

# BITE SIZED SESSIONS IN MOVEMENT SCIENCE



**AMERICAN COLLEGE  
of SPORTS MEDICINE**  
LEADING THE WAY



**NEACSM**  
New England Chapter of the  
American College of Sports Medicine

**NEACSM 2023 VIRTUAL  
SPRING MEETING**  
FRIDAY, APRIL 21, 2023  
3.5 ACSM CECS



## FORMAT .....

### Synchronous (live) Sessions - Zoom Webinar

## DESCRIPTION .....

The New England Chapter of the American College of Sports Medicine invites you to attend the 2023 Virtual Spring Conference on Friday, April 21, entitled “Bite-Sized Sessions in Movement Science.” The conference will be available via live virtual format and the content will be arranged in a collection of short tutorials from invited speakers, followed by rapid-fire sessions delivered by both student and professional NEACSM members.

These sessions will cover a range of disciplines related to movement science, including resistance training/muscle physiology, injury prevention/therapeutic modalities, cardiovascular health/weight management, and sports nutrition. The program content is intended for exercise practitioners, researchers, faculty, students, and clinicians.

## OTHER INFORMATION .....

### Objectives

1. Explore current research in the fields of exercise science, sports nutrition, and sports medicine.
2. Appreciate unique considerations and characteristics that influence physical performance and recovery.
3. Identify best practices in optimizing physical performance and recovery.

# PROGRAM SCHEDULE - ZOOM WEBINAR

All times shown are ET

9:00 – 9:10 a.m.	<b>Welcome Address</b> <i>Colleen Muñoz, PhD, NEACSM Past-President</i>
<b>STRENGTH &amp; CONDITIONING</b>	
9:10 – 9:30 a.m.	<b>What have we learned in the last 30 years of research in strength training?</b> <i>INVITED SPEAKER - Dr. Joseph Weir University of Kansas</i>
<b>RAPID FIRE PRESENTATIONS</b>	
9:30 – 9:35 a.m.	<b>Inhomogenous Hypertrophy</b> <i>Dr. Jacob Earp University of Connecticut</i>
9:35 – 9:40 a.m.	<b>Evaluating the Biomechanics Differences Between Individuals with Centralized Low Back Pain Versus Low Back Pain with Radiculopathy during Weight Lifting Movements</b> <i>Chrissie Wojciechowski University of Rhode Island</i>
9:40 – 9:45 a.m.	<b>Gender and Race Inequities in Strength and Conditioning Research</b> <i>Dr. Laurie Milliken University of Massachusetts Boston</i>
9:45 – 9:55 a.m.	<b>Q &amp; A</b>
<b>INJURY PREVENTION / THERAPEUTIC MODALITIES</b>	
10:00 – 10:20 a.m.	<b>A Biopsychosocial Approach to Patient Phenotyping in Musculoskeletal Pain</b> <i>INVITED SPEAKER - Dr. Abigail Wilson University of Central Florida</i>
<b>RAPID FIRE PRESENTATIONS</b>	
10:20 – 10:25 a.m.	<b>Strength and Conditioning Adherence and Injury Risk Reduction</b> <i>Dr. Katie Bouley and Dr. Gregory Ledoux Northern Vermont University, Lyndon</i>
10:25 – 10:30 a.m.	<b>Connection between Foot Anthropometrics and Vertical Jump Performance in Female Division 1 Basketball Players</b> <i>Dr. Ryan Chapman University of Rhode Island</i>
10:30 – 10:35 a.m.	<b>The Effects of Cambered Running Surfaces on Sex Differences in Lower Extremity Biomechanics</b> <i>Alexis Colin The University of Rhode Island</i>
10:35 – 10:40 a.m.	<b>Quickly address those nagging injuries with pre/post mobility work</b> <i>Dr. Steven Dion Salem State University</i>
10:40 – 10:45 a.m.	<b>Longitudinal gains in cognitive function within concussed athletes using resting state encephalography: An exploratory analysis</b> <i>Mark Nwakamma Northeastern University</i>
10:45 – 10:50 a.m.	<b>Measuring Resilience and Mental Health as Moderated by Daily Habits of Senior Military College Students</b> <i>Tara Grogan Norwich University</i>
10:50 – 10:55 a.m.	<b>Hawks in Motion: High Intensity Gait Training for People with NeuroDisability at University of Hartford</b> <i>Dr. Jillian Kossbiel University of Hartford</i>
10:55 – 11:05 a.m.	<b>Q &amp; A</b>

