



ACSM Southeast
Chapter

2026 ANNUAL MEETING

Program

Meeting Information

Schedule and Presentation Listing

Abstracts

February 26-28, 2026

Greenville, SC



@SEACSM Chapter



@SEACSM



@southeastern_acsm

Welcome to the 2026 Annual Meeting!

We are pleased to welcome you to our 2026 Annual Meeting! We are grateful that we are able to meet in person again this year. Thank you to our members for registering for the meeting, submitting their abstracts, and volunteering to help plan and run the conference.

The 2025 meeting featured 470 presentations and events and was attended by over 1200 students and professionals—one of our biggest meetings ever! We are continuing that tradition this year.

The 2026 Annual Meeting has 582 presentations including 6 invited speakers, 4 preconference sessions with 11 presentations, 15 tutorials, 15 symposia, 63 oral presentations, 40 thematic posters, 387 poster presentations, 24 posters in the Student Award sessions, and 13 lectures and 8 case presentations in the Sports Medicine Physician Track program. We are expecting over 1,000 attendees again this year, the majority of whom are students, many attending their first conference or making their first presentation.

In addition to the tutorials, symposia, and oral and poster presentations highlighting cutting-edge research by our professional members, the program includes several special sessions, programs, and events. These include the Keynote Address, Andrew Kozar ACSM Presidential Address, Clinical Crossover Lecture, Basic Science Lecture, Montoye Scholar Award Lecture, Awards Luncheon Lecture, and the Sports Medicine Physician Track program.

The schedule also includes four Preconference sessions, the Student Award Poster competition, Emily Haymes Mentoring Breakfast, five special interest group meetings, the Student Bowl, and the Graduate Program Fair. We are also proud to welcome the students and mentors participating in the Leadership Development Training Program and First-Time Attendee Student Award recipients. The Exhibit Hall and Student Help Desk will be open throughout the meeting.

We also have our social on Thursday evening after the Business Meeting and Keynote Address to allow everyone to see old colleagues and friends and make new connections. We hope you will enjoy that aspect of the meeting as much as we will.

We have one more thing we are celebrating this year—welcoming our friends and colleagues from Puerto Rico to our Southeast family!

Wishing you a successful meeting,

The SEACSM Executive Board

Get the Annual Meeting on your mobile device with the Guidebook app



View the Annual Meeting schedule, connect with other attendees, and learn more about the conference using the Guidebook app. Once you download the free app, search for **2025 SEACSM Annual Meeting**.

Download Guidebook from the [Apple App Store](#) or [Google Play](#).

About the Annual Meeting

SEACSM Annual Meeting Objectives

At the conclusion of the meeting, participants should be able to:

- Understand the biological, biomechanical, and psychological bases for the changes that occur during and following exercise in both normal and pathological states.
- Identify new approaches to problems in exercise science and sports medicine through interaction among scientists and clinicians.
- Recognize contemporary controversial issues related to sports medicine and exercise science.
- Examine state-of-the-art and innovative basic science, applied science, and clinical information which will increase their knowledge of exercise, fitness, health, physical performance, and sports medicine.

Continuing Education Credits

SEACSM is an approved provider for Continuing Education Credits (CECs) through ACSM. The 2026 Annual Meeting is approved for 18 CECs. ACSM members who register for the meeting automatically receive the pre-approved CECs, which are posted online to ACSM accounts 4–6 weeks after the meeting.

2026 Annual Meeting Planning Committee

The Annual Meeting is planned by the SEACSM Executive Board:

Alicia Bryan, President. *Columbus State University*, bryan_alicia@columbusstate.edu

Kim Reich, Past-President. *High Point University*, kreich@highpoint.edu

Nicole Rendos, President-Elect. *Florida Institute for Human and Machine Cognition*, nrendos@ihmc.org

Sarah Fretti, At-Large Member. *University of Central Florida*, Sarah.Fretti@ucf.edu

Anyea King, At-Large Member. *University of North Carolina Charlotte*, AKing86@uncc.edu

Scott Lyons, At-Large Member. *University of North Alabama*, slyons1@una.edu

Kelly Massey, At-Large Member. *Georgia College & State University*, kelly.massey@gcsu.edu

Cody Morris, At-Large Member. *University of Alabama Birmingham*, cemorris@uab.edu

Chris Wilburn, At-Large Member. *Auburn University*, czw0043@auburn.edu

Frances Alexandre, Student Representative. *Florida Atlantic University*, falexandre2023@fau.edu

Cole Bordonie, Student Representative. *Auburn University*, ncb0039@auburn.edu

Leonardo Olivera, Sports Medicine Physician Representative. *Cleveland Clinic*, oliveil@ccf.org

Carolynn Berry, Executive Director. *Winston-Salem State University*, berryc@wssu.edu

Becki Battista, Executive Director-Elect. *Appalachian State University*, battistara@appstate.edu

Michael Berry, Exhibits, Sponsorships and Fund Raising. *Wake Forest University*, berry@wfu.edu

Ed Acevedo, Representative to ACSM. *Virginia Commonwealth University*, eoacevedo@vcu.edu

Brian Parr, Communication Director. *University of South Carolina Aiken*, brianp@usca.edu

About the Annual Meeting

2026 Annual Meeting Abstract Reviewers

All abstracts submitted for the 2026 Annual Meeting were reviewed to make sure they meet our high standards for research quality. The abstract review process was coordinated by SEACSM Executive Board members Scott Lyons and Cody Morris. Thank you to the volunteers who reviewed abstracts:

Elroy Aguiar, Kaitlyn Armstrong, Elliott Arroyo, Ashley Artese, Shelby Baez, Brantley Ballenger, Gaven Barker, Christian Behrens, Marissa Bello, Haley Bergstrom, François Billaut, Tracy Bonoffski, Matthew Brisebois, Samuel Buckner, Heath Burton, Marilyn Campbell, Jennifer Caputo, Daphney Carter, Shane Caswell, Caitlin Cheruka, Zackary Cicone, Justine Coleman, Audrey Collins, Sean Collins, Katherine Collins-Bennett, Ryan Colquhoun, Ludmila Cosio Lima, Ryan Davis, Brandi Decoux, Paul Donahue, Kate Early, Elizabeth Easley, Diego Ferreira, Abby Fleming, Ginny Frederick, David Fukuda, Riley Galloway, Sue Graves, Douglas Gregory, Kara Hamilton, Edward Hebert, Robert Herron, Katie Hirsch, Daniel Hollander, Jonathan Howard, Tamerah Hunt, Spencer Ingoglia, Deborah Jehu, Samantha Johnson, Michaela Keener, Derek Kingsley, Robert Kowalsky, Adam Lavis, Timothy Lowe, Lauren Luginsland, Scott Lyons, Hayley MacDonald, Meir Magal, Jill Maples, Erica Marshall, Cherilyn McLester, Jessica McNeil, Cody Morris, Doris Morris, Grant Mouser, Anne Mulholland, Grant Norte, Ebere Nwachukwu, Eric O'Neal, Zacharias Papadakis, Jinkyung Park, Rosalia Parrino, Traci Parry, Alyssa Parten, Silvio Polly da Costa Valladao, Amanda Ransom, Kimberly Reich, Lauren Reid, Nicole Rendos, Victor Romano, Jonathan Ruiz-Ramie, Greg Ryan, Michael Samaan, Patrick Saracino, Mark Schafer, Balea Schumacher, Antonella Schwarz, Andy Shanely, Jeffrey Simpson, Alexis Slutsky-Ganesh, Matt Stock, Tanner Thorsen, Tabbitha Torres, Alana Turner, Christopher Vann, Lloyd Wade, Jarrett Walbolt, Wendi Weimar, Adam Wells, Christopher Wilburn, Cassie Williamson-Reisdorph, Samuel Wilson, Lee Winchester, Janet Wojcik, Donna Wolf, Robyn York, Mitchell Zaplatosch.

2026 Annual Meeting AV Teams

Student AV teams provide audiovisual support for presenters during tutorial, symposium, and oral free communication sessions. Thank you to the 2026 AV teams!

Berry College

Alex Forrand, JK Walters, Lauren Beatty, Caroline Postell, Hannah Evans (Faculty Sponsor: Cassie Williamson-Reisdorph)

Florida Atlantic University

Solgiana Pierre-Gilles, Tali Estes (Faculty Sponsor: Sue Graves)

James Madison University

Trevor Starnes, Ben Cerkovnik, Kyle Dillon, William Elgin, Jr. (Faculty Sponsor: Trent Hargens)

Kennesaw State University

Madison Pinkney, Ali Peot (Faculty Sponsor: Jacob Grazer)

Montreat College

Hunter Smathers, Cam Rice, Milosz Gargol, Bryson McCraw (Faculty Sponsor: Jarrett Walbolt)

North Carolina Wesleyan University

Ava Lowry, Sam Colesano, Caroline Mooring (Faculty Sponsor: Meir Magal)

Tennessee Wesleyan University

Aubrey Long, Rebecca Barajas, Emma Meschede, Adrian Nelka-Hernandez (Faculty Sponsor: Douglas Gregory)

University of West Florida

Riley Hunt, Arianna Czubaj, Emily Miller (Faculty Sponsor: Ludmila Cosio-Lima)

University of South Florida

Amanda Walford, Isabella (Haven) Ferree, Rylee Buckner, Savannah Trezza (Faculty Sponsor: Abby Fleming)

Featured Events at the 2026 Annual Meeting

Preconference Sessions

Start your Annual Meeting experience with four Preconference sessions on Thursday Feb. 26: *Beyond the Badge: How to Collect Experiences, Not Just CEUs* and *Lead the Way: Leadership Through Peer Review and Open Science with ACSM's ESM Journal* are at 2:00 pm followed by *From the Island to the College: Puerto Rico's Enduring Influence on Sports Medicine* and the *What's Up Doc?* rapid research presentations, our take on the three-minute thesis, at 3:00 pm.

Invited Speakers

The Annual Meeting includes several invited lectures. Be sure to take advantage of these opportunities to hear from experts in our region and beyond.

Keynote Address

Thursday, Feb. 26, 7:30 pm
David S. Geslak, BS, ACSM EP-C, CSCS
Exercise Connection

Montoye Scholar Award Lecture

Friday, Feb. 27, 10:00 am
Mark Sarzynski, PhD, FAHA, FACSM
University of South Carolina

Clinical Crossover Lecture

Friday, Feb. 27, 11:10 am
Ken Barnes, MD
The Orthopedic Institute

Basic Science Lecture

Friday, Feb. 27, 1:15 pm
Alpa Patel, PhD, MPH, FACSM
American Cancer Society

Andrew Kozar ACSM President Address

Saturday, Feb. 28, 11:00 am
Carrie A. Jaworski, MD, FAAFP, FACSM
Intermountain Health

Luncheon Lecture

Saturday, Feb. 28, 12:00 pm
Andreas Stamatis, PhD, FACSM, ACSM EP-C
University of Louisville

Welcome Puerto Rico to the Southeast Chapter!

The Southeast Chapter has been expanded to include Puerto Rico! This change was initiated by several dedicated ACSM members and longtime SEACSM Annual Meeting attendees from Puerto Rico. It was approved by the SEACSM Executive Board and the ACSM Board of Trustees this past year. The next step is for the SEACSM members to approve a change to our Bylaws to include Puerto Rico in our chapter. Join us at the Business Meeting and Keynote Address on Thursday, Feb. 26 to make it official. And let's all welcome our newest members from Puerto Rico into our chapter!



Featured Events at the 2026 Annual Meeting

Business Meeting and Keynote Address

Join us for the formal start of the 2026 Annual Meeting on Thursday, Feb. 26 at 7:30 pm. The Business Meeting is our chance to welcome everyone to the meeting, share important SEACSM news and updates, conduct any SEACSM business that must be brought before the membership. This year we will vote on a Bylaws change to include Puerto Rico in our chapter. Join us to officially welcome our friends and colleagues from Puerto Rico into our Southeast ACSM family.

The Keynote Address is our first invited lecture of the conference. This year we are pleased to have David S. Geslak, BS, ACSM EP-C, CSCS join us to share his talk, "Empowering Inclusion: Advancing Fitness for Everybody, Everywhere."

SEACSM Social

Take advantage of this chance to see old colleagues and friends and make new connections. Join us after the Keynote Address on Thursday, Feb. 26 at 9:00 pm.

Emily Haymes Mentoring Breakfast

This annual event is an opportunity for professionals and students to network, provide a support system for career advancement, and promote leadership opportunities in ACSM. Join us on Friday, Feb. 27 at 6:45 am for a chance to connect, learn, and start your day with a delicious meal! *You must have preregistered to attend the breakfast.*

Special Interest Group Meetings

SEACSM is proud to host five special interest groups that will hold sessions at the Annual Meeting. All next week on Friday, February 27 at 12:00–1:00 pm.

Biomechanics: Regency Ballroom D & E

Exercise Science Education: Regency Ballroom F

Exercise Oncology: Regency Ballroom G

Health Equity Research: Regency Ballroom H

Military and Tactical Athlete: Crepe Myrtle

Awards Luncheon

End the Annual Meeting on Saturday, Feb. 28 at 12:00 pm with lunch, awards and honors, and a guest speaker. Students who presented in the Student Award poster session or participated in the Leadership Development Training Program will be recognized. This is also when new Executive Board members are announced, and the new President-elect starts the process of planning the 2027 Annual Meeting. *You must have preregistered to attend the lunch.*

Special Events for Students at the 2026 Annual Meeting

Student Award Poster Competition

See some of our region's best and brightest students share their research. Finalists selected from applicants in undergraduate, masters, and doctoral categories will present in thematic posters sessions. The doctoral session is at 4:00 pm on Thursday, Feb. 26, the undergraduate session is at 8:00 am on Friday, Feb. 27, and the master's session is at 2:30 pm on Friday, Feb. 27. A team of judges will select the winners in each category. The top graduate poster (master's or doctoral) will compete in the ACSM Presidential Cup at the 2026 ACSM Annual Meeting. Learn more about the Student Award Poster Competition on p. 10.

Student Bowl

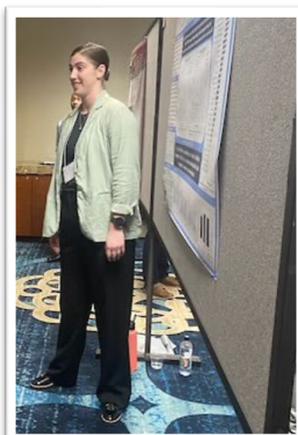
The Undergraduate Student Bowl is back for the 2026 SEACSM Annual Meeting! We are looking forward to coming together for this fun Jeopardy-style team competition testing exercise science knowledge. Join us on Friday Feb. 27 at 4:45 pm to cheer on your school's team! The winning team will represent the Southeast Chapter in the Student Bowl at the 2026 ACSM Annual Meeting. More information about the Student Bowl is on p. 12.

Graduate Program Fair

This annual event is an excellent opportunity for students to learn about graduate programs in our region. This is your chance to make connections with faculty and student representatives to help you in the process of continuing your education. The Graduate Program Fair is on Friday, Feb. 27 at 6:30 pm. More information about the Graduate Program Fair is on p. 8.

Student Help Desk

The Student Help Desk provides a central location for undergraduate and graduate student attendees to get answers to conference-related questions. Student volunteers and SEACSM representatives are available to assist with the conference schedule, session locations, and general meeting information. This is also where you can pick up your Annual Meeting Bingo card, sign up for the fun run on Saturday, and get a selfie with the Executive Board student reps, Cole Bordonie and Frances Alexandre!



Graduate Program Fair

The **Graduate Program Fair** is on **Friday, Feb. 27** at **6:30 pm** in the **Teal Room** and the **Mezzanine**. This annual event is an excellent opportunity for students to learn about graduate programs in our region. This is your chance to make connections with faculty and student representatives to help you in the process of continuing your education. The Graduate Program Fair is coordinated by Michael Berry, SEACSM Executive Board member.

The 2026 Graduate Program Fair is supported by the **Virginia Tech**.

2026 Graduate Program Fair Participants

Appalachian State University

Auburn University

Belmont University

East Carolina University

East Tennessee State University

Elon University

Florida Atlantic University

Florida State University

Georgia Southern University

Jacksonville University

James Madison University

Kennesaw State University

Lander University

Liberty University

Lipscomb University

Louisiana State University

Mercer University

Mississippi State University

North Carolina Wesleyan University

Northeast College of Health Sciences

Palmer College of Chiropractic

The University of Mississippi

Troy University

University of North Carolina Charlotte

University of Alabama Birmingham

University of Central Florida

University of Georgia

University of Mississippi Medical Center

University of Montevallo

University of North Carolina at Greensboro

University of North Florida

University of North Georgia

University of South Carolina Upstate

University of South Carolina Aiken

University of South Florida

University of Southern Mississippi

University of Tampa

Virginia Tech University

Wake Forest University

Supporters and Exhibitors

Southeast ACSM thanks our supporters and exhibitors for their ongoing support of our chapter. Much of what you see and experience at the Annual Meeting is made possible by our exhibitors and supporters.

2026 Program Supporters

Kennesaw State University

Supporter of the Student Bowl

AMTI

Silver Level Supporter of Tutorial 7 – Are You Ready for It? Building Your Future in Biomechanics: An integrative Roundtable Experience, and Supporter of BIG Student Awards

Barry University

Bronze Level Supporter of Poster Session 3

novel electronics

Supporter of BIG Student Awards

Theia Markerless

Supporter – BIG Student Awards

XSENSOR

Supporter of BIG Student Awards

Virginia Tech

Supporter of the Graduate Program Fair

Delsys

Silver Level Supporter of Symposium 2 – Targeted Nutrition for Concussion Recovery: Evidence-Based Strategies for Brain Resilience

Palmer College of Chiropractic

Bronze Level Supporter of Oral Session 2 – Functional Gait and Mobility

VO2 Master

Bronze Level Supporter of Oral Session 1 - Cancer

American College of Sports Medicine

Supporter

Gatorade Sports Science Institute

Supporter

2026 Exhibitors

Visit our exhibitors to learn more about their products, services, and academic programs. The exhibit hall is located in the prefunction area in front of the meeting rooms and is open throughout the conference.

Bertec**Bioventus****COSMED****Electra-Med****Firefly Technologies****Kistler****Liberty University****Mercer University****Noraxon****North Carolina Wesleyan University****Northeast College****Parker University****SpiroFit****Trice Medical****University of Tampa****University of West Alabama****XSENSOR**

Student Award Poster Competition

Student Research Awards

Southeast ACSM is proud to highlight and reward outstanding research conducted by students at our annual meeting. Finalists selected from applicants in Undergraduate, Masters, and Doctoral categories will present in thematic posters sessions.

The **Doctoral** thematic poster session is on **Thursday, Feb. 26** from **4:00–5:50 pm** in **Think Tank**.

The **Undergraduate** thematic poster session is on **Friday, Feb. 27** from **8:00–9:50 am** in **Think Tank**.

The **Masters** poster session is on **Friday, Feb. 27** from **2:30–4:20 pm** in **Think Tank**.

<u>Doctoral Students</u>	<u>Masters Students</u>	<u>Undergraduate Students</u>
Alexander Brooks <i>University of South Carolina</i>	Sally Barfield <i>Mississippi State University</i>	Milosz Gargol <i>Montreat College</i>
Trey Naylor <i>University of Kentucky</i>	Kayli Lucas <i>University of Alabama</i>	Rebecca Cruz <i>Montreat College</i>
Casey Greenwalt <i>Washington Spirit</i>	Gabrielle DelBiondo <i>University of North Carolina</i>	Brighten Winslow <i>Appalachian State University</i>
Kai-Jen Cheng <i>Auburn University</i>	Jamie Campbell <i>University of West Florida</i>	Mia Fauceglia <i>University of North Carolina</i>
Garret Oehlert <i>Virginia Commonwealth University</i>	Sarah Rhodes <i>University of South Carolina</i>	Emily Cabral <i>Nova Southeastern University</i>
Jason Simpson <i>University of Southern Mississippi</i>	Isabella Rollins <i>University of North Florida</i>	Olivia Kachappilly <i>University of Georgia</i>
Kiani Jacobs <i>University of South Carolina</i>	Kaitlyn LoVerme <i>East Carolina University</i>	Millie Monahan <i>Appalachian State University</i>
Alexander Pomeroy <i>University of North Carolina</i>	Matthew Ott <i>University of Southern Mississippi</i>	Christian Griffin <i>Montreat College</i>

A team of judges will select the winners in each category. The award winners will be announced at the conference award ceremony during the Awards Luncheon, and all finalists are expected to attend. SEACSM presents awards to the top three winners in each category. SEACSM will select the top graduate poster (Masters or Doctoral) to compete in the ACSM Presidential Cup at the 2026 ACSM Annual Meeting.

Student Award Poster Reviewers and Judges

Reviewers: Ashley Artese, Gaven Barker, Marissa Bello, Haley Bergstrom, Jennifer Caputo, Caitlin Cheruka, Katherine Collins-Bennett, Ryan Colquhoun, Paul Donahue, B. Sue Graves, Robert Herron, Jonathan Howard, Samantha Johnson, Robert Kowalsky, Hayley MacDonald, Jill Maples, Erica Marshall, Cheryln McLester, Cody Morris, J. Grant Mouser, Eric O'Neal, Zacharias Papadakis, Alyssa Parten, Jonathan Ruiz-Ramie, Michael Samaan, Mark Schafer, Jeffrey Simpson, Christopher Vann, Jarrett Walbolt, Cassie Williamson-Reisdorph, Samuel Wilson, Lee Winchester, Janet Wojcik, Donna Wolf, Robyn York

Judges: Ashley Artese, Samuel Buckner, Ludmila Cosio-Lima, Juliet Espinal, Gordon Fisher, Jonathan Howard, Robert Kowalsky, Michael Samaan, Patricia Sawyer-Simmons, Bria Smith

SEACSM Student Awards

Southeast ACSM is proud to sponsor two awards that support student attendance and mentoring at the Annual Meeting. Congratulate the award winners when you see them at the meeting and consider applying for the program yourself next year.

Leadership Development Training Program

The SEACSM Leadership Development Training Program (LDTP) encourages student members to participate in activities that will lead to successful mentored experiences at the Annual Meeting, enhanced pathways to degree completion and career opportunities, and increased SEACSM and ACSM service. LDTP award winners receive a travel stipend to participate in the Annual Meeting.

Students in the LDTP program have gone on to be successful graduate students, professionals, and leaders. Some have become LDTP mentors themselves!

The **2026 LDTP students and mentors** are:

Student

Carmella Hack, *Florida Atlantic University*

Kiani Jacobs, *University of South Carolina*

Emily Miller, *University of West Florida*

Solgiana Pierre-Gilles, *Florida Atlantic University*

Lydia Utomwen, *Florida Atlantic University*

Mentor

Juliana Marino, *University of North Carolina, Charlotte*

Elroy Aguiar, *University of Alabama*

B. Sue Graves, *Florida Atlantic University*

Elliott Arroyo, *Wake Forest University*

Diego Ferreira, *Lander University*

SEACSM First-Time Attendee Award

The purpose of this award is to broaden participation and increase access for students who are attending the SEACSM Annual Meeting for the first time. Applications were reviewed by a committee of SEACSM professional members. Awardees receive travel support to attend the Annual Meeting.

First-Time Attendee Awardees

Kayleigh Doyle, *University of North Carolina*

Rachel Holden, *Columbia College*

Maguire Lindisch, *Florida Atlantic University*

Natazia Morris, *Norfolk State University*

Khari Harriday, *North Carolina A&T State University*

Alexis Jackson, *Norfolk State University*

Grace Macintyre, *University of South Carolina*

Cameron Ponton, *Morehouse College*

First-Time Attendee Award Committee

L. Jerome Brandon, *Georgia State University*; Sydnee Brothers, *North Carolina A&T*; Alicia Bryan, *Columbus State University*; Bhiba Das, *East Carolina University*; B. Sue Graves, *Florida Atlantic University*; Tamerah Hunt, *Georgia Southern University*; Stacy Imagbe, *Morehouse College*; Mason McIntosh, *Arizona State University*; Kristin Mendez, *University of Georgia*; Troy Purdom, *North Carolina A&T*; Lauren Reid, *South University*; James Robinson, *Jackson State University*; Jonathan Ruiz-Ramie, *Augusta University*; Bria Smith, *Auburn University*.

Student Bowl

The Undergraduate Student Bowl is back for the 2025 SEACSM Annual Meeting! We are looking forward to coming together for this fun Jeopardy-style team competition testing exercise science knowledge. Join us on **Friday, Feb. 21** at **4:45–6:15 pm** in **Regency Ballroom A & B & C** to cheer on your school's team! The host and emcee for the 2026 Student Bowl is **Judith Flohr**, *James Madison University*.

The winning team will represent the Southeast Chapter in the Student Bowl at the 2026 ACSM Annual Meeting in Salt Lake City!

The 2025 Student Bowl is supported by **Kennesaw State University**.

2026 Student Bowl Participants

Appalachian State University
Berry College
Citadel
College of Charleston
East Carolina University
Florida Gulf Coast University
Georgia Gwinnett College
Georgia Southern University
James Madison University
Kennesaw State University
Mercer University
Montreat College
North Carolina Wesleyan University
Samford University
Transylvania University
Troy University
University of Alabama
University of Alabama Birmingham
University of Central Florida
University of Florida
University of Mississippi
University of North Alabama
University of North Carolina Charlotte
University of North Florida
University of North Georgia
University of South Alabama
University of South Carolina
University of South Carolina Aiken
University of South Carolina Upstate
University of South Florida
Virginia Commonwealth University
Western Kentucky University

Student Bowl Committee

The Student Bowl is organized by Executive Board members Anyea King and Sarah Fretti. They are assisted by a committee that develops questions and makes sure the event runs smoothly.

Abby Fleming, University of South Florida
Adam Lavis, University of West Florida
Alana Turner, University of Southern Mississippi
Andy Shanely, Appalachian State University
Ashley Artese, Florida Atlantic University
Brantley Ballenger, Transylvania University
Caitlin Cheruka, University of Central Florida
Doris Morris, Kennesaw State University
Erica Marshall, Florida Southern University
Gaven Barker, University of North Georgia
Ginny Frederick, University of Georgia
Greg Ryan, University of Montevallo
Heath Burton, Furman University
Jarrett Walbolt, Montreat College
Jinkyung Park, Georgia Gwinnett College
Jonathan Howard, Georgia Highlands College
Justine Coleman, Georgia Southern University
Ludmila Cosio-Lima, University of West Florida
Mathew Brisebois, University of South Carolina Upstate
Robert Herron, University of Montevallo
Robert Kowalsky, Appalachian State University
Robyn York, Montreat College
Ryan Davis, University of North Georgia
Spencer Ingoglia, University at North Carolina at Charlotte
Tracy Bonoffski, University at North Carolina at Charlotte
Victor Romano, Rocky Mountain University of Health Professions

Business Meeting and Keynote Address

Keynote Address

Thursday, February 26 | 7:30–9:00 pm | Regency Ballroom A & B & C

EMPOWERING INCLUSION: ADVANCING FITNESS FOR EVERYBODY, EVERYWHERE

David S. Geslak, BS, ACSM EP-C, CSCS. *Exercise Connection*.

The Business Meeting is the formal start of the 2026 Annual Meeting. We will begin with announcements from SEACSM President Alicia Bryan and information and updates from other SEACSM representatives. She will conduct any SEACSM business that must be brought before the membership. She will also introduce the candidates for Executive Board positions and explain the online voting process. We will also vote on a Bylaws change to include Puerto Rico in our chapter. Join us to officially welcome our friends and colleagues from Puerto Rico into our Southeast ACSM family.

The Keynote Address is one of six invited lectures at the 2026 SEACSM Annual Meeting. Previous speakers represent renowned researchers, practitioners, educators, and leaders. That tradition is continued this year with our Keynote speaker, David S. Geslak.

Meet the Speaker: David S. Geslak, BS, ACSM EP-C, CSCS



David started his professional journey as a Student Assistant Strength & Conditioning Coach for the University of Iowa Football program. Soon after, David met a young boy on the autism spectrum and taught him how to skip—a perceived simple act that would forever change the trajectory of his life and career. As a paraeducator and fitness coordinator at a school for children with autism, David faced the challenge of teaching exercise to individuals with diverse learning needs.

David went on to partner with the ACSM to create the first-ever Autism Exercise Specialist Certificate and collaborated with National Center on Health, Physical Activity and Disability to produce a video series that has reached one million views. His book, *The Autism Fitness Handbook*, has been translated into four languages. Today, David is a global speaker, advocate, and author who continues to drive change at the intersection of fitness and neurodiversity.

He holds a degree in Health Promotion from the University of Iowa, is a Certified Exercise Physiologist (ACSM-EP) through the American College of Sports Medicine, a Certified Strength and Conditioning Specialist (CSCS) through the National Strength and Conditioning Association and is currently pursuing his Master's degree in Fitness & Performance from Liberty University.

Previous Keynote Speakers

- 2025** John Jakicic
- 2024** Ed Coyle
- 2023** Sara Wilcox
- 2022** Ed Howley
- 2021** Douglas Casa
- 2020** Jim Pivarnik
- 2019** Barry Braun
- 2018** Tim Lightfoot
- 2017** Barry Franklin
- 2016** William Kraemer
- 2015** Patty Freedson
- 2013** Molly Bray
- 2012** Russell Pate
- 2011** Scott Powers
- 2010** Frank Booth
- 2009** Reed Humphrey
- 2008** Paul Ridker
- 2007** Timothy Lohman
- 2006** Frank Hu
- 2005** James Hagberg
- 2004** Harold Kohl
- 2003** Claude Bouchard
- 2002** William Dietz
- 2001** Chris Carmichael
- 2000** Barbara Sternfeld
- 1999** Maria Fiatarone Singh
- 1998** Sanders Williams
- 1997** Carl Casperson
- 1996** Stan Lindstedt
- 1995** Paul Thompson
- 1994** David Lamb
- 1993** Steven Blair
- 1992** Claude Bouchard
- 1991** William Haskell
- 1990** Eric Newsholme
- 1989** Barbara Drinkwater
- 1988** David Costill
- 1985** Carl Gisolfi
- 1984** Michael Pollock
- 1983** Leonard Hayflack
- 1977** Wendell Stainsby

Emily Haymes Mentoring Breakfast

The 2026 Mentoring Breakfast

The Emily Haymes Mentoring Breakfast will be held on **Friday, February 27** from **6:45–7:45 am** in the **Teal Room**. Please note that preregistration was required for this event. This year the event is dedicated to engaging with other students and professionals in table discussions. We will also note the passing of Emily Haymes and recognize the winner of the Southeast ACSM Emily M. Haymes Mentoring Award: Matt Stock, PhD.

Meet the 2026 Emily M. Haymes Mentoring Award Winner: Matt Stock, PhD



Dr. Stock is a tenured Professor in the School of Kinesiology and Rehabilitation Sciences at the University of Central Florida, where he serves as Director of the Institute of Exercise Physiology and Rehabilitation Science, Co-Director of the Cognition, Neuroplasticity, and Sarcopenia Lab, and Chair of the Institutional Review Board. He earned his Ph.D. in Exercise Physiology from the University of Oklahoma in 2012 under the careful mentorship of the late Professor Travis Beck. His research focuses on neuromuscular adaptations related to disuse, aging and sarcopenia, and exercise rehabilitation, using techniques including electromyography, motor unit recordings, transcranial magnetic stimulation, skeletal muscle imaging, and strength assessments.

Dr. Stock has published more than 150 peer-reviewed manuscripts and is an active member of many organizations, including the International Society of Electrophysiology and Kinesiology, American Physiological Society, National Strength and Conditioning Association, and American College of Sports Medicine. His leadership roles include serving as a journal editor and as President of the NSCA Foundation Board of Directors. Dr. Stock has received multiple awards for teaching and mentorship and remains deeply committed to collaborative, high-impact research with students, trainees, and colleagues.

2026 Mentoring Committee

Juliet Ameli, BS

University of Central Florida

Jennifer Caputo, PhD

Middle Tennessee State University

Daphney Carter, PhD

Kennesaw State University

Audrey Collins, PhD (Chair)

Advent Health

Sarah Fretti, PhD

University of Central Florida

Jonathan Howard, MS

Georgia Highlands College

Tamerah Hunt, PhD

Georgia Southern University

Lauren Killen, PhD

University of North Alabama

Lauren Reid, PhD

South College

Christopher Vann, PhD

Duke University

Janet Wojcik, PhD

Winthrop University

Emily Haymes Mentoring Breakfast

Previously known as the SEACSM Women's Breakfast, this annual event was originally conceived by Drs. Emily M. Haymes, Barbara Ainsworth, Mindy Millard Stafford, and Diane Ward. The first Breakfast was held in 1993. The original goals of the Breakfast were to provide a venue/event for women scholars and students that would advance their leadership skills, a support system (network) that would help women become productive scholars and achieve Fellowship status in ACSM, advancement opportunities for members careers, and a forum to honor women of SEACSM and ACSM. The consequences of the Breakfast for SEACSM and ACSM include 28 women on the SEACSM Executive Board and 11 women Presidents of SEACSM, including seven who also served as President or on the Board of Trustees for ACSM.

In 2015, the SEACSM Executive Board and membership recognized that the Chapter should provide an activity/event that would continue to foster the development of women. However, as both men and women at all levels of their careers need or could benefit from mentoring, the annual event evolved to become the Mentoring Breakfast. In 2018, the Breakfast was officially named the Emily M. Haymes Mentoring Breakfast, in recognition of her significant impact as a founder of the event, her tireless efforts as a mentor, and her service and support of SEACSM and ACSM.

About Emily M. Haymes, PhD, FACSM



Dr. Haymes completed her Bachelor of Arts (Mathematics and Physical Education; 1961) from Drury University, her master's degree (Physical Education; 1962) from Florida State University, and her doctoral degree from Penn State University (Exercise Physiology; 1973). Dr. Haymes was an Assistant Professor at the University of Colorado Boulder from 1974-1979 and then served as a faculty member of the Department of Nutrition, Food and Exercise Sciences for 30 years (1979-2009) at Florida State University where she is Professor Emerita. Prior to her retirement, she chaired 26 doctoral dissertation committees, 15 master's thesis committees (Florida State University) and was a member of an additional 28 dissertation committees. During her tenure at University of Colorado Boulder, she chaired 10 master's thesis committees. Her scholarly contributions include over 100 manuscripts and nearly 2500 citations. Dr. Haymes was the first woman to be elected to the SEACSM Executive Board (1984-1986); she served as SEACSM President (1989-1990), a Trustee on the ACSM Board of Trustees (1989-1992, 1993-1995), and Vice President of ACSM 1993-1995. The contributions that Dr. Haymes made to the discipline of Exercise Science, ACSM and especially SEACSM are noteworthy. Perhaps of greater value and significance are the countless hours and "ATP" (energy) she devoted to advancing the careers of her students and colleagues!

Dr. Haymes passed away on December 6, 2024. Please join all of us at Southeast ACSM as we fondly remember Dr. Haymes for her professional and personal contributions to our organization.

