



**AMERICAN COLLEGE  
of SPORTS MEDICINE®**  
**Central States Chapter**



**2022 Annual Meeting**

**Central States Chapter of the American College of Sports Medicine**

**March 3-4, 2022**  
**Walton Conference Hub**  
**[Donald W. Reynolds Center for Enterprise Development](#)**  
**University of Arkansas**  
**145 N. Buchanan Ave.**  
**Fayetteville, AR 72701**

*Final Agenda*

*In order to be Covid and environmentally conscious, we will NOT be printing a program.*

## Gold Level Sponsors



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College of Education and Health Professions

**Department of Health, Human Performance and Recreation**



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**Strength and Conditioning Studies**

Silver Level Sponsors



Bronze Level Sponsor



Dear Central States American College of Sports Medicine Annual Meeting Attendee,

On behalf of the planning committee, I want to welcome you to our Annual Conference. It is my absolute pleasure to host you for this year's meeting.

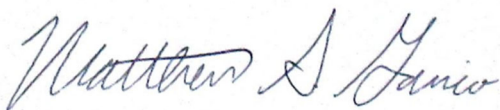
The last several years have changed our lives forever. In turn, our Central States Chapter has had to adapt and overcome. I am excited that we have the opportunity to host this conference in person this year. This comes with the responsibility of us providing an environment that is as safe as possible. This can only be possible with your help. Please make sure to see the COVID policy later in this program and information for how you can attend the conference safely. This includes downloading an app to your phone and wearing a face mask at all times during the conference (except when presenting or eating).

The format of our conference has some similar aspects that you'll recognize from pre-COVID times. Our ever-popular Quiz Bowl will be sure to stir up some healthy competition and hearty laughs (and there is free pizza this year during it!). We look forward to all of our exciting presentations, especially those by our talented student members. Be sure to check out our Outstanding Student Research Award Competition starting at 3:15 pm on Thursday. Students also make up the majority of our research posters, so check those out starting Friday at 8:15 am.

We look forward to trying some new things also. We have created some roundtable discussion symposiums focused on Exercise is Medicine On-Campus initiatives and how you can collaborate with your Extension office. Those roundtables start at 9:45 am on Friday. I am particularly excited about our Networking Lunch because we are going to connect our students with professionals in an informal setting. At the beginning of lunch on Friday, participants will take their lunch to a roundtable that is pre-identified as having experts from a particular industry. Examples include professors that work at either teaching universities, research universities, or industry settings such as clinical exercise physiologists in healthcare. After about 30 minutes of eating and chatting, we will have a few speakers give talks about what it is like to work in some of these settings. We hope you can join us as either a professional or student for this invigorating event.

I want to conclude by thanking everyone that has been a part of planning this conference. It simply would not be possible without such great collaborative work.

Have a great conference,

A handwritten signature in blue ink that reads "Matthew S. Ganio". The signature is written in a cursive, flowing style.

Matthew S. Ganio, Ph.D., FACSM  
CS-ACSM Past-President



## Intended Audience

American College of Sports Medicine members, students and professionals interested in the field of sports medicine and exercise science.

## Meeting Objectives

The Central States Annual Meeting aims to provide attendees with a blend of research and clinical information. The meeting also provides opportunities for networking and socializing with colleagues from across the region. An integral part of the function of the Central States Chapter is getting students involved in their primary professional organization.

## Registration

[Online pre-registration](#) is strongly encouraged. On-site registration is available. Badges must be worn by all attendees at all times while in the conference center.

## Parking

Parking is available at no charge to registrants at:

Harmon Avenue Garage  
146 N. Harmon Ave.  
Fayetteville, AR 72703

See maps below for detail.

Registrants must indicate in a pre-conference survey the need for a parking code. Detailed instructions will be e-mailed to those needing a parking code.

## COVID Guidelines

Ensuring the safety of ACSM members, staff and attendees at in-person events is a priority for ACSM. In conjunction with the volunteer leadership, ACSM established the following guidelines which outline ACSM protocols for future in-person meetings, conferences and events ("Meetings"). Although it is impossible to guarantee a risk-free environment, ACSM has worked to identify and adopt current best practices to reduce and mitigate the risk of COVID-19 transmission at Meetings.

ACSM requires all Meeting attendees, including participants, speakers, exhibitors, and guests ("Attendees"), to submit evidence that they either: (1) are fully vaccinated, as that term is defined by the Centers for Disease Control and Prevention (CDC) at the time of the Meeting; or (2) submit proof of a negative COVID test taken 24 hours prior to the Meeting. Specific requirements, including but not limited to the type of documentation required, the type of test required, and the time period in which the test must be administered may change closer to the Meeting based on CDC guidelines at that time as well as any applicable requirements of the local government and/or health authorities. Attendees will have the opportunity to upload their COVID-19 vaccination record card as part of the meeting registration process. The online verification process is simple, secure and HIPAA-compliant.

In addition, ACSM has implemented the following guidelines:

- **All Attendees must wear face masks/coverings (preferably double-ply or N-95 quality) at all times when indoors at Meetings.**
- To facilitate contact tracing efforts, attendees agree to notify their state health department if a confirmed exposure occurs at a Meeting and/or a positive COVID-19 test is confirmed within 10 days after a Meeting.
- Attendees must provide a cell phone number at the time of registration for notification if a conference/event is cancelled for COVID-related reasons.

Attendees need to download and use the “CLEAR” app to manage their proof of COVID vaccination or testing results. Download [here](#). Please note: Home tests are acceptable. Those using them will be required to sign an attestation form at registration check-in.

Speakers can take off their masks while presenting. Participants may also remove face mask/covering while eating or drinking.

The full COVID policy along with specific directions needed for the CLEAR app are available online [here](#):

<https://www.acsm.org/membership/regional-chapters/acsm-chapters/central-states/annual-meeting/covid-19-precautions---central-states>

**Attendees need to complete documentation on the CLEAR app PRIOR to arriving to the conference.** Doing this on-site will severely delay your ability to get into the conference.

## Continuing Education Credits

### ACSM Continuing Education Credits (CEC's)

The American College of Sports Medicine's Professional Education Committee certifies that this annual meeting meets the criteria for 11.0 credit hours of ACSM CEC's. Credit is awarded for these CEC's by attending the Central States Chapter ACSM Annual Meeting. The Central States ACSM is an approved provider of CEC's for the ACSM. A certificate documenting CEC's will be available via e-mail to attendees after the conference concludes.

## Wi-Fi

Wi-Fi is available free of charge at the conference center. Individuals not affiliated with the University of Arkansas should choose the “UARK Guest Wi-Fi” network to login.

## Lactation Rooms

Lactation rooms are available throughout the University of Arkansas campus. See Maps below for the one closest to the conference center.

## Online viewing

The Keynote speech at 10:45 am on Thursday will be broadcasted over Zoom. The Business meeting at 1:30pm on Friday will also be available on Zoom. Here's the connection info:

Topic: **Keynote Speech - Central States**

Time: Mar 4, 2022 10:45 AM Central Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/5301137001?pwd=dHhQNDUzZkZPaktyOCt1NXJ5SGIEZz09>

Meeting ID: 530 113 7001

Passcode: Central

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Topic: **Central States Business Meeting**

Time: Mar 4, 2022 01:30 PM Central Time (US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/5301137001?pwd=dHhQNDUzZkZPaktyOCt1NXJ5SGIEZz09>

Meeting ID: 530 113 7001

Passcode: Central

## Future Annual Conferences

Per the By-laws, CSACSM will hold an annual meeting in the Spring of each calendar year (e.g., early March) for its membership that includes social, scientific, and business activities.

The annual meeting occurs on a 3-city rotation in the following manner:

1. Kansas City area –2021/2024/2027, etc.
2. Fayetteville –2022/2025/2028, etc.
3. Tulsa/Broken Arrow area –2023/2026/2029, etc.

We look forward to seeing you in the Tulsa/Broken Arrow area next year!