# PROGRAM SCHEDULE - ZOOM WEBINAR

All times shown are ET

## CARDIOVASCULAR HEALTH / BODY COMPOSITION

11:20 - 11:40 a.m.	<b>Body composition doesn't have to be the elephant in the room: Key outcomes beyond percent fat</b> <i>INVITED SPEAKER - Dr. Abbie Smith-Ryan University of North Carolina, Chapel Hill</i>
	<b>RAPID FIRE PRESENTATIONS</b>
11:40 - 11:45 a.m.	<b>Lessons learned about using consumer wearables for HRV assessment in research</b> <i>Dr. Amy Welch Norwich University</i>
11:45 - 11:50 a.m.	<b>Impact of Military Affiliation on Exercise Perceptions among Survivors of Sexual Violence</b> <i>Dr. Michelle Pebole VA Boston Healthcare System</i>
11:50 - 11:55 a.m.	<b>Influence of mild cognitive impairment and health markers on white matter integrity assessed by diffusion tensor imaging</b> <i>Emma Marie Tinney Northeastern University</i>
11:55 a.m. - 12:00 p.m.	<b>Battery powered brain enhancement: Increasing exercise adherence for individuals at risk for cardiovascular disease.</b> <i>Dr. Mark Hartman University of Rhode Island</i>
12:00 - 12:10 p.m.	<b>Q &amp; A</b>

## SPORTS NUTRITION

12:15 - 12:35 p.m.	<b>Lies, Fries, and Chicken Thighs - What's Up with High Protein Consumption</b> <i>INVITED SPEAKER - Dr. Jose Antonio Nova Southeastern University</i>
	<b>RAPID FIRE PRESENTATIONS</b>
12:35 - 12:40 p.m.	<b>Should Athletes Be Cuckoo for Cocoa?</b> <i>Dr. Beau Greer Sacred Heart</i>
12:40 - 12:45 p.m.	<b>The ROI of Sports Drinks</b> <i>Dr. Suzanne L. Young New England College</i>
12:45 - 12:50 p.m.	<b>Underhydration - Another Piece of the Thrombotic Risk Puzzle?</b> <i>Colin Larkin University of Hartford</i>
12:50 - 1:00 p.m.	<b>Q &amp; A</b>
1:00 p.m.	<b>Closing Remarks</b> <i>Colleen Muñoz, PhD, NEACSM Past-President</i>

# SPEAKER BIOS



**Joseph P. Weir, PhD**, is a professor in the Department of Health, Sport, and Exercise Sciences at the University of Kansas. Dr. Weir's research interests focus on muscle strength and fatigue, spinal cord injury and the autonomic nervous system, and statistical analysis and digital signal processing. He is a Fellow of the American College of Sports Medicine and of the National Strength and Conditioning Association. He serves as a member of the editorial board of *Medicine and Science in Sports and Exercise* and as a senior editor of the *Journal of Strength and Conditioning Research*.



**Abigail Wilson, PT, DPT, PhD**, is Assistant Professor of Physical Therapy and co-director of the Musculoskeletal Research Laboratory at the University of Central Florida. Her clinical experience as a physical therapist treating patients with musculoskeletal pain inspired her to lead research examining the underlying mechanisms of rehabilitation interventions to inform novel treatment approaches. Dr. Wilson earned a PhD in Rehabilitation Science from the University of Florida and a Doctor of Physical Therapy from Mercer University.



UNIVERSITY OF  
CENTRAL FLORIDA



**Abbie E. Smith-Ryan, PhD, CSCS\*D, FNSCA, FACSM, FISSN**, is a professor in the Department of Exercise and Sport Science, where she serves as the director of the Applied Physiology Lab. She is an active researcher in the fields of body composition, metabolism, sport nutrition and exercise performance, with a special interest in female health, leading projects by the National Institutes of Health and international and national industry-sponsored clinical trials. Dr. Smith-Ryan has over 170 peer-reviewed manuscripts and numerous books, book chapters, and presentations. She has been recognized by the National Strength and Conditioning Association as Outstanding Sports Scientist of the Year, Young Investigator of the Year, and Nutrition Researcher of the Year.



THE UNIVERSITY  
of NORTH CAROLINA  
at CHAPEL HILL



**Jose Antonio, PhD**, is the CEO and co-founder of the International Society of Sports Nutrition as well as the co-founder of the Society for Neurosports. He is an associate professor in Exercise and Sport Science at Nova Southeastern University in Davie, Florida. His research agenda includes work on high-protein diets, sports neuroscience, and sports supplements, and he has authored 15 books and over 100 peer-reviewed publications. Dr. Antonio earned his PhD and completed a postdoctoral research fellowship at the University of Texas Southwestern Medical Center in Dallas.

**NSU**Florida

# SPRING 2023 SPONSORS

## CONFERENCE PARTNERS



## GENERAL SPONSORSHIP



Click on the above logos to visit our sponsors & friends

## CONFERENCE REGISTRATION .....

Register at the NEACSM website: [www.neacsm.org/spring](http://www.neacsm.org/spring) (no registrations by mail or phone)

Registration opens on Wednesday, February 15, 2023 and closes on Thursday, April 20, 2023.

**Group registrations:** To register a group, contact **Heather Turner** at (317) 637-9200, ext. 138 or [hturner@acsm.org](mailto:hturner@acsm.org). Complete group registration information must be received by Saturday, April 1, 2023 to be processed.

### REGISTRATION FEES:

Professional	\$55
Student	\$15
Join or renew:	Students \$15; Professionals \$35
Add \$10 to professionals who are not members	

**Full payment must accompany the registration.** Cancellation 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 April 11, 2023. Substitutions are allowed. Send cancellation requests to [meeting@acsm.org](mailto:meeting@acsm.org).