Andrew Kozar ACSM Presidential Address

Andrew Kozar ACSM Presidential Address

Saturday, February 28 | 11:00–11:50 am | Regency Ballroom A & B

THERE'S NO "I" IN ACSM: SPORTS MEDICINE & EXERCISE SCIENCE TAKES A VILLAGE

Carrie A. Jaworski, MD, FAAFP, FACSM. *Intermountain Health.*

The Presidential address has been part of our program for over 25 years. In 2011, the SEACSM Executive Board named the annual Presidential lecture in honor of our first President, Dr. Andy Kozar. Dr. Kozar was a long-time faculty member at the University of Tennessee. He was among the group of ACSM members whose strong belief in the importance of founding a regional chapter in the southeast led to the first meeting in Gatlinburg, TN in 1973. Dr. Kozar viewed the annual meeting as a critically important opportunity in the professional development of students, and he was among the loudest voices in making sure that meetings were student-friendly.

In most years the speaker is the current ACSM President, many of whom have ties to the southeast region. The 2026 ACSM President, Carrie A. Jaworski, MD, FAAFP, FACSM, is no exception.

Previous Presidential Address Speakers

2025	Stella Volpe
2024	Irene Davis
2023	Anastasia Fisher
2022	L. Bruce Gladden
2021	NiCole Keith
2020	William Kraus
2019	Kathryn Schmitz
2018	Walter Thompson
2017	Catrine Tudor-Locke
2016	Manish Gupta
2015	William Dexter
2013	Janet Walberg Rankin
2012	Barbara Ainsworth
2011	Thomas Best
2010	Jim Pivarnik
2009	Mindy Millard-Stafford
2008	Robert Sallis
2007	J. Larry Durstine
2006	Carl Foster
2005	W. Larry Kenney
2004	Linda Pescatello
2003	Edward Howley
2002	Angela Smith
2001	Priscilla Clarkson
2000	Paul Thompson

Meet the Speaker: Carrie A. Jaworski, MD, FAAFP, FACSM



Dr. Carrie Jaworski is a board-certified Family & Sports Medicine physician at Intermountain Health Park City where she serves as the Medical Director of Sports Medicine and Associate Director of Sports Performance. She is the current President of the American College of Sports Medicine as well as is the Head Team Sports Medicine Physician for US Ski & Snowboard.

Dr. Jaworski is the Medical Director for the Utah Olympic Legacy Foundation and has been their Medical Director for both the FIS Para Nordic World Cup and the International Biathlon Union World Cup.

Dr. Jaworski had the honor of being a physician at the Salt Lake Olympics in 2002, was part of the USOPC Sports Medicine team for the Tokyo Olympic Games in 2021 and served as a Head Team Physician for Team USA at the Paris Paralympic Games in 2024. She is thrilled to serve as a Team USA Head Team Physician again for the Milan-Cortina Olympic games.

In her spare time, Dr. Jaworski enjoys all things outdoors; particularly running, hiking, and Nordic skiing.

Henry J. Montoye Scholar Award Lecture

Henry J. Montoye Scholar Award Lecture

Friday, February 27 | 10:00–11:00 am | Regency Ballroom A & B

UNDERSTANDING EXERCISE AS MEDICINE: MOLECULAR INSIGHTS INTO THE CARDIOMETABOLIC BENEFITS OF TRAINING

Mark Sarzynski, PhD, FAHA, FACSM. *University of South Carolina.*

The Scholar Award was instituted to honor and recognize outstanding contributions to the body of knowledge related to medicine and science in sports and exercise. It was named for Henry J. Montoye in 1997 to recognize his contributions as a scholar and his dedication to founding the Southeast ACSM chapter.

Previous Scholar Award recipients are accomplished researchers, mentors, and leaders in Southeast ACSM. The 2026 Scholar Award recipient, Mark Sarzynski, PhD, FAHA, FACSM, shares these same qualities.

Meet the Speaker:

Mark Sarzynski, PhD, FAHA, FACSM



Mark Sarzynski, Ph.D., FACSM, FAHA, is an Associate Professor of Exercise Science in the Arnold School of Public Health at the University of South Carolina and Director of the HERITAGE Family Study.

Dr. Sarzynski's research focuses on the effects of lifestyle—particularly exercise—on cardiometabolic health and disease and identifying the molecular transducers

underlying individual differences in response to lifestyle interventions. The goal is to better predict which individuals are most likely to benefit from lifestyle therapies in the management of cardiometabolic disease and to identify the molecular factors contributing to the cardioprotective benefits of a healthy lifestyle.

Dr. Sarzynski serves as the Director of the HERITAGE (*HE*alth, *R*isk factors, exercise *T*raining And *GE*netics) Study, a study designed to investigate the genetics of exercise response, and one the largest exercise training studies, particularly that includes participants of African descent, contributing to over 235 publications to date. He is a fellow of both the American Heart Association and American College of Sports Medicine and was a recipient of the Scott Grundy Fellowship Award for Excellence in Metabolism Research.

Previous Scholar Award Speakers

2024	Mindy Millard-Stafford
2023	Lynn Panton
2022	Laurie Wideman
2021	Peter Brubaker
2020	Ed Acevedo
2019	Allan Goldfarb
2018	Janet Walberg Rankin
2017	Dixie Thompson
2016	Michael Berry
2015	Arthur Weltman
2013	Dianne Ward
2012	Gordon Warren
2011	Steven Blair
2010	Timothy Lightfoot
2009	Kevin McCully
2008	J. Larry Durstine
2007	David Bassett, Jr.
2006	David Nieman
2005	Emily Haymes
2004	Rod Dishman
2003	Robert McMurray
2002	J. Mark Davis
2001	Barbara Ainsworth
2000	Bruce Gladden
1999	Steve Messier
1998	Ed Howley
1997	Henry Montoye
1996	Mel Williams
1995	Scott Powers
1994	Kirk Cureton
1993	Michael Pollock
1992	Robert Armstrong
1991	Wendell Stainsby
1990	Russ Pate
1989	Hugh Welch

Clinical Crossover Lecture

Clinical Crossover Lecture

Friday, February 27 | 11:10 am–12:00 pm | Regency Ballroom A & B

WHAT IS REGENERATIVE MEDICINE? CLINICAL USE OF ORTHOBIOLOGICS IN MUSCULOSKELETAL & SPORTS MEDICINE

Kenneth P. Barnes, MD, MSc., CAQSM, FACSM, FAMSSM. *The Orthopedic Institute.*

The Clinical Crossover Lecture is an opportunity to have a speaker with a background in clinical sports medicine address the SEACSM audience. It also serves as part of the Clinical Track, renamed the Sports Medicine Physician Track in 2021. The Sports Medicine Physician Track Program is open to all SEACSM Annual Meeting attendees.

Previous Clinical Crossover Lecture Speakers

- 2025** Holly Benjamin
- 2024** Shawn Kane
- 2023** Jason Zaremski
- 2022** William Kraus
- 2021** Dermot Phelan
- 2020** Tom Best
- 2019** Robert Sallis
- 2018** Elizabeth Joy
- 2017** Bert Fields
- 2016** Pierre Rouzier

Meet the Speaker: Ken Barnes, MD, MSc., CAQSM, FACSM, FAMSSM



Kenneth (“Ken”) Barnes is a board-certified specialist in sports medicine, internal medicine, and pediatrics. After a distinguished career in clinical sports medicine, he has recently transitioned to a consulting role with Barnes Sports Medicine Consulting, PLLC. He has an extensive research background, and specializes in musculoskeletal sports injuries, overuse injuries including tendinopathy, regenerative medicine and orthobiologics, osteoarthritis, pediatric fracture management, and concussion diagnosis and treatment, particularly among youth athletes. Dr. Barnes has emphasized helping patients of all ages return to activity safely, using personalized, non-operative treatment plans.

Dr. Barnes has experience in academic sports medicine where he served on the medical faculty of several academic institutions including the University of North Carolina at Greensboro, Elon University, Cone Sports Medicine Fellowship, the UNC Chapel Hill School of Medicine, and the University of Miami School of Medicine. He is a former team physician for the Miami Marlins of MLB, the Springfield Falcons of the AHL, the Miami Hurricanes and Elon University of the NCAA, and multiple high schools. He is a Fellow of the American College of Sports Medicine and the American Medical Society for Sports Medicine.

Dr. Barnes is an author, editor, and reviewer of numerous sports medicine journals, book chapters, and has been an invited presenter at numerous sports medicine conferences. Dr. Barnes has a long history with ACSM and Southeast ACSM and established the Clinical Crossover Lecture in 2016.

Growth of the Sports Medicine Physician Track

Clinical sports medicine sessions have long been an important part of the SEACSM Annual Meeting program. The Sports Medicine Physician track has grown from a few lectures and case presentations on the schedule to a two-day dedicated program with over 20 talks from experts and case studies from sports medicine residents and fellows.

Basic Science Lecture

Basic Science Lecture

Friday, February 27 | 1:15–2:15 pm | Regency Ballroom A & B

THE BENEFITS OF EXERCISE ACROSS THE CANCER CONTINUUM

Alpa Patel, PhD, MPH, FACSM. *American Cancer Society.*

The Basic Science Lecture features renowned scientists who share foundational and cutting-edge research in their areas of expertise. This session highlights fundamental mechanisms underlying exercise, physical activity, and health, providing attendees with deeper insight into how basic science discoveries inform applied practice and future research in exercise science and sports medicine. It is an opportunity to engage with leading scholars and explore how laboratory findings translate to real-world health and performance outcomes.

Meet the Speaker: Alpa Patel, PhD, MPH, FACSM



Dr. Alpa Patel earned her Bachelor of Science from the University of Florida, her Master of Public Health in Epidemiology from the Rollins School of Public Health at Emory University, and her Doctoral degree in Preventive Medicine with a concentration in Epidemiology from the Keck School of Medicine at the University of Southern California.

She is the Senior Vice President of Population Science at the American Cancer Society and serves as the principal investigator of the Cancer Prevention Studies (CPS) II and 3, two long-term, large-scale, epidemiologic cohort studies established by the American Cancer Society. Combined, these two cohorts include over 1.5 million participants with a variety of over 400,000 biologic samples (such as blood, buccal cells, saliva, stool, and tumor tissue). Additionally, as the co-Principal Investigator, Dr. Patel and team launched the largest ever cancer cohort of Black women in the U.S. aimed to enroll at least 100,000 Black women to understand the multi-level drivers of cancer risk and outcomes in this population.

Dr. Patel is a recognized leader in cancer epidemiology with particular emphasis on the role of physical inactivity, obesity, sedentary behavior and cancer as well as risk assessment and blood-based markers of cancer detection. She has published approximately 300 scientific articles and book chapters, and her research has contributed significantly to national and international cancer prevention guidelines, such as the US Physical Activity Guidelines for Health and the American Cancer Society's Nutrition and Physical Activity Guidelines for both cancer prevention and cancer survivorship.

Previous Basic Science Lecture Speakers

2025	Sara Campbell
2024	Craig Crandall
2023	Michael Brown
2022	Karyn Esser
2021	John Quindry
2020	Stella Volpe
2019	Andrew Galpin
2018	Michael Reid
2017	Marcus Bamman
2016	Lawrence Weiss
2015	Karyn Esser
2013	Douglas Seals
2012	Scott Trappe
2011	Jeff Lichtman
2010	Michael Delp
2009	Darrell Neuffer
2008	Anne McTiernan
2007	Scott Powers
2006	James Hagberg
2005	Steven Kleeberger
2004	John Ivy
2003	Vincent Caiozzo
2002	Michael Hogan
2001	Larry Kenney
2000	Ronald Terjung
1999	John Ivy
1998	Charlotte Tate
1997	Steven Segal
1996	David Wasserman
1995	Bruce Gladden
1994	Gary Dudley
1993	Timothy White

Awards Luncheon

Awards Luncheon

Saturday, February 28 | 12:00–2:00 pm | Regency Ballroom A & B

MENTAL TOUGHNESS IN REAL LIFE: HOW HIGH PERFORMERS TRAIN THEIR MIND UNDER PRESSURE

Andreas Stamatis, PhD, FACSM, ACSM EP-C. *University of Louisville.*

End the Annual Meeting with lunch, awards and honors, and a guest speaker. Please note that preregistration was required for this event.

Awards will be given for the top three undergraduate, masters, and doctoral presentations in the Student Award Poster session. Students who participated in the Leadership Development Training Program will be recognized. The SEACSM Service Award will also be presented in this session. This is also when newly elected board members are announced, and the new President-elect starts the process of planning the 2027 Annual Meeting.

Speakers at the Luncheon Lecture are accomplished scholars and leaders in southeast and national ACSM. This is certainly true of our Luncheon speaker, Dr. Andreas Stamatis.

Meet the Speaker: Andreas Stamatis, PhD, FACSM, ACSM EP-C



Andreas Stamatis, PhD, FACSM, ACSM-EP is an Associate Professor in the Department of Health & Sport Sciences at the University of Louisville and a Mental Performance Specialist with UofL Health. His work focuses on how people perform, lead, and stay well in high-pressure environments, with a special emphasis on mental toughness as a trainable set of skills.

Dr. Stamatis works directly with athletes and coaches in applied settings and teaches sport psychology and coaching-focused courses at Louisville. He is also Program Director for the Graduate Certificate in Holistic Sport Coaching Education. His scholarship spans mental toughness, performance under pressure, training load and recovery, and the connection between performance and well-being. He is a Fellow of the American College of Sports Medicine.

Previous Luncheon Speakers

- 2025** Rebecca Hasson
- 2024** Nancy Rodriguez
- 2023** Michael Berry
- 2022** Scott Powers
- 2020** Karin Pfeiffer
- 2019** Micheal Delp
- 2018** Sofiya Alhassan
- 2017** Peter Wagner
- 2016** Mark Nash
- 2015** Jeffery Woods
- 2013** Michael Joyner
- 2012** Kevin Guskiewicz
- 2011** Brent Ruby
- 2010** Nicolaas Pronk
- 2009** Stella Volpe
- 2008** Lawrence Armstrong
- 2007** Jim Palwelczyk
- 2006** Mark Fenton
- 2005** Laurie Goodyear
- 2004** Paul Ribisl
- 2003** Al Ernst
- 2002** Wayne Sotile
- 2001** Craig Horswill
- 2000** David Costill
- 1999** David Costill
- 1998** Priscilla Clarkson
- 1997** Martin Collis
- 1996** Mel Williams
- 1995** Wayne Sotile
- 1994** Liz Applegate
- 1993** Laverne Woods
- 1992** Martin Collis
- 1991** Jack Wilmore
- 1990** Ethan Nadel
- 1989** Charles Dillman
- 1988** William Castelli
- 1985** George Pfeiffer
- 1984** Peter Van Handle
- 1983** Jimmy Carnes
- 1977** Wendell Stainsby

Save the date for the 2027 SEACSM Annual Meeting

Mark your calendar for the 2027 SEACSM Annual Meeting, February 25–27, right here in Greenville. Look for information about abstract submission, special events, and how you can get involved in August.

Sports Medicine Physician Track Program

Program Description

The Sports Medicine Physician Track (SMPT) Program this year features nationally recognized speakers and fellowship Program Directors in the field of Sports Medicine. Sports Medicine cases will also be presented by residents and sports medicine fellows with the best case presentation receiving recognition and a monetary award.

The **Sports Medicine Physician Track Program** begins on **Friday, Feb. 27** with the Clinical Crossover Lecture at 11:10 am in Regency Ballroom A & B and continues from 12:30–5:30 pm in Redbud. The program resumes on **Saturday, Feb. 28** from 8:00 am–12:30 pm in Redbud.

The Sports Medicine Physician Track Program is open to all SEACSM Annual Meeting attendees.

Accreditation/Continuing Medical Education

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the University of South Carolina School of Medicine Greenville/Prisma Health Upstate and the Southeast Chapter of the American College of Sports Medicine.

USC SOMG/Prisma Health - Upstate designates this live activity for a maximum of 7 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

At the conclusion of this educational activity, participants should be able to:

1. Formulate treatment plans regarding diseases and injuries specific to the pediatric and master's athlete.
2. Identify and implement best practice recommendations for youth sport specialization and readiness for sport in the pediatric and master's athlete.
3. Identify strategies to better recognize and treat the psychological aspects of sports and injuries.

Sports Medicine Physician Track Officers

Leonardo Oliveira, MD

SEACSM Executive Board Physician Representative

Kimberly Kaiser, MD

Chair, Physician Track Meeting

Kathleen Roberts, MD

Vice-Chair, Physician Track Meeting

2026 SMPT Program Committee

Shane Hudnall, MD**Bret Jacobs, DO****Scott Magnes, MD****Brent Messick, MD****Kiran Muller, MD****Vicki Nelson, MD****Diego Riveros, MD**

Sports Medicine Physician Track Program

ATHLETES THROUGH THE AGES

Friday, February 27

11:10 Clinical Crossover Lecture
Ken Barnes, MD *The Orthopedic Institute*

12:30 Welcome and Announcements
Kimberly Kaiser, MD *University of Kentucky*

Symposium: The Pediatric Athlete

12:35 Youth Sport Specialization
Shane Hudnall, MD *Cone Health*

1:05 Sport-Specific Highlights
Vicki Nelson, MD *Prisma Health*

1:35 Diabetes in Athletes
Will Ellis, MD *Prisma Health*

2:05 Questions and discussion

2:15 Break

Symposium: Mental Health in the Pediatric Athlete

2:30 Performance-Enhancing Substances
Kim Kaiser, MD *University of Kentucky*

3:00 Sport Performance
Shea Fontana, DO *Prisma Health*
Bailey Nevels, PhD *Prisma Health*

Fellow Case Presentations- Session 1

3:45 Case #1: Tomas Escalona, MD "Degloving in Soccer" *Vanderbilt University*

4:00 Case #2: Karen Reynolds, MD "Incidental or consequential? An uncommon sequela of chronic shoulder instability in a collegiate swimmer" *University of Kentucky*

4:15 Case #3: Aaron Rodriguez, MD "Incidental Abdominal Finding Following Blunt Force Abdominal Trauma – Football" *Prisma Health*

Symposium: Pre-Exercise Screening

4:30 Universal Mandatory EKG's: Florida's Controversial New Law
Ken Barnes, MD *The Orthopedic Institute*

5:00 Exercise After Joint Replacement
Scott Magnes, MD *Uniformed Services University of the Health Sciences*

5:30 Questions and Discussion

Saturday, February 28

8:00 Welcome and Announcements
Kimberly Kaiser, MD *University of Kentucky*

8:05 Readiness for Sport and Exercise
Diego Riveros, MD *University of South Florida*

Symposium: The Master's Athlete

8:35 The Aging Female
Kathleen Roberts, MD *University of Kentucky*

9:05 The Aging Male
M. Kolt Pruitt, DO *University of Kentucky*

9:35 Osteoporosis in Athletes
Kiran Mullur, MD *Atrium Health Wake Forest Baptist*

10:05 Questions and Discussion

10:15 Break

Symposium: Master's Athlete Sport-Specific Highlights

10:30 Pickleball
Bret Jacobs, DO *Cone Health*

10:50 Golf
Brent Messick, MD *Atrium Health*

Fellow Case Presentations- Session 2

11:15 Case #4: Zachary Morehouse, DO "Running Into Pain: Progressive Exertional Leg Symptoms in a Young Endurance Runner" *Atrium Health*

11:30 Case #5: Brooks Platt, MD "Arm Injury – Swollen Throwing Arm in a Baseball Pitcher" *University of Kentucky*

11:45 Case #6: Kitan Akinosho, MD "A Runner with Right Lateral Knee Pain" *Vanderbilt University*

12:00 Case #7: Mary Wurzelmann, MD "Performing Under Pressure: Leg Pain in a Collegiate Acro-Tumbler" *Prisma Health*

12:15 Case #8: Chris Cacciatore, DO "Caution: Balloons ahead" *Prisma Health*

12:30 Award for Best Case Presentation, Closing Remarks, and Adjournment

Schedule

Thursday, February 26

12:00–6:00 pm	Registration	<i>Lobby</i>
1:00–6:00 pm	Student Help Desk	<i>Lobby</i>
2:00–6:00 pm	Exhibits	<i>Prefunction Area</i>
2:00–2:50 pm	Preconference Session 1 (PC1)	<i>Teal</i>
2:00–2:50 pm	Preconference Session 2 (PC2)	<i>Redbud</i>
3:00–3:50 pm	Preconference Session 3 (PC301–PC308)	<i>Teal</i>
3:00–3:50 pm	Preconference Session 4 (PC4)	<i>Redbud</i>
4:00–4:50 pm	Symposium 1 (S1)	<i>Regency Ballroom C</i>
4:00–4:50 pm	Symposium 2 (S2)	<i>Regency Ballroom G</i>
4:00–4:50 pm	Tutorial 1 (T1)	<i>Regency Ballroom D & E</i>
4:00–4:50 pm	Tutorial 2 (T2)	<i>Regency Ballroom H</i>
4:00–5:50 pm	Oral Presentation Session 1 (O101–O107)	<i>Redbud</i>
4:00–5:50 pm	Oral Presentation Session 2 (O201–O207)	<i>Regency Ballroom F</i>
4:00–5:50 pm	Doctoral Student Award Competition (D1–D8)	<i>Think Tank</i>
4:30–6:20 pm	Thematic Poster Session 1 (TP101–TP108)	<i>Crepe Myrtle</i>
4:00–5:15 pm	Poster Presentation Session 1 (P101–P164)	<i>Studio 220</i>
5:00–5:50 pm	Symposium 3 (S3)	<i>Regency Ballroom C</i>
5:00–5:50 pm	Symposium 4 (S4)	<i>Regency Ballroom H</i>
5:00–5:50 pm	Tutorial 3 (T3)	<i>Regency Ballroom D & E</i>
5:00–5:50 pm	Tutorial 4 (T4)	<i>Regency Ballroom G</i>
7:30–9:00 pm	Business Meeting and Keynote Address	<i>Regency Ballroom A & B & C</i>
9:00–10:30 pm	SEACSM Social	<i>Teal & Teal Mezzanine</i>

Schedule

Friday, February 27 Morning

6:45–7:45 am	Emily Haymes Mentoring Breakfast	<i>Teal</i>
8:00 am–5:00 pm	Registration	<i>Lobby</i>
8:00 am–4:00 pm	Student Help Desk	<i>Lobby</i>
8:00 am–6:00 pm	Exhibits	<i>Prefunction Area</i>
8:00–8:50 am	Symposium 5 (S5)	<i>Regency Ballroom G</i>
8:00–8:50 am	Tutorial 5 (T5)	<i>Regency Ballroom C</i>
8:00–8:50 am	Tutorial 6 (T6)	<i>Regency Ballroom D & E</i>
8:00–9:50 am	Oral Presentation Session 3 (O301–O307)	<i>Redbud</i>
8:00–9:50 am	Oral Presentation Session 4 (O401–O407)	<i>Regency Ballroom F</i>
8:00–9:50 am	Oral Presentation Session 5 (O501–O507)	<i>Regency Ballroom H</i>
8:00–9:50 am	Undergraduate Student Award Competition (U1–U8)	<i>Think Tank</i>
8:00–9:50 am	Thematic Poster Session 2 (TP201–TP208)	<i>Crepe Myrtle</i>
8:00–9:15 am	Poster Presentation Session 2 (P201–P265)	<i>Studio 220</i>
9:00–9:50 am	Symposium 6 (S6)	<i>Regency Ballroom D & E</i>
9:00–9:50 am	Symposium 7 (S7)	<i>Regency Ballroom G</i>
9:00–9:50 am	Tutorial 7 (T7)	<i>Teal</i>
9:00–9:50 am	Tutorial 8 (T8)	<i>Regency Ballroom C</i>
10:00–11:00 am	Montoye Scholar Award Lecture	<i>Regency Ballroom A & B</i>
11:00–12:15 am	Poster Presentation Session 3 (P301–P364)	<i>Studio 220</i>
11:10 am–12:00 pm	Clinical Crossover Lecture	<i>Regency Ballroom A & B</i>

Schedule

Friday, February 27 Afternoon

12:00–1:00 pm	Biomechanics Interest Group Meeting	<i>Regency Ballroom D & E</i>
12:00–1:00 pm	Exercise Science Education Interest Group Meeting	<i>Regency Ballroom F</i>
12:00–1:00 pm	Exercise Oncology Interest Group Meeting	<i>Regency Ballroom G</i>
12:00–1:00 pm	Health Equity Research Interest Group Meeting	<i>Regency Ballroom H</i>
12:00–1:00 pm	Military and Tactical Athlete Interest Group Meeting	<i>Crepe Myrtle</i>
12:00–1:00 pm	Past-Presidents Lunch	<i>Teal</i>
12:30–5:30 pm	Sports Medicine Physician Track Sessions	<i>Redbud</i>
1:15–2:15 pm	Basic Science Lecture	<i>Regency Ballroom A & B</i>
2:30–3:20 pm	Symposium 8 (S8)	<i>Regency Ballroom G</i>
2:30–3:20 pm	Tutorial 9 (T9)	<i>Regency Ballroom C</i>
2:30–3:20 pm	Tutorial 10 (T10)	<i>Regency Ballroom D & E</i>
2:30–4:20 pm	Oral Presentation Session 6 (O601–O607)	<i>Regency Ballroom F</i>
2:30–4:20 pm	Oral Presentation Session 7 (O701–O707)	<i>Regency Ballroom H</i>
2:30–4:20 pm	Masters Student Award Competition (M1–M8)	<i>Think Tank</i>
2:30–4:20 pm	Thematic Poster Session 3 (TP301–TP308)	<i>Crepe Myrtle</i>
2:30–3:45 pm	Poster Presentation Session 4 (P401–P465)	<i>Studio 220</i>
3:30–4:20 pm	Tutorial 11 (T11)	<i>Regency Ballroom D & E</i>
3:30–4:20 pm	Tutorial 12 (T12)	<i>Regency Ballroom G</i>
4:45–6:15 pm	Student Bowl	<i>Regency Ballroom A & B & C</i>
6:30–7:30 pm	Graduate Program Fair	<i>Teal & Teal Mezzanine</i>

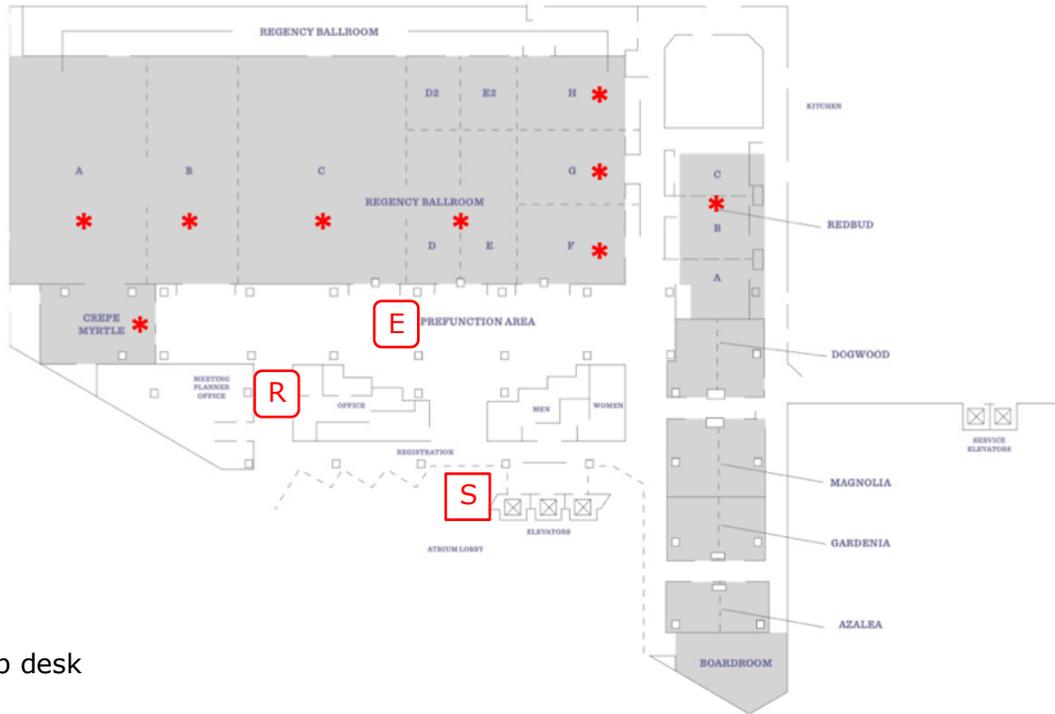
Schedule

Saturday, February 28

8:00 am–12:00 pm	Registration and Student Help Desk	<i>Lobby</i>
8:00 am–1:00 pm	Exhibits	<i>Prefunction Area</i>
8:00 am–12:30 pm	Sports Medicine Physician Track Sessions	<i>Redbud</i>
8:00–8:50 am	Symposium 9 (S9)	<i>Regency Ballroom G</i>
8:00–8:50 am	Symposium 10 (S10)	<i>Regency Ballroom H</i>
8:00–8:50 am	Tutorial 13 (T13)	<i>Regency Ballroom C</i>
8:00–9:50 am	Oral Presentation Session 8 (O801–O807)	<i>Regency Ballroom D & E</i>
8:00–9:50 am	Oral Presentation Session 9 (O901–O907)	<i>Regency Ballroom F</i>
8:00–9:50 am	Thematic Poster Session 4 (TP401–TP408)	<i>Crepe Myrtle</i>
8:00–9:50 am	Thematic Poster Session 5 (TP501–TP508)	<i>Think Tank</i>
8:00–9:15 am	Poster Presentation Session 5 (P501–P565)	<i>Studio 220</i>
9:00–9:50 am	Symposium 11 (S11)	<i>Regency Ballroom C</i>
9:00–9:50 am	Symposium 12 (S12)	<i>Regency Ballroom G</i>
9:00–9:50 am	Tutorial 14 (T14)	<i>Regency Ballroom H</i>
9:30–10:45 am	Poster Presentation Session 6 (P601–P665)	<i>Studio 220</i>
10:00–10:50 am	Symposium 13 (S13)	<i>Regency Ballroom D & E</i>
10:00–10:50 am	Symposium 14 (S14)	<i>Regency Ballroom F</i>
10:00–10:50 am	Symposium 15 (S15)	<i>Regency Ballroom H</i>
10:00–10:50 am	Tutorial 15 (T15)	<i>Regency Ballroom G</i>
11:00–11:50 am	Andrew Kozar ACSM Presidential Address	<i>Regency Ballroom C</i>
12:00–2:00 pm	Awards Luncheon	<i>Regency Ballroom A & B</i>

HYATT REGENCY GREENVILLE

FLOOR PLANS First Floor



- R Registration
- E Exhibits
- S Student Help desk
- * Meeting rooms

FLOOR PLANS Second Floor



Thursday, February 26

2:00 - 2:50**PRECONFERENCE SESSION 1****Location:** Teal**PC101: BEYOND THE BADGE: HOW TO COLLECT EXPERIENCES, NOT JUST CEUS**

Antonella V. Schwarz¹, Alyssa Parten², Eric K. O'Neal³. ¹Barry University, Miami Shores, FL. ²University of Alabama, Tuscaloosa, AL. ³University of North Alabama, Florence, AL.

2:00 - 2:50**PRECONFERENCE SESSION 2****Location:** Redbud**PC201: LEAD THE WAY: LEADERSHIP THROUGH PEER REVIEW AND OPEN SCIENCE WITH ACSM'S ESM JOURNAL**

Katrina D. DuBose, FACSM. *East Carolina University, Greenville, NC.*

3:00 - 3:50**PRECONFERENCE SESSION 3 - What's Up Doc? Competition****Location:** Teal**PC301: VISION TESTS AND LIKERT SCALES TO INFORM DIFFERENT STAIRWAY CONTRAST MARKINGS: PRELIMINARY DATA**

Sara A. Harper, Emma L. Barnes, Hailey N. Hicks, Sai Panuganti, Samuel O. Olusegun, Howard Chen. *The University of Alabama in Huntsville, Huntsville, AL.*

PC302: THIGH ADIPOSITY, BUT NOT MUSCLE QUALITY, DIFFERS BY URINARY ESTROGEN-TO-PROGESTERONE RATIO IN PERIMENOPAUSAL FEMALES

Paul A. Baker, Gabrielle M. DelBiondo, Morgan Britton, Alex Ladan, Ashley Jancura, William M. Johnson, Caroline G. Kelly, Abbie E. Smith-Ryan, FACSM. *UNC at Chapel Hill, Chapel Hill, NC.*

PC303: INTERRUPTIONS WITHOUT IMPACT: INTERCONNECTED CARDIORENAL-METABOLIC BARRIERS TO THE PRACTICAL OPTIMIZATION OF PERIPHERAL VASCULAR HEALTH

Jeb F. Struder¹, Alexander Pomeroy¹, Kristen M. Paternoster¹, Christopher E. Grice¹, Andrew M. Koessler¹, Taylor Shorter¹, Craig Paterson², Gaurav Dave¹, Bethany B. Gibbs³, Feng-Chang Lin¹, Michelle L. Meyer¹, Maihan B. Vu¹, Erik D. Hanson, FACSM¹. ¹University of North Carolina at Chapel Hill, Chapel Hill, NC. ²University of Bristol, Bristol, UK. ³West Virginia University, Morgantown, WV.

PC304: MODERATING EFFECTS OF INDIVIDUAL DIFFERENCES IN BASELINE EPISODIC MEMORY ON ACUTE EXERCISE BENEFITS IN MEMORY

Zakary Patrick¹, Reese Mann², Paul Loprinzi². ¹College of Charleston, Charleston, SC. ²University of Mississippi, Oxford, MS.

PC305: PROGESTERONE FLUCTUATIONS ARE ASSOCIATED WITH EXTRACELLULAR FLUID VOLUME IN HEALTHY, EUMENORRHEIC WOMEN

Zackary S. Cicone¹, Anne M. Mulholland¹, Heather E. Webb¹, Grant T. Malone², Tiffany Adams², Lee J. Winchester². ¹Mercer University, Macon, GA. ²The University of Alabama, Tuscaloosa, AL.

PC306: ASSOCIATIONS BETWEEN STRUCTURAL AND FUNCTIONAL ASYMMETRIES IN ROTC CADETS

Silvio Polly da Costa Valladao¹, Bri Reda², Julia Phillips², Thomas Andre². ¹Western Kentucky University, Bowling Green, KY. ²University of Mississippi, Oxford, MS.

PC307: STEROID KNEE INJECTIONS FOR OBESE PATIENTS WITH KNEE ARTHRITIS: STANDARD VS. LOW DOSE TREATMENTS

Lacey Bracken¹, George Pujalte, FACSM², Jeffrey Wight¹, Renata Skov², Nicolas Arciniegas¹, Jeff Nadwodny². ¹Jacksonville University, Jacksonville, FL. ²Mayo Clinic, Jacksonville, FL.

PC308: EVALUATION OF POTENTIAL FACTORS ASSOCIATED WITH VALIDITY INDICES FOR WEARABLE TECHNOLOGIES DURING TREADMILL LOCOMOTION

Sicong Ren¹, Tahmina Begum¹, Mariya Boikova¹, Cayla R. McAvoy¹, Agnes Bucko¹, Mike Dulin¹, Spencer Ingoglia¹, Leah Patterson¹, Chaojie Shang¹, Miriam Vargas Saenz¹, Daheia J. Barr-Anderson, FACSM¹, Trudy Moore-Harrison¹, Catrine Tudor-Locke, FACSM², Laura H. Gunn¹. ¹University of North Carolina at Charlotte, Charlotte, NC. ²Texas Woman's University, Denton, TX.

