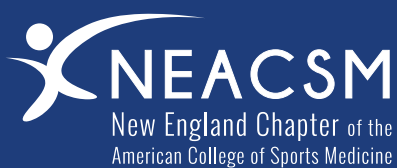


Alpha to Omega: *Human Performance Across the Lifespan*



Annual Fall Conference

November 8-9, 2018
Rhode Island Convention Center
Providence, Rhode Island

Welcome



On behalf of the 2018 NEACSM Executive Committee and the Program Planning Committee, I am honored to share with you the sessions for our Annual Fall Conference: *"Alpha to Omega: Human Performance Across the Lifespan"*. The meeting is broadly focused on the optimization of health and physical function in diverse populations, exploring similarities and differences of exercise adaptation across the human performance spectrum.

Highlighting our program this year are our two keynote lectures. The Knuttgen Keynote lecture will be given by Dr. Pierre d'Hemecourt, Director of the Injured Runners Clinic - Boston Children's Hospital, Clinical Professor at Northeastern

University, and co-medical chair of the Boston Marathon. His talk will focus on the risks of early sport specialization. The Clarkson Keynote lecture will be given by Dr. Maria Urso, Manager of the Medical Science Liaison team at BTG Pharmaceuticals and recipient of Presidential Early Career Award for Scientists and Engineers. Her talk will review evidence supporting best approaches to optimizing skeletal muscle and cardiovascular health across the lifespan.

The Past-President's lecture will be given by Dr. Mary Jane De Souza, Professor - The Pennsylvania State University, who will present on recovery from the female athlete triad. We are extremely lucky to have three members of the U.S. Department of Health and Human Services - Physical Activity Guidelines Advisory Committee, Dr. Ken Powell, a 25-year epidemiologist with the Centers for Disease Control, Dr. Linda Pescatello, Distinguished Professor - University of Connecticut and Past-President of NEACSM, and Dr. Loretta DiPietro, Professor - The George Washington University, who will speak about the scientific evidence behind why physical activity is the "best buy" for our health.

Invited speaker Dr. Jane Kent, Professor - UMass Amherst, an expert on muscle bioenergetics, neural activation and fatigue, will speak about skeletal muscle performance in older adults. Dr. Jeffrey Mjaanes, Director of Intercollegiate and Health Service Sports Medicine and Head Team Physician at Northwestern University, will discuss case studies of common pediatric musculoskeletal issues. Dr. Markus Amann, Associate Professor & Endowed Chair of Anesthesiology - University of Utah, will speak on the role of muscle sensory neurons in the development of muscular fatigue. Dr. William Roberts, Professor - University of Minnesota Medical School and former ACSM President, will talk about the acute and long-term health effects of marathon running. Dr. Lindsay Baker, R&D Principal Scientist at the Gatorade Sports Science Institute, will talk about the effect of hydration status on exercise performance.

In addition to these sessions we invite you to join us Thursday evening for NEACSM President's Reception, Student Scholarships, Research Awards and the 15th Annual College Bowl.

It is our hope that, whether you are a student or professional member, we have developed a captivating and diverse program that furthers your professional development. On behalf of the New England Chapter, we thank you for your participation in this year's meeting and look forward to seeing you in Providence!

Dain LaRoche, Ph.D., FACSM
President-Elect and Program Chair
Associate Professor - University of New Hampshire
#NEACSM18

Target Audience

- Sports Medicine Professionals and Students: physicians, physical therapists, athletic trainers, and allied health professionals
- Exercise Physiology Professionals and Students: research, clinical, and academic
- Applied Professionals and Students: strength and conditioning coaches, personal trainers, nutrition and fitness specialists

Objectives

At the conclusion of the meeting, participants should be able to:

- Use evidence-based scientific and clinical knowledge to reduce risk for injury and disease, optimize cardiorespiratory and neuromuscular performance, and change behavior to promote physical activity participation and a healthy lifestyle.
- Appreciate the effects of age, sex, disease state, and training status on exercise capacity and adaptation, and at the same time recognize the universal benefits and generalized responses to exercise training.
- Understand the dose-response relationship between exercise volume and health that exhibits increased risk for injury and disease at both low and very high levels of exercise participation, and how this dose-response relationship influences physical activity guidelines.

