

2023 MARC-ACSM ANNUAL MEETING



**AMERICAN COLLEGE
of SPORTS MEDICINE**
Mid-Atlantic Chapter



NOVEMBER 3-4, 2023

Lancaster Convention Center
25 South Queen St. Lancaster, PA 17603

TABLE OF CONTENTS

Welcome from President Sauers.....	3
2023 MARC Leadership.....	5
2023 State Representatives.....	6
Past Presidents and Executive Directors.....	7
Lancaster Convention Center Floorplans.....	8
Registration Information.....	11
Attendee Information.....	12
Research Awards.....	14
2023 Research Committee.....	15
H. Scott Kieffer Service Award.....	16
Social Media.....	17
Program At-a-Glance.....	18
Keynote Speaker: Dr. Michael Ormsbee.....	20
Past President's Lecture, Dr. H. Scott Kieffer.....	21
Invited Speaker Bios.....	22
Session Sponsors.....	27
Exhibitors.....	28
Map of Exhibitor Booths.....	29
Invited Speaker Schedule-Friday Morning.....	33
Invited Speaker Schedule-Friday Afternoon.....	35
Professional Free Communications- Friday Afternoon.....	40
Research Awards Sessions.....	41
Special Events Schedule-Friday.....	44
Clinical Case Presentations.....	45
Special Interest Groups.....	50
Invited Speaker Schedule-Saturday Morning.....	51
Professional Free Communications- Saturday Morning.....	52
Special Events Schedule- Saturday	55
Poster Sessions.....	60
2024 Annual Meeting.....	83

WELCOME FROM MARC-ACSM PRESIDENT

Greetings MARC-ACSM attendees,

The 2023 MARC-ACSM annual conference will be held Friday, November 3rd and Saturday, November 4th at the Lancaster County Convention Center (LCCC) in Lancaster PA. This year marks the first of many years to come in Lancaster and we are thrilled that you are joining us! We have worked hard over the past year to integrate attendee suggestions and redesign our program to reflect the evolution of our chapter.



If you arrive in Lancaster on Thursday, those who have pre-registered can stop by Federal (2nd floor of LCCC) to pick up your badge (7-9 PM). This is also a great time to register for the social and buy a MARC-ACSM t-shirt. Registration will also be open Friday from 7 AM to 5 PM and Saturday from 7 AM to 9 AM.

Friday morning will feature a variety of topics with invited speakers from around the region. We will have a cancer-focused symposium with Dr. Maxime Caru and Dr. Richard Dunne. James Merritt, from the Gatorade Sports Science Institute, will speak on rest and recovery. Dr. Larry Kenney from Penn State will have a session focused on environmental physiology. Our newly formed Exercise is Medicine Committee will host a faculty-focused workshop on integrating EIM onto our regional campuses.

Everyone will come together at 11 AM on Friday for our Keynote Address. I'm delighted that Dr. Michael Ormsbee from Florida State University will deliver the Keynote address titled "Night fuel: Unpacking the Sleepy Secrets of Pre-Sleep Feeding" Following the Keynote, please enjoy a complimentary box lunch to fuel up for our poster presentations. This year, we have changed our poster presentation format to free communications. The poster presentation time is unopposed, so all attendees can walk through our poster session. Poster set-up begins Friday from 8 AM to 10 AM. Presenters will be available from 1 PM to 2:30 PM. Members of the Research Committee will be on hand to evaluate all posters with poster awards announced on Saturday during the awards ceremony.

Friday afternoon will feature Dr. Chris Martens and Dr. Curtis Johnson as they discuss their work at the Delaware Center for Cognitive Aging Research. Students will enjoy a workshop on entrepreneurship with brothers Chris and Eric Martinez of Dynamic Fit Pros. Faculty members looking for information on CAAHEP Accreditation will enjoy a workshop led by Gina Cortese, Executive Director of CoAES. Friday afternoon will also include presentations by the student Research Award finalists, Early Investigator Awards presentations, Meet the Experts (for students) and a professional member symposium. We will close out Friday with the College Bowl competition (which is always a good time) and a new student & faculty social.

For those that are interested, we will have a social Friday evening at Lancaster Silverball (inside the Lancaster Barnstormers baseball stadium) which is within walking distance (or a short Uber) from the LCCC. All attendees are welcome! The social is free of charge but a ticket is needed for entry; you can get your ticket outside of registration on Thursday and Friday. Attendees can enjoy complimentary appetizers and arcade games; a cash bar will be available.

Saturday morning kicks off with the return of Special Interest Groups (SIGS). This year, we have SIGs for Nutrition, Cancer, Biomechanics, and Clinical Exercise Physiology. Following SIG meetings, we have a busy morning of talks. Dr. Ana Ebrahimi, President of International Women in Biomechanics Inc. will discuss the promotion of women in biomechanics. Dr. Tony Ricci will discuss cutting weight in mixed martial arts (MMA). Dr. Troy Roepke, Associate Dean of Diversity, Equity, and Inclusion at Rutgers will present on mentoring and inclusion. Students will enjoy an informative workshop on applying to graduate school, led by former MARC President Dr. Kevin Heffernan.

At 10:30 on Saturday morning, we will all come together for the Past-President's Lecture, delivered by Dr. Scott Kieffer. Dr. Kieffer's talk is titled "Caffeine and Performance: Unraveling "a Few" of the Genetic and Inter-individual Influences." Following, we will close the 2023 MARC-ACSM meeting with our awards ceremony where we will present awards for research, poster presentations, outstanding undergraduates, and the College Bowl Winners. We will also present the annual H. Scott Kieffer Service Award. I'm honored to announce that this year's recipient is Dr. Melissa Reed from West Chester University. We have more awards than ever before and are looking forward to recognizing and honoring the stars of the MARC region.

Thank you for joining us at MARC-ACSM this year. We are thrilled to host you in our new home in Lancaster.

Emily J. Sauers, PhD, FACSM
MARC-ACSM President
Our Lady of the Lake University

2023 MARC-ACSM LEADERSHIP



EXECUTIVE DIRECTOR

Stephen LoRusso, Ph.D.
Mid-Atlantic ACSM



ASSOCIATE EXECUTIVE DIRECTOR

Joohee Sanders, Ph.D.
Shippensburg University



PAST PRESIDENT

Michael Bruneau Jr., Ph.D.
Drexel University



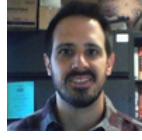
PRESIDENT

Emily Sauers, Ph.D., FACSM
Our Lady of the Lake University



PRESIDENT ELECT

Rian Landers-Ramos, Ph.D.
Towson University



VICE PRESIDENT

Peter Hosick, Ph.D., FACSM
Montclair State University



SECRETARY

Racine Emmons, Ed.D.
William Paterson University



MEMBER AT LARGE

Sushant Ranadive, Ph.D.
University of Maryland



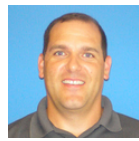
MEMBER AT LARGE

Deborah King, Ph.D.
Ithaca College



MEMBER AT LARGE

Chris Harnish, Ph.D.
Mary Baldwin University



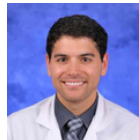
MEMBER AT LARGE

Brian Larouere, Ph.D.
Seton Hill University



PHYSICIAN AT LARGE

Jessica Butts, M.D.
Penn State Hershey Medical Center



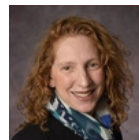
PHYSICIAN AT LARGE

Joseph Andrie, M.D.
Penn State Hershey Medical Center



STUDENT REPRESENTATIVE

Cynthia Weiner
University of Maryland



REGIONAL REPRESENTATIVE

Sara Campbell, Ph.D., FACSM
Rutgers University

2023 MARC-ACSM STATE REPRESENTATIVES



DE STATE REPRESENTATIVE

Melissa Witman, Ph.D.
University of Delaware



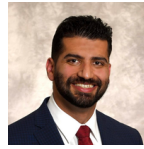
NJ STATE REPRESENTATIVE

John Guers, Ph.D.
Rider University



MD STATE REPRESENTATIVE

Timothy Werner, Ph.D.
Salisbury University



MD STATE REPRESENTATIVE

Masoud Maghaddam, Ph.D.
University of Maryland Eastern Shore



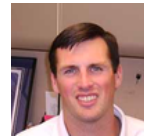
NY STATE REPRESENTATIVE

Stephen Ives, Ph.D.
Skidmore College



NY STATE REPRESENTATIVE

Justin Faller, Ph.D.
SUNY Brockport



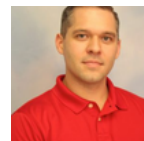
PA STATE REPRESENTATIVE

Brandon Snyder, D.H.Sc.
East Stroudsburg University



PA STATE REPRESENTATIVE

Jim Roberts, Ph.D.
Edinboro University



WV STATE REPRESENTATIVE

Jason Metz, Ph.D.
West Liberty University

If interested in serving as a state representative, please email Dr. Sara Campbell at saracamp@kines.rutgers.edu

PAST MARC-ACSM PRESIDENTS AND EXECUTIVE DIRECTORS

Past Presidents

2022- Michael Bruneau, Jr.
2021- Devon Dobrosielski
2020- Melissa Reed
2019- Kevin Heffernan
2018- David Edwards
2017- Sara Campbell
2016- Michael Holmstrup
2015- Scott Mazzetti
2014- Gene Hong
2013- Eric Rawson
2012- Bill Farquhar
2011- H. Scott Kieffer
2010- Kristie Abt
2009- Jim Roberts
2008- Steven Siconolfi
2007- Mark Sloniger
2006- Matthew Kerner
2005- Jill Kanaley
2004- Shala Davis
2003- Dan Drury
2002- Brad Hatfield
2001- Carlos Crespo
2000- Ross Anderson
1999- Betsy Keller
1998- Sam Case
1997- Michael Cox
1996- Karen Mittleman
1995- Thomas Doubt
1994- W. Craig Stevens
1993- M. Paternostro-Bayles
1992- M. Paternostro-Bayles
1991- Gary Sforzo
1990- Tim McConnell
1989- H. Robert Perez
1988- Elsworth Buskirk
1987- Robert Otto

Past Executive Directors

2020- Present- Stephen LoRusso
2012-2020- H. Scott Kieffer
2009-2012- Dan Drury
2001-2009- W. Craig Stevens
1985-2001- Ed Zambraski