## Agenda Overview

### Thursday, March 3<sup>rd</sup>

9:00 a.m. – Executive Board Meeting (for board members only)

10:45 a.m. – Opening Remarks and Conference Kick-off

11:00 a.m. – Keynote **"To the bone: how science, professional service, and mentoring are linked in my career"** - Teresita Bellido – (University of Arkansas for Medical Sciences)

12:00 p.m. – Lunch Break (on your own)

1:00 p.m. – **"Tactical Training, Lessons from the Field"** - Aaron Leach (US Air Force), Clare Turpen (US Air Force)

1:00 p.m. – **"Aging and Exercise Symposium"** – Bree Baker (Oklahoma State), Jason DeFreitas (Oklahoma State), Michelle Gray (University of Arkansas)

2:15 p.m. – **"Nutritional Strategies for Athlete Muscle Recovery"** - Chad Kerksick (Lindenwood University)

2:15 p.m. – **"Dynamic Cerebrovascular Response to Exercise: A Potential Brain Stress Test"** - Stacey Aaron (KU Medical Center), Alicen Whitaker (KU Medical Center)

3:15 p.m. – Outstanding Student Research Abstract Award presentations (Undergrad, Masters, and Ph.D.)

6:00 p.m. – Pizza Party – Sponsored by the University of Arkansas Department of Health, Human Performance and Recreation

6:30 p.m. – Quiz Bowl – Sponsored by Arkansas Tech University

## Friday, March 4<sup>th</sup>

8:15 a.m. – Opening Remarks & Poster Presentations

9:45 a.m. – Exercise is Medicine On-Campus Symposium

9:45 a.m. – **“Metabolic Health and Exercise Tolerance in Normal-Weight Obesity and Metabolically Healthy Obesity”** - Sam Emerson (Oklahoma State University)

10:30 a.m. – **“What biomechanical parameters should be considered when performing basketball free-throw, 2-point, and 3-point shooting motions?”** - Dimitrije Cabarkapa (University of Kansas)

10:45 a.m. – **“Collaborating with your State Extension Office for Exercise and Nutrition Initiatives”** Symposium

11:00 a.m. – **“Pushing the Threshold: The Application of Individual Fatigue Thresholds to Resistance Exercise”** - Taylor Dinyer-McNeely (Oklahoma State University)

11:45 a.m. – Networking Lunch (lunch provided) – featuring speakers from academia and industry settings

1:30 p.m. – Central States Business Meeting – All members welcome!

2:15 p.m. – Closing Remarks – Including announcements, award winners, and passing of the gavel.

**Central States American College of Sports Medicine Annual Meeting - March 3-4, 2022, Fayetteville, AR**

|                            | Atrium<br>(entrance to conference<br>center)   | Seminar Room A<br>(RCED 103)   | Auditorium<br>(RCED 120)   | Multimedia Training Classroom<br>(RCED 112/117)   |          |
|----------------------------|--|--|--|---|----------|
| <b>Thursday, March 3rd</b> |  |  |  |   |          |
| 9:00 AM                    | <b>Registration/Check-In Desk<br/>Opens -<br/>Online registrants check-in;<br/>Day-of registration available</b> | Executive Board Meeting<br><br>Terry DeWitt<br><br>(Exec Board & invited guests only)                    | OFF SITE - Optional Tour of the<br>University of Arkansas Exercise Science Research Center<br>Register by e-mailing:<br>Exercise@uark.edu<br>Prior to March 1st  |   | 9:00 AM  |
| 9:15 AM                    |  |  |  |   | 9:15 AM  |
| 9:30 AM                    |  |  |  |   | 9:30 AM  |
| 9:45 AM                    |  |  |  |   | 9:45 AM  |
| 10:00 AM                   |  |  |  |   | 10:00 AM |
| 10:15 AM                   |  |  |  |   | 10:15 AM |
| 10:30 AM                   |  |  |  |   | 10:30 AM |
| 10:45 AM                   |  |  |  |   | 10:45 AM |
| 11:00 AM                   |  |  |  |   | 11:00 AM |
| 11:15 AM                   |  |  |  |   | 11:15 AM |
| 11:30 AM                   |  |  | <b>Opening Remarks - Matt Ganio</b>  |   | 11:30 AM |
| 11:45 AM                   |  |  | Keynote Speaker - Dr. Teresita Bellido -<br>"To the bone: how science, professional service, and<br>mentoring are linked in my career"<br>(University of Arkansas for Medical Sciences)  |   | 11:45 AM |
| 12:00 PM                   | Lunch Break<br>(on your own; see program for on-campus options)  |  |  |   | 12:00 PM |
| 12:15 PM                   |  |  |  |   | 12:15 PM |
| 12:30 PM                   |  |  |  |   | 12:30 PM |
| 12:45 PM                   |  |  |  |   | 12:45 PM |
| 1:00 PM                    |  |  |  | Aging and Exercise Symposium - Bree Baker "Beyond<br>Strength: The Benefits of Resistance Training in Older<br>Adults" - OSU                        | 1:00 PM  |
| 1:15 PM                    |  | "Tactical Training, Lessons from the Field"<br>Aaron Leach (US Air Force)<br>Clare Turpen (US Air Force) |  | Jason DeFreitas "Sensory degradation with aging likely<br>causes motor deficits, but is it trainable?"- OSU   | 1:15 PM  |
| 1:30 PM                    |  |  |  | Michelle Gray "Physical and cognitive function: Two<br>sides of the same coin" - UA   | 1:30 PM  |
| 1:45 PM                    |  |  |  |   | 1:45 PM  |
| 2:00 PM                    | Break  |  |  |   | 2:00 PM  |
| 2:15 PM                    | Afternoon snacks provided!   | "Nutritional Strategies for Athlete Muscle Recovery" -<br>Chad Kerssick<br>(Lindenwood University)       |  | "Dynamic Cerebrovascular Response to Exercise:<br>A Potential Brain Stress Test" -<br>Stacey E. Aaron and Alicen A. Whitaker<br>(KU Medical Center) | 2:15 PM  |
| 2:30 PM                    |  |  |  |   | 2:30 PM  |
| 2:45 PM                    |  |  |  |   | 2:45 PM  |
| 3:00 PM                    |  |  |  |   | 3:00 PM  |
| 3:15 PM                    |  |  |  |   | 3:15 PM  |
| 3:30 PM                    |  |  |  |   | 3:30 PM  |
| 3:45 PM                    |  |  |  |   | 3:45 PM  |
| 4:00 PM                    |  |  |  |   | 4:00 PM  |
| 4:15 PM                    |  |  |  |   | 4:15 PM  |
| 4:30 PM                    |  |  |  |   | 4:30 PM  |
| 4:45 PM                    |  |  | Outstanding Student Research Award Competition<br>(Times approximate)  |   | 4:45 PM  |
| 5:00 PM                    |  |  | 3:15-3:20 - Introductions to the symposium - Matt Ganio<br>3:20-3:35 - Undergrad - Maria Navarrete - University of the Ozarks<br>3:40-3:55 - Undergrad - Andrew Duncan - University of the Ozarks<br>4:00-4:15 - Undergrad - Delaney Adams - Southeast Missouri University<br>4:20-4:35 - Masters - Shawn Allen - Oklahoma State University<br>4:40-4:55 - Masters - Landen Saling - University of Arkansas<br>5:00-5:15 - Masters - Tyler Danielson - Oklahoma State University<br>5:20-5:35 - PhD - Eleanor Schrems - University of Arkansas<br>5:40-5:55 - PhD - Seongkyun Lim - University of Arkansas<br>6:00-6:15 - PhD - Sergio Perez - Oklahoma State University |   | 5:00 PM  |
| 5:15 PM                    |  |  |  |   | 5:15 PM  |
| 5:30 PM                    |  |  |  |   | 5:30 PM  |
| 5:45 PM                    |  |  |  |   | 5:45 PM  |
| 6:00 PM                    |  |  |  | Pizza served @ Quiz Bowl - Sponsored by the<br>Department of Health, Human Performance and<br>Recreation at the University of Arkansas              | 6:00 PM  |
| 6:15 PM                    |  |  |  |   | 6:15 PM  |
| 6:30 PM                    |  |  |  |   | 6:30 PM  |
| 6:45 PM                    |  |  |  |   | 6:45 PM  |
| 7:00 PM                    |  |  |  | Quiz Bowl -<br>Sponsored by Arkansas Tech University  | 7:00 PM  |
| 7:15 PM                    |  |  |  |   | 7:15 PM  |
| 7:30 PM                    |  |  |  |   | 7:30 PM  |
| 7:45 PM                    |  |  |  |   | 7:45 PM  |
| 8:00 PM                    |  |  |  |   | 8:00 PM  |

