

# BUILDING BRIDGES:

SPANNING THE GAP BETWEEN PROFESSIONAL SILOS



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

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

**ANNUAL FALL CONFERENCE**  
OCTOBER 17-18, 2024  
MASSMUTUAL CENTER  
SPRINGFIELD, MA

# WELCOME



On behalf of the NEACSM (New England Regional Chapter of ACSM) Executive Committee, I have the honor and privilege of welcoming you back to Springfield, MA and the MassMutual Center for the NEACSM 2024 Fall Conference. Last year we celebrated 50 years of rich history

as a chapter. Looking to the future, we will kick off the next 50 years with a conference theme of “Building Bridges: Spanning the Gap Between Professional Silos.” Our goal is to bring together students, researchers, healthcare providers, and educators from diverse professional backgrounds working to further sport and exercise science. We will be featuring invited speakers from a wide array of professional disciplines, including psychology, nutrition, public health, sports medicine, and exercise physiology. It is our hope that by expanding our reach and including professionally diverse perspectives, we will provide a rich platform for education, networking, and community building.

As an attendee, you will have the opportunity to hear from and interact with researchers, clinicians, and educators who are applying exercise science in traditional and nontraditional settings and/or with innovative applications (e.g., mental healthcare, leveraging new technology, integrative medicine). We have a compelling lineup of invited speakers. On Thursday, **Dr. Samuel Headley**, professor of exercise science and program director of exercise physiology at Springfield College, will deliver the Knuttgen Keynote Lecture, “Can Patients with Chronic Kidney Disease Benefit from Lifestyle Modifications?” Dr. Headley is an expert in lifestyle interventions in persons with chronic kidney disease

and the effect of exercise training on blood pressure in persons with hypertension. On Friday, **Dr. Katherine Hall** will deliver the Clarkson Keynote Lecture, “Bridging the Movement as Medicine Gap: Implementing Exercise-Based Clinical Interventions for Mental Health.” Dr. Hall is an associate professor of medicine at Duke University and associate director for research in the Geriatric Research, Education, and Clinical Center (GRECC) of the Durham Veterans Affairs (VA) Health Care System. Her work focuses on developing evidence-based physical activity interventions for older adults with an eye to preserving functional independence and quality of life and improving psychological well-being among older veterans.

**Dr. Paul Gallo**, director of exercise science and wellness at CT State Norwalk and 2022 Honor Award Recipient will deliver this year’s Past President’s Lecture, entitled “Lessons of the Past Leading to Future Directions: An Experiential Model for Professional Growth.” Dr. Gallo brings with him a rich history of service and leadership within both NEACSM and ACSM. We will also learn from an incredible lineup of Invited Speakers, including **Dr. Sarah Camhi**, professor of kinesiology at University of San Francisco, who will discuss “Exercise is Medicine on Campus: A ‘How To’ Guide for Creating University Resources for Mind and Body.” **Dr. Meg Garvey**, senior scientist at Nix Biosensors and consulting employee and researcher with Leidos, will present on non-academic career pathways for exercise scientists, leveraging her expertise as an industry researcher.

**Dr. Aston McCullough** is an assistant professor at Northeastern University, where he is a member of the core faculty in the Center for Cognitive & Brain Health. Dr. McCullough will present on “Quantifying Physiological and Psychological Health Benefits

***Our goal is to bring together students, researchers, healthcare providers, and educators from diverse professional backgrounds working to further sport and exercise science.***

Associated with Solo, Free-Form Dancing in Adults.”

**Dr. Brandon Yates** is an instructor in the Department of Physical Medicine and Rehabilitation at Harvard Medical School and Spaulding Rehabilitation Hospital. His lecture will discuss relationships between physical and cognitive function in health and disease across the lifespan. **Dr. Pradeep Dinakar** is our Physician’s Track Invited Speaker. Dr. Dinakar is an assistant professor and director of the Interventional Pain Program in the Department of Anesthesiology, Critical Care and Pain Medicine at Harvard Medical School. We will also hear from **Dr. Ana Abrantes**. Dr. Abrantes is a psychologist and professor of psychiatry and human behavior at Brown University. She has extensive expertise in physical activity promotion for individuals with substance use and mental health disorders.