LANCASTER CONVENTION CENTER FLOOR PLANS: LEVEL ONE



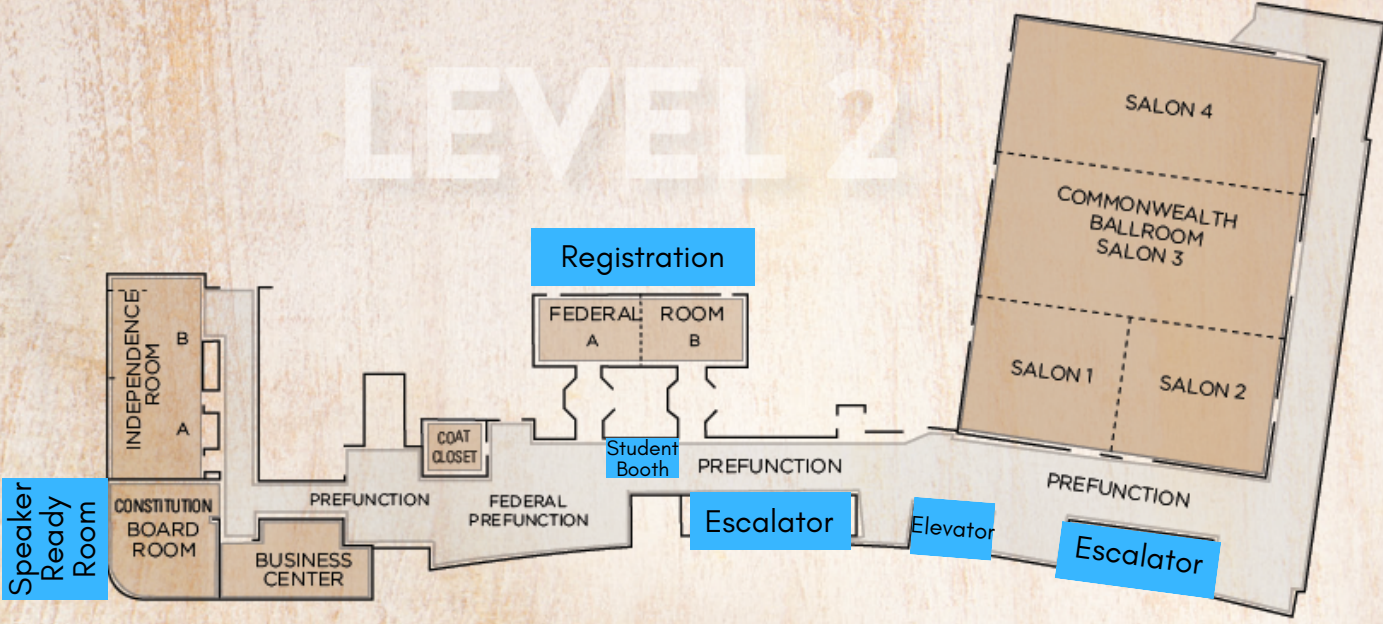
LANCASTER CONVENTION CENTER

FLOOR PLANS: LEVEL TWO



INDEPENDENCE ROOM
FEDERAL ROOM
CONSTITUTION BOARD ROOM
COMMONWEALTH BALLROOM
BUSINESS CENTER

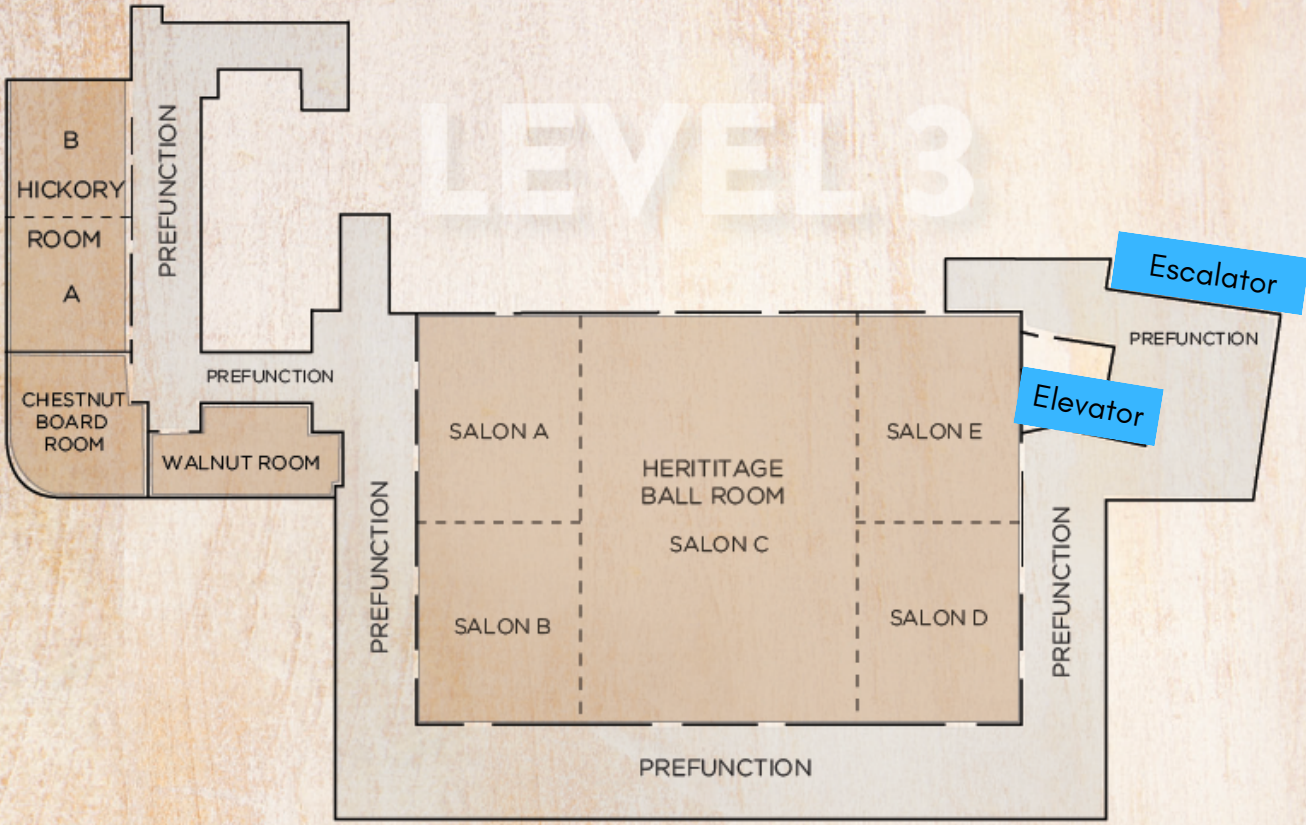
LEVEL 2



LANCASTER CONVENTION CENTER FLOOR PLANS: LEVEL THREE



HERITAGE BALLROOM
HICKORY ROOM
WALNUT ROOM
CHESTNUT BOARD ROOM



REGISTRATION INFORMATION

PRE-REGISTRATION PICK-UP TIMES

FEDERAL ROOM A (LEVEL 2)

THURSDAY 7-9 PM

FRIDAY 7 AM-5 PM

SATURDAY 7-9 AM

ON-SITE REGISTRATION TIMES

FEDERAL ROOM B (LEVEL 2)

FRIDAY 7 AM-5 PM

SATURDAY 7-9 AM

ATTENDEE INFORMATION

CONTINUING EDUCATION CREDITS

MARC-ACSM is an approved CEC provider for ACSM. Your CEC Certificate will be available for download from the MARC-ACSM website after the meeting has concluded. The ACSM's Professional Education Committee certifies that this Continuing Education offering meets the criteria for 10 credit hours of ACSM Continuing Education Credit (CEC).

SPEAKER READY ROOM

The Speaker Ready Room will be in the Constitution Board Room (Level 2)

Those presenting in **Professional** and **Student Awards sessions**, participants are asked to bring their PowerPoint presentations on a jump drive to the speaker ready room at their earliest convenience, but no later than 2 hours prior to the start of their session, e.g. before 11 am for a session that begins at 1 pm, regardless of when the speaker speaks during that session.

Invited speakers are asked to bring their PowerPoint presentation on a jump drive and load it directly to the computer in their presentation space 15 minutes prior to the start of their session. Invited speakers are welcome to test their PowerPoint presentation in the speaker ready room on a computer similar to those in the presentation spaces. For the convenience of all our speakers, the speaker ready room will be open during the following hours:

Thursday, November 2nd 6:30 - 7:30 pm

Friday, November 3rd 7:30 am - 11 am; 12:30 - 3 pm

Saturday, November 4th 8 am - 10am

PAST PRESIDENT'S LECTURE & AWARDS CEREMONY - SATURDAY 10:30 AM

Please join us on Saturday for the Past-President's Lecture. Immediately after the talk, we will award trophies, certificates, and checks to all our award winners: The Mathew Kerner Undergraduate Research Award, the Master's and Doctoral Graduate Student Research Awards, the Presidents Cup winner, and the College Bowl winners. The Early Career Investigator Award will also be presented. We will also acknowledge the recipients of the Poster Presentation Awards and recognize the University-nominated Undergraduates of the Year.

ATTENDEE INFORMATION

FACULTY AND STUDENT SOCIAL

Join us for the first joint faculty and student social at Lancaster Silverball on Friday at 7:30 PM. Enjoy free appetizers and arcade-style games. A cash bar will be on-sight. The Lancaster Silverball is located a short walk away from the Convention Center and hotel. Tickets are free but space is limited, so please be sure to get a ticket outside of registration when you pick up your badge (Federal Room - Level 2)

21 min (0.9 mile)
via S Queen St
Mostly flat

⚠ Use caution—walking directions may not always reflect real-world conditions

Lancaster Marriott at Penn Square
25 S Queen St, Lancaster, PA 17603

- ↑ Head south toward Penn Square/S Queen St
10 ft
- ↘ Sharp right onto Penn Square/S Queen St
📍 Continue to follow S Queen St
0.6 mi
- ↙ Turn left toward N Prince St
0.1 mi
- ↘ Turn right onto N Prince St
43 ft
- ↙ Turn left at W Frederick St
69 ft
- ↘ Turn right
📍 Destination will be on the right
469 ft

Lancaster Silverball
650 N Prince St, Lancaster, PA 17603

The map displays a route from the Lancaster Marriott at Penn Square to the Lancaster Silverball. The route is marked with a blue line and includes several walking time segments: 22 min (1 mile) from the hotel to the Silverball, and three 21 min (0.9 mile) segments for the return journey. The map also shows various landmarks, including Marshall College, Lancaster Arts Hotel, and several restaurants and cafes.

MARC-ACSM RESEARCH AWARDS

Matthew Kerner Undergraduate Student Investigator Award

Eligible individuals are any current or recently graduated UG student. Recently graduated students regardless of current employment status (i.e. professionally employed or enrolled in a Master's level program) are eligible provided the work was completed as an undergraduate student and they are not more than one semester removed from UG graduation. The purpose of this award is to recognize and support undergraduate student investigative research. The winner receives a plaque and \$250. All undergraduate students who submit an abstract for a Free Communications/Slide presentation at the MARC Regional Chapter Meeting will be eligible for this award. The award is based on the quality of the submitted abstract and the presentation at the meeting. All abstracts will be evaluated, but only the top abstracts will have their presentations evaluated.

Master's Student Investigator Award

Eligible individuals are any current or recently graduated Master's level student. Recently graduated students regardless of current employment status (i.e. professionally employed or enrolled in a PhD level program) are eligible provided the work was completed as a Master's student and they are not more than one semester removed from graduation with their Master's degree. The purpose of this award is to recognize and support Master's level student investigative research. The winner receives a plaque and \$400. All Master's level students who submit an abstract for a Free Communications/Slide presentation at the MARC Regional Chapter Meeting will be eligible for this award. The award is based on the quality of the submitted abstract and the presentation at the meeting. All abstracts will be evaluated, but only the top abstracts will have their presentations evaluated.

