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TIME	EVENT	SESSION	Talk	(alks	Talks	FLOOR#	FLOOR NAME
3:00 - 4:30PM	BOD Meeting					17	BOD Floor
4:30 - 5:30PM	Student Session #1: Welcome, Professional Development, Networking & Opportunities	s				2	Student Floor
6:00 - 7:30PM	President's Reception - Social					3	Social Floor
6:00 - 7:30PM	Student - Social					2	Student Floor
, November 4th							
8:00 - 8:15AM	Daily Opening Remarks					1	Main Floor
8:20 - 9:20AM	Live Keynote Address: Performance and Therapeutic Effects of Ketones: A Target-Rich	Environmen tD	Χ			7	Invited / Keynote Floor
9:25 - 10:25AM	Professional Live Talks / Q&A	Session A		Х		8-11	Professional Floors A-D
			.,				
10:30 - 11:30AM	Student Session - Health Professional Panel: Exploring Health Professional Careers	Expert Panel of I	Х	X		2	Student Floor
10:30 - 11:30AM	Exhibitor Fair - Drop In Q & A					6	Exhibitor Floor
11:35 - 1:05PM	Student Talks / Live Q&A	Session E			х		Student Talk Floors E-H
1:10 - 1:20PM	Active Break Workshop:Dr. Phil Anton, Southern Illinois University	JCJSIOH L				12-15	Main Floor
	Invited Live Talk:						
	When Physical Activity & Covid Collide:		Х				
1:25 - 2:25PM	A Primary Care Sports Medicine Physician's Perspective Dr. Keri Denay, University of Michigan					7	Invited / Keynote Floor
2:30 - 3:00PM	Exhibitor Fair - Drop In Q & A					6	Exhibitor Floor
2:30 - 3:00PM	Graduate Fair - Drop In Q & A					5	Grad Fair Floor
3:05 - 4:05PM	Professional Live Talks / Q&A	Session B		Х		8-11	Professional Floors A-D
4:10 - 5:10PM	Invited Live Talk: National Updates: ACSM & CEPA Dr. Francis Neric, ACSM &		Х			7	Invited / Keynote Floor
5:15 - 6:45PM	Student Talks / Live Q&A	Session F			х		Student Talk Floors E-H
						6	Exhibitor Floor
6:45 - 7:15PM	Exhibitor Fair - Dron In O & A						
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Professional Presentations

6 1	T (FCT)				A COUL AT	
Session	Time (EST)	Floor	Title	Presenters	Affiliations	
Thursday, No	vember 4th					
Session 1						
Session 1-A	9:25 - 10:25AM	А	Impact of 4-week virtual combined exercise program on physical performance $\&$ mental health of females during the COVID-19 pandemic.	Dr. Emily Post Hannah Luft Benjamin Cook	Ohio Dominican University Ohio Dominican University Ohio Dominican University	
Session 1-B	9:25 - 10:25AM	В	The Mechanistic Role of Aerobic Exercise in Mitigating Cognitive Impairments	Dr. Terence Moriarty Ms. Kelsey Bourbeau	University of Northern Iowa University of Northern Iowa	
Session 1-C	9:25 - 10:25AM	С	Relationship between sport nutrition knowledge and energy status in collegiate athletes: A risk factor for Relative Energy Deficiency in sport?		Sports Medicine, Mayo Clinic Health System	
Session 1-D	9:25 - 10:25AM	D	Skeletal Muscle Crosstalk via Extracellular Vesicles	Dr. Monica Hubal	IUPUI	
				Christopher Kargl	Purdue University	
				Lundon Burton	Purdue University	
Session 2						
Session 2-A	3:05 - 4:05PM	Α	Sport nutrition - new pathways to becoming a registered dietitian for acsm professionals	Dr. Brian Reagan	University of Indianapolis	
Session 2-B	3:05 - 4:05PM	В	Applying for Fellowship	Dr. J. Derek Kingsley	Kent State University	
Session 2-C	3:05 - 4:05PM	С	Leveraging "big data" to understand physical activity behaviors across the lifespan	Dr. Whitney Welch	Northwestern University Feinberg School National Cancer Institute, National Institutes o	
				Dr. Dana Wolf-Hughes	Health	
Session 2-D	3:05 - 4:05PM	D	How the ARRP and League of American Bicyclists are using data and policy to promote physical activity	Dr. Robert Oppliger Ken McLeod	Bicyclists of Iowa City Iowa City, IA, Policy Director, League of American Bicyclist	
				Danielle Arigoni	Director of Livable Communities, AARP	
Friday, Nover	nber 5th					
Session 3						
Session 3-A	9:25-10:25AM	А	Does what I say impact what you hear?	Dr. Amy Morgan Dr. Carol Torgan	Bowling Green State University Science Communications and Outreach Branc National Institute of Arthritis and Musculoskeletal and Skin Diseases, NIH	
