

BEYOND FIT:

*Unique Considerations to
Optimize Exercise Prescription*



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



NEACSM
New England Chapter of the
American College of Sports Medicine

**NEACSM 2022 VIRTUAL
SPRING MEETING**
FRIDAY, APRIL 8, 2022
4.5 ACSM CECS



FORMAT

Synchronous (live) Sessions - Zoom Webinar

DESCRIPTION

The New England Chapter of the American College of Sports Medicine invites you to attend the 2022 Virtual Spring Meeting, entitled **“Beyond FITT: Unique Considerations to Optimize Exercise Prescription.”** The program will offer attendees an opportunity to learn from applied presentations, which will explore unique approaches to help inform exercise prescription. The conference will be delivered in a live virtual format and the conference content is arranged in a manner that progresses from preparation, evaluation, application, and recovery. Program content is intended for exercise professionals, faculty, researchers, and students.

OTHER INFORMATION

Objectives

1. Discuss psychological practices for enhancing exercise.
2. Apply assessment outcomes to program design.
3. Identify best practices in optimizing movement and recovery.
4. Explore current research in the field of exercise science and sports medicine.
5. Provide an opportunity for extensive professional dialogue.

PROGRAM SCHEDULE - ZOOM WEBINAR

All times shown are ET

8:30 a.m.	Welcome Address <i>Elizabeth O'Neill, DPE, NEACSM Past-President</i>
8:35 a.m.	Panel Host / Speaker Introduction <i>Paul Mathew, MD</i> <i>Assistant Professor of Neurology at Harvard Medical School</i>
8:40 - 9:00 a.m.	You Can Try and Convince Them to Change All You Like: Managing Ambivalence to Change Using Motivational Interviewing <i>Jeff Breckon, PhD</i> <i>Head of Research in the Sport and Physical Activity Research Centre Sheffield Hallman University, UK</i>
9:00 - 9:20 a.m.	Mind Over Matter: Mental Preparation for Sport & Exercise <i>Kathleen Mellano, PhD</i> <i>Assistant Professor of Sport/Exercise Psychology Springfield College, MA</i>
9:20 - 9:40	Panel Discussion <i>Facilitated by Panel Host: Paul Mathew, MD</i>
9:45 - 10:05 a.m.	Student Research Showcase
10:10 a.m.	Panel Host / Speaker Introduction <i>Chee-Hoi Leong, PhD</i> <i>Associate Professor of Exercise Science Central Connecticut State University</i>
10:15 - 10:35 a.m.	Using Posture to Enhance Insights on Movement Performance <i>M. Jay Polsgrove, PhD</i> <i>Associate Professor of Exercise Science Husson University</i>
10:35 - 10:55 a.m.	Using Movement Assessments to Guide Exercise Prescription <i>Hunter Bennett, PhD</i> <i>Exercise Science Lecturer University of South Australia</i>
10:55 - 11:15 a.m.	Panel Discussion <i>Facilitated by Panel Host: Chee-Hoi Leong, PhD</i>
11:15 - 11:45 a.m.	Vendors/Mid-Program Break - Sponsorship
11:50 a.m. - 12:10 p.m.	Student Research Showcase
12:15 p.m.	Panel Host / Speaker Introduction <i>Bruce Brazeal, BS</i> <i>Head of Strength and Conditioning Hartford HealthCare Rehabilitation Network</i>
12:20 - 12:40 p.m.	Strategies to Improve Movement Quality <i>Michelle Boland, PhD</i> <i>Michelle Boland Training, LLC Boston, MA</i>
12:40 - 1:00 p.m.	Dynamic Programming to Improve Recovery <i>Eric D'Agati, BS</i> <i>Functional Movement Systems</i>
1:00 - 1:20 p.m.	Panel Discussion <i>Facilitated by Panel Host: Bruce Brazeal, BS</i>
1:25 p.m.	Closing Remarks <i>Elizabeth O'Neill, DPE, NEACSM Past-President</i>

SPEAKER BIOS



Jeff Breckon, PhD, Head of Research in the Sport and Physical Activity Research Centre at Sheffield Hallam University, is a BPS

and HCPC Chartered Psychologist. He delivers training in motivational interviewing to health professionals and organizations covering health behavior change and organizational change in clinical and community settings. Jeff has published and presented internationally on MI's role in health behaviour change and is part of trials and research teams exploring counselling and lifestyle interventions' roles across various platforms.



