


Enhancing Health and Human Performance: *Science to Practice*



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


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

Annual Fall Conference

November 7-8, 2019
Rhode Island Convention Center
Providence, Rhode Island

Welcome



On behalf of the NEACSM Executive Committee and the Program Planning Committee, I am pleased to provide an overview for the annual fall meeting entitled, “Enhancing Health and Human Performance: Science to Practice.” The meeting content will provide attendees with evidence-based information on the effects of exercise and physical activity on people throughout the lifespan with a variety of chronic diseases and disabilities. Our program will offer attendees practical information that can be applied to the individual needs of the different clients that they work with daily.

Highlighting the fall meeting are our two keynote lectures.

The Knuttgen Keynote lecture will be given by Dr. Catrine Tudor Locke - University of North Carolina. Her lecture will focus on health monitoring across the lifespan. The Clarkson Keynote lecture will be given by Dr. Martin Gibala – McMaster University. His talk will review the physiologic adaptations associated with interval training for individuals with and without chronic disease.

The Past-President’s lecture will be given by Peter Ronai - Sacred Heart University, who will present on a variety of clinical assessments for older adults. We have an excellent lineup of invited speakers. Dr. Jaci VanHeest – University of Connecticut, will speak on physical activity disparities in youth. Dr. Barry Braun – Colorado State University, will discuss the effect of physical inactivity on metabolic health. Dr. James Rimmer – University of Alabama, will provide insight on inclusion of people with disabilities in physical activity. Dr. Sam Headley – Springfield College, will lecture on exercise as a lifestyle intervention for persons with chronic kidney disease. ACSM’s Immediate Past-President, Dr. Katie Schmitz – Pennsylvania State University, will speak on the importance of physical activity and exercise for cancer patients. Dr. Thomas Trojjan – Drexel University Medical College, will provide a medical perspective on Exercise Is Medicine.

We are excited to announce the first ever featured debate between the Greater New York and New England Chapters of the ACSM on the topic of Ketogenic diets for human performance. Greater New York will be represented by Dr. Patrick Davitt – University of the Sciences, and New England will be represented by Dr. Beau Greer – Sacred Heart University. Other featured lectures will include Dr. Carol Ewing Garber – Teachers College Columbia University, discussing the importance of physical activity for women across the lifespan and Francis Neric, National Director of Certification at ACSM, who will speak on how certification can lead to career success.

Please join us for the President’s Reception, Student Scholarship and Research Award presentations, and the 16th Annual Academic College Bowl on Thursday evening. All attendees are also welcome to register for our Inaugural Step Challenge Powered by Heka Health.

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. We thank you for your participation!

A handwritten signature in black ink, appearing to read "Paul M. Gallo".

*Paul M. Gallo, Ed.D., FACSM
President-Elect and Program Chair
Director of Exercise Science and Wellness –
Norwalk Community College
#NEACSM19*

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:

- Use evidence-based scientific and clinical knowledge for the management of health and fitness through exercise, physical activity, and nutrition to reduce risk for injury and disease, manage current conditions and diseases, and change behavior.
- Appreciate the effects 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.
- Understand the use of clinical assessments and programming to determine the appropriate 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. 13.5 hours of CEUs/CECs will be awarded. CME credits have been filed with the American Academy of Family Physicians. Determination of CME credits is pending.

Conference Highlights

Knuttgen Keynote Lecture



Thurs., November 7
10:50 a.m.
Towards Comprehensive
Step-Based Physical
Activity Guidelines
Catrine Tudor-Locke,
Ph.D., FACSM, FNAK
University of North
Carolina – Charlotte



Clarkson Keynote Lecture



Fri., November 8
10:50 a.m.
Physiologic Adaptations to Interval
Training in Health and Disease
Martin Gibala, Ph.D.
McMaster University



Past-President's Lecture



Thurs., November 7
3:30 p.m.
Active Aging
Assessments: Ten Take-
Home Tools for your Bag
of Tricks
Peter Ronai, MS, RCEP,
CSCS-D, FACSM
Sacred Heart University

Featured Presentations



Thurs., November 7
8:30 a.m.
I Graduated, Now
What? Succeeding in the
Exercise Profession
Francis Neric, MS, MBA
American College of Sports
Medicine



Fri., November 8
8:30 a.m.
I am Woman! Perspectives
on Woman's Fitness,
Health, and Sports
Participation Across the
Lifespan
Carol Erwing Garber,
Ph.D., FAHA, FACSM,
FNAK
Teachers College Columbia
University



Invited Speakers



Thurs., November 7
8:30 a.m.
Playing with Paradigms:
An Update on Physical
Activity in Youth
Jaci VanHeest, Ph.D.,
FACSM
University of Connecticut



1:10 p.m.
Windmills or Giants?
The Importance of
Context
Barry Braun, Ph.D.
Colorado State University



