

NEACSM 2021 Virtual Spring Conference
**Managing Physical
Activity in the New Normal:
Science to Practice**

Friday, April 23, 2021
4.0 ACSM CECs



Format

Synchronous (live) Sessions – Zoom Webinar

Description

The New England Chapter of the American College of Sports Medicine (NEACSM) invites you to attend the 2021 Virtual Spring Conference, entitled Managing Physical Activity in the New Normal: Science to Practice. The program focuses on the negative effects of physical inactivity on health and how they relate to a rapidly changing work, research and learning environment. Evidence-based methods will be discussed to assist the exercise professional with combating physical inactivity, developing virtual programming and navigating research and education during the pandemic era and beyond. Program content is intended for exercise professionals, faculty, researchers and students.

Other Information

Objectives

1. Identify the negative effects of physical inactivity on health and physiology.
2. Describe the impact of the COVID-19 pandemic regarding new challenges in quantifying physical inactivity in research.
3. Discuss workplace wellness strategies in the new normal and best practices.
4. Provide tips and recommendations for students and faculty advisors on navigating academic studies during current times.
5. Identify methods and best practices for virtual or telehealth services that apply to exercise professionals.
6. Discuss virtual behavior modification strategies for the exercise professional and researcher.

Accreditation

Continuing Education Credits

NEACSM is an approved provider for the American College of Sports Medicine. 4 hours of CEUs/CECs will be awarded.

8:50-9:00 a.m. Welcome
Paul M. Gallo, Ed.D., FACSM | Past President, NEACSM

Session 1
9:00-10:00 a.m. **Impacts of the Pandemic on Physical Inactivity and Associated Challenges in Measuring Physical Activity**

Presentation 1: What is the Most Fundamental (and Misunderstood) Fact about Metabolism?

Marc Hamilton, Ph.D., FACSM

Presentation 2: Changes in Exercise Behavior during COVID-19

Daniel Freidenreich, Ph.D.

Presentation 3: Examining the Impact of COVID-19 on Domain-specific Physical Activity Levels

Pedro Saint-Maurice, Ph.D.

Interactive Question and Answer Session (25 minutes)

Session 2
10:05-11:05 a.m. **Navigating Workplace and Medical Wellness in the New Normal, Methods and Recommendations**

Presentation 1: From Working at Home to Living at Work: Reimagining Employee Wellness in 2021

Amanda Zaleski, Ph.D.

Presentation 2: Navigating Employee Well-being in the New “Workplace”

Talya Williams, M.S.

Presentation 3: Medically Integrated Fitness: Pandemic Driven Pivots

Brad Roy, Ph.D., FACSM

Interactive Question and Answer Session (25 minutes)

11:05-11:20 a.m. Mid-Program Break
Virtual Exhibitors

Session 3

11:20 a.m.-12:20 p.m.

Highlighted Student Session

Presentation 1: Riding the Whirlwind: Success in Graduate School around a Pandemic
Jaci VanHeest, Ph.D.

Presentation 2: The Pandemic Paradigm: A New Perspective on Students' Role in Science and Practice
Melanna Cox, M.S.

Presentation 3: Don't Panic! Successfully Obtaining Your ACSM Certification during the Pandemic
Christie Ward-Ritacco, Ph.D.

Interactive Question and Answer Session (25 minutes)**Session 4**

12:25-1:15 p.m.

Virtual Services for the Exercise Professional

Presentation 1: The Impact of COVID-19 on Physical Activity and Health among Undergraduate Students: Lessons from Quarantine and Beyond
Melissa Bopp, Ph.D., FACSM

Presentation 2: Using Video-Media, Live-Streaming Effectively to Make Physical Activity Accessible for All Levels
Renee Rogers, Ph.D., FACSM

Interactive Question and Answer Session (15 minutes)

1:15-1:25 p.m.

Closing Remarks & Chapter Announcements

Paul M. Gallo, Ed.D., FACSM | Past President, NEACSM

*Each session will consist of 10-minute live presentations followed by a 15- to 25-minute interactive question and answer session. All programming will take place via Zoom webinar.