Kathleen Mellano, PhD is Assistant Professor and Fieldwork Coordinator of Sport and Exercise Psychology in the Department

of Exercise Science and Athletic Training at Springfield College. Her research explores social and motivational processes in youth sport with particular attention to relationships among teammates and other key agents. Kathleen teaches graduate courses in sport and exercise psychology theory, applied practice, and measurement and is a Certified Mental Performance Consultant®.



Chee-Hoi Leong, PhD is Associate Professor in Exercise Science with the Department of Physical Education and Human Performance at Central Connecticut

State University. His academic background is in muscle physiology and cycling biomechanics, and his main research explores the utility of eccentric exercise in rehabilitation and training to improve muscular function. He is the Graduate Program Coordinator responsible for the M.S. Physical Education with Specializations in Teaching P.E. and Exercise Science.



M. Jay Polsgrove, PhD is an associate professor in Exercise Science at Husson University. As an athlete, coach, and personal trainer he became interested

in how movement performance can be enhanced through the principles of exercise science. Utilizing a dynamic systems approach, his research is focused on how movement performance can be optimized through meaningful instruction. Currently, he is working determine how accelerometer data may improve movement assessment and programming.



Hunter Bennett, PhD is an ESSA accredited exercise scientist and lecturer in exercise science at the University of South Australia. His research

focuses on methods of optimizing exercise prescription in athletic, healthy, and clinical populations. Outside of work hours you will find him out to breakfast with his wife and young daughter, watching Parks and Recreation for the umpteenth time, or lying on the couch with a good book in hand.



Paul Mathew, MD, completed his neurology residency at Temple University Hospital and a fellowship in headache medicine at the

Mayo Clinic. He is board certified in neurology and headache medicine. He is Assistant Professor of Neurology at Harvard Medical School, and an affiliate member of its Division of Sleep Medicine. He has clinical appointments at Brigham & Women's Hospital and Harvard Vanguard Medical Associates/Atrius Health and a teaching appointment at Cambridge Health Alliance.



Michelle Boland, PhD is a certified strength and conditioning coach (CSCS) and owner of Michelle Boland Training, LLC. Michelle was previously the

director of education at a private training facility and a strength and conditioning coach for a D1 collegiate institution, working with a nationally ranked women's and men's teams. Michelle specializes in movement biomechanics, athletic development, and improving fitness while addressing nagging pain or injuries that may be limiting performance.



Eric D'Agati, BS has spent over 20 years in the fitness industry as a coach, trainer, and instructor, pioneering his unique approach to client assessment,

performance enhancement, and injury prevention. He travels internationally teaching and speaking to trainers, coaches, and therapists as a lead instructor for Functional Movement Systems and guest speaker for a variety of prestigious organizations. He trains elite athletes, works with high-level sports teams, and serves on numerous advisory boards.



Bruce Brazeal, BS is an Exercise Physiologist/Strength and Conditioning Coach at Hartford HealthCare Rehabilitation Network. A graduate

of Springfield College, he was formerly an adjunct professor at the school and currently sits on its Exercise Science Department Board. Bruce has numerous certifications, has completed post-graduate studies in exercise physiology, and has over 31 years of experience in clinical cardiology and sport performance industries. Bruce is results oriented, motivated to see athletes succeed and passionate about his goals.

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CONFERENCE REGISTRATION

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

Registration opens on Monday, February 7, 2022 and closes on Thursday, April 7, 2022.

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 Friday, April 1, 2022 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, March 29, 2022. 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.