**Central States American College of Sports Medicine Annual Meeting - March 3-4, 2022, Fayetteville, AR**

|                          | Atrium<br>(entrance to conference center)                        | Seminar Room A<br>(RCED 103)  | Auditorium<br>(RCED 120)  | Multimedia Training Classroom<br>(RCED 117)                        |          |
|--------------------------|--|---|---|--|----------|
| <b>Friday, March 4th</b> |  |   |   |  |          |
| 8:00 AM                  | <b>Light continental breakfast snacks provided.</b>              |   |   | Posters Set up for Judging   | 8:00 AM  |
| 8:15 AM                  |  |   |   |  | 8:15 AM  |
| 8:30 AM                  |  |   |   | Opening Remarks of the Day- Matt Ganio                             | 8:30 AM  |
| 8:45 AM                  |  |   |   |  | 8:45 AM  |
| 9:00 AM                  |  |   |   | Poster Presentations<br>(presenter available 8:15-9:30)            | 9:00 AM  |
| 9:15 AM                  |  |   |   | (President's cup posters judged at this time)                      | 9:15 AM  |
| 9:30 AM                  |  |   |   |  | 9:30 AM  |
| 9:45 AM                  |  |   |   |  | 9:45 AM  |
| 10:00 AM                 |  |   |   | Poster stay up for additional viewing/judging                      | 10:00 AM |
| 10:15 AM                 |  | "Metabolic Health and Exercise Tolerance in Normal-Weight Obesity and Metabolically Healthy Obesity"- Sam Emerson- Oklahoma State University                | Exercise is Medicine (EIM) - On Campus  | (Presenters take down posters between 10:15-10:45)                 | 10:15 AM |
| 10:30 AM                 |  | Break for presenters to take down posters   | Roundtable Discussion   |  | 10:30 AM |
| 10:45 AM                 |  | "What biomechanical parameters should be considered when performing basketball free-throw, 2-point, and 3-point shooting motions?" -Dimitrije Cabarkapa- KU | Break for presenters to take down posters   |  | 10:45 AM |
| 11:00 AM                 |  | "Pushing the Threshold: The Application of Individual Fatigue Thresholds to Resistance Exercise" - Taylor Dinyer-McNeely- Oklahoma State University         | Collaborating with your State Extension Office for Exercise and Nutrition Initiatives   |  | 11:00 AM |
| 11:15 AM                 |  |   | Roundtable Discussion   |  | 11:15 AM |
| 11:30 AM                 | <b>Break</b>   |   |   |  | 11:30 AM |
| 11:45 AM                 | <b>Lunch served and brought into Networking Lunch (RCED 117)</b> |   |   | Networking Lunch leading into talks after about 30-45 min:         | 11:45 AM |
| 12:00 PM                 |  |   |   |  | 12:00 PM |
| 12:15 PM                 |  |   |   | "What it's like to work at....": Teaching University - Ryan Gordon | 12:15 PM |
| 12:30 PM                 |  |   |   | Research I University - Matt Ganio                                 | 12:30 PM |
| 12:45 PM                 |  |   |   | Post-Doc - Lisa Jansen   | 12:45 PM |
| 1:00 PM                  |  |   |   | Industry - Whitley Atkins  | 1:00 PM  |
| 1:15 PM                  |  |   |   |  | 1:15 PM  |
| 1:30 PM                  |  |   |   | Business Meeting - Open to ALL Members<br>Terry DeWitt             | 1:30 PM  |
| 1:45 PM                  |  |   |   |  | 1:45 PM  |
| 2:00 PM                  |  |   | Closing Remarks<br>Matt Ganio   | 2:00 PM  |          |
| 2:15 PM                  |  |   |   | 2:15 PM  |          |
| 2:30 PM                  |  |   |   | 2:30 PM  |          |
| 2:45 PM                  |  |   |   | 2:45 PM  |          |
| 3:00 PM                  |  |   |   | 3:00 PM  |          |
| 3:15 PM                  |  |   |   | 3:15 PM  |          |
| 3:30 PM                  |  |   | OFF SITE - Optional Tour of the University of Arkansas Exercise Science Research Center | 3:30 PM  |          |
| 3:45 PM                  |  |   | Register by e-mailing:<br>Exercise@uark.edu   | 3:45 PM  |          |
| 4:00 PM                  |  |   | Prior to March 1st  | 4:00 PM  |          |
| 4:15 PM                  |  |   |   | 4:15 PM  |          |
| 4:30 PM                  |  |   |   | 4:30 PM  |          |



