

**Central States Chapter
American College of Sports Medicine
Annual Meeting
Thursday, October 20th, 2016**



10:00-11:45	Registration	Reynold's Center Atrium
11:45-12:00	Opening remarks Michelle Gray, Past-President - CSCACSM	Auditorium
12:00-1:00	Hydration for Health Stavros Kavouras, Brendon McDermott, & Matthew Ganio University of Arkansas	Auditorium
1:00-1:15	Break	
1:15-2:00	The Influence of Exercise-Induced Muscle Damage on Endurance Exercise Performance Christopher D. Black University of Oklahoma	Auditorium
1:15-2:00	Physical Activity and Self-Perceptions in Children: Not All times of Day are Equal Erin Howie ¹ , Phoebe Simpson ² , Ashleigh Neil ² , Sian Williams ² , Sue Morris ² , Leo Ng ² ¹ University of Arkansas; ² Curtin University	Seminar A
2:00-2:45	Quantification of Postural Sway in a Concussed Population Using a Smartphone Accelerometer Dave P. Heller ¹ , Brittany Oppland ¹ , & Kelsi Rempe ^{1,2} ¹ Rockhurst University; ² Des Moines University	Auditorium
2:00-2:45	Energy Balance and Health: What do we know, what don't we know, and what should we know? Robin Shook Children's Mercy Hospital	Seminar A
2:45-3:00	Break	
3:00-4:30	Student Oral Presentations Undergraduate Masters Doctoral	Auditorium
4:30-5:30	Student Poster Presentations	Seminar A
5:30	Quiz Bowl Presider: Joe Pujol, FACSM Southeast Missouri State University	Auditorium

**Central States Chapter
American College of Sports Medicine
Fall 2016 MEETING SCHEDULE
Friday, October 21st, 2016**



	Opening remarks Michelle Gray, Past-President - CSCACSM	Auditorium
8:45-9:45	Special Topic on Physical Activity and Aging Larissa Boyd, Jacilyn Olson, & Melissa Powers, University of Central Oklahoma	Auditorium
9:45-10:45	Skeletal Muscle Wasting – An Update from Bench to Countermeasures Nicholas P. Greene ¹ , Tyrone A. Washington ¹ , & Phillip Gallagher ² ¹ University of Arkansas; ² University of Kansas	Auditorium
10:45-11:00	Break	
11:00-11:45	Bridging the Gap: Easier Said than Done Adam Bruenger University of Central Arkansas	Auditorium
11:45-1:30	Gatorade Sports Science Institute Luncheon Sports Nutrition: Current Trends in Fueling Athletes Amy Goodson	Auditorium
		
1:30-2:15	Student Grant Award Presentations Doctoral: Stephanie Kurti (Kansas State University) Masters: Natalie Janzen (Oklahoma University) Doctoral #2: Cory Butts (University of Arkansas)	Auditorium
2:15-3:00	Professional Business Meeting Scott Richmond, Lindenwood University	Auditorium
2:15-3:00	Student Meeting What Does it Mean to Be a Certified Exercise Professional Chris Todden	Seminar A
3:00-3:15	Closing Remarks Michelle Gray, Past-President - CSCACSM	Auditorium