3:00 - 3:50 PRECONFERENCE SESSION 4

Location: Redbud

PC401: FROM THE ISLAND TO THE COLLEGE: PUERTO RICO'S ENDURING INFLUENCE ON SPORTS MEDICINE

Farah A. Ramirez-Marrero, FACSM¹, María E. Santiago-Rodríguez². ¹University of Puerto Rico, San Juan, PR. ²Universidad Ana G. Méndez, San Juan, PR.

4:00 - 4:50 SYMPOSIUM 1

Location: Regency Ballroom C

S01: PRACTICAL APPLICATIONS OF AI IN RESEARCH, TEACHING, AND LEARNING

Katie R. Hirsch¹, Jonathan S. Howard², Callie L. Unrein¹, B. Sue Graves, FACSM³. ¹University of South Carolina, Columbia, SC. ²Georgia Highlands College, Rome, GA. ³Florida Atlantic University, Boca Raton, FL.

4:00 - 4:50 SYMPOSIUM 2

Location: Regency Ballroom G

S02: TARGETED NUTRITION FOR CONCUSSION RECOVERY: EVIDENCE-BASED STRATEGIES FOR BRAIN RESILIENCE

Hunter S. Waldman. *University of North Alabama, Florence, AL.*

4:00 - 4:50 TUTORIAL 1

Location: Regency Ballroom D & E

T01: WHAT IS THE LIMITING FACTOR FOR MAXIMAL OXYGEN UPTAKE? IT DEPENDS.

David R. Bassett, FACSM. *The University of Tennessee, Knoxville, TN.*

4:00 - 4:50 TUTORIAL 2

Location: Regency Ballroom H

T02: DEVELOPING EXPERIENTIAL LEARNING AND CRITICAL THINKING ACTIVITIES IN AN UNDERGRADUATE EXERCISE SCIENCE COURSE

Josh Wludyga. *Georgia Gwinnett College, Lawrenceville, GA.*

4:00 - 5:50**ORAL PRESENTATION SESSION 1 - Cancer****Location:** Redbud**O101: RELIABILITY OF PHYSIOLOGICAL PARAMETERS IN A FATIGUE RECOVERY PROTOCOL FOR BREAST AND GYNECOLOGICAL CANCER PATIENTS**

Callum Allison¹, Grace Anderson¹, Jolie Guinn¹, Michael Wolfe², Frankie Bennett¹, Virginia van Staden³, Randolph Hutchison², Larry Gluck³, Jennifer Trilk, FACSM¹. ¹USC School of Medicine Greenville, Greenville, SC. ²Furman University, Greenville, SC. ³Prisma Health, Greenville, SC.

O102: CHEMOTHERAPY INDUCED ANEMIA ALTERS THE VO₂-WORK RATE RELATIONSHIP IN PATIENTS WITH BREAST CANCER

Charles C. Ellison¹, Mckenzie B. Mabalot¹, Nathan R. Weeldreyer¹, Zachariah B. Nealy¹, Antonio Abbate¹, Christiana M. Brenin¹, Patrick M. Dillon¹, Trish Millard¹, Rebecca A. Krukowski¹, Jamie M. Zoellner¹, Glenn A. Gaesser, FACSM², Siddhartha S. Angadi, FACSM¹. ¹University of Virginia, Charlottesville, VA. ²Arizona State University, Tempe, AZ.

O103: DECREASES IN MUSCLE MASS AND QUALITY FOLLOWING 24 WEEKS OF TREATMENT FOR ADVANCED PROSTATE CANCER

Mackenzie Manyin¹, Neeley Heilman¹, Emma Medwedeff¹, Mark Belio¹, Sarah Blount¹, Ayange S. Ayangeakaa¹, Abrar Al Hammadi¹, Kailyn E. Lowder¹, Sam R. Moore¹, Grace Liu¹, Daniel J. Crona¹, Ciaran M. Fairman², Young E. Whang¹, Claudio L. Battaglini, FACSM¹, Erik D. Hanson, FACSM¹. ¹University of North Carolina at Chapel Hill, Chapel Hill, NC. ²University of South Carolina, Columbia, SC.

O104: SKILL DEVELOPMENT AND APPLICATION FOLLOWING AN EXERCISE INTERVENTION IN BREAST CANCER SURVIVORS: A QUALITATIVE STUDY

Celine S. Osoria¹, Maguire C. Lindisch¹, Daniel R. Marshall¹, Lynn B. Panton, FACSM², Ashley L. Artese¹. ¹Florida Atlantic University, Boca Raton, FL. ²Florida State University, Tallahassee, FL.

O105: THE EFFECTS OF COMBINED TREATMENT ON SKELETAL MUSCLE DYSFUNCTION IN MALE COLORECTAL CANCER RODENTS

Abigail Lee Smith, Zoe P. Libramento, Lousia Tichy, Traci L. Parry. *University of North Carolina at Greensboro, Greensboro, NC.*

O106: PHYSIOLOGIC DETERMINANTS OF CHANGE IN VO₂PEAK IN PATIENTS WITH BREAST CANCER UNDERGOING CHEMOTHERAPY

Mckenzie M. Mabalot, Charles E. Ellison, Nathan R. Weeldreyer, Cheyanne Helms, Zachariah B. Nealy, Antonio Abbate, Christiana M. Brenin, Patrick M. Dillon, Trish Millard, Rebecca A. Krukowski, Jamie M. Zoellner, Siddhartha S. Angadi, FACSM. *University of Virginia, Charlottesville, VA.*

O107: EXAMINING THE FEASIBILITY AND ACCEPTABILITY OF 10-WEEKS OF CREATINE AND RESISTANCE TRAINING IN COLORECTAL CANCER

Genevieve L. Bottone, Colin F. O'Mahony, Alexander M. Brooks, Brett M. Scott, Kylah E. Jackson, Ciaran M. Fairman. *University of South Carolina, Columbia, SC.*

4:00 - 5:50**ORAL PRESENTATION SESSION 2 – Functional Mobility and Gait****Location:** Regency Ballroom F**O201: EFFECT OF HIP SYMPTOM DURATION ON JOINT POWER DURING A SINGLE LIMB SQUAT IN INDIVIDUALS WITH HIP RELATED PAIN**

Holly Stanze¹, Bethany Wilcox², Anthony Mangino¹, Kate Jochimsen³, Michael Samaan¹. ¹University of Kentucky, Lexington, KY. ²Mass General Brigham, Boston, MA. ³Mass General Hospital, Boston, MA.

O202: INDIVIDUALS WITH MARFAN SYNDROME AMBULATE WITH ALTERED JOINT WORK

Amara G. Sharp¹, Jaimie A. Roper², Mariana V. Jacobs¹, Anthony A. Mangino¹, Mary B. Sheppard¹, Michael A. Samaan¹. ¹University of Kentucky, Lexington, KY. ²Auburn University, Auburn, AL.

O203: HIP ANGLES AND MOMENTS DURING GAIT DIFFER BETWEEN LIMBS IN INDIVIDUALS FOLLOWING ACL RECONSTRUCTION

Kalpaka Pradip, Kayla Kowalczyk, Robert C. Lynall, Caroline Lisee. University of Georgia, Athens, GA.

O204: FALL-RELATED GAIT PHENOTYPES ACROSS THE ADULT LIFESPAN: A LATENT PROFILE AND LINEAR DISCRIMINANT ANALYSIS APPROACH

Israel I. Adandom¹, Scott W. Ducharme², Dusty T. Turner³, James D. Pleuss³, Catherine Tudor-Locke, FACSM⁴, Kayli J. Lucas¹, Cristal J. Benitez¹, Elroy J. Aguirre¹. ¹The University of Alabama, Tuscaloosa, AL. ²California State University, Long Beach, CA. ³United States Military Academy, West Point, NY. ⁴Texas Woman's University, Denton, TX.

O205: MOTOR ADAPTATION IN OBSTACLE CLEARANCE IS DICTATED BY PERCEPTUAL THREAT DYNAMICS

Bahman Adlou, John Grace, Christopher Wilburn, Wendi Weimar. Auburn University, Auburn, AL.

O206: INSTRUMENTED ASSESSMENT OF GAIT, FUNCTIONAL MOBILITY, AND POSTURE IN OLDER ADULTS WITH AND WITHOUT CONCUSSION

Albert K. Okrah¹, Nastia Zviagintseva¹, Stephen A. Parada², Max Bursey², Chijioke Ohamadike², Deborah A. Jehu¹. ¹Augusta University, Augusta, GA. ²Medical College of Georgia, Augusta, GA.

O207: BALANCE AND OBSTACLE NEGOTIATION IN INDIVIDUALS WITH LOW BONE MINERAL DENSITY

Sara Hoffman¹, Corbit Franks¹, Kaitlyn Armstrong¹, Andrew Yockey¹, Heather Landry¹, Harish Chander², John Garner², Chip Wade¹. ¹University of Mississippi, University, MS. ²University of Mississippi Medical Center, Jackson, MS.

4:00 - 5:50

DOCTORAL STUDENT AWARD COMPETITION

Location: Think Tank

D01: RESISTANCE EXERCISE IMPROVES PHYSICAL FUNCTION BUT NOT PSYCHOLOGICAL PREDICTORS OF LONG-TERM MAINTENANCE IN CANCER SURVIVORS

Alexander M. Brooks¹, Shana E. Harrington¹, Kyla E. Jackson², Genevieve L. Bottone¹, Brett M. Scott¹, Colin F. O'Mahony¹, Ciaran M. Fairman¹. ¹University of South Carolina, Columbia, SC. ²University of Michigan, Ann Arbor, MI.

D02: THE ASSOCIATION OF STRENGTH AND BODY COMPOSITION IN CHILDREN AGES 5 TO 11 YEARS

Trey R. Naylor, Abigayle R. Spong, Scott M. Sigrist, Kelsie P. Kohlman, Jody L. Clasey, FACSM. University of Kentucky, Lexington, KY.

D03: QUANTIFYING MENSTRUAL CYCLE CHARACTERISTICS IN PROFESSIONAL ATHLETES ACROSS A COMPETITIVE SOCCER SEASON

Casey Greenwalt^{1,2}, Paul Ansdell², Kelly McNulty², Kevin Thomas², Amanda Mutuwa^{1,2}, Owen Munro^{1,2}, Glyn Howatson, FACSM^{2,3}, Kirsty Hicks². ¹Washington Spirit, Leesburg, VA. ²Northumbria University, Newcastle, UK. ³North West University, Potchefstroom, South Africa.

D04: USING MACHINE LEARNING TO IDENTIFY CRITICAL BIOMECHANICAL FACTORS FOR FASTBALL VELOCITY IN LIVE GAMES

KAI-JEN CHENG, Benjamin G. Lerch, Gretchen D. Oliver, FACSM. Auburn University, Auburn, AL.

D05: NEAR-INFRARED SPECTROSCOPY MUSCLE OXYGENATION KINETICS REFLECTS FUNCTIONAL FITNESS IN MEN WITH PROSTATE CANCER

Garrett M. Oehlert, R. Lee Franco, Zion Segears, Karen Gorgey, Anirudh Mepperla, Danielle L. Kirkman, Alexandra Marshall, Tolulope Kolawole, Alfredo Urdaneta, Asit Paul, Alexander R. Lucas. *Virginia Commonwealth University, Richmond, VA.*

D06: WHAT IS THE ACUTE TEMPORAL DOSE-RESPONSE RELATIONSHIP OF HIGH-CADENCE CYCLING AND GAIT VELOCITY?

Jason Simpson, Joseph Clearman, Matthew Ott, Tanner Thorsen. *University of Southern Mississippi, Hattiesburg, MS.*

D07: CHANGES IN IGG AND PLASMA GLYCOMES IN RESPONSE TO ENDURANCE EXERCISE TRAINING: HERITAGE FAMILY STUDY

Kiani J.C. Jacobs¹, Eric C. Leszczynski², Charles S. Schwartz¹, Michael J. Pitre¹, Shivangi Nayak¹, Prashant Rao³, Michael Mi³, Sujoy Ghosh⁴, Jeremy M. Robbins³, Robert E. Gerszten³, Claude Bouchard, FACSM⁴, Nina Šimunić-Briški⁵, Gordan Lauc⁵, Mark A. Sarzynski, FACSM¹. ¹*University of South Carolina, Columbia, SC.* ²*Michigan State University, East Lansing, MI.* ³*Beth Israel Deaconess Medical Center, Boston, MA.* ⁴*Pennington Biomedical Research Center, Baton Rouge, LA.* ⁵*University of Zagreb, Zagreb.*

D08: ASSESSMENT OF BRAIN HEALTH DURING PROLONGED SITTING USING CEREBROVASCULAR OUTCOMES FROM THE SWITCH TRIAL

Alexander Pomeroy^{1,2}, Jeb F. Struder¹, Kristen M. Paternoster¹, Andrew M. Koessler¹, Taylor Shorter¹, Craig Paterson³, Keeron Stone^{4,5}, Gaurav Dave¹, Bethany Barone Gibbs, FACSM⁶, Feng-Chang Lin¹, Michelle L. Meyer^{1,7}, Maihan Vu¹, Erik D. Hanson, FACSM^{1,7}. ¹*University of North Carolina at Chapel Hill, Chapel Hill, NC.* ²*Human Movement Science Curriculum, Chapel Hill, NC.* ³*University of Bristol, Bristol.* ⁴*Cardiff Metropolitan University, Cardiff.* ⁵*National Cardiovascular Research Network, Wales.* ⁶*West Virginia University, Morgantown, WV.* ⁷*Human Movement Science Curriculum, Chapel Hill.*

4:30 – 6:20

THEMATIC POSTER SESSION 1 - Mental Health, Cognition, and Psychosocial Factors

Location: Crepe Myrtle

TP101: IMMERSIVE VIDEO INCREASES EXERCISE ENJOYMENT WITHOUT COMPROMISING INTENSITY DURING AFFECT - REGULATED CYCLING

Andrew R. Moore, Adam Porter. *Augusta University, Augusta, GA.*

TP102: EFFECTS OF VIRTUAL HATHA YOGA ON BALANCE, COGNITION, AND EMOTIONAL WELL-BEING

Kristina A. Neely, Kathryn Riis, Danielle D. Wadsworth, FACSM. *Auburn University, Auburn, AL.*

TP103: THE RELATIONSHIP BETWEEN SOCIAL SUPPORT AND KINESIOPHOBIA IN PATIENTS AFTER ANTERIOR CRUCIATE LIGAMENT RECONSTRUCTION

Zoe Wade, Hana Marmura, Shelby Baez. *University of North Carolina at Chapel Hill, Chapel Hill, NC.*

TP104: THE RELATION OF SEDENTARY TIME TO ANXIETY AND BRAIN FUNCTION IN EMERGING ADULTS

Bryan Montero Herrera, Praveen A. Pasupathi, Kayla D. Becoat, Eric S. Drollette. *University of North Carolina at Greensboro, Greensboro, NC.*

TP105: SELF-SELECTED AND IMPOSED EXERCISE EFFECTS ON NEURAL INDICATORS OF REWARD PROCESSING IN ADULTS WITH DEPRESSIVE SYMPTOMS

Karly Knudson, Christopher J. Brush. *Auburn University, Auburn, AL.*

TP106: ASTAXANTHIN SUPPLEMENTATION IMPROVES COGNITIVE PERFORMANCE FOLLOWING MENTAL FATIGUE IN RECREATIONALLY ACTIVE FEMALES

Madilynn Zoumberis¹, Eric K. O'Neal², Lauren G. Killen², Rebekah S. Carpenter³, Chanhong Kang², Hunter S. Waldman², Gaven A. Barker¹. ¹University of North Georgia, Dahlonega, GA. ²University of North Alabama, Florence, AL. ³University of Missouri, Columbia, MO.

TP107: ASSOCIATION BETWEEN PHYSICAL ACTIVITY, SOCIAL SUPPORT, AND PERCEIVED STRESS IN PEOPLE LIVING WITH HIV: A CROSS-SECTIONAL STUDY

Fernanda Gomes Celidonio¹, Julio C. Medeiros Alves², Alana Fernandes², Pollyanna Brito², Phelipe Wilde², Breno G. de Araújo Tinoco Cabral², Paulo M. Silva Dantas², Jason R. Jagers, FACSM¹. ¹University of Louisville, Louisville, KY. ²Federal University of Rio Grande do Norte, Natal.

TP108: REP BY REP, FEEL BETTER? STRENGTH TRAINING IMPROVES AFFECT FOR INFREQUENT LIFTERS

Emily M. Kyaw, Stone Norris, Paschal Sheeran, Claudio Battaglini, Jimikaye B. Courtney. University of North Carolina at Chapel Hill, Chapel Hill, NC.

4:00 - 5:15

POSTER PRESENTATION SESSION 1

Location: Studio 220

P101: PREVALENCE AND PERCEPTIONS OF STRENGTH TRAINING IN COMPETITIVE GYMNASTICS PROGRAMS

Brandon Doan, Caitlin Grayson, Joshua Wludyga. Georgia Gwinnett College, Lawrenceville, GA.

P102: ACCURACY OF CONSUMER WEARABLES FOR ASSESSMENT OF HEART RATE VARIABILITY ACROSS MENSTRUAL CYCLE PHASES

Patrick Agyabeng, Anya Bergfeld, Maria Sic, Heath Burton. Furman University, Greenville, SC.

P103: MUSCLE TISSUE THICKNESS MAY PREDICT MICROVASCULAR REACTIVITY IN MALES BUT NOT FEMALES

Minyoung Kwak¹, Brian Benitez², Clara J. Mitchinson¹, Erik R. Snell¹, Alaina N. Kuhn¹, Haley C. Bergstrom¹. ¹University of Kentucky, Lexington, KY. ²Stetson University, DeLand, FL.

P104: ADHERENCE AND USER PERCEPTION OF A SMART RING DURING A 4-WEEK TRIAL

Guillermo Pacheco¹, Caitlin Brinkman-Holland¹, Juliette Levet-Bourtoyre², Shelby Baez¹, Jimikaye B. Courtney¹, Evan Levy¹, Malia N.M. Blue¹. ¹University of North Carolina-Chapel Hill, Chapel Hill, NC. ²Wake Forest University, Winston Salem, NC.

P105: FEMALE EXERCISE, MOOD, AND MENSTRUAL EFFECTS VIA ACCELEROMETRY AND CYCLE TRACKING (FEMME-ACT)

Brooke A. Karmilovich¹, Gaven A. Barker², Balea J. Schumacher¹. ¹University of North Georgia, Gainesville, GA. ²University of North Georgia, Dahlonega, GA.

P106: FORCE-TIME CURVE ANALYSIS OF THE CMJ AND ITS RELATIONSHIP TO PITCHING VELOCITY

Madeline R. Klubertanz, Ian P. Jump, Kevin J. Rodriguez-Chavarria, Gretchen D. Oliver, FACSM. Auburn University, Auburn, AL.

P107: THE EFFECT OF LEG HAIR EXPOSURE ON BODY COMPOSITION MEASUREMENTS VIA AIR-DISPLACEMENT PLETHYSMOGRAPHY

Slaven A. Meskin, Annie Stevens, Christopher J. Womack, FACSM. James Madison University, Harrisonburg, VA.

P108: TRAINING OVERLOAD ASSESSMENT: ARE SPARTA FORCE PLATE TESTING AND BIOELECTRICAL IMPEDANCE EFFECTIVE FOR ENDURANCE ATHLETES?

Emma Hixenbaugh, Lacey Harper, Christopher Nichols, Aprameya Satish, Abigail Green, Scott McDonald, Mindy Millard-Stafford, FACSM. Georgia Institute of Technology, Atlanta, GA.

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- P109: MENSTRUAL CYCLE-BASED PERIODIZED TRAINING: IMPACT ON PERFORMANCE, MUSCLE SORENESS, AND RECOVERY IN ACTIVE WOMEN**
Adam E. Reisman, Takudzwa A. Madzima. *Elon University, Elon, NC.*
- P110: SOCIAL MEDIA EFFECTS ON ATHLETIC AND MENTAL PERFORMANCE**
Amayia Hernandez, Jasmine Rachal, Mia Buckner, Jarrett Walbolt. *Montreat College, Montreat, NC.*
- P111: FUNCTIONAL MOVEMENT SCREENING WITH COLLEGIATE SOCCER PLAYERS**
Karina Manrique, Sophia White, Pradeep Vanguri, PhD, LAT, ATC, FACSM. *Nova Southeastern University, Weston, FL.*
- P112: LIMB FAT-FREE MASS AND HANDGRIP STRENGTH ASYMMETRIES IN DIVISION I SOFTBALL PLAYERS**
Karolina Iznerowicz, Ricardo F. Romersi, Gianna F. Mastrofini, Katelynn T. Persaud, Maria G. Lombardi, Catherine R. Bell, Fiona C. Doyle, Katie R. Hirsch, Shawn M. Arent, FACSM. *University of South Carolina, Columbia, SC.*
- P113: FEASIBILITY ASSESSMENT OF SMART RESISTANCE TRAINING TECHNOLOGY IN THE FIRE SERVICE**
Sydney M. Tackett¹, James W. Henley¹, M Ryan Mason¹, Sarah N. Lanham¹, Susie Reiner¹, Samuel Williams¹, Jazdin Weatherbie¹, Emily M. Speaker¹, Lydia M. Stout¹, Jackson Miller¹, Peter Smetanka¹, Thomas Chandler¹, Emily L. Langford², Sarah Hines², Mark G. Abel^{1,2}.
¹University of Kentucky, Lexington, KY. ²Georgia Southern University, Statesboro, GA.
- P114: CONCURRENT VALIDITY OF THE FIBION SENS® COMPARED TO COSMED CPET® AND EQUIVITAL LIFEMONITOR® SYSTEMS**
Hinata Sakamoto, Roy Shohat, Lia M. Larramendi, Zacharias Papadakis, FACSM. *Barry University, Miami Shores, FL.*
- P115: RECOVERY AND OVERTRAINING IN ETHIOPIAN HIGHER LEAGUE FOOTBALL PLAYERS**
Fikreyesus Adula^{1,2}. ¹Yididya Academy, Johannesburg. ²University of KwaZulu-Natal, Durban.
- P116: COMPARISON OF ISOKINETIC AND HANDHELD DYNAMOMETRY KNEE FLEXION AND EXTENSION IN YOUNG CHILDREN**
Abigayle R. Spong, Trey R. Naylor, Scott M. Sigrist, Kelsie P. Kohlman, Aurelia Radulescu, Michael A. Samaan, Jody L. Clasey, FACSM. *University of Kentucky, Lexington, KY.*
- P117: EXERCISE-INDUCED MUSCLE SWELLING AND IMPEDANCE CHANGES IN THE BICEPS BRACHII**
Sofea Smith. *University of Central Florida - Orlando, FL, Orlando, FL.*
- P118: SEX DIFFERENCES IN RUNNING ECONOMY AND BIOMECHANICS WITH ADVANCED FOOTWEAR TECHNOLOGY**
Carly Schuerger, Qiang Guo, Dalton Harris, Scott Sigrist, Fan Gao, Stuart Best. *University of Kentucky, Lexington, KY.*
- P119: STUDENTS' UNDERSTANDING OF HPV AT A FAITH-BASED UNIVERSITY**
Zachary Droll¹, Andrew Hoffman², Nicole Scheiman³. ¹Lipscomb University, Nashville, TN. ²Huntington University, Huntington, IN. ³University of Charleston, Charleston, WV.
- P120: A 25-YEAR ANALYSIS OF ATHLETE MORTALITY: CAUSES, TRENDS, AND RESOURCE DISPARITIES**
Andrew Manush, Caleb Berta, Elizabeth Powell, Joshua Broussard, Walter Smith, Thomas Evely, Eugene Brabston, Amit Momaya. *University of Alabama at Birmingham, Birmingham, AL.*
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- P121: PHYSICAL ACTIVITY, KNEELING, AND KNEE PAIN IN ADULTS: CLINICAL FINDINGS FROM THE OAI**
Marina May Winans, Ludmila Cosio-Lima, FACSM, Youngil Lee, Kyle Rank, Adam Lavis, Armaghan Mahmoudian. *University of West Florida, Pensacola, FL.*
- P122: PARKS AS A RESOURCE FOR PHYSICAL ACTIVITY AND HEALTH: EVIDENCE FROM SOUTHEAST TENNESSEE**
Adrian R. Nelka-Hernandez, Douglas A. Gregory. *Tennessee Wesleyan University, Athens, TN.*
- P123: ASSOCIATION BETWEEN LIFESTYLE MEDICINE SCORE AND PHYSICAL FUNCTION IN U.S. ADULTS: 2007-2010 NHANES**
Swarnima Naithani, Michael R. Richardson, Jasper Xu, James R. Churilla, FACSM. *University of North Florida, Jacksonville, FL.*
- P124: EVALUATING PHYSICAL ACTIVITY USING ACT-24 IN A NON-URBAN COMMUNITY**
Aubrey L. Long¹, Nicholas M. Remillard², Douglas A. Gregory¹. ¹*Tennessee Wesleyan University, Athens, TN.* ²*University of Tennessee, Knoxville, TN.*
- P125: WEIGHTLIFTING INJURIES ACROSS THE LIFESPAN: EPIDEMIOLOGY, MECHANISMS, AND SEVERITY**
Kartik Rachakonda¹, Connor Diaz². ¹*University of South Florida Morsani College of Medicine, Tampa, FL.* ²*Florida Orthopedic Institute/Tampa General Hospital/USFHealth, Tampa, FL.*
- P126: SURFACE ELECTROMYOGRAPHY: A QUALITATIVE AND QUANTITATIVE EVALUATION OF MEDIAN FREQUENCY USING WEARABLE TECHNOLOGY**
Andrew Gibson^{1,1}, Matthew Buns^{2,3}, Stephanie Hamilton^{3,3}, Monica Dial^{4,4}, J. Derek Kingsley, FACSM^{1,1}. ¹*Keiser University, West Palm Beach, FL.* ²*Concordia University, Saint Paul, MN.* ³*Concordia Saint Paul University, Saint Paul, MN.* ⁴*College of Saint Mary, Omaha, NE.*
- P127: DOES HAMSTRINGS-TO-QUADRICEPS RATIO INFLUENCE KNEE VALGUS ANGLES DURING CUTTING AND SINGLE-LEG SQUAT MOVEMENTS AMONG FEMALES?**
Samantha A. Searles¹, Adam C. Knight¹, Harish Chander², Zachary M. Gillen¹. ¹*Mississippi State University, Mississippi State, MS.* ²*University of Mississippi Medical Center, Jackson, MS.*
- P128: LOWER-LIMB MECHANICS DURING ASYMMETRICAL LENGTHENING CRANK ARM CYCLING**
Alejandro Ovispo-Martinez, Tsung-Lin Lu, Songning Zhang. *University of Tennessee, Knoxville, TN.*
- P129: INFLUENCE OF HIP-SHOULDER SEPARATION ON PITCH VELOCITY IN DIVISION I COLLEGE BASEBALL PITCHERS**
Ian P. Jump¹, Benjamin G. Lerch¹, Ryan M. Zappa¹, Gabrielle N. Pfund¹, Kevin A. Giordano², Gretchen D. Oliver, FACSM¹. ¹*Auburn University, Auburn, AL.* ²*Louisiana State University, New Orleans, LA.*
- P130: PELVIS KINEMATICS DURING THE SINGLE LEG SQUAT AND ITS RELATIONSHIP TO VALGUS TORQUE**
Kevin J. Rodriguez-Chavarria, Ryan M. Zappa, Madeline R. Klubertanz, Gretchen D. Oliver, FACSM. *Auburn University, Auburn, AL.*
- P131: MOBILITY BUT NOT STRENGTH DIFFERENTIATES OLDER ADULTS WITH MILD TRAUMATIC BRAIN INJURY FROM HEALTHY PEERS**
Nastia Zviagintseva, Albert Okrah, Stephen A. Prada, Max Burse, Chijioke Ohamadike, Deborah Jehu. *Augusta University, Augusta, GA.*
- P132: ACUTE EFFECTS OF VARIOUS JUMP STYLES ON AN ELASTIC SURFACE ON COUNTERMOVEMENT JUMP PERFORMANCE**
Katherine Blain, Diego Ferreira, FACSM, Jeff Barfield, FACSM. *Lander University, Greenwood, SC.*
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P133: RELIABILITY OF A WEARABLE FORCE INSOLE TO EVALUATE COUNTERMOVEMENT VERTICAL JUMP PERFORMANCE

Jenna Starkey¹, Eric O'Neal¹, Jamie Campbell², Morgan Despres², Nicole K. Rendos, FACSM^{2,3}, Jeffrey D. Simpson². ¹University of North Alabama, Florence, AL. ²University of West Florida, Pensacola, FL. ³Florida Institute for Human Machine Cognition, Pensacola, FL.

P134: HOW DO PATIENT REPORTED OUTCOMES RELATE TO QUADRICEPS STRENGTH?

Carly M. Rauch, Grace R. Campbell, Anthony S. Kulas. *East Carolina University, Greenville, NC.*

P135: PITCH MIX AND VELOCITY INCREASE ODDS OF SHOULDER LABRAL REPAIR IN PROFESSIONAL PITCHERS

Clay Rahaman, Caleb Berta, Jared Halstrom, Elizabeth Powell, Joshua Broussard, Walter Smith, Thomas Evely, Eugene Brabston, Amit Momaya. *University of Alabama at Birmingham, Birmingham, AL.*

P136: SAGITTAL-PLANE JOINT MOMENTS AND JUMP PERFORMANCE ARE UNAFFECTED BY CARBON-FIBER INSOLES

Constantin Heinemann, Darius Ragland, Zachary J. Domire. *East Carolina University, Greenville, NC.*

P137: VOLLEYBALL FOOTWEAR AND ANKLE BRACING: IMPACT ON BALANCE EQUILIBRIUM SCORES WITHIN FEMALE COLLEGIATE CLUB PLAYERS

Ashlyn Rose Duffy¹, Madison C. Chandler¹, Srikant Vallabhajosula¹, Charles C. Williams², Jacob R. Gdovin¹. ¹Elon University, Elon, NC. ²University of North Florida, Jacksonville, FL.

P138: EXTERNAL FOCUS OF ATTENTION TRAINING TO MITIGATE RISK FACTORS ASSOCIATED WITH NON-CONTACT ACL INJURIES

Sean Krysak. *Wingate University, Wingate, NC.*

P139: DOES BIOLOGICAL SEX INFLUENCE THE RECOVERY OF QUADRICEPS NEUROMUSCULAR FUNCTION AFTER ACL RECONSTRUCTION

Tatiana Restrepo, Meredith Chaput, Grant Norte. *University of Central Florida, Orlando, FL.*

P140: INFLUENCE OF HIGH INTENSITY RESISTANCE EXERCISE ON POSTPRANDIAL METABOLISM IN FEMALES

Courtney Chaise Dillard, German M. Roca, Hunter S. Waldman. *University of North Alabama, Florence, AL.*

P141: IMPACT OF COLD-WATER IMMERSION AND CONTRAST BATHING ON METABOLISM RESPONSES AND PERCEIVED EXERTION

Courtney Chaise Dillard. *University of North Alabama, Florence, AL.*

P142: EVALUATING THE IMPACT OF HIGH-INTENSITY HEART RATE BASED TRAINING ON NEXT-DAY RESTING METABOLIC RATE

Chasenne A. Spellman. *California State University Long Beach, Long Beach, CA.*

P143: LONGITUDINAL AND AGE RELATED RISK OF FEMALE ATHLETE TRIAD IN COLLEGIATE ATHLETES

Sydney Taylor Schneider¹, Pradeep Vanguri². ¹University of Central Florida College of Medicine, Orlando, FL. ²Nova Southeastern University Dr. Kiran C. Patel College of Osteopathic Medicine, Davie, FL.

P144: CHARACTERIZING HORMONE VARIABILITY IN PERIMENOPAUSAL FEMALES LEVERAGING DAILY AT-HOME HORMONE MONITORING.

Katherine L. Foster¹, Gabrielle M. DelBiondo¹, Alex N. Ladan¹, Paul A. Baker¹, Katie R. Hirsch², Abbie E. Smith-Ryan, FACSM¹. ¹University of North Carolina at Chapel Hill, Chapel Hill, NC. ²University of South Carolina, Columbia, SC.