In addition to our invited speakers and diverse array of general session topics, we invite you to join us Thursday evening for the **Student Scholarships, Research Awards, President’s Cup Student Research Competition** and the **Ronai Academic College Bowl**. These activities are excellent opportunities for students, faculty, professionals, sponsors and guests to come together for fun, excitement and community building. As President-Elect, I hope you enjoy the conference and find the programming stimulating. If you have any questions or feedback for future meetings, I encourage you to come up and say hi.

Finally, I personally invite all conferences attendees, sponsors and exhibitors to attend the NEACSM President’s Reception on Thursday evening. There will be food and refreshments. I hope to see you there!

Welcome back to Springfield, NEACSM!



**James W. Whitworth, PhD**

**President-Elect and Program Chair**

**Health Science Specialist**

**VA Boston Healthcare System**

**National Center for PTSD, VA Boston Healthcare System**

**Assistant Professor**

**Department of Psychiatry, Boston University Chobanian & Avedisian School of Medicine**

**#NEACSM24**

## 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:**

- Expand their knowledge base about cutting-edge research and developments in their field.
- Acquire practical skills and techniques that can be applied in exercise prescription and designing training programs.
- Review evidence-based strategies to prevent and manage sports-related injuries.
- Analyze complex scenarios and develop effective solutions by engaging in case studies, discussions, and workshops that challenge critical thinking skills.
- Engage with experts, share experiences, and establish valuable professional relationships, fostering a collaborative approach to promoting health, performance, and injury prevention.
- Develop enhanced communication skills and learn techniques to facilitate patient education, promote adherence to exercise programs, and effectively collaborate within interdisciplinary teams.

## ACCREDITATION .....

Continuing Education Credits  
NEACSM is an approved provider for the American College of Sports Medicine. 13 hours of CEUs/CECs will be awarded.

# SPEAKER BIOS



## **Knuttgen Keynote Lecture**

Thursday, October 17

*Can Patients with Chronic Kidney Disease Benefit from Lifestyle Modifications?*

**Samuel Headley, Ph.D., ACSM-CCEP, ACSM-RCEP, EIM-3, FACSM, FCEPA**  
Springfield College



## **Invited Lecture**

Thursday, October 17

*Influence on Intrinsic Capacity and Pre-Frailty on the Exercise-Cognition Relationship in Middle-Aged and Older Adults*

**Brandon Yates, Ph.D., CSCS**



## **Clarkson Keynote Lecture**

Friday, October 18

*Bridging the Movement as Medicine Gap: Implementing Exercise-Based Clinical Interventions for Mental Health*

**Katherine Hall, Ph.D., M.S.**



## **Invited Lecture**

Friday, October 18

*Like No One is Watching: Quantifying Physiological and Psychological Health Benefits Associated with Solo, Free-Form Dancing in Adults*

**Aston McCullough, Ph.D., M.S., M.A.**



## **Past-President's Lecture**

Friday, October 18

*Lessons of the Past Leading to Future Directions: An Experiential Model for Professional Growth*

**Paul Gallo, Ed.D., FACSM**



## **Invited Lecture**

Friday, October 18

*Integrating Physical Activity Interventions in the Context of Addiction Treatment*

**Ana Abrantes, Ph.D.**



## **Invited Lecture**

Thursday, October 17

*Exploring Rigorous Career Paths Outside of Academia*

**Meg Garvey, Ph.D.**



## **Physician-Track Invited Lecture**

Thursday, October 17

Title TBD

**Pradeep Dinakar, M.D.**



## **Invited Lecture**

Thursday, October 17

*Exercise is Medicine on Campus: A "How To" Guide for Creating University Resources for Mind and Body*