2:20 p.m.
Enhancing Health: A
Practical Guide for
EIM: A How to Guide
Thomas Trojian, M.D.,
FACSM
Drexel University College
of Medicine



2:20 p.m.
What Every Professional
Should Know about the
Future of the Fitness
Industry and People with
Disabilities
James Rimmer, Ph.D.
University of Alabama at
Birmingham – Lakeshore
Foundation



Fri., November 8
8:30 a.m.
The Impact of Lifestyle
Interventions in Persons
with Chronic Kidney
Disease
Sam Headley, Ph.D., FACSM
Springfield College



9:40 a.m.
Exercise is Medicine in
Oncology: A Call to Action
Katie Schmitz, Ph.D.,
M.P.H., FACSM, FTOS
The Pennsylvania State
University College of
Medicine



Featured Debate

Fri., November 8
1:20 pm
The Great Debate,
Carbs or No Carbs for
Performance
Patrick Davitt, Ph.D.,
CSCS, FACSM
University of Sciences –
Greater New York Chapter
Representative



Beau Greer, Ph.D., CSCS
Sacred Heart University –
New England Chapter
Representative

General Sessions

Thurs., November 7

Roundtable

Diversity and Inclusion in the Profession:
A Community Conversation about Equity
Katie Burton, Ph.D.

Tutorial Lectures

Neural Control of Cardiovascular Function
in Black Adults: Implications for Racial
Differences in Autonomic Regulation
Rachel Drew, Ph.D.

Developing and Sustaining Effective
Exercise Programming for People with
Parkinson's Disease: Lessons Learned in a
University Setting
Amerigo Rossi, Ed.D. and Rebecca States, Ph.D.

So you Wanna be a Business Owner? The
How, When, Why, and Sacrifice
Cassandra Forsythe York, Ph.D., RD

The Science of Sweat Soup: Fluid and
Electrolyte Replacement for Endurance
Athletes
Robert Huggins, Ph.D., ATC

Alternative Types of Exercise to Prevent
and Treat Hypertension: The Wave of the
Future
*Linda Pescatello, Ph.D., FACSM and
Yin Wu, Ph.D.*

Motivational Interviewing and How it
Can Help you Succeed
Hannah Ladeau, B.S.

Is it the Gym or my Genes?
*Jason Melnyk, Ph.D. and Sean Walsh, Ph.D.,
FACSM*

Sarcolemma Repair and Human
Performance: What May the Future Hold?
Matthew Orange, Ph.D.

Is Sitting Really the New Smoking?
Rethinking the Physical Activity Paradigm
*Ciarán Friel, Ed.D., Andrea Duran, Ph.D.,
and Keith Diaz, Ph.D.*

Clinical Workshops

Preventing your Athlete
from Becoming a
Lumbar Spine Patient
Andrew Cannon, PT, SCS, MHS, CSCS



Physical Activity and
the Child-Parent
Experience – A Workshop
on Creative Movement for
Young Children and Caregivers
*Anamaria Amador, M.F.A., M.A. and
Marion Bakhoya, M.S.*



Practicum

Insights into Effective Exercise
Selection and Progression
Eric Dagati, M.S.



Cardiac Ultrasound and the Athlete's Heart
*Richie Palma, B.S., ACS, RCS, RDCS,
FSDMS, FASE*

Physician Track Clinical Presentations

Supplements: An Evidence Based Update
Lee A. Mancini, M.D., CSCS

The DQ'd Athlete: Treating Mental
Health in Athletes

*Pierre Rouzier, M.D., Jennifer Brodner,
ATC, Jeff Smith, ATC, Olivia Monroe,
ATC, and Sam Zeff, ATC*

Interesting Fellowship Case Presentations

Fri., November 8

Mini Symposium

Inclusive Fitness: Ensuring Equitable
Opportunities for People with Intellectual
Disabilities
*Monica Forquer, M.S. and Heidi Stanish,
Ph.D.*

Tutorial Lectures

Weight Management: Carbs? Calories? Keto?
Nancy Clark, M.S., RD, CSSD, FACSM

Diastasis Recti: Is Surgery the Only Option?
*Elizabeth O'Neill, DPE and Maura Bergan,
Ph.D.*

Exercise is Medicine in the Real World:
Barriers and Facilitators for Exercise
Prescription Use in Urban Minority Women
Sarah Cambi, Ph.D., FAHA, FACSM

Walking the Walk: Active Transportation
to Meet PA Guidelines
*Tracey Matthews, DPE and Melissa Roti,
Ph.D., FACSM*

Sympathetic Neural Outflow to the
Kidneys: Understanding its Measurement
with Doppler Ultrasound
Marco Paulo Rocha, M.S.

Body Weight: Most Prevalent Health
Problems and Most Promising Solutions
Wayne Westcott, Ph.D.

