

Thursday – Oral Presentations

9:40 – 10:40

Location	Room 550	
Category	Free Comm I	
9:40 – 9:55	Brent Momb	INTRADIALYTIC EXERCISE INCREASES CARDIAC POWER INDEX
9:55 – 10:10	Korina Hahn	EXAMINATION OF ENERGY INTAKE IN RESPONSE TO EXERCISE THROUGHOUT A 5-MONTH WEIGHT LOSS PROGRAM
10:10 – 10:25	Cody Butler	BIOMARKERS DIFFER BETWEEN AND WITHIN STARTERS AND NON-STARTERS THROUGHOUT A COLLEGIATE SOCCER SEASON
10:25 – 10:40	Kayla M Kowalczyk	TRACKING CALORIES: VALIDITY OF WEARABLE ACTIVITY MONITORS

Location	Room 551	
Category	MS	
9:40 – 9:55	Laura Mangone	VARYING POSTPRANDIAL, POSTEXERCISE NUTRIENT TIMING: EFFECTS ON SUBSTRATE OXIDATION AND PROTEIN RETENTION IN RESISTANCE-TRAINED MEN
9:55 – 10:10	Michelle Stehman	COMPARING PHYSIOLOGICAL DIFFERENCES BETWEEN SEXES DRINKING TO THIRST VERSUS DRINKING TO A GENERIC SCHEDULE
10:10 – 10:25	Dina Pitsas	PREDICTION OF 400-M RUNNING PERFORMANCE VARIABLES IN COLLEGIATE TRACK AND FIELD ATHLETES
10:25 – 10:40	-----	-----

Location	Room 553	
Category	BS	
9:40 – 9:55	Christopher Havens	THE IMPACT OF POST-EXERCISE HOT OR COLD WATER IMMERSION ON HEART RATE VARIABILITY
9:55 – 10:10	Nicholas Remillard	ESTIMATING ENERGY EXPENDITURE USING ACCELEROMETERS DURING HIGH INTENSITY INTERVAL TRAINING.
10:10 – 10:25	Vincent Colantuono	THE EFFECTS OF CONTRAST WITH COMPRESSION THERAPY ON THE RECOVERY OF MUSCLE GLYCOGEN AFTER A BOUT OF RESISTANCE EXERCISE
10:25 – 10:40	Kristen Ratliff	USE OF AMERICAN HEART ASSOCIATION RECOMMENDATIONS FOR PRE-PARTICIPATION SCREENING IN NEW YORK STATE HIGH SCHOOLS

FALL 2019 NEACSM Free Communications Schedule

Location	Ballroom D	
Category	Free Comm II	
9:40 – 9:55	Christine St. Laurent	RELATIONSHIPS BETWEEN PHYSICAL ACTIVITY AND SLEEP IN EARLY CHILDHOOD: A SYSTEMATIC REVIEW
9:55 – 10:10	Sarah Andrews	COMPARISON OF BODY COMPOSITION EVALUATION METHODS IN FEMALE AND MALE COLLEGE ATHLETES
10:10 – 10:25	Greggory Kobelski	COMPARISON OF PRE-HIGH SCHOOL AND HIGH SCHOOL FOOTBALL QUARTERBACK INJURIES
10:25 – 10:40	Anthony D'Amico	PILOT STUDY: THE INFLUENCE OF PHOTOBIO-MODULATION ON RECOVERY FROM EXERCISE-INDUCED MUSCLE DAMAGE

Location	Rotunda	
Category	PhD and Free Comm III	
9:40 – 9:55	Jay Porter	MODEST WORKWEEK SLEEP RESTRICTION IMPAIRS GLUCOSE TOLERANCE AND DECREASES LIGHT PHYSICAL ACTIVITY.
9:55 – 10:10	Shabnam Lateef	THE EFFECTS OF CONTRAST WITH COMPRESSION THERAPY ON MUSCLE RECOVERY POST EXERCISE
10:10 – 10:25	Kaylyn Stewart	COLLEGIATE CLUB FIGURE SKATER LOWER EXTREMITY PERFORMANCE ASSESSMENT BILATERALLY IN AND OUT OF SKATES
10:25 – 10:40	Nicholas Chartier	USING TEMPORAL SPATIAL GAIT PARAMETERS TO EVALUATE ASYMMETRIES AMONG ELITE ADOLESCENT SKI AND SNOWBOARD ATHLETES