Doctoral Student Investigator Award

Eligible individuals are any current or recently graduated student in a doctoral or medical program. Students that recently completed their doctoral or medical program are eligible provided they are currently employed as a post-doctoral fellow or equivalent (those employed in faculty positions are NOT eligible) and they are not more than one semester removed from their doctoral or medical program completion. The purpose of this award is to recognize and support graduate student investigative research. The winner receives a plaque and \$500 to be used to defray either travel costs to the National ACSM meeting or her/his research expenses. All doctoral or medical students who submit an abstract for a Free Communications/Slide presentation at the MARC Regional Chapter Meeting will be eligible for this award. The award is based on the quality of the submitted abstract and the presentation at the meeting. All abstracts will be evaluated, but only the top abstracts will have their presentations evaluated.

2023 RESEARCH COMMITTEE

The MARC-ACSM Executive Board would like to thank the 2023 Research Committee for their hard work in reviewing abstract submissions and evaluating research award nominees.

Sushant Ranadive, Committee Chair
Chris Harnish, Committee Co-Chair

University of Maryland
Mary Baldwin University

Amy Alnutt
Elizabeth Bell
Maxime Caru
Justin DeBlauw
Pragya Sharma Ghimire
Kristen Koltun
Sara Kovacs
Karla Kubitz
Erik Lind
Candace Longoria
Masoud Maghaddam
Julia Olsen
Lauren Pacinelli
Joseph Pierce
Steven Prior
Emily Ryan
Drue Stapleton
Joe Stock
Andrew Venezia
Melissa Whidden
S. Tony Wolf

Marymount University
Towson University
Penn State
Skidmore College
Kean University
University of Pittsburgh
Temple University
Towson University
SUNY Cortland
Rutgers University
University of Maryland Eastern Shore
Delaware State University
Frostburg State University
United States Army Public Health Center
University of Maryland
West Virginia University
Rider University
University of Delaware
University of Scranton
West Chester University
The Pennsylvania State University

H. SCOTT KIEFFER SERVICE AWARD

The MARC-ACSM Executive Board honors and recognizes Dr. Melissa Reed from West Chester University as the 2023 recipient of the H. Scott Kieffer Service Award.

Melissa A. Reed, PhD, FACSM, ACSM C-EP, EIM has been a part of the American College of Sports Medicine since 1998. She was a member of MARC-ACSM as an undergraduate student member while at East Stroudsburg University and a member of SEACSM while completing her graduate degrees at East Carolina University. She rejoined MARC-ACSM in 2011 after accepting a position in the Kinesiology Department at West Chester University.



Dr. Reed joined the MARC-ACSM research review committee in 2012 and participated in review of abstracts and scoring of awards at the MARC Annual Meeting. In 2013, she was elected to the MARC-ACSM executive board as a Member-at-Large responsible for overseeing the research committee. Following her term as member-at-large, she was elected Vice-President of MARC-ACSM and held that role from 2015-2017. Dr. Reed served as the MARC-ACSM Regional Representative from 2017-2018. In 2019, Dr. Reed was elected to a three-year Presidential term in MARC-ACSM and was tasked with planning the 2020 MARC-ACSM Annual Meeting. As you may remember, 2020 was a challenging and interesting year for meeting planning. Dr. Reed and the fantastic executive board worked tirelessly to plan and deliver the first virtual MARC-ACSM Annual Meeting. She is currently chairing the regional Exercise is Medicine committee and is excited to be involved with the planning and moderating of the Exercise is Medicine symposium at the MARC-ACSM Annual Meeting this year in Lancaster, PA. Dr. Reed was awarded Fellowship in ACSM in 2020 and is currently a member of the Credentials Committee. She previously was appointed to, and served a three-year term on the Exercise is Medicine Education committee. In addition, she has been a site visitor for the Committee on Accreditation for the Exercise Sciences (CoAES) and enjoys working with exercise science programs seeking accreditation.

Please join us in congratulating and thanking Melissa Reed for her service to the MARC-ACSM.

SOCIAL MEDIA: FOLLOW MARC-ACSM



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@MidAtlantic Region of the ACSM



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Lancaster Marriott and Convention Center

**TAG US THROUGHOUT THE MEETING
USING #MARC23**

PROGRAM AT A GLANCE: FRIDAY

Time	Title	Speaker(s)	Room
8:00 AM - 9:30 PM	Clinical Sessions and Cases	Various	Hickory
8:00 AM - 10:00 AM	Poster Setup		Commonwealth Ballrooms
9:00 AM	Is there a right time to be physically active in pediatric oncology	Dr. Maxime Caru	Heritage AB
9:00 AM	Making the Case for Exercise Prescriptions in Routine Oncology Practice: Successes and Hurdles	Dr. Richard Dunn	Heritage AB
9:00 AM	GSSI Symposium: Prescribing rest: How to optimize recovery	James Merritt, MS, CSCS	Heritage C
9:00 AM	Growing older in a hotter world	Dr. Larry Kenney	Heritage DE
9:00 AM	EIM-OC: Fostering a healthy campus: Getting started and leveling up	Dr. Jason Metz, Dr. Lakisha Nickens-Gaither, Dr. Melissa Reed, & Dr. Joy Urda	Independence
10:00 AM	Break/Expo/Unattended poster viewing		Prefunction & Commonwealth Ballrooms
11:00 AM	Keynote Lecture- Night fuel: Unpacking the sleepy secrets of pre-sleep feeding	Dr. Michael Ormsbee	Heritage Ballrooms
12:15 PM	Boxed Lunch Provided		Prefunction Outside Heritage Ballrooms
1:00 PM	Poster presentations	Various	Commonwealth Ballrooms
3:00 PM	Undergraduate Student Award Presentations		Independence
3:00 PM	Doctoral Student Award Presentations		Heritage AB
3:00 PM	Modifiable Risk Factors for Age-related Dementia: Insights from the Delaware Center for Cognitive Aging Research	Dr. Chris Martens	Heritage C
3:00 PM	Brain Tissue Mechanics: A Sensitive Window to Neural Health	Dr. Curtis Johnson	Heritage C
3:00 PM	Maximizing profits and influence: Strategies for health and fitness professionals to leverage their personal brand	Chris and Eric Martinez	Heritage DE
3:45 PM	Early Investigator Award Recipient Presentations	Dr. Tony Wolf, Dr. Kate Jochimsen, & Dr. Justin DeBlauw	Hickory
4:30 PM	Meet the Experts	Dr. Michael Ormsbee, Chris Martinez, Eric Martinez, Dr. Troy Roepke, & Dr. Maxime Caru	Independence
4:30 PM	Masters Student Award Presentations		Heritage AB
4:30 PM	Faculty Workshop: Accreditation	Gina Cortese Shipley, M.S.	Heritage C
4:30 PM	Professional Free Communications		Heritage DE
5:15 PM	Check-in for College Bowl		Commonwealth Ballrooms
5:30 PM	Research Committee Meeting (Private event)		Hickory
5:30 PM	College Bowl		Commonwealth Ballrooms
7:30 PM	Faculty and Student Social		Lancaster Silverball

Please see page 12 for information about the speaker-ready room.

PROGRAM AT A GLANCE: SATURDAY

Time	Title	Speaker(s)	Room
7:00 AM	MARC Executive Board Meeting (Private Event)		Hickory
8:00 AM	Special Interest Group Meetings		Various
9:00 AM	Professional Free Communications	Various	Commonwealth 1 & Hickory
9:00 AM	Student Workshop: Navigating Grad School	Dr. Kevin Heffernan	Commonwealth 2
9:00 AM	Systematic Strategies for Weight- Cutting in MMA	Tony Ricci	Commonwealth 3
9:00 AM	Mentoring to increase inclusion in scientific space	Dr. Troy Roepke	Commonwealth 4
9:00AM	Promoting, Supporting, and Sustaining the Careers of Women in Biomechanics	Dr. Ana Ebrahimi	Independence
10:30 AM	Past-President's Lecture - Caffeine and performance: Unraveling a "few" of the genetic and inter-individual influences	Dr. H. Scott Kieffer	Heritage Ballrooms
11:15 AM	Award Ceremony		Heritage Ballrooms

Please see page 12 for information about the speaker-ready room.

KEYNOTE SPEAKER

Michael Ormsbee, Ph.D., FISSN, FACSM, CSCS*D

Michael J. Ormsbee is a Professor and Graduate Program Director in the Department of Nutrition & Integrative Physiology, the Director of the Institute of Sports Sciences & Medicine at Florida State University, and an honorary research fellow at the University of Kwa Zulu-Natal in South Africa. He is also a fellow of the American College of Sports Medicine, and the International Society of Sports Nutrition and is a Certified Strength & Conditioning Specialist through the National Strength & Conditioning Association. His research expertise involves the interaction of exercise training, nutrition, and supplementation to improve metabolism and achieve optimal body composition, human performance, and health in both athletic and clinical populations. Dr. Ormsbee was honored as the 2014 FSU Teacher of the Year, 2017 Nutrition Researcher of the Year (NSCA), 2018 FSU Graduate Student Mentor of the Year, 2020 FSU Distinguished Teacher of the Year, and the 2020 Sport Scientist of the Year (NSCA). His course, "Changing Body Composition Through Diet and Exercise" is available through The Great Courses and his textbook, "Exercise Physiology for Health, Fitness, and Performance, 6th edition" is available online. Follow him @mikeormsbee



Join us for Dr. Ormsbee's keynote address on Friday, November 3 in the Heritage Ballroom.

PAST-PRESIDENT'S LECTURE

H. Scott Kieffer, Ed.D.

Scott is a Professor of Exercise Physiology at Messiah University and teaches courses that include Chronic Disease and Exercise, Research Methods, and Gross Anatomy. Scott combines his passion for teaching and undergraduate research to offer students experiential learning experiences in the classroom, lab and through research. During his tenure at Messiah University, his work in the classroom and through student engagement has been recognized by the institution by being awarded the Outstanding Teaching Award at both the junior and the full professor levels. Scott has served MARC-ACSM in as a Member-at-Large, President, Past-President and for ten years as the Executive Director.

Join us for the conference's final speaker address in Heritage Ballrooms before the MARC-ACSM Award Ceremony on Saturday, November 4.



2023 INVITED SPEAKERS

W. Larry Kenney, Ph.D., FACSM, FAPS



Dr. Larry Kenney is the Marie Underhill Noll Chair in Human Performance and Professor of Physiology and Kinesiology at the Pennsylvania State University. Dr. Kenney was awarded the prestigious Faculty Scholar Medal by Penn State for his research contributions and has published 2 books, more than 240 journal articles, and dozens of book chapters on the topic of human responses to exercise, heat and cold stress, and dehydration as well as the biophysics of heat exchange between humans and the environment. His research was continuously funded by NIH from 1986 through 2015, one of the longest-running R01 grants, and he continues to be funded by that organization. He has mentored 38 M.S. and Ph.D. students throughout his career along with 8 postdoctoral fellows and numerous undergraduate scholars. Dr. Kenney is the primary author of *Physiology of Sport and Exercise*, a best-selling textbook in exercise physiology now in its 8th edition; it has been translated into 13 languages. He served as President of the American College of Sports Medicine from 2003-04 and received the Honor Award from that organization in 2022. He is also a fellow of the American Physiological Society (APS) and was presented with the Adolph Distinguished Lectureship Award by APS in 2017. He was the former chair of the Gatorade Sports Science Institute and serves on many scientific advisory panels including Nike's Science Advisory Board.

