Exploring the Diversity in Exercise Science & Sports Medicine:

Research to Practice

Annual Fall Conference - Virtual Event

October 15-16, 2020

Asynchronous, pre-recorded content available October 1 - December 4

Synchronous, live content to be held October 15-16

www.neacsm.org/fall
On behalf of the NEACSM Executive Committee and the Program Planning Committee, I am excited to provide an overview of the first ever virtual NEACSM conference, titled, “Exploring the Diversity in Exercise Science & Sports Medicine: Research to Practice.” The meeting theme evolved from the NEACSM Strategic Plan, which has at its core a commitment to inclusion and diversity. Conference content will provide attendees a broad scope of evidence-based presentations reflecting the various subdisciplines in Exercise Science and Sports Medicine across diverse populations. Unique to previous Fall Conferences, this year’s event will be completely virtual. Attendees will be provided all conference presentations in an asynchronous, pre-recorded format to access at their convenience from October 1 through December 4, 2020. Additionally, attendees will be able to interact live with presenters via synchronous discussion panels grouped by presentation theme, to be offered on October 15 and 16, 2020.

The fall meeting is highlighted by two keynote lectures. The Knutten Keynote lecture will be delivered by Dr. Cheri Blauwet (Harvard Medical School, attending physician at Brigham and Women’s Hospital and Spaulding Rehabilitation Hospital). Dr. Blauwet is a former Paralympic athlete in the sport of wheelchair racing, competing for the United States Team in three Paralympic Games. Her lecture will focus on the inclusion of people with disabilities in sport and physical activity. The Clarkson Keynote lecture will be given by Dr. Panteleimon Ekkekakis (Iowa State University), who is a leading researcher in the area of exercise psychology. In his presentation, Ekkekakis will review the challenge of achieving disciplinary integration in exercise prescriptions and physical activity recommendations. The Past-President’s lecture will be provided by Dr. Sean Walsh (Central Connecticut State University), who will present on a journey in professional development in exercise science. Additionally, we will welcome an excellent lineup of invited speakers: Dr. Nicole Avena (Ichan School of Medicine at Mount Sinai) will speak on the science of sugar addiction; Dr. Nisha Charkoudian (U.S. Army Research Institute of Environmental Medicine) will discuss sex differences in thermoregulation and implications on performance; Dr. Yuri Feito (Kennesaw State University) will provide insight on high intensity training with clinical populations; and Dr. Wouter Hoogkamer (University of Massachusetts, Amherst) will explore biomechanics related to running shoes.

We are also excited to have a line of presentations associated with athletic care and clinical medicine for our Physicians’ Track. Attendees are invited to join the live Physicians’ Track Case Study discussions offered on Thursday and Friday, October 15 and 16, 2020.

Finally, please join us on Friday, October 16, 2020 for the live Awards Ceremony, where we will recognize the winners of the NEACSM’s student and professional awards.

Whether you are a student or professional member, we hope that our fall meeting provides a diverse program of topics and events that will contribute to your continual learning and professional development. On behalf of the New England Chapter, we thank you for your attendance and participation at this year’s meeting.

Elizabeth O’Neill, DPE
NEACSM President-Elect & Program Chair
Program Director of Applied Exercise Science
Springfield College
#NEACSM2020
Pre-recorded Presentations

Available for access – Oct. 1-Dec. 4

Keynote Speakers

**Knuttgen Keynote**
From the Paralympics to Public Health: The Inclusion of People with Disabilities in Sport and Physical Activity
Cheri Blauwet, M.D., FACSM

**Clarkson Keynote**
The Persistent Challenge of Achieving Disciplinary Integration in Exercise Prescriptions and Physical Activity Recommendations
Panteleimon Ekkekakis, Ph.D., FACSM

Invited Speakers

**Past President’s Lecture:**
A Journey in Professional Development in Exercise Science: From Exercise Psychology to Sport Performance to Exercise Genomics to...?
Sean Walsh, Ph.D., FACSM

The Science of Sugar Addiction: How Our Brains and Behavior are Impacted by Processed Foods
Nicole Avena, Ph.D.

High-Intensity Training Programs for Clinical Populations: An Overlooked Approach to Exercise Prescriptions
Yuri Feito, Ph.D., FACSM

The Era of Bouncy Running Shoes
Wouter Hoogkamer, Ph.D.

Sex Differences in Thermoregulation: Implications for Physical Performance
Nisha Charkoudian, Ph.D.

General Sessions

**Featured Lecture:**
Exercise is Medicine Workshop
Colleen Munoz, Ph.D.

**Tutorial Lecture:**
Being on RED-S Alert – Relative Energy Deficiency in Sport
Christopher Barrett, MS, R.D.

**Tutorial Lecture:**
The Assessment of Hydration Practices in Marathon Runners to Prevent Exercise-Associated Hyponatremia
Suzanne Young, Ph.D.