Clinical Workshops

Exercise is Medicine Ambassador Training
Colleen Muñoz, Ph.D.

Practicum

Tackling Mobility and Flexibility Problems
Eric Dagati, M.S.

Physician Track Clinical Presentations

Athletic Pubalgia: Treatment Update
*Demetrius Litwin, M.D. and John H.
Stevenson, M.D.*

Hot Topics and Controversies in Sports
Medicine

*Nicola DeAngelis, M.D., Lee A. Mancini,
M.D., CSCS, Mark D. Price, M.D.,
Ph.D., Pierre Rouzier, M.D., and John H.
Stevenson, M.D.*

Roundtable

The New Guiding Reference Standard
for Wearable Devices by the International
Federation of Sports Medicine: Open
Forum for ACSM Membership Feedback.
*Garrett Ash, Ph.D., and Matthew Stults-
Kolehmainen, Ph.D.*

Interesting Fellowship Case Presentations

Student Development

- Free Communications Presentations
(Thurs., November 7 only)
- Oral Poster Sessions (Fri., November 8 only)
- Poster Presentations (Thurs and Fri.)
- Meet the Expert Luncheons (Thurs.,
November 7 12:00-1:05 p.m. and
Fri., November 8 12:00-1:15 p.m.)

Professional Development

- Leadership Workshop (Thurs., November 7
6:15-8:30 a.m., preregistration only)
- Special Interest Groups (Fri., November 8
7:00-8:00 a.m.)
 - Aging (Room 550)
 - Biomechanics (Room 551)
 - Strength and Conditioning (Room 552)
 - Psychobiology and Behavior (Room 553)
 - Physiological/Biological Mechanisms
(Ballroom D)

Student Events:



NEACSM College Bowl

Students test their exercise science and
sports medicine knowledge in the 16th
Annual College Bowl on Thursday
November 7, following the Presidents
Reception. Team registration and fee required.

Meet the Expert Luncheons

Students will be able to meet with
program faculty and invited speakers on
Thursday November 7 and/or Friday
November 8. Pre-registration required,
as seating is limited. Register here:

www.neacsm.org/meet-the-expert

Sponsors

Conference Partners



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Conference Registration

To register online:

Use the NEACSM website:
www.neacsm.org

To register by mail:

Complete and mail the registration form, along with full payment to:
American College of Sports Medicine
Department 6022
Carol Stream, IL 60122-6022

Pre-registration will be accepted through November 1, 2019. **No registrations by phone.**

Group registrations: To register a group, contact Heather Turner at (317) 637-9200, ext. 138 or hturner@acsm.org

Last Name			First Name			MI		
Professional Affiliation								
Street Address								
City			State			ZIP		
Phone				Email				

(Please use one registration form per person. Be sure to circle the appropriate registration fee. Make additional copies of the form as needed).

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

	Registration before Oct. 1	Registration before Nov. 1	Registration Onsite	Total
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	
Join or Renew Now (NEACSM Membership Dues: Students \$15; Professionals \$35)				
Non-Members add: \$35				
Enclosed is my tax deductible donation to the Camaione Student Endowment to support student scholarships				
			Total Amount	

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 28, 2019. Substitutions are allowed. For additional information, please contact Heather Turner at hturner@acsm.org.

Hotel Accommodations

Blocks of guest rooms are available for conference attendees at a special rate at two Providence hotels. Be sure to identify your affiliation with NEACSM in order to receive the special conference rate. Please reserve your room no later than October 16, 2019 in order to receive the special rates listed below:

The Omni Providence	Providence Biltmore
One West Exchange Street	11 Dorrance Street
Providence, RI 02903	Providence, RI 02903
(800) 843-6664	(800) 294-7709
\$177.00/night	\$152.00/night

Directions to the Conference

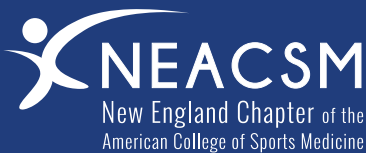
From the South:

Take 95 North to Exit 16 to Route 10 North. Continue North to the Dean Street Exit. Once on the exit, stay to the left, and at the light cross over Dean Street. Then take your first right onto West Exchange Street to the Rhode Island Convention Center Garage.

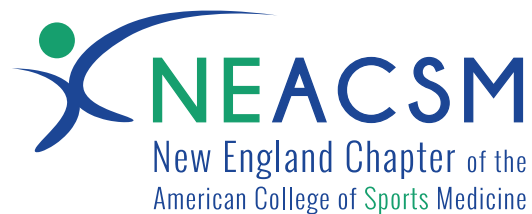
From the North:

Take 95 South to the Civic Center Interchange, Exit 22, Downtown Providence. Stay to the left on the ramp; at the end go right. At the light go right to the Rhode Island Convention Center Garage.

For more detailed directions log on to www.neacsm.org



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NEACSM Office
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