


GAME CHANGERS



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

 **NEACSM**
New England Chapter of the
American College of Sports Medicine

ANNUAL FALL CONFERENCE
OCTOBER 13-14, 2022
RHODE ISLAND CONVENTION CENTER
PROVIDENCE, RI

WELCOME



We are excited to again be offering in-person programming for the 2022 Fall Conference that will highlight impressive advancements in our respective fields to leave us informed, intrigued, and inspired. Accordingly, the Executive Committee, Program Planning Committee, and I present

here an overview of the Fall 2022 Conference, titled “Game Changers.”

We are particularly excited as this year’s conference is focusing on the “game changers” in our industry. A “game changer” is an event, idea, individual, group, or organization that affect a significant shift in the current manner of doing or thinking about something. This year’s conference is highlighting the work of researchers, practitioners, and educators who are game changers in our field. These individuals are making significant contributions to the field in promoting inclusion, diversity, equity, social change, and/or illuminating inequities in sport, health, fitness, and medicine and exemplify how we are addressing these areas in our professions, through our research, teaching, practice and by influencing policy at the local, national and global level.

“A ‘game changer’ is an event, idea, individual, group, or organization that affect a significant shift in the current manner of doing or thinking about something.”

Our two Keynote lectures will bring particular attention to the complex issues of health inequities and moving towards a more inclusive culture in exercise, sport, and health science. The **Knuttgen Keynote** lecture will be delivered by **Dr. Edwin Aroke**, associate professor and director of the dual DNP-PhD program at the University of Alabama at Birmingham School of Nursing. Dr. Aroke will be discussing the intersection of epigenetics and pain disparities. **The Clarkson Keynote** lecture will be

delivered by **Dr. Sharon Milgram** who is the director of the Office of Intramural Training and Education (OITE) for the NIH where she directs a trans-NIH Office dedicated to the career advancement of over 5000 trainees. Dr. Milgram’s presentation will share practical strategies to increase allyship and promote a culture that nurtures and promotes diversity, equity, and inclusion.

Our **Past President’s** lecture will be delivered by **Dr. Laurie Milliken**, an associate professor at the University of Massachusetts Boston and current chair of NEACSM’s Diversity Committee. Dr. Milliken will explore the issues of diversity, equity, and inclusion that exist within the field of exercise science and sports medicine, how these issues affect practitioners and their clients, the opportunities that exist for practitioners to become more effective professionals, and why it matters.

Our **invited lecturers** are incredibly noteworthy and will be delivering timely and exciting talks: **Johanna Harper** (visiting fellow for transgender athletic performance and Ph.D. researcher, Loughborough University, England) will be presenting on her research on both the science and policy surrounding transgender athletes. She notes that there is no more controversial topic in sports than the inclusion of transgender women in women’s sports. She will explore the science behind the performance of transgender athletes and the implications of the science on policy decisions. **Dr. Monica Hall-Porter** (associate professor, University of Texas Austin) will be presenting her transformational work with the Texas Mindset Initiative (TxMI). There are striking and persistent inequalities in college students’ experiences and success rates. In addition, students from all groups are facing large and growing levels of anxiety and mental health problems that are undermining their well-being. Dr. Hall-Porter will share the research-practice partnership model that engages faculty in developing and implementing practices that transform learning and instruction to develop learning environments that support students’ experiences of belonging, growth, and purpose can narrow group disparities and promote well-being for all. **Daryl Nelson** (director of Organizational Development for the New

England Patriots) will share his experience working in a high-performance environment with coaches, players and staff in elite athletics. These athletes are often faced with stressors and challenges surrounding mental health. Elite athletes can suffer from a mental health crisis which may manifest as stress, disordered eating, burnout, depression and/or anxiety. Due to the increase in awareness and public advocacy of mental health in recent years, the sports industry has taken significant strides to break the stigma and recognize that health and wellness extends beyond the physical demands of sport. **Dave Geslak** (founder of Exercise Connection) has pioneered research-supported exercise tools and programs to engage and improve the lives of those with autism. He created the Autism Exercise Specialist Certificate (AESC) in partnership with ACSM. He will share how exercise is one of the most underutilized and cost-effective treatments for individuals with autism. Exercise goes beyond the health-related benefits, with expanding research revealing that exercise can increase attention span, reduce stress, enhance language development, and reduce stereotypical behaviors. Evidence-based strategies and protocols will be shared so you can make a difference for those with autism in your communities. **Dr. Melissa Roti** (professor, Westfield State University) and **Dr. Diana Schwartz** (professor, Westfield State University), have co-created a session designed for those who are passionate about creating a culture embracing diversity and inclusion. Drs. Roti and Schwartz will engage the audience in discussion about the importance of welcoming and inclusive environments respectful of gender, race, ethnicity, socio-economic status, culture, ability, size, and sexual and gender identity. In addition, they will help participants build and/or cultivate their understanding for the need to demonstrate proficiency in written and oral communications for diverse audiences. **Dr. Bess Marcus** (professor, Brown University) will be speaking on her extensive body of research on optimizing health equity and outcomes in the Latina population. As a clinical psychologist, Dr. Marcus has developed several instruments to measure psychosocial mediators of physical activity behavior and has also developed low-cost interventions to promote physical activity behavior in community, workplace, and primary care settings.

