

BACK TO THE FUTURE:

FORGING FUTURE HORIZONS THROUGH HISTORY



AMERICAN COLLEGE
of SPORTS MEDICINE
LEADING THE WAY

NEACSM
New England Chapter of the
American College of Sports Medicine



ANNUAL FALL CONFERENCE
OCTOBER 12-13, 2023
MASSMUTUAL CENTER
SPRINGFIELD, MA

WELCOME



On behalf of the 2023 NEACSM Executive Committee and the Program Planning Committee, I am honored and excited to welcome you to this year's fall conference. 2023 will mark 50 years of our organization being the leading resource in the New England

region for exercise science, sports medicine, health, and fitness information. We hope to celebrate this special milestone through the theme "Back to the Future: Forging Future Horizons through History," where we'll highlight changes over the past 50 years, showcasing our successes and examining our challenges. We will also continue to identify the best practices and most promising scientific advancements that will allow us to face future challenges, making this year's meeting a very special commemorative occasion.

Highlighting our program this year are our two keynote lectures. This year, **Dr. Irene Davis**, president of the ACSM and professor in the School of Physical Therapy and Rehabilitation Sciences in the University of South Florida Health Morsani College of Medicine, will deliver the **Knuttgen Keynote Lecture** on Thursday. She'll present an argument for an evolutionary mismatch between the way we were adapted to move and how we are moving today, first proposed by evolutionary biologists to describe the high rate of noncommunicable diseases. On Friday, **Dr. NiCole Keith**, ACSM past president and executive associate dean in the School of Public Health at Indiana University Bloomington, will deliver the **Clarkson Keynote Lecture**. Her presentation will

take a historical look at how thoughtful trailblazers and visionary leaders in our organization began with humble findings to make innovative breakthroughs in both science and medicine, going on to establish unprecedented and groundbreaking opportunities that inspired and continue to motivate others to improving human performance and helping people live longer, healthier lives.

Dr. Nancy O'Hare, senior clinical physiologist at Beth Israel Deaconess Medical Center, will deliver the **Past-President's Lecture**. She'll be describing her leadership journey, which began with exercise physiology training, followed by leadership roles within NEACSM and ACSM, and eventually to the organizational leadership level of Chief Operating Officer. Our exciting lineup of **invited speakers** will include **Dr. James Martin**, associate professor of nutrition and integrative physiology at the University of Utah, who will present his work on integrating supply and demand modeling to explore strategies cyclists can use to improve sprint performance; **Dr. Lara Carlson**, founder and president of the Carlson Laboratory, who will discuss the physiological demands of motorsport for the driver athlete; **Dr. Ernest Rimer**, director of sport science for University of Louisville athletics, who will speak on facilitating comprehensive integration of health and performance support through sport science; **Dr. Elaine Choung-Hee Lee**, associate professor of molecular biology and applied genetics and director of the Human Performance Laboratory at the University of Connecticut, who will provide insight on innovation in sports biomarker, physiological monitoring, and tracking for

It is our hope that, whether you are a student or professional member, we have developed a captivating and diverse program that furthers your professional development.

detecting stress, recovery, and adaptation in diverse populations;

Dr. Azizah Jor'dan from the Manning College of Nursing and Health Sciences, UMass Boston, who will present on vascular mechanisms and brain stimulation for treatment of balance control in aging; and **Dr. Matthew Martinez**, director of sports cardiology and hypertrophic cardiomyopathy at Morristown Medical Center, who will provide a medical perspective on the evolution of shared decision-making in athletes and medical practitioners specific to sudden cardiac death.

In addition to taking advantage of all these great sessions, we invite you to join us Thursday evening for the **NEACSM President's Reception, Student Scholarships, Research Awards**, our very first in-person **President's Cup Student Research Competition** and the **Ronai Academic College Bowl**. It is our hope that, whether you are a student or professional member, we have developed a captivating and diverse program that furthers your professional development. Our New England Chapter humbly began in Springfield Massachusetts 50 years ago and on behalf of NEACSM, we thank you for your dedicated support through the years. For this year's 50th anniversary, we look forward to your continual participation as we return to Springfield!

Chee-Hoi Leong, PhD
President-Elect and Program Chair
Associate Professor & Graduate Program Coordinator
Physical Education & Human Performance
Central Connecticut State University
#NEACSM23



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:

- Expand their knowledge base about cutting-edge research and developments in their field.
- Acquire practical skills and techniques that can be applied in exercise prescription and designing training programs.
- Review evidence-based strategies to prevent and manage sports-related injuries.
- Analyze complex scenarios and develop effective solutions by engaging in case studies, discussions, and workshops that challenge critical thinking skills.
- Engage with experts, share experiences, and establish valuable professional relationships, fostering a collaborative approach to promoting health, performance, and injury prevention.
- Develop enhanced communication skills and learn techniques to facilitate patient education, promote adherence to exercise programs, and effectively collaborate within interdisciplinary teams.

