

# Exploring the Diversity in Exercise Science & Sports Medicine:



## Research to Practice

### Annual Fall Conference - Virtual Event

**October 15-16, 2020**

Asynchronous, pre-recorded content  
available October 1 - December 4

Synchronous, live content to be held  
October 15-16

[www.neacsm.org/fall](http://www.neacsm.org/fall)

# Welcome



On behalf of the NEACSM Executive Committee and the Program Planning Committee, I am excited to provide an overview of the first ever virtual NEACSM conference, titled, "Exploring the Diversity in Exercise Science & Sports Medicine: Research to Practice." The meeting theme evolved from the NEACSM Strategic Plan, which has at its core a commitment to inclusion and diversity. Conference content will provide attendees a broad scope of evidence-based presentations reflecting the various subdisciplines in Exercise Science and Sports Medicine across diverse populations. Unique to previous Fall Conferences, this year's event will be completely virtual. Attendees will be provided all conference presentations

in an asynchronous, pre-recorded format to access at their convenience from October 1 through December 4, 2020. Additionally, attendees will be able to interact live with presenters via synchronous discussion panels grouped by presentation theme, to be offered on October 15 and 16, 2020.

The fall meeting is highlighted by two keynote lectures. The Knuttgen Keynote lecture will be delivered by Dr. Cheri Blauwet (Harvard Medical School, attending physician at Brigham and Women's Hospital and Spaulding Rehabilitation Hospital). Dr. Blauwet is a former Paralympic athlete in the sport of wheelchair racing, competing for the United States Team in three Paralympic Games. Her lecture will focus on the inclusion of people with disabilities in sport and physical activity. The Clarkson Keynote lecture will be given by Dr. Panteleimon Ekkekakis (Iowa State University), who is a leading researcher in the area of exercise psychology. In his presentation, Ekkekakis will review the challenge of achieving disciplinary integration in exercise prescriptions and physical activity recommendations. The Past-President's lecture will be provided by Dr. Sean Walsh (Central Connecticut State University), who will present on a journey in professional development in exercise science. Additionally, we will welcome an excellent lineup of invited speakers: Dr. Nicole Avena (Ichan School of Medicine at Mount Sinai) will speak on the science of sugar addiction; Dr. Nisha Charkoudian (U.S. Army Research Institute of Environmental Medicine) will discuss sex differences in thermoregulation and implications on performance; Dr. Yuri Feito (Kennesaw State University) will provide insight on high intensity training with clinical populations; and Dr. Wouter Hoogkamer (University of Massachusetts, Amherst) will explore biomechanics related to running shoes.

We are also excited to have a line of presentations associated with athletic care and clinical medicine for our Physicians' Track. Attendees are invited to join the live Physicians' Track Case Study discussions offered on Thursday and Friday, October 15 and 16, 2020.

Finally, please join us on Friday, October 16, 2020 for the live Awards Ceremony, where we will recognize the winners of the NEACSM's student and professional awards.

Whether you are a student or professional member, we hope that our fall meeting provides a diverse program of topics and events that will contribute to your continual learning and professional development. On behalf of the New England Chapter, we thank you for your attendance and participation at this year's meeting.

Elizabeth O'Neill, DPE  
NEACSM President-Elect & Program Chair  
Program Director of Applied Exercise Science  
Springfield College  
#NEACSM2020

## Target Audience

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

## Learning Objectives

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

- Appreciate and evaluate the diverse behavioral and cultural factors that influence the adoption and maintenance of a physically active lifestyle.
- Understand the impact of age, sex, disease state, and training status on exercise capacity and adaptation of musculoskeletal, neurologic, cardiovascular, and metabolic systems, and at the same time recognize the universal benefits and generalized responses to exercise training.
- Appropriately utilize technology and clinical assessments to determine the optimal dose, intensity, and volume of exercise for the individualized needs of a diverse population of patients and clients in an effort to enhance their health, performance, functional, and physiologic status.

## Accreditation

### Continuing Education Credits

NEACSM is an approved provider for the American College of Sports Medicine. 9.5 ACSM-CEC will be awarded for participating in the live conference events. Additional ACSM-CEC are available for viewing the recorded sessions. Visit the NEACSM website during or after the meeting to claim the additional credits. Determination of CME credits is pending.