**Sarah M. Camhi, Ph.D., FAHA, FACSM**

# PROGRAM SCHEDULE - THURSDAY, OCTOBER 17<sup>TH</sup>

All times shown are ET

Time	Meeting Room 1	Meeting Room 2	Meeting Room 3	Meeting Room 4	Meeting Room 5	Ballroom C	Student Lounge
8 - 8:30 a.m.	NEACSM Registration Booth Opens						
8:30 - 9:30 a.m.	<b>Improving Children's Brain Health Through Physical Activity: Where we are now</b> <i>Nicole Logan, PhD</i>	<b>ACSM Certifications: Defining an Exercise Profession from Concept to Assessment</b> <i>Christie L. Ward-Ritacco, Ph.D.</i>	<b>Biomechanics Interest Group (BIG) Presentations</b>	<b>[Symposium] Psychobiology of Human Performance SIG: Assessment Instruments for Psychobiological Variables - Theory, Validation, and Practical Implementation</b>	<b>FreeComm Committee Presentations (Student)</b>	<b>Fellow Cases, Session 1</b>	<b>Let's Move! Stretch and Breathwork with Cassandra Forsythe, Ph.D. (All levels welcome)</b>
9:40 - 10:40 a.m.	<b>Physical Activity from The Ground Up: Policy Consequences and Their Public Health Implications</b> <i>Haleigh St. Hilaire, BS</i>	<b>Centering the Female Athlete: Interdisciplinary Approaches to Female Athlete Research and Care</b> <i>Melissa Lodge, MS</i>	<b>Invited Lecture: Exploring Rigorous Career Paths Outside of Academia</b> <i>Meg Garvey, PhD</i>		<b>NEACSM President's Cup Competition</b>	<b>Effectiveness of a strength and mobility screening to predict injury in high school baseball pitchers: a multicenter prospective study proposal</b> <i>Peter Kriz, MD, Shawn Cameron, MS, and Miguel Gonzalez, MS</i>	
10:50 - 12 p.m.	<b>(Grand Ballroom A/B) Knuttgen Keynote</b> <b>Can Patients with Chronic Kidney Disease Benefit from Lifestyle Modifications? - Sam Headley, PhD</b>						
12 - 1:05 p.m.	Lunch / Exhibitors / Free Communication Posters						<b>Open Forum with President (Students Only)</b> <i>James Whitworth, PhD</i>
1:10 - 2:10 p.m.	<b>Forming Cross-Bridges: Discrepancies Between Research and Applied Practice in Muscular Performance</b> <i>Luke Pelton, PhD &amp; Geoff Futch, MEd</i>	<b>Exercise as an Adjunct Treatment for Smoking Cessation in People with HIV</b> <i>Nick SantaBarbara, PhD</i>	<b>NEACSM Diversity, Equity &amp; Inclusivity Assessment: Findings &amp; Future Directions for the Chapter</b> <i>Marissa Hastie, PhD</i>	<b>Sport for Development and Peace</b> <i>Diana L. Schwartz, DPE, Melissa Roti, PhD &amp; Amanda Salacinski, PhD</i>	<b>Student Investigator Competition (Undergrad)</b>	<b>Physician Track Invited Speaker: Bridging the gaps in interventional pain and sports medicine</b> <i>Pradeep Dinakar, MD</i>	
2:20 - 3:20 p.m.	<b>The Epidemiology and Pathophysiology of Uterine Fibroids (Leiomyoma) in Minority Populations: Influence of lifestyle modification</b> <i>Elizabeth Sobande, MSc</i>	<b>[Symposium] Maximizing health and performance in the military: Translating research to practice using cross-disciplinary approaches</b>	<b>Invited Lecture: Exercise is Medicine on Campus: A "How To" Guide for Creating University Resources for Mind and Body</b> <i>Sarah Camhi, PhD</i>	<b>Mental Health &amp; Physical Activity: An Essential Combination</b> <i>Patsy Schneider, PhD</i>	<b>Student Investigator Competition (Masters)</b>	<b>Concussion and Vestibular Therapy</b>	
3:30 - 4:30 p.m.	<b>Women Veterans' Exercise Levels and Perspectives on the Development of Veterans' Affairs Exercise Programs</b> <i>Michelle Pebole, PhD</i>	<b>US Army Research Institute of Environmental Medicine (USARIEM); Chapman, PhD, Giersch PhD, CPT Roberts, PhD, &amp; Looney PhD</b>	<b>Invited Lecture: Influence on Intrinsic Capacity and Pre-frailty on the Exercise-cognition Relationship in Middle Aged and Older Adults</b> <i>Brandon Yates, PhD</i>	<b>FreeComm Committee Presentations (Professional)</b>	<b>Student Investigator Competition (Doctoral)</b>	<b>Fellow Cases, Session 2</b>	
4:35 - 5:05 p.m.	NEACSM Business Meeting - Ballroom C (All registered NEACSM attendees are voting members of the NEACSM)						
5:05 p.m.	President's Reception, Awards & Ronai Academic College Bowl - Grand Ballroom A/B						