Session 3-B	9:25-10:25AM	В	Practical Applications of Near-Infrared Spectroscopy in Sports Science	Dr. Trent Cayot	University of Indianapolis	
Session 3-b	9.25-10.25AW	Ь	Practical Applications of Near-Infrared Spectroscopy in Sports Science	Dr. Jakob Lauver	Coastal Carolina University	
Session 3-C	9:25-10:25AM	С	Get Up and Moving! A Call to Action to Promote Physical Activity	Dr. Steven Elmer Dr. Keri Denay	Michigan Tech University University of Michigan	
Session 3-D	9:25-10:25AM	D	Understanding the aorta and how it responds to exercise	Stacie Humm	Kent State University	
				Sarah Kearney	Kent State University	
				Dr. J. Derek Kingsley	Kent State University	
Session 4						
Session 4-A	3:35 - 4:35PM	Α	Challenging Autism with Exercise	Mr. David Geslak, ACSM EP-C, CSCS Benjamin Boudreaux, M.S.	Exercise Connection & American College of Sports Medicine University of Georgia	
Session 4-B	3:35 - 4:35PM	В	Physical inactivity-induced vascular and skeletal muscle and metabolic dysfunction: consequences and countermeasures	Dr. Kevin Ballard Dr. Paul Reidy	Miami University Miami University	
Session 4-C	3:35 - 4:35PM	С	Exercising the insulin resistant brain	Dr. Gregory Ruegsegger	University of Wisconsin - River Falls	
Session 4-D	3:35 - 4:35PM	D	Blood Flow Restriction Exercise: Moving Evidence into Practice	Dr. Steven Elmer	Michigan Tech University	
00331011 4-0	5.55 - 4.551 [V]		Section 1. Control of the Control of	Isaac Wedig Jamie Phillips Dr. Alicia DenHerder	Michigan Tech University Central Michigan University Physical Therapist	
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Student Presentations

Session	Time (EST)	Floor	Title	Presenters	Affiliations
Thursday, No	vember 4th				
Floor-Session-					
11001-00331011	11:35 - 1:05PM	E			
E-1A			The effects of cell phone use with physical activity, sedentary behavior, and bodyweight throughout the COVID-19 pandemic	Dr. Ryan Wiet	University of Mount Union
E-1B			Impact of 4-week virtual combined exercise program on physical performance & mental health during the COVID-19 pandemic.	Hannah Luft	Ohio Dominican University
E-1C			An examination of the effects of the COVID-19 pandemic on physical activity in division 2 collegiate athletes	David Kohan	Kent State University, Indiana University of Pennsylvania
E-1D			Exercise Improves Affect in College Students During the COVID-19 Pandemic	Morgan Walser	Grinnell College
	44.05 4.05				
F 44	11:35 - 1:05PM	-			University of Tennessee, Knoxville
F-1A			Exploring determinants of exercise-related affect in older adults who regularly engage in aerobic exercise	Jessica Smith-Ricketts	·
F-1B			The effects of a community walking program on gait adaptations associated with aging	Hayley Maher	University of Mount Union
F-1C			Improving Balance At Home Over a Six Week Training Period With a Balance Board	Nathan Conner	Oakland University
F-1D			The Effects of Deep Brain Stimulation on the Strength Training Participation and Mobility in individuals with Parkinson's Disease	Younguk Kim	Kent State University
	11:35 - 1:05PM	G			
G-1A	11.35 - 1.03PW	G	The Acute Effects of Resistance Exercise on Arterial Stiffness in Females	Kayla Soave	Exercise & Cardiovascular Health Outcomes Laboratory, Michigan State University
G-1B			Comparison of Absolute and Relative Ventricular Dimensions between Elite Male and Female Swimmers	Cody Stemple	Michigan State University
					Alma College and Georgia Southern University
G-1C			Comparing Thigh Cuffs For Determination of Limb Occlusion Pressure	Joseph Vondrasek	Alma College and Georgia Southern University
G-1D			Development of field-based prediction equations for determining leg limb occlusion pressure	Sylvia Neph	Airia College
	11:35 - 1:05PM	н			
H-1A			Is the microvascular oxygenation recovery response following isometric contractions related to handgrip muscle endurance?	Savanna Yates	University of Indianapolis
H-1B			Ischemic Preconditioning to Improve Time Until Failure During Rock Climbing Specific Tasks	Nahir Negron-Fernandez	Northern Michigan University