# Pre-recorded Presentations

Available for access – Oct. 1-Dec. 4

## Keynote Speakers



### **Knuttgen Keynote**

From the Paralympics to Public Health:  
The Inclusion of People with Disabilities in  
Sport and Physical Activity  
*Cheri Blauwet, M.D., FACSME*

Sponsored by



### **Clarkson Keynote**

The Persistent Challenge of Achieving Disciplinary  
Integration in Exercise Prescriptions and Physical  
Activity Recommendations  
*Panteleimon Ekkekakis, Ph.D., FACSME*

## Invited Speakers



### **Past President's Lecture:**

A Journey in Professional  
Development in Exercise  
Science: From Exercise  
Psychology to Sport  
Performance to Exercise  
Genomics to...?  
*Sean Walsh, Ph.D., FACSME*



High-Intensity Training  
Programs for Clinical  
Populations: An Overlooked  
Approach to Exercise  
Prescriptions  
*Yuri Feito, Ph.D., FACSME*



Sex Differences in  
Thermoregulation:  
Implications for Physical  
Performance  
*Nisha Charkoudian, Ph.D.*



The Science of Sugar  
Addiction: How Our Brains  
and Behavior are Impacted  
by Processed Foods  
*Nicole Avena, Ph.D.*



The Era of Bouncy  
Running Shoes  
*Wouter Hoogkamer, Ph.D.*

Sponsored by



## General Sessions

### **Featured Lecture:**

Exercise is Medicine Workshop  
*Colleen Munoz, Ph.D.*

### **Tutorial Lecture:**

Being on RED-S Alert – Relative Energy  
Deficiency in Sport  
*Christopher Barrett, MS, R.D.*

### **Tutorial Lecture:**

The Assessment of Hydration Practices  
in Marathon Runners to Prevent Exercise-  
Associated Hyponatremia  
*Suzanne Young, Ph.D.*

### **Tutorial Lecture:**

Incorporation of Tai Chi in the Prevention,  
Treatment, and Management of Chronic  
Disease: Transferring Research to Practice  
*Stephen Maris, Ph.D.*

### **Tutorial Lecture:**

Methods for Integration of Sports Science into  
Professional & Olympic Sport  
*Jacob Earp, Ph.D.*

### **Tutorial Lecture:**

ACSM Certifications: Support For Success In  
The Exercise Profession  
*Christie Ward-Ritacco, Ph.D.*

### **Tutorial Lecture:**

Conducting High Quality Systematic  
Review and Meta-Analysis: Convenient  
yet All-consuming  
*Yin Wu, Ph.D. & Linda Pescatello, Ph.D., FACSME*

### **Tutorial Lecture:**

Collaborating with Research 1 Universities to  
Advance Science and Your Career  
*Jeff Schlicht, Ph.D.*

### **Tutorial Lecture:**

Understanding Research: Statistics and  
Clinical Interpretation  
*Kristen Renner, Ph.D.*

# General Sessions (continued)

## **Tutorial Lecture:**

Fitness in Recovery: Accelerating systemic addiction recovery using dosed exercise  
*Kelly Borges, MS, Sidra Ghafoor, M.D., & John Breen, BS*

## **Tutorial Lecture:**

Clinical to Community Linkages  
*Karen Peterson, MS*

## **Tutorial Lecture:**

Promoting Physical Activity via Dog Walking: Exercise Science meets Anthrozoology  
*Katie Potter, Ph.D.*

## **Tutorial Lecture:**

Training the Female Athlete: Injury Prevention and Performance Across the Lifespan  
*Maura Bergan, Ph.D.*

## **Tutorial Lecture:**

Exercise and Nutrition Interventions for Bone Health in Young Female Dancers  
*Allison Seifert, Ph.D.*

## **Tutorial Lecture:**

Strength Training for the FTM Transgender Patient: "Where do I start?"  
*Ethan Balk, Ph.D., R.D.*

## **Tutorial Lecture:**

Getting Over the Gender Binary in Exercise  
*Melanie Adams, Ph.D.*

## **Tutorial Lecture:**

Effects of Hormone Therapy on Athletic Performance of Transgender Women  
*Christine Jenkins, Ph.D.*

## **Tutorial Lecture:**

Technology Use in Strength and Conditioning  
*Mary Kate Feit, Ph.D.*

Sponsored by



## **Tutorial Lecture:**

Improving Wearables in Sport and Fitness Through Data Standardization, Health Record Integration, Quality Assurance, and Interoperability  
*Garrett Ash, Ph.D., Matthew Stults-Kolehmainen, Ph.D. & Andrew Wood, BS*

## **Colloquium:**

Rural Exercise Oncology  
*Stephen Baker, Ph.D. & Kris Wisniewski, Ph.D.*

Sponsored by



## **Colloquium:**

The Effect of Fatigue and Upper Extremity Constraint on Lower Extremity Kinematics in Lacrosse Players  
*Kat Woolley, BS, Ryan Smith, BS, & Olo Ezomo M.P.H.*

## **Colloquium:**

Comparison of the Upper and Lower Extremity Biomechanics of the Forehand Stroke between Male and Female Tennis Players  
*Ryan Smith BS, Kat Woolley, BS, & Olo Ezomo, M.P.H.*

## **Clinical Workshop:**

How to Assess Older Adults: What Every Exercise Professional Needs to Know and Do!  
*Paul Gallo, Ed.D., FACSM & Peter Ronai, MS, FACSM*

Sponsored by



## **Clinical Workshop:**

Student Athlete Self Report Survey for Injury Prevention and Clinical Intervention  
*Andrew Cannon, PT MHS & Alexander Boyd, MS*

