2026 NEACSM ANNUAL FALL CONFERENCE

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

FRIDAY, November 6, 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						Sports Medicine Case Presentations
	NEACSM Business Meeting - Meeting Room 2 (All registered NEACSM attendees are voting members of the NEACSM)						
8:30-9:30 AM	Bridging Gaps in Maternal Care: From Basic Mechanisms to Exercise Recommendations and Technology Translation- *Shelley Oliveira Barbosa, MS; Breanna Wisseman, PhD; Ryan Chapman, PhD*	Vagus Nerve Stimulation: What Is It, and Could It Help During Exercise?- *Rachel Drew, PhD*	Invited Lecture: From Fitness Trackers to Precision Health: Digital Phenotyping and the Future of Health Across the Lifespan- A'*Naja Newsome, PhD*	Best Practices in Online Teaching and Learning—Insights from UConn's Exercise Prescription Certificate and Master's Degree Programs- *Linda S. Pescatello, PhD; Victoria R. DeScenze, PhD*	Oral Free Comm Presentations- Professional/Doctoral	Lounge open to all students: Recharge, Refuel, Connect	
9:40-10:40 AM		Strategies to Promote Holistic Assessments of Health and Activity Behaviors in Youth with Disabilities- *Vincenzo Nocera, PhD*	Invited Lecture: From Strengthspan to Healthspan: Why Youth Strength Training Matters- Avery Faigenbaum, EdD, FACSM, FNSCA, FNAK	Central Community Health Education Clinic: A Model for Optimizing Community Healthspan through Healthcare Accessibility, Community Engagement and Student Service Learning- *Chee-Hoi Leong, PhD; Lisa McMahon, EdD, MSPT, NASM-CPT*	Oral Free Comm Presentations- Professional/Doctoral	Interested in Getting Involved? Learn about NEACSM Student Reps- *Madison Lecher, MS and Olivia Vadas, MS*	Best Management of Tendinopathies Point - *Todd Shatynski MD & Eliot Hu MD*
10:50-11:50 PM	(Grand Ballroom A/B) Knuttgen Keynote - *The Future of Longevity Still Runs Through Exercise - Cemal Ozemak, PhD, FACSM*						
11:55-12:35 PM	Lunch						
12:40-1:40 PM	Free Communication Poster Presentations						
	Mini-symposium: (12:40-2:00pm) Mechanisms and Considerations for Anabolic Resistance: From Stress Exposure to Injury Recovery- *Emily Howard, PhD; Jess Gwin, PhD;*	Reframing ACL Rehabilitation: Integrating Neurophysiology and Psychology to Optimize Lifelong Movement Health- *Julie Burland, PhD*	Invited Lecture: An Overview of GLP-1 and Similar Classes of Weight Loss Medications- *Jennifer Lindstrom, MD, FAAP, FACP*	Midlife Matters: Movement, Mood and Menopause- *Christie Ward-Ritacco, PhD*	"I'm No Longer an Athlete (NOLA), where do I go from here?"- *Kevin Gendron, MS, CSCS*	Building Your Professional Pathway: From Student Member to American College of Sports Medicine Fellow- *Victoria R. DeScenza, PhD and Linda Yamamoto, PhD*	Soccer injury prevention- *Hamish Kerr MD*
1:50-2:50 PM	Mini-symposium: (2:10-3:35pm) Beyond GIRD and Impingement: Innovative Evaluation and Rehabilitation Strategies for Posterior Shoulder Pain in the Overhead Athlete- *Alyssa Englert PT, DPT, SCS, CSCS; Carl Nissen MD*	Resistance Training with Exercise Snacks Technique: Effective and Enjoyable- *Alex Rothstein, EdD*	Explosive Training During Aging: Exercise Approaches to Improve the Rate of Force Development- *Leon Valderrama, PhD*	Optimizing Healthspan in Type 1 Diabetes: Interdisciplinary Approaches to Personalized Aerobic Exercise and Metabolic Control- *Gengyun Le-Chan, MD, PhD; Barbara N. Sanchez, PhD, CSCS, Jacob DeBlois, PhD*		Lounge open to all students: Recharge, Refuel, Connect	Sports Medicine Case Presentations
2:55-3:35 PM		NEACSM Executive Committee Onboarding Meeting					

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