Our Physician Track will also be filled with critical and novel topics directed towards athletic care and

clinical medicine, which will be held on both days of the conference. We will also be offering a collection of presentations geared towards development of our student and professional members. Of note for first time attendees, make sure you attend **Dr. Paul Gallo's First Time Attendee Session: Optimize your Meeting Experience** kicking off Thursday morning's program. From selecting which talks to attend, to the how-to of networking, Dr. Gallo will help you make the most out of your time at the conference.

"All registered NEACSM conference attendees are voting members of the Chapter and it is our goal to increase participation in the Chapter's business with the membership."

We have a very special student-only session included in Thursday afternoon's schedule entitled **"A New Era of Professionalism: Creating an Inclusive Image of the Exercise Science and Sports Medicine Professional."** Join NEACSM Student Representatives Maggie Morrissey and Luke Pelton for a dynamic and interactive conversation about redefining professionalism in our field. This discussion will focus on how we can work together to create a more inclusive and diverse definition of what it means to be a "professional" in this field. Join invited speakers Dr. Monica Hall-Porter (University of Texas Austin), Mr. Daryl Nelson (New England Patriots), and Ms. Joanna Harper (Loughborough University, London) as they share their experiences and answer questions about being game changers in the workplace and beyond. Please note, this is a student-only event.

Our annual **Chapter Business Meeting** is scheduled to be held before the President's Reception. All registered NEACSM conference attendees are voting members of the Chapter and it is our goal to increase participation in the Chapter's business with the membership, as well as to provide our members with some exciting updates and news about the Chapter. We will be introducing some meaningful by-law changes at this meeting that seek to increase diverse representation in speakers at our annual conferences. Additionally, we wish to share with you our plans to increase scholarship opportunities for

historically underrepresented groups in our profession and to update you on our chapter grant activities that are supporting educational opportunities and exposure to career paths in the field for local high school students.

We are also excited for our annual **Ronai College Bowl**, where students represent their respective institutions in a quiz-based competition designed to test their knowledge of exercise science and sports medicine. This event will occur on Thursday evening, immediately following our Chapter Business Meeting and the **President's Reception**. We are excited to be offering food and beverage at this year's reception!

We have also made a few shifts in our Friday conference schedule. Our **Special Interest Group (SIG)** meetings will now occur following Friday's Clarkson Keynote address. This timeslot immediately precedes the lunch break on Friday, allowing for SIGs to extend their gathering time to include lunch together as an option. We are excited to announce our newest SIG in Nutrition. Additionally, we have decided to feature the **Bachelor's, Master's, and Doctoral student presentations** as the concluding event of our conference. We cannot think of a better finale for our annual Fall Meeting than a celebration of the exceptional research work of our students. Student awards will be presented at the conclusion of the presentations before the conference concludes.

NEACSM can influence society, as well as respond to society's needs in our practice, research, educational environments, and through advocacy. NEACSM is a "game changer," and this conference is intended to highlight the many ways we are shifting practice, research, education, and society for the better. Whether you are a student or professional member, we hope that our fall meeting provides a captivating program of topics and events that will contribute to your continued learning, professional development, and scientific intrigue. We also hope that this conference will leave you inspired and motivated to be a game changer! We look forward to seeing you in October!