Accreditation

Continuing Education Credits

NEACSM is an approved provider for the American College of Sports Medicine. 13.5 hours of CEUs/CECs will be awarded. The American Medical Association will award 11 Category 1 CME credits.

Conference Highlights



Knuttgen Keynote Lecture

Thursday, November 8
10:50 a.m.

Risks of Early Sport Specialization
Pierre d'Hemecourt, M.D., FACS
Boston Children's Hospital, Northeastern University

SPRINGFIELD COLLEGE



Past-President's Lecture

Thursday, November 8
3:30 p.m.

Recovery From the Female Athlete Triad: Lessons to Date
Mary Jane De Souza, Ph.D., FACS
The Pennsylvania State University



Featured Presentation

Friday, November 9
8:30 a.m.

Why Physical Activity is the "Best Buy" for Our Health: Insights from the 2018 Physical Activity Guidelines Advisory Committee
Ken Powell, M.D.
Centers for Disease Control (retired)
Linda Pescatello, Ph.D., FACS



University of Connecticut
Loretta DiPietro, Ph.D., FACS
The George Washington University



Clarkson Keynote Lecture

Friday, November 9
10:50 a.m.

Feet, Forks, and Fingers: Lifelong Supplements Backed by Science
Maria Urso, Ph.D.
BTG Pharmaceuticals

Merrimack COLLEGE

Invited Speakers



Thursday, November 8

8:30 a.m.

Skeletal Muscle Performance in Older Adults: There's Good News, Too!
Jane Kent, Ph.D., FACS
University of Massachusetts - Amherst



8:30 a.m.

Case-Based Review of Common Pediatric Musculoskeletal Sports Issues
Jeffrey Mjaanes, M.D.
Northwestern University



Thursday, November 8 (continued)

1:10 p.m.

Neural Aspects of Fatigue: Role of Group III/IV Muscle Afferents
Markus Amann, Ph.D.
University of Utah



2:20 p.m.

Acute and Long-term Health Risks of Marathon Running
William Roberts, M.D., FACS
University of Minnesota



Friday, November 9

9:40 a.m.

Hydration and Exercise Performance
Lindsay Baker, Ph.D.
Gatorade Sports Science Institute



Thursday, November 8, 2018 General Sessions

Morning Sessions

Tutorial Lectures

Lack of Time or Will Power? Barriers and Facilitators to Physical Activity Among Healthy Women Including Pregnancy Time
Alicja B. Stannard, Ph.D.

Sex Differences in Endurance Sports: A Closer Look at the (Narrowing) Performance Gap
Ryanne Carmichael, Ph.D., CSCS

Chronic Kidney Disease, Inflammation, Lifestyle Interventions: What is the Link?
Sam Headley, Ph.D., FACSM

Clinical Workshop

Resistance Training Recommendations during Mid-Adulthood
Peter Ronai, M.S., RCEP, CEP, EP-C, CSCS, FACSM

EQUINOX

Clinical Presentations

Fellow Case Presentations from Around New England

Afternoon Sessions

Mini Symposia

Hidden Figures: Underappreciated Psychological and Social Factors that Influence Exercise Engagement
Beth Taylor, Ph.D., FACSM

- The Role of Culture in Shaping Exercise Behaviors and Patterns in Women of Color
Sofiya Albassan, Ph.D.

- Can't Stop the Feeling! The Influence of Music on the Affective Experience of Exercise
Jasmin Hutchinson, Ph.D.

- The Role of Feelings of Energy and Fatigue in Shaping Exercise Behaviors and Patterns
Christie Ward-Ritacco, Ph.D.

Mind Games: Clinical Implications of ACL Injury on Neurological Function

- Neural Alterations After Anterior Cruciate Ligament Reconstruction
Adam Lepley, Ph.D.

- Novel Link Between Neural Alterations and Psychological Dysfunction
Julie Burland, Ph.D.