# Speaker Contact info

| Date  | Time      | Talk title  | Presenter             | Institution                                 | e-mail                      |
|-------|-----------|---|-----------------------|---|-----------------------------|
| 3-Mar | 10:45 AM  | To the bone: how science, professional service, and mentoring are linked in my career   | Teresta Bellido       | University of Arkansas for Medical Sciences | TMBellido@uams.edu          |
| 3-Mar | 1:00PM    | Beyond Strength: The Benefits of Resistance Training in Older Adults  | Bree Baker            | Oklahoma State University                   | bree.baker@okstate.edu      |
| 3-Mar | 1:00PM    | Sensory degradation with aging likely causes motor deficits, but is it trainable?   | Jason Defreitas       | Oklahoma State University                   | jason.defreitas@okstate.edu |
| 3-Mar | 1:00PM    | Physical and cognitive function: Two sides of the same coin   | Michelle Gray         | University of Arkansas                      | mgray@uark.edu              |
| 3-Mar | 1:00PM    | Tactical Training, Lessons from the Field   | Aaron Leach           | US Air Force                                | aaron.l.leach.civ@mail.mil  |
| 3-Mar | 1:00PM    | Tactical Training, Lessons from the Field   | Clare Turpen          | US Air Force                                | clareturpen93@gmail.com     |
| 3-Mar | 2:15PM    | Nutritional Strategies for Athlete Muscle Recovery  | Chad Kerksick         | Lindenwood University                       | ckersick@lindenwood.edu     |
| 3-Mar | 2:15PM    | Dynamic Cerebrovascular Response to Exercise: A Potential Brain Stress Test   | Stacey E. Aaron       | KU Medical Center                           | saaron2@kumc.edu            |
| 3-Mar | 2:15PM    | Dynamic Cerebrovascular Response to Exercise: A Potential Brain Stress Test   | Alicen A. Whitaker    | KU Medical Center                           | a605w119@kumc.edu           |
| 3-Mar | 3:15PM    | Introduction to "Outstanding Student Research Abstracts Award"  | Matthew Ganio         | University of Arkansas                      | msganio@uark.edu            |
| 3-Mar | 3:20-3:35 | Undergrad - The Impacts of Combined Blood Flow Restriction Training and Betaine Supplementation on Exercise-Associated Serum Hormones                               | Maria Navarrete       | University of the Ozarks                    | mmalt441@ozarks.edu         |
| 3-Mar | 3:40-3:55 | Undergrad - Blood Flow Restriction Training and Betaine Supplementation do not Synergistically Impact Mechanotransduction-Associated Anabolic Intramuscular Targets | Andrew Duncan         | University of the Ozarks                    | anddunca@gmail.com          |
| 3-Mar | 4:00-4:15 | Undergrad - Physical Activity and Handgrip Strength in University Employees Participating in a Website Wellness Program   | Delaney Adams         | Southeast Missouri University               | deadams1s@semo.edu          |
| 3-Mar | 4:20-4:35 | Masters - Influence of Muscle Characteristics on Maximal Strength in Sedentary Individuals  | Shawn Allen           | Oklahoma State University                   | shawn.m.allen@okstate.edu   |
| 3-Mar | 4:40-4:55 | Masters - Growth Differentiation Factor 5 is a Paracrine Regulator in Sarcopenic Obesity  | Landen Saling         | University of Arkansas                      | lsaling@uark.edu            |
| 3-Mar | 5:00-5:15 | Masters - The Reliability and Variability of a Novel TMS Measure: Transcallosal Conduction Time   | Tyler Danielson       | Oklahoma State University                   | tyler.danielson@okstate.edu |
| 3-Mar | 5:20-5:35 | PHD - Analysis of the Transcriptome of Soleus Muscle in Sarcopenic Obese Mice   | Eleanor Schrems       | University of Arkansas                      | erschrem@uark.edu           |
| 3-Mar | 5:40-5:55 | PHD - Differential Induction of Regulators of Protein Turnover During C26-Induced Cancer Cachexia Between Biological Sexes  | Seongkyun Lim         | University of Arkansas                      | sl051@uark.edu              |
| 3-Mar | 6:00-6:15 | PHD - Influence of Muscle Architecture and Size on Mechanomyographic Amplitude of the Vastus Lateralis  | Sergio Perez          | Oklahoma State University                   | sergio.perez10@okstate.edu  |
| 4-Mar | 8:15 AM   | Poster Presentations start (presenter available 8:15am-9:30am; posters stay up until at least 10:15)  | various               | various                                     | n/a                         |
| 4-Mar | 9:45 AM   | Metabolic Health and Exercise Tolerance in Normal-Weight Obesity and Metabolically Healthy Obesity  | Sam Emerson           | Oklahoma State University                   | sam.emerson@okstate.edu     |
| 4-Mar | 10:30 AM  | What biomechanical parameters should be considered when performing basketball free-throw, 2-point, and 3-point shooting motions?                                    | Dimitrije Cabarkapa   | University of Kansas                        | dcabarkapa@ku.edu           |
| 4-Mar | 11:00 AM  | Pushing the Threshold: The Application of Individual Fatigue Thresholds to Resistance Exercise  | Taylor Dinyer-McNeely | Oklahoma State University                   | taylor.dinyer@okstate.edu   |
| 4-Mar | 9:45 AM   | EIM-on campus (general talks, then roundtable)  | Bryce Daniels         | University of Arkansas                      | bxd013@uark.edu             |
| 4-Mar | 9:45 AM   | EIM-on campus (general talks, then roundtable)  | Casey Fant            | University of Arkansas                      | cfant@uark.edu              |
| 4-Mar | 9:45 AM   | EIM-on campus (general talks, then roundtable)  | UA Students           | University of Arkansas                      | n/a                         |
| 4-Mar | 10:45 AM  | Collaborating with your State Extension Office for Exercise and Nutrition Initiatives   | Bree Baker, moderator | Oklahoma State University                   | bree.baker@okstate.edu      |
| 4-Mar | 10:45 AM  | Collaborating with your State Extension Office for Exercise and Nutrition Initiatives   | Kelsey Weitzel        | University of Missouri Extension            | weitzelkj@missouri.edu      |
| 4-Mar | 10:45 AM  | Collaborating with your State Extension Office for Exercise and Nutrition Initiatives   | Jamie Baum            | University of Arkansas                      | baum@uark.edu               |
| 4-Mar | 11:45 AM  | Networking Lunch - Begins   |                       |   |                             |
| 4-Mar | 12:15 PM  | Networking Lunch - "What it's like to work at...." - Teaching University  | Ryan Gordon           | Drury University                            | rgordon002@drury.edu        |
| 4-Mar | 12:15 PM  | Networking Lunch - "What it's like to work at...." - Research I University  | Matthew Ganio         | University of Arkansas                      | msganio@uark.edu            |
| 4-Mar | 12:15 PM  | Networking Lunch - "What it's like to work at...." - Post-Doc   | Lisa Jansen           | University of Arkansas for Medical Sciences | LJansen@uams.edu            |
| 4-Mar | 12:15 PM  | Networking Lunch - "What it's like to work at...." - Industry   | Whitley Atkins        | University of Arkansas                      | wcatkins@uark.edu           |
| 4-Mar | 1:30 PM   | Business Meeting (open to ALL members)  | Terry DeWitt          | Quachita Baptist University                 | dewittt@obu.edu             |
| 4-Mar | 2:15 PM   | Closing Remarks   | Matthew Ganio         | University of Arkansas                      | msganio@uark.edu            |

# Speaker Bios

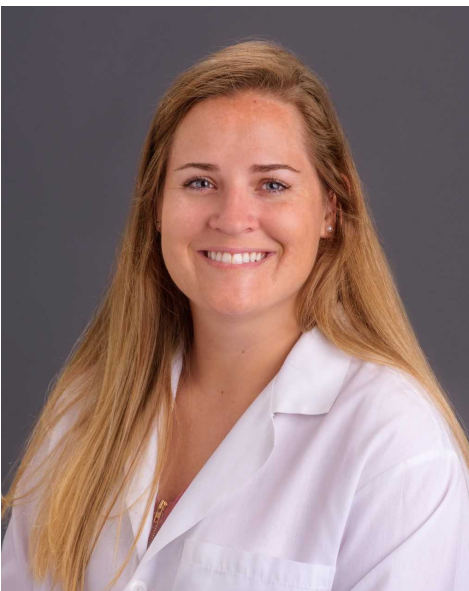


## Teresita Bellido

Dr. Bellido is a Professor and Chair of the Department of Physiology and Cell Biology in the UAMS College of Medicine. She has joint appointments in the Department of Medicine, Division of Endocrinology and Metabolism, and in the Department of Orthopaedics, College of Medicine, University of Arkansas for Medical Sciences (UAMS). She is also a Career Research Scientist at the Central Arkansas Veterans Healthcare System, a Scholar of the Arkansas Research Alliance (ARA), and a Fellow of the American Society for Bone and Mineral Research (ASBMR).

She is a highly respected scientist, internationally known leader in bone research, highly committed also to mentorship and faculty development. Her research focuses on signal transduction in bone and muscle, with particular emphasis on osteocyte biology in health and disease and the mechanisms of hormonal action in the musculoskeletal system.

For her scientific and mentoring efforts, Bellido was awarded the Women Faculty Leadership Award and the Outstanding Postdoc Mentor Award in 2015 by Indiana University. In addition, she received the ASBMR 2015 Paula Stern Achievement Award, which recognizes a woman in the bone research field who has made significant scientific achievements and who has promoted the professional development and career advancement of women, and the 2018 ASBMR Gideon A. Rodan Excellence in Mentorship Award in recognition for outstanding support by a senior scientist who has helped promote the independent careers of young investigators in bone and mineral metabolism. She was the 9th woman (out of 46) President of the ASBMR (2019-2021) and the only woman president originally from Latin America.



## Bree Baker

Dr. Bree Baker is an Assistant Professor and Director of the Musculoskeletal Adaptations to Aging and eXercise (MAAX) Lab at Oklahoma State University. She is originally from Colorado where she played and coached college soccer for 8 years before pursuing her Masters at Colorado State University and PhD at University of Oklahoma. She completed three years of a postdoctoral fellowship at the University of Missouri before starting at Oklahoma State University. Most of her research team's effort focuses on how different exercise modes impact bone and muscle health, injury risk, and performance in athletes, aging adults, and clinical populations. The MAAX Lab is currently working with an NBA team, two Division I collegiate teams, and collecting multi-state data on the effect of different resistance training modalities on older adults' fall risk and quality of life.





## **Ryan Gordon**

Ryan Gordon received his doctorate from Texas Woman's University in 2021. Currently, Ryan is an Assistant Professor of Biology in the Department of Biology at Drury University in Springfield, MO, where he directs the Exercise Physiology program. His research interests include the influence of micro-RNA on skeletal muscle physiology and their role in hemodynamic responses to exercise in high-risk populations.



