 to Route 10 North. Continue North to the Dean Street Exit. Once on the exit, stay to the left, and at the light cross over Dean Street. Then take your first right onto West Exchange Street to the Rhode Island Convention Center Garage.

From the North:
Take 95 South to the Civic Center Interchange, Exit 22, Downtown Providence. Stay to the left on the ramp; at the end go right. At the light go right to the Rhode Island Convention Center Garage.

For more detailed directions log on to www.neacsm.org