Maxime Caru, Ph.D.

Dr. Maxime Caru has a PhD in exercise physiology and a PhD in psychology. He is currently an assistant professor dual-appointed to the Department of Pediatrics, Division of Hematology and Oncology, and to the Department of Public Health Sciences at Penn State University College of Medicine. His research focuses on physical activity, health behavior changes, and patient-reported outcomes in children, adolescents, and young adult patients diagnosed with cancer. Dr. Caru leads the research on exercise and pediatric oncology at the Pennsylvania State Health Children's Hospital.



Richard Dunn, MD, MS

Dr. Dunne is an Associate Professor of Medicine and the Leader of the Gastrointestinal Cancer Program at the University of Rochester Medical Center and the Wilmot Cancer Institute. He is a medical oncologist who specializes in the care of patients with colorectal, gastroesophageal, and pancreatic cancer. His research is focused on the development of novel therapies for these cancers as well as the development of interventions for cancer-associated weight and muscle loss. He is the study chair and Principal Investigator for the NIH and Cancer Research UK funded LOTUS study which seeks to develop and define new diagnostic subtypes of cancer cachexia.



Joy Urda, Ph.D.

Dr. Urda is an Associate Professor in the Exercise Science Program at Slippery Rock University. Dr. Urda has worked as part of a team of faculty to implement an Exercise Is Medicine program on the campus of SRU since 2011. SRU is recognized as having earned GOLD level status by implementing an EIM program in which senior level exercise science students receive exercise referrals from the Student Health Center, which includes physical activity as a vital sign at all student visits. Most recently, the referral program has been extended to local physician offices. Additionally, The EIM program at SRU has implemented educational programs and opportunities for exercise and physical activity for faculty, staff, and local community members. Dr. Urda enjoys her work to promote the health benefits of exercise and a culture of wellness at SRU.



2023 INVITED SPEAKERS

Curtis L. Johnson, Ph.D.



Curtis Johnson is an Associate Professor in the Department of Biomedical Engineering at the University of Delaware. He received his Ph.D. in Mechanical Engineering in 2013 from the University of Illinois at Urbana-Champaign. His research group develops and uses MRI method to measure the integrity of human the brain through tissue mechanical properties. Dr. Johnson uses these methods to understand the structure, function, and health of the brain in different populations. In particular, he has a research emphasis on brain health in older adults, memory impairment, and exercise intervention through the Delaware Center for Cognitive Aging Research. He has received several awards including being named a Junior Fellow of the International Society for Magnetic Resonance in Medicine (ISMRM), receiving the Early Career Researcher Award from the Journal of the Mechanical Behavior of Biomedical Materials, and the Gerard Mangone Young Scholar Award from the University of Delaware.

Christopher R. Martens, Ph.D.

Christopher Martens is an Associate Professor in the Department of Kinesiology & Applied Physiology at the University of Delaware and Director of the Delaware Center for Cognitive Aging Research. Dr. Martens is interested in understanding the association between midlife cardiometabolic risk factors and late-life dementia with a primary focus on mechanisms of cerebrovascular dysfunction. His laboratory uses a range of techniques including cell culture, ultrasound, and magnetic resonance imaging (MRI) to investigate mechanisms of brain aging in humans. Dr. Martens is currently funded by the National Institutes of Health (NIH) to investigate the role of dietary added sugar intake on cerebral blood flow and brain tissue integrity in midlife adults and he is leading a clinical trial investigating a novel NAD+boosting compound for improving brain health in older adults with mild cognitive impairment, a prodromal form of Alzheimer's disease.



Chris Martinez, CPT, CSCS and Eric Martinez, CPT, CSCS



Chris and Eric are Business coaches and owners of "The Dynamic Fit Pros" where they help health and fitness coaches create more income, impact, influence, and independence in their coaching businesses. Along with being #1 International Best-Selling Authors, Podcasters, and Speakers. Chris and Eric have worked with over 800 health & fitness coaches to help them build their online businesses and scale them. After investing in high-level business mastermind's groups, elite coaching days with business and marketing coaches, losing \$250k in mistakes, and having an online business for the last 10 years, Chris and Eric's mission now is to pass on their gifts and expertise to other fitness coaches. Chris and Eric have also built a six-figure online fitness coaching business by the name of Dynamic Duo Training and have worked with thousands of people via online and in person to help them look better, feel better, perform better, and live a dynamic lifestyle through training, nutrition, mindset, personal development, and lifestyle practices. As successful entrepreneurs themselves, Chris and Eric believe that everyone has the right to an abundant lifestyle, and the responsibility to help others have the same. They practice what they preach on a daily basis and that's to live a dynamic lifestyle, which in their eyes means to keep evolving in life, health, wealth, love, happiness, and to never live a static and complacent lifestyle. Be excited every morning and reach for the stars, you deserve it.

Website: <https://dynamicfitpros.com/>

2023 INVITED SPEAKERS

James Merritt, MA, CSCS, ACSM-EP



James is a scientist at the Gatorade Sport Science Institute (GSSI) in Valhalla, New York. Before joining GSSI, James received his master's degree in exercise & sport science at the University of North Carolina. During his graduate studies, he conducted neuromuscular function research focusing on identifying ways to decrease fall risk and injuries in tactical occupations (e.g. firefighters) and worked as a sport science and coaching intern at Athletic Lab Performance Training Center, training athletes on the North Carolina Football Club and North Carolina Courage in the weight room. In his spare time, James enjoys spending time with his wife and dogs, playing golf, and weightlifting.

Tony Ricci, Ed.D., MS, FISSN, CSCS, PES, CES, CNS

Tony is an Assistant Professor for Health and Human Performance, as well as an Adjunct Professor for the Dept. of Psychology and Neuroscience at Nova Southeastern University. For the past 35 years, he has dedicated his energies and career to the study of Human Performance. Along with teaching in the disciplines of Sport Science, Nutrition Science, and Sport Psychology, he is the owner and founder of Fight Shape International, a multi-discipline performance enhancement company, through which he has coached scores of professional athletes in fight-sports, including 7 World Champions in MMA, Boxing, and Kickboxing; and consults on Mental Performance across all sports and movement arts. Tony holds a Doctorate in Sport Psychology and his research focus is in Sport Neuroscience, investigating Motor Development, Motor Imagery and Psychomotor Learning. He holds certifications as a Strength and Conditioning Specialist, Board Certified Nutritionist, and Certified Mental Performance Consultant. He also serves on the Science Advisory Boards for the International Society of Sports Nutrition, The Society for Sports Neuroscience, he is published in numerous peer-reviewed journals. Tony continues to be requested internationally to speak on his areas of expertise.



Anahid (Ana) Ebrahimi, Ph.D.



Ana Ebrahimi received her B.S. in Biomedical Engineering at the University of California-Davis in 2012 and her Ph.D. in Mechanical Engineering at the University of Delaware in 2018. As a postdoctoral fellow at the University of Wisconsin-Madison, her research focused on understanding the muscle-tendon mechanics driving gait in cerebral palsy. She joined the National Institutes of Health as a AAAS Science and Technology Policy Fellow from 2021-2022 and is currently a Health Program Specialist in the National Institute of Neurological Disorders and Stroke (NINDS) Office of Programs to Enhance Neuroscience Workforce Diversity. Ana is passionate about diversifying the STEM workforce, and has spent a decade leading initiatives that support underrepresented groups in STEM. She is the Co-founder and current President of the International Women in Biomechanics (IWB), Inc. 501(c)(3) nonprofit, which is a community that serves over 700 women and underrepresented genders in the biomechanics field in gaining support, visibility, and allyship as they progress through their careers.

Kileigh Hess, MS, LAT, ATC, PES

Kileigh earned her Masters (2017) and Undergraduate (2016) Athletic Training Degrees at California University of Pennsylvania. She has been with Penn State Health for 5 years, where she currently is the Sports Medicine Coordinator and the Head Athletic Trainer for the Harrisburg Heat. Kileigh has also had the opportunity to provide athletic training coverage in a variety of different settings including the performing arts, industrial and professional sports all while at Penn State Health. She currently is serving as a committee member for the Penn State Health Sports Medicine Symposium and a Lebanon Valley College Preceptor for Athletic Training Students.



2023 INVITED SPEAKERS

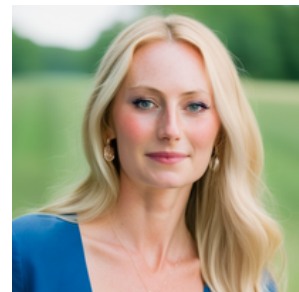
Troy A. Roepke, B.S., M.A., Ph.D.



Dr. Roepke is an Associate Professor at Rutgers University, where they study the interactions of gonadal steroids (estrogens), diets, and endocrine disruptors on the physiological and neurological processes including reproduction, energy homeostasis, stress, cognition, and mood, with a current focus on chronic stress models and the role of corticotropin-releasing hormone signaling and the effects of perinatal and adult exposures to organophosphate flame retardants on metabolism, stress, and cognition/memory. They received a doctorate in Physiology with a designated emphasis in Reproductive Biology from the University of California, Davis in 2005. Their postdoctoral training was at Oregon Health & Science University studying the neuroendocrinology of estrogens from 2005 to 2011 where they were the recipient of a K99/R00 Pathways to Independence Award from NIDDK to study how estrogens and endocrine disruptors influence metabolism. Dr. Roepke has authored or co-authored sixty publications over a wide range of fields including endocrine disruption, the hypothalamic control of reproduction, estrogen signaling, potassium channel activity in the context of energy homeostasis and reproduction, the stress response, and feeding, avoidance, and motivated behaviors. More recently, they have written about the experience of the LGBTQIA2S+ community in STEM, inclusive practices for assessing the health of the community, and pre-clinical models of gender-affirming hormone therapy. They are currently the Associate Dean of Diversity, Equity, and Inclusion for the School of Environmental and Biological Sciences working to implement the Rutgers and SEBS Diversity Action Plan.

Morgan Walker, MS, RD, LDN

Morgan Walker is a Registered Dietitian who specializes in sports and performance nutrition. She earned her M.S. in Kinesiology and Applied Physiology from Rutgers University, her B.S. in Dietetics from the University of Alabama, and is a Licensed Dietitian Nutritionist (LDN). She joined Lebanon Valley College as the Sports Nutrition and Wellness Manager in 2021 and established a private consulting practice during the same year. Morgan has experience working with athletes of diverse ages, competitive levels, and nutrition needs, including weight management, eating disorder recovery, injury rehabilitation, and health/performance enhancement. Morgan is also an adjunct faculty member at Lebanon Valley College, where she shares her passion for nutrition and wellness with future health professionals, equipping them with practical insights for success in their careers.