## **Dimitrije Cabarkapa**

Dimitrije Cabarkapa, PhD, CSCS, NSCA-CPT, USAW is a Postdoctoral Researcher in Jayhawk Athletic Performance Laboratory – Wu Tsai Human Performance Alliance at the University of Kansas. Dimitrije is a former men's basketball student-athlete at James Madison University where he earned both bachelor and master of science degrees. He was a part of the team that in 2013 won a conference championship and advanced to the NCAA Division-I tournament. Dimitrije obtained his doctorate degree from University of Kansas in 2021. Strongly

influenced by his playing career, his research interests in the field of exercise physiology are primarily directed towards the enhancement of sports performance.



## **Whitley Atkins**

Whitley Atkins, M.Ed., is a PhD candidate at the University of Arkansas. She is a graduate of the University of Tennessee and completed her master's degree in Exercise Science at The University of Texas in Austin, TX. After graduating, she worked as a Research Scientist at LVL Technologies developing wearable technology. In 2018, she moved to Fayetteville, AR, to pursue her doctoral degree. Her research is focused on hydration and thermoregulation.



## **Kelsey Weitzel**

Kelsey is an Assistant Extension Professor at the University of Missouri who helps lead physical activity programs delivered by the University of Missouri Extension Network. Her undergrad and master's degrees are in Exercise Physiology and she is currently working on her PhD in education psychology at the University of Missouri. Her research focuses on healthy aging and community education programming with the intent of improving life through the aging process. She lives in Columbia, MO with her husband and almost 2 year old and they love to go on active adventures together.

## **Stacey Aaron**

Dr. Stacey Aaron is an ACSM certified exercise physiologist with 15 years of experience working with various populations from young adults to stroke survivors. She received a PhD in Health and Rehabilitation Science at the Medical University of South Carolina studying the effects of exercise on cardiovascular and functional limitations, but became interested in the effects of exercise on brain health. In an effort to learn cerebrovascular physiology, she was awarded a Spaulding Research Institute's Leadership Catalyst Fellowship, which provided two years of funding as a postdoctoral fellow at Harvard Medical School and Spaulding Rehabilitation Hospital. During this fellowship, she assessed the effect of aerobic exercise on cerebrovascular function (i.e., vasoreactivity, autoregulation, and neurovascular coupling) in young adults with mild traumatic brain injury. Currently, Dr. Aaron is a Frontiers TL1 postdoctoral research fellow in Dr. Sandra Billinger's laboratory focusing on cerebrovascular function in aging and age-related neurological disorders.



## **Alicen Whitaker**

Alicen Whitaker, DPT, is a physical therapist interested in stroke neurorehabilitation and recovery research. She started the DPT/PhD in Rehabilitation Science in Dr. Sandy Billinger's Research in Exercise and Cardiovascular Health Laboratory at the University of Kansas Medical Center. She received a T32 trainee grant in the Neurological and Rehabilitation Training Program led by Dr. Randy Nudo. She led the treatment intervention for a multi-site randomized clinical trial studying "Moderate-Intensity Exercise Versus High-Intensity Interval Training to Recover Walking Post-Stroke". Her current research interests have evolved into studying the cerebrovascular response to high intensity interval exercise in individuals post-stroke. Recently, she received a Predoctoral Fellowship Grant from the American Heart Association.



## Aaron L. Leach

Mr. Aaron L. Leach, MS, CSCS, EP-C Operational Support Team – Strength and Conditioning Specialist, GS-11

Aaron L. Leach currently serves as the Strength and Conditioning Specialist for the Operational Support Team, 19th Operational Medical Readiness Squadron, 19th Airlift Wing, Little Rock Air Force base, Arkansas. In this role, he improves mission performance by employing physical resilience enhancement and military occupational injury reduction techniques for Team Little Rocks OST for over 3,500 military.

Aaron L. Leach has served in various vocations to include: the US. Army as an Infantry Recon Scout, fire fighter/EMT, and multiple positions in the health and fitness field. He has worked several settings such as: medical, collegiate, city, state and currently the federal setting with the Department of Defense.



## Sam Emerson

Sam Emerson is an Assistant Professor in the Department of Nutritional Sciences at Oklahoma State University. He earned a BS in Nutritional Sciences from Oklahoma State in 2012, an MS in Kinesiology from Kansas State University in 2013, and a PhD in Human Nutrition from Kansas State in 2017. Dr. Emerson's research is focused on the assessment of cardiometabolic risk factors and how lifestyle behaviors (e.g. diet and physical activity) modify these risk factors. His research team regularly utilizes acute feeding challenges as a sensitive assessment of metabolic health and to delineate differences based on diet, physical activity level, age, sex, and body composition.





## **Jamie Baum**

Jamie Baum is an Associate Professor in the Department of Food Science and Director of the Center for Human Nutrition at the University of Arkansas. Dr. Baum received her PhD in Nutritional Science from the University of Illinois and completed a postdoctoral fellowship in Cellular & Molecular Physiology at the Penn State College of Medicine. Dr. Baum has an appointment in research, teaching, and extension. Dr. Baum is Chair of the Nutrition Physiology Interest Group with the American Physiological Society. Dr. Baum's research addresses challenges related to nutrition and dietary protein across the life cycle.



## **Jason DeFreitas**

Jason DeFreitas is an Associate Professor of Health and Human Performance and the Director of the Applied Neuromuscular Physiology Laboratory at Oklahoma State University. His research uses state-of-the-art technology to investigate the neural and muscular changes associated with aging, training, fatigue, disease, and more. His recent work focuses on sensorimotor integration, and muscle plasticity (both hypertrophy and atrophy). He received his PhD and M.S. in Exercise Physiology from the University of Oklahoma under the mentorship of the late Dr. Travis W. Beck, and received his B.S. in Exercise Science from the University of Connecticut, working with Dr. William J. Kraemer.



## **Michelle Gray**

Michelle Gray, Ph.D. is an Associate Professor of Exercise Science at the University of Arkansas. Dr. Gray serves as the Interim Department Head for Health, Human Performance, and Recreation, Director of the Office for Studies on Aging, and Director of the Honors Program for the College of Education and Health Professions.

Dr. Gray's research interests include helping older adults improve their quality of life through maintenance and improvement of physical and cognitive health. She has had more than \$4.5 million in external and internal funds. Her greatest accomplishment may be in her ability to mentor UG students; to-date, she has mentored over 100 with a near-perfect funding rate for SURF and/or Honors College Research Grants.

Dr. Gray joined U of A in 2008 as an Assistant Professor of exercise science. During this time, she has been inducted into the Teaching Academy (2017), awarded Outstanding Service (2018-2019), Overall Faculty (2014-2015 & 2018-2019), Outstanding Service (2015-2016) for the Department; Outstanding Service (2018-2019) and Outstanding Mentor/Advisor (2014) to the College; Outstanding mentor (2015,2016,2018,2019,2021) from the Office of Nationally Competitive Awards.



## **Chad Kerksick**

Dr. Kerksick is currently an Associate Professor of Exercise Science in the College of Science, Technology, and Health Sciences at Lindenwood University and serves as the Director of the Exercise and Performance Nutrition Laboratory ([www.lindenwood.edu/epnl](http://www.lindenwood.edu/epnl)) and as an Assistant Dean for Research and Innovation. He is recognized as an Academic Fellow of the American College of Sports Medicine (ACSM), National Strength and Conditioning Association (NSCA), and International Society of Sports Nutrition (ISSN). In addition, he is currently certified as a strength and conditioning specialist (CSCS), personal trainer (NSCA-CPT), and sport nutritionist (CISSN). His primary research interests include topics related to exercise and nutrition including and in particular those that involve physiologic, biochemical, cellular and molecular adaptations relative to various forms of exercise and nutrition interventions. His ongoing research continues to examine questions that focus on the accretion of skeletal muscle, nutritional supplementation, weight loss and body composition changes, and the promotion of health and recovery in healthy, active, and clinical populations.