ACCREDITATION

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

SPEAKER BIOS



SPRINGFIELD
COLLEGE

Knuttgen Keynote Lecture

Thursday, October 12

Born to Move: The Effect of Evolutionary Mismatch on Biomechanics and Musculoskeletal Injuries

Irene Davis, Ph.D., P.T., FACSM
University of South Florida Tampa



Invited Lecture

Thursday, October 12

The Driver Athlete: The Physiological Demands of Motorsport

Lara Carlson, Ph.D., FACSM, CSCS
NEACSM President 2007 & 2015
NEACSM Honor Award Recipient 2011



Clarkson Keynote Lecture

Friday, October 13

Creating Spaces Where There Is No Room

NiCole Keith, Ph.D., FACSM
Indiana University-Purdue
University, Indianapolis



MARIST School
of Science
Doctor of Physical Therapy Program

Invited Lecture

Friday, October 13

Translational -omics and Integrative Physiology in the Future of Exercise Science and Sports Medicine: Innovation in Sports Biomarker and Physiological Monitoring and Tracking for Detecting Stress, Recovery, and Adaptation in Diverse Populations

Elaine Chung-Hee Lee, Ph.D.
Associate Professor, Molecular Biology
and Applied Genetics
Director of the EC Lee Laboratory



Invited Lecture

Thursday, October 12

Mind-Body Connection: Vascular Mechanisms and Brain Stimulation Treatment of Balance Control in Aging

Azizah J Jor'dan, Ph.D.
Assistant Professor, Department of
Exercise and Health Sciences
Manning College of Nursing and
Health Sciences, UMass Boston



Past-President's Lecture

Friday, October 13

A Career Opportunity: Leading Change, Operations and Organizational Strategy

Nancy O'Hare, ScD, FACSM, MBA
Clinical Exercise Physiologist
Beth Israel Deaconess Medical Center
Boston
NEACSM President 2002 / NEACSM
Honor Award Recipient 2005



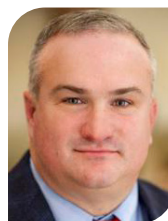
TEAMBUILDER

Invited Lecture

Thursday, October 12

Sprinting for the Win: Insights from Supply & Demand Modeling

James Martin, Ph.D., FACSM
Associate Professor, Nutrition &
Integrative Physiology, University
of Utah



Physician-Track Invited Lecture

Friday, October 13

Shared Decision Making in Athletes - Has the Data Changed the Sudden Cardiac Death Landscape?

Matthew Martinez, M.D.
Director, Sports Cardiology and
Hypertrophic Cardiomyopathy Center
at Morristown Medical Center



Invited Lecture

Friday, October 13

Facilitating Comprehensive Integration of Health & Performance Support through Sport Science

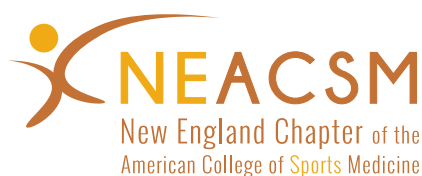
Ernest Rimer, Ph.D.
Director of Sport Science for
University of Louisville Athletics