Adam Susmarski, DO, FACSM

Dr. Adam Susmarski, DO, FACSM is a sports, spine, and rehabilitation medical doctor at Medical Associates Clinic since 2021. He is the head team physician at Loras College and the Dubuque Fighting Saints, as well as, team physician for Dubuque County high schools, Dubuque Rugby Club, University of Dubuque, and Clarke University. Dr. Susmarski has spent a significant amount of time working in the field of Sports/Musculoskeletal Medicine and has provided care to a wide range of athletes in a variety of sports encompassing athletes from high school, college, professional, military, Olympic, Paralympic, and Special Olympics levels of competition. He specializes in diagnostic musculoskeletal ultrasound, ultrasound and fluoroscopic guided procedures, and Platelet Rich Plasma (PRP) treatments. Dr. Susmarski has authored multiple book chapters, peer-reviewed manuscripts, grants, and presentations including award-winning research. He is the recipient of multiple honors including Gannon University's Distinguished Young Alumnus Award, Fellow of the American College of Sports Medicine, and several notable scholarships and promotions. He was named one of the Top Physicians Under 40 in Pennsylvania by the Pennsylvania Medical Society in 2018.



2023 INVITED SPEAKERS

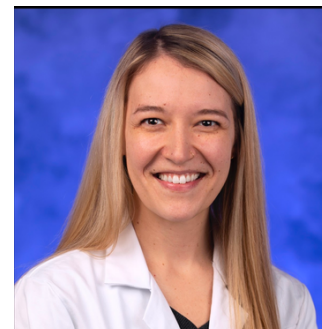


Lindsay Lafferty, M.D.

Dr. Lafferty grew up outside of Boulder, Colorado and attended medical school at Penn State College of Medicine in Hershey, PA. She completed her residency in Family Medicine at Wake Forest in Winston-Salem, NC. She went on to complete a fellowship in Sports Medicine at Penn State in Hershey and has worked with athletes and sports teams ranging from youth leagues to professional teams. Dr. Lafferty has a special interest in running medicine and clinical running gait analysis. She is the team physician for Lampeter Strasburg middle and high school and also serves as the Lampeter Strasburg school district physician. She practices outpatient family medicine and sports medicine in the Lancaster area.

Samantha Willer, DO

Samantha Willer is originally from Milwaukee, Wisconsin. She attended medical school at Lincoln Memorial University–Debusk College of Osteopathic Medicine in Tennessee and then completed a residency in Physical Medicine and Rehabilitation at Penn State in Hershey, Pennsylvania. She went on to complete a Sports Medicine Fellowship at Inova Fairfax in Fairfax, VA. She currently serves as the team physician for Milton Hershey High School and the Harrisburg Heat. Her particular areas of interest are in the adaptive athlete as well as making sport/recreation accessible and achievable for all individuals, electrodiagnostics, and orthobiologics.



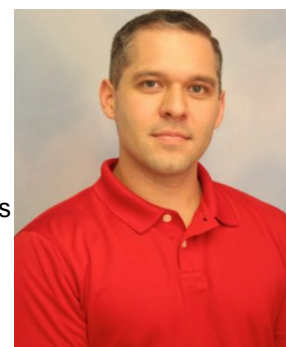
Lakisha Nickens-Gaither, MS

Professor LaKisha Nickens-Gaither is a highly accomplished and dedicated educator at Montgomery College, where she serves as the coordinator for the exercise science program. She is not only a dynamic force within the academic community but a visionary leader in the promotion of health and fitness. Professor Nickens-Gaither is the driving force behind the Silver-level "Exercise is Medicine on Campus" program at Montgomery College, underscoring her commitment to the vital connection between physical activity and overall well-being. Her influence extends far beyond the campus, as she serves on the "Exercise is Medicine on Campus" regional and global committees for the American College of Sports Medicine. Her academic journey, including a BS in Physical Education with a concentration in Athletic Training from Howard University, and dual MS degrees in Exercise Science and Health Promotions with a focus on Fitness and Wellness, and Sports Management with a concentration in Intercollegiate Athletics from California University of Pennsylvania, has equipped her with a profound understanding of her field. With over 19 years of diverse experience encompassing teaching, coaching, personal training, and fitness program management, Professor LaKisha Nickens-Gaither is a multifaceted and visionary leader who continues to make significant contributions to the world of exercise science and health.



Jason Metz, Ph.D.

Dr. Metz is the Department Chair in Exercise Physiology at West Liberty University. He's been West Liberty's EIM-OC Developer and Team Leader since 2017 where the campus was granted Gold Status with their first application. Since that time West Liberty has expanded EIM involvement to every college (Sciences, Business, Education and Creative and Liberal Arts) and most administrative offices on campus, to include the Provost and President. To date, the EIM-OC team has sponsored or supported Office Invasions (ergonomic assessments and activity snack prescriptions), EIM Exercise clinic, Fitness Testing Days, Charity walks, Activity days, Wellness Wednesdays through student club Instagram page, Strava club, Bike West Lib program and the creation of informational videos posted to Topperstation (West Liberty internal "youtube" platform).



SESSION SPONSORS

COLLEGE BOWL

Parvo Medics and Moravian University

SYMPOSIA & INVITED SPEAKERS

AMTI

Drexel University Health Sciences

Lebanon Valley College

Messiah University, Master of Science Athletic Training

Messiah University, Doctor of Physical Therapy

Messiah University, Master of Occupational Therapy

Neumann University

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Beth Laroure, Slippery Rock University

LIST OF EXHIBITORS

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Syracuse Falk College

The George Washington University

University of Delaware

University of Maryland College Park

University of Pittsburgh -

Neuromuscular Research Lab

*University of Pittsburgh - School of
Education*

West Chester University

West Liberty University

MAP OF EXHIBITOR BOOTHS

Exp & Grad Fair Exhibitors

- | | |
|------------------------------------|---|
| 1. Canisius College | 17. MGC Diagnostics |
| 2. COSMED | 18. East Stroudsburg University |
| 3. St. Francis University | 19. Messiah University |
| 4. Gannon University | 20. University of Pittsburgh - SOE |
| 5. Lebanon Valley College | 21. West Liberty University |
| 6. University of Pittsburgh – NMRL | 22. Kean University |
| 7. Moravian University | 23. Syracuse Falk College |
| 8. SUNY Cortland | 24. West Chester University |
| 9. Ithaca College | 25. Merrimack College |
| 10. Seton Hill University | 26. The George Washington University |
| 11. Hologic | 27. Montclair State University |
| 12. Liberty University | 28. Neumann University |
| 13. Palmer College of Chiropractic | 29. University of Maryland College Park |
| 14. Xsensor | 30. Drexel University Health Sciences |
| 15. Parker University Chiropractic | 31. Indiana University of Pennsylvania |
| 16. University of Delaware | 32. Penn West University at Edinboro |
| | 33. ATCOR |
| | 34. AMTI |



Prefunction

LEVEL 2

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- » **Expert Faculty:** Learn from experienced and dedicated faculty members who are at the forefront of exercise science research and practice.
- » **State-of-the-Art Facilities:** Train in our state-of-the-art labs and facilities equipped with the latest technology and equipment, ensuring you are prepared for the demands of the ever-evolving field.
- » **Practical Experience:** Gain practical skills through internships, and opportunities with industry partners, enhancing your resume and giving you a competitive edge.
- » **Career Pathways:** Our program prepares you for a variety of exciting career pathways in the allied health field, including Physical Therapy, Athletic Training, Occupational Therapy, Strength and Conditioning, Coaching, Corporate Wellness, Clinical Exercise Physiology, and more.

Visit [marywood.edu/academics/exercisescience](https://www.marywood.edu/academics/exercisescience) to explore program details, and discover why Marywood is the perfect place to launch your career in the dynamic world of exercise science.



Why Nutrition?

Marywood's Nutrition and Dietetic programs prepare you to become a certified food and nutrition expert, while fostering leadership and service in this ever-changing and rapidly growing health and wellness field.

- » **Comprehensive Curriculum:** We offer a challenging but supportive and nurturing environment that encourages both professional and personal growth. Qualified undergraduate students can choose to earn their BS and MS degrees and complete a dietetic internship program in 5 years making them eligible to sit for the national credentialing exam and become a Registered Dietitian Nutritionist. Students can also earn a graduate degree in Nutrition Science or in Sports and Human Performance Nutrition.
- » **Expert Faculty:** Our faculty work with the students, getting to know them as individuals, and encouraging their growth in education, research, and service.
- » **State-of-the-Art Facilities:** Learn and train in the Keith J. O'Neill Center for Healthy Families, featuring a Food Science Lab, Healthy Demo Classroom, Sensory Evaluation Lab, Exercise Science Lab, and Medical Simulation Labs.
- » **Practical Experience:** Experiential learning opportunities and personalized guidance with the internship application process are provided. Our Student Academy of Nutrition and Dietetics (SAND) is actively engaged on-campus and in the surrounding community.

Visit <https://www.marywood.edu/academics/nutrition> to explore program details, and discover why Marywood is the perfect place to become a food and nutrition expert.

INVITED SPEAKER SESSIONS

DAY 1

9:00AM Friday November 3, 2023

EXERCISE IS MEDICINE - ON CAMPUS

Sponsored by Neumann University
Independence

Fostering a Healthy Campus: Getting Started and Leveling Up

Dr. Melissa Reed (moderator)

Dr. Jason Metz

Lakisha Nickens-Gaither, MS

Dr. Joy Urda

CANCER SYMPOSIUM

Heritage Room AB



Is There a Right Time to be Physically Active in Pediatric Oncology?

Dr. Maxime Caru, Penn State University



Making the Case for Exercise Prescriptions in Routine Oncology Practice: Successes and Hurdles

Dr. Richard Dunne, University of Rochester Medical Center

GATORADE SPORT SCIENCE INSTITUTE SYMPOSIUM

Heritage Room C



Prescribing Rest: How to Optimize Recovery

James Merritt, MS, CSCS, Gatorade Sport Science Institute

ENVIRONMENTAL PHYSIOLOGY

Heritage Room DE



Growing Older in a Hotter World

Larry Kenney, Ph.D., Penn State University

INVITED SPEAKER SESSIONS

DAY 1

11:00AM Friday November 3, 2023

KEYNOTE ADDRESS



NIGHT FUEL: UNPACKING THE SLEEPY SECRETS OF PRE-SLEEP FEEDING

*Michael Ormsbee, Ph.D.
Florida State University
Heritage Ballrooms*

Please join us for a complimentary lunch immediately following the Keynote Lecture. Boxed lunches will be served in the Prefunction space just outside the Heritage Ballrooms.