# Maps

Interactive campus maps can be found at [maps.uark.edu](http://maps.uark.edu)

## Conference building:

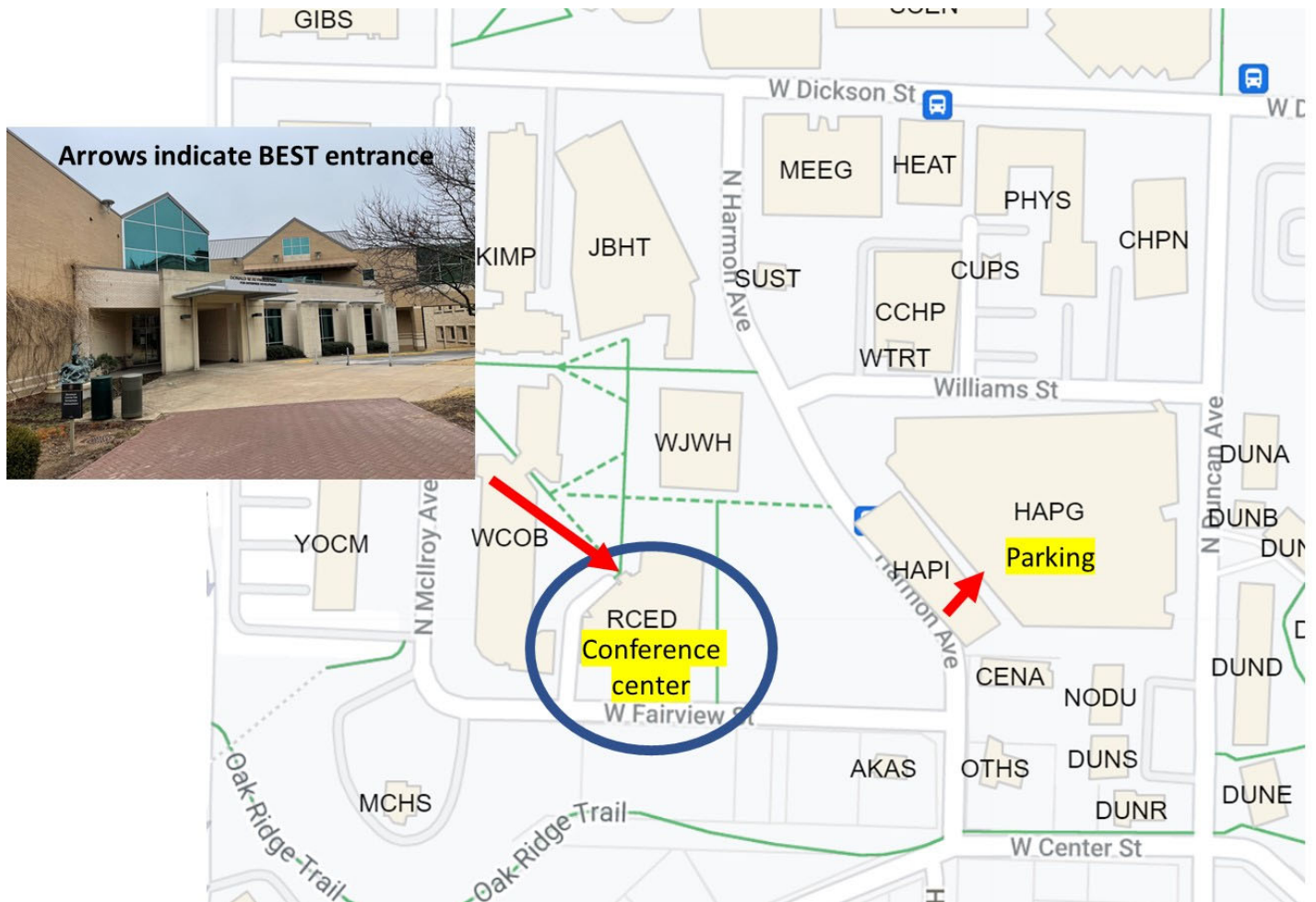
[Donald W. Reynolds Center for Enterprise Development \(RCED on the maps\)](#)

University of Arkansas  
145 N. Buchanan Ave.  
Fayetteville, AR 72701

## Parking

Harmon Avenue Garage (HAPG)

146 N. Harmon Ave.  
Fayetteville, AR 72703

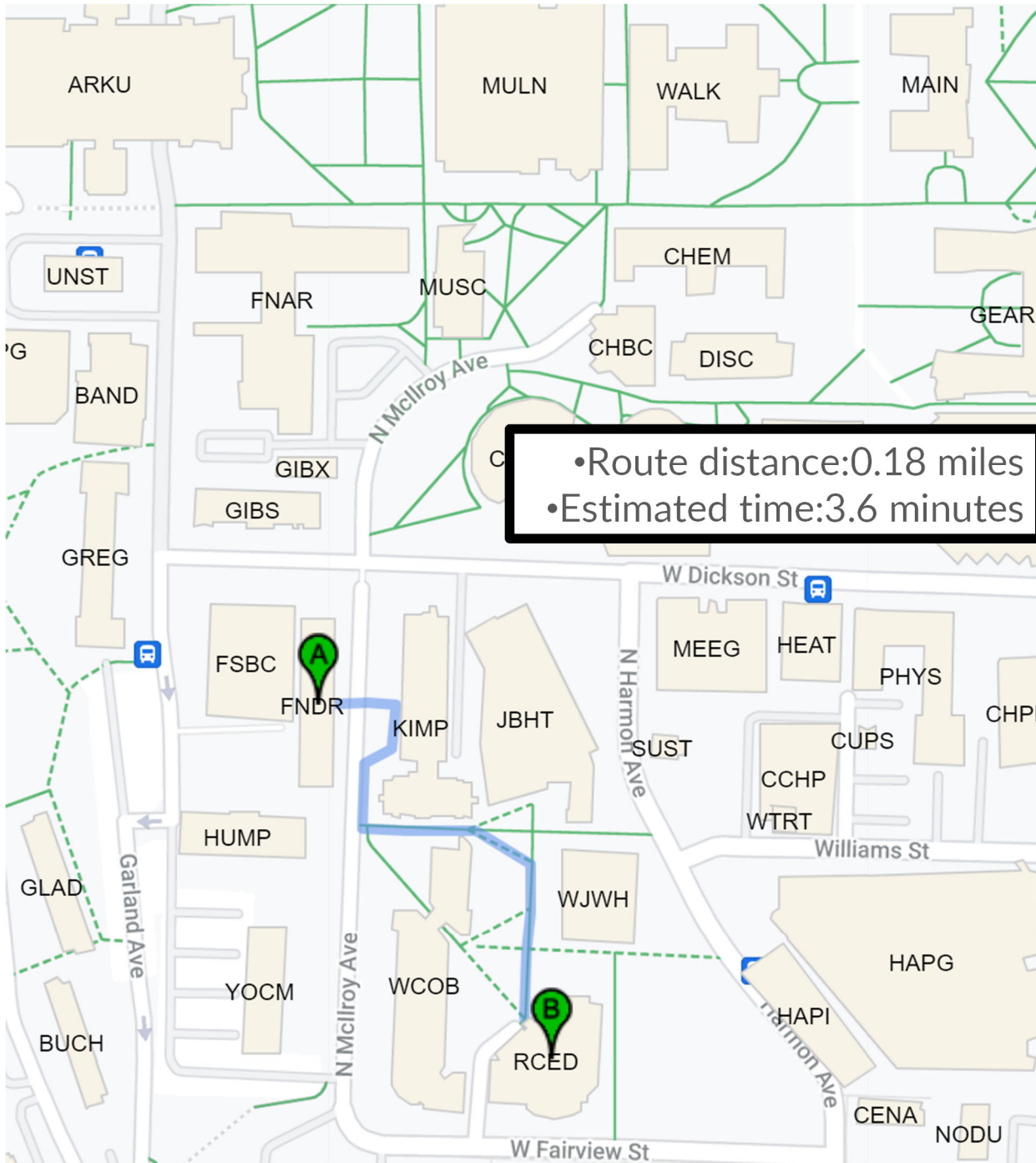




## Food

Founders Hall (FNDR), 255 N. McIlroy Ave., Fayetteville, AR 72701, is the closest walking food option and has a few options including:

