



KEYNOTE SPEAKER

Performance and
Therapeutic Effects of Ketones:
A Target-Rich Environment



JEFF VOLEK, PH.D, RD

Thursday, November 4th
8:20 - 9:20AM EST



KEYNOTE SPEAKER

Exercise is Medicine:
Research, Implementation,
Ambassador, and Campus Updates



NICOLE KEITH, Ph.D, FACSM

Friday, November 5th
1:25 - 2:25PM EST



INVITED SPEAKER

When Physical Activity & Covid Collide:
A Primary Care Sports Medicine Physician's
Perspective



KERI DENAY, M.D., FACSM

Thursday, November 4th
1:25 - 2:25PM EST



INVITED SPEAKERS

National Updates:
ACSM & CEPA



Francis Neric & Laura Richardson

Thursday, November 4th
4:10 - 5:10PM EST



1st Inaugural Midwest Historical Lecture



Alex Montoye
ALMA



Jim Pivarnik
MSU



Karin Pfeiffer
MSU



Ed Howley
UTK



Li Li Ji
UMN

Commemorating the Research Accomplishments of
Dr. Henry Montoye
and his 40+ years Studying Physical Activity and Health

Friday, November 5th

Pre-Recorded - Watch Anytime by Visiting the Historical Floor



STUDENT SESSION - Clinical Exercise Panel



Laura Richardson
CEPA, GERIATRICS



Garrett Griffith
CLINICAL RESEARCH



Sandy Knecht
PEDIATRICS/CARDIAC REHAB



Dennis Kerrigan
ONCOLOGY/CARDIAC REHAB

What is Clinical Exercise Physiology?

Friday, November 5th
10:30 - 11:30AM EST

Professional Talk - Floor A

Session 1
Thursday, November 4th
9:25 - 10:25 AM

Impact of 4-week Virtual Combined Exercise Program on Physical Performance & Mental Health of Females During the COVID-19 Pandemic

Dr. Emily Post

Ohio Dominican University



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Hannah Luft

Ohio Dominican University



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Benjamin Cook

Ohio Dominican University



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Professional Talk - Floor B

Session 1
Thursday, November 4th
9:25 - 10:25 AM

The Mechanistic Role of Aerobic Exercise in Mitigating Cognitive Impairments

Dr. Terence Moriarty

University of Northern Iowa



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Kelsey Bourbeau

University of Northern Iowa



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Professional Talk - Floor C

Session 1
Thursday, November 4th
9:25 - 10:25 AM

Relationship between Sport Nutrition Knowledge and Energy Status in Collegiate Athletes: A Risk Factor for Relative Energy Deficiency in Sport?

Dr. Andrew Jagim

Sports Medicine, Mayo Clinic Health System



jagim.andrew@mayo.edu

Professional Talk - Floor D

Session 1
Thursday, November 4th
9:25 - 10:25 AM

Skeletal Muscle Crosstalk via Extracellular Vesicles

Dr. Monica Hubal

IUPUI



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Christopher Kargl

Purdue University



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Lundon Burton

Purdue University



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Professional Talk - Floor A

Session 2
Thursday, November 4th
3:05 - 4:05 PM

Sport Nutrition - New Pathways to Becoming a Registered Dietitian for ACSM Professionals

Dr. Brian Reagan
University of Indianapolis



reaganb@uindy.edu

Professional Talk - Floor B

Session 2
Thursday, November 4th
3:05 - 4:05 PM

Applying for Fellowship

Dr. J. Derek Kingsley
Kent State University



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Professional Talk - Floor C

Session 2
Thursday, November 4th
3:05 - 4:05 PM

Leveraging "big data" to Understand Physical Activity Behaviors Across the Lifespan

Dr. Whitney Welch

Northwestern University Feinberg School



whitney.welch@northwestern.edu

Dr. Dana Wolf-Hughes

National Cancer Institute, National Institutes of Health



dana.wolff@nih.gov

Professional Talk - Floor D

Session 2
Thursday, November 4th
3:05 - 4:05 PM

How the AARP and League of American Bicyclists are using Data and Policy to Promote Physical Activity

Dr. Robert Oppliger

Bicyclists of Iowa City
Iowa City, IA



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Ken McLeod

Policy Director, League of
American Bicyclists



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Danielle Arigoni

Director of Livable Communities,
AARP



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Professional Talk - Floor A

Session 3
Friday, November 5th
9:25 - 10:25 AM

Does What I Say Impact What You Hear?

Dr. Amy Morgan

Bowling Green State University



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Dr. Carol Torgan

Science Communications and Outreach Branch,
National Institute of Arthritis and Musculoskeletal and
Skin Diseases, NIH



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Professional Talk - Floor B

Session 3
Friday, November 5th
9:25 - 10:25 AM

Practical Applications of Near-Infrared Spectroscopy in Sports Science

Dr. Trent Cayot

University of Indianapolis



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Dr. Jakob Lauver

Coastal Carolina University



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Professional Talk - Floor C

Session 3
Friday, November 5th
9:25 - 10:25 AM

Get Up and Moving! A Call to Action to Promote Physical Activity

Dr. Steven Elmer
Michigan Tech University



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Dr. Keri Denay
University of Michigan



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Professional Talk - Floor D

Session 3
Friday, November 5th
9:25 - 10:25 AM

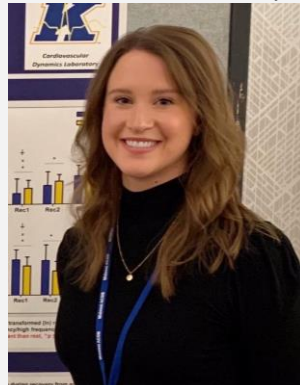
Understanding the Aorta and How it Responds to Exercise

Dr. Stacie Humm
Kent State University



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Sarah Kearney
Kent State University



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Dr. J. Derek Kingsley
Kent State University



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Professional Talk - Floor A

Session 4
Friday, November 5th
3:35 - 4:35 PM

Challenging Autism with Exercise

Dr. David Geslak

Exercise Connection & ACSM



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Benjamin Boudreaux

University of Georgia



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