Thursday – Poster Session I**1:00 – 4:00**

Board	Presentation Time	Name	
1	1:30 – 2:30 pm	Brianna Griffin	EFFECT 8 WEEKS OF HIGH INTENSITY INTERVAL TRAINING ON THE RESTING METABOLIC RATE IN COLLEGE AGED FEMALES
2	2:30 – 3:30 pm	Jessica Mastropietro	RELATIONS AMONG LIFESTYLE VARIABLES AND WEIGHT RETENTION IN POSTPARTUM WOMEN
3	1:30 – 2:30 pm	Christopher R Chalmers	ACUTE COGNITIVE AND HORMONAL STRESS RESPONSES IN NCAA DIVISION II FOOTBALL PLAYER
4	2:30 – 3:30 pm	Rachel Berkowsky	FIREFIIGHTERS CAFFEINE INTAKE INFLUENCES THE BLOOD PRESSURE RESPONSE TO STRENUOUS PHYSICAL EXERTION
5	1:30 – 2:30 pm	Nghi Cao	PREVENTION OF BONE DISEASES IN THE VIETNAMESE COMMUNITY
6	2:30 – 3:30 pm	Ariana Cambio	FUNCTIONAL BILATERAL ASYMMETRIES IN ADOLESCENT COMPETITIVE SKIERS
7	1:30 – 2:30 pm	Matthew Orange	PERCENTILE NORMS FOR PUSH-UPS IN THE STANDARD POSITION IN COLLEGE FEMALES
8	2:30 – 3:30 pm	Gregory Panza	EFFECTS OF WEIGHT STIGMA ON CARDIOVASCULAR REACTIVITY AMONG WOMEN WITH HIGH AND NORMAL BLOOD PRESSURE
9	1:30 – 2:30 pm	Michelle Flesaker	MENOPAUSE-ASSOCIATED SYMPTOMS AND PHYSICAL ACTIVITY IN MIDLIFE WOMEN
10	2:30 – 3:30 pm	Jason Talanian	FITNESS AND BODY COMPOSITION OBSERVATIONS FOLLOWING 8-WEEKS OF STRENGTH TRAINING IN PARTICIPANTS WITH CEREBRAL PALSY
11	1:30 – 2:30 pm	Ana Aguilar	UNDERSTANDING PHYSICAL ACTIVITY LEVELS IN AN ETHNICALLY DIVERSE COMMUNITY: A QUALITATIVE STUDY
12	2:30 – 3:30 pm	Katrina Rodheim	THE RELATIONSHIPS BETWEEN OBJECTIVE MEASURES OF PHYSICAL ACTIVITY AND SLEEP IN YOUTH: A SYSTEMATIC REVIEW
13	1:30 – 2:30 pm	Emily M Miele	THE EFFECTS OF EXOGENOUS KETONE ESTER SUPPLEMENTATION ON EXERCISE CAPACITY AND HEMODYNAMIC RESPONSE TO EXERCISE IN T2DM VS. NON-DIABETIC INDIVIDUALS
14	2:30 – 3:30 pm	-----	-----
15	1:30 – 2:30 pm	Alexandra Reilly	COMPARISON OF TWO METHODS FOR ASSESSING PHYSICAL ACTIVITY
16	2:30 – 3:30 pm	Adam J. Swartzendruber	SITTING TIME COMPARISON BETWEEN STUDENT ATHLETES AND STUDENT NON-ATHLETES
17	1:30 – 2:30 pm	Rose Pitkin	KINEMATIC AND EMG ANALYSIS OF ACL STABILITY DISPARITY BETWEEN MALE AND FEMALE ATHLETES
18	2:30 – 3:30 pm	Emma Garvey	EFFECTIVENESS OF A COMMUNITY- BASED PROGRAM ON IMPROVING CHILDREN'S PHYSICAL ACTIVITY EFFICACY AND WEIGHT MANAGEMENT