Speaker Bios



Marc Hamilton, Ph.D., FACSM, is a professor in Health and Human Performance, Biology and Biochemistry at the University of Houston. His laboratory – which is funded

by the NIH, American Diabetes Association, American Heart Association, NASA and others – studies physiological processes necessary for optimizing muscle metabolism for the prevention of chronic disease processes that preclude healthy aging.



Daniel Freidenreich, Ph.D., holds a doctorate in Kinesiology from the University of Connecticut and is currently an assistant professor at The University of Wisconsin – La Crosse.

He studies how dietary modifications and supplementation affect metabolism, metabolic disease and sports performance, as well as investigates impacts of nutrition and exercise interventions on immune function and fatigue.



Pedro Saint-Maurice, Ph.D., is a postdoctoral fellow at the National Cancer Institute. He is interested in applying more accurate measures of physical activity to epidemiologic

research. His most recent research focuses on understanding the dose-response between physical activity and different chronic diseases including cancer.



Amanda Zaleski, Ph.D., is senior strategist on the Clinical Health Product Strategy & Innovation team at Aetna / CVS Health, where she drives development of evidenced-based wellness

and disease management programs. She is also an exercise physiologist and long-standing member of the Employee Wellness Council at Harford Hospital.



Talya Williams, MS, has more than 12 years of experience in the health promotion field as a practitioner, educator, researcher, lifestyle coach and organizational

health consultant. She is the global well-being program manager for a cybersecurity company supporting more than 3,600 employees worldwide. She is also president-elect of the International Association for Worksite Health Promotion.



Brad A. Roy, Ph.D., FACSM, is a clinical exercise physiologist and ACSM-CEP®. He serves on the ACSM Board of Trustees, is Editor-in-Chief for ACSM's *Health & Fitness Journal*®,

chairs the Exercise is Medicine® Credential Committee, and is a past president of the Clinical Exercise Physiology Association. He currently serves as the executive director of Summit Medical Fitness Center in Montana.



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Jaci VanHeest, Ph.D., is an associate professor of Educational Psychology in the Neag School of Education with a joint appointment in the Department of Kinesiology

at the University of Connecticut, where she also serves as faculty director of the Public Health Learning Community. Her research specialization is in endocrine control of body weight and metabolism.



Melanna Cox, M.S., is a Ph.D. student in physical activity and health at the University of Massachusetts – Amherst. Her research focuses on sexism and girls' and women's physical

activity. She also specializes in the measurement of physical activity using direct observation.



Christie Ward Ritacco, Ph.D., is an assistant professor at the University of Rhode Island. She is an ACSM Certified Exercise Physiologist® and current chair of the ACSM

Committee on Certification and Registry Board. She is also a member of the ACSM International Health & Fitness Summit Program Committee and serves as regional chapter representative for NEACSM.



Melissa Bopp, Ph.D., FACSM, is an associate professor in the department of Kinesiology at Pennsylvania State University. Her research focuses on the role of the

community, environment and policy on physical activity and health among diverse populations. Her research on college student health informs Penn State's Exercise is Medicine® on Campus initiative.



Renee Rogers, Ph.D., FACSM, is associate professor at the University of Pittsburgh; programming director at the Pitt Healthy Lifestyle Institute; and director of "Moving Health

with Media Core." She blends theater and production expertise with academic training in exercise physiology, behavior change and weight management to develop innovative health promotion, physical activity and weight management initiatives.

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Conference Registration

Register at the NEACSM website: www.neacsm.org (no registrations by mail or phone)

Registration opens on Monday, February 15, 2021 and closes on Thursday, April 22, 2021. **Group registrations:** To register a group, contact Heather Turner at (317) 637-9200, ext. 138 or hturner@acsm.org. Complete group registration information must be received by April 16, 2021 to be processed.

Registration Fees:

Professional	\$55
Student	\$15
Join or renew:	Students \$15; Professionals \$35

Add \$10 to professionals who are not members

Full payment must accompany the registration. Registration refund policy: all conference registration cancellations must be requested in writing by Tuesday, April 13, 2021. A 50% refund may be obtained up to 10 business days prior to the event. Substitutions are allowed. For additional information, please contact Heather Turner at hturner@acsm.org.