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- P145: THE INFLUENCE OF 16-WEEK MINIMAL EXERCISE INTERVENTION ON METABOLISM AND CARDIOVASCULAR MEASURES IN TYPE-2 DIABETICS**
Tanner Martin, Andrew Levine, Mackenzie Burgess, Keilah Vaughan, Pedro Chung, Robert Buresh, FACSM, Brian Kliszczwicz, FACSM. *Kennesaw State University, Kennesaw, GA.*
- P146: CHRONIC TURKESTERONE SUPPLEMENTATION ON BODY COMPOSITION/ATHLETIC PERFORMANCE.**
Bryson McCraw, Milosz Gargol, Emma Barnes, Jarrett Walbolt. *Montreat College, Montreat, NC.*
- P147: β -ALANINE SUPPLEMENTATION DOES NOT ATTENUATE INFLAMMATION OR IMPROVE MUSCLE FUNCTION FOLLOWING RESISTANCE EXERCISE**
David Smith. *James Madison University, Harrisonburg, VA.*
- P148: EXAMINING THE EFFECTS OF CREATINE SUPPLEMENTATION WITH RESISTANCE TRAINING ON BODY COMPOSITION IN COLORECTAL CANCER**
Brett M. Scott, Alexander M. Brooks, Genevieve L. Bottone, Kyla E. Jackson, Colin F. O'Mahoney, Ciaran M. Fairman. *University of South Carolina, Columbia, SC.*
- P149: CREATINE SUPPLEMENTATION AND RESISTANCE TRAINING EFFECTS ON MUSCULAR STRENGTH AND POWER IN COLORECTAL CANCER.**
Colin F. O'Mahony, Alexander M. Brooks, Genevieve L. Bottone, Brett M. Scott, Kyla E. Jackson, Ciaran M. Fairman. *University of South Carolina, Columbia, SC.*
- P150: RELIABILITY STABILITY AND VALIDITY OF A READINESS TO TRAIN SCALE IN CANCER SURVIVORS**
Neeley J. Heilman¹, Brent Cunningham², Carley Bailey¹, Gabrielle M. Brennan¹, Ally Wardell¹, Ciaran Fairman³, Tina Skinner⁴, Erik D. Hanson¹. ¹*University of North Carolina - Chapel Hill, Chapel Hill, NC.* ²*University of the Sunshine Coast, Sippy Downs.* ³*University of South Carolina, Columbia, SC.* ⁴*University of New South Wales, Sydney.*
- P151: AFFECTS OF LIPID LOWERING MEDICATION ON BODY COMPOSITION OF MASTER ATHLETES**
Riley Hunt¹, Arianna Czubaj¹, Emily Miller¹, Licheng Lee², Ludmilla Cosio-Lima, FACSM¹. ¹*University of West Florida, Pensacola, FL.* ²*Baptist Hospital, Pensacola, FL.*
- P152: A NETWORK VIEW OF CARDIO-NEUROMUSCULAR COUPLING IN ELITE SOCCER**
Isabel M. Vera Martinez¹, Nikolaos Koutlianos², Vassilios Panoutsakopoulos², Evangelia Koudi², Zacharias Papadakis, FACSM². ¹*Barry University, Miami Shores, FL.* ²*Aristotle University of Thessaloniki, Thessaloniki, Greece.*
- P153: EFFECTS OF VAGAL NERVE STIMULATION ON POINCARÉ PLOT INDICES IN WOMEN WITH RHEUMATOID ARTHRITIS**
Erica M. Marshall, Sara L. Terrell, Nathan J. Holmes. *Florida Southern College, Lakeland, FL.*
- P154: ABSTRACT WITHDRAWN**
- P155: A COMPARISON OF FUNCTIONAL TEST CEILING EFFECTS IN INDIVIDUALS WITH CANCER**
Lauren Stauffer, Alexander Brooks, Brett Scott, Kyla Jackson, Genevieve Bottone, Ciaran Fairman. *University of South Carolina, Columbia, SC.*
- P156: BONE MINERAL ADAPTATIONS TO CALORIC RESTRICTED DIET AND AEROBIC TRAINING IN OBESE PATIENTS WITH HFPEF**
Thomas Atwood, Peter Brubaker, FACSM. *Wake Forest University, Winston-Salem, NC.*
- P157: PHYSICAL FUNCTION OUTCOMES IN VIRTUAL VS. IN-PERSON CANCER EXERCISE PROGRAMS**
Jessica Dianda, Genevieve Bottone, Alex Brooks, Kyla Jackson, Scott Brett, Ciaran Fairman. *University of South Carolina, Columbia, SC.*
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- P158: INTERMITTENT PALM COOLING'S EFFECT ON HEART RATE AND THERMAL MEASURES FROM MULTIPLE SCLEROSIS PATIENTS**
Ella N. Vanderkoff, Frances Maguire, Lauren Rapp, Margaret Wydotis, Celia McKinney, Shelby Stocke, Jason R. Jagers, FACSM, John Caruso. *University of Louisville, Louisville, KY.*
- P159: COMPARING LUNG FUNCTION SCORES OBTAINED FROM PORTABLE SPIROMETERS VS. A COMPUTERIZED SYSTEM: A RELIABILITY STUDY**
Kaari Hurley, Abigail Kraft, Fabian Rodriguez, Marcos Daou, Greg Martel. *Coastal Carolina University, Conway, SC.*
- P160: CONSTRUCT VALIDITY OF A SIT-TO-STAND POWER TEST FOR ASSESSING PHYSICAL FUNCTION IN CARDIAC REHABILITATION**
Skylar Cito, Isabelle Garrido, Carmella Hack, Lainey Billings, Francisco Nascimento, Ashley L. Artese. *Florida Atlantic University, Boca Raton, FL.*
- P161: EXPLORING BREAST CANCER SURVIVORS' PERCEIVED QUALITY OF LIFE FOLLOWING A GROUP EXERCISE INTERVENTION**
Maguire Colleen Lindisch¹, Celine Osoria¹, Daniel R. Marshall¹, Lynn B. Panton, FACSM², Ashley L. Artese¹. ¹*Florida Atlantic University, Boca Raton, FL.* ²*Florida State University, Tallahassee, FL.*
- P162: DO COMPRESSION GARMENTS ENHANCE POTS SYMPTOM RELIEF DURING LOW-INTENSITY PHYSICAL ACTIVITY?**
Teaghan Wilson, Taylor Rowley, Sean Cochran, Elizabeth Ackley, FACSM. *Roanoke College, Salem, VA.*
- P163: IMMUNE CELL MOBILIZATION IN HEALTHILY INDIVIDUALS: CONTEXTUALIZING ROLES OF EXERCISE WITHIN CANCER PREVENTION AND CONTROL**
Nathanael Gomes Tejeda¹, Timothy M. Kistner², Emmanuel Katsanis^{2,3}, Richard J. Simpson, FACSM^{2,3}. ¹*University of North Carolina at Chapel Hill, Chapel Hill, NC.* ²*The University of Arizona Cancer Center, Tucson, AZ.* ³*University of Arizona, Tucson, AZ.*
- P164: BIOMECHANICAL STRESS IN VOLLEYBALL: COMPARING UNILATERAL AND BILATERAL ACROSS VOLLEYBALL POSITIONS**
Nihar Patel, Pradeep Vanguri. *Nova Southeastern University, Davie, FL.*

5:00 - 5:50**SYMPOSIUM 3****Location:** Regency Ballroom C

- S03: MAXIMAL OXYGEN UPTAKE: HOW DID WE GET HERE?**
L. Bruce Gladden, FACSM¹, Alexander C. Berry¹, Scott K. Powers, FACSM². ¹*Auburn University, Auburn, AL.* ²*University of Florida, Gainesville, FL.*

5:00 - 5:50**SYMPOSIUM 4****Location:** Regency Ballroom H

- S04: HOLD YOUR HORSES! RETHINKING YOUTH FITNESS TESTING**
Dawn P. Coe, FACSM¹, Rebecca A. Battista, FACSM². ¹*University of Tennessee, Knoxville, TN.* ²*Appalachian State University, Boone, NC.*

5:00 - 5:50**TUTORIAL 3****Location:** Regency Ballroom D & E**T03: HOLY BASIL SEEDS! CREATIVE NUTRITION AND PHYSICAL ACTIVITY STRATEGIES FOR OPTIMAL HEALTH ACROSS THE LIFESPAN.**

Amy Jo Riggs, Mary Beth Yarbrough, Tamerah Hunt, FACSM. *Georgia Southern University, Statesboro, GA.*

5:00 - 5:50**TUTORIAL 4****Location:** Regency Ballroom G**T04: WE BUILT IT, THEY CAME: EXPANSION AND ASSESSMENT OF RURAL PHASE THREE CARDIAC REHAB PROGRAM**

Rebecca Collins, Lily Cohran, Victoria Floyd, Shelby Kitchings, Adelaide Morrissey. *Georgia Southern University, Statesboro, GA.*

7:30-9:00 PM**BUSINESS MEETING AND KEYNOTE ADDRESS****Location:** Regency Ballroom A & B & C

Presiding: Alicia Bryan, *Columbus State University*

EMPOWERING INCLUSION: ADVANCING FITNESS FOR EVERYBODY, EVERYWHERE

David S. Geslak, BS, ACSM EP-C, CSCS. *Exercise Connection.*

9:00-10:00 PM**SEACSM SOCIAL****Location:** Teal and Teal Mezzanine

Friday, February 27

6:45–7:45 AM EMILY HAYMES MENTORING BREAKFAST**Location:** TealPresiding: Audrey Collins, *Advent Health***8:00 - 8:50 SYMPOSIUM 5**
Location: Regency Ballroom G**S05: TAKING A STAND: HARMFUL OR HELPFUL TO CARDIOVASCULAR HEALTH?**
Robert J. Kowalsky, FACSM. *Appalachian State University, Boone, NC.***8:00 - 8:50 TUTORIAL 5**
Location: Regency Ballroom C**T05: OVERCOMING IMPOSTER SYNDROME: EVIDENCE-BASED STRATEGIES FOR EXERCISE SCIENCE AND SPORTS MEDICINE PROFESSIONALS**
Zachary Yukio Kerr, FACSM. *University of North Carolina at Chapel Hill, Chapel Hill, NC.***8:00 - 8:50 TUTORIAL 6**
Location: Regency Ballroom D & E**T06: CAFFEINE: PERFORMANCE, PERCEPTION AND FUTURE INQUIRIES**
James M. Green, FACSM¹, Lauren G. Killen². ¹*University of North Alabama, Florence, AL.*
²*University of North Alabama, Florence, AL.***8:00 - 9:50 ORAL PRESENTATION SESSION 3 - Endurance Athletes**
Location: Redbud**O301: EVALUATING THE EFFECTIVENESS OF THERABODY JETBOOTS IN AFRICAN AMERICAN WOMEN RUNNERS**
Jonathan Howard¹, Ryan Middleton², Kathryn Wilson, FACSM², Jeffery Otis². ¹*Georgia Highlands College, Rome, GA.* ²*Georgia State University, Atlanta, GA.***O302: SEASONAL CHANGES IN RUNNING LOCOMOTOR PROFILES IN YOUTH FEMALE CROSS COUNTRY SKIERS**
François Billaut, Joanna Guézennec, Daniel Correa, Élodie Bourgeois. *Laval University, Quebec, QC.***O303: PRELIMINARY EVIDENCE FOR ELEVATED LACTATE THRESHOLD IN TRAINED ENDURANCE ATHLETES PERFORMING DOUBLE THRESHOLD TRAINING**
Scout Winter¹, Katherine Blount¹, Zoe Altobelli¹, Jahmir Flowers¹, Steven J. Prior², William Evans¹. ¹*Elon University, Elon, NC.* ²*University of Maryland, College Park, MD.*

O304: INFLUENCE OF HIGH VERSUS LOW BODY FAT ON MUSCLE QUALITY IN WELL-TRAINED FEMALE ENDURANCE ATHLETES

Hannah K. Eberhardt¹, Tristan J. Ragland², Liliana I. Renteria-Laskin¹, Brandon D. Willingham³, Brett L. Cross¹, Robert C. Hickner, FACSM¹, Jeong-Su Kim¹, Michael J. Ormsbee, FACSM^{1,4}.
¹Florida State University, Tallahassee, FL. ²Pittsburgh State University, Pittsburgh, KS.
³University of South Florida, Tampa, FL. ⁴University of KwaZulu-Natal, Durban 4000, South Africa.

O305: EFFECTS HABITUAL TRAINING SHOE USE ON RUNNING ECONOMY WHEN TRANSITIONING TO HIGH PERFORMANCE RUNNING SHOES

Dalton Harris, Haley Bergstrom, Mark Abel, Carly Schuerger, Scott Sigrist, Stuart Best. University of Kentucky, Lexington, KY.

O306: EFFECTS OF AN 11-WEEK OFFSEASON PROGRAM ON JUMP AND FITNESS PERFORMANCE IN FEMALE SOCCER PLAYERS

Dakota Dronet, Michael Mydlo, Victor Hoffman, Zachary Gillen. Mississippi State University, Starkville, MS.

O307: DISSECTING PERFORMANCE: COMPARING SLEEP CHARACTERISTICS BETWEEN FAST AND SLOW FEMALE COLLEGIATE CROSS COUNTRY RUNNERS

Brett L. Cross, Elisa Angeles, Michael J. Ormsbee, FACSM. Florida State University, Tallahassee, FL.

8:00 - 9:50

ORAL PRESENTATION SESSION 4 - Physical Activity Promotion

Location: Regency Ballroom F

O401: EFFECTS OF AN 8-WEEK VIDEO GAME INTERVENTION ON BODY COMPOSITION IN CHILDREN AND ADULTS

Ashley D. Williams¹, Geetha Thangiah¹, Danielle D. Wadsworth, FACSM². ¹Clemson University, Clemson, SC. ²Auburn University, Auburn, AL.

O402: A PILOT STUDY TO PROMOTE A POSITIVE HEALTH CLIMATE AMONG FAMILIES OF PRESCHOOLERS

Isabella Skibba, Maiya Bhandari, Olivia Lawrence, Deirdre Dlugonski. University of Kentucky, Lexington, KY.

O403: A PHYSICAL ACTIVITY PROGRAM INFLUENCES FITNESS PARAMETERS AMONG EMPLOYEES AT THE UNIVERSITY OF PUERTO RICO

Pamela Elizabeth Barrera-Barroso, Lucía del R. Martínez-Colón, Enrique U. Pérez-Cardona, Farah A. Ramírez-Marrero, FACSM. University of Puerto Rico Río Piedras Campus, San Juan, PR.

O404: PHYSIOLOGICAL EFFECTS OF AN 8-WEEK HATHA YOGA INTERVENTION FOR ADULT WOMEN

Kathryn Riis, Kristina A. Neely, Danielle D. Wadsworth, FACSM. Auburn University, Auburn, AL.

O405: ABSTRACT WITHDRAWN**O406: EFFECTS OF RESISTANCE TRAINING ON DEPRESSION AND COPING AMONG ADULT FEMALES: A RANDOMIZED CONTROLLED TRIAL**

A'Naja M. Newsome, Ariana Valentin, Anjiya Pirani, Sarah Fretti, Shawn Lawrence, Shante Jeune. University of Central Florida, Orlando, FL.

O407: THE ROLE OF BINGOCIZE® IN PROMOTING HEALTH AND WELL-BEING AMONG OLDER ADULTS

Dylan Freeman¹, Kaitlyn Gray², Dr. Mark Schafer¹, Dr. Silvio Polly¹, Dr. K. Jason Crandall¹.
¹Western Kentucky University, Bowling Green, KY. ²University of Kentucky, Lexington, KY.

8:00 - 9:50**ORAL PRESENTATION SESSION 5 - Cardiovascular Physiology****Location:** Regency Ballroom H**O501: ACUTE APNEA INCREASES CENTRAL BLOOD PRESSURE AND ARTERIAL WAVE REFLECTION IN YOUNG HEALTHY ADULTS**

Ann Claire Elizabeth Blalock¹, Kaitlin LoVerme¹, Julio A. Chirinos², Joeseeph M. Stock¹. ¹East Carolina University, Greenville, NC. ²University of Pennsylvania, Philadelphia, PA.

O502: EFFECT OF TYPE I ANAPHYLACTIC FOOD ALLERGIES ON NITRIC-OXIDE-MEDIATED CUTANEOUS VASODILATION IN HEALTHY YOUNG ADULTS

Olivia Kirkman. *University of Georgia, Athens, GA.*

O503: SEX-SPECIFIC VASCULAR RESPONSES TO HYPEROXIA-INDUCED OXIDATIVE STRESS

Rhett Schimpf, Rebecca M. Kappus. *Appalachian State University, Boone, NC.*

O504: TREATMENT WITH A MITOCHONDRIAL ANTIOXIDANT IMPROVES ENDOTHELIAL FUNCTION, BUT NOT BAROREFLEX SENSITIVITY, IN OLDER ADULTS

Olivia Lempner, James Bangle, William Jennings, S. Tony Wolf. *University of Georgia, Athens, GA.*

O505: EFFECTS OF RESVERATROL SUPPLEMENTATION ON ENDOTHELIAL FUNCTION IN COLLEGE-AGED MALES

Estefania Zamarripa¹, Trevor Dufner¹, Adam Wells¹, Jessica Moon², Cole Henderson¹, Alexandria Iacono¹, Sarah Fretti¹. ¹University of Central Florida, Orlando, FL. ²Lindenwood University, Saint Charles, MO.

O506: INTERRELATIONSHIPS BETWEEN CEREBROVASCULAR HEMODYNAMICS AND ARTERIAL STIFFNESS ACROSS SITTING INTERRUPTION CONDITIONS

Andrew M. Koessler¹, Alexander Pomeroy¹, Jeb F. Struder¹, Kristen M. Paternoster¹, Christopher E. Grice¹, Taylor Shorter¹, Craig Paterson², Guarav Dave¹, Bethany B. Gibbs³, Feng-Chang Lin¹, Michelle L. Meyer¹, Maihan B. Vu¹, Erik D. Hanson, FACSM¹. ¹UNC Chapel Hill, Chapel Hill, NC. ²University of Bristol, Bristol, UK. ³West Virginia University, Morgantown, WV.

O507: BIOELECTRICAL IMPEDANCE VECTOR ANALYSIS OF INTERDIALYTIC INTERVALS IN PATIENTS ON HEMODIALYSIS

Slater Wolford, Elliott Arroyo. *Wake Forest University, Winston-Salem, NC.*

8:00 - 9:50**UNDERGRADUATE STUDENT AWARD COMPETITION****Location:** Think Tank**U01: THE EFFECTS OF ACUTE CAPSAICIN SUPPLEMENTATION ON UPPER BODY MUSCULAR ENDURANCE DURING EXERCISE**

Milosz Gargol, Cameron Rice, Jarrett Walbolt. *Montreat College, Montreat, NC.*

U02: THE IMPACT OF SOCIAL FEEDBACK AND CUEING ON JUMP PERFORMANCE

Rebeca Cruz, Natalie Hall, Elena Fibraio, Marley Smith, Sarah Mcallister, Savannah Adkins, Jarrett Walbolt. *Montreat College, Montreat, NC.*

U03: BATTLE OF THE HITS: COMPARING CARDIOVASCULAR RESPONSES FROM AEROBIC- AND RESISTANCE-BASED MICRO-BOUT HIIT PROTOCOLS

Brighten M. Winslow, Andrew Shanely, FACSM, Robert J. Kowalsky, FACSM. *Appalachian State University, Boone, NC.*

U04: ASSOCIATIONS BETWEEN GAIT SPEED AND CEREBROVASCULAR HEMODYNAMICS IN MIDDLE-AGED ADULTS

Mia Fauceglia¹, Alexander Pomeroy^{1,2}, Jeb F. Struder¹, Kristen M. Paternoster¹, Andrew M. Koessler¹, Taylor Shorter¹, Craig Paterson^{1,3}, Keeron Stone^{4,5}, Gaurav Dave¹, Bethany B. Gibbs⁶, Feng-Chang Lin⁷, Michelle L. Meyer^{1,2}, Maihan Vu⁷, Erik D. Hanson, FACSM^{1,2}.
¹University of North Carolina at Chapel Hill, Chapel Hill, NC. ²Human Movement Science Curriculum, University of North Carolina at Chapel Hill, Chapel Hill, NC. ³University of Bristol, Bristol, UK. ⁴Cardiff Metropolitan University, UK. ⁵National Cardiovascular Research Network, Wales, UK. ⁶School of Public Health, West Virginia University, Morgantown, WV. ⁷Center for Health Promotion and Disease Prevention, University of North Carolina at Chapel Hill, Chapel Hill, NC.

U05: ASSESSMENT OF BRAIN FUNCTION AND PERSONALITY TYPES ON A PENALTY KICK IN WOMEN COLLEGIATE SOCCER PLAYERS.

Emily M. Cabral. *Nova Southeastern University, Davie, FL.*

U06: POST EXERCISE OXYGEN CONSUMPTION IN FOREARM MUSCLES IN INDIVIDUALS WITH A FAMILY HISTORY OF DIABETES

Olivia Kachappilly, Charlotte Flame, Kevin McCully. *University of Georgia, Athens, GA.*

U07: VALIDITY AND RELIABILITY OF STANDING PULSE WAVE VELOCITY ASSESSMENT

Millie Monahan¹, Tyler D. Quinn², Joseph M. Stock³, Bethany Barone Gibbs², Robert J. Kowalsky, FACSM¹. ¹Appalachian State University, Boone, NC. ²West Virginia University, Morgantown, WV. ³East Carolina University, Greenville, NC.

U08: OVERLAYING ON SPORT-SPECIFIC ACCURACY SKILLS IN BASKETBALL PLAYERS

Christian Griffin, Karly Horn, Jarrett Walbolt. *Montreat College, Montreat, NC.*

8:00 - 9:50

THEMATIC POSTER SESSION 2 - Strength and Conditioning Methods

Location: Crepe Myrtle

TP201: SIMILAR FATIGUE TRAJECTORIES BETWEEN SINGLE- AND MULTI-JOINT EXERCISES

Tahran Zarksis Gotla, Keith K. Walpole, Caitlyn M. Meehan, Brady A. Watson, Neil A. Schwarz, Ryan J. Colquhoun. *University of South Alabama, Mobile, AL.*

TP202: RELIABILITY AND VALIDITY OF THREE DIFFERENT VELOCITY-BASED TRAINING DEVICES

Gabriel R. Asbell¹, Abbey Thomas Fenwick¹, Joseph S. Marino². ¹UNC Charlotte, Charlotte, NC. ²Appalachian State University, Boone, NC.

TP203: IMPACT OF A 6-WEEK HIGH INTENSITY INTERVAL TRAINING PROGRAM ON MEASURES OF FITNESS IN ADULTS

Grayce Bechtel, Elizabeth Bailey, Svetlana Nepocatych. *Elon University, Elon, NC.*

TP204: EFFECTS OF BLOOD FLOW RESTRICTION ON CONTRALATERAL RESISTANCE EXERCISE PERFORMANCE AND PERCEPTUAL RESPONSES

Ryan S. Thompson, Ryo Kataoka. *University of Southern Mississippi, Hattiesburg, MS.*

TP205: RIBOSOMAL PROTEOME CHARACTERISTICS ARE LARGELY SIMILAR BETWEEN HIGH AND LOW RESPONDERS TO RESISTANCE TRAINING

Samuel C. Norton¹, J. Max Michel¹, Cleiton A. Libardi², Michael D. Roberts^{1,3}. ¹Auburn University, Auburn, AL. ²Federal University of Sao Carlos, Sao Carlos, Brazil. ³Edward Via College of Osteopathic Medicine – Auburn Campus, Auburn, AL.

TP206: EXTERNAL FOCUS OF ATTENTION IMPROVES MOTOR PERFORMANCE BY DECREASING FATIGUE ON ISOMETRIC STRENGTH TASK

Melody Winepol, Alexis Coville, Emily Gannon, Blake Simpson, Tim Rotarius, Greg Martel, Justin Guilkey, Marcos Daou. *Coastal Carolina University, Conway, SC.*

TP207: ISOMETRIC RESISTANCE BAND EXERCISES IMPROVE CERVICAL MUSCULAR PERFORMANCE IN F-16 PILOTS

Kourtney Arabella Menches¹, Siddhartha Angadi, FACSM², Hannah Frain¹, Caroline Ferguson¹, Scott Gardner¹, Ryan Scott³. ¹*LMR Technical Group, LLC, Sumter, SC.* ²*University of Virginia, Charlottesville, VA.* ³*United States Air Force, Hampton, VA.*

TP208: TEST-RETEST RELIABILITY OF LOAD-VELOCITY SLOPES FOR JAMMER ARM PUNCH PRESSES

Paulina M. Garced¹, Skylar P. Gates¹, Modesto A. Lebron¹, Jack J. Livingston¹, Emerson Franchini², Meredith Chaput¹, Grant E. Norte¹, Jeffrey R. Stout, FACSM¹, David H. Fukuda, FACSM¹. ¹*University of Central Florida, Orlando, FL.* ²*University of São Paulo, São Paulo.*

8:00 - 9:15**POSTER PRESENTATION SESSION 2****Location:** Studio 220**P201: RELIABILITY OF METABOLIC, PERCEPTUAL, AND PERFORMANCE PARAMETERS FOR HEART RATE-CLAMP EXERCISE**

Clara J. Mitchinson¹, Brian Benitez², Minyoung Kwak¹, Erik R. Snell¹, Alaina N. Kuhn¹, Haley C. Bergstrom¹. ¹*University of Kentucky, Lexington, KY.* ²*Stetson University, DeLand, FL.*

P202: THE EFFECTS OF USING AN OXYGEN RESISTANT TRAINING MASK TO IMPROVE AEORbic FITNESS

Hunter M. Furches, Bryan Cervantes, Collin Nelson, Jarrett Walbolt. *Montreat College, Montreat, NC.*

P203: RELATIONSHIPS BETWEEN SHOULDER AND HIP ROTATION STRENGTH AND THROWING PERFORMANCE IN COLLEGIATE THROWERS

Peyton P. Horn, Zack Gillen, Michael Mydlo, Marci Hoppa, Benjamin Wax. *Mississippi State University, Starkville, MS.*

P204: A COMPARISON OF BODY COMPOSITION METHODS IN RURAL STRUCTURAL FIREFIGHTERS

Katerina Lee, Sarah Hines, Andrew Ashley, Nathan T. Ebersole, Bridget Melton, Emily L. Langford. *Georgia Southern University, Statesboro, GA.*

P205: EFFECTS OF CAFFEINE AND L-THEANINE ON FOCUS, ANXIETY, AND COGNITIVE AND PHYSICAL PERFORMANCE

Benjamin Williams, Christian Price, Matt Green, FACSM, Chris Klein, Lauren Killen. *University of North Alabama, Florence, AL.*

P206: THE RELATIONSHIP BETWEEN ENERGY EXPENDITURE AND MUSCULAR FORCE DURING CLOSED KINETIC CHAIN EXERCISE

Savanna L. Spires, Ainhua Colino, George L. Grieve. *University of South Carolina Aiken, Aiken, SC.*

P207: CHARACTERIZING INDIVIDUALIZED MAXIMAL POWER-CADENCE RELATIONSHIPS AT VARIOUS FATIGUE LEVELS FOR RECREATIONAL CYCLISTS

Alexander Minnich¹, Ardalan Vahidi¹, Randolph Hutchison². ¹*Clemson University, Clemson, SC.* ²*Furman University, Greenville, SC.*

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- P208: THE EFFECTS OF AN ACUTE BOUT OF EXERCISE ON DUAL-TASK GAIT AND FUNCTIONAL MOBILITY**
Lydia Utomwen, Andrew Sujka, Albert K. Okrah, Deborah A. Jehu. *Augusta University, Augusta, GA.*
- P209: LOCOMOTOR PROFILE CLASSIFICATION OF CROSS-COUNTRY SKIERS IN RUNNING AND ROLLER SKIING**
Joanna Guézennec, Daniel Correa, Élodie Bourgeois, François Billaut. *Laval University, Quebec, QC.*
- P210: THE ACUTE EFFECTS OF A MOBILITY TRAINING INTERVENTION ON COUNTERMOVEMENT JUMP AND HOP TEST PERFORMANCE**
Peri Rouillard, Matthew Helms, Andrew Hatchett. *University of South Carolina - Aiken, Aiken, SC.*
- P211: PERFORMANCE DETERMINANTS OF TOP END SPEED IN COLLEGIATE WOMEN'S SOCCER**
Victoria Wood, Greta Cesarz, Kristi King, FACSM, Jason R. Jagers, FACSM, John Caruso. *University of Louisville, Louisville, KY.*
- P212: EFFECT OF AN 8-WEEK TRAINING INTERVENTION ON FITNESS AND GOLF-SPECIFIC METRICS IN FEMALE COLLEGIATE GOLFERS**
Sarah Osorio, Nicole Mata-Lopez, Jose Perez, Brian Tyo, Kate Early. *Columbus State University, Columbus, GA.*
- P213: ENERGY EXPENDITURE OF HATHA VERSUS VINYASA YOGA**
Emma K. Herring¹, Sarah Fretti¹, Sally A. Sherman², Estefania Zamarripa¹, Caitlin A. Cheruka¹.
¹University of Central Florida, Orlando, FL. ²University of Pittsburgh, Pittsburgh, PA.
- P214: EFFECT OF CAFFEINE AND G-FUEL ON PHYSICAL PERFORMANCE IN COLLEGE-AGED MALES**
Christian Price, German Melgar Roca, Abigail Honey, Katie Clemmons, Lauren Killen. *University of North Alabama, Florence, AL.*
- P215: EFFECT OF CARBON FIBER INSOLES ON COUNTERMOVEMENT JUMP PERFORMANCE: A SINGLE SUBJECT APPROACH**
Paul T. Donahue, Tristan L. Young, Zackery J. Mercer, Hunter K. Haynes, Tanner A. Thorsen, Scott G. Piland. *University of Southern Mississippi, Hattiesburg, MS.*
- P216: PREVALENCE OF LOW-ENERGY AVAILABILITY RISK AND BODY COMPOSITION CHARACTERISTICS IN COLLEGIATE TENNIS PLAYERS**
Jaden A. Kubick, Ethan C. Jordan, Jelena Obretkovich, Marissa L. Bello. *Middle Tennessee State University, Murfreesboro, TN.*
- P217: IMPLEMENTING TRACKMAN, TPI, AND VIDEO ANALYSIS TO PREVENT INJURY AND IMPROVE PERFORMANCE FOR COLLEGIATE GOLFERS**
Rachel M. Shaw. *Nova Southeastern University, Davie, FL.*
- P218: VALIDITY AND RELIABILITY OF THE NOVEL FUNCTIONAL INCREMENTAL STEPPING-IN-PLACE TEST FOR VO₂ PEAK ASSESSMENT**
Bernardo S. Bruxelas, Douglas A. Long, Felipe González-Seguel, Maguire C. Lindisch, Emily M. Clark, Louisa A. Summers, Amy M. Pastva, Kirby P. Mayer, Ashley L. Artese. *Florida Atlantic University, Boca Raton, FL.*
- P219: DO OPTIONS CHANGE OUTCOMES? A COMPARATIVE STUDY OF AIRFORCE PT TESTING MODALITIES**
Gray Clark, Whitley J. Stone, Scott W. Arnett. *Western Kentucky University, Bowling Green, KY.*
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- P220: PERCEPTIONS OF EXERCISE IS MEDICINE ON A COLLEGE CAMPUS: A PRE-PROGRAM BASELINE ASSESSMENT**
Kameron Suire, Ree Zoller, Olivia Lambert, Katelyn Cunningham, Hayden Chastain, Diego Rodriguez, Jaden Russell, Dani Taraska. *Berry College, Mt Berry, GA.*
- P221: EVALUATING QUESTIONNAIRE ACCURACY FOR DETERMINING PHYSICAL ACTIVITY GUIDELINE ADHERENCE IN UNDERGRADUATE STUDENTS**
Caleb Adams, Carley Craig, Kirk A. Abraham, Brantley K. Ballenger. *Transylvania University, Lexington, KY.*
- P222: COMPARISON OF SELF-REPORTED AND DEVICE-MEASURED PHYSICAL ACTIVITY IN EXERCISE SCIENCE AND NON-EXERCISE SCIENCE STUDENTS**
Carley Craig, Caleb Adams, Kirk A. Abraham, Brantley K. Ballenger. *Transylvania University, Lexington, KY.*
- P223: EFFECTS OF AEROBIC AND RESISTANCE EXERCISE ON WORKING MEMORY**
Carson Jaworski, Kai Keith, Emmy Smith, Lilli Griffin, Robert Hensarling, Susan Wilbanks. *Samford University, Birmingham, AL.*
- P224: THE IMPACT OF EXERCISE IS MEDICINE PHYSICAL ACTIVITY COUNSELING ON PHYSICAL ACTIVITY AND SLEEP**
Jalynn Small, Jessica Stapleton-Mike, Lindsay Toth. *University of North Florida, Jacksonville, FL.*
- P225: GLUCOSE REGULATION AND IT'S RELATIONSHIP WITH HEART RATE VARIABILITY IN PERSONS WITH TYPE 2 DIABETES**
Pedro Chung, Tanner Martin, Andrew Levine, Mackenzie Burgess, Keilah Vaughan, Austin Brown, Robert Buresh, FACSM, Brian Kliszczewicz, FACSM. *Kennesaw State University, Kennesaw, GA.*
- P226: AEROBIC EXERCISE FOR THE PRESERVATION OF SKELETAL MUSCLE FUNCTION DURING CANCER**
Zoe Libramento, Traci L. Parry. *University of North Carolina at Greensboro, Greensboro, NC.*
- P227: COMPARING CAFFEINE, METHYLLIBERINE, AND THEACRINE WITH LOW- AND MODERATE-DOSE CAFFEINE ON COGNITIVE AND PHYSICAL PERFORMANCE**
Caden Sanders, Matthew A. Yeomans, Patrick G. Saracino. *University of South Carolina Upstate, Spartanburg, SC.*
- P228: CALIBRATION OF MITOCHONDRIAL FUNCTION MEASUREMENTS**
Alexander C. Berry¹, Wayne T. Willis², Andreas N. Kavazis, FACSM¹, L. Bruce Gladden, FACSM¹. ¹*Auburn University, Auburn, AL.* ²*University of Arizona, Tucson, AZ.*
- P229: ASTAXANTHIN SUPPLEMENTATION REDUCES SUBJECTIVE MARKERS OF MUSCLE SORENESS FOLLOWING ECCENTRIC EXERCISE IN RECREATIONALLY ACTIVE FEMALES**
Jordan A. Lovelace¹, Eric K. O'Neal², Lauren G. Killen², Rebekah S. Carpenter³, Chanhong Kang², Christian A. Price², Matthew J. McAllister⁴, Hunter S. Waldman², Gaven A. Barker². ¹*University of North Georgia, Dahlonega, GA.* ²*University of North Alabama, Florence, AL.* ³*University of Missouri, Columbia, MO.* ⁴*Texas State University, San Marcos, TX.*
- P230: SCREENING AND EXPLORING DISORDERED EATING BEHAVIORS IN NCAA DIVISION III ATHLETES**
Paul W. Craig. *Methodist University, Fayetteville, NC.*
- P231: ASSOCIATIONS BETWEEN REAP-DERIVED DIETARY QUALITY SCORES AND CARDIOMETABOLIC BIOMARKERS IN CAREER FIREFIGHTERS**
Josue Lopez. *Georgia Southern University, Statesboro, GA.*
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- P232: KETONE MONOESTER INGESTION, WITH AND WITHOUT CAFFEINE, DOES NOT ENHANCE MARKERS OF COGNITION IN COLLEGE-AGE ADULTS**
German Melgar Roca¹, Gaven A. Barker², Hunter S. Waldman¹. ¹University of North Alabama, Florence, AL. ²University of North Georgia, Dahlonega, GA.
- P233: THE EFFECTS OF L-THEANINE SUPPLEMENTATION ON STRESS AND HEART RATE VARIABILITY IN FIREFIGHTERS**
Magdalynn Stewart, Allie Anderson, Elizabeth Harrington, Jarrett Walbolt. *Montreat College, Montreat, NC.*
- P234: EFFECTS OF ASTAXANTHIN SUPPLEMENTATION ON WALKING ECONOMY AND FAT OXIDATION IN OLDER ADULTS**
Katie Brooke Clemmons, Joice Lacruz, Cecilia Andres, Linda McAdams, Hunter Waldman. *University of North Alabama, Florence, AL.*
- P235: EXAMINATION OF THE RELATIONSHIP BETWEEN SLEEP QUALITY AND ENERGY INTAKE IN RECREATIONAL HIGH-INTENSITY FUNCTIONAL-TRAINING (HIFT) ATHLETES.**
Gabriella N. Vlattas, Kylie Pham, Toni Torres-Mcgehee, FACSM. *University of South Carolina, Columbia, SC.*
- P236: BODY COMPOSITION AND METABOLIC FLEXIBILITY IN INDIVIDUALS OF SOUTH, EAST, AND SOUTHEAST ASIAN DESCENT**
Evan Levy¹, Katie Hirsch², Erik Hanson, FACSM¹, Malia Blue¹. ¹UNC Chapel Hill, Chapel Hill, NC. ²University of South Carolina, Columbia, SC.
- P237: BASELINE LUNG FUNCTION IN FIREFIGHTER RECRUITS**
Autumn Arrington, Maleah Holland-Winkler. *Augusta University, Augusta, GA.*
- P238: ASSOCIATIONS BETWEEN HEMODYNAMIC PARAMETERS AND ARTERIAL STIFFNESS IN FIREFIGHTERS**
Maleah Winkler, Austin Kohler, Andrew Moore. *Augusta University, Augusta, GA.*
- P239: AGE-RELATED MICROVASCULAR ENDOTHELIAL DYSFUNCTION IS PRIMARILY MEDIATED BY NON-MITOCHONDRIAL OXIDATIVE STRESS**
William E. Jennings, James Bangle, Georgia Albino. *University of Georgia, Athens, GA.*
- P240: IMPACT OF MENSTRUAL CYCLE PHASE ON CARDIAC FUNCTION AT REST AND WHILE CYCLING**
Heath M. Burton, Patrick Agyabeng, Maria Sic, Anya Bergfeld. *Furman University, Greenville, SC.*
- P241: THE INFLUENCE OF CIRCADIAN RHYTHM ON THE ANTIHYPERTENSIVE EFFECTS OF EXERCISE**
Grant T. Malone¹, Lee J. Winchester¹, Elroy J. Aguiar¹, Anne M. Mulholland², Mark T. Richardson¹, JoonHo Lee¹, Hayley V. MacDonald¹. ¹The University of Alabama, Tuscaloosa, AL. ²Mercer University, Macon, GA.
- P242: THE EFFECT OF AVERAGE BIN SIZE ON ULTRASOUND ESTIMATES OF BLOOD FLOW: A PILOT STUDY**
Ashlyn Ard, J. Grant Mouser. *Troy University, Troy, AL.*
- P243: CHARACTERIZATION OF LP-PLA2 MASS CONCENTRATION BEFORE AND AFTER EXERCISE TRAINING IN THE HERITAGE FAMILY STUDY**
Shivangi Nayak¹, Kiani J.C. Jacobs¹, Michael J. Pitre¹, Eric C. Leszczynski², Prashant Rao³, Michael Mi³, Sujoy Ghosh⁴, Paul Cohen⁵, Claude Bouchard, FACSM⁴, Jeremy M. Robbins³, Robert E. Gerszten³, Mark A. Sarzynski, FACSM¹. ¹University of South Carolina, Columbia, SC. ²Michigan State University, East Lansing, MI. ³Beth Israel Deaconess Medical Center, Boston, MA. ⁴Pennington Biomedical Research Center, Baton Rouge, LA. ⁵The Rockefeller University, New York, NY.
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- P244: THE EFFECT OF JOINT VERSUS SOFT TISSUE FLOSSING ON OVERALL PERFORMANCE IN THE LOWER EXTREMITIES**
Jill M. Lucas, Emily Bray, Sean M. Collins. *University of Lynchburg, Lynchburg, VA.*
- P245: AEROBIC CAPACITY CHANGES FROM AN EXERCISE INTERVENTION DONE ON GRAVITY-INDEPENDENT HARDWARE**
Shelby Stocke, Celia McKinney, Katelyn Berns, Leah Simpson, Ella Vanderkolff, Jason R. Jagers, FACSM, John Caruso. *University of Louisville, Louisville, KY.*
- P246: HIGH METAPHYSEAL FILLING RATIOS IN HUMERAL STEMS RESULT IN ORIF OVER REVISION ARTHROPLASTY**
Jackson Byrd, Caleb Berta, Rahaman Clay, Elizabeth Powell, Henry Bonner, Joshua Broussard, Amit Momaya, Walter Smith, Eugene Brabston, Thomas Evely. *University of Alabama at Birmingham, Birmingham, AL.*
- P247: INFLUENCE OF PHYTOECDYSTEROIDS ON SKELETAL MUSCLE CAPILLARIZATION IN RESPONSE TO EXERCISE IN MICE**
Riley E. Evans, Kevin A. Zwetsloot. *Appalachian State University, Boone, NC.*
- P248: THE EFFECTS OF SINGLE-LEG CYCLING ON EARLY STAGE DIABETIC PERIPHERAL NEUROPATHY**
Daisy Oliver, Ryan Davis. *University of North Georgia, Dahlonega, GA.*
- P249: THE ASSOCIATION OF HANDGRIP STRENGTH AND TOTAL BODY STRENGTH IN CHILDREN AGES 5 TO 11 YEARS**
Kelsie P. Kohlman, Trey R. Naylor, Abigayle R. Spong, Scott M. Sigrist, Jody L. Clasey, FACSM. *University of Kentucky, Lexington, KY.*
- P250: ASSESSING THE RELATIONSHIP BETWEEN MRI AND MULTIMODAL BODY COMPOSITION METHODS FOR DETERMINING LEAN MASS**
William Michael Johnson, Paul A. Baker, Gabrielle M. DelBiondo, Morgan E. Britton, Alex N. Ladan, Ashley Jancura, Caroline G. Kelly, Abbie E. Smith-Ryan, FACSM. *University of North Carolina at Chapel Hill, Chapel Hill, NC.*
- P251: COMPARING HIGH VOLUME TRAINING AND MONTHLY UNDULATING TRAINING FOR MUSCLE HYPERTROPHY: A PILOT STUDY**
Camden Davis. *Winthrop University, Rock Hill, SC.*
- P252: CRITERION VALIDITY OF THE FIBION SENS IN CLASSIFYING PHYSICAL ACTIVITY UNDER LABORATORY CONDITIONS**
Lia Larramendi Mirabal, Roy Shohat, Hinata Sakamoto, Zacharias Papadakis, FACSM. *Barry University, Miami Shores, FL.*
- P253: COMPARING THE EFFECTS OF PROLONGED SITTING INTERRUPTIONS IN ADULTS AT RISK FOR CARDIOVASCULAR DISEASE**
Emma J. Medwedeff¹, Margaret I. Damaré¹, Lauren C. Bates-Fraser¹, Emma Cowley², Jimikaye B. Courtney¹, Michelle L. Meyer¹, Erik D. Hanson, FACSM¹. ¹*University of North Carolina at Chapel Hill, Chapel Hill, NC.* ²*Liverpool John Moores University, Liverpool, England.*
- P254: CHARACTERIZATION OF 24-HOUR STANDING BEHAVIORS IN ADULTS**
Caitlin Fish, Richard W. Christiana, Robert J. Kowalsky, FACSM. *Appalachian State University, Boone, NC.*
- P255: IMPACT OF AFFECTIVE RESPONSE TO ACUTE EXERCISE ON FUTURE PHYSICAL ACTIVITY: A SYSTEMATIC REVIEW AND META-ANALYSIS**
Brian Hack¹, Akhil Swarna¹, Ella Smith¹, Kathryn Wilson, FACSM², Melinda Millard-Stafford, FACSM¹. ¹*Georgia Institute of Technology, Atlanta, GA.* ²*Georgia State University, Atlanta, GA.*
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P256: INFLUENCE OF COLLEGE CONTEXT ON PHYSICAL ACTIVITY BEHAVIORS AND MOTIVES

