

2018 NEACSM ANNUAL FALL CONFERENCE

Alpha to Omega: Human Performance Across the Lifespan

FRIDAY, NOVEMBER 9

Time	Room 550	Room 551	Room 552	Room 553	Rotunda	Ballroom D
Exhibitors/Free Communication Posters (8:00-11:00 AM)						
8:00-8:30 AM	Town Hall NEACSM Business Meeting in Room 550, All are welcome to attend					
8:30-9:30 AM	Athlete-centered Nutrition Coaching: Driven by Science, Directed by Coaches - <i>Adam Feit, MS, CSCS*D, RSCC, SCCC, PN2</i>	Symposium Tailoring Behavioral Interventions to Maximize Physical Activity and Weight Loss Outcomes - <i>Katie Becofsky, Ph.D., Jessica Unick, Ph.D., Christine Pellegrini, Ph.D., David Garcia, Ph.D., FACSM</i>	Cardiovascular Health Across the Lifespan: How much endurance training is too much? - <i>Todd Shatynski, M.D. &amp; Peter Sedgwick, M.D. FACSM</i>	Middle Age Crisis? A Clinical Orthopedic & Sports Medicine Perspective on Exercise Program Design with Case Studies - <i>Anthony Cuoco, DPT, MS, CSCS</i>	<b>Invited: Why Physical Activity is the "Best Buy" for Our Health: Insights from the 2018 Physical Activity Guidelines Advisory Committee</b> - <i>Ken Powell, M.D., Linda Pescatello, Ph.D., FACSM, Loretta DiPietro, Ph.D., FACSM</i>	Clinical Workshop: Screening Recommendations for Age-Related Sarcopenia in Older Adults - <i>Paul Gallo, Ed.D., FACSM, Peter Ronai, M.S., RCEP, CEP, EP-C, CSCS, FACSM</i>
9:40-10:40 AM	Exercise Training for Mobility-Limited Older Adults: Exploring the Dose-Response Relationship - <i>Michael Corcoran, Ph.D.</i>		Fellow case presentations from around New England	Strength & Conditioning for the elite Snowboard Athlete - <i>Jacob Earp, Ph.D., CSCS</i>	<b>Invited: Hydration and Exercise Performance</b> - <i>Lindsay Baker, Ph.D. Sponsored by Gatorade Sport Science Institute</i>	
10:50-12:00 PM	<b>Ballroom A. Clarkson Keynote - Feet, forks, and fingers: Lifelong supplements backed by science</b> - <i>Maria Urso, Ph.D.</i>					
Lunch/Exhibitors						

1:20-2:20 PM	Muscle Strength: Connection with Health, Function, and Disease Prevention - <i>Wayne Westcott, Ph.D.</i>	Oral Posters	Fellow case presentations from around New England	Examining Psychological and Psychosocial Responses to Acute Bouts of Exercise and Resistance Training in College-Age Females - <i>Jamie Faro, Ph.D.</i>	"Clean Eating": Unintended Consequences for Athletes - <i>Nancy Clark, M.S., R.D., CSSD</i>	
2:30-3:30 PM	Exercise is Medicine Ambassador Training Workshop - <i>Colleen Muñoz, PhD</i>	Oral Posters	Age guidelines for introducing contact across sports - <i>Peter Kriz, M.D., FACSM</i>	Korey Stringer Institute State Rankings of Health and Safety Policies for High School Athletes - <i>Doug Casa, Ph.D., FACSM, ATC, Samantha Scarneo, Ph.D., ATC</i>	Coaching Exercise for Type 1 Diabetes; From Sedentary Children to Student-Athletes, Using Personalized and Group-Based Approaches - <i>Charles O'Connell, Garrett Ash, Ph.D.</i>	