PROGRAM SCHEDULE - THURSDAY, OCTOBER 12TH

All times shown are ET









Time	Meeting Room 1	Meeting Room 2	Meeting Room 3	Meeting Room 4	Meeting Room 5	Ballroom C
8:00 - 8:30 a.m.	NEACSM Registration Booth Opens					
8:30 - 9:30 a.m.	Exercising in Lycra: Does the quest for lightness enhance performance? <i>Nancy Clark, M.S., FACSM</i>	Training Spinal Cord Injury Clients To Success <i>Warren Bartlett, M.S.</i>	Sprinting for the Win: Insights from Supply & Demand Modeling <i>James C. Martin, Ph.D., FACSM</i>	Muscle Quality - Better understanding muscle function relative to size <i>Jacob Earp, Ph.D.</i>	Exercise to Treat Multimorbidity among Survivors of Interpersonal Violence <i>Michelle Pebole, Ph.D.</i>	Upper Extremity Peripheral Neuropathies <i>Nathan Cardoos, M.D.</i>
9:40 - 10:40 a.m.	Free Comm Pres	Masters Pres	Bachelors Pres	Doctoral Pres	Free Comm Pres	Interesting Fellowship Case Presentations
10:50 - 12:00 p.m.	● (Grand Ballroom A/B) Knuttgen Keynote Born to Move: The Effect of Evolutionary Mismatch on Biomechanics and Musculoskeletal Injuries - <i>Irene Davis, Ph.D., FACSM</i>					
12:00 - 1:05 p.m.	Lunch / Exhibitors / Free Communication Posters					
1:10 - 2:10 p.m.	Early Sport Specialization: Pro's and Con's <i>Peter Morano, Ph.D.</i>	Curb Your Appetite, Not Your Enthusiasm <i>Michael Bruneau Jr., Ph.D.</i>	Oral Poster/ President's Cup Pres	Make more than Personal Training: Making a living with Group Exercise and Semi-Private sessions <i>Cassandra Forsythe, Ph.D.</i>	Dance Medicine and Science: Past, Present, and Future <i>Allison Seifert Gonzales, Ph.D.</i>	Return to Play after Spine Injuries <i>Scott Mallozzi, M.D.</i>
2:20 - 3:20 p.m.	Ergogenic Aids to Enhance Military Performance <i>Lee Margolis, Ph.D.</i>	Clinical Exercise Physiology: Looking Back, Moving Forward <i>Nancy Elizabeth O'Hare, Sc.D., FACSM, MBA</i>	Mind-Body Connection: Vascular mechanisms and brain stimulation treatment of balance control in aging <i>Azizah J Jor'dan, Ph.D</i>	Decreased neural integrity and function in attention-deficit/hyperactivity disorder (ADHD) after repeat sports-related head impacts <i>Madeleine Nowak, Ph.D.</i>	Can Physical Activity Alleviate the Symptoms of Menopause? <i>Sarah Witkowski, Ph.D.</i>	POTS in the Athlete: Clinical Challenges & Multidisciplinary Approaches <i>Allison Schafer, D.O.</i> O.M.T. Training Room: Troubleshooting the Throwing Shoulder <i>Zachary Maass, D.O.</i>
3:30 - 4:30 p.m.	Hydration practices of Cross Country Skiers in New England <i>Suzanne L. Young, Ph.D.</i>	Empowering patients: Using exam rooms to engage physical activity and reduce exercise apprehension <i>Matthew Stults-Kolehmainen, Ph.D.</i>	The Driver Athlete: The Physiological Demands of Motorsport <i>Lara Carlson, Ph.D., FACSM</i>	Heart Rate Recovery: Physiology, Assessment, and Insight It Can Provide Regarding the Autonomic Recovery of Firefighters <i>David J. Cornell, Ph.D.</i>	Research in Female Athletes through the Lens of Low Energy Availability (LEA): A Mini-Review of Low Energy Availability (LEA) in Female Athletes <i>Melissa Lodge, M.S.</i>	Interesting Fellowship Case Presentations
4:35 - 5:05 p.m.	● NEACSM Business Meeting - Ballroom C (All registered NEACSM attendees are voting members of the NEACSM)					
5:05 p.m.	● President's Reception, Awards & Ronai Academic College Bowl - Grand Ballroom A/B					