● KEYNOTE  
 ● INVITED  
 ● FEATURED  
 ● PHYSICIAN TRACK  
 ● STUDENT EVENT  
 ● SPECIAL INTEREST GROUP  
 ● NO EVENT

# PROGRAM SCHEDULE - FRIDAY, OCTOBER 18<sup>TH</sup>

All times shown are ET

Time	Meeting Room 1	Meeting Room 2	Meeting Room 3	Meeting Room 4	Meeting Room 5	Ballroom C	Student Lounge
8- 8:30 a.m.	NEACSM Registration Booth Opens						Let's Move! Stretch and Breathwork with Cassandra Forsythe, Ph.D. (All levels welcome)
8:30 - 9:30 a.m.	<b>Do No Harm: The Dirty Side of Clean Eating and How to Talk About Food and Nutrition with Clients</b> <i>Alyssa Lavy, MS, RD &amp; Brittany Rogers, MS, RD</i>	<b>The Path To And Paths Within The Field Of Physical Therapy</b> <i>Tyler Foster, DPT</i>	<b>Invited Lecture: Like No One is Watching: Quantifying Physiological and Psychological Health Benefits Associated with Solo, Free-Form Dancing in Adults</b> <i>Aston McCullough, PhD</i>	[Symposium] "Follow me!" Navigating the Path to Early Career Success - NEACSM Early Career Investigator Awardees	<b>Esports and Exercise Physiology</b> <i>Hannah Nelson, PhD</i>	<b>Fellow Cases, Session 3</b>	
9:40 - 10:40 a.m.	<b>Our Friend Bruce: Stress testing in the clinical setting</b> <i>David Melchionne, MS</i>	<b>FreeComm Committee Flash Talk/Digital Poster 1</b>	<b>Past-President's Lecture: Lessons of the Past Leading to Future Directions: an Experiential Model for Professional Growth</b> <i>Paul Gallo, EdD</i>		<b>Exercise in Type 1 Diabetes: Preparing for the Unexpected</b> <i>Laura Nally, MD</i>	<b>HIP AND PELVIS Hip</b> <i>Le, MD and d'Hemecourt, MD</i>	
10:50 - 12 p.m.	<b>(Grand Ballroom A/B) Clarkson Keynote - Bridging the Movement as Medicine Gap: Implementing Exercise-Based Clinical Interventions for Mental Health - Katherine S. Hall, PhD</b>						
12:05 - 12:30 p.m.	<b>NEACSM Special Interest Group Meetings</b>				<b>FreeComm Committee Flash Talk/Digital Poster 2</b>		<b>Open Forum with President-elect (Students Only)</b> <i>Cassandra Forsythe, PhD</i>
	<b>Nutrition</b>	<b>Biomechanics</b>	<b>Psychobiology of Human Performance</b>	<b>Strength and Conditioning</b>			
12:30 - 1:30 p.m.	<b>Lunch / Exhibitors</b>						
1:30 - 2:30 p.m.	<b>Flip, Twist, Fly Into the World of Adaptive Gymnastics</b> <i>Caroline Aspinwall, BS</i>	<b>Sarcopenia prevention - a look at middle-aged and younger adults</b> <i>Suzanne Young, PhD</i>	<b>Invited Lecture: Integrating Physical Activity Interventions in the Context of Addiction Treatment</b> <i>Anna Abrantes, PhD</i>	[Clinical Workshop] "Why Shoulder the Burden: Integrative Exercise Modification Strategies to Enhance Shoulder Stability and Function" A Research-to-Practice Workshop <i>Peter Ronai, MS &amp; Paul Gallo, EdD</i>	<b>The physical activity and health benefits of human-animal interaction for youth</b> <i>Ann-Marie Sylvia, MS &amp; Colleen Chase, MS</i>	<b>(1:30p-2:00p): The role of a sports medicine physician at the collegiate and professional levels</b> <i>Gian Corrado, MD</i>	
2:35 - 3:35 p.m.	<b>Factors Contributing to Fat Redistribution &amp; Implications for Targeted Interventions</b> <i>Jacob Earp, PhD</i>	<b>Parkinson's Partnerships: Empowering People with Parkinson's Disease</b> <i>Christie L. Ward-Ritacco, Ph.D.</i>	<b>NEACSM Executive Committee Onboarding Meeting</b>		<b>The Mind, The Body, The Brain: An Integrated View on Mental Health of Collegiate Athletes</b> <i>Stephen Cirella Jr. MA</i>	<b>(2:10p-3:35p): Fellow Cases, Session 4</b>	