**Tutorial Lecture:**
Incorporation of Tai Chi in the Prevention, Treatment, and Management of Chronic Disease: Transferring Research to Practice
Stephen Maris, Ph.D.

**Tutorial Lecture:**
Methods for Integration of Sports Science into Professional & Olympic Sport
Jacob Earp, Ph.D.

**Tutorial Lecture:**
ACSM Certifications: Support For Success In The Exercise Profession
Christie Ward-Ritacco, Ph.D.

**Tutorial Lecture:**
Conducting High Quality Systematic Review and Meta-Analysis: Convenient yet All-consuming
Yin Wu, Ph.D. & Linda Pescatello, Ph.D., FACSM

**Tutorial Lecture:**
Collaborating with Research 1 Universities to Advance Science and Your Career
Jeff Schlicht, Ph.D.

**Tutorial Lecture:**
Understanding Research: Statistics and Clinical Interpretation
Kristen Renner, Ph.D.
General Sessions (continued)

**Tutorial Lecture:**
Fitness in Recovery: Accelerating systemic addiction recovery using dosed exercise
Kelly Borges, MS, Sidra Ghafoor, M.D., & John Breen, BS

**Tutorial Lecture:**
Clinical to Community Linkages
Karen Peterson, MS

**Tutorial Lecture:**
Promoting Physical Activity via Dog Walking: Exercise Science meets Anthrozoology
Katie Potter, Ph.D.

**Tutorial Lecture:**
Training the Female Athlete: Injury Prevention and Performance Across the Lifespan
Maura Bergan, Ph.D.

**Tutorial Lecture:**
Exercise and Nutrition Interventions for Bone Health in Young Female Dancers
Allison Seifert, Ph.D.

**Tutorial Lecture:**
Strength Training for the FTM Transgender Patient: “Where do I start?”
Ethan Balk, Ph.D., R.D.

**Tutorial Lecture:**
Getting Over the Gender Binary in Exercise
Melanie Adams, Ph.D.

**Tutorial Lecture:**
Effects of Hormone Therapy on Athletic Performance of Transgender Women
Christine Jenkins, Ph.D.

**Tutorial Lecture:**
Technology Use in Strength and Conditioning
Mary Kate Feit, Ph.D.
Sponsored by

**Tutorial Lecture:**
Improving Wearables in Sport and Fitness
Garrett Ash, Ph.D., Matthew Stults-Kolehmainen, Ph.D. & Andrew Wood, BS

**Tutorial Lecture:**
Rural Exercise Oncology
Stephen Baker, Ph.D. & Kris Wisniewski, Ph.D.

**Tutorial Lecture:**
A Call to Action: Addressing Disparities in Physical Activity among Individuals with Intellectual Disabilities
Keith Diaz, Ph.D., Emily Davidson, M.D., & Helen Milligan, MPT

**Colloquium:**
Comparison of the Upper and Lower Extremity Biomechanics of the Forehand Stroke between Male and Female Tennis Players
Ryan Smith BS, Kat Woolley, BS, & Olo Ezomo, M.P.H.

**Colloquium:**
How to Assess Older Adults: What Every Exercise Professional Needs to Know and Do!
Paul Gallo, Ed.D., FACSM & Peter Ronai, MS, FACSM

**Colloquium:**
Getting Over the Gender Binary in Exercise
Melanie Adams, Ph.D.

**Colloquium:**
The Evidence (or Lack Thereof) for What We Do in Sports Medicine
Krys Bigosinski, M.D.

**Colloquium:**
Becoming a Team Physician: Comprehensive Care of the Collegiate Athlete
Michael Beasley, M.D., FAAP

**Mini Symposium:**
A Call to Action: Addressing Disparities in Physical Activity among Individuals with Intellectual Disabilities
Keith Diaz, Ph.D., Emily Davidson, M.D., & Helen Milligan, MPT

**Mini Symposium:**
A Comparison of Wearable Lactate Threshold Technology to Accepted Methods of Lactate Threshold Determination
Lindsay Parisi, Ph.D. & Jessica Alsup, Ph.D.

**Physician Track Presentations**

Medical Conditions Masquerading as MSK Issues: Cases
Ria Isacke, DO & Peter E. Sedgwick, M.D., FACSM

Hypermobility and the Athlete
Elizabeth Rothe, M.D. & Chris Lutrzykowski, M.D.
### Live Panel Discussions on Oct. 15-16

