

Professional Presentations

Session	Time (EST)	Floor	Title	Presenters	Affiliations
Thursday, November 4th					
Session 1					
Session 1-A	9:25 - 10:25AM	A	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	B	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	C	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
Session 1-D	9:25 - 10:25AM	D	Skeletal Muscle Crosstalk via Extracellular Vesicles	Dr. Monica Hubal Christopher Kargl Lundon Burton	IUPUI Purdue University Purdue University
Session 2					
Session 2-A	3:05 - 4:05PM	A	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	B	Applying for Fellowship	Dr. J. Derek Kingsley	Kent State University
Session 2-C	3:05 - 4:05PM	C	Leveraging "big data" to understand physical activity behaviors across the lifespan	Dr. Whitney Welch Dr. Dana Wolf-Hughes	Northwestern University Feinberg School National Cancer Institute, National Institutes of 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 Danielle Arigoni	Bicyclists of Iowa City Iowa City, IA, Policy Director, League of American Bicyclists Director of Livable Communities, AARP
Friday, November 5th					
Session 3					
Session 3-A	9:25-10:25AM	A	Does what I say impact what you hear?	Dr. Amy Morgan Dr. Carol Torgan	Bowling Green State University Science Communications and Outreach Branch, National Institute of Arthritis and Musculoskeletal and Skin Diseases, NIH
Session 3-B	9:25-10:25AM	B	Practical Applications of Near-Infrared Spectroscopy in Sports Science	Dr. Trent Cayot Dr. Jakob Lauver	University of Indianapolis Coastal Carolina University
Session 3-C	9:25-10:25AM	C	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 Sarah Kearney Dr. J. Derek Kingsley	Kent State University Kent State University Kent State University
Session 4					
Session 4-A	3:35 - 4:35PM	A	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	B	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	C	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 Isaac Wedig Jamie Phillips Dr. Alicia DenHerder	Michigan Tech University Michigan Tech University Central Michigan University Physical Therapist

Student Presentations

Session	Time (EST)	Floor	Title	Presenters	Affiliations
Thursday, November 4th					
Floor-Session-Presentation					
	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 Waiser	Grinnell College
	11:35 - 1:05PM	F			
F-1A			Exploring determinants of exercise-related affect in older adults who regularly engage in aerobic exercise	Jessica Smith-Ricketts	University of Tennessee, Knoxville
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			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
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	Alma College
	11:35 - 1:05PM	H			
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-Determining Anaerobic Threshold	Andrew Biegner	University of Akron
Thursday, November 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			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	H			
H-2A			Effects of breakfast composition on daily caloric intake	Lane Cullums	Ohio University
H-2B			Common ingredient profiles of energy drinks and energy shots	Patrick Harly	Texas Tech University
H-2C			Positive impact of short-term blood flow restricted treadmill walk-training on insulin	Dylan Lange	Northern Illinois University
H-2D					

Friday, November 5th			
Floor-Session-Presentation			
	11:35 - 1:05PM	E	
E-3A		Exercise intensity and activity affects landing mechanics and increases Anterior Cruciate Ligament (ACL) injury risk	Dr. David Dominguese
E-3B		The effect of compression garments on hip and knee kinematics during a swim start	Shradha Sudhir
E-3C		The effects of stiffness and rider performance on entropy of cadence during dynamic cycling	Brittany Smith
E-3D		Effects of unstable surface closed kinetic chain exercises on hamstring:quadricep ratio and neuromuscular activation	Madeline Seiler
	11:35 - 1:05PM	F	
F-3A		Descriptive analysis of demographics, injuries, and healthcare responses in pole dance fitness	Kaylynn Popp
F-3B		Do shoulder injury-resistant swimmers have distinct flexibility patterns compared to recently injured swimmers on a DIII college swim team?	Monique Samrani
F-3C		Acute-chronic workloads and injury risk in professional soccer players	Jack Mumaugh
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
G-3B		INVESTIGATING THE IMPACT OF COVID-19 ON PERCEIVED STRESS LEVELS OF DIVISION II STUDENT-ATHLETES	L. Hunter Stafford
G-3C		Internal Building Design Features Associated with More Movement and Less Sitting at Work	Jacob Gallagher
G-3D		Student Health Coaching Exercise Intervention Has Association with Improved Health Outcomes	Katie McAllister
	11:35 - 1:05PM	H	
H-3A		Relationships between body composition, lower body power and sprint performance in collegiate soccer players	Dr. Abdelrahman Barakat
H-3B		Differences in preseason fitness testing, workloads and playing time in male collegiate soccer players	Jacob Woodrow
H-3C		Hemodynamic and lactate response to exhaustive exercise with L-arginine supplementation	Joshua Schutzenhofer
H-3D		Effects of fatigue on hamstring:quadricep ratio and neuromuscular activation during closed kinetic chain exercises	Emily Rigden
Friday, November 5th			
Floor-Session-Presentation			
	5:15 - 6:45PM	E	
E-4A		Exercise is Medicine on Campus: A Regional Analysis and MWACSM Action Call	Isaac Wedig
E-4B		Association of the Frequency of Resistance Exercise with GPA and Psychological Well-Being among College Students	Olivia Huffman
E-4C		Understanding the barriers and facilitators of physical activity among rural American men	Jacob Gallagher
E-4D		Intra and inter-device test to retest reliability of a commercially available BIA device in high school athletes	Chingun Khurelbaatar
	5:15 - 6:45PM	F	
F-4A		Associations of electronic wearable device use and meeting physical activity recommendations in cancer survivors	Alexa Barczak
F-4B		Physical activity history and severity of vasomotor symptoms in menopausal females	Rachel Kowal
F-4C		Personality variances and athlete identity in congenital versus acquired disabilities	Noam Haddad
F-4D		Policing while pregnant: Examining the need for standardized pregnancy-related work accommodations for women in policing	Cathy G. Sceli
	5:15 - 6:45PM	G	
G-4A		Examining the association between exercise modality and mental health among university students	Riley Patzsch
G-4B		DIFFERENCES IN MOTIVATION SOURCES OVER TIME IN DIVISION II STUDENT-ATHLETES UNDEGOING ANTERIOR CRUCIATE LIGAMENT REHABILITATION	Miles Williams
G-4C		Empathy characteristic of physical medicine providers who treat osteoarthritis	Jacqueline Groen
G-4D		Assessing Mental Health Risk Factors and Workplace Accommodations in Pregnant Firefighters	Kevin Pullukat
	5:15 - 6:45PM	H	
H-4A		Impact of fatigue and sex on hamstring:quadricep ratios and motor unit recruitment during cycling	Haley Reierson
H-4B		RELIABILITY OF FLOW MEDIATED DILATION MEASUREMENTS PRE- AND POST-ACUTE EXERCISE	Amy Boettcher
H-4C		Validity and reliability of using individualized occlusion pressures for non-invasive assessment of mitochondrial function	Kendal Baker
H-4D		Eliciting Post Activation Potentiation using Blood Flow Restriction Technique	Jaclynn VanHollebeke
		The effects of acute resistance exercise on left ventricular function and arterial stiffness: Examining the sex differences	Dr. Michelle Kern
		Cannabidiol (CBD) on pain and the cardiovascular responses to the cold pressor test: a proposal	Katherine Brown
		Sex differences on measures of aortic wave reflection and aortic hemodynamics following acute resistance exercise	Anthony Pinzone