- Evidence-Based Strategies to Optimize Recovery after Anterior Cruciate Ligament Reconstruction
Lindsey Lepley, Ph.D.

Tutorial Lectures

Blood Flow Restricted Resistance Training: Who, What, When, Where, and How?
Summer Cook, Ph.D., FACSM

So You Want to Win? Keys to Athletic Success Throughout Life
Jaci Van Heest, Ph.D., FACSM

Making Sense of the ACSM Exercise Preparticipation Health Screening Recommendations
Gregory Panza, M.A. & Linda Pescatello, Ph.D., FACSM

Skeletal Muscle Mechanoreflex Activation in Humans: An Exercise in Integrative Physiology
Rachel Drew, Ph.D.

Beyond the Gym: Evidence for Exercise as a Tool for Mental Health in Children
Jeremy Sibold, Ed.D., ATC

Changing Sex Hormones and CVD Risk
Sarah Witkowski, Ph.D.

Clinical Workshop

Hamstring Help! Four Yoga Poses to Optimize Hamstring Flexibility
Valerie Wherley, Ph.D.

Colloquia

Implementing Exercise is Medicine on Campus: Silver & Gold Successes and Challenges
Jeff Schlicht, Ph.D. & David Harackiewicz, Ph.D.

Engaging Students in Learning through Technology, Research & Experience
Catherine Fuller, Ph.D., RKT & Devin Cashman, M.S., ATC

Clinical Presentations

Fellow Case Presentations from Around New England

Boxing Medical Coverage: How to Structure Event Coverage for Sports Medicine Fellows
Deborah Light, M.D.

Wilderness Medicine/Ski Mountain Teaching Opportunities
Yvonne Chow, M.D. & Tracey Viola, D.O.

Point: Counterpoint - Soccer Heading
Jeffrey Mjaanes, M.D., FACSM & Hamish Kerr, M.D., M.S., FACSM

NEACSM College Bowl

Students test their sports medicine knowledge in the 15th Annual College Bowl on **Thursday, November 8.**

For more information, contact Amanda Salacinski at Amanda_Salacinski@uml.edu

Sponsored by:



Friday, November 9, 2018 General Sessions

Morning Sessions

Symposium

Tailoring Behavioral Interventions to Maximize Physical Activity and Weight Loss Outcomes

- Adapting Behavioral Weight Loss Interventions Based Upon Early Treatment Response

Jessica Unick, Ph.D.

- Implementing a Patient-Centered Weight Loss Program for Knee Replacement Patients

Christine Pellegrini, Ph.D.

- Developing a Gender- and Culturally-Sensitive Weight Loss Intervention for Hispanic Men

David O. Garcia, Ph.D., FACSM

- Leveraging the Dog-Owner Bond to Promote Physical Activity as a Side Effect

Katie Becofsky, Ph.D.

EQUINOX

Tutorial Lectures

Middle Age Crisis? A Clinical Orthopedic & Sports Medicine Perspective on Exercise Program Design with Case Studies

Anthony Cuoco, DPT, MS, CSCS

Exercise Training for Mobility-Limited Older Adults: Exploring the Dose-Response Relationship

Michael Corcoran, Ph.D.

Strength & Conditioning for the Elite Snowboard Athlete

Jacob Earp, Ph.D., CSCS

Athlete-centered Nutrition Coaching: Driven by Science, Directed by Coaches

*Adam Feit, MS, CSCS*D, RSCC, SCCC, PN2*

Clinical Workshop

Screening Recommendations for Age-Related Sarcopenia in Older Adults

Paul Gallo, Ed.D., FACSM, Peter Ronai, M.S., RCEP, CEP, EP-C, CSCS, FACSM

Clinical Presentations

Cardiovascular Health Across the Lifespan: How Much Endurance Training is Too Much?

Todd Shatynski, M.D. & Peter Sedgwick, M.D. FACSM

Fellow Case Presentations from Around New England

Afternoon Sessions

Tutorial Lectures

Muscle Strength: Connection with Health, Function, and Disease Prevention

Wayne Westcott, Ph.D.

EQUINOX

Examining Psychological and Psychosocial Responses to Acute Bouts of Exercise and Resistance Training in College-Age Females

Jamie Faro, Ph.D.