Katherine G. Baur¹, Maslyn H. Behler², Emily M. Postlethwait², Jaclyn P. Maher², Erin J. Reifsteck². ¹Virginia Military Institute, Lexington, VA. ²University of North Carolina at Greensboro, Greensboro, NC.

P257: THE RELATIONSHIP BETWEEN NATIVITY STATUS, ACCULTURATION, AND CARDIOVASCULAR DISEASE RISK AMONG HISPANIC/LATINA WOMEN

Cristal J. Benitez, Hayley V. MacDonald, Lee J. Winchester, Michael V. Fedewa, Stefanie A. Wind, Elroy J. Aguiar. *University of Alabama, Tuscaloosa, AL.*

P258: IMPACT OF SLEEP-LOG ALIGNMENT ON ACTIGRAPH VS. ACTIVPAL ESTIMATES OF PHYSICAL ACTIVITY

Allison McCauley, Emma Morrow, Trent A. Hargens, FACSM. *James Madison University, Harrisonburg, VA.*

P259: FIREFIGHTER EXERCISE BEHAVIORS ON- AND OFF- DUTY

Jazdin G. Weatherbie¹, Jodie Williams², Tim Doyle², Sarah Lanham³, Emily L. Langford⁴, M. Ryan Manson¹, James W. Henley¹, Jackson B. Miller¹, Emily M. Speaker¹, Peter Smetanka¹, Sydney Tackett¹, Lydia Stout¹, Samuel Williams¹, Thomas Chandler¹, Mark G. Abel¹. ¹University of Kentucky, Lexington, KY. ²Macquarie University, Sydney. ³Kennesaw State, Kennesaw, GA. ⁴Georgia Southern University, Statesboro, GA.

P260: SLEEP TIMING AND BODY COMPOSITION DIFFERENCES IN BLACK EMERGING ADULTS

Hannah Koch, Bryan Montero-Herrera, Laurie Wideman, FACSM, Jessica McNeil. *UNC-Greensboro, Greensboro, NC.*

P261: CHARACTERIZING ENJOYMENT AND INTENSITY DURING WALKING AND DANCE

Caleb Walsh. *Wake Forest University, Winston-Salem, NC.*

P262: EXAMINING SELF-DETERMINED MOTIVATION IN MILITARY CADETS COMPARED TO NON-MILITARY STUDENTS

James Grayson Gantt¹, Amy L. Fraley², David F. Stodden², Destinee Waddy¹, Kimbo Yee¹, Ryan S. Sacko¹. ¹The Citadel, Charleston, SC. ²University of South Carolina, Columbia, SC.

P263: BLACK AND YELLOW: PREFERENCE OF HIGH-CONTRAST MARKERS FOR STAIRWAY SAFETY

Emma L. Barnes, Hailey N. Hicks, Sai Panuganti, Samuel O. Olusegun, Howard Chen, Sara A. Harper. *University of Alabama in Huntsville, Huntsville, AL.*

P264: THE EFFECTS OF HURRICANE HELENE ON MENTAL HEALTH AND PHYSICAL ACTIVITY

Hunter Smathers, Robyn York, Jarrett Walbolt. *Montreat College, Montreat, NC.*

P265: INVESTIGATING THE RELATIONSHIP BETWEEN SELF-REPORTED FATIGUE AND PHYSICAL ACTIVITY IN CAREGIVING GRANDPARENTS

Eliza Coast, Elizabeth Ackley, FACSM, Matthew Rearick, Taylor Rowley. *Roanoke College, Salem, VA.*

9:00 - 9:50

SYMPOSIUM 6

Location: Regency Ballroom D & E

S06: THE NEXT GENERATION OF EXERCISE ONCOLOGY: BIGGER, BOLDER AND BETTER

Erik D. Hanson, FACSM, Claudio L. Battaglini, FACSM. *University of North Carolina, Chapel Hill, NC.*

9:00 - 9:50**SYMPOSIUM 7****Location:** Regency Ballroom G**S07: YOU WALKED HOW FAR? SELF-EFFICACY, STRESS AND TYPE TWO FUN DURING STUDY ABROAD**Karissa L. Peyer, FACSM. *University of Tennessee at Chattanooga, Chattanooga, TN.***9:00 - 9:50****TUTORIAL 7****Location:** Teal**T07: ARE YOU READY FOR IT? BUILDING YOUR FUTURE IN BIOMECHANICS: AN INTERACTIVE ROUNDTABLE EXPERIENCE**Alana J. Turner¹, Christopher M. Wilburn², Ryan Colquhoun³, Diego Ferreira⁴, Mariana V. Jacobs⁵, Carly Rauch⁶, Nicole K. Rendos, FACSM^{7,8}. ¹*University of Southern Mississippi, Hattiesburg, MS.* ²*Auburn University, Auburn, AL.* ³*University of South Alabama, Mobile, AL.* ⁴*Lander University, Greenwood, SC.* ⁵*University of Kentucky, Lexington, KY.* ⁶*East Carolina University, Greenville, NC.* ⁷*Florida Institute for Human and Machine Cognition, Pensacola, FL.* ⁸*University of West Florida, Pensacola, FL.***9:00 - 9:50****TUTORIAL 8****Location:** Regency Ballroom C**T08: THE HIGH-CARBOHYDRATE FUELING REVOLUTION: BRIDGING THE GAP BETWEEN SCIENCE AND PRACTICE**Patrick Benjamin Wilson. *Old Dominion University, Norfolk, VA.***10:00–11:00 AM****MONTOYE SCHOLAR AWARD LECTURE****Location:** Regency Ballroom A & BPresiding: Alicia Bryan, *Columbus State University***UNDERSTANDING EXERCISE AS MEDICINE: MOLECULAR INSIGHTS INTO THE CARDIOMETABOLIC BENEFITS OF TRAINING**Mark Sarzynski, PhD, FAHA, FACSM, *University of South Carolina***11:00 - 12:15****POSTER PRESENTATION SESSION 3****Location:** Studio 220**P301: EXAMINATION OF THE HEART-RATE CLAMP MODEL FOR CYCLE ERGOMETRY**Alaina N. Kuhn¹, Clara J. Mitchinson¹, Brian Benitez², Minyoung Kwak¹, Erik R. Snell¹, Haley C. Bergstrom¹. ¹*University of Kentucky, Lexington, KY.* ²*Stetson University, DeLand, FL.***P302: THE EFFECTS OF AN ACUTE BOUT OF EXERCISE ON DUAL TASK POSTURAL CONTROL**Deborah A. Jehu, Andrew Sujka, Lydia Utomwen, Bryson Hall, Albert P. Okrah. *Augusta University, Augusta, GA.***P303: TIME OF DAY EFFECTS ON LOAD-VELOCITY PROFILES AND POWER OUTPUT OF FEMALE COLLEGIATE ROWERS**Marcus Robinson. *University of Central Florida, Orlando, FL.*

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- P304: A COMPARISON OF 2000-METER ROW VO₂MAX PREDICTION TO MEASURED VO₂PEAK DURING GXT ROW**
Andrew Ashley. *Georgia Southern University, Statesboro, GA.*
- P305: PREFERENCE AND TOLERANCE FOR EXERCISE INTENSITY RELATIVE TO MUSCLE ENDURANCE AND MUSIC**
Jo H. George, Daniel B. Hollander, Bovorn Sirikul. *Southeastern Louisiana University, Hammond, LA.*
- P306: PRE-SEASON ISOMETRIC MID THIGH PULL DERIVED NEUROMUSCULAR PERFORMANCE IN FEMALE NCAA DIVISION III BASKETBALL PLAYERS**
Thiago Gianico, Eliran Mizelman, Timothy Dornemann, Vanessa B. Batchelor, Andrew B. Carter, Meir Magal, FACSM. *North Carolina Wesleyan University, Rocky Mount, NC.*
- P307: COLD WATER DISPERSABLE RESVERATROL SUPPLEMENTATION DOES NOT ALTER RECOVERY FOLLOWING FLYWHEEL SQUAT EXERCISE**
Adam J. Wells¹, Nicholas Campbell¹, Jessica Moon², Trevor Dufner¹. ¹*University of Central Florida, Orlando, FL.* ²*Lindenwood University, St. Charles, MO.*
- P308: EFFECTS OF TWO-MINUTES VERSUS FOUR-MINUTES ACTIVE RECOVERY ON A "BOOSTER" VO₂MAX TREADMILL TEST IN FEMALES**
Jelena Obretkovich¹, Andrew M. Bosak², Garrett B. Toms³, Tristan R. Faust⁴, Connor M. Pells². ¹*Middle Tennessee State University, Murfreesboro, TN.* ²*Liberty University, Lynchburg, VA.* ³*Virginia Tech Carilion School of Medicine, Blacksburg, VA.* ⁴*East Tennessee State University, Johnson City, TN.*
- P309: ACUTE PHYSIOLOGICAL RESPONSES OF BLOOD FLOW RESTRICTION ISOMETRIC VS NON-BLOOD FLOW RESTRICTION ISOTONIC HANDGRIP STRENGTH EXERCISES**
Cade Carter, Amanda Madino, Steven Shelton, Charee Williams, Kaeli Mcenteer, Benjamin Jones, Amanda Ransom. *Methodist University, FAYETTEVILLE, NC.*
- P310: BLOOD IRON EFFECTS ON HIGH INTENSITY RUNNING TO FATIGUE: A SEX BASED EVALUATION**
Lucy P. Boswell. *University of North Carolina at Chapel Hill, Chapel Hill, NC.*
- P311: INFLUENCE OF BODY COMPOSITION ON THE ACCURACY OF PHOTOPLETHYSMOGRAPHIC HEART RATE MEASUREMENT DURING EXERCISE**
Anne M. Mulholland^{1,2}, Hayley V. MacDonald², Elroy J. Aguiar², Mark T. Richardson², Jonathan E. Wingo, FACSM². ¹*Mercer University, Macon, GA.* ²*The University of Alabama, Tuscaloosa, AL.*
- P312: THE ROLE OF HIP INTERNAL ROTATION AND GROUND REACTION FORCES IN GOLFER LOWER BACK PAIN**
Katrina Q. Arndt. *Nova Southeastern University, Davie, FL.*
- P313: PREDICTING VO₂MAX WITH FIELD-BASED TESTS**
Lawton P. Hawkins, Dan J. Lawson, Nicholas C. Bordonie, Nick R. Mauldin, Derek B. Anderson, JoEllen M. Sefton. *Auburn University, Auburn, AL.*
- P314: NO SEX DIFFERENCES IN MOOD OR COGNITIVE PERFORMANCE OUTCOMES DURING CAFFEINE WITHDRAWAL**
Ray Davis, Brady Watson, Sydney Miller, Austin Massengale, Matthew Barenie. *University of South Alabama, Mobile, AL.*
- P315: THE EFFICACY OF ULTRASOUND ECHO INTENSITY IN PREDICTING MUSCLE FUNCTION AND PERFORMANCE**
Valentina Guzman, Taylor Kibben, Angelina Baader, Lena Horton, Matthew Mitchell. *Palm Beach Atlantic University, West Palm Beach, FL.*
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- P316: THE EFFECTS OF A FASTED OR FED STATE ON MAXIMAL AEROBIC CAPACITY**
Phoebe E. Greene, Anna N. Dollar, Susan R. Wilbanks, Tyler D. Williams, Robert W. Hensarling. *Samford, Birmingham, AL.*
- P317: CAREER TENURE AND PHYSICAL FITNESS IN STRUCTURAL FIREFIGHTERS**
Adam R. Atherton, Sarah Hines, Nathan T. Ebersole, Yelena Tarasenko, Bridget Melton, Emily Langford. *Georgia Southern University, Statesboro, GA.*
- P318: EXAMINING THE 60 SECOND AMRAP PUSH-UP TEST AS A PREDICTOR FOR 1RM BENCH PRESS**
Brennen X. Bargesser. *Liberty University, Lynchburg, VA.*
- P319: ASSOCIATIONS BETWEEN RACE-RELATED STRESS WITH PHYSICAL ACTIVITY, SEDENTARY AND SLEEP IN BLACK EMERGING ADULTS**
Margaret S. Elliott, Hannah R. Koch, Bryan Montero Herrera, Laurie Wideman, FACSM, Jessica McNeil. *University of North Carolina at Greensboro, Greensboro, NC.*
- P320: VOICES OF MOTHERS: UNDERSTANDING MATERNAL HEALTHCARE AND MENTAL HEALTH EXPERIENCES IN FORSYTH COUNTY, NC**
Emma Readlinger, Ashley Glover, Sam Simmons, Kirsan Watkins, Megan Bennett. *Wake Forest University, Winston-Salem, NC.*
- P321: EXPLORING THE ROLES OF SOCIETAL INFLUENCES ON BLACK MENS LIFELONG PHYSICAL ACTIVITY BEHAVIORS**
Darius Lawton, Bhikha Das, FACSM. *East Carolina University, Greenville, NC.*
- P322: CULTURALLY RESPONSIVE NUTRITION INTERVENTIONS TO ADDRESS FOOD INSECURITY IN PATIENTS WITH DIABETES AND OTHER COMORBIDITIES**
Christopher Dietrich, Megan Bennett. *Wake Forest University, Winston-Salem, NC.*
- P323: THE INFLUENCE OF SOCIAL ISOLATION ON BLOOD PRESSURE IN YOUNG SEXUAL AND GENDER MINORITY ADULTS**
Anirudh Mepperla, Jeremy Via, Karen Gorgey, Zion Segears, Valerie Shcherbakov, Leila Humphreys, Jill Reid, Kathleen Ingram, R. Lee Franco. *Virginia Commonwealth University, Richmond, VA.*
- P324: IMPACT OF RESILIENCE AND PERCEIVED DISCRIMINATION ON BLOOD PRESSURE IN EMERGING BLACK ADULTS**
Valerie Shcherbakov¹, Jeremy Via¹, Leila Griffin¹, Anirudh Mepperla¹, Karen Gorgey¹, Leila Humphreys¹, Jill Reid¹, Zion Segears¹, Austin Robinson², Nao Hagiwara³, Arnethea Sutton¹, Shawn C.T. Jones¹, R. Lee Franco¹. ¹*Virginia Commonwealth University, Richmond, VA.* ²*Indiana University, Bloomington, IN.* ³*University of Virginia, Charlottesville, VA.*
- P325: CONDUCTING COMMUNITY-ENGAGED RESEARCH VIA COMMUNITY ADVISORY BOARD LED FOCUS GROUPS TO ENHANCE RESEARCH PARTICIPATION**
Sophie Vicchiollo^{1,2}, Wil Bethea², Julia Perkins Chisholm², JR Gorham², Renee Griffin², Quentin Gunter², Melinda Hash², Kathy Jackson², Issis Kelly², Stacy Kelley², Jayson Sloan², Roddy Warren², Luna Williams^{2,3}, Jason Fanning^{1,2}, Megan Bennett^{1,2}. ¹*Community Outreach Research and Engagement (CORE) Community Advisory Board, Winston-Salem, NC.* ²*Wake Forest University, Winston-Salem, NC.* ³*Piedmont Triad Regional Council Area Agency on Aging, Kernersville, NC.*

P326: THE IMPACT OF PALM COOLING ON PERCEIVED RECOVERY DURING REHABILITATION AMONG FIREFIGHTERS

Lydia M. Stout¹, M. Ryan Mason¹, James W. Henley¹, Tim Doyle^{2,3}, Phillip A. Gribble⁴, Nicholas R. Heebner⁴, Sarah N. Lanham^{1,5}, Peter Smetanka¹, Jackson B. Miller¹, Jazdin Weatherbie¹, Sydney M. Tackett¹, Emily M. Speaker¹, Samuel Williams¹, Thomas Chandler¹, Mark G. Abel^{1,6}.
¹First Responder Research Laboratory, University of Kentucky, Lexington, KY. ²Biomechanics, Physical Performance, and Exercise Research Group, Macquarie University, Sydney.
³Performance and Expertise Research Centre, Macquarie University, Sydney. ⁴Sports Medicine Research Institute, University of Kentucky, Lexington, KY. ⁵Center for the Advancement of Military and Emergency Services Research, Kennesaw State University, Kennesaw, GA.
⁶Singapore Civil Defence Force, Singapore.

P327: COMPARING HEALTH DESCRIPTORS AND PHYSIOLOGICAL STRESS RESPONSES AMONG SUCCESSFUL AND UNSUCCESSFUL SMOKE DIVER CANDIDATES

Erica A. Schafer¹, Andrew T. LeMense^{1,2}, Grant T. Malone¹, Tiffany L. Adams¹, Kevin M. Crombie¹, Lee J. Winchester¹, Hayley V. MacDonald¹. ¹University of Alabama, Tuscaloosa, AL. ²Huntingdon College, Montgomery, AL.

P328: TEMPORAL AND HEART RATE RECOVERY FOLLOWING A FIREFIGHTER RECRUIT CONFIDENCE COURSE: A PILOT STUDY

Sarah Hines¹, Andrew Ashley¹, Bridget Melton¹, Richard Cleveland¹, Mark G. Abel^{2,1}, Emily L. Langford¹. ¹Georgia Southern University, Statesboro, GA. ²University of Kentucky, Lexington, KY.

P329: COMPARING MANUAL AND DIGITAL REFRACTOMETER URINE SPECIFIC GRAVITY MEASUREMENTS IN COLLEGIATE ACROBATICS AND TUMBLING ATHLETES

Robert L. Herron, Corrine E. Wilcox, Katlyn JH Smith, Kevin T. Harvey, Greg A. Ryan. University of Montevallo, Montevallo, AL.

P330: EFFECTS OF A CONTROLLED HEART RATE-BASED HEAT ACCLIMATION METHOD ON PHYSIOLOGICAL HEAT ADAPTATION

Nicholas C. Bordonie, Nick R. Mauldin, Lawton A. Hawkins, Reagan E. Boledovic, Derek B. Anderson, JoEllen M. Sefton. Auburn University, Auburn, AL.

P331: THE EFFECTIVENESS OF MICROBREAKS IN ON-DUTY PATROL OFFICERS

Reagan E. Boledovic, Katherine A. Frick, Daniel J. Lawson, Russell K. Lowell, JoEllen M. Sefton. Auburn University, Auburn, AL.

P332: METABOLIC COMPARISON BETWEEN PATROL GEAR VERSUS CROWD CONTROL GEAR IN LAW ENFORCEMENT OFFICERS

Lahna N. Wempner, Bridget Melton, Barry Joyner, Emily Langford. Georgia Southern University, Statesboro, GA.

P333: INDICES OF CEREBRAL BLOOD FLOW AND COGNITIVE PERFORMANCE DURING THORACIC LOAD CARRIAGE: INFLUENCE OF SEX

Blythe M. Kara¹, Katie L. Harris¹, Sydney L. Koppinger¹, Beverley K. Buchanan¹, Kurti P. Stephanie¹, Daniel A. Baur², Michael J. Saunders, FACSM¹, Nicholas D. Luden¹. ¹James Madison University, Harrisonburg, VA. ²Virginia Military Institute, Lexington, VA.

P334: THE RELATIONSHIP OF ENERGY AVAILABILITY, BODY COMPOSITION, AND METABOLISM IN PERIMENOPAUSAL WOMEN

Celia W. Gottlieb, Gabrielle M. DelBiondo, Alex N. Ladan, Paul A. Baker, Abbie E. Smith-Ryan, FACSM. University of North Carolina at Chapel Hill, Chapel Hill, NC.

P335: DIET QUALITY AS A MEDIATOR BETWEEN VISCERAL FAT AND REMNANT CHOLESTEROL IN COLLEGE-AGED ADULTS

Sarah M. Roane¹, Kristen M. Paternoster¹, Christopher E. Grice¹, Aiden J. Chantry¹, Jake C. Diana¹, Jeb F. Struder¹, Keith M. Diaz², Bethany B. Gibbs³, Feng-Chang Lin¹, Michelle L. Meyer¹, Justin B. Moore, FACSM⁴, Erik D. Hanson, FACSM¹. ¹University of North Carolina Chapel Hill, Chapel Hill, NC. ²Columbia University, New York, NY. ³West Virginia University, Morgantown, WV. ⁴Wake Forest University, Winston-Salem, NC.

P336: ACUTE EFFECTS OF ULTRA-PROCESSED VS. MINIMALLY PROCESSED MEALS AND EXERCISE ON BLOOD GLUCOSE REGULATION

Vanessa I. Figueroa, Jonathan R. Hass, Cory Scott. *Roanoke College, Salem, VA.*

P337: EVENT-SPECIFIC BODY COMPOSITION AND METABOLIC PROFILES IN NCAA DIVISION II TRACK ATHLETES

Vitoria Paes Do Nascimento, Isabel Vera Martinez, Mikayla Davis, Antonella V. Schwarz. *Barry University, Miami Shores, FL.*

P338: RESISTANCE TRAINING AND BINGE DRINKING: IMPACTS ON GLUCOSE REGULATION IN YOUNG ADULT FEMALES

Sadio Fenner, Chester Sokolowski, Hannah Eberhardt, Jennifer Steiner, Jeong-Su Kim, Michael Ormsbee, FACSM. *Florida State University, Tallahassee, FL.*

P339: COMPARING THE EFFECTIVENESS OF GLP-1 INJECTIONS AND PATCHES ON BODY COMPOSITION CHANGES IN WOMEN WITH OBESITY

Margaret M. Caprara, Sabrina R. Fordham, Elizabeth M. Harrison, Bella Vickers. *University of North Georgia, Dahlonega, GA.*

P340: IMPACT OF MENSTRUAL CYCLE PHASE ON UPPER EXTREMITY FUNCTION

Caroline Muma. *University of Mississippi, University, MS.*

P341: EFFECTS OF BODY COMPOSITION ON THE METABOLIC COST OF TREADMILL WALKING

Ian Spencer, Callie Oehlert, Madelyn Strom, Timothy Makar, Preston Hudak, Mena Girgis, Nivan Nyakundi, Ronald K. Evans, FACSM. *Virginia Commonwealth University, Richmond, VA.*

P342: LIFESTYLE INTERVENTIONS IMPACT QUALITY OF LIFE (QOL) IN HEART FAILURE PATIENTS WITH PRESERVED EJECTION FRACTION

Sarah Blair Harner, Peter Brubaker. *Wake Forest University, Winston Salem, NC.*

P343: ASSOCIATIONS OF ACTIGRAPHY-ASSESSED PHYSICAL ACTIVITY, SEDENTARINESS, AND SLEEP WITH HEMODYNAMIC BURDEN IN BLACK EMERGING ADULTS

Sheldon Smith¹, Bryan Montero Herrera¹, Austin Robinson², Laurie Wideman, FACSM¹, Jessica McNeil¹. ¹University of North Carolina at Greensboro, Greensboro, NC. ²Indiana University Bloomington, Bloomington, IN.

P344: DOES SEX MODERATE THE RELATIONSHIP BETWEEN SLEEP AND CARDIOVASCULAR DISEASE RISK FACTORS IN MIDDLE-AGED ADULTS?

James Westover¹, Juliette Levet-Bourtoyre², Guillermo Pacheco¹, Evan Levy¹, Malia N. M. Blue¹. ¹University of North Carolina - Chapel Hill, Chapel Hill, NC. ²Wake Forest University, Winston-Salem, NC.

P345: IMPACT OF SLEEP ON BODY COMPOSITION IN ADOLESCENCE: MODERATION BETWEEN PHYSICAL ACTIVITY AND DIET

Esther Silverstone. *Elon University, Durham, NC.*

P346: REACTIVE HYPEREMIA AS A PREDICTOR OF CHANGES IN VO2 MAX

Kenneth Thomas Thompson¹, Mitchell Zaplatosch¹, Cassie Williamson-Reisdorph², David Elmer², Jay Stephenson³, Sherry Aschenbach¹, Chris Wilusz¹, Jessica Campos¹, Melany Mathis¹, Colleen Brenna¹, Alexis Lewis¹, Daphney Carter¹. ¹Kennesaw State University, Kennesaw, GA. ²Berry College, Mount Berry, GA. ³Run Free, Rome, GA.