INVITED SPEAKER SESSIONS

DAY 1

3:00 PM Friday November 3, 2023

EXERCISE IS MEDICINE SYMPOSIUM: DEMENTIA

Sponsored by Messiah University MSOT

Heritage Room C



Modifiable Risk Factors for Age-Related Dementia: Insights from the Delaware Center for Cognitive Aging Research

Chris Martens, Ph.D., University of Delaware



Brain Tissue Mechanics: A Sensitive Window To Neural Health

Curtis Johnson, Ph.D., University of Delaware

ENTREPRENEURSHIP WORKSHOP

Heritage Room DE



Maximizing Profits and Influence: Strategies for Health and Fitness Professionals to Leverage their Personal Brand

Chris Martinez & Eric Martinez, The Dynamic Fit Pros

INVITED SPEAKER SESSIONS

DAY 1

3:45 PM Friday November 3 2023

EARLY INVESTIGATOR AWARD PRESENTATIONS

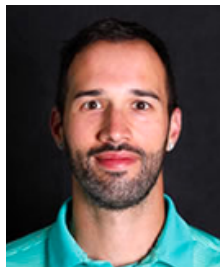
Hickory



Heat Stress Vulnerability in Obese vs. Non-obese Adults
S. Tony Wolf, Ph.D., University of Georgia



Identifying Opportunities for Movement Retraining in Patients with Hip-Related Pain
Kate Jochimsen, Ph.D., ATC, Massachusetts General Hospital and Harvard Medical School



Can Noninvasive Characteristics Predict The Adaptations to Short-term Resistance And Cardiovascular Training?: A Preliminary Investigation
Justin DeBlauw, Ph.D., Skidmore College

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School of Health Sciences and Human Performance

PROFESSIONAL FREE COMMUNICATIONS

DAY 1

4:30 PM Friday, November 3, 2023

Heritage DE

4:30

Gut Microbiota Removal Eliminates Enhanced Exercise Capacity Mediated by Skeletal Muscle Metabolome and Mitochondrial Proteins

[Candace Longoria, Rutgers University](#)

4:45

Interlimb Asymmetries in Strength, Balance, and Gait Tasks in Marine Officer Candidates

[Elizabeth Steele, University of Pittsburgh](#)

5:00

Gait Quality Changes During an Instrumented Six Minute Walk Relate to Function but not Activity Level

[Julie Rekant, Baltimore VA Maryland Health Care System](#)

5:15

Prevalence of the Attributes of the Female Athlete Triad in Competitive Nigerian Female Athletes

[Jane Sharon Akinyemi, Penn State University](#)

RESEARCH AWARDS SESSIONS

UNDERGRADUATE

Friday 3:00 - 4:15 PM
Independence

Sponsored by Lebanon Valley College

3:00

Effect of Acute Arm versus Leg Exercise on Central Blood Pressure
[Zeyi Wu, Syracuse University](#)

3:15

Kettlebell Training Increases Muscle Mass and Improves Muscle Function in Older Adults
[Morgan Fique, Towson University](#)

3:30

Sport-Specific Conditioning Test Performance and VO₂max Following Four Sessions of Maximally Explosive Training
[Amber Whittaker, Salisbury University](#)

3:45

The Use of Tart Cherry Juice for Muscle Recovery in Females
[Alexandra Dembeck, Slippery Rock University](#)

4:00

25-Hydroxy Vitamin D Concentration is Not Associated with Central or Peripheral Blood Pressure in Young Black Women
[Mackenzie Rattigan, University of Delaware](#)

RESEARCH AWARDS SESSIONS

MASTERS

Friday 4:30-5:45 PM
Heritage AB

4:30

Microvascular Reactivity During a Vascular Occlusion Test Following Blood Flow Restriction Resistance Exercise

[Michael Perlet, Montclair State University](#)

4:45

Critical Environmental Limits for Middle-Aged Adults (PSU HEAT Project)

[Kat Fisher, Pennsylvania State University](#)

5:00

The Effect of Salt Loading on Arterial Stiffness: Potential Role of Aerobic Capacity

[Serena Schade, University of Delaware](#)

5:15

Adrenal Hormone Changes and Associations with Injury during Marine Corps Officer Candidates School

[Varun Patel, University of Pittsburgh](#)

5:30

Reduced-Exertion High-Intensity Interval Training Improved Post-Prandial Blood Glucose in Healthy, Recreationally Active Middle-Aged Men

[Bilal Chaudhry, University of New Hampshire](#)

RESEARCH AWARDS SESSIONS

DOCTORAL

Friday 3:00-4:15 PM
Heritage AB

3:00

Habitual Sleep Does Not Influence Blood Pressure Dipping Differences Between Young Black and White Women
[Michele D'Agata, University of Delaware](#)

3:15

Effects of a High-fat Meal on Circulating Microparticle Quantity and Function
[James Heilman, University of Maryland](#)

3:30

Ascorbic Acid Infusion Improves Cerebrovascular Reactivity in Middle-Aged and Older Adults
[Nicholas Rizzi, University of Delaware](#)

3:45

The Effects of Dietary Nitrate on Endothelial Resistance to Ischemia Reperfusion Injury in Postmenopausal Women
[Jocelyn Delgado, The Pennsylvania State University](#)

4:00

Association of In-Group Colorism with Vascular Function in Black Emerging Adults
[Emily Blake, University of Maryland](#)

SPECIAL EVENTS & WORKSHOPS

DAY 1

Friday, November 3, 2023

MEET THE EXPERTS

Independence

4:30 PM

FACULTY WORKSHOP: ACCREDITATION

Gina Cortese Shipley, M.S.

Heritage C

4:30 PM



STUDENT AWARDS SESSIONS

Undergraduate, 3:00 - 4:15 PM

Independence

Masters, 4:30 - 5:45 PM

Heritage AB

Doctoral, 3:00 - 4:15 PM

Heritage AB

RESEARCH COMMITTEE MEETING

Hickory

Members of the MARC Research Committee Only

5:45 PM

COLLEGE BOWL

Sponsored by Parvo Medics and Moravian University

Commonwealth Ballrooms

5:30 PM

PROFESSIONAL & STUDENT SOCIAL

Lancaster Silverball

7:30 PM

CLINICAL TRACK SESSIONS

Sponsored by:
Messiah University MSAT

DAY 1

Friday 8:00 AM-3:30 PM
Hickory

CLINICAL SESSIONS

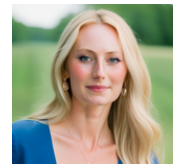
8:00 AM

Welcome & Introduction

8:05 AM

Sports Nutrition

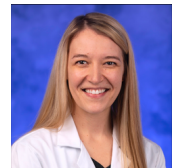
Morgan Walker, MS, RD, LDN



8:50 AM

Caring for the Adaptive Athlete

Samantha Willer, MD



9:35 AM

Concussion in Sports: The New Science and
What it Means for Athletes

Adam Susmarski, DO



10:20 AM

Commotio Cordis and Sudden Cardiac Death:
Are You Prepared?

Lindsay Lafferty, MD, Kileigh Hess, ATC



CLINICAL CASE PRESENTATIONS

1:00 PM - 3:30 PM

Moderator: Joe Andrie, MD

Panelists: Adam Susmarski, DO and Lindsay Lafferty, MD

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FOR MORE INFORMATION: wpunj.edu/kinesiology

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SPECIAL INTEREST GROUP MEETINGS

DAY 2

Saturday 8:00 AM – 8:45 AM

Special interest group (SIG) meetings are open to all students and faculty who have an interest in the topical category. The meetings serve as a time to network and learn about initiatives related to the interest area.

Nutrition

Commonwealth 1

Chaired by Steve Malin, Rutgers University

Clinical Exercise Physiology

Commonwealth 2

Chaired by Tim Werner, Salisbury University

Cancer

Commonwealth 4

Chaired by Stephen LoRusso, MARC ACSM Executive Director

Biomechanics

Independence

Chaired by Deb King, Ithaca College

Biomechanics Interest Group (BIG) will be providing a demonstration and discussion of markerless motion capture focusing on using OpenCap, an open-source markerless 3D motion capture with iPhones and iPads, in classroom or lab settings. All are welcome.

INVITED SPEAKER SESSIONS

DAY 2

9:00 AM Saturday November 4, 2023

BIOMECHANICS

Sponsored by AMTI

Independence



Promoting, Supporting, and Sustaining the Careers of Women in Biomechanics

Ana Ebrahimi, Ph.D., International Women in Biomechanics Inc.

MENTORING IN SCIENCE

Commonwealth 4



Mentoring to Increase Inclusion in Scientific Space

Troy Roepke, Ph.D., Rutgers University

STUDENT WORKSHOP

Sponsored by Drexel University Health Sciences Division and ATCOR

Commonwealth 2



Preparing for Graduate School

Kevin Heffernan, Columbia University

COMBAT PERFORMANCE

Sponsored by Messiah University DPT

Commonwealth 3



Systematic Strategies for Weight- Cutting in MMA

Tony Ricci, Ed.D., Nova Southeastern University

PROFESSIONAL FREE COMMUNICATIONS

DAY 2

9:00 AM Saturday, November 4, 2023
Commonwealth 1

9:00

Limb and Sex, but Not Dietary Capsaicin, Modulate the Near-Infrared Spectroscopy-Vascular Occlusion Test Estimated Metabolism
[Steve Ives, Skidmore College](#)

9:15

Change in Levels of Circulating Angiogenic Proteins in Response to an Acute Bout of HIFT
[Davi Mazala, Towson University](#)

9:30

The Influence of Cholesterol on Resting Brain Blood Flow and Cognition in Mid-Life Adults
[Kevin Decker, University of Delaware](#)

9:45

Systemic Low-Grade Inflammation and Associations with Sleep Disturbance in Marine Corps Officer Candidates During Training
[Catherine Gage, University of Pittsburgh](#)

10:00

The Relationship of Cardiorespiratory Fitness with Leisure-Time, Occupational and Transportation Physical Activity Among College Students
[Melissa Bopp, Pennsylvania State University](#)

PROFESSIONAL FREE COMMUNICATIONS

DAY 2

9:00 AM Saturday, November 4, 2023

Hickory

9:00

The Isolated Mechanical Effect of Walking in Late Pregnancy May Contribute to the Risk for Knee Osteoarthritis Over the Lifetime

[Elizabeth Bell, Towson University](#)

9:15

Sweat Electrolytes, Intensity, and History on The Prediction of Exercise-Associated Muscle Cramps: A Multifactorial Approach

[Michelle Stehman, Saint Francis University](#)

9:30

Sex Differences in Body Composition Adaptations During Military Training and Their Association with Physical Performance

[Dakota Tiede, University of Pittsburgh](#)

9:45

Caregiver's Perception of Obesity Risk Factors in Children Enrolled in an After-School Activity Program

[Brandon Wallick, East Stroudsburg University](#)

10:00

Pushing Beyond the Limits: Disordered Eating, Compulsive Exercise, and Body Image Dissatisfaction in Collegiate Athletes

[Ksenia Power, Temple University](#)