## **Practicum Session:** Building Better Bending:

A Functional Approach to Screening and Movement  
*Eric Dagati, MS*

## **Mini Symposium:**

A Call to Action: Addressing Disparities in Physical Activity Among Individuals with Intellectual Disabilities  
*Keith Diaz, Ph.D., Emily Davidson, M.D., & Helen Milligan, MPT*

## **Mini Symposium:**

A Comparison of Wearable Lactate Threshold Technology to Accepted Methods of Lactate Threshold Determination  
*Lindsay Parisi, Ph.D. & Jessica Alsup, Ph.D.*

# Physician Track Presentations

Medical Conditions Masquerading as MSK Issues: Cases  
*Ria Isacke, DO & Peter E. Sedgwick, M.D., FACSM*

Hypermobility and the Athlete  
*Elizabeth Rothe, M.D. & Chris Lutrzykowski, M.D.*

The Evidence (or Lack Thereof) for What We Do In Sports Medicine  
*Krys Bigosinski, M.D.*

Becoming a Team Physician: Comprehensive Care of the Collegiate Athlete  
*Michael Beasley, M.D., FAAP*

# Live Panel Discussions on Oct. 15-16

## October 15

Time	Theme	Featured Experts
8:00-9:00 a.m.	<b>Physician Track: Case Study</b>	
9:10-9:40 a.m.	<b>Nutrition and Metabolism</b>	Nicole Avena, Ph.D. Christopher Barrett, Ph.D. Suzanne Young M.P.H.
9:50-10:20 a.m.	<b>Clinical Exercise Physiology</b>	Yuri Feito, Ph.D. Paul Gallo, Ed.D. Peter Ronai, MS Stephen Maris, Ph.D. Keith Diaz, Ph.D. Emily Davidson, M.D. Helen Milligan MPT
10:30-11:00 a.m.	<b>Performance &amp; Injury Prevention</b>	Andrew Cannon, MS, PT Alexander Boyd, MS Eric Dagati, MS Jacob Earp Ph.D.
11:10-11:30 a.m.	<b>Knuttgen Keynote Discussion</b>	Cheri Blauwet, M.D.
11:40 a.m.-12:10 p.m.	<b>Professional Development 1</b>	Sean Walsh, Ph.D. Christie Ward-Ritacco, Ph.D.
12:20-12:50 p.m.	<b>Professional Development 2</b>	Yin Wu, Ph.D. Linda Pescatello, Ph.D. Jeff Schlicht, Ph.D. Kristen Renner, Ph.D.
1:00-2:00 p.m.	<b>Physician Track: Case Study</b>	
2:10-2:40 p.m.	<b>Exercise is Medicine</b>	Kelly Borges, MS Sidra Ghafoor, M.D. John Breen, BS Stephen Baker, Ph.D. Kris Wisniewski, Ph.D. Karen Peterson, MS Colleen Munoz, Ph.D. Katie Potter, Ph.D.

## October 16

Time	Theme	Featured Experts
8:40-9:40 a.m.	<b>Physician Track: Case Study Reports</b>	
9:50-10:20 a.m.	<b>Biomechanics</b>	Wouter Hoogkagmer, Ph.D. Ryan Smith, BS Kat Wooley, BS Olo Ezomo, M.P.H.
10:30-10:50 a.m.	<b>Gender Topics 1</b>	Nisha Charkoudian, Ph.D. Maura Bergan, Ph.D. Allison Seifert, Ph.D.
11:00-11:20 a.m.	<b>Gender Topics 2</b>	Ethan Balk, Ph.D. Melanie Adams, Ph.D. Christine Jenkins, Ph.D.
11:30 am-12:00 p.m.	<b>Technology</b>	Mary Kate Feit, Ph.D. Lindsay Parisi, Ph.D. Jessica Alsup Ph.D. Garrett Ash, Ph.D. Matthew Stults-Kolehmainen, Ph.D. Andrew Wood BS
12:10-12:30 p.m.	<b>Clarkson Keynote Discussion</b>	Panteleimon Ekkekakis, Ph.D.
12:40-1:40 p.m.	<b>Physician Track: Case Study Reports</b>	
1:50-2:20 p.m.	<b>Athletic Care &amp; Clinical Medicine</b>	Ria Isacke, DO Peter E. Sedgwick, M.D. Elizabeth Rothe, M.D. Chris Lutrzykowski, M.D. Krys Bigosinski, M.D. Michael Beasley, M.D., FAAP

# Sponsors

## Conference Partners



## Session Sponsors



# Conference Registration

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

Registration opens on August 20 and closes on October 4. **Group registrations:** To register a group, contact Heather Turner at (317) 637-9200, ext. 138 or [hturner@acsm.org](mailto:hturner@acsm.org)

## Registration Fees:

Professionals	\$80
Professionals-in-training	\$50
Students	\$20
Join or renew:	Students \$15; Professionals \$35

Add \$15 for non-member professionals and professionals-in-training only

**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 October 16, 2020. Substitutions are allowed. For additional information, please contact Heather Turner at [hturner@acsm.org](mailto:hturner@acsm.org).