Marisa Hastie, EdD, ACSM EP-C, FACSM
President-Elect and Program Chair
Dean, College of Graduate Health Studies
A.T. Still University
#NEACSM22

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:

- Appreciate and connect the use of systems biology (i.e., metabolomics, epigenetics, etc.) and novel strategies in, and prominent barriers to our understanding of exercise, diet, and health.
- Discover, compare and contrast the use of state-of-the-art technology in intervention delivery and the study of exercise, sport, and health science.
- Recognize the barriers and strategies in creating a more diverse exercise and sports medicine workforce and leadership.
- Describe and incorporate the tools and practices relevant to health promotion and clinical management in a diverse population.
- Implement strategies in the classroom, research lab, workplace, clinic, etc. that promotes a culture of inclusion, honors diversity, works to address systemic inequities, enhances allyship, and promotes practices that acknowledges and communicates the value of a diverse and representative profession.

ACCREDITATION

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

PROGRAM SCHEDULE - THURSDAY, OCTOBER 13TH

All times shown are ET

Time	Room 550	Room 551	Room 552	Ballroom E	Ballroom D	Rotunda
8:00 - 8:30 a.m.	NEACSM Registration Booth Opens					
8:30 - 9:30 a.m.	<p>NEACSM Fall Meeting First-Time Attendee Session: Optimize your Meeting Experience <i>Paul Gallo, Ed.D., FACSM</i></p>	<p>Machine Learning for Fitness Apps <i>Rajat Doshi, B.S. & Garrett Ash, Ph.D.</i></p>	<p>Physician's Track Speaker TBD</p>	<p>Tackling Oral Health Inequities in Sports Medicine <i>John Ahern, PhD</i></p>	<p>A Tale of Two Marathons - Comparison of Hydration Practices in Marathon Runners <i>Suzanne Young, Ph.D.</i></p>	<p>Texas Mindset Initiative (TxMI): A Research Practice Partnership to Improve the Students Experience in STEM and Enhance Inclusive Excellence <i>Monica Hall-Porter, Ph.D.</i></p>
9:40 - 10:40 a.m.	<p>ACSM Certifications: Defining an Exercise Profession and How to Succeed in the Exercise Profession <i>Francis Neric, M.S. (ACSM National Director of Certification)</i></p>	<p>Exercise for Blood Pressure Reduction: What's New and What's Next? <i>Brett Ely, Ph.D., Matt Ely, Ph.D. & Leandro Brito, Ph.D.</i></p>	<p>Interesting Fellowship Case Presentations</p>	<p>From Average Joes to Elite Pros: Details of Team Great Britain's Paralympic Sitting Volleyball Team's Preparations for the London 2012 Games <i>Tim Hanway, M.S.</i></p>	<p>Benefits of Olympic Lifting <i>Anna Swisher, Ph.D.</i></p>	<p>Tackling The (Invisible) Opponent: Supporting Mental Health & Wellness in Elite Athletics <i>Daryl Nelson, M.S.</i></p>
10:50 - 12:00 p.m.	<p>Ballroom A. Knuttgen Keynote - Rethinking Pain Disparities: The Role of Epigenetic Modifications - <i>Edwin Aroke, Ph.D.</i></p>					
12:00 - 1:05 p.m.	Lunch/Exhibitors/Free Communication Posters					
1:10 - 2:10 p.m.	<p>Building Community One Rep At A Time: Strategies & Outcomes of Community Engaged Physical Activity Research in Older Adults <i>Allison Sefiert, Ph.D.</i></p>	<p>Changing Movement: Who, What, When, Where and Why <i>Eric Dagati, M.S.</i></p>	<p>Transgender Participation Policies of the NCAA and World Rugby: What Every Team Physician Should Know <i>Deena Casiero, M.D. & Hamish Kerr, M.D.</i></p>	<p>Gender Inclusive Fitness: Lesson Learned <i>Mel Adams, Ph.D., Sophia Hatch & Elizabeth Winsor</i></p>	<p>Learn to Teach Squats and Snatches <i>Anna Swisher, Ph.D.</i></p>	<p>Challenging Autism with Exercise <i>David Geslak, B.S.</i></p>
2:20 - 3:20 p.m.	<p>Exercise to Prevent and Treat Hypertension: Late-Breaking News on Exercise Prescriptions that FITT <i>Linda Pescatello, Ph.D., FACSM</i></p>	<p>Transitioning from the Biomechanics Laboratory to the Marketplace: How Do We Move Great Science to Game-Changing Products? <i>Ryan Chapman, Ph.D.</i></p>	<p>Post-Traumatic Headaches and Novel Approaches to Treatment <i>Paul Mathew, M.D.</i></p>	<p>Hounds, Hooves & Human Health: Studying the Physical Activity and Health Benefits of Human-Animal Interaction <i>Katie Potter, Ph.D., Colleen Chase, M.S., Anna-Marie Sylvia, M.S.</i></p>	<p>Swim Tuff: Training, Emergency Medical Planning, and Physiological Variables of a 24 Mile Open Water Swim <i>Christianne Eason, Ph.D., Robert Huggins, Ph.D., David Martin, M.S., Ben Tuff</i></p>	<p>Transgender Athletes: Science and Policy <i>Joanna Harper, M.S.</i></p>
3:30 - 4:30 p.m.	<p>'I want to move my body - right now!' New Ideas about Motivation for Physical Activity <i>Dr. Matthew Stults-Kolehmainen, Ph.D., FACSM</i></p>	<p>*A New Era of Professionalism: Creating an Inclusive Image of the Exercise Science and Sports Medicine Professional (Interactive Panel Discussion) <i>Panel Guests Monica Hall-Porter, Ph.D., David Geslak, B.S., and Joanna Harper, M.S.; Facilitated by NEACSM Student Reps Maggie Morissey and Luke Pelton</i> <i>Note: Student-only event</i></p>	<p>Interesting Fellowship Case Presentations</p>	<p>Lifestyle Interventions for Traumatic Stress (LIFTS): The Potential Role, Rationale, and Evidence for Including Exercise in the Treatment of PTSD <i>James Whitworth, Ph.D.</i></p>	<p>Fueling Around with Food: Nutritional Guidelines for Athletes <i>Jennifer Fields, Ph.D.</i></p>	<p>ATSU Still Standing - Fall Prevention, Community and Confidence Building: A Model for Serving the Older Adult Community and Providing Meaningful Student Learning Experiences <i>Jeff Alexander, Ph.D. & Elton Bordenave, Ph.D.</i></p>
4:35 - 5:05 p.m.	NEACSM Business Meeting - Ballroom A (All registered NEACSM attendees are voting members of the NEACSM)					
5:05 p.m.	President's Reception, Awards & Ronai Academic College Bowl - Ballroom A					