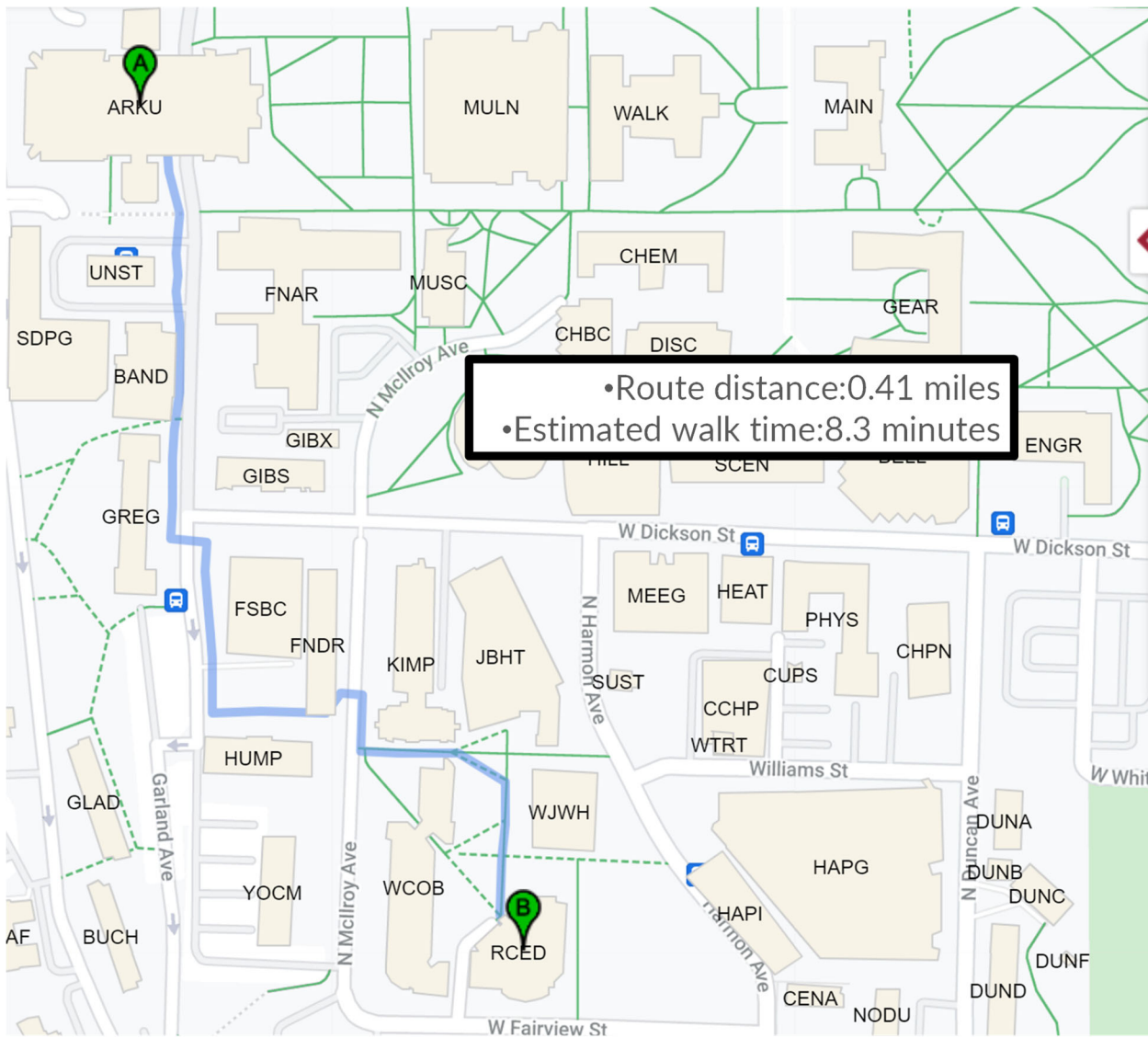
- Starbucks
- Slim Chickens
- Where the Wild Greens AR (salads)
- Sushi



## Food, cont.

The Arkansas Union (AR KU), 435 N. Garland Ave., Fayetteville, AR 72703 is a little further, but has more food options including:

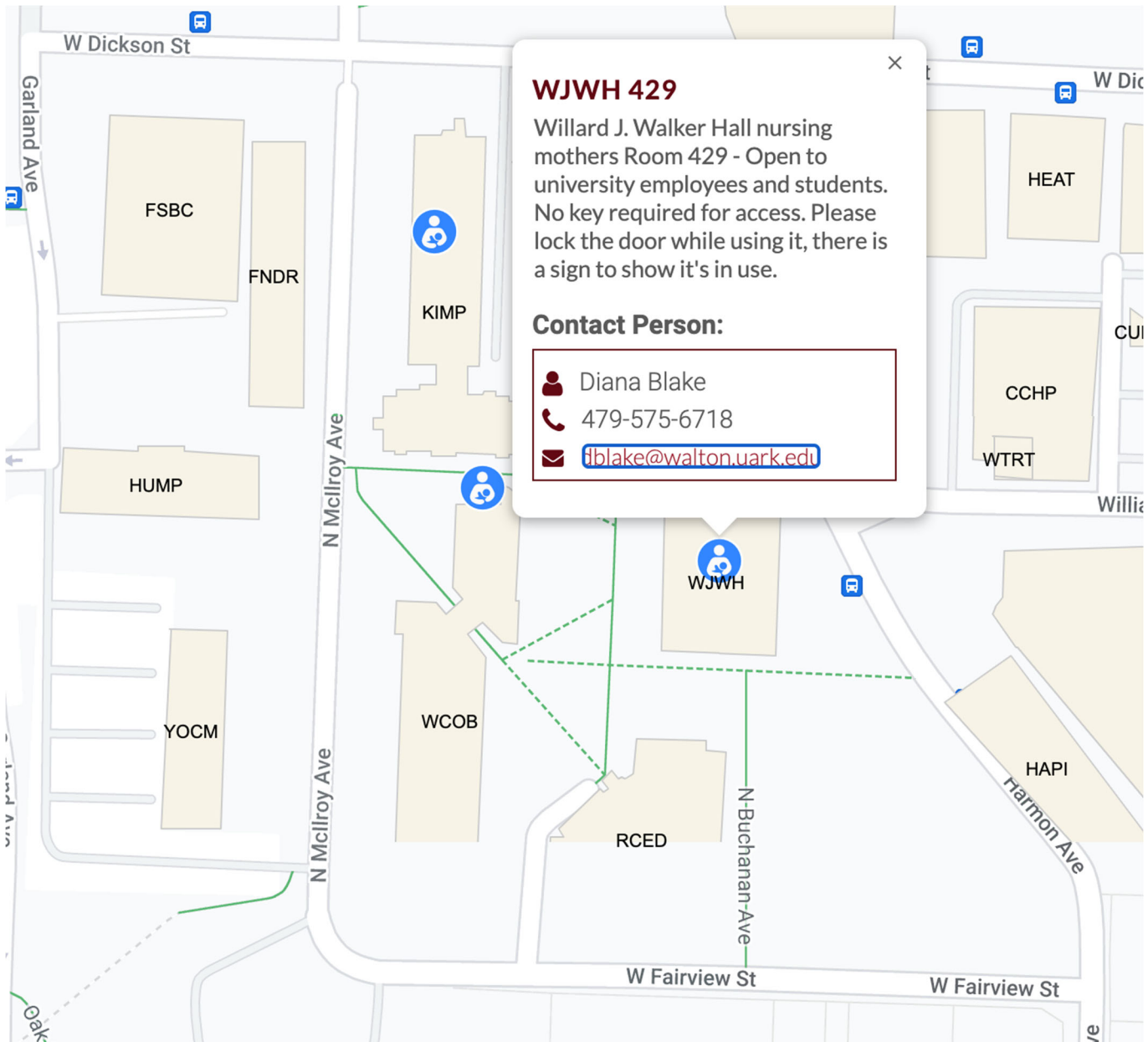
- Cabo Mexican Grill
- Paper Lantern (Asian)
- Chick-fil-A
- True Burger
- Hill Coffee Co.
- Where the Wild Greens AR (salads)





