

MARC ACSM

 **ACSM**
Mid-Atlantic
Chapter

2024 ANNUAL MEETING

NOVEMBER 1 & 2
LANCASTER, PA

DAY 1:

KEYNOTE SPEAKER

SEX AND GENDER
CONSIDERATIONS IN VASCULAR
EXERCISE PHYSIOLOGY



DR. MAUREEN MACDONALD

11:15AM - 12:30PM
HERITAGE BALLROOM

Day 1 - Pre Lunch

Concussion Diagnosis

CLINICAL

8AM - 9AM

Basic Science and Clinical Applications of Interventional Orthobiologics

CLINICAL

9AM - 10AM

Assessing 20 years of Metabolic Flexibility Research in Humans: What's Next?

9AM - 10AM

Exercise, Fitness and Cognitive Function

9AM - 10AM

Survival of the Strongest: Foundational Strength for Lifelong Development

9AM - 10AM

Weighing Your Words: The Role of The Fitness Professional in Addressing Weight-Related Bias, Stigma, And Managing Misconceptions in Obesity Treatment

9AM - 10AM

Impact of Low and High Carbohydrate Diets on Performance, Metabolism, and Cardiometabolic Health in Athletes

10AM - 11AM

The Female Athlete's Heart: Differences in Cardiac Risks and Remodeling

CLINICAL

10AM - 11AM

Day 1 - Post Lunch

*Exercise and the Tumor
Microenvironment*

2:45PM - 3:45PM

*Moving Beyond the Female Athlete
Triad: Relative Energy Deficiency in
Sport*

2:45PM - 3:45PM

*Harnessing Wearables for
Enhanced Physical Activity Insights*

4PM - 5:30PM

*Pediatric Exercise Physiology is Not for
Small Adults: Exercise physiology,
Testing, Rehabilitation, and Research
in Children*

4PM - 5:30PM

*Optimizing Military Health and
Performance: Advancements in
Physiological Assessment and
Monitoring*

4PM - 5:30PM

*Exercise Is Medicine: How can We
All Improve Clinical Implementation
of EIM: A Physician's Perspective*

4PM - 5PM

College Bowl

7PM - 8:30PM

Social

8.30PM - 10:30PM

DAY 2:

PAST PRESIDENT LECTURE

RESISTANCE EXERCISE AND
ARTERIAL STIFFNESS:
SOMETHING OLD, SOMETHING
NEW, SOMETHING BORROWED
AND SOMETHING BLUE



DR. KEVIN HEFFERNAN

11AM - 12:15PM
HERITAGE BALLROOM

Day 2

Clinical Biomechanics - Patient Driven Interventions

8AM - 9:15AM

Interaction of Gut Microbiota, Metabolomics, and Chronobiology for Lifestyle Mediated Health

8AM - 9:30AM

Head Trauma as a Lifelong Condition: From Repetitive Head Impacts to Traumatic Brain Injury

8AM - 9:30AM

The Implications of Sodium on Cardiovascular Health

9:30AM - 11:00AM

Cliff's Notes on: Abstract, Posters, and Presentations: How to wow with your science

9:30AM - 11AM

Musculoskeletal Injury and Physical Performance-related Factors in Military Populations

9:30AM - 11AM

Lunch Buffet & Awards

11AM - 11:30AM