● KEYNOTE
 ● INVITED
 ● FEATURED
 ● PHYSICIAN TRACK
 ● STUDENT EVENT
 ● SPECIAL INTEREST GROUP
 ● NO EVENT

PROGRAM SCHEDULE - FRIDAY, OCTOBER 14TH

All times shown are ET

Time	Room 550	Room 551	Room 552	Ballroom E	Ballroom D	Rotunda
8:00 a.m.	NEACSM Registration Booth Opens					
8:30 - 9:30 a.m.	Imaging the Athlete's Heart <i>Steven Walling, B.S.</i>	NEACSM Biomechanics Interest Group Symposium* - see below for speaker information	Racial Disparities in Sports Medicine <i>Ria Isacke, D.O.</i>	Physical Assessment Tools to Promote Positive Aging: A Practical Workshop <i>Pete Ronai, M.S., FACSOM & Paul Gallo, Ed.D., FACSOM</i>	Oral Posters	Harnessing Mobile Health Strategies to Promote Physical Activity in Latinas <i>Bess Marcus, Ph.D.</i>
9:40 - 10:40 a.m.	Lactogenesis, Metabolic Reprogramming, & Cancer <i>Joshua Loseke, M.S.</i>		Interesting Fellowship Case Presentations			Diversity, Equity and Inclusion: Moving beyond Just Politically Correct Buzzwords - Past President's Lecture <i>Laurie Milliken, Ph.D., FACSOM</i>
10:50 - 12:00 p.m.	● Ballroom A. Clarkson Keynote - Increasing Diversity and Allyship in the NIH - A model for the workplace - <i>Sharon Milgram, Ph.D.</i>					
12:05 - 12:30 p.m.	● NEACSM Special Interest Group Meetings					
	Nutrition	Biomechanics	Psychobiology	Strength and Conditioning	Physiological/Biological Mechanisms	
12:30 - 1:30 p.m.	Lunch/Exhibitors					
1:30 - 2:30 p.m.	Free Comm Presentations	Dynamic Hip Ultrasonography to Evaluate Anterior and Posterior Femoroacetabular Translation <i>Hung Le, M.D., Andrea Stracciolini, M.D., Pierre d'Hemecourt, M.D., FACSOM</i>	Care of the Powerlifter <i>Christian Rose, M.D.</i>	Medical Professionals Are Not Using Evidence-Based Techniques to Assess for the Presence of Cervicogenic Concussion or Cervicogenic Post-Concussion Syndrome <i>Paul Ulluci, Ph.D.</i>	Oral Posters	Considerations for Communicating & Interacting with Diverse Audiences <i>Melissa Roti, Ph.D., FACSOM & Diana Schwartz, DPE</i>
2:35 - 3:35 p.m.	Free Comm Presentations	Master's Presentations	Interesting Fellowship Case Presentations	Bachelor's Presentations		Doctoral Presentations