Friday – Poster Session II**8:00 – 11:00**

Board	Presentation Time	Name	
1	8:30 – 9:30	Erin J. Doyle	EFFECTS OF 12-WEEKS OF WATER AEROBICS ON BODY COMPOSITION IN THOSE AFFECTED BY BREAST CANCER
2	9:30 – 10:30	Jeb F. Struder	HORMONAL, PSYCHOLOGICAL, AND MUSCLE DAMAGING EFFECTS OF AN ACUTE BOUT OF FARMERS' WALK RESISTANCE EXERCISE
3	8:30 – 9:30	Amanda Blier	A PILOT STUDY: THE EFFECTS OF POST-MEAL WALKING ON GLYCEMIC CONTROL IN YOUNG ADULTS WITH ELEVATED BODY FAT
4	9:30 – 10:30	Jillian Barnas	THE EFFECTS OF SUPERVISED ACTIVITY ZONES ON PHYSICAL ACTIVITY DURING RECESS IN ELEMENTARY-AGED CHILDREN.
5	8:30 – 9:30	Riley Houde	CHANGES IN FRONTAL PLANE MOTION AFTER NOVEL MOTOR TRAINING POSTSTROKE: A CASE STUDY
6	9:30 – 10:30	Domenic Angelino	THE FRONT AND REAR LEG FORCE DEMANDS OF A SNOWBOARD CROSS RUN
7	8:30 – 9:30	Timothy Oh	WHICH LOWER HALF PITCHING MECHANICS LEAD TO THE GREATEST BALL VELOCITIES? A PILOT STUDY
8	9:30 – 10:30	Jill Roach	EFFECT OF KETTLEBELL EXERCISE ON BLOOD PRESSURE AND ARTERIAL STIFFNESS IN MALES WITH HIGH BLOOD PRESSURE
9	8:30 – 9:30	Jason Melnyk	THE EFFECTS OF A 16-DAY COURSE ON IMPROVEMENT IN ARMY PHYSICAL FITNESS TEST SCORES
10	9:30 – 10:30	Michael Majjenski	THE ROLE OF INCENTIVES ON PHYSICAL ACTIVITY PARAMETERS IN ELEMENTARY SCHOOL CHILDREN IN URBAN COMMUNITIES
11	8:30 – 9:30	Jessica Sudock	INFLUENCE OF EXERCISE INDUCED HYPOHYDRATION AND FLUID RESTRICTION ON TIME TRIAL ENDURANCE PERFORMANCE
12	9:30 – 10:30	Kayla LaPierre	ACTIVE SCIENCE! STUDENTS PERCEPTIONS OF PHYSICAL ACTIVITY WITHIN AND BEYOND THE SCHOOL DAY
13	8:30 – 9:30	Robert E Lavallee	A SURVEY OF THE CURRENT USE OF SPORTS SCIENCE IN MAJOR LEAGUE SOCCER
14	9:30 – 10:30	Melody Kramarz	A RANDOMIZED CONTROL TRIAL COMPARING TWO DIFFERENT APPROACHES TO PRESCRIBE EXERCISE: RATIONALE AND PROTOCOL
15	8:30 – 9:30	Aditya Parmar	IDENTIFICATION OF RESISTANCE TRAINING USING HIP AND WRIST ACCELEROMETERS
16	9:30 – 10:30	Chris Pomerleau	USING 3D-ACCELEROMETER TO ASSESS CONSISTENCY OF MOVEMENT
17	8:30 – 9:30	Robert Brooks	EFFECTS OF SMALL INCREMENTAL ADDITIONS OF NON-FUNCTIONAL MASS ON WORK CAPACITY
18	9:30 - 10:30	Katherine Colfer	RELATIONSHIP BETWEEN SIT-TO-STAND PERFORMANCE AND UPWARDS POSTURAL TRANSITIONS OBSERVED IN A SIMULATED HOME ENVIRONMENT

Oral Poster – Session I

1:20 – 2:20

1:20 – 1:35: Allow attendees to view posters; 2:15 – 2:20: Allow attendees to view posters

Location	Room 550		
Category	Oral Poster Session I	Board	
1:35 – 1:45	Ariana Pitaro	1	DIFFERENCES IN STEPPING BIOMECHANICS WHEN CARRYING LOADS OF VARIED COOPERATION
1:45 – 1:55	Rory Cunningham	2	MODERATE AND HIGH INTENSITY EXERCISE PREVENTS THE NAFLD-INDUCED IMPAIRMENT IN MARKERS OF HEPATIC LACTATE METABOLISM
1:55 – 2:05	Tiara Thornton	3	PRELIMINARY ANALYSIS OF TRIAXIAL ACCELEROMETER-DERIVED QUALITY OF SLEEP IN SMOKERS WITH AND WITHOUT COPD
2:05 – 2:15	Emma Hansen	4	COMPARISON OF EXERCISE INTENSITY IN CONTROLLED AND SELF-REGULATED ENVIRONMENTS
Moderator(s)	Ward-Ritacco/Witkowski		

Oral Poster – Session II

2:30 – 3:30

2:30 – 2:45 Allow attendees to view posters; 3:15 – 3:30: Allow attendees to view posters

Location	Room 550		
Category	Oral Poster Session II	Board	
2:45 – 2:55	Victoria Lynch	1	VALIDITY OF WRIST-WORN ACTIVITY TRACKER
2:55 – 3:05	Joshua Grover	2	EXERCISE MODALITY EFFECT ON SUBJECTIVE RATING OF MOOD AND DEPRESSION
3:05 – 3:15	Caitlin Barrett	3	THE EFFICACY OF A NECK STRENGTHENING PROGRAM ON NECK REACTION TIME.
Moderator(s)	Ward-Ritacco/Witkowski		