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



PROGRAM SCHEDULE - FRIDAY, OCTOBER 13TH

All times shown are ET

Time	Meeting Room 1	Meeting Room 2	Meeting Room 3	Meeting Room 4	Meeting Room 5	Ballroom C
8:00 - 8:30 a.m.	NEACSM Registration Booth Opens					
8:30 - 9:30 a.m.	Supporting SSRI Usage in Pregnant Women <i>Tara Whiton, Ph.D.</i>		Facilitating Comprehensive Integration of Health & Performance Support through Sport Science <i>Ernest Rimer, Ph.D.</i>	Field-based Assessments and Exercises for Exercise Professionals: The One-two Punch for Immediate Movement Improvement <i>Peter Ronai, M.S., FACS & Paul Gallo, Ed.D., FACS</i>	Health Benefits of Yoga <i>Pierre Rouzier, M.D.</i>	Facial Trauma in Sports <i>Venkat Subramanyam, M.D.</i>
9:40 - 10:40 a.m.	Awkward Conversations: Managing Patients with Chronic Pain <i>Paul Mathew, M.D.</i>	NEACSM Biomechanics Interest Group Symposium 	Translational -omics and integrative physiology in the future of Exercise Science and Sports Medicine: innovation in sports biomarker and physiological monitoring and tracking for detecting stress, recovery, and adaptation in diverse populations <i>Elaine Choung-Hee Lee, Ph.D.</i>		NEACSM Psychobiology Interest Group Symposium Implementing 24hr Biological and Psychological Monitoring to Address Gaps in Health Support for Military and Veterans	Interesting Fellowship Case Presentations
10:50 - 12:00 p.m.	 (Grand Ballroom A/B) Clarkson Keynote - Creating Spaces Where There is No Room - <i>NiCole Keith, Ph.D., FACS</i>					
12:05 - 12:30 p.m.	 Nutrition	 NEACSM Special Interest Group Meetings  Biomechanics	 Psychobiology	 Strength and Conditioning	 Oral Posters	Oral Posters
12:30 - 1:30 p.m.	Lunch/Exhibitors					
1:30 - 2:30 p.m.	The Impact of COVID-19 on Physical Activity and Related Health Outcomes: Where Do We Go From Here? A Practicum on Community-Based Physical Activity Programming <i>Emily Stevens, Ph.D.</i>	Correlates of Objective Physical Activity among Combat Veterans with PTSD <i>James Whitworth, Ph.D.</i>	Past-President's Lecture A Career Opportunity: Leading Change, Operations and Organizational Strategy <i>Nancy O'Hare, Sc.D., FACS, MBA</i>	The Program Builder Checklist: A Step by Step Approach to Successful Training Programs <i>Eric D'Agati, B.S.</i>	In the Lab vs. In the Trenches: Evidence vs. Anecdote <i>Luke Pelton, Ph.D.</i>	Physician-Track Invited Lecture: Shared Decision Making in Athletes - Has the Data Changed the Sudden Cardiac Death Landscape? <i>Matthew Martinez, M.D.</i>
2:35 - 3:35 p.m.	The then, the now and the how: A new era of promoting physical activity and behavior change in the workplace <i>Nicole Batista, M.PH. & Allison Condo, M.HA.</i>	Mini Symposium Inclusivity for Autistic Populations: Leveling the physical activity playing field from research to practice <i>Ann-Marie Sylvia, M.S., MPH</i>	Relationships between Physical Workloads and Tendon Changes in Athletes: A Critical Review with Additional Considerations of Genetic Influences and Nutritional Interventions <i>Nicholas Kuhlman, M.S.</i> Exercise and the Gut Microbiota <i>Jonathan Larson, M.S.</i>	Cardiovascular Hemodynamics and Imaging <i>Steven Walling, B.S.</i>	Myopathy in Chronic Kidney Disease, can we improve physical function with interventions at the molecular level? <i>Brent Momb, M.S.</i>	Interesting Fellowship Case Presentations

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

***BIOMECHANICS INTEREST GROUP LINE-UP**

- 1) Symposium Chair *Robert Gregory, Ph.D.*
- 2) "Strength, Mobility & Gait Quality - Functional Vital Signs For Older Adults" *Dain Laroche, Ph.D.*
- 3) "Exercises to Activate Deep Lumbar Spinal Muscles for Low Back Pain" *Michael Lawrence, M.S.*
- 4) "Footwear and Foot Function: A Minimal-ish Approach" *Sarah Ridge, Ph.D.*
- 5) "Motor Adaptation to Split-belt Treadmill Walking" *Brian Selgrade, Ph.D.*

***PSYCHOBIOLOGY INTEREST GROUP LINE-UP**

- 1) Symposium Chair *Garrett Ash, Ph.D.*
- 2) "Monitoring Psychological Resilience and Physiological Parameters under Field Training Conditions among Cadets: Study Design and Methodology" *Rachele Pojednic, Ph.D.*
- 3) "Monitoring Psychological Resilience and Physiological Parameters under Field Training Conditions among Cadets: Selection of Wearables" *Amy Welch, Ph.D.*
- 4) "Addressing Motivations of Active and Sedentary Momentary States with New Technological Developments" *Matthew Stults-Kolehmainen, Ph.D.*

FALL 2023 SPONSORS

PRESIDENT'S PARTNER



KEYNOTE & INVITED SPEAKER PARTNERS



CONFERENCE EXHIBITORS AND CONTRIBUTORS



REGISTRATION

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

Pre-registration will be accepted through October 6th. No registrations by phone or mail.

Group registrations: To register a group, contact Heather Turner at (317) 637-9200, ext. 138 or hturner@acsm.org
Group registration information and payments must be submitted no later than September 29th.

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

Early bird cutoff date: September 11th

	Registration before Sept. 11	Registration before Oct. 6	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 2, 2023. Substitutions are allowed. For additional information, please contact meeting@acsm.org

HOTEL ACCOMMODATIONS

Blocks of guest rooms are available for conference attendees at a special rate at two Springfield 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 20, 2023 in order to receive the special rates listed below:

Marriott Springfield Downtown

2 Boland Way
Springfield, MA 01115
413-781-7111

[CLICK HERE TO BOOK YOUR ROOM](#)

\$179.00/night

Holiday Inn Express

145 State Street
Springfield, MA 01103
413-285-8436

[CLICK HERE TO BOOK YOUR ROOM](#)

\$139.00/night

Group Code: NEA

DIRECTIONS TO THE CONFERENCE

MassMutual Center is located in Springfield's downtown section, minutes from hotels, bus, and train stations. Patrons should enter MassMutual Center at the entrance on the corner of Dwight Street and Bruce Landon Way.

[Directions from I-91 and I-90.](#)