● KEYNOTE
 ● INVITED
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 ● SPECIAL INTREST GROUP
 ● NO EVENT

*BIOMECHANICS INTEREST GROUP LINE-UP

- 1) "Function of the Foot during Running, Jumping, and Landing" *Justin Wager, Ph.D.*
- 2) "Gait Retraining in Runners" *Robert Gregory, Ph.D.*
- 3) "Powerlifting to Rehab: The Reverse Hyperextension for Low Back Pain?" *Michael Lawrence, M.S.*
- 4) "Utilizing Technology for Clinical Assessment of Vertical Oscillation in Runners" *Matthew Somma, D.P.T.*

SPEAKER BIOS



Knuttggen Keynote Lecture

Thursday, October 13

Rethinking Pain Disparities: The Role of Epigenetic Modifications

Edwin Aroke, PhD
University of Alabama at Birmingham



Invited Lecture

Friday, October 14

Considerations for Communicating & Interacting with Diverse Audiences

Melissa Roti, PhD, FACS and Diana Schwartz, DPE
Westfield State University



Clarkson Keynote Lecture

Friday, October 14

Increasing Diversity and Allyship in the NIH: A Model for the Workplace

Sharon Milgram, PhD
National Institute of Health

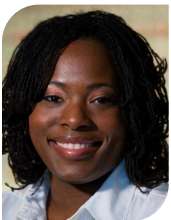


Invited Lecture

Thursday, October 13

Transgender Athletes: Science and Policy

Joanna Harper, MS
Loughborough University



Invited Lecture

Thursday, October 13

Texas Mindset Initiative (TxMI): A Research Practice Partnership to Improve the Student's Experience in STEM and Enhance Inclusive Excellence

Monica Hall-Porter, PhD
University of Texas, Austin



Invited Lecture

Friday, October 14

Harnessing Mobile Health Strategies to Promote Physical Activity in Latinas

Bess Marcus, PhD
Brown University



Invited Lecture

Thursday, October 13

Tackling the (Invisible) Opponent: Supporting Mental Health & Wellness in Elite Athletics

Daryl Nelson, MS
New England Patriots



Past-President's Lecture

Friday, October 14

Diversity, Equity, and Inclusion: Moving Beyond Just Politically Correct Buzzwords

Laurie Milliken, PhD
University of Massachusetts, Boston



Invited Lecture

Thursday, October 13

Challenging Autism with Exercise

David Geslak, BS
Exercise Connection

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EXHIBITORS & FRIENDS



REGISTRATION

To register online use the **NEACSM website**: www.neacsm.org

Pre-registration will be accepted through October 7th. No registrations by phone or mail.

Group registrations: To register a group, contact Martisha Wright at meeting@acsm.org. Group registration information and payments must be submitted no later than September 30th.

Registration Fees - Member Rates: Non-members who choose not to pay member dues must add \$35 to their registration fee.

Early bird cutoff date: September 12th

	Registration before Sept. 12	Registration before Oct. 7	Registration Onsite
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
NEACSM Student Membership (one year)	\$15	\$15	\$15
NEACSM Professional Membership (one year)	\$35	\$35	\$35

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 ten business days prior to the event. No refunds will be granted after October 3, 2022. Substitutions are allowed.

For additional information, please contact Martisha Wright at meeting@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 September 21, 2022 in order to receive the special rates listed below:

The Graduate

11 Dorrance Street
 Providence, RI 02903
 401-421-0700, choose Option 1
[CLICK HERE TO BOOK YOUR ROOM](#)
 Group reservation code:
 2211NEACSM
 \$159.00/night

The Omni Providence

One West Exchange Street
 Providence, RI 02903
 (800) 843-6664
[CLICK HERE TO BOOK YOUR ROOM](#)
 \$189.00/night

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.