

# 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 Trojian - 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*

## 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*

## 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*



**Fri., November 8**  
8:30 a.m.  
I am Woman! Perspectives on Woman's Fitness, Health, and Sports Participation Across the Lifespan  
*Carol Ewing 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*



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*



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



**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*



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



9:40 a.m.  
Exercise is Medicine in Oncology: A Call to Action  
*Katie Schmitz, Ph.D., MPH., 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](http://www.neacsm.org/meet-the-expert)

# Sponsors

## Conference Partners



## Meeting Sponsors



## Exhibitors/Friends



# 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				
			<b>Total Amount</b>	

**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 One West Exchange Street Providence, RI 02903 (800) 843-6664 \$177.00/night	Providence Biltmore 11 Dorrance Street Providence, RI 02903 (800) 294-7709 \$152.00/night
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## Directions to the Conference

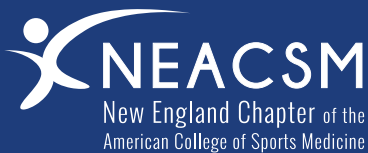
### From the South:

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.

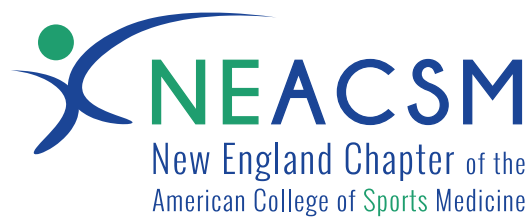
### From the North:

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](http://www.neacsm.org)



New England Chapter of the American College of Sports Medicine  
November 7-8, 2019 • Rhode Island Convention Center • Providence, RI



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Providence, Rhode Island

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