

2025 NEACSM ANNUAL FALL CONFERENCE
THURSDAY, October 16, 2025

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	Building a Walking Program from the Inside Out; Bridging Academia to Community Health via Community-Based Participatory Research: Emily Stevens, PhD	A "Marriage" of Measurements: Skeletal Muscle vs. Cardiac Electrophysiology in Clinical Outcomes: Luke & Jamie Pelton, PhD	[Invited Lecture] Do Better Runners Run Better? What Biomechanics Tells Us About Speed, Skill, and Staying Healthy: G. Monique Mokha, PhD	[Mini-Symposium] Mom was right, eat your berries! Exploring the influence of blackcurrant berry supplementation on heat stress resilience from the whole body to blood and microbiome: Gabrielle Brewer, PhD, Michael Szymanski, PhD & Staci Thorton, PhD	FreeComm Committee Presentations (Student)		Fellow Cases, Session 1
9:40-10:40 AM	The Evolution of Physical Fitness: Deborah Riebe, PhD, FACSM & Carol Ewing Garber, PhD, FACSM	[Hands On Workshop] Can We Predict Elite Athleticism at an Early Age?: Kevin Gendron, MS	[Invited Lecture] Nonnegotiable - Modern DEI Practices in a Changing Landscape: Aqua Drakes, BA	Exploring the Physiological Responses to Musical Theater: Vincenzo G. Nocera, PhD	Presidents Cup & Student Investigator Competition (Doctoral)		Balancing Performance and Tradition. Evolution of Collegiate Athlete Care: Anne Beethe, PhD
10:50-12:00 PM	(Grand Ballroom A/B) Knuttgen Keynote - Sara Campbell, PhD, FACSM. Exercise, Eating, and Estrogen: What in the Gut is Going On?						
12:00-1:05 PM	(30 min) NEACSM Business Meeting - (All registered NEACSM attendees are voting members of the NEACSM)	Lunch/Exhibitors/Free Communication Posters					
1:10-2:10 PM	[Mini-Symposium] Beyond Injury: Integrating Data, Psychology, and Recovery to Build the Whole Athlete: Stefanie Bourassa, DPT, Peter Lucchio, PsyD, Christopher Barrett, MS, Bradley Johnson, DPT	[Hands-On Lecture] The Exercise Regression – Progression Toolbox: Alex Rothstein, EdD	[Invited Lecture] Rooted in Relevance: Shifting the Approach to Culturally-Appropriate Diets: Loneke Blackman Carr, PhD, RDN	Brains & Gains. Initial evidence linking physical activity intensity to brain health and cognition in Veterans with PTSD: Madeleine Nowak, PhD	Student Investigator Competition (Undergrad)		Osteopathic Manipulative Treatment and Sports Medicine: A Review of the Literature and Best Practices: John Diefenderfer, DO
2:20-3:20 PM	[Hands-On Lecture] The Inclined Push-up. A New Test for Muscular Endurance: Mel Adams, PhD & Kevin Melnick,	[Hands-On Workshop] "Ouch! I Can't Do That Anymore! Give Me Some Safe Alternatives": Peter Ronai, MS, FACSM & Paul Gallo, PhD, FACSM	From Boomers to Zoomers. The Multifaceted Impacts of an Intergenerational Dance Program: Allison Seifert Gonzales, PhD & Mason Goodell, BS	[Mini-Symposium] Power Within - Mitochondria as the Engine of Wellness and Health: Kai Zou PhD & Oh Sung Kwon, PhD & Nicolas Berger, MS	President's Cup & Student Investigator Competitions (Masters)	From Passion to Profession - Exploring Careers in Exercise Science: Elizabeth O'Neill, DPE	[Physician Track Invited Speaker] Cartilage Restoration in the Knee: Ian Patten, MD
3:30-4:30 PM	A Call for Weight Inclusivity in Exercise Science: Gretchen Paulson, PhD & Kristie Rupp, PhD		[Past President's Lecture] How Storytelling Helps Us Become Better Teachers: Jason Melnyk, PhD	Making Exercise Prescription More Precise with Digital Health Technologies: Linda S Pescatello, PhD, FACSM	FreeComm Committee Presentations (Doctoral)	How to Choose and Excel at Your Internship Experience - Best Practices: David Harackiewicz, DPE & Sean Walsh, PhD	Fellow Cases, Session 2
4:35-5:00 PM	Special Interest Group Meeting: Nutrition / Biomechanics (same room)	Effects of Vocalization on Force Output. Does yelling actually make you stronger?: Zane Pfefferle, PhD	Special Interest Group Meeting: Psychobiology of Human Performance	Special Interest Group Meeting: Strength & Conditioning	Special Interest Group Meeting: Military & Tactical		
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

