

Registration

To register: Check out our website at www.neacsm.org for easy, secure, online registration.

Fees (lunch included):	On/Before 3/3	3/3- 3/24	Onsite
Professional Member	\$100	\$115	\$120
Non-Member	\$135	\$140	\$145
Student Member	\$35	\$45	\$50
Student Non-Member	\$50	\$60	\$65

NEACSM Membership Dues:

Professional	\$35
Student	\$15

Please notify NEACSM at (203) 265-5776 before March 1, 2017 if you need any special accommodations.



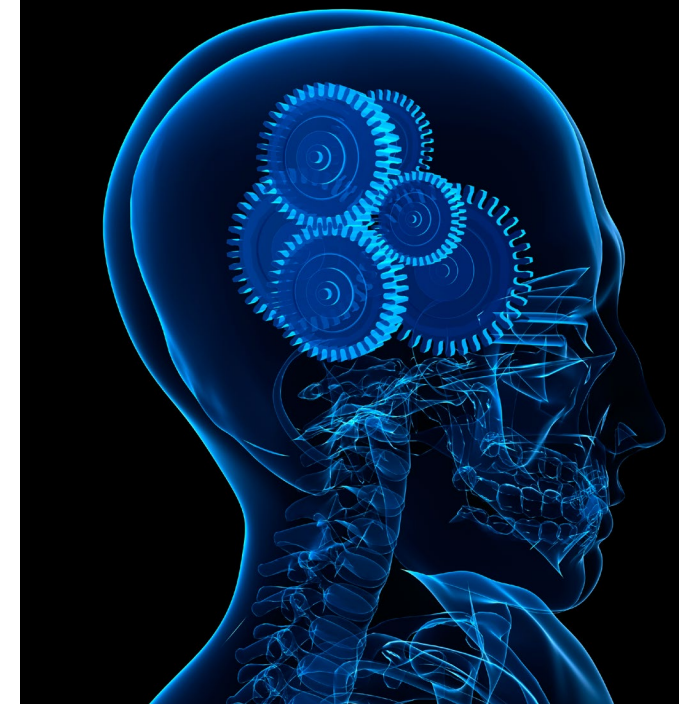
NEACSM 2017 Spring Meeting
March 31, 2017
Westfield State University
Scanlon Banquet Hall
577 Western Avenue
Westfield, MA 01086



PO Box 4474
Wallingford, CT 06492

NEACSM 2017 Spring Meeting

Multidisciplinary Discourse on Exercise & the Brain



Friday, March 31, 2017
Scanlon Banquet Hall
Westfield State University, Westfield, MA

Register today at www.neacsm.org



Description

The purpose of this meeting is to bring together researchers from varied scientific specialties to discuss benefits of physical activity on the brain.

Target Audience

The curriculum is developed to appeal to NEACSM and ACSM members and all professionals and students interested in the fields of exercise science and sports medicine. Those who practice in the fields of clinical exercise physiology, physical therapy, athletic training, medicine, physical activity, fitness, environmental physiology, neuroscience and education and research will find value in attending.

Objectives

On leaving the conference, the attendees will be able to:

1. Understand effects of nutrition on cognitive and physical performance
2. Understand the neurological benefits of yoga and meditation
3. Understand how exercise can be used therapeutically to improve motor control in Parkinson's patients
4. Describe the metabolic & genetic connections between physical and cognitive vitality in aging
5. Understand the link between physical activity and academic achievement in children/adolescents

Directions to Campus

577 Western Avenue, Westfield MA 01086.

Download the Campus Map (PDF) at http://www.westfield.ma.edu/images/uploads/facilities/CampusMap2016_web.pdf

Park at South Lot (#25 on map), Conference is in Scanlon Hall (#15 on map)

From the North:

- Take Interstate 91 South.
- Get off I-91 at Exit 14, which is I-90/Mass. Pike.
- Take Mass. Pike West five miles to Exit 3 (Westfield).
- Turn right onto routes 10/202 South, travel for about two miles through town to the Westfield Public Library (on your right).
- Turn right onto Court street/Western Avenue for 2.5 miles.
- Westfield State University is on your right.

From the South:

- Take Interstate 91 North.
- Follow directions from above.

From the East/West:

- Travel to I-90/Mass. Pike until you reach Exit 3.
- Follow directions from above.

Continuing Education Credits

NEACSM is an approved provider for ACSM. We have applied for five (5) hours of CECs. Attendance verification forms will be available upon request.

Schedule

7:45-8:30 a.m.	Conference Registration
8:30-8:35 a.m.	Welcome and Opening Remarks <i>Melissa W. Roti, Ph.D., FACSM</i> <i>NEACSM Immediate Past President, Program Chair</i>
8:35-9:35 a.m.	Re-Training the Nervous System for Fast Movements in Parkinson's Disease <i>Christopher Knight, Ph.D.</i>
9:40-10:40 a.m.	Meditation & Cognition <i>Sara Lazar, M.D.</i>
10:45-11:45 a.m.	Assessing Human Cognition: Lessons Learned from Studies of Caffeine, Dehydration and Simulated Combat Operations <i>Harris Lieberman, Ph.D.</i>
11:45 a.m.-1:00 p.m.	Luncheon
1:00-2:00 p.m.	Exercise Genomic & Epigenomic Influences on Brain Aging <i>Nicole Spartano, Ph.D.</i>
2:05-3:05 p.m.	The Relation of Childhood Health to Brain, Cognition, and Achievement <i>Charles H. Hillman, Ph.D.</i>

Sponsors



Presenters



Christopher Knight, Ph.D.
Associate Professor, Kinesiology & Applied Physiology, University of Delaware

Dr. Knight's research focuses on the neural stimulation of muscle during rapid isometric contractions and fast movements in people with Parkinson's disease and older adults.



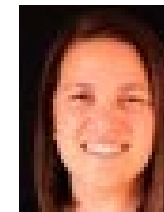
Sara Lazar, M.D.
Associate Researcher in Psychiatry, Massachusetts General Hospital; Assistant Professor in Psychology, Harvard Medical School

The focus of Dr. Lazar's research is to elucidate the neural mechanisms underlying the beneficial effects of yoga and meditation, both in clinical settings and in healthy individuals.



Harris Lieberman, Ph.D.
Research Psychologist, United States Army Research Institute of Environmental Medicine

Dr. Lieberman's recent research has addressed the effects of various nutritional factors, diets and environmental stress on cognitive performance, physiology and brain function in Warfighters.



Nicole Spartano, Ph.D.
Postdoctoral Associate in Epidemiology, Boston University School of Public Health

Dr. Spartano has published her recent work on the impact of physical activity and fitness on brain aging and dementia risk.



Charles H. Hillman, Ph.D.
Department of Psychology, Department of Health Sciences, Northeastern University

Dr. Hillman directs the Center for Cognitive and Brain Health, which has the mission of understanding the role of health behaviors on brain and cognition to maximize health and well-being, and promote the effective functioning of individuals across the lifespan.

Please go to www.neacsm.org/bios.html to view full presenter biographies