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- P347: EFFECTS OF BLOOD FLOW RESTRICTION MODERATE INTENSITY AEROBIC EXERCISE ON CARDIOVASCULAR AND PERCEPTUAL RESPONSES**
Hana Abouward, Anna E. Acosta, Rachel A. Bacchus, Kayla K. A. Davis, B. Carson Ryan, Garrett M. Hester, Mitchell E. Zaplatosh, Daphney M. Carter. *Kennesaw State University, Kennesaw, GA.*
- P348: EXERCISE-INDUCED CHANGES IN SEV MIRNAS IN DEMENTIA: AN EXPLORATORY RANDOMIZED CONTROLLED TRIAL**
Faheem Pottayil, Sadandan Fulzele, Andre Soares, Haidong Zhu, Yanbin Dong, Ying Huang, Ryan Carrick, Colleen Hergott, William Hall, Dawnchelle Robinson-Johnson, Crystal Allen, Richard Sams, Mark Hamrick, Lufei Young, Deborah Jehu. *Augusta University, Augusta, GA.*
- P349: ASSESSING VALIDITY AND PATIENT PERCEPTIONS OF THE K-BUBBLE FOR MEASURING GRIP STRENGTH IN CARDIAC REHABILITATION**
Carmella Hack, Skylar Cito, Isabelle Garrido, Lainey Billings, Francisco Nascimento, Ashley L. Artese. *Florida Atlantic University, Boca Raton, FL.*
- P350: BENEFITS AND BARRIERS OF CARDIAC REHABILITATION IN RURAL CARDIOVASCULAR PATIENTS**
Claudia Disbrow, Taylor Rowley. *Roanoke College, Salem, VA.*
- P351: INFLUENCE OF VAGAL NERVE STIMULATION ON HEART RATE COMPLEXITY IN WOMEN WITH RHEUMATOID ARTHRITIS**
Nathan J. Holmes, Sara L. Terrell, Erica M. Marshall. *Florida Southern College, Lakeland, FL.*
- P352: THE INFLUENCE OF SHORT DURATION CIRCUIT TRAINING ON STRENGTH IN DIABETICS**
Andrew Levine, Brian Kliszczewicz, FACSM, Robert Buresh, FACSM, Mackenzie Burgess, Pedro Chung, Tanner Martin, Janice Marimon. *Kennesaw State University, Kennesaw, GA.*
- P353: FEASIBILITY OF ASSESSING PHYSICAL ACTIVITY PATTERNS AND FATIGUE IN ADULTS WITH IMMUNE THROMBOCYTOPENIA**
Hayal Tabih, Chad Wagoner, Scott Crouter, FACSM. *University of Tennessee, Knoxville, TN.*
- P354: SEDENTARY BEHAVIOR AND CARDIOVASCULAR DISEASE RISK FACTOR INDICATORS IN MEN UNDERGOING CANCER TREATMENT**
Natacha Jacques¹, Garrett M. Oehlert¹, Alexandra Marshall¹, Tolulope Kolawole¹, Alfredo Urdaneta¹, Asit K. Paul¹, Sam Norton², Peter H. Brubaker, FACSM³, Shannon L. Mihalko³, W. Gregory Hundley¹, Alexander R. Lucas¹. ¹*Virginia Commonwealth University, Richmond, VA.* ²*Auburn University, Auburn, AL.* ³*Wake Forest University, Winston Salem, NC.*
- P355: IMPLICATIONS OF PARKINSON'S DISEASE ON COGNITIVE CONTROL IN OLDER ADULTS**
Solgiana F. Pierre-Gilles, Michael E. Hall, B. Sue Graves, FACSM. *Florida Atlantic University, Boca Raton, FL.*
- P356: THE ACUTE EFFECTS OF AEROBIC AND ISOMETRIC EXERCISE FOR IMPROVING BLOOD PRESSURE IN HYPERTENSIVE ADULTS**
Ayih Cedric Edoh, Clayton Rich, Demetrius Witt, Eric Judd M.D., Fernando Ovalle M.D., Gordon Fisher Ph.D., FACSM, FACSM. *University of Alabama at Birmingham, Birmingham, AL.*
- P357: ASSESSING PHYSICAL FUNCTION IMPAIRMENTS USING MULTIPLE ASSESSMENTS IN CARDIAC REHABILITATION**
Lainey Billings, Skylar Cito, Isabelle Garrido, Carmella Hack, Francisco Nascimeneto, Ashley L. Artese. *Florida Atlantic University, Boca Raton, FL.*
- P358: PHYSICIAN EXERCISE GUIDANCE IN GESTATIONAL DIABETES: A SURVEY OF PATIENT EXPERIENCES**
Hannah Evans, Cassie M. Williamson-Reisdorph. *Berry College, Mount Berry, GA.*
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P359: PARKINSON'S DISEASE, FUNCTIONAL FITNESS, AND QUALITY OF LIFE: INSIGHTS FROM THE SENIOR FITNESS TEST

Frances I. Alexandre, Michael E. Hall, B. Sue Graves, FACSM. *Florida Atlantic University, Boca Raton, FL.*

P360: COMPARING GAIT ACTIVITY TOOLS TO ASSESS FALL RISK IN PARKINSON'S DISEASE

Daliana E. Estevez, Jared W. Skinner, Robert Kowalsky, FACSM, Ansley C. Patton. *Appalachian State University, Boone, NC.*

P361: CARDIOPULMONARY REHABILITATION OUTCOMES IN RURAL VERSUS SEASONAL PATIENTS IN APPALACHIA

G Jack Scroggs¹, Rebecca Kappus², Rebecca Battista, FACSM². ¹*UNC Health Appalachian, Boone, NC.* ²*Appalachian State University, Boone, NC.*

P362: CARDIORESPIRATORY RESPONSES TO 6MWT IN SENIORS NOT AT RISK AND AT RISK FOR COPD

Matthew Carlton¹, Dazel Cularte¹, L Jerome Brandon, FACSM², Trudy Moore-Harrison¹. ¹*University of North Carolina at Charlotte, Charlotte, NC.* ²*Georgia State University, Atlanta, NC.*

P363: MULTI-WAVEFORM NEUROMUSCULAR ELECTRICAL STIMULATION AS AN EXERCISE ADJUNCT IN TWO CHRONIC STROKE CASE STUDIES

Nicholas J. Siekirk, Lisa Niles-Meunier, Jacob Bannister, Morgan Gragg. *Georgia Southern University, STATESBORO, GA.*

P364: NEEDS ASSESSMENT TO DEVELOP A CULTURALLY TAILORED INTERVENTION TO REDUCE METS IN HISPANIC ADULTS

Ahtziry Carolina Ramirez, Svetlana Nepocatych. *Elon University, Elon, NC.*

11:10 AM–12:00 PM**CLINICAL CROSSOVER LECTURE****Location:** Regency Ballroom A & B

Presiding: Leonardo Oliveira, *Cleveland Clinic Florida*

WHAT IS REGENERATIVE MEDICINE? CLINICAL USE OF ORTHOBIOLOGICS IN MUSCULOSKELETAL & SPORTS MEDICINE

Kenneth P. Barnes, MD, MSc., CAQSM, FACSM, FAMSSM. *The Orthopedic Institute.*

12:00–1:00 PM**SPECIAL INTEREST GROUP MEETINGS**

Biomechanics: Regency Ballroom D & E

Exercise Science Education: Regency Ballroom F

Exercise Oncology: Regency Ballroom G

Health Equity Research: Regency Ballroom H

Military and Tactical Athlete: Crepe Myrtle

12:30–5:30 PM SPORTS MEDICINE PHYSICIAN TRACK PROGRAM**Location:** Redbud**11:10 Clinical Crossover Lecture**Ken Barnes, MD *The Orthopedic Institute***12:30 Welcome and Announcements**Kimberly Kaiser, MD *University of Kentucky***Symposium: The Pediatric Athlete****12:35 Youth Sport Specialization**Shane Hudnall, MD *Cone Health***1:05 Sport-Specific Highlights**Vicki Nelson, MD *Prisma Health***1:35 Diabetes in Athletes**Will Ellis, MD *Prisma Health***2:05 Questions and discussion****2:15 Break****Symposium: Mental Health in the Pediatric Athlete****2:30 Performance-Enhancing Substances**Kim Kaiser, MD *University of Kentucky***3:00 Sport Performance**Shea Fontana, DO *Prisma Health*Bailey Nevels, PhD *Prisma Health***Fellow Case Presentations- Session 1****3:45 Case #1: Degloving in Soccer.**Tomas Escalona, MD *Vanderbilt University***4:00 Case #2: Incidental or consequential? An uncommon sequela of chronic shoulder instability in a collegiate swimmer.**Karen Reynolds, MD *University of Kentucky***4:15 Case #3: Incidental Abdominal Finding Following Blunt Force Abdominal Trauma – Football.**Aaron Rodriguez, MD *Prisma Health***Symposium: Pre-Exercise Screening****4:30 Universal Mandatory EKG's: Florida's Controversial New Law**Ken Barnes, MD *The Orthopedic Institute***5:00 Exercise After Joint Replacement**Scott Magnes, MD *Uniformed Services University of the Health Sciences***5:30 Questions and Discussion**

1:15–2:15 PM BASIC SCIENCE LECTURE**Location:** Regency Ballroom A & BPresiding: Alicia Bryan, *Columbus State University***THE BENEFITS OF EXERCISE ACROSS THE CANCER CONTINUUM**Alpa Patel, PhD, MPH, FACSM. *American Cancer Society.***2:30 - 3:20 SYMPOSIUM 8****Location:** Regency Ballroom G**S08: ADJUSTING TO NATURE: STRATEGIES TO NAVIGATE TEACHING, LEARNING AND MENTAL HEALTH FOLLOWING NATURAL DISASTERS**Tamerah Hunt, FACSM, Justine Coleman, Amy Jo Riggs. *Georgia Southern University, Statesboro, GA.***2:30 - 3:20 TUTORIAL 9****Location:** Regency Ballroom C**T09: FORCE PLATES: A ONE-STOP SHOP, OR ARE THEY REALLY?**Jeromy D. Miramontes¹, Katie Forage¹, Megan Ward², Jaynesh Patel³, Nicole K. Rendos, FACSM^{4,5}, Ryan J. Colquhoun¹. ¹*University of South Alabama, Mobile, AL.* ²*Prisma Health, Columbia, SC.* ³*University of South Carolina, Columbia, SC.* ⁴*Florida Institute for Human & Machine Cognition, Pensacola, FL.* ⁵*University of West Florida, Pensacola, FL.***2:30 - 3:20 TUTORIAL 10****Location:** Regency Ballroom D & E**T10: COMPARISON OF CHILDREN AND ADULTS RELATIVE TO EXERCISE AND TRAINING**James S. Skinner, FACSM. *Indiana University, Bloomington, IN.***2:30 - 4:20 ORAL PRESENTATION SESSION 6 - Nutrition and Ergogenic Aids****Location:** Regency Ballroom F**O601: PRELIMINARY ANALYSIS OF HIGH-PROTEIN VS. STANDARD PROTEIN DIETS ON BODY COMPOSITION, LIPIDS, AND VO₂MAX IN RECREATIONAL RUNNERS**Kaitlyn Frankman¹, Mitchell E. Zaplatosch², David Elmer¹, Jay Stephenson³, Daphney M. Carter², Lauren Beatty¹, Cadence Maxfield¹, Sherry Aschenbach², Chris Wilusz², Jessica Campos², Melany Mathis², Colleen Brennan², Alexis Lewis², Kenneth Thompson², Cassie M. Williamson-Reisdorph¹. ¹*Berry College, Mount Berry, GA.* ²*Kennesaw State University, Kennesaw, GA.* ³*Run Free Training, Rome, GA.***O602: PERIMENOPAUSE STATUS AND DIETARY CARBOHYDRATE-TO-PROTEIN RATIO REDUCE METABOLIC FLEXIBILITY**Caroline Kelly. *University of North Carolina at Chapel Hill, Chapel Hill, NC.*

O603: EFFECTS OF ASTAXANTHIN SUPPLEMENTATION ON FUNCTIONAL PERFORMANCE AND LIPID PROFILE IN OLDER ADULTS

Joice K. M. B. Lacruz, Cecilia M. Andres, Katie B. Clammons, Linda K. MacAdams, Hunter S. Waldman. *University of North Alabama, Florence, AL.*

O604: EFFECTS OF VEGETARIAN FOOD SEQUENCE ON POSTPRANDIAL GLUCOSE, SATIETY, AND METABOLIC RESPONSES

Paul Sarac. *Old Dominion University, Norfolk, VA.*

O605: EFFECTS OF A SODIUM BICARBONATE HYDROGEL SUPPLEMENT ON GASTROINTESTINAL SYMPTOMS AND PERFORMANCE DURING HIGH-INTENSITY RUNNING

Tanya N. Romero, Nicholas D. Luden, Christopher J. Womack, FACSM, Michael J. Saunders, FACSM. *James Madison University, Harrisonburg, VA.*

O606: RECOMBINANT BOVINE LACTOFERRIN SUPPLEMENTATION EFFECTS ON FERRITIN AND IL-6

Ashley Jancura¹, Paul A. Baker¹, Gabrielle M. DelBiondo¹, Alex N. Ladan¹, Lucy P. Boswell¹, Jillian V. Cowart¹, Julianna Madigan², Aletta Schnitzler², Abbie Smith-Ryan, FACSM¹.
¹*University of North Carolina at Chapel Hill, Chapel Hill, NC.* ²*Turtle Tree Inc, Woodland, CA.*

O607: EVALUATION OF THE EFFECTS OF A CARBOHYDRATE CHALLENGE ON ELECTRICAL IMPEDANCE MYOGRAPHY OF THE VASTUS LATERALIS

Callie Unrein, Sarah Rhoades, Katelynn Persaud, Eli Babcock, Katie Hirsch. *University of South Carolina, Columbia, SC.*

2:30 - 4:20

ORAL PRESENTATION SESSION 7 - Children and Physical Activity

Location: Regency Ballroom H

O701: PHYSICAL ACTIVITY AMOUNT IN PRESCHOOL-AGE CHILDREN: THE INFLUENCE OF MATERNAL VS. PATERNAL INVOLVEMENT

Jayden Worriax. *East Carolina University, Greenville, NC.*

O702: DEVELOPING A PHYSICAL ACTIVITY CLEARINGHOUSE FOR EDUCATION TO ASSESS BEHAVIORS DURING SCHOOL HOURS: PROJECT P.A.C.E.

Riley Galloway¹, Hunter Haynes¹, Jacob Gdovin², Anna Claire Nelson³, Morgan Massey³. ¹*The University of Southern Mississippi, Hattiesburg, MS.* ²*Elon University, Elon, NC.* ³*The University of Mississippi Medical Center, Jackson, MS.*

O703: RATE OF FORCE DEVELOPMENT IN HEALTHY AND AT RISK CHILDREN

Scott M. Sigrist, Trey R. Naylor, Abbigayle R. Spong, Kelsie P. Kholman, Jody L. Clasey, FACSM. *University of Kentucky, Lexington, KY.*

O704: BIDIRECTIONAL RELATIONSHIPS BETWEEN FUNDAMENTAL MOTOR SKILLS AND COGNITION IN PRESCHOOL CHILDREN FOLLOWING A MOVEMENT-BASED INTERVENTION

Meghan T. McKenzie¹, Aaron Wood², Dimetrius Brandon¹, E. Kipling Webster¹, Dawn P. Coe, FACSM¹. ¹*The University of Tennessee, Knoxville, KNOXVILLE, TN.* ²*Fairmont State University, Fairmont, WV.*

O705: LOWERPERCEIVED EXERTION AT MATCHED INTENSITY: BASKETBALL DRIBBLING VS TREADMILL WALKING IN YOUTH

Spencer W. Ingoglia¹, Sicong Ren¹, Tahmina Begum¹, Chaojie Shang¹, Leah Patterson¹, Miriam Vargas-Saenz¹, Mike Dulin¹, Trudy Moore-Harrison¹, Catrine Tudor-Locke, FACSM², Daheia Barr-Anderson, FACSM¹, Laura H. Gunn¹. ¹*UNC Charlotte, Charlotte, NC.* ²*Texas Women's University, Denton, TX.*

0706: MOOD CHANGES IN MOTHER'S AFTER A 20 MINUTE PLAY SESSION WITH THEIR PRESCHOOL-AGED CHILD

Madison Peoples, Katrina DuBose, FACSM, Bhibba Das, FACSM. *East Carolina University, Greenville, NC.*

0707: SEX DIFFERENCES IN PHYSICAL ACTIVITY IN ADOLESCENTS WITH OBESITY AS ASSESSED BY WRIST-WORN ACCELEROMETRY

Madelyn Strom, Ronald K. Evans, FACSM, Sarah Farthing, Morgan Meyer, Melanie K. Bean. *Virginia Commonwealth University, Richmond, VA.*

2:30 - 4:20**MASTERS STUDENT AWARD COMPETITION****Location:** Think Tank**M01: A NOVEL EXTERNAL ANKLE SUPPORT EFFECTIVELY ATTENUATES HIGH VELOCITY INVERSION**

Sally K. Barfield¹, Leyton Riley¹, Kristy Gourley¹, Zack Gillen², Harish Chander³, Adam C. Knight¹. ¹Mississippi State University - Biomechanics Lab, Starkville, MS. ²Mississippi State University - REP Lab, Starkville, MS. ³University of Mississippi Medical Center, Jackson, MS.

M02: EFFECTS OF CADENCE-CONTROLLED WALKING INTENSITY ON BRACHIAL BLOOD PRESSURE AND ARTERIAL STIFFNESS INDICES

Kayli J. Lucas, Cristal J. Benitez, Israel I. Adandom, Hayley V. MacDonald, Kevin M. Crombie, Kaiwen Man, Brett C. Bentley, Elroy J. Aguiar. *The University of Alabama, Tuscaloosa, AL.*

M03: METABOLIC IMPACT OF PRE-EXERCISE PROTEIN INTAKE VS. FASTING IN PERIMENOPAUSAL WOMEN

Gabrielle M. DelBiondo¹, Paul A. Baker¹, Alex N. Ladan¹, Sam R. Moore², Ashley Jancura¹, Caroline G. Kelly¹, Mike J. Ormsbee³, Abbie E. Smith-Ryan, FACSM¹. ¹University of North Carolina at Chapel Hill, Chapel Hill, NC. ²University of Oklahoma, Norman, OK. ³Florida State University, Tallahassee, FL.

M04: PLANTAR CUTANEOUS SENSITIVITY AND WALKING GAIT PARAMETERS IN CHRONIC ANKLE INSTABILITY

Jamie M. Campbell¹, Ava Baldauf¹, Nicole K. Rendos, FACSM^{2,1}, Jeffrey D. Simpson¹. ¹University of West Florida, Pensacola, FL. ²Florida Institute for Human and Machine Cognition, Pensacola, FL.

M05: ESTROGEN AND PROGESTERONE EFFECTS ON MUSCLE SIZE AND QUALITY IN THE VASTUS LATERALIS IN FEMALES

Sarah J. Rhoades, Callie L. Unrein, Katelynn T. Persaud, Eli T. Babcock, Katie Hirsch. *University of South Carolina, Columbia, SC.*

M06: HEART RATE ACCURACY ACROSS WEARABLE DEVICES AND EXERCISE INTENSITY SPECTRUM: A PILOT STUDY

Isabella G. Rollins¹, Anne M. Mulholland², James R. Churilla, FACSM¹, Lindsay P. Toth¹. ¹University of North Florida, Jacksonville, FL. ²Mercer University, Macon, GA.

M07: THE EFFECT OF AN ACUTE BOUT OF RESISTANCE EXERCISE ON ARTERIAL WAVE REFLECTIONS

Kaitlin E. LoVerme, Olivia T. Rose, Ace Blalock, Joseph M. Stock. *East Carolina University, Greenville, NC.*

M08: HIGH-CADENCE INTERVAL CYCLING IMPROVES GAIT VELOCITY WITH REDUCED AEROBIC DEMAND COMPARED TO CONTINUOUS CYCLING

Matthew Ott, Jason Simpson, Andrew Killgore, Tanner Thorsen. *The University of Southern Mississippi, Hattiesburg, MS.*

2:30 - 4:20**THEMATIC POSTER SESSION 3 - Heat Acclimation and Hydration****Location:** Crepe Myrtle**TP301: THE EFFECT OF STARTING STATUS ON HYDRATION IN DIVISION I WOMEN'S SOCCER ATHLETES**

Savannah J. Noll, Toni L. Brem, Matthew A. Yeomans, Patrick G. Saracino. *University of South Carolina Upstate, Spartanburg, SC.*

TP302: REPRODUCIBILITY OF WATER DIURESIS: IMPLICATIONS FOR ESTABLISHING THE BEVERAGE HYDRATION INDEX

Scott D. Bassett^{1,2}, Brian Hack¹, Alec Harp¹, Joy Charles¹, Olivia Cook¹, Mindy Millard-Stafford, FACSM¹. ¹*Georgia Institute of Technology, Atlanta, GA.* ²*Georgia College & State University, Milledgeville, GA.*

TP303: SWEAT PROFILING AMONGST RANGER CHALLENGE TEAMS: ASSESSING THE NEEDS (SPARTAN)

Alexander M. Wright, Connor R. McKay, Brett A. Miller, Madilynn E. Zoumberis, Stephen B. Podsen, Andrew J. Jakiel, Ashley M. Bruce, Gaven A. Barker, Parker N. Hyde. *University of North Georgia, Dahlonega, GA.*

TP304: IMPACT OF ACUTE HEAT ACCLIMATION PRIOR TO SPACE FLIGHT ON ASTRONAUT SAFETY AND PERFORMANCE

T. Scott Lyons, FACSM, Lauren G. Killen, J. Matthew Green, FACSM, Christopher L. Klein, Christian A. Price, Craig R. Witt, Manly G. Barksdale. *University of North Alabama, Florence, AL.*

TP305: FLUID INTAKE AND RESTING METABOLIC RATE IN BLACK EMERGING ADULTS

Danielle M. Titus¹, Hannah R. Koch¹, William M. Adams, FACSM², Laurie Wideman, FACSM¹, Jessica McNeil¹. ¹*UNC Greensboro, Greensboro, NC.* ²*Michigan State University, East Lansing, MI.*

TP306: ABSTRACT WITHDRAWN**TP307: EVALUATING HYDRATION STATUS IN COLLEGIATE FOOTBALL PLAYERS**

Maggie Emmons¹, Megan Morley¹, Laurel Wentz¹, Brook Harmon¹, Kate Hoy¹, Bhibha M. Das, FACSM². ¹*Appalachian State University, Boone, NC.* ²*East Carolina University, Greenville, NC.*

TP308: SWEAT LACTATE AS A MEASURE OF EXERCISE INTENSITY

Matthew J. Rogatzki, London Fidler, Keegan Carter, Brendan Thompson, Byron Hollowell, Liam Brady, Taylor Riddle. *Appalachian State University, Boone, NC.*

2:30 - 3:45**POSTER PRESENTATION SESSION 4****Location:** Studio 220**P401: INTERMITTENT PALM COOLING'S IMPACT ON HIGH-INTENSITY INTERVAL TRAINING**

Katelyn Berns, Margaret Wydotis, Frances Maguire, Leah Simpson, Shelby Stocke, Jason R. Jagers, FACSM, John Caruso. *University of Louisville, Louisville, KY.*

P402: MUSCLE-GROUP DIFFERENCES IN NIRS-DERIVED EXERCISE BREAKPOINTS DURING COMBINED UPPER AND LOWER BODY CYCLING

Jack J. Livingston. *University of Central Florida, Orlando, FL.*

P403: COLD WATER DISPERSABLE RESVERATROL SUPPLEMENTATION DOES NOT ALTER POWER DECLINE DURING FLYWHEEL SQUAT EXERCISE

Nicholas T. Campbell¹, Trevor Dufner¹, Jessica Moon², Adam J. Wells¹. ¹*University of Central Florida, Orlando, FL.* ²*Lindenwood University, St. Charles, MO.*

P404: VALIDITY AND RELIABILITY OF SEISMOCARDIOGRAPHY FOR ESTIMATING MAXIMAL OXYGEN UPTAKE COMPARED WITH TREADMILL EXERCISE TESTING

Keegan C. Walter, Caleb Carlson, Annee Bess Blair, Emily A. Gardner, Triniti K. Helms, Slater Wolford, Elliott Arroyo. *Wake Forest University, Winston-Salem, NC.*

P405: EXAMINING THE RELATIONSHIP BETWEEN ANTHROPOMETRICS ON JUMP AND SPRINT PERFORMANCE IN FEMALE COLLEGIATE LACROSSE ATHLETES

Riley Marie Parrish¹, Taylor R. Howard¹, Alexis J. Sexton¹, Lillian M. McDonald¹, Jay Dawes², Paul T. Donahue³, Charles C. Williams¹. ¹*University of North Florida, Jacksonville, FL.* ²*Oklahoma State University, Stillwater, OK.* ³*University of Southern Mississippi, Hattiesburg, MS.*

P406: PRE-EXERCISE CARBOHYDRATE INGESTION AND MUSCLE ENDURANCE

Laurel Gomersal, Megan Mesa, Bella Robinson, Kennedy McWilliams, Robert Hensarling, Susan Wilbanks. *Samford University, Birmingham, AL.*

P407: ASSESSMENT IF LIMB ASYMMETRY AND FUNCTIONAL PERFORMANCE IN DIVISION II FEMALE SOCCER PLAYERS

Nicole Mata Lopez, Emma Beddow, Clayton Nicks, Kate Early. *Columbus State University, Columbus, GA.*

P408: PHYSICAL ACTIVITY AND PERINATAL MENTAL HEALTH ASSOCIATIONS: A SYSTEMATIC REVIEW AND META-ANALYSIS OF MEASUREMENT METHODS

Janna Kaye Vanadero Alba¹, Marisol Pham¹, A'Naja Newsome¹, Cayla McAvoy², Patricia Sawyer-Simmons³, Agnes Bucko⁴. ¹*University of Central Florida, Orlando, FL.* ²*Florida Department of Health, Orlando, FL.* ³*Florida Gulf Coast University, Fort Myers, FL.* ⁴*Eva Garland Consulting, LLC, FL.*

P409: ANALYZING THE IMPACT OF ATHLETIC READINESS ON ATHLETIC PERFORMANCE TESTING FOR DIVISION III COLLEGIATE ATHLETES

Linda T. Nhiwatiwa, Tim Dornemann, Vanessa B. Batchelor, Shannon K. Crowley, Meir Magal, FACSM. *North Carolina Wesleyan University, Rocky Mount, NC.*

P410: EFFECTS OF CAFFEINE SUPPLEMENTATION ON ANAEROBIC CYCLING IN HIGH AND LOW HABITUAL CAFFEINE USE

Callie Canepa, Olivia Trout, Lauren Weaver, Lucy Anne Newsom, Addie Rose Owens, Robert Hensarling, Susan Wilbanks. *Samford University, Birmingham, AL.*

P411: DO TRAINING GOALS MATCH TRAINING LOADS? A PILOT ANALYSIS OF SELF-SELECTED RESISTANCE EXERCISE INTENSITIES

Chanhwi Yoon¹, T'miyah Williams², Aram Yoon². ¹*Lee County High School, Leesburg, GA.* ²*Albany State University, Albany, GA.*

P412: TEST-RETEST RELIABILITY OF THE PHYSICAL WORKING CAPACITY AT THE PAIN INTENSITY THRESHOLD (PWC_{PIT})

Danielle A. Sterner¹, Jeffrey Stout¹, Haley Bergstrom², Ethan Hill¹, Abigail Anderson¹, David Fukuda, FACSM¹. ¹*University of Central Florida, Orlando, FL.* ²*University of Kentucky, Lexington, KY.*

P413: EXAMINING RELATIONSHIPS BETWEEN ABSOLUTE STRENGTH ON JUMP AND SPRINT PERFORMANCE IN FEMALE COLLEGIATE LACROSSE ATHLETES

Taylor R. Howard¹, Alexis J. Sexton¹, Jay Dawes², Paul T. Donahue³, Charles C. Williams¹. ¹*University of North Florida, Jacksonville, FL.* ²*Oklahoma State University, Stillwater, OK.* ³*University Southern Mississippi, Hattiesburg, MS.*

P414: THE EFFECTS OF A 10-DAY PRESEASON FOOTBALL CAMP ON ACHILLES TENDON MORPHOLOGY AND FORCE PARAMETERS

Summer L. Foster, Trinity R. Cathers, Bria R. Berriochoa, Lindsey A. Laubacher, Sean M. Gamache, Ellie D. Barry, Kyle A. Evans, Ariana A. Williams, Stella R. Klosek, Alex A. Olmos. *Christopher Newport University, Newport News, VA.*

P415: PHYSIOLOGICAL RESPONSES TO 8 WEEKS OF VR BEAT SABER EXERGAMING

Kirk A. Abraham, JJ Wallace. *Transylvania University, Lexington, KY.*

P416: BLOOD BIOMARKER PROFILES IN FEMALE RECREATIONAL ENDURANCE ATHLETES WITH HIGHER VS. LOWER BODY FAT

Cooper Adam Kework¹, Tristan J. Ragland², Brandon D. Willingham³, Brett L. Cross¹, Jeong-Su Kim¹, Robert C. Hickner, FACSM¹, Michael J. Ormsbee, FACSM¹. ¹*Florida State University, Tallahassee, FL.* ²*Pittsburg State University, Pittsburg, KS.* ³*University of South Florida, Tampa, FL.*

P417: EFFECTS OF RESISTANCE TRAINING ON FATIGUE LEVELS THROUGHOUT THE MENSTRUAL CYCLE

Breanna J. Gibson, Jared W. Skinner. *Appalachian State University, Boone, NC.*

P418: BEYOND THE OPEN DOOR: STUDENT AND FACULTY PERCEPTIONS OF OFFICE HOURS

Jennifer Caputo¹, Samantha Johnson¹, Kim Godwin¹, Shannon Harmon². ¹*Middle Tennessee State University, Murfreesboro, TN.* ²*Mississippi State University, Starkville, MS.*

P419: THE IMPACT OF PALM COOLING ON PHYSIOLOGICAL OUTCOMES DURING RECOVERY IN FIREFIGHTERS

Emily Speaker¹, James W. Henley¹, M. Ryan Mason¹, Tim Doyle^{2,3}, Emily L. Langford⁴, Phillip A. Gribble⁵, Nicholas R. Heebner⁵, Soon Huat Lee⁶, Nisha V⁶, Jazdin Weatherbie¹, Lydia M. Stout¹, Sydney Tackett¹, Samuel Williams¹, Thomas Chandler¹, Mark G. Abel^{1,6}. ¹*First Responder Research Laboratory, University of Kentucky, Lexington, KY.* ²*Biomechanics, Physical Performance, and Exercise Research Group, Macquarie University, Sydney.* ³*Performance and Expertise Research Centre, Macquarie University, Sydney.* ⁴*Georgia Southern University, Statesboro, GA.* ⁵*Sports Medicine Research Institute, University of Kentucky, Lexington, KY.* ⁶*Singapore Civil Defence Force, Singapore.*

P420: THE IMPACT OF PALM COOLING ON NEUROMUSCULAR RECOVERY IN FIREFIGHTERS

James W. Henley¹, M. Ryan Mason¹, Tim Doyle^{2,3}, Nisha V⁴, Soon Huat Lee⁴, Sarah N. Lanham^{5,1}, Emily L. Langford⁶, Nicholas R. Heebner⁷, Phillip A. Gribble⁷, Peter Smetanka¹, Jazdin Weatherbie¹, Emily M. Speaker¹, Sydney Tackett¹, Lydia Stout¹, Mark G. Abel^{1,4}. ¹*First Responder Research Laboratory, University of Kentucky, Lexington, KY.* ²*Biomechanics, Physical Performance, and Exercise Research Group, Macquarie University, Sydney, New South Wales, Australia.* ³*Performance and Expertise Research Centre, Macquarie University, Sydney, New South Wales, Australia.* ⁴*Singapore Civil Defense Force, Singapore.* ⁵*Center for the Advancement of Military and Emergency Services Research, Kennesaw, GA.* ⁶*Georgia Southern University, Statesboro, GA.* ⁷*Sports Medicine Research Institute, University of Kentucky, Lexington, KY.*

P421: THE EFFECTS OF COLD IMMERSION ON MOTOR CONSOLIDATION

Manly G. Barksdale¹, Whitley Stone², Silvio Polly da Costa Valladão², Kaylee Woodard², Dano Tolusso³, Scott Lyons, FACSM¹. ¹*University of North Alabama, Florence, AL.* ²*Western Kentucky University, Bowling Green, KY.* ³*Marquette University, Milwaukee, WI.*

P422: PREDICTING URINE SPECIFIC GRAVITY FROM PAPER AND DIGITAL URINE COLOR CHARTS IN COLLEGIATE FEMALE ATHLETES

Greg A. Ryan, Corrine E. Wilcox, Katlyn J.H. Smith, Kevin T. Harvey, Robert L. Herron. *University of Montevallo, Montevallo, AL.*

P423: THE EFFECT OF NORMOBARIC HYPOXIA ON NON-INVASIVE MEASUREMENT OF SYMPATHETIC AND VAGAL OUTFLOW

Daniella Espina, Sarah Campbell, Matthew Mitchell. *Palm Beach Atlantic University, West Palm Beach, FL.*

P424: FOUR WEEKS OF BETAINE SUPPLEMENTATION REDUCES SELECT INFLAMMATORY MARKERS FIREFIGHTERS

Connor R. McKay, Liliana I. Renteria, Cameron M. McCarthy, Kyle A. Smith, Brett Cross, Tim Griest, Melissa Gorejena, Kieran G. Paterson, Meredith McQuerry, Joseph C. Watso, Bradley S. Gordon, Michael J. Ormsbee, FACSM. *Florida State University, Tallahassee, FL.*

P425: IMPACT OF TACTICAL BREATHING ON MARKSMANSHIP, DECISION-MAKING, AND HEART RATE VARIABILITY AFTER AEROBIC FATIGUE IN LAW ENFORCEMENT OFFICERS

Jackson Gilleland, Bridget Melton, Richard Cleveland, Richard Cleveland, Barry Joyner, Andrew Flatt, Andrew Ashley. *Georgia Southern, Statesboro, GA.*

P426: UNDERSTANDING BIOGRAPHICAL ASPECTS OF PHYSICAL ACTIVITY AND WELL-BEING IN EXERCISE-BASED REHABILITATION GRADUATE

Jimmy G. Bautista¹, Brittany Overstreet², Natalie Plaut¹, Kelley Strohacker, FACSM¹.
¹*University of Tennessee, Knoxville, TN.* ²*University of Delaware, Newark, DE.*

P427: CHANGE IN TRAUMA-INFORMED CLIMATE PREDICTS LOWER BURNOUT BUT NOT HIGHER JOB SATISFACTION

Kostadinos Angelinas, FACSM¹, Andreas Stamatis, FACSM², Akanksha Anand³, Kim McCoy Coelman⁴, Zacharias Papadakis, FACSM¹. ¹*Barry University, Miami Shores, FL.* ²*University of Louisville, Louisville, KY.* ³*Morgan State University, Baltimore, MD.* ⁴*SUNY of Plattsburgh, Plattsburgh, NY.*

P428: DOES MENTAL TOUGHNESS BUFFER WORK DEMANDS FOR BURNOUT AND WORK-INTERFERENCE WITH FAMILY?