#### October 15

<table>
<thead>
<tr>
<th>Time</th>
<th>Theme</th>
<th>Featured Experts</th>
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<tbody>
<tr>
<td>8:00-9:00 a.m.</td>
<td><strong>Physician Track: Case Study</strong></td>
<td></td>
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<tr>
<td>9:10-9:40 a.m.</td>
<td><strong>Nutrition and Metabolism</strong></td>
<td>Nicole Avena, Ph.D. Christopher Barrett, Ph.D. Suzanne Young MPH.</td>
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<tr>
<td>9:50-10:20 a.m.</td>
<td><strong>Clinical Exercise Physiology</strong></td>
<td>Yuri Feito, Ph.D. Paul Gallo, Ed.D. Peter Ronai, MS Stephen Mars, Ph.D. Keith Diaz, Ph.D. Emily Davidson, M.D. Helen Mielgan MPT</td>
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<tr>
<td>10:30-11:00 a.m.</td>
<td><strong>Performance &amp; Injury Prevention</strong></td>
<td>Andrew Cannon, MS, PT Alexander Boyd, MS Eric Dagati, MS Jacob Earp Ph.D.</td>
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<tr>
<td>11:10-11:30 a.m.</td>
<td><strong>Knutgen Keynote Discussion</strong></td>
<td>Cheri Blauwet, M.D.</td>
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<tr>
<td>11:40 a.m.-12:10 p.m.</td>
<td><strong>Professional Development 1</strong></td>
<td>Sean Walsh, Ph.D. Christie Ward-Ritacco, Ph.D.</td>
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<tr>
<td>12:20-12:50 p.m.</td>
<td><strong>Professional Development 2</strong></td>
<td>Yin Wu, Ph.D. Linda Peacatello, Ph.D. Jeff Schlicht, Ph.D. Kristen Reiner, Ph.D.</td>
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<tr>
<td>1:00-2:00 p.m.</td>
<td><strong>Physician Track: Case Study</strong></td>
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<tr>
<td>2:10-2:40 p.m.</td>
<td><strong>Exercise is Medicine</strong></td>
<td>Kelly Borges, MS Sidra Ghafoor, M.D. John Bren, BS Stephen Baker, Ph.D. Kris Wisniewski, Ph.D. Karen Peterson, MS Colleen Munoz, Ph.D. Katie Potter, Ph.D.</td>
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#### October 16

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<tr>
<td>8:40-9:40 a.m.</td>
<td><strong>Physician Track: Case Study Reports</strong></td>
<td></td>
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<tr>
<td>9:50-10:20 a.m.</td>
<td><strong>Biomechanics</strong></td>
<td>Wouter Hoogkager, Ph.D. Ryan Smith, BS Kat Wolley, BS Olo Ezomo, MPH.</td>
</tr>
<tr>
<td>10:30-10:50 a.m.</td>
<td><strong>Gender Topics 1</strong></td>
<td>Nisha Charkoudian, Ph.D. Maura Bergan, Ph.D. Allison Seifert, Ph.D.</td>
</tr>
<tr>
<td>11:00-11:20 a.m.</td>
<td><strong>Gender Topics 2</strong></td>
<td>Ethan Baik, Ph.D. Melanie Adams, Ph.D. Christine Jenkins, Ph.D.</td>
</tr>
<tr>
<td>11:30 a.m.-12:00 p.m.</td>
<td><strong>Technology</strong></td>
<td>Mary Kate Feit, Ph.D. Lindsay Parisi, Ph.D. Jessica Alsup, Ph.D. Garrett Ash, Ph.D. Matthew Stults-Kolemanen, Ph.D. Andrew Wood BS</td>
</tr>
<tr>
<td>12:10-12:30 p.m.</td>
<td><strong>Clarkson Keynote Discussion</strong></td>
<td>Panteleimon Ekkekakis, Ph.D.</td>
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<tr>
<td>12:40-14:00 p.m.</td>
<td><strong>Physician Track: Case Study Reports</strong></td>
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<tr>
<td>1:50-2:20 p.m.</td>
<td><strong>Athletic Care &amp; Clinical Medicine</strong></td>
<td>Ria Isacke, DO Peter E. Sedgwick, M.D. Elizabeth Rothe, M.D. Chris Lutrzykowski, M.D. Krys Bogosinski, M.D. Michael Beasley, M.D. FAAP</td>
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Conference Partners

Session Sponsors

Conference Registration

Register at the NEACSM website: www.neacsm.org (no registrations by mail or phone)

Registration opens on August 20 and closes on October 4. Group registrations: To register a group, contact Heather Turner at (317) 637-9200, ext. 138 or hturner@acsm.org

Registration Fees:

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<tr>
<td>Professionals</td>
<td>$80</td>
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<tr>
<td>Professionals-in-training</td>
<td>$50</td>
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<tr>
<td>Students</td>
<td>$20</td>
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<tr>
<td>Join or renew:</td>
<td>Students $15; Professionals $35</td>
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</table>

Add $15 for non-member professionals and professionals-in-training only

**Full payment must accompany the registration.** Registration refund policy: all conference registration cancellations must be requested in writing. A 50% refund may be obtained up to 10 business days prior to the event. No refunds will be granted after October 16, 2020. Substitutions are allowed. For additional information, please contact Heather Turner at hturner@acsm.org.