INVITED SPEAKER SESSIONS

DAY 2

10:30 AM Saturday November 4, 2023

PAST PRESIDENT'S LECTURE



CAFFEINE AND PERFORMANCE: UNRAVELING "A FEW" OF THE GENETIC AND INTER- INDIVIDUAL INFLUENCES

H. Scott Kieffer, Ed.D., FACSM
Messiah University
Heritage Ballrooms

MEETINGS & SPECIAL EVENTS

DAY 2

Saturday November 5, 2022

MARC-ACSM BUSINESS MEETING

Hickory

Members of the MARC Board of Directors Only

7:00 AM - 8:00 AM

SPECIAL INTEREST GROUPS

8:00 AM - 8:45 AM

Nutrition

Commonwealth 1

Clinical Exercise Physiology

Commonwealth 2

Cancer

Commonwealth 4

Biomechanics

Independence

MARC-ACSM AWARDS CEREMONY

Heritage Ballrooms

11:15 AM - 12:00 PM

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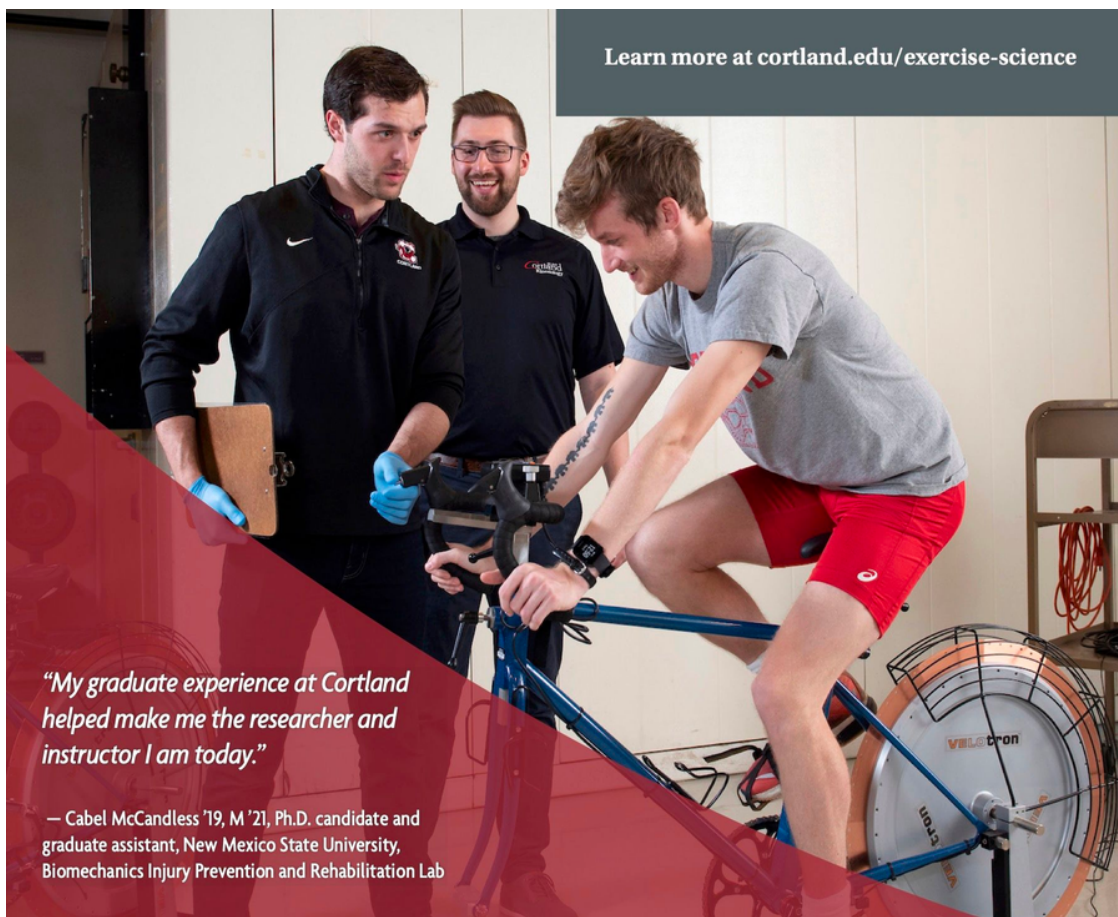
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POSTER SESSIONS

POSTER SESSION

Friday 1:00-2:30 PM
Commonwealth Ballrooms

Board 1: Hippocampal Glucose Transport and Oxidation in Response to Disrupted Blood Flow in an Aging Rat Model of Heart Failure
[Gabriel Pena, University of Maryland - College Park](#)

Board 2: Biological Sex Differences in Exercise-Mediated Femoral Blood Flow and Associations with Intima-Media Thickness
[Paige Williams, Syracuse University](#)

Board 3: Cardiometabolic Risk Factors in Hispanic College Aged Women
[Angelique Luna, Our Lady of the Lake University](#)

Board 4: The Biological Sex of an External Observer Does Not Influence Participant RPE
[Ashley Lesniak, Commonwealth University of Pennsylvania](#)

Board 5: Associations Between Exercise and Inhibitory Cognitive Control in Young Adult Binge Drinkers
[Luke Poole, Rutgers University](#)

Board 6: Five-Days of Salicylate Treatment Does Not Alter Endothelial-Dependent Flow-Mediated Dilation in Women with Endometriosis
[Virginia Content, The Pennsylvania State University](#)

Board 7: Changes in Loaded Carry Magnitude and its Effect on Stride Length, Cadence, and Muscle Activation
[Accalia Decker, Slippery Rock University](#)

Board 8: Exercise Dose in Relationship to Sleep and Overall Health in University Students
[Andrea Spaeth, Rutgers University](#)

Board 9: Fetal Heart Rate During Moderate to High Intensity Resistance Exercise in Pregnant Women
[Traci McCarthy, Rutgers University](#)

Board 10: Relationship Between the U.S. Army Combat Fitness Test and Motion Capture Outcomes
[Zoey Wilson, University of Pittsburgh](#)

POSTER SESSIONS

POSTER SESSION

Friday 1:00-2:30 PM
Commonwealth Ballrooms

Board 11: Association Between Whole-Body and Skeletal Muscle Oxygen Consumption Rate while Ambulatory
Aaliyah Butts, Towson University

Board 12: Dietary Intake, Dietary Protein Source, and Metabolic Syndrome Risk in Division III Offseason Female Athletes
Christopher Kotarsky, Skidmore College

Board 13: Low Heart Rate Variability is Related to Decreased Microvascular Insulin Sensitivity in People with Obesity
Daniel Battillo, Rutgers University

Board 14: Relationship Between Isometric Inter-Limb Asymmetry and Strength of the Lower Extremity in Military Personnel
Lily Rosenblum, University of Pittsburgh

Board 15: Heart Rate Variability Following Blood Flow Restriction Resistance Exercise and Traditional Resistance Exercise
Lauren Miller, Montclair State University

Board 16: Characterizing the Effect of a Sports Bra on Functional Movement in Healthy Women
Melissa Whidden, West Chester University

Board 17: The Relationship of the FMS to Anthropometric Markers in Women with Breast Cancer
Jared Rosenberg, Syracuse University

Board 18: Muscular Fitness and Throwing Qualities in Collegiate Ultimate Frisbee
Taylor Keiser, Commonwealth University of Pennsylvania - Bloomsburg

Board 19: Relation of 24-hour Movement Patterns with Type 2 Diabetes Risk in Adults with Obesity
Kevin Gendi, Rutgers University

Board 20: Perceived Wellness and Common Barriers to Wellness Services and Programming Following COVID-19
Lydia Smith, Rider University

POSTER SESSIONS

POSTER SESSION

Friday 1:00-2:30 PM
Commonwealth Ballrooms

Board 21: Assessment of Metabolic Flexibility to a Glucose Tolerance Test in Young Adults

Nicholas Foreman, The George Washington University

Board 22: The Relationship Between Sports Performance Variables and Baseball Hitting Performance in Division II Athletes

Victor Cruz, East Stroudsburg University

Board 23: Does the Presence of an External Observer Affect Participant RPE?

Tyler Berkheiser, West Virginia University

Board 24: Effects of an Acute Dose of Betalain-Rich Concentrate on Determinants of Running Performance

Steven Vitti, Drexel University

Board 25: Age-Related Differences in the Onset of Cardiovascular Drift during Progressive Heat Stress (PSU HEAT Project)

Rachel Cottle, The Pennsylvania State University

Board 26: Applications of a Pose-Detection Algorithm for Measuring Hip Impact Velocity During a Fall

Reese Michaels, Syracuse University

Board 27: The Effect of Academic Year and Major on Nutritional Knowledge in Division II Female Athletes

Kendall Nester, East Stroudsburg University

Board 28: Assessing the Feasibility of Whole-Body Vibration Training on Individuals with Autism

Amy Allnutt, Marymount University

Board 29: Influence of Individual Characteristics on Critical Environmental Limits in Middle-aged and Older Adults (PSU HEAT Project)

Olivia Leach, The Pennsylvania State University

Board 30: Prevalence of and Reasons for Dietary and Supplementation Habits Among Physically Active College Students

Sarah K Dellett, Syracuse University

POSTER SESSIONS

POSTER SESSION

Friday 1:00–2:30 PM
Commonwealth Ballrooms

Board 31: Visceral Fat Area as a Predictor of Radius Bone Strength in College-Aged Young Adults
[Kylie Casper, Rowan University](#)

Board 32: Behavior Outcomes and Student Learning Resulting From Working with Individuals with Disabilities in Fitness Setting
[Jenna Rappold, Gannon University](#)

Board 33: NFkB Inhibition Negatively Impacts Microvascular Function in Women with Endometriosis
[Auni Williams, The Pennsylvania State University](#)

Board 34: Non-Dominant Arm Bone Loading Index Predicts Grip Strength in Adolescent Females
[Brian Josephson, SUNY Upstate Medical University](#)

Board 35: Examining the Cardiovascular Response to Blood Flow-Restricted Resistance Exercise
[Jacob Jedry, Slippery Rock University of Pennsylvania](#)

Board 36: Can Noninvasive Characteristics Predict The Adaptation to Short-term Resistance And Cardiovascular Training? A Preliminary Investigation
[Justin DeBlauw, Skidmore College](#)

Board 37: Exploring a Potential Relation Between Autonomic and Myocardial Function in Duchenne Muscular Dystrophy
[Alexs Matias, University of Delaware](#)

Board 38: The Effects of a Resistance Band Warm-Up Protocol on Muscular Endurance: A Pilot Study
[Sarah DeHaven, West Chester University](#)

Board 39: The Effects of Different Surfaces on Running Kinematics in Collegiate Athletes
[Austyn Ardinger, Shippensburg University](#)

Board 40: The Impact of Sport Performance Variables on Game Statistics in NCAA Division II Baseball Players
[Brendan Finn, East Stroudsburg University](#)

POSTER SESSIONS

POSTER
SESSION

Friday 1:00-2:30 PM
Commonwealth Ballrooms

Board 41: The Association Between Cardiovagal Baroreceptor Sensitivity and Hippocampal Tissue Integrity in Young and Middle-aged Adults
[Fiona Horvat, University of Delaware](#)

Board 42: The Effect of Physical Activity and ACE Scores on Psychological vs. Physiological Addiction
[Brianna Hendershot, West Liberty University](#)

Board 43: Effects of Aerobic Exercise on Hunger in Normal Weight and Obese Adults: A Pilot Study
[Chloe Bernard, Drexel University](#)

Board 44: Muscle Strengthening Activity and Perceived General Health in West Virginia Adults
[Peter Hart, Glenville State University](#)

