2026 NEACSM ANNUAL FALL CONFERENCE

Exercise Science in the Era of Longevity: Interdisciplinary Stratgies for Optimizing Healthspan

THURSDAY, November 5, 2026

Time	Meeting Room 1	Meeting Room 2	Meeting Room 3	Meeting Room 4	Meeting Room 5	Student Lounge	Ballroom C
8:00-8:30 AM	NEACSM Registration Booth Opens						
8:30-9:30 AM	Developing Ground-Based Performance Movements- *Jim Ronai, PT, ATC/L, CSCS*	Fueling Female Athletes Through the Lifespan- *Lee Margtolis, Phd; Nicole Farnsworth, MS, RD, CSSD, LDN; Laura M. Reece, MS, RD, CCSD, LDN*	Invited Lecture: Patterns of Muscle Strength Loss in Older Adults: Implications for Longevity Science- *Summer Cook, PhD*	Moving for Longevity: Using Dance Exergaming to Bridge Physiology, Enjoyment, and Exercise Adherence- *Barbara Sanchez, PhD*	Oral Free Comm Presentations- Non-Competition	Lounge open to all students: Recharge, Refuel, Connect	Sports Medicine Case Presentations
9:40-10:40 AM	From Frailty to Function: Assessing and Prescribing Resistance Training in Older Adults- *Paul Gallo, EdD, FACSM, FCEPA*	Optimizing Glucose Regulation with Exercise and the Application of Continuous Glucose Monitoring- *Michael Brian, PhD; Bilal Chaudhry, MS*	Invited Lecture: Yoga for Cognition: Evidence from Acute and Intervention Studies- Neha Gothe, PhD	Modernizing Human Subjects Data Collection: REDCap Automation and AI-Assisted Development- *Corinna Serviente, PhD; Erik Risinger, BS*	Oral Free Comm Presentations- Bachelors Competition	Mentoring Undergraduate Research: Possibilities and Pitfalls- *Ryanne Carmichael, PhD*	Physical Characteristics Associated with Pitch Velocity in High School Baseball Pitchers- *Peter Kriz MD* ; Ritchie John, CSCS; Shawn Cameron, MS, LAT, ATC
10:50-12:00 PM	(Grand Ballroom A/B) Clarkson Keynote - *Is Exercise Enough? NAD+ Metabolism, Muscle, and the Biology of Aging - Rachele Pojednic, PhD , EdM, FACSM*						
12:00-1:05 PM	Lunch/Exhibitors						
1:10-2:10 PM	Free Communication Poster Presentations						
	The Fitness Assessment Toolkit- Purpose(s) Priorities Process and Procedures- *Peter Ronai, MS, FACSM*	The Relationship between Dark green Vegetable Intake on Visual Motor Reaction Time in Rock Climbers- *Justin Knopf, MS*	Past President Lecture: When Experience Becomes Inquiry: A Journey Through Sport, Motherhood, and Menopause- *Elizabeth O'Neill, EdD, FACSM*	Better Together: Engaging Academic Departments, Athletics Departments, and the Community to Support Interdisciplinary Undergraduate Research- *Laura Christoph, PhD and Jonathan Nardi, PhD*	Oral Free Comm Presentations- Doctoral/Presidents Cup	Finding Your Fit: Young Professionals Share Their Journey in Exercise Science and Health Promotion- *Alicja Stannard, PhD*	Sports Medicine Case Presentations
2:20-3:20 PM		Say No More: A Practical Guide to Effective Cueing for Coaches- *Jonathan Hudak, MS*	Garbage In, Garbage Out: Challenges with and Strategies for the Application of Neuromuscular and Biomechanics Measurements- Luke Pelton, PhD; Maura Tumelty, MS	Energy Availability Throughout a Training Season in Division III Female Athletes: A Pilot Study- *Tara Whiton, PhD*	Oral Free Comm Presentations- Masters/President Cup Competition	Lounge open to all students: Recharge, Refuel, Connect	Dental Trauma in Sports- *John Ahern MD DDS*
3:30-4:30 PM	Bridging the Gap to Return-to-Performance: Technology Integration in Orthopedic Nutrition Care- *Chris Barrett, MS, RD, CCSD, CSCS*	Attentional Focus in the Long Jump: Effects of Different Environment-focused Cues & Implications for Coaching- *Brian Selgrade, PhD*	HIITING Menopause: Mitigating Symptoms Through Exercise- Madison Lecher, MS and Maggie Nardini, MS	Effects of Acute Heat Stress on the Gut Microbiota in Recreational Runners During a Warm-Weather Road Race- *Robert Huggins, PhD*	Oral Free Comm Presentations- Non-Competition	Lounge open to all students: Recharge, Refuel, Connect	Rheumatology & Sports Medicine- *Suhas Ganguli MD*
4:35-5:00 PM	Special Interest Group Meeting: Biomechanics	Special Interest Group Meeting: Psychobiology	Special Interest Group Meeting: Military/Tactical	Special Interest Group Meeting: Nurition	Special Interest Group Meeting: Clinical Exercise Physiology		
5:05 PM	Grand Ballroom A/B - President's Reception, Awards & Ronai Academic College Bowl						

No Event	Keynote	Invited	Featured	Student Event	Special Interest Group	Physician Track