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# FALL 2024 SPONSORS

## PRESIDENT'S PARTNER



## KEYNOTE & INVITED SPEAKER PARTNERS



## CONFERENCE EXHIBITORS AND CONTRIBUTORS



# REGISTRATION

To register online use the **NEACSM website**: [www.neacsm.org](http://www.neacsm.org)

Pre-registration will be accepted through October 11<sup>th</sup>. No registrations by phone or mail.

**Group registrations:** To register a group, contact [meeting@acsm.org](mailto:meeting@acsm.org). Group registration information and payments must be submitted no later than September 20<sup>th</sup>.

**Registration Fees - Member Rates: Non-members who select not to pay member dues below must add \$35 to registration fee.**

**Early bird cutoff date: September 16<sup>th</sup>**

	Register by Sept. 16	Register Sept. 17-Oct. 11	Register Onsite
Professional Member (One day - Thursday)	\$120	\$130	\$140
Professional Member (One day - Friday)	\$120	\$130	\$140
Professional Member (Two days)	\$150	\$160	\$170
Professional-in-Training Member (One day - Thursday)	\$90	\$100	\$110
Professional-in-Training Member (One day - Friday)	\$90	\$100	\$110
Professional-in-Training Member (Two days)	\$110	\$120	\$130
Student Member (One day - Thursday)	\$45	\$50	\$60
Student Member (One day - Friday)	\$45	\$50	\$60
Student Member (Two days)	\$60	\$65	\$75
NEACSM Student Membership (one year)	\$15	\$15	\$15
NEACSM Professional Membership (one year)	\$35	\$35	\$35

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 ten business days prior to the event. No refunds will be granted after October 7, 2024. Substitutions are allowed. For additional information, please contact [meeting@acsm.org](mailto:meeting@acsm.org)

## HOTEL ACCOMMODATIONS

Blocks of guest rooms are available for conference attendees at a special rate at two Springfield hotels. Be sure to identify your affiliation with NEACSM in order to receive the special conference rate. Please reserve your room no later than September 16, 2024 in order to receive the special rates listed:

### Marriott Springfield Downtown

2 Boland Way  
Springfield, MA 01115  
413-781-7111

[CLICK HERE TO BOOK YOUR ROOM](#)

\$179.00/night, plus tax

## DIRECTIONS TO THE CONFERENCE

MassMutual Center is located in Springfield's downtown section, minutes from hotels, bus, and train stations. Patrons should enter MassMutual Center at the entrance on the corner of Dwight Street and Bruce Landon Way.

[Directions from I-91 and I-90.](#)