Board 45: Intermittent Hypoxia Decreases Carotid Artery Stiffness in Men But Not Women
[Sara Mascone, University of Maryland College Park](#)

Board 46: The Effects of Heel Elevation on Back Squat Performance
[Matthew Pierce, William Paterson University](#)

Board 47: A Meta-Analysis on the Influence of Aerobic Exercise on Blood Pressure in Chronic Kidney Disease
[Stephanie Bieder, Drexel University](#)

Board 48: Improving Physical Literacy and Increasing Physical Activity Participation of Youth for Better Health Outcomes
[Lisa Rossman Murphy, Rutgers University](#)

Board 49: Changes in Vitamin D and Hematological Micronutrients and Association with Skeletal Health During Marine Officer Candidates School
[Nicole Sekel, University of Pittsburgh](#)

Board 50: Effects of Different Muscle Recovery Techniques following a Delayed Onset Muscle Soreness-Inducing Exercise Protocol
[James Rotay, West Chester University](#)

POSTER SESSIONS

POSTER
SESSION

Friday 1:00-2:30 PM
Commonwealth Ballrooms

Board 51: Does 2-Weeks of Aerobic or Resistance Exercise Microcycles Elicit Different Health Improvements in Untrained Adults?
[Oliver Blum, Skidmore College](#)

Board 52: Relationship Between Exercise Motivation and Physical Activity Among College Students
[Zachary Townsend, Salisbury University](#)

Board 53: Changes in Bone Turnover Biomarkers in Men and Women During Marine Corps Officer Candidates School
[Jenna Goulart, University of Pittsburgh](#)

Board 54: Implementation of Physician Referral Process Into an Established EIM-OC Program at Slippery Rock University
[Jacob Rush, University of Pittsburgh](#)

Board 55: Repetition Frequency Affects Accuracy of Repetitions in Reserve (RIR) in Resistance Trained College Females
[Amanda Butz, McDaniel College](#)

Board 56: Effects of Swearing on Strength Test
[Mingchia Yeh, Slippery Rock University](#)

Board 57: Continuous Monitorization of Physiologic Mediators of Allostasis Indicate Overuse Injury Risk in Marine Officer Candidates
[Evan Feigel, University of Pittsburgh](#)

Board 58: The Effects of Core Pre-Conditioning Exercises on Vertical Jump and Dynamic Balance
[Anthony Russo, Messiah University](#)

Board 59: Examining Critical Power Metrics Following a Submaximal Bout of Pre-Exhausting Exercise in Competitive Cyclists
[Kaitlyn Constantino, Grove City College](#)

Board 60: Age Comparisons of Cardiac Work During Exercise in Women: Insight from Acute β -1 Adrenergic Blockade
[Christine Bowlus, Penn State University](#)

POSTER SESSIONS

POSTER SESSION

Friday 1:00-2:30 PM
Commonwealth Ballrooms

Board 61: A Standardized 5-Sec Alactic Time Does Not Improve The Reliability Of A 15-Sec Maximal Glycolytic Capacity (Vlamax) Test For Cycling
[Paula White, Mary Baldwin University](#)

Board 62: Effects of β 1-Blockade on Rate Pressure Product and Perceived Exertion During Exercise
[Adam Feinstein, Penn State University](#)

Board 63: Is the Resting Metabolic Rate Ratio a Good Proxy Indicator of Energy Deficiency in Men? A Preliminary Study
[Ana Carla Salamunes, Pennsylvania State University](#)

Board 64: Nutritional Knowledge of Division II Female Athletes in Team vs Individual Sports
[Chelsea Allie, East Stroudsburg University](#)

Board 65: The Effects of Three Weeks of Mixed Interval Training on Fitness Markers: A Pilot Study
[Anna Fisher, Mary Baldwin University](#)

Board 66: Baseline Biomarkers do not Discriminate Bone Stress Injury Risk during Marine Corps Officer Candidates School
[Rochan Ramesh, University of Pittsburgh](#)

Board 67: The Effect of Post-Activation Potentiation on Barbell Bench Press Velocity and Power
[Nathaniel Chabak, DeSales University](#)

Board 68: The Acute Effects of Vinyasa Yoga on Mood and Anxiety in Adults with Insomnia Symptoms
[Elizabeth Giordano, University of Pittsburgh](#)

Board 69: Comparison of Body Composition Methods: Circumference Measurements and Bioelectrical Impedance to Dual-energy X-ray Absorptiometry
[Travis Combest, Concordia University Chicago](#)

Board 70: Perceptual and Affective Responses Relative to Maximal Fat Oxidation During Treadmill Walking Exercise
[Madison Heffern, SUNY-Cortland](#)

POSTER SESSIONS

POSTER SESSION

Friday 1:00-2:30 PM
Commonwealth Ballrooms

Board 71: Interrelationship Between Levels of Bisphenol-A and -S, Peak Anaerobic Power and Body Composition
[Jiayi Zhu, University of Pittsburgh](#)

Board 72: Force Production Declines Without Effects On Mitochondrial Respiration In Rats Exposed To Consecutive Tetanus Contractions
[AbryAnna Henderson, University of Maryland, College Park](#)

Board 73: Mitochondrial Respiration is Preserved, While Respiratory Protein Organization is Altered in Pressure-Overload Induced Heart Failure
[Maria Canellas da Silva, University of Maryland, College Park](#)

Board 74: Protein Pacing and Plant-Based Protein: Predictors of Improved Body Composition in Division III Female Athletes
[William Hoerle, Skidmore College](#)

Board 75: Markers of Mitochondrial Fusion and Mitophagy are Greater in Old versus Young Rat Skeletal Muscle
[Catherine Springer-Sapp, University of Maryland, College Park](#)

Board 76: The Effects of Cellphone Usage on Cognitive Function in College-Aged Individuals
[Meghan Hudson, Grove City College](#)

Board 77: Alanine Aminotransferase in Emerging Black Individuals: A Potential Biomarker for Early Aging?
[Shannon Khan, University of Maryland, College Park](#)

Board 78: Adherence to a 12-week Summer Exercise Protocol Among ROTC and VWIL Cadets: A Pilot Study
[Jordan Jester, Mary Baldwin University](#)

Board 79: Similar Carotid Pulsatility with Oral Contraceptive Use During Low- and High-Hormone Menstrual Cycle Phases
[Cynthia Weiner, University of Maryland, College Park](#)

Board 80: Physiological, Perceptual and Performance Effects of a Novel Energy-dense Ketogenic Bar
[James Minor, Grove City College](#)

POSTER SESSIONS

POSTER
SESSION

Friday 1:00-2:30 PM
Commonwealth Ballrooms

Board 81: Psychophysiological Assessment of Workload Under Varying Degrees of Demand and Controllability: A Validation Study
[Kyle Pietro, University of Maryland, College Park](#)

Board 82: The Encoding Specificity Principle in a Stressful Motor Sequence Learning Context
[Jacob Roach, Juniata College](#)

Board 83: More Barriers, Less Benefits: LGBTQ+ College Student's Perceptions Impacting Physical Activity Participation
[Keegan Peterson, Penn State University](#)

Board 84: 6 Months of Aerobic Exercise Training Preserves Central Pressure Wave Indices in Older Adults
[Rend Nayfeh, University of Maryland, College Park](#)

Board 85: Pancreatic β cell Hypersecretion of Insulin in Intermediate versus Morning Chronotype
[Mary-Margaret Remchak, Rutgers University - New Brunswick](#)

Board 86: The Physiological & Performance Effects of Different Tempos of Music during Exercise
[Elias Ortiz, Shippensburg University](#)

Board 87: The Effects of Exercise on Mental Health Among College Students
[Mark P. Takacs, East Stroudsburg University](#)

Board 88: Effects of A Betalain-Rich Concentrate on Respiratory Exchange Ratio, Lactate, and Skeletal Muscle Oxygen Uptake
[Erin Sweeney, Drexel University](#)

Board 89: Effects of Tempol on Microvascular Function in Men and Women on Habitual High Sodium Diets
[Zoe Lincoln, University of Delaware](#)

Board 90: Effects of Slow Breathing During Inter-set Recovery on Power Performance in the Barbell Back Squat
[Makenna Isles, Grove City College](#)

POSTER SESSIONS

POSTER
SESSION

Friday 1:00-2:30 PM
Commonwealth Ballrooms

Board 91: Mental Workload Assessment During Performance of Structured and Unstructured Action Sequences Under Different Motor Demands
[Alexandra Shaver, University of Maryland, College Park](#)

Board 92: Multisystem Regulatory Capacity of Exogenous Ketone Administration at Rest
[Emma Plank, Grove City College](#)

Board 93: Obstacles to Physical Activity and Healthy Eating Among Older Veterans with Dysmobility: A Self-Report Survey
[Ben Friedman, University of Maryland, Baltimore/Baltimore VA Medical Center](#)

Board 94: Affective and Perceptual Responses Between Voluntary Exercise and Electrical Stimulations
[Drew Robinson, Rowan University](#)

Board 95: The Effect of Vibrotactile Complexity on Spatial and Temporal Performance During a Wrist Movement Task
[Matthew Holman, Mary Baldwin University](#)

Board 96: Acute Physiologic Responses Between Voluntary Exercise and Electrical Stimulations
[Kevin Rice, Rowan University](#)

Board 97: Circulating Extracellular Vesicle Characteristics Differ Between Men and Women Following 12-weeks of Concurrent Exercise Training
[Chris Kargl, University of Pittsburgh](#)

Board 98: Physical Activity and Health Outcomes Among College Students Who Use Cannabis
[Sarah Quraishi, Rutgers University-New Brunswick](#)

Board 99: Elite Collegiate Swimmers do not meet Carbohydrate Intake and Timing Recommendations During Heavy Training
[Emily A. Lundstrom, Penn State University](#)

Board 100: The Relationship Between Physical Activity and Anxiety and its Effect on Quality of Sleep
[Shiv Mrityun Jayan Sreekanth, Rutgers University-New Brunswick](#)

POSTER SESSIONS

POSTER
SESSION

Friday 1:00-2:30 PM
Commonwealth Ballrooms

Board 101: Sex-differences and Changes in Psychophysiological Stress and Resilience During Military Training
[Jennifer Forse, University of Pittsburgh](#)

Board 102: The Effect of Aerobic Training Intensity on Stress and Mood
[Isabella Weikert, Shippensburg University](#)

Board 103: Comparison of Fat Oxidation During Walking on a Normal and Lower Body Positive Pressure Treadmill
[Mary Savi, State University of New York at Cortland](#)

Board 104: Effects of High-Intensity Exercise on Individuals With Parkinson's: A Case Study
[Linnette Ramos, DeSales University](#)

Board 105: Effect of Exercise and Weight Loss Intervention on Epigenetic Age Amongst Overweight Breast Cancer Survivors
[Katherine Wehrung, Penn State College of Medicine](#)

Board 106: Effects of Blood Flow Restrictive Bicep Curl Exercise on Arterial Stiffness - Pilot Study
[Sean Zupnik, Salisbury University](#)

Board 107: Relevance of Food Labels in Purchasing Habits of University-age Students
[Olivia Sobkowiak, University of Pittsburgh](#)

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