“Clean Eating”: Unintended Consequences for Athletes

Nancy Clark, M.S., R.D., CSSD

Exercise is Medicine Ambassador Training Workshop

Colleen Muñoz, Ph.D.

Korey Stringer Institute State Rankings of Health and Safety Policies for High School Athletes

Doug Casa, Ph.D., FACSM, ATC & Samantha Scarneo, Ph.D., ATC

Coaching Exercise for Type 1 Diabetes; From Sedentary Children to Student-Athletes, Using Personalized and Group-Based Approaches

Charles O'Connell & Garrett Ash, Ph.D.

Clinical Presentations

Fellow Case Presentations from Around New England

Age Guidelines for Introducing Contact Across Sports

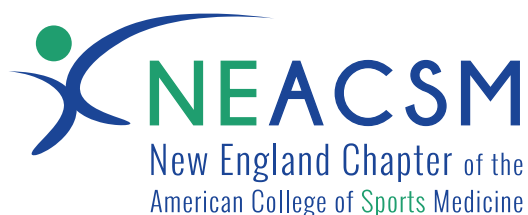
Peter Kriz, M.D., FACSM

Student Development

- Free Communications Presentations (Thursday only)
- Oral Poster Sessions (Friday only)
- Posters (Thursday and Friday)

Professional Development

- Leadership Workshop (Thursday 6:30-8:30 am, pre-registration only)



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Conference Registration

To register online:

Use the NEACSM website:
www.neacsm.org

To register by mail:

Complete and mail the registration form, along with full payment to:
American College of Sports Medicine
Department 6022
Carol Stream, IL 60122-6022

Pre-registration will be accepted through November 2, 2018. **No registrations by phone.**

Group registrations: To register a group, contact Heather Turner at (317) 637-9200, ext. 138 or hturner@acsm.org

Last Name	First Name	MI
Professional Affiliation		
Street Address		
City	State	ZIP
Phone	Email	

(Please use one registration form per person. Be sure to circle the appropriate registration fee. Make additional copies of the form as needed).

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

	Registration before Oct. 1	Registration before Nov. 2	Registration Onsite	Total
Professional Member (One day - Thursday)	\$120	\$130	\$140	
Professional Member (One day - Friday)	\$120	\$130	\$140	
Professional Member (Two days)	\$150	\$160	\$170	
Professional-in-Training Member (One day - Thursday)	\$90	\$100	\$110	
Professional-in-Training Member (One day - Friday)	\$90	\$100	\$110	
Professional-in-Training Member (Two days)	\$110	\$120	\$130	
Student Member (One day - Thursday)	\$45	\$50	\$60	
Student Member (One day - Friday)	\$45	\$50	\$60	
Student Member (Two days)	\$60	\$65	\$75	
Join or Renew Now (NEACSM Membership Dues: Students \$15; Professionals \$35)				
Non-Members add: \$35				
Enclosed is my tax deductible donation to the Camaione Student Endowment to support student scholarships				
			Total Amount	

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 November 2, 2018. Substitutions are allowed. For additional information, please contact Heather Turner at hturner@acsm.org.

2018 NEACSM Fall Conference

November 8-9, 2018
Rhode Island Convention Center
Providence, Rhode Island

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NEACSM Office
PO Box 4474
Wallingford, CT 06492

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 in order to receive the special conference rate. Please reserve your room no later than October 17, 2018 in order to receive the special rates listed below:

The Omni Providence	Providence Biltmore
One West Exchange Street	11 Dorrance Street
Providence, RI 02903	Providence, RI 02903
(800) 843-6664	(800) 294-7709
\$177.00/night	\$149.00/night

Directions to the Conference

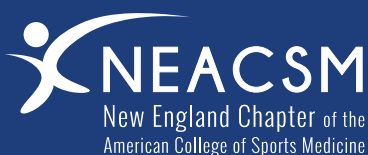
From the South:

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



New England Chapter of the American College of Sports Medicine
November 8-9, 2018 • Rhode Island Convention Center • Providence, RI