H-1C			Estimating Swim Power Using a Commercially Available Pulley-Device Training Tool	Christina Bourantas	DePauw University
H-1D			The Accuracy of Recreational Athletes in Self-Determing Anaerobic Threshold	Andrew Biegner	University of Akron
Thursday, No	vember 4th				
Floor-Session-	Presentation				
	5:15 - 6:45PM	E			
E-2A			Should children gain more minutes of MVPA during PE or learn to enjoy physical activity?	Jared Ramer	University of Illinois at Chicago
E-2B			Clinical pediatric weight management in rural Indiana: A case study	Derek Van Prooyen	Taylor University
E-2C			Differences in body fat percent estimation in athletes based on selection of body density equation.	Brandon Merfeld	University of Wisconsin - La Crosse
E-2D			Examination of measured differences in body density and estimated body fat percentage values across multiple body composition assessment modalities among athletes	Abby Ambrosius	Mayo Clinic Health System, Onalaska, WI
	5:15 - 6:45PM	F			
F-2A	5. 15 - 0.45F M	-	Early Muscle Gene Expression Changes with Eccentric Exercise Uniquely Associated with Peak Strength Loss	Dakota Tiede	Indiana University Purdue University Indianapolis
F-2B			Skeletal muscle extracellular vesicle regulation of angiogenesis is dependent on fiber type	Deborah Shera	Purdue University
F-2C			Incubation in an obesogenic environment impairs myotube reformation following cardiotoxin-induced damage	Allison Ellis	Purdue University
F-2D			The effects of exogenous testosterone on muscle cross section area in transgender males	Nadine Sikora	Northern Michigan University
	5:15 - 6:45PM	G			
G-2A			A Comparison of Acute Aerobic Exercise and Transdermal Nerve Stimulation on Emotional Valence and Arousal	Benjamin R. Connors	Northern Illinois University
G-2B			Examining the relationship between exercise habits and daily caffeine consumption	Emily Erb	Kent State University
G-2C			The comparative effects of exercise and transdermal trigeminal nerve stimulation on psychological feeling states	Juan Navarro	Northern Illinois University
G-2D					
	5:15 - 6:45PM	н			
H-2A	5.10 - 0.701 M		Effects of breakfast composition on daily caloric intake	Lane Cullums	Ohio University
H-2B			Common ingredient profiles of energy drinks and energy shots	Patrick Harty	Texas Tech University
H-2C			Common ingredient promise of energy and a charge and energy and a property of the property of	Dylan Lange	Northern Illinois University
H-2D			The state of the s		
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Friday, Nov	emher 5th				
	n-Presentation				
FIOUI-Sessio	11:35 - 1:05PM	Е			
E-3A	11:35 - 1:05FW	-	Exercise intensity and activity affects landing mechanics and increases Anterior Cruciate Ligament (ACL) injury risk	Dr. David Dominguese	Bradley University
E-3B			Exercise meeting and activity and activity and activity and the state of the state	Shraddha Sudhir	St. Ambrose University
E-3C			The effects of stiffness and rider performance on entropy of cadence during dynamic cycling	Brittany Smith	Kent State University
E-3D			Effects of sustable surface closed kinetic chain exercises on hamstring-quadricep ratio and neuromuscular activation	Madeline Seiler	Ripon College
2 05			Effects of distance state closed whethe chair exercises of mainstanging data feet with the feet of the	madolino delle	
	11:35 - 1:05PM	F			
F-3A			Descriptive analysis of demographics, injuries, and healthcare responses in pole dance fitness	Kaylynn Popp	Indiana University Purdue University Indianapolis
F-3B			Do shoulder injury-resistant swimmers have distinct flexibility patterns compared to recently injured swimmers on a DIII college swim team?	Monique Samrani	University of Mount Union
F-3C			Acute-chronic workloads and injury risk in professional soccer players	Jack Mumaugh	University of Indianapolis
F-3D					
	11:35 - 1:05PM	G			
G-3A			Exploring temporal changes in exercise behavior, perceived fitness, and identity in former high school athletes	Dr. Paula-Marie Ferrara	University of Tennessee, Knoxville