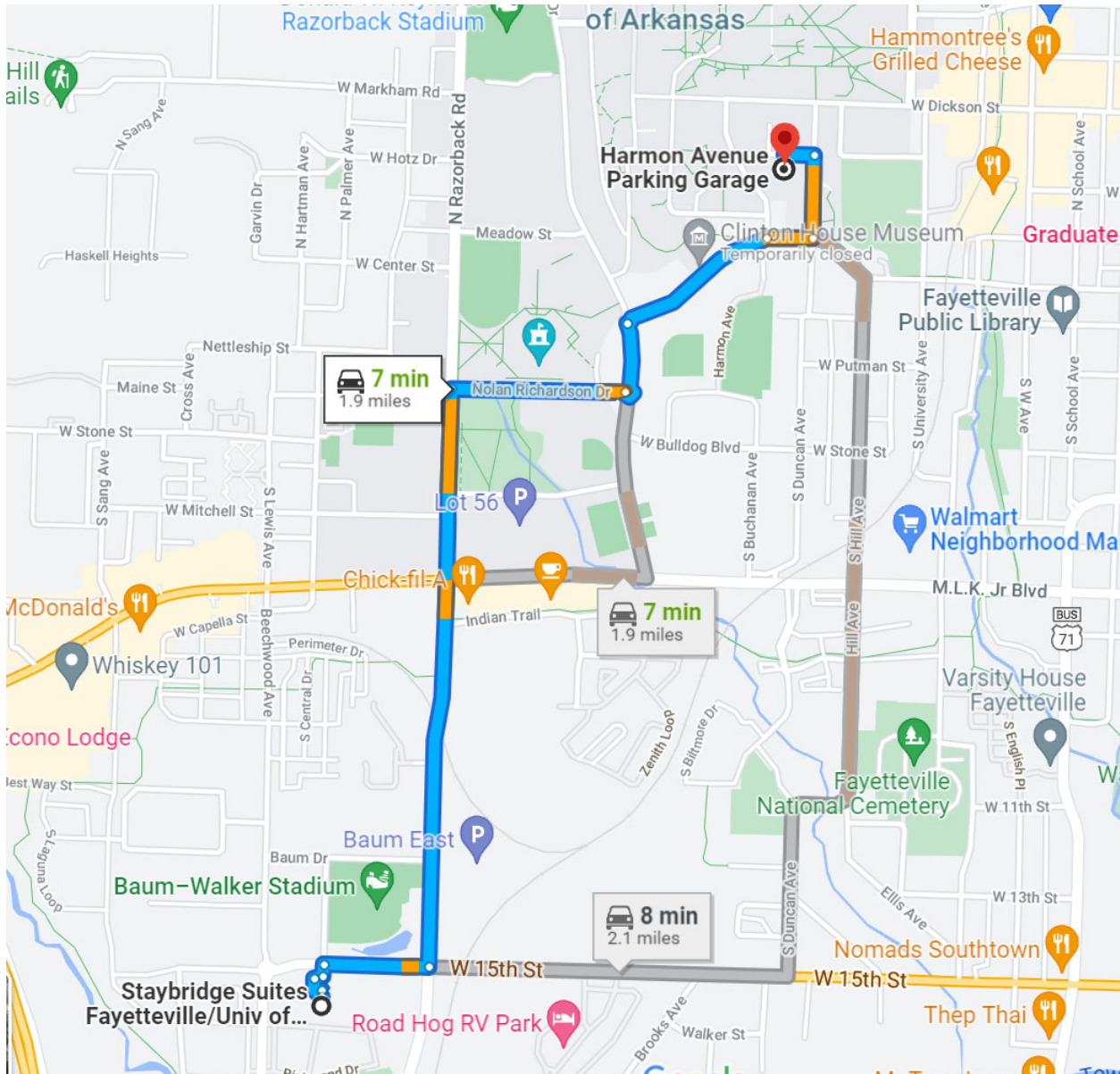
## Lactation Rooms

The closest lactation room is in the building next to the conference center, Willard J. Walker Hall (WJWH) – Room 429



# Hotel

The conference hotel, Staybridge Suites is about 2 miles from the parking garage used for the conference:



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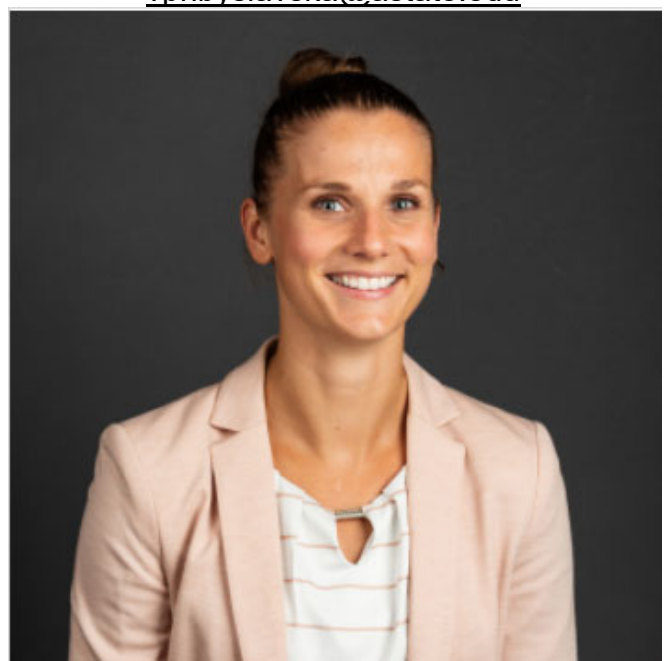
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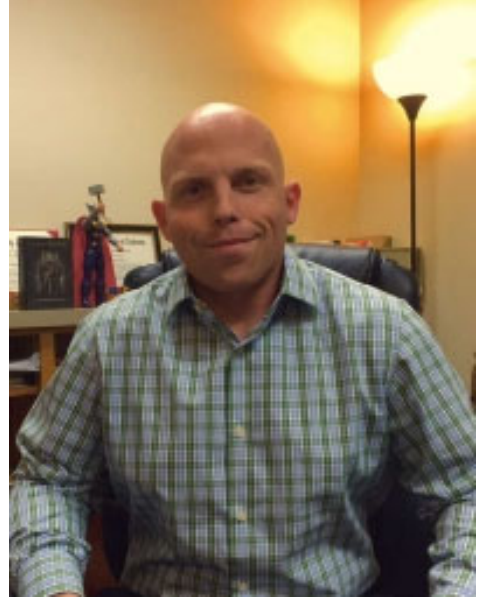




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| 2005-2006   | Joe Pujol             | Southeast Missouri State University |
| 2006-2007   | Barbara Bushman       | Missouri State University           |
| 2007-2008   | Kenneth Turley        | Harding University                  |
| 2008-2009   | Steve Sayers          | University of Missouri              |
| 2009-2010   | Phil Gallagher        | University of Kansas                |
| 2010-2011   | Greg Kandt            | Fort Hays State University          |
| 2011-2012   | John Thyfault         | University of Missouri              |
| 2012-2013   | Steve Burns           | University of Central Missouri      |
| 2013-2014   | Andrew Fry            | University of Kansas                |
| 2014-2015   | Mike Godard           | University of Central Missouri      |
| 2015-2016   | Michelle Gray         | University of Arkansas              |
| 2016-2017   | Scott Richmond        | Lindenwood University               |
| 2017-2018   | Jason Waggener        | Southeast Missouri State University |
| 2018-2019   | Adam Bruenger         | University of Central Arkansas      |
| 2019-2020   | Chris Todden          | Cleveland University                |
| 2020-2021   | Matthew Ganio         | University of Arkansas              |
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—Brandon Yates  
Student

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