Michael Fox¹, Andreas Stamatis, FACSM², Akanksha Anand³, Kim McCoy Coleman⁴, Zacharias Papadakis, FACSM¹. ¹*Barry University, Miami Shores, FL.* ²*University of Louisville, Louisville, KY.* ³*State Morgan University, Baltimore, MD.* ⁴*State University of New York, Plattsburgh, NY.*

P429: FOSTERING LOYALTY: SUPERVISOR SUPPORT VERSUS INSTRUMENTAL SUPPORT IN PROSPECTIVE MODELS OF ORGANIZATIONAL COMMITMENT

Darius Estell¹, Andreas Stamatis, FACSM², Kim M. Coelman³, Akanksha Anand⁴, Zacharias Papadakis, FACSM¹. ¹*Barry University, Miami Shores, FL.* ²*University of Louisville, Louisville, KY.* ³*SUNY, Plattsburgh, NY.* ⁴*Morgan State University, Baltimore, MD.*

P430: MONITORING SUBJECTIVE RESOURCES PRECEDING EFFORTS FOR AND RESPONSES TO AUTOREGULATED TRAINING IN COLLEGIATE POWERLIFTERS

Natalie Claire Plaut, Jimmy Bautista, Kelley Strohacker, FACSM. *University of Tennessee, Knoxville, TN.*

P431: CONSISTENCY COUNTS: DOSE-RESPONSE ENGAGEMENT EFFECTS IN SENIOR HEALTH CARE LEADERSHIP

Spencer A. Cavan, Andreas Stamatis, FACSM. *University of Louisville, Louisville, KY.*

P432: PSYCHOLOGICALLY AROUSING MUSIC AFFECTS NEURAL DRIVE DURING DYNAMIC PRECISION TASKS

Allison Brown, Brad Vickers, JohnEric Smith, Zachary Gillen. *Mississippi State University, Mississippi State, MS.*

P433: ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD) AND RELATIVE ENERGY DEFICIENCY IN SPORT (RED-S) IN ATHLETES

Kelsey E. Chiu, Matt Wittstein. *Elon University, Elon, NC.*

P434: SLEEP QUALITY AND PERCEIVED STRESS ACROSS YEARS OF SERVICE IN CAREER STRUCTURAL FIREFIGHTERS

Nathan T. Ebersole, Emily Langford, Richard Cleveland, Yelena Tarasenko, Bridget F. Melton. *Georgia Southern University, Statesboro, GA.*

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- P435: EFFECTS OF NEUROMUSCULAR ELECTRICAL STIMULATION ON FALL RISK AND POSTURAL CONTROL IN DEMENTIA-SUSCEPTIBLE ADULTS**
Kaitlyn J. Tanner^{1,2}, Collis D. Grace^{1,2}, Morgan A. Gragg^{1,2}, Lisa B. Niles-Meunier², Nicholas J. Siekirk^{1,2}. ¹*Kinesiology Labs, Georgia Southern University, Statesboro, GA.* ²*Georgia Southern University, Statesboro, GA.*
- P436: ANHEDONIA SYMPTOM SEVERITY INFLUENCES APPROACH-AVOIDANCE CONFLICT INDEPENDENTLY OF PHYSICAL ACTIVITY AND PTSD EFFECTS**
Motoki Sato, Samantha A. Chatham, Elroy J. Aguiar, Hayley V. MacDonald, Mark T. Richardson, Kevin M. Crombie. *The University of Alabama, Tuscaloosa, AL.*
- P437: IMPACT OF ACL GRAFT TYPE ON ENDURANCE & PEAK STRENGTH RECOVERY TIMELINES**
Bailey Rose Prest, Olivia Szykowski, Grant E. Norte, Ava L. Schwartz. *University of Central Florida, Orlando, FL.*
- P438: EFFECTS OF VERBAL INSTRUCTION AND CUEING ON JOINT KINEMATICS DURING RECUMBENT STEPPING IN AGING ADULTS**
Julie Reams¹, Jacob Bannister², Barry Joyner², Jessica Mutchler², Li Li, FACSM², Nicholas Siekirk². ¹*University of Southern Mississippi, Hattiesburg, MS.* ²*Georgia Southern University, Statesboro, GA.*
- P439: THE EFFECTS OF BAREFOOT VS SHOD RUNNING ON SAGITTAL PLANE KNEE ANGLES IN METHODIST UNIVERSITY GRADUATE STUDENTS**
Sara Flynn, Ashton Leonard, Ferrell Snuggs, Hailey Everage, Mattie Key, Benjamin Jones, Matthew Foreman, Amanda Ransom. *Methodist University, Fayetteville, NC.*
- P440: THE EFFECT OF HAMSTRING FOCUSED REHABILITATION FOLLOWING ACL RECONSTRUCTION**
Ally Brown, Sean Cochran. *Roanoke College, Salem, VA.*
- P441: ASSESSING KNEE TOTAL JOINT MOMENT IN KNEE OSTEOARTHRITIS PHENOTYPES IN AGING ADULTS**
Mariana V. Jacobs¹, Amara G. Sharp¹, Sarah Malek², Jeffrey Selby¹, Stephen T. Duncan¹, Christopher S. Fry¹, Michael A. Samaan¹. ¹*University of Kentucky, Lexington, KY.* ²*Purdue University, West Lafayette, IN.*
- P442: INTRASESSION RELIABILITY OF COUNTERMOVEMENT JUMP STRATEGY METRICS UNDER VARYING INSTRUCTIONS**
Tristan L. Young¹, Madeline R. Klubertanz², Minali G. Patton³, Kesaia M. Bruni¹, Zackery J. Mercer¹, Hunter K. Haynes¹, Paul T. Donahue¹. ¹*University of Southern Mississippi, Hattiesburg, MS.* ²*Auburn University, Auburn, AL.* ³*University of Georgia, Athens, GA.*
- P443: DOES CONTRACTION SPEED DURING MOTOR IMAGERY AFFECT ACUTE CORTICOSPINAL AND MUSCLE FUNCTION RESPONSES?**
Kayla Anderson, Lacey Harper, Anna Acosta, Kaden Buford, Rachel Carlstrom, Caleb Offutt, Garrett Hester. *Kennesaw State University, Kennesaw, GA.*
- P444: UPPER AND LOWER EXTREMITY POWER EFFECTS ON COUNTERMOVEMENT JUMP WITH AND WITHOUT ARM SWING**
Matthew K. Helms, Peri Rouillard, Savanna Spires, Andrew Hatchett. *University of South Carolina Aiken, Aiken, SC.*
- P445: CAFFEINE AND CAFFEINE SENSITIVITY EFFECTS ON STATIC BALANCE IN ADULTS IN A DOUBLE-BLIND PLACEBO-CONTROLLED STUDY**
Jeff Pasley, Kayley Appel, Manuela Vallejo, Brandon Doan. *Georgia Gwinnett College, Lawrenceville, GA.*
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- P446: EFFECT OF CARBON FIBER MIDSOLE IN VERTICAL JUMP METRICS**
Darius J.I Ragland, Zachary J. Domire, Constantin M. Heinemann. *East Carolina University, Greenville, NC.*
- P447: EFFECTS OF DIRECTIONAL COMPRESSION ON TIBIAL INTERNAL ROTATION TRANSVERSE PLANE KINEMATICS**
Hannah Brown, John Grace, Bahman Adlou, Christopher Wilburn, Wendi Weimar. *Auburn University, Auburn, AL.*
- P448: EFFECTS OF LOCAL MUSCLE COOLING ON MOTOR UNIT BEHAVIOR OF THE QUADRICEPS**
Henry Humphries, Elliott Arroyo, Keegan C. Walter. *Wake Forest University, Winston-Salem, NC.*
- P449: DOES TREADMILL TYPE EFFECT IMPACT FORCES AND MUSCLE ACTIVITY DURING WALKING?**
Andrew Craig-Jones, Benjamin H. Streubel, Katherine N. Peterson, Jonathan J. Ruiz-Ramie, Daniel R. Greene. *Augusta University, Augusta, GA.*
- P450: GAIT SPEED DECLINES WITH INCREASING METABOLIC SYNDROME RISK IN YOUNG ADULTS**
Andrew Killgore. *University of Southern Mississippi, Hattiesburg, MS.*
- P451: HOW FITNESS AND ACTIVITY INFLUENCE WALKING ENERGY EXPENDITURE ON A COLLEGE CAMPUS**
Kelasya Danielle Ashlock, Taylor W. Rowley. *Roanoke College, Salem, VA.*
- P452: WALKING CADENCE AND RELATIVE INTENSITY IN YOUNG, ACTIVE FEMALE ADULTS**
Cathryn Freret. *James Madison University, Harrisonburg, VA.*
- P453: SUPPORTING AT RISK ROTC CADETS THROUGH A STRUCTURED WEIGHT MANAGEMENT TRAINING PROGRAM**
Spencer C. Boling¹, Andrew Ashley¹, Nicolas Manning², Emily Langford¹, Bridget Melton¹.
¹Georgia Southern University, Statesboro, GA. ²Texas Tech University, Lubbock, TX.
- P454: THE RELATIONSHIP AMONG BINGE DRINKING, RESISTANCE TRAINING, AND BODY COMPOSITION IN YOUNG FEMALES**
Michael P. Smith¹, Chester Sokolowski¹, Hannah K. Eberhardt¹, Hunter J. Mitchell¹, Sarah Perch¹, Jennifer L. Steiner¹, Walter R. Boot¹, Jeong-Su Kim¹, Michael J. Ormsbee, FACSM^{1,2}.
¹Florida State University, Institute of Sports Sciences and Medicine, Tallahassee, FL. ²Florida State University, Department of Health, Nutrition, and Food Sciences, Tallahassee, FL.
- P455: THE ASSOCIATION BETWEEN SEDENTARY BEHAVIOR AND PERCEIVED SOCIAL NORMS AND SOCIAL SUPPORT**
Sophia M. Hazuka¹, Jake C. Diana¹, Aiden J. Chantry¹, Christopher E. Grice¹, Kristen M. Paternoster¹, Jeb F. Struder¹, Keith Diaz², Bethany B. Gibbs³, Feng-Chang Lin¹, Michelle L. Meyer¹, Justin B. Moore, FACSM⁴, Erik D. Hanson, FACSM¹. ¹University of North Carolina at Chapel Hill, Chapel Hill, NC. ²Columbia University, New York, NY. ³West Virginia University, Morgantown, WV. ⁴Wake Forest University, Winston-Salem, NC.
- P456: THE IMPACT OF A PILOT FAMILY PHYSICAL ACTIVITY INTERVENTION ON PARENT SELF-EFFICACY AND PHYSICAL ACTIVITY**
Maiya Bhandari. *University of Kentucky, Lexington, KY.*
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P457: BEHAVIOR PERCEPTION AND MOVEMENT BIASES: FINDINGS FROM A COUPLED ACCELEROMETRY AND ECOLOGICAL MOMENTARY ASSESSMENT PROTOCOL

Jake C. Diana¹, Aiden J. Chantry¹, Christopher E. Grice¹, Kristen M. Paternoster¹, Jeb F. Struder¹, Keith Diaz², Bathany B. Gibbs³, Feng-Chang Lin¹, Michelle L. Meyer¹, Justin B. Moore, FACSM⁴, Erik D. Hanson, FACSM¹. ¹University of North Carolina at Chapel Hill, Chapel Hill, NC. ²Columbia University, New York, NY. ³West Virginia University, Morgantown, WV. ⁴Wake Forest University, Winston-Salem, NC.

P458: AGREEMENT OF ACTIGRAPH AND ACTIVPAL FOR PHYSICAL ACTIVITY AND SEDENTARY TIME IN COLLEGE STUDENTS

Ainsley E. Harkin, Makayla Cawley, Emma Morrow, Trent A. Hargens, FACSM. James Madison University, Harrisonburg, VA.

P459: EFFECTS OF CADENCE-CONTROLLED WALKING INTENSITY ON CENTRAL (AORTIC) PRESSURE

Hannah D. Lew, Kayli J. Lucas, Cristal J. Benitez, Israel I. Adandom, Hayley V. MacDonald, Kevin M. Crombie, Kaiwen Man, Brett C. Bentley, Elroy J. Aguiar. The University of Alabama, Tuscaloosa, AL.

P460: CHANGES IN PHYSICAL ACTIVITY, SEDENTARY TIME, AND QUALITY OF LIFE OUTCOMES IN BREAST CANCER SURVIVORS

Lily Panepinto, Baylee Brown, Zarmina Amin, John Oginni, Jessh Mavoungou, Zan Gao, FACSM. University of Tennessee, Knoxville, TN.

P461: UTILIZING ECOLOGICAL MOMENTARY ASSESSMENT TO EXPLORE THE PHYSICAL ACTIVITY INTENTION BEHAVIOR GAP AMONG POSTPARTUM WOMEN

Zuriel Anneliese Corporan, Camila Perez-Aponte, A'Naja Newsome. University of Central Florida, Orlando, FL.

P462: PRECISION OF SINGLE AND DUAL TASK MOBILITY MEASURES TO DIFFERENTIATE FALLERS FROM NON-FALLERS.

Radha Garikipati¹, Albert P. Okrah¹, Antinett Ampiah¹, Katherine L. Hsieh², Deborah A. Jehu¹. ¹Augusta University, Augusta, GA. ²Georgia State University, Atlanta, GA.

P463: FACTORS ASSOCIATED WITH BODY COMPOSITION IN MIDDLE AGED ADULTS FROM YEAR 20 OF THE CORONARY ARTERY RISK DEVELOPMENT IN YOUNG ADULTS STUDY

Janice Marimon, Brian Kliszczewicz, FACSM, Andrew Levine, Mackenzie Burgess, Michael Qualey, Adriana Canchola, Bob Buresh, FACSM. Kennesaw State University, Kennesaw, GA.

P464: COMPARISON OF PHYSICAL ACTIVITY ESTIMATION PERFORMANCE BETWEEN WEAR LOCATIONS USING A RANDOM FOREST CLASSIFIER

Nicholas M. Remillard, Haileab Hilafu, Scott E. Crouter, FACSM. University of Tennessee Knoxville, Knoxville, TN.

P465: GIRLS GONE STRONG: A SCOPING REVIEW OF RESISTANCE TRAINING IN PHYSICAL EDUCATION

Carolyn G. Gura, Brooke Towner, Rebecca Battista, FACSM, N. Travis Triplett. Appalachian State University, Boone, NC.

3:30 - 4:20

TUTORIAL 11

Location: Regency Ballroom D & E

T11: PRACTICAL STRATEGIES TO MITIGATE AI MISCONDUCT AND MAXIMIZE STUDENT LEARNING

Jason Allen Campbell¹, Eric K. O'Neal². ¹Wake Forest University, Winston Salem, NC. ²University of North Alabama, Florence, AL.

3:30 - 4:20**TUTORIAL 12****Location:** Regency Ballroom G

T12: FROM IDEAS TO IMPACT: REGIONAL STRATEGIES FOR EIM-ON CAMPUS SUCCESS
Patricia Sawyer-Simmons¹, Rebecca A. Battista, FACSM², Mark Schafer³. ¹*Florida Gulf Coast University, Ft. Myers, FL.* ²*Appalachian State University, Boone, NC.* ³*Western Kentucky University, Bowling Green, KY.*

4:45-6:15 PM**STUDENT BOWL****Location:** Regency Ballroom A & B & C**6:30-7:30 PM****GRADUATE PROGRAM FAIR****Location:** Teal & Teal Mezzanine

Saturday, February 28, 2026

8:00 AM–12:30 PM SPORTS MEDICINE PHYSICIAN TRACK PROGRAM**Location:** Redbud

8:00 Welcome and Announcements
Kimberly Kaiser, MD *University of Kentucky*

8:05 Readiness for Sport and Exercise
Diego Riveros, MD *University of South Florida*

Symposium: The Master's Athlete

8:35 The Aging Female
Kathleen Roberts, MD *University of Kentucky*

9:05 The Aging Male
M. Kolt Pruitt, DO *University of Kentucky*

9:35 Osteoporosis in Athletes
Kiran Mullur, MD *Atrium Health Wake Forest Baptist*

10:05 Questions and Discussion

10:15 Break

Symposium: Master's Athlete Sport-Specific Highlights

10:30 Pickleball
Bret Jacobs, DO *Cone Health*

10:50 Golf
Brent Messick, MD *Atrium Health*

Fellow Case Presentations- Session 2

11:15 Case #4: Running Into Pain: Progressive Exertional Leg Symptoms in a Young Endurance Runner
Zachary Morehouse, DO *Atrium Health*

11:30 Case #5: Arm Injury – Swollen Throwing Arm in a Baseball Pitcher
Brooks Platt, MD *University of Kentucky*

11:45 Case #6: A Runner with Right Lateral Knee Pain
Kitan Akinosho, MD "A Runner with Right Lateral Knee Pain" *Vanderbilt University*

12:00 Case #7: Performing Under Pressure: Leg Pain in a Collegiate Acro-Tumbler
Mary Wurzelmann, MD *Prisma Health*

12:15 Case #8: Caution: Balloons Ahead
Chris Cacciatore, DO *Prisma Health*

12:30 Award for Best Case Presentation, Closing Remarks, and Adjournment

8:00 - 8:50**SYMPOSIUM 9****Location:** Regency Ballroom G**S09: BEYOND BODY COMPOSITION: ADVANCED APPLICATIONS OF BIOIMPEDANCE FOR RESEARCH AND CLINICAL PRACTICE**Kworweinski Lafontant, David H. Fukuda, FACSM. *University of Central Florida, Orlando, FL.***8:00 - 8:50****SYMPOSIUM 10****Location:** Regency Ballroom H**S10: MARCHING MOVEMENT MATTERS: COLLABORATION BETWEEN KINESIOLOGY RESEARCHERS AND THE MARCHING BAND**Megan E. Holmes, Craig Aarhus, JohnEric W. Smith. *Mississippi State University, Mississippi State, MS.***8:00 - 8:50****TUTORIAL 13****Location:** Regency Ballroom C**T13: PROGRESSION OF ACSM GUIDELINES AND CURRENT RECOMMENDATIONS**Lauren G. Killen, J. Matthew Green, FACSM. *University of North Alabama, Florence, AL.***8:00 - 9:50****ORAL PRESENTATION SESSION 8 - Sport Mash-Up****Location:** Regency Ballroom D & E**O801: THE EFFECT OF ARM SLOT KINEMATICS ON PEAK ELBOW VALGUS TORQUE IN COLLEGIATE PITCHERS**Ryan M. Zappa¹, Benjamin G. Lerch¹, Ian P. Jump¹, Kevin Giordano², Gretchen D. Oliver, FACSM¹. ¹*Auburn University, Auburn, AL.* ²*Louisiana State University Health Sciences Center New Orleans, New Orleans, LA.***O802: EFFECTS OF ADAPTED PICKLEBALL ON STATIC AND DYNAMIC BALANCE IN YOUNG ADULTS WITH INTELLECTUAL DISABILITIES**Lauren Shoemake¹, Emma Wilkinson², Riley Hieb², Taylor Redensky², McKenzie Hardee², Kiana Brown², Adam C. Knight³, Harish Chander⁴, Alana Turner¹. ¹*University of Southern Mississippi, Hattiesburg, MS.* ²*Coastal Carolina University, Conway, SC.* ³*Mississippi State University, Mississippi State, MS.* ⁴*University of Mississippi Medical Center, Jackson, MS.***O803: NEURAL ACTIVITY OF BASES AND FLYERS IN COED CHEERLEADING**Madison Weeks, Christine Habeeb, Nicholas Murray. *East Carolina University, Greenville, NC.***O804: SURF SMARTER, NOT HARDER: THE ROLE OF BALANCE TRAINING IN SURFING PERFORMANCE**Rebecca Biggs, Whitley J. Stone. *Western Kentucky University, Bowling Green, KY.***O805: SEE THE BALL, HIT THE BALL**Kaleb J. LeClair, Taylor Kinney, Patrick Rider, Zach Domire, Nicholas Murray. *East Carolina University, Greenville, NC.***O806: THE SPORT OF WEIGHT PULL: CANINE KINEMATICS BASED ON WEIGHT PULLED AND PULL FORM**Alexandra H. Neff, Wendi Weimar, Heidi A. Kluess, FACSM. *Auburn University, Auburn, AL.*

0807: RELATIONSHIP OF HEART RATE VARIABILITY AND RIFLE SHOOTING PERFORMANCE IN ELITE QUÉBEC BIATHLETES

Daniel Correa, François Billaut. *Université Laval, Québec, QC.*

8:00 - 9:50**ORAL PRESENTATION SESSION 9 - Tactical & Occupational Physiology****Location:** Regency Ballroom F**0901: ASSOCIATIONS OF PERFORMANCE METRICS AND METABOLIC SYNDROME IN SUBURBAN ALABAMA FIREFIGHTERS**

Tiffany L. Adams¹, Grant T. Malone¹, Andrew T. LeMense², Erica A. Schafer¹, Caitlin L. Upchurch¹, Hayley V. MacDonald¹, Lee J. Winchester¹. ¹*The University of Alabama, Tuscaloosa, AL.* ²*Huntingdon College, Montgomery, AL.*

0902: PHYSIOLOGICAL AND PERFORMANCE EFFECTS OF NORMOXIC AND HYPOXIC THORACIC LOAD CARRIAGE: INFLUENCE OF BIOLOGICAL SEX

Daniel A. Baur¹, Beverley K. Buchanan², Sydney L. Koppinger², Nicholas D. Luden², Michael J. Saunders, FACSM², Stephanie P. Kurti². ¹*Virginia Military Institute, Lexington, VA.* ²*James Madison University, Harrisonburg, VA.*

0903: EFFECTS OF PROGRAMMING ON HEALTH AND PERFORMANCE OF INCUMBENT UNIVERSITY POLICE OFFICERS

Samuel Galey, Emily Langford, Andrew Ashley, Bridget Melton, Sarah Hines. *Georgia Southern University, Statesboro, GA.*

0904: FITNESS AND PERFORMANCE RESPONSES TO LOAD CARRIAGE TRAINING IN ARMY RESERVE OFFICERS' TRAINING CORPS

Sarah Mccune, Jay A. Campbell. *Wake Forest University, Winston Salem, NC.*

0905: PHYSIOLOGICAL RESPONSES TO OUTDOOR WORK IN HEAT-ACCLIMATIZED AGRICULTURAL WORKERS IN A HIGH-HEAT STRESS ENVIRONMENT

Kenzie L. Hargrove¹, Brent C. Ruby, FACSM², Zachary M. Gillen¹, Adam C. Knight¹, JohnEric W. Smith¹. ¹*Mississippi State University, Mississippi State, MS.* ²*University of Montana, Missoula, MT.*

0906: PERFORMANCE CORRELATES OF THE ARMY FITNESS TEST IN ELITE ROTC CADETS

Michaela Fisher, DJ Durham, Katie Bengough, Eric Sobolewski, Heath Burton. *Furman University, Greenville, SC.*

0907: A DESCRIPTIVE INTERPRETATION OF THE GAS EXCHANGE THRESHOLD AND RESPIRATORY COMPENSATION POINT IN STRUCTURAL FIREFIGHTERS

Shelby Kitchings¹, Gretchen Hofmann¹, Michael Hayden Bannister¹, Sarah Hines¹, Mark G. Abel^{2,1}, Bridget Melton¹, Emily Langford¹. ¹*Georgia Southern University, Statesboro, GA.* ²*University of Kentucky, Lexington, KY.*

8:00 - 9:50**THEMATIC POSTER SESSION 4 - Older Adults and Physical Activity****Location:** Crepe Myrtle**TP401: DIAGNOSTIC ACCURACY OF THE SHORT PHYSICAL PERFORMANCE BATTERY TO DETECT FRAILTY AMONG COMMUNITY-DWELLING OLDER ADULTS**

Eman Ali, Kworweinski Lafontant, Jethro Raphael M. Suarez, Carla Leinbach, David H. Fukuda, FACSM, Jeffrey R. Stout, FACSM, Sergi Garcia-Retortillo, Janet Lopez, Rui Xie, Ladda Thiamwong. *University of Central Florida, Orlando, FL.*

TP402: THE IMPACT OF HIGH-INTENSITY INTERVAL RESISTANCE TRAINING ON COGNITION IN OLDER ADULTS: A PILOT STUDY

Olivia Reardon, Jason Fanning, Anthony Sali, Jeffrey Katula. *Wake Forest University, Winston-Salem, NC.*

TP403: FASTER PROCESSING SPEED AND FEWER SEDENTARY BREAKS PREDICT MORE SEDENTARY TIME IN OLDER ADULTS

Abeera Maham¹, Katherine Hsieh², Ashwini Pandey¹, Deborah Jehu¹. ¹*Augusta University, Augusta, GA.* ²*Georgia State University, Atlanta, GA.*

TP404: PHYSICAL ACTIVITY PATTERNS AMONGST MIDDLE-AGED AND OLDER ADULTS BETWEEN SUMMER AND WINTER: A MIDUS ANALYSIS

Po-Lin Chen, David R. Buys, John G. Lamberth, Megan E. Holmes. *Mississippi State University, Mississippi State, MS.*

TP405: IS TUG AN EFFECTIVE TOOL? EXAMINING PULSE PRESSURE, AGE, AND MOBILITY IN ACTIVE OLDER AFRICAN AMERICAN WOMEN

Samantha Webb, Trudy Moore-Harrison, Candace S. Brown. *UNC Charlotte, Charlotte, NC.*

TP406: AN EXPLORATION OF PERCEIVED BENEFITS OF THE COMMUNITY-BASED FAU-WELL PROGRAM IN OLDER ADULTS

Emily M. Clark, Bernardo S. Bruxelas, Daniel R. Marshall, B. Sue Graves, FACSM, Ashley L. Artese. *Florida Atlantic University, Boca Raton, FL.*

TP407: REALLOCATING 24-HOUR MOVEMENT BEHAVIORS: 15-MINUTE TRADE-OFFS AND PSYCHOMOTOR FUNCTION IN OLDER ADULTS

Matthew Miller, John Oginni, Zarmina Amin, Jessh Mavoungou, Zan Gao, FACSM. *University of Tennessee, Knoxville, Knoxville, TN.*

TP408: THE FITNESS-VASCULAR CONNECTION: COMPARING OLDER ADULTS WITH AND WITHOUT INTELLECTUAL DISABILITIES

Vikaas Manjunath¹, Casimiro Javierre², Guillermo R. Oviedo¹. ¹*Mississippi State University, Starkville, MS.* ²*University of Barcelona, Barcelona.*

8:00 - 9:50**THEMATIC POSTER SESSION 5 - Wearable Sensors****Location:** Think Tank**TP501: CROSS-VALIDATION OF GAIT METRICS DERIVED FROM A WEARABLE SMART SOCK SENSOR SYSTEM**

Emi Murata Ferguson, Allison George, Octavio Jimenez, James Reid Rogers, Hayden Rubin, Hannah Sandstrom, Julie Stowell, Thomas Bradley Willingham, Sujay Galen. *Georgia State University, Atlanta, GA.*

TP502: RELIABILITY OF FORCE INSOLES TO IDENTIFY COUNTERMOVEMENT VERTICAL JUMP PHASES AND STRATEGY METRICS

Jeffrey D. Simpson¹, Nicole K. Rendos, FACSM^{2,1}, Morgan Despres¹, Jamie Campbell¹, Jenna Starkey³, Eric K. O'Neal³. ¹*University of West Florida, Pensacola, FL.* ²*Florida Institute for Human and Machine Cognition, Pensacola, FL.* ³*University of North Alabama, Florence, AL.*

TP503: INVESTIGATING RELATIONSHIPS BETWEEN WEARABLE-DERIVED ACTIVITY AND QUALITY OF LIFE IN BREAST CANCER SURVIVORS

Kloe Johnston, Madison Feddock, Zarmina Amin, John Oginni, Jessh Mavoungou, Zan Gao, FACSM. *University of Tennessee, Knoxville, Knoxville, TN.*

TP504: EVALUATION OF STEP COUNTING ERROR IN RESEARCH-GRADE ACTIVITY MONITORS IN CHILDREN WITH CEREBRAL PALSY: A PILOT STUDY

Lindsay P. Toth, Guilherme M. Cesar, Ligia Y. Mochida, Joseph B. Catletti, Kira Flanagan. *University of North Florida, Jacksonville, FL.*

TP505: STEP COUNT VALIDITY OF TWO WEARABLE DEVICES IN ADULTS WITH DOWN SYNDROME: PRELIMINARY FINDINGS

Ahsen Ezez¹, Brett S. Nickerson, FACSM², Michael Esco, FACSM¹, Justo Perez², Jeff Pan², Stefan Czerwinski², Elroy Aguiar¹, Israel Adandom¹. ¹University of Alabama, Tuscaloosa, AL. ²The Ohio State University, Columbus, OH.

TP506: EVALUATING WHOOP WEARABLE METRICS AS PREDICTORS OF DIVISION 1 COLLEGIATE VOLLEYBALL PERFORMANCE

Asha D. Phillips, Zachary F. Droll, Andrew J. Mauldin, Matthew D. Ruiz. *Lipscomb University, Nashville, TN.*

TP507: IMPACT OF RESISTANCE TRAINING ON ENERGY EXPENDITURE ESTIMATES OF CONSUMER WEARABLES

Payton S. Riddle, Nicholas M. Remillard, Scott E. Crouter, FACSM. *University of Tennessee, Knoxville, TN.*

TP508: CONCORDANCE BETWEEN GARMIN SMARTWATCH-DERIVED STRESS SCORES AND SELF-REPORTED STRESS IN PREGNANT INDIVIDUALS: RADAR STUDY PILOT

Ayaka Uehara¹, Emily M. Drzymalla², Shirin Adel¹, Jimikaye Courtney³, Ganga Bey⁴, Narges Farahi⁵, Kim Boggess⁶, Michelle L. Meyer⁷, Patricia Pagan Lassalle². ¹School of Medicine, University of North Carolina at Chapel Hill, Chapel Hill, NC. ²Gillings School of Public Health, University of North Carolina at Chapel Hill, Chapel Hill, NC. ³Department of Exercise and Sports Science, University of North Carolina at Chapel Hill, Chapel Hill, NC. ⁴Carolina Population Center, University of North Carolina at Chapel Hill, Chapel Hill, NC. ⁵Department of Family Medicine, University of North Carolina at Chapel Hill, Chapel Hill, NC. ⁶Department of Obstetrics and Gynecology, University of North Carolina at Chapel Hill, Chapel Hill, NC. ⁷Department of Emergency Medicine, University of North Carolina at Chapel Hill, Chapel Hill, NC.

8:00 - 9:15

POSTER PRESENTATION SESSION 5

Location: Studio 220

P501: SEX COMPARISONS OF METABOLIC, CARDIOVASCULAR, AND PERCEPTUAL RESPONSES DURING CYCLING AT THE GAS EXCHANGE THRESHOLD

Erik R. Snell¹, Clara J. Mitchinson¹, Brian Benitez², Minyoung Kwak¹, Alaina N. Kuhn¹, Haley C. Bergstrom¹. ¹University of Kentucky, Lexington, KY. ²Stetson University, DeLand, FL.

P502: COMPARISONS BETWEEN FORCE PLATE AND MARKERLESS CAMERA SYSTEM FOR COUNTERMOVEMENT JUMP METRICS

Casey L. Poole. *Kennesaw State University, Kennesaw, GA.*

P503: NO RELATIONSHIP BETWEEN MENSTRUAL SYMPTOM BURDEN & PERCEIVED EXERTION IN ELITE FEMALE SOCCER PLAYERS

Emily Potts¹, Samuel Wilson¹, Diego Torres¹, Andrew Flatt², Jessica Mutchler². ¹Georgia Southern University, Statesboro, GA. ²Georgia Southern University, Savannah, GA.

P504: A COMPARISON OF VO₂ PEAK VALUES BETWEEN SKI AND LEG EROMETRY UTILIZING ABOVE AVERAGE FIT MALES

Johanna Lundgren. *Liberty University, Lynchburg, VA.*

P505: THE BATTLE OF THE BOTTLES: HYDRATION SYSTEM DESIGN AND FLUID INTAKE IN MILITARY CADETS

Luke P. Murphy¹, Amy Fraley², Bryan Terlizzi¹, Kimbo Lee¹, Katie Hirsch², Ryan S. Sacko¹. ¹The Citadel, Charleston, SC. ²University of South Carolina, Columbia, SC.