G-3B			INVESTIGATING THE IMPACT OF COVID-19 ON PERCEIVED STRESS LEVELS OF DIVISION II STUDENT-ATHLETES	L. Hunter Stafford	University of Indianapolis
G-3C			Internal Building Design Features Associated with More Movement and Less Sitting at Work	Jacob Gallagher	University of Iowa
G-3D			Student Health Coaching Exercise Intervention Has Association with Improved Health Outcomes	Katie McAllister	University of Iowa
			V (elementary)		
	11:35 - 1:05PM	н			
H-3A			Relationships between body composition, lower body power and sprint performance in collegiate soccer players	Dr. Abdelrahman Barakat	Mayo Clinics Health System
H-3B			Differences in preseason fitness testing, workloads and playing time in male collegiate soccer players	Jacob Woodrow	University of Indianapolis
H-3C			Hemodynamic and lactate response to exhaustive exercise with I-arginine supplementation	Joshua Schutzenhofer	Grand Valley State University
H-3D			Effects of fatigue on hamstring:quadricep ratio and neuromuscular activation during closed kinetic chain exercises	Emily Rigden	Ripon College
				, ,	,
Friday, Nov	ember 5th				
Floor-Sessio	n-Presentation				
	5:15 - 6:45PM	Е			
E-4A			Exercise is Medicine on Campus: A Regional Analysis and MWACSM Action Call	Isaac Wedig	Department of Kinesiology & Integrative Physiology, Michigan Technological University
E-4B			Association of the Frequency of Resistance Exercise with GPA and Psychological Well-Being among College Students	Olivia Huffman	Ball State University
E-4C			Understanding the barriers and facilitators of physical activity among rural American men	Jacob Gallagher	University of Iowa
E-4D			Intra and inter-device test to retest reliability of a commercially available BIA device in high school athletes	Chinguun Khurelbaatar	University of Wisconsin - La Crosse
	5:15 - 6:45PM	F			
F-4A			Associations of electronic wearable device use and meeting physical activity recommendations in cancer survivors	Alexa Barczak	Oakland University
F-4B			Physical activity history and severity of vasomotor symptoms in menopausal females	Rachel Kowal	Northern Illinois University
F-4C			Personality variances and athlete identity in congenital versus acquired disabilities	Noam Haddad	Oakland University
F-4D			Policing while pregnant: Examining the need for standardized pregnancy-related work accommodations for women in policing	Cathy G. Sceli	Oakland University
	5:15 - 6:45PM	G			
G-4A			Examining the association between exercise modality and mental health among university students	Riley Patzsch	Eastern Michigan University
G-4B			DIFFERENCES IN MOTIVATION SOURCES OVER TIME IN DIVISION II STUDENT-ATHLETES UNDEGOING ANTERIOR CRUCIATE LIGAMENT REHABILITATION	MIles Williams	University of Indianapolis
G-4C			Empathy characteristic of physical medicine providers who treat osteoarthritis	Jacqueline Groen	Oakland University
G-4D			Assessing Mental Health Risk Factors and Workplace Accommodations in Pregnant Firefighters	Kevin Pullukat	Oakland University
	5:15 - 6:45PM	Н	Impact of fatigue and sex on hamstring:quadricep ratios and motor unit recruitment during cycling	Haley Reierson	Ripon College
H-4A			RELIABILITY OF FLOW MEDIATED DILATION MEASUREMENTS PRE- AND POST-ACUTE EXERCISE	Amy Boettcher	Michigan State University
H-4B			Validity and reliability of using individualized occlusion pressures for non-invasive assessment of mitochondrial function	Kendal Baker	University of Indianapolis
H-4C			Eliciting Post Activation Potentiation using Blood Flow Restriction Technique	Jaclynn VanHollebeke	Oakland University
H-4D					
			The effects of acute resistance exercise on left ventricular function and arterial stiffness: Examining the sex differences	Dr. Michelle Kern	Kent State University
			Cannabidiol (CBD) on pain and the cardiovascular responses to the cold pressor test: a proposal	Katherine Brown	Kent State University
			Sex differences on measures of aortic wave reflection and aortic hemodynamics following acute resistance exercise	Anthony Pinzone	Kent State University