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- P506: TEST-RETEST RELIABILITY OF A SELF-PACED TREADMILL PROTOCOL TO ASSESS MAXIMAL OXYGEN CONSUMPTION**
Timothy Makar, Drew Morrisette, Justin Roberts, Madelyn Strom, Mahika Rami, Ella Hairston, Ian Spencer, Callie Oehlert, Ronald K. Evans, FACSM. *Virginia Commonwealth University, Richmond, VA.*
- P507: VALIDITY AND RELIABILITY OF SEISMOCARDIOGRAPHY FOR ESTIMATING VO₂ MAX IN HEALTHY ADULTS**
Caleb Carlson, Slater Wolford, Keegan C. Walter, Elliot Arroyo, Annee Bess Blair, Trinity Helms, Emily Gardner. *Wake Forest University, Winston-Salem, NC.*
- P508: DIAPHRAGMATIC BREATHING TRAINING TO IMPROVE ESTIMATED VO₂ MAX IN YOUNG VOCAL AND THEATRICAL PERFORMERS**
Juliet A'melí Espinal. *University of Central Florida, Orlando, FL.*
- P509: THE EFFECTS OF THE MENSTRUAL CYCLE PHASES ON UPPER AND LOWER BODY POWER AND ENDURANCE**
Sierra Grande, Carly O'Toole. *Meredith College, Raleigh, NC.*
- P510: EVALUATING THE PHYSIOLOGICAL DEMANDS OF PALEONTOLOGICAL FIELD WORK: A PILOT STUDY**
Michael Jarrett¹, John D. Kanipe². ¹*Winston-Salem State University, Winston-Salem, NC.* ²*North Carolina Museum of Natural Sciences, Raleigh, NC.*
- P511: CREATION OF WALL-SQUAT ISOMETRIC ENDURANCE TEST NORMS FOR COLLEGE-AGE STUDENTS**
James Larkin¹, Peter Myre², Laurie Larkin¹. ¹*Eastern Kentucky University, Richmond, KY.* ²*University of New Mexico, Albuquerque, NM.*
- P512: EFFECTS OF DEHYDRATION AND COGNITIVE FATIGUE ON SIMULATED DRIVING PERFORMANCE IN FEMALES**
Cecilia M. Andres, Lauren G. Killen. *University of North Alabama, Florence, AL.*
- P513: AGREEMENT BETWEEN ESTIMATED AND MEASURED VELOCITY DURING JAMMER ARM PUNCH PRESSES**
Gerardo Rico¹, Roland Lopez¹, Modesto A. Lebron¹, Jack J. Livingston¹, Emerson Franchini², Meredith Chaput¹, Grant E. Norte¹, Jeffrey R. Stout, FACSM¹, David H. Fukuda, FACSM¹. ¹*University of Central Florida, Orlando, FL.* ²*University of Sao Paulo, Sao Paulo.*
- P514: SIMPLE AND COMPLEX REACTION TASKS FOR DYNAMIC UPPER BODY PRESSING**
Medhavi Radadiya¹, Modesto A. Lebron¹, Jack J. Livingston¹, Emerson Franchini², Meredith Chaput¹, Grant E. Norte¹, Jeffrey R. Stout, FACSM¹, David H. Fukuda, FACSM¹. ¹*University of Central Florida, Orlando, FL.* ²*University of São Paulo, São Paulo.*
- P515: DOES BLOOD FLOW RESTRICTION DURING AEROBIC EXERCISE ENHANCE NON-LOCAL MUSCLE FATIGUE?**
Anna Acosta, Hana Abouward, Rachel Bacchus, David Ganley, Kayla Davis, Mitchell Zaplatosch, Daphney Carter, Garrett Hester. *Kennesaw State University, Kennesaw, GA.*
- P516: EXAMINING RELATIONSHIPS BETWEEN RELATIVE STRENGTH ON SPRINT AND JUMP PERFORMANCE IN FEMALE COLLEGIATE LACROSSE ATHLETES**
Alexis J. Sexton¹, Taylor R. Howard¹, Jay Dawes², Paul T. Donahue³, Charles C. Williams¹. ¹*University of North Florida, Jacksonville, FL.* ²*Oklahoma State University, Stillwater, OK.* ³*University of Southern Mississippi, Hattiesburg, MS.*
- P517: DOES MULTITASKING HELP OR HINDER? EFFECTS OF MUSIC, GAMING, AND VIDEO ON CYCLING PERFORMANCE AND PERCEIVED EXERTION**
Chanhwi Yoon¹, Mason Musgrove¹, Braeden Twedt¹, Aram Yoon². ¹*Lee County High School, Leesburg, GA.* ²*Albany State University, Albany, GA.*
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- P518: ASSESSMENT OF HYDRATION STATUS IN COLLEGIATE VARSITY ESPORTS PLAYERS**
Trace Dominy, Brooke Gilmore, Morgan Krupp, Thomas Andre. *University of Mississippi, Oxford, MS.*
- P519: ANKLE DORSIFLEXION DIFFERENCES DUE TO FATIGUE IN MEN'S DIVISION II COLLEGIATE BASKETBALL PLAYERS.**
James Moonnumackal, Pradeep Vanguri, Amy Gatens. *Nova Southeastern University, Fort Lauderdale, FL.*
- P520: DUAL AND SINGLE PLATING YIELD SIMILAR CLINICAL OUTCOMES FOR MIDSHAFT CLAVICLE FRACTURES**
Nathaniel Buchanan, Alexa Smitherman, Caleb Berta, Joshua Broussard, Elizabeth Powell, Henry Bonner, Walter Smith, Thomas Evely, Amit Momaya, Eugene Brabston. *University of Alabama at Birmingham, Birmingham, AL.*
- P521: FEASIBILITY OF A DYNAMIC WARM-UP INTERVENTION AMONG FIREFIGHTER RECRUITS**
Peter Smetanka¹, Mark G. Abel¹, Phillip Gribble¹, Jennifer E. Tinsley Kubala^{1,2}. ¹*University of Kentucky, Lexington, KY.* ²*Lexington Fire Department, Lexington, KY.*
- P522: EFFECTS OF ATHLETE TRAINER GENDER CONCORDANCE ON RETURN TO PLAY AND INJURY RESOLUTION OUTCOMES**
Laura C. Espinosa, Vicki Nelson, FACSM. *Prisma Health, Greenville, SC.*
- P523: THE EFFECT OF FATIGUE ON CONTINUAL CPR CHEST COMPRESSION DYNAMICS IN CERTIFIED COLLEGE STUDENTS**
Claire Dobulis, Baylee Seigfried, Stephen Sylvester, Matthew J. Mitchell. *Palm Beach Atlantic University, West Palm Beach, FL.*
- P524: INSPIRING CHANGE IN THE SURGICAL CARE CONTEXT: PROTOCOL FOR A HUMAN-CENTERED DESIGN STUDY**
Catalina F. Provenzano. *Wake Forest University, Winston-Salem, NC.*
- P525: SPORT-SPECIFIC BURDEN OF ASTHMA AT UNC: PREVALENCE AND ASTHMATIC EVENTS ACROSS CAROLINA ATHLETICS**
Emma Comadoll, James Noh, Quinn Douglas, Ria Khetan, Stephen Schworer, Mario Ciocca, Stephen Tilley. *University of North Carolina, CHAPEL HILL, NC.*
- P526: BLINK REFLEX PARAMETERS CORRELATE MODERATELY WITH CONCUSSION SYMPTOM SEVERITY**
Mike M. Lengi¹, D. P. Garner¹, Mohammad N. Haider². ¹*The Citadel, Charleston, SC.* ²*University at New York Buffalo, Charleston, SC.*
- P527: ASYMMETRICAL DIFFERENCES IN VERTICAL GROUND REACTION FORCES IN NCAA DIVISION III SOCCER ATHLETES**
Connor Sykes, Amanda Ransom. *Methodist University, Fayetteville, NC.*
- P528: TRACKING PITCH HORIZONTAL BREAK OVER A FULL SEASON AS A MEANS OF PREDICTING INJURY RISK IN NCAA D1 BASEBALL PITCHERS**
Savannah M. Lassey, Abby B. Brown, Thomas P. Rohling, Kade Smith, Cody E. Morris, FACSM. *University of Alabama at Birmingham, Birmingham, AL.*
- P529: BASELINE MENTAL HEALTH AND ANXIETY IN FIRST-YEAR FEMALE COLLEGE STUDENTS ENROLLED IN A YOGA PROGRAM**
Jarah D. Newton, Lillian Scoutelas, Bhibha M. Das, FACSM. *East Carolina University, Greenville, NC.*
- P530: EXPECTATIONS AND THEIR INFLUENCE ON AFFECTIVE RESPONSES TO RESISTANCE EXERCISE**
Mathew A. Gibbs,, Christopher J. Brush. *Auburn University, Auburn, AL.*
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- P531: EFFECT OF AN ACUTE BOUT OF EXERCISE ON COGNITIVE FUNCTIONS IN HEALTHY ADULTS**
Andrew Sujka, Albert Okrah, Lydia Utomwen, Deborah Jehu. *Augusta University, Augusta, GA.*
- P532: PRIORITIZING BURNOUT PREVENTION IN HUMAN SERVICES: QUANTIFYING THE UNIQUE CONTRIBUTIONS OF WORK DEMANDS, ORGANIZATIONAL SUPPORT, MENTAL TOUGHNESS, AND TRAUMA-INFORMED CLIMATE**
Isabella Goitz¹, Andreas Stamatis Stamatis, FACSM², Kim McCoy Coleman³, Akanksha Anand⁴, Zacharias Papadakis, FACSM¹. ¹Barry University, Miami Shores, FL. ²University of Louisville, Louisville, KY. ³State University of New York, Plattsburgh, NY. ⁴State Morgan University, Baltimore, MD.
- P533: MORE THAN A GOOD BOSS: INSTRUMENTAL SUPPORT VERSUS SUPERVISOR SUPPORT IN PROSPECTIVE MODELS OF BURNOUT**
Brehanna A. Cornwall¹, Andreas Stamatis, FACSM², Akanksha Anand³, Kim McCoy Coleman⁴, Zacharias Papadakis, FACSM¹. ¹Barry University, Miami Shores, FL. ²University of Louisville, Louisville, KY. ³State Morgan University, Baltimore, MD. ⁴State University of New York, Plattsburgh, NY.
- P534: HOW DEPRESSION AFFECTS RECOVERY TIME IN SPINAL CORD INJURIES**
Chloe Elizabeth Peters, Robyn York. *Montreat College, Montreat, NC.*
- P535: DO ORGANIZATIONAL VS. PERSONAL RESOURCES BUFFER WORK DEMANDS IN RELATION TO JOB SATISFACTION AMONG COUNTY HUMAN SERVICES EMPLOYEES?**
Alaisha Rodriguez¹, Andrea Stamatis, FACSM², Kim McCoy Coleman³, Akanksha Anand⁴, Zacharias Papadakis, FACSM¹. ¹Barry University, Miami Shores, FL. ²University of Louisville, Louisville, KY. ³State University of New York, Plattsburgh, NY. ⁴State Morgan University, Baltimore, MD.
- P536: PHYSICAL ACTIVITY, MENTAL HEALTH, AND ALCOHOL USE IN MEN AND WOMEN: RESULTS FROM SECONDARY ANALYSIS**
Amy Claire Godwin, Ella Schamber, Motoki Sato, Samantha A. Chatham, Kevin M. Crombie. *The University of Alabama, Tuscaloosa, AL.*
- P537: THE EFFECTS OF THE LEVELS OF PHYSICAL ACTIVITY ON COGNITIVE HEALTH AND PSYCHOLOGICAL SKILLS**
Addison Ruth Laughlin, Melody Winepol, Gemma Goldenbaum, Alyssa DeGuzman, Leah O'Geen, Marcos Daou. *Coastal Carolina University, Conway, SC.*
- P538: PHYSICAL ACTIVITY, HORMONAL BIRTH CONTROL, AND EMOTION REGULATION: RESULTS FROM A CROSS-SECTIONAL, SECONDARY ANALYSIS**
Kamryn M. Stiffler, Avery L. Nellos, Samantha A. Chatham, Motoki Sato, Kevin M. Crombie. *University of Alabama, Tuscaloosa, AL.*
- P539: THE NEURAL CORRELATES OF VISUOMOTOR PERFORMANCE AND RETENTION AFTER ACUTE AEROBIC EXERCISE: A PILOT STUDY**
Leonardo Barzi, Dr. Chris Hill. *Louisiana State University, Baton Rouge, LA.*
- P540: ELECTROENCEPHALOGRAM (EEG) ASSESSMENT OF COLLEGIATE SOCCER PLAYERS DURING A COMPETITIVE SEASON**
Marissa Lord, Pradeep Vanguri. *Nova Southeastern University, Fort Lauderdale, FL.*
- P541: STIMULATION OF PREFRONTAL CORTEX TO ENHANCE GAIT SYMMETRY IN PARKINSON'S DISEASE**
Ansley C. Patton, Jared W. Skinner. *Appalachian State University, Boone, NC.*
- P542: RETURN TO DUTY IN ACTIVE DUTY MILITARY FOLLOWING LUMBAR SPINE SURGERY**
Chip Wade¹, Nick Bosley¹, Sarah Hoffman¹, Corbit Franks¹, Kaitlyn Armstrong¹, Harish Chander², John Garner³. ¹University of Mississippi, Oxford, MS. ²University of Mississippi Medical Center, Jackson, MS. ³University of Mississippi Medical Center, Oxford, MS.
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- P543: THE IMPACT OF SHOULDER ROTATION ON FASTBALL VELOCITY AND ELBOW VALGUS TORQUE IN COLLEGIATE PITCHERS**
Sofia R. Byrd, Ryan M. Zappa, Ian P. Jump, Benjamin G. Lerch, Gretchen D. Oliver, FACSM. *Auburn University, Auburn, AL.*
- P544: EXAMINING RELATIONSHIPS BETWEEN UNILATERAL BROAD JUMP GROUND REACTION FORCES, HIP EXTENSION STRENGTH, AND PITCH VELOCITY**
Garrett R. Evans¹, Megan S. Ward², Raymond W. Thompson¹, Troy M. Herter¹, Jaynesh H. Patel^{1,2}. ¹*University of South Carolina, Columbia, SC.* ²*Prisma Health, Lexington, SC.*
- P545: EARLY SEASONAL CHANGES IN VISUOMOTOR REACTION TIME AND TRAINING LOAD IN AMERICAN PROFESSIONAL SOCCER PLAYERS**
Diego Torres¹, Emily Potts¹, Jessica Mutchler², Sam Wilson¹. ¹*Georgia Southern University, Statesboro, GA.* ²*Georgia Southern University, Savannah, GA.*
- P546: THE EFFECTS OF REPETITIVE LOADING FREQUENCY ON SMOOTH PURSUIT ACCURACY IN FAST BOAT CREWMEMBERS**
Kaitlyn A. Wojciechowski, Mackenzie Hoey, Thomas Demirjian, Zachary Domire, Nicholas Murray. *East Carolina University, Greenville, NC.*
- P547: DOES ECCENTRIC HAMSTRING STRENGTH PREDICT FUNCTIONAL PERFORMANCE IN INDIVIDUALS WITH ANTERIOR CRUCIATE LIGAMENT RECONSTRUCTION?**
Jose M. Sanchez, Caylean R. Hooker, Grant E. Norte, Jennifer S. Chambers. *University of Central Florida, Orlando, FL.*
- P548: EXAMINING RELATIONSHIPS BETWEEN ARM LENGTH AND SHOULDER FORCE PRODUCTION IN BASEBALL PITCHERS: AN EXPLORATORY ANALYSIS**
Kevin M. Hargrave¹, Megan S. Ward², Garrett R. Evans¹, Elizabeth I. Waters², Jaynesh H. Patel^{1,2}. ¹*University of South Carolina, Columbia, SC.* ²*Prisma Health, Lexington, SC.*
- P549: EFFECTS OF PREVIOUS INJURY AND THE NORDIC HAMSTRING EXERCISE ON RATE OF FORCE DEVELOPMENT**
Adley Shelton, Diego Ferreira, Jeff Barfield. *Lander University, Greenwood, SC.*
- P550: LOWER BODY AGILITY AS A PREDICTOR OF PITCHING PERFORMANCE IN AMATEUR BASEBALL PITCHERS**
Nick Bosley¹, Tyler Myers¹, Mason Nichols¹, Corbit Franks¹, Kaitlyn Armstrong¹, Harish Chander², John Garner³, Chip Wade¹. ¹*University of Mississippi, Oxford, MS.* ²*University of Mississippi Medical Center, Jackson, MS.* ³*University of Mississippi Medical Center, Oxford, MS.*
- P551: DEVELOPMENT OF A HAPTIC PEN HAND PRECISION CIRCLE-TRACING ASSESSMENT**
Nicolas Arciniegas. *Jacksonville University, Jacksonville, FL.*
- P552: TOE CLEARANCE OF MOVING OBSTACLES FROM DIFFERENT ANGLES**
Wendi H. Weimar, Bahman Adlou, John Grace, Christopher Wilburn. *Auburn University, AUBURN, AL.*
- P553: CORRELATIONS BETWEEN MAXIMAL WEIGHTLIFTING STRENGTH AND VERTICAL JUMP HEIGHT**
John L. Grace, Bahman Adlou, Christopher Wilburn, Wendi Weimar. *Auburn University, Auburn, AL.*
- P554: FIT TO SERVE, FIT TO STAY: PHYSICAL AND MOTOR PREDICTORS OF DISCIPLINARY RETENTION IN MILITARY CADETS**
Aiden Brewer Elder¹, Amy L. Fraley², Bryan Terlizzi¹, Giovanna Leone², Kimbo Yee¹, Grace Duncan¹, Destinee Waddy¹, Ryan Sacko¹. ¹*The Citadel, Charleston, SC.* ²*The University of South Carolina, Columbia, SC.*
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P555: COMPARATIVE EXERCISE DEMANDS OF EXOSKELETON-ASSISTED WALKING AND HAND-CYCLING IN SPINAL CORD INJURY

Duleepa Subasinghe, Jessica Avilés. *Clemson University, Clemson, SC.*

P556: THE MEDIATING ROLE OF PLASMA RENIN AND ALDOSTERONE ACTIVITY ON ARTERIAL STIFFNESS IN SEDENTARY ADULTS

Jennifer J. Strout¹, Jeb F. Struder¹, Alexander Pomeroy¹, Kristen M. Paternoster¹, Christopher E. Grice¹, Andrew M. Koessler¹, Taylor Shorter¹, Craig Paterson¹, Gaurav Dave¹, Bethany B. Gibbs², Feng-Chang Lin¹, Michelle L. Meyer¹, Maihan B. Vu¹, Erik D. Hanson, FACSM¹.
¹University of North Carolina at Chapel Hill, Chapel Hill, NC. ²West Virginia University, Morgantown, WV.

P557: THE RELATIONSHIP BETWEEN SLEEP AND COGNITION IN OLDER ADULTS WITH IMPAIRED MOBILITY

Elizabeth O. Nelson-Twakor¹, Katherine L. Hsieh², Deborah A. Jehu¹. ¹Augusta University, Augusta, GA. ²Georgia State University, Atlanta, GA.

P558: SYMPATHORENAL CONTRIBUTIONS UNDERLYING THE PROPOSED CARDIOVASCULAR BENEFITS OF SEDENTARY BEHAVIOR INTERRUPTION

Sai Satvik Kolla¹, Jeb F. Struder¹, Alexander Pomeroy¹, Kristen M. Paternoster¹, Christopher E. Grice¹, Andrew M. Koessler¹, Taylor Shorter¹, Craig Paterson^{1,2}, Gaurav Dave¹, Bethany B. Gibbs³, Feng-Chang Lin¹, Michelle L. Meyer¹, Maihan B. Vu¹, Erik D. Hanson, FACSM¹.
¹University of North Carolina at Chapel Hill, Chapel Hill, NC. ²University of Bristol, Bristol, UK. ³West Virginia University, Morgantown, WV.

P559: STEP COUNTS AS A PREDICTOR OF BODY COMPOSITION IN ADULTS

Adriana Canchola, Brian Kliszczewicz, FACSM, Austin Brown, Andrew Levine, Mackenzie Burgess, Michael Qualey, Janice Marimon, Bob Buresh, FACSM. *Kennesaw State University, Kennesaw, GA.*

P560: BEHAVIOR CHANGE AND CARDIOVASCULAR HEALTH STUDY

Sarah Kaufman, Jinkyung Park. *Georgia Gwinnett College, Lawrenceville, GA.*

P561: IMPACT OF LEG POSITION ON ARTERIAL STIFFNESS FOLLOWING PROLONGED SITTING

Callie M. Ross¹, Christopher E. Grice¹, Aiden J. Chantry¹, Jake C. Diana¹, Craig Paterson^{2,1}, Erik D. Hanson, FACSM¹. ¹University of North Carolina, Chapel Hill, Chapel Hill, NC. ²University of Bristol, Bristol, UK.

P562: ASSOCIATIONS BETWEEN SLEEP PATTERNS AND BLOOD PRESSURE IN COLLEGE STUDENTS

Gisella P. Frain¹, Aiden J. Chantry¹, Jake C. Diana¹, Christopher E. Grice¹, Kristen M. Paternoster¹, Jeb F. Struder¹, Keith M. Diaz², Bethany B. Gibbs³, Feng-Chang Lin¹, Michelle L. Meyer¹, Justin B. Moore⁴, Erik D. Hanson, FACSM¹. ¹University of North Carolina at Chapel Hill, Chapel Hill, NC. ²Columbia University, New York, NY. ³West Virginia University, Morgantown, WV. ⁴Wake Forest University, Winston-Salem, NC.

P563: STEP COUNTS AS A PREDICTOR OF KEY MARKERS OF METABOLIC HEALTH IN ADULTS

Michael Qualey, Brian Kliszczewicz, FACSM, Austin Brown, Andrew Levine, Mackenzie Burgess, Janice Marimon, Adriana Canchola, Bob Buresh, FACSM. *Kennesaw State University, Kennesaw, GA.*

P564: PERCEIVED BURDEN OF ECOLOGICAL MOMENTARY ASSESSMENT FOR SEDENTARY BEHAVIOR IN ADULTS: A QUALITATIVE FEASIBILITY STUDY

Kristen M. Paternoster¹, Aiden J. Chantry¹, Alexander Pomeroy¹, Jeb F. Struder¹, Jake C. Diana¹, Gaurav Dave¹, Bethany B. Gibbs², Feng-Chang Lin¹, Michelle L. Meyer¹, Maihan B. Vu¹, Erik D. Hanson, FACSM¹. ¹University of North Carolina at Chapel Hill, Chapel Hill, NC. ²West Virginia University, Morgantown, WV.

P565: RUNNING TOWARDS REMISSION: INFLUENCE OF EXERCISE ON GUT INTEGRITY AND INFLAMMATORY BOWEL DISEASE SEVERITY

Payton Brooke Rainey, Charleston E. Gaillard, Avery S. Yoder, Kevin A. Zwetsloot. *Appalachian State University, Boone, NC.*

9:00 - 9:50**SYMPOSIUM 11****Location:** Regency Ballroom C**S11: ACSM FITNESS INDEX: WHAT KEEPS THE SOUTH FROM THE TOP OF THE RANKINGS?**

Rebecca A. Battista, FACSM¹, Stella Lucia Volpe, FACSM², Janet R. Wojcik, FACSM³.
¹*Appalachian State University, Boone, NC.* ²*Virginia Polytechnic Institute and State University (Virginia Tech), Blacksburg, VA.* ³*Winthrop University, Rock Hill, SC.*

9:00 - 9:50**SYMPOSIUM 12****Location:** Regency Ballroom G**S12: CLINICAL BIOMECHANICS AND DISABILITY: TRANSLATING CONSIDERATIONS INTO PRACTICE**

Lauren A. Luginsland¹, Alana Turner². ¹*University of South Florida, Tampa, FL.* ²*University of Southern Mississippi, Hattiesburg, MS.*

9:00 - 9:50**TUTORIAL 14****Location:** Regency Ballroom H**T14: PROMOTING PHYSICAL ACTIVITY ACROSS BORDERS: A FULBRIGHT SCHOLAR'S GUIDE**

Jason R. Jagers, FACSM. *University of Louisville, Louisville, KY.*

9:30 - 10:45**POSTER PRESENTATION SESSION 6****Location:** Studio 220**P601: THE EFFECTS OF WEIGHTED VEST WALKING ON EXERCISE INTENSITY AND POST-EXERCISE OXYGEN CONSUMPTION**

Madeline M. Dixon, Laurel A. Littlefield, Zachary F. Droll, Andrew J. Mauldin, Matthew D. Ruiz, Allyson P. Stallworth, Jared B. Mosier. *Lipscomb University, Nashville, TN.*

P602: TRACKING COUNTERMOVEMENT JUMP ASYMMETRIES OVER A FULL SEASON BETWEEN RIGHT- AND LEFT-HANDED NCAA D1 BASEBALL PITCHERS

Abby B. Brown, Savannah M. Lasse, Thomas P. Rohling, Cody E. Morris, FACSM. *University of Alabama at Birmingham, Birmingham, AL.*

P603: PERCEPTUALLY-REGULATED TREADMILL INTENSITY IN 30°C VS. 20°C

Demetrius L. Witt, Lauren G. Killen, Joice Lacruz, J. Matthew Green, FACSM, T. Scott Lyons, FACSM. *University of North Alabama, Florence, AL.*

P604: ASSESSING THE CORRELATION BETWEEN MAXIMAL OXYGEN UPTAKE, BODY COMPOSITION, AND ONSET OF HYPOXEMIA

John Weathersby. *Liberty University, Lynchburg, VA.*

P605: DEVELOPING A SKILL-BASED PUTTING ACCURACY ASSESSMENT

Allyson Stallworth, Macie Brown, Zachary Droll, Andrew Mauldin, Jared Mosier, Elijah McKamey. *Lipscomb University, Nashville, TN.*

P606: IDENTIFYING BASELINE PHYSICAL AND COGNITIVE CHARACTERISTICS THAT PREDICT BALANCE DEFICITS AMONG YOUNGER ADULTS

Jessica Avilés. *Clemson University, Clemson, SC.*

P607: DEVELOPMENT AND VALIDATION OF A NORMATIVE DATA SET FOR FITLIGHT COGNITIVE PROTOCOLS

Derek B. Anderson, Reagan E. Boledovic, Katie G. Clouse, JoEllen M. Sefton. *Auburn University, Auburn, AL.*

P608: DOES A RELATIONSHIP EXIST BETWEEN PEAK TORQUE AND THE LANDING ERROR SCORING SYSTEM

Caroline Lester, Mary Scruggs, Grant Sides, Caleb Collom, Jacob Justice, Susan Wilbanks, Robert Hensarling, John Petrella, FACSM. *Samford University, Birmingham, AL.*

P609: PROPRIOCEPTIVE NEUROMUSCULAR FACILITATION VERSUS STATIC STRETCHING ON HAMSTRING FLEXIBILITY IN WOMEN'S COLLEGIATE VOLLEYBALL ATHLETES

Katherine Williamson¹, Jeremiah Lukers², Samuel J. Wilson³, Jessica Mutchler¹. ¹*Georgia Southern University, Savannah, GA.* ²*Boise State University, Boise, ID.* ³*Georgia Southern University, Statesboro, GA.*

P610: EFFECTS OF CAFFEINE WITHDRAWAL ON BENCH PRESS PERFORMANCE METRICS IN HABITUAL CONSUMERS

Austin T. Massengale, Ray Davis, Brady Watson, Sydney Miller, Matthew Barenie. *University of South Alabama, Mobile, AL.*

P611: THE EFFECTS OF MENSTRUAL PHASE ON THERMOREGULATION IN EUMENORRHEIC WOMEN DURING HEATED EXERCISE

Sarah Larkin Lewis, Scott Lyons, FACSM. *University of North Alabama, Florence, AL.*

P612: WHAT COUNTS AS A FRACTIONAL SET? AN ACUTE COMPARISON ACROSS UPPER BODY EXERCISES

Devon Stoffel, Tahran Gotla, Keith Walpole, Brady Watson, Neil Schwarz, Ryan Colquhoun. *University of South Alabama, Mobile, AL.*

P613: THE EFFECT OF AMBIENT LIGHT COLOR ON STRENGTH, REACTION TIME AND HEART RATE IN ACTIVE COLLEGE-AGED MALES AND FEMALES

Kayleigh McKinnis, Kason Brooks, Ellie Everett, Luke Chamberlain, Susan Wilbanks, Robert Hensarling, John Petrella, FACSM. *Samford University, Birmingham, AL.*

P614: KINETIC COMPARISON OF THREE GRIP CONDITIONS DURING ISOMETRIC MID THIGH PULL

Jenna M. Fincher, Brandi E. Decoux, Bryce Onellion, Daniel B. Hollander. *Southeastern Louisiana University, Hammond, LA.*

P615: EFFECTS OF PRE-EXERCISE SAUNA ON POWER AND RATE OF FATIGUE

Jacob Costello, Silvio Polly da Costa Valladao, Rachel Tinius. *Western Kentucky University, Bowling Green, KY.*

P616: SEX DIFFERENCES IN KNEE EXTENSION FORCE AND MUSCLE SWELLING FOLLOWING 85% BACK SQUAT TO FAILURE

Brady Alexander Watson, Caitlyn M. Meehan, Jake A. Ridenoure, Abigail Lawrence, Tahran X. Gotla, Baron Thompson, Keith Walpole, Neil A. Schwarz, Ryan J. Colquhoun. *University of South Alabama, Mobile, AL.*

P617: GLOVE UP OR LACE UP? INDIVIDUAL DIFFERENCES IN AFFECT AND ENJOYMENT DURING JOGGING VS VIRTUAL REALITY BOXING.

Daniel R. Greene, Josh Hill, Andrew Craig-Jones, Jonathan Ruiz-Ramie. *Augusta University, Augusta, GA.*

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- P618: EFFECTS OF EXERCISE AND NEUROMUSCULAR STIMULATION ON NEUROPLASTICITY AND INFLAMMATION IN THOSE WITH DEMENTIA RISK**
Collis Grace, Morgan Gragg, Kaitlyn Tanner, Lisa B. Niles-Meunier, Nicholas Siekirk.
Kinesiology Labs, Georgia Southern University, Statesboro, GA.
- P619: EXPLORING RELATEDNESS, DEPRESSION, AND SUPPORT VALUATIONS IN A PARKINSON'S DISEASE SUPPORT GROUP**
Caleb L. Watson, Rachel E. Williams, Kristina A. Neely. *Auburn University, Auburn, AL.*
- P620: IDENTIFIED REGULATION ALTERS RESPONSES TO VELOCITY BASED FEEDBACK TO COUNTERMOVEMENT JUMPS**
Sarah E. McCallister, Marley Smith, Jarrett Walbolt. *Montreat College, Montreat, NC.*
- P621: EMOTIONAL READINESS FOR RETURN TO SPORT FOLLOWING LOWER EXTREMITY INJURY IN DIVISION III ATHLETES**
Ashlyn E. Williams, Daniel Chavez, Cameron D. Hairston, Luis Martinez, Paul Craig, Amanda Ransom. *Methodist University, Fayetteville, NC.*
- P622: EXERCISE AND NEUROMUSCULAR ELECTRICAL STIMULATION IN DEMENTIA: EFFECTS ON INFLAMMATION, SLEEP, PHYSICAL ACTIVITY, AND BEHAVIOR**
Morgan Gragg, Kaitlyn Tanner, Collis Grace, Lisa Niles-Meunier, Nicholas Siekirk. *Kinesiology Labs, Georgia Southern University, Statesboro, GA.*
- P623: HEADS UP, MEN'S SOCCER. NO, NOT ABOUT CONCUSSIONS BUT ABOUT HANDGRIP STRENGTH**
Suzanne L. McDonough, Guyton W. Adcock. *Mississippi College, Clinton, MS.*
- P624: UNDERSTANDING SELF-EFFICACY, PERCEIVED STRESS, AND PHYSICAL ACTIVITY IN PHYSICAL FUNCTION AMONG WOMEN WITH BREAST CANCER**
Olivia Jeanette¹, Melina Anschutz¹, Ralph D'Agostino², Pete Brubaker, FACSM¹, Heidi Klepin², Nancy Avis², Alex Lucas³, Moriah Bellissimo Myers³, Kate Weaver², Shannon Mihalko¹. ¹Wake Forest University, Winston Salem, NC. ²Wake Forest University School of Medicine, Winston Salem, NC. ³Virginia Commonwealth University, Richmond, VA.
- P625: AFFECTIVE TRAITS MODERATE ACUTE EXERCISE EFFECTS ON INHIBITORY CONTROL AND P3 ERP**
Praveen Pasupathi, Alliyah Talton, Bryan Montero-Herrera, Megan O'Brokta, Eric Drollette. *University of North Carolina at Greensboro, Greensboro, NC.*
- P626: POSSIBLE MOLECULAR MECHANISMS OF ACUTE ENDURANCE EXERCISE-INDUCED ORTHOSTATIC HYPOTENSION MITIGATION IN MPTP-INDUCED MOUSE MODEL OF PARKINSON'S DISEASE**
Yohan none Cheon, Beomsoo Ju, Joungbo Ko, Armaghan Mahmoudian, Ludmila Cosio-Lima, FACSM, Jeffrey Simpson, Youngil Lee. *University of West Florida, Pensacola, FL.*
- P627: DOES SELF-EFFICACY CHANGE OVER THE COURSE OF A THERAPY PLAN**
Todd Sherman¹, Kyli Sherman², Kate Walker³, Alison Ellis¹, Angie MacKwen¹. ¹University of Tennessee at Martin, martin, TN. ²Saint Augustine Health Science, St. Augustine, FL. ³Belmont University, Nashville, TN.
- P628: WHAT DOES IT MEAN TO MATTER IN SPORT?**
Mary K. Walker, Rachel E. Williams. *Auburn University, Auburn, AL.*
- P629: VERBAL INSTRUCTIONS AND INTRA-EXERCISE CUES AFFECT RECUMBENT STEPPING ELECTROMYOGRAPHY IN MIDDLE-AGED TO OLDER ADULTS**
Jacob Bannister, Julie Reams, Barry Joyner, Jessica Mutchler, Li Li, FACSM, Nicholas Siekirk. *Georgia Southern University, Statesboro, GA.*
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P630: BIOMECHANICAL DIFFERENCES PRE AND POST "SHUTDOWN" PERIOD IN HIGH-LEVEL COLLEGIATE PITCHERS

Michael K. Bonner. *Liberty University, Lynchburg, VA.*

P631: THE EFFECTS OF BETTERGUARDS ANKLE BRACES ON COUNTERMOVEMENT JUMP PERFORMANCE

James Leyton Riley¹, Sally Barfield¹, Kristy Gourley¹, Zachary Gillen¹, Harish Chander², Adam Knight¹. ¹Mississippi State University, Starkville, MS. ²University of Mississippi Medical Center, Jackson, MS.

P632: THE EFFECTS OF THE PHASES OF THE MENSTRUAL CYCLE ON LIFTING MECHANICS AND INJURY RISK

Kaitlyn Armstrong¹, Corbit Franks¹, Thomas L. Andre¹, Ruaa Al Juboori¹, Harish Chander², John Garner², Chip Wade¹. ¹University of Mississippi, University, MS. ²University of Mississippi Medical Center, Jackson, MS.

P633: REACTIVE STRENGTH INDEX PREDICTS SELF-REPORTED KNEE FUNCTION AFTER ANTERIOR CRUCIATE LIGAMENT RECONSTRUCTION

Christopher Windon¹, Alex Edison², Justin Dennis³, Troy Blackburn, FACSM³, Sandra Shultz, FACSM¹, Thomas Birchmeier¹. ¹University of North Carolina at Greensboro, Greensboro, NC. ²University of Kentucky, Lexington, KY. ³University of North Carolina at Chapel Hill, Chapel Hill, NC.

P634: BEYOND THE FASTBALL: TRACKING SHOULDER ADAPTATIONS WITH THE ASH TEST IN COLLEGIATE PITCHERS

Linus Wirth, Katherine Kenny, Hinata Sakamoto, Lia Larramendi Mirabal, Antonella V. Schwarz. *Barry University, Miami Shores, FL.*

P635: WHICH SQUAT FIRES MUSCLES MOST? A PILOT STUDY OF ELECTROMYOGRAPHICAL ANALYSIS COMPARING THREE SQUAT STYLES

Miranda Hall, Maureen Mann, Amanda Ransom, Loretta Holmes. *Methodist University, Fayetteville, NC.*

P636: INFLUENCE OF VIRTUAL REALITY HEIGHT EXPOSURE ON ANTICIPATORY POSTURAL ADJUSTMENTS DURING BALANCE BEAM WALKING

Vivian M. Bryan. *East Carolina University, Greenville, NC.*

P637: ACUTE DYNAMIC EXERCISE ALTERS MECHANICAL OUTPUT BUT NOT NEURAL EXCITABILITY OR INHIBITION

Ariana Williams¹, Trinity R. Cathers¹, Lyric D. Richardson², Brendon L. Roth², Stephanie A. Sontag³, Daniel J. Lawson⁴, Petra Kis², Michael A. Trevino², Alex A. Olmos¹. ¹Christopher Newport University, Newport News, VA. ²Oklahoma State University, Stillwater, OK. ³Louisiana State University, Baton Rouge, LA. ⁴Fitomics, Alabaster, AL.

P638: CO-CONTRACTION OF BICEPS AND TRICEPS DURING OVERHEAD LACROSSE SHOT

Jenna Paolozzi, Diego Ferreira, Jeff Barfield. *Lander University, Greenwood, SC.*

P639: ASSESSING DIFFERENCES IN THE USE OF THE WINDUP AND STRETCH IN COLLEGIATE BASEBALL PITCHERS

Zackery Mercer, Tristan L. Young, Hunter K. Haynes, Paul T. Donahue. *University of Southern Mississippi, Hattiesburg, MS.*

- P640: ESTIMATING TIBIAL STRENGTH AT COMMON BONE STRESS INJURY SITES IN FEMALE ATHLETES**
Kiavash Sharifi¹, Alex Vadati¹, Ankur Padhye², John D. Willson¹, C. Ryan Steinbaker³, Junfei Tong⁴, Jaques Reifman⁵, Stacey Meardon¹. ¹East Carolina University, Greenville, NC. ²East Carolina University, Pocatello, ID. ³Eastern Radiologists, Greenville, NC. ⁴Dept of Defense Biotechnology High Performance Computing Software Applications Institute, Defense Health Agency Research & Development, Medical Research and Development Command; The Henry M. Jackson Foundation for the Advancement of Military Medicine, Inc, Fort Detrick; Bethesda, MD. ⁵Department of Defense Biotechnology High Performance Computing Software Applications Institute, Defense Health Agency Research & Development, Medical Research and Development Command, Fort Detrick, MD.
- P641: AUDIO VERSUS VISUAL UNANTICIPATED STIMULI ON GROUND REACTION FORCE IN RUN TO CUT**
Kendra S. Graham, Emmah Stamps, Joshua Weinhandl. *University of Tennessee, Knoxville, TN.*
- P642: EFFECT OF BLOOD FLOW RESTRICTION ON NEUROMUSCULAR FUNCTION DURING HIGH- AND LOW-INTENSITY ISOMETRIC CONTRACTIONS**
Michael R. Perlet¹, Mary A. Wilkenson^{1,2}, Katie G. Kennedy^{1,3}, Micaela C. Dusseault^{1,4}, Neil A. Schwarz¹, Ryan J. Colquhoun¹. ¹University of South Alabama, Mobile, AL. ²University of Alabama at Birmingham, Birmingham, AL. ³Duke University, Durham, NC. ⁴University of Florida, Gainesville.
- P643: DIFFERENCES IN CORTICAL ACTIVITY IN U.S. COASTGUARD MEMBERS FOLLOWING FAST BOAT EXPOSURE**
Yousef Qadumi, Madison Weeks, Nikole Galman, Thomas Demirjian, Zac Domire, Nicholas Murray. *East Carolina University, Greenville, NC.*
- P644: FLEXING THE BRAIN: INVESTIGATING MUSCLE HEALTH AND COGNITIVE FUNCTION IN COLLEGE-AGED WOMEN**
Olivia B. Halperin, Takudzwa A. Madzima. *Elon University, Elon, NC.*
- P645: IMPACT OF GELATIN SUPPLEMENTATION ON INDICES OF SKELETAL MUSCLE RECOVERY: A PILOT STUDY**
Anna Kurz¹, Rebecca R. Graham², Emedel Guerrero², Ana P. Carrasco², Andrew D'Lugos¹. ¹James Madison University, Harrisonburg, VA. ²California State University, Chico, Chico, CA.
- P646: EXPLORATION OF CADAVERIC VARIATIONS IN POSTURAL SPINAL CURVATURES**
Aaron R. Jones. *Roanoke College, Salem, VA.*
- P647: EFFECTS OF FASTED VERSUS FED-STATES ON BIOELECTRICAL IMPEDANCE ANALYSIS METRICS AND MUSCLE MORPHOLOGY VIA ULTRASONOGRAPHY**
Sean M. Gamache¹, Trinity R. Cathers¹, Jaiden C. Smith¹, Ariana A. Williams¹, Stella R. Klosek¹, Jessica S. Dornak¹, Matthew T. Stratton², Zidong Li¹, Stephanie A. Sontag³, Daniel J. Lawson⁴, Alex A. Olmos¹. ¹Christopher Newport University, Newport News, VA. ²JDS Therapeutics, Chappaqua, NY. ³Louisiana State University, Baton Rouge, LA. ⁴Fitomics, Alabaster, AL.
- P648: EFFECTS OF ELECTROLYTE SUPPLEMENTATION ON DELAYED-ONSET MUSCLE SORENESS**
Mia Harrell, Brianna Mitchell, Eli Penix, Robert Hensarling, Susan Wilbanks. *Samford University, Birmingham, AL.*
- P649: THE RELATIONSHIP BETWEEN THIGH MUSCLE DENSITY AND CARDIORESPIRATORY FITNESS IN CAREER FIREFIGHTERS**
Kayleigh A. Doyle, Nicholas A. Buoncristiani, Amber N. Schmitz, Gena R. Gerstner, Kiran N. Gosrani, Jackson Hollingsworth, Eric D. Ryan, FACSM. *University of North Carolina at Chapel Hill, Chapel Hill, NC.*

P650: POST EXERCISE SKELETAL MUSCLE MYOSIN HEAVY CHAIN FRAGMENTATION MAY BE LINKED TO INFLAMMATION AND REMODELING

Dakota R. Tiede¹, Diego Bittencourt², J. Max Michel¹, Daniel L. Plotkin¹, Madison Mattingly¹, Derick A. Anglin¹, Christopher Vann³, Zachary A. Graham⁴, Timothy J. Broderick⁴, Marcos M. Bamman⁴, Michael D. Roberts¹. ¹Auburn University, Auburn, AL. ²University of São Carlos, São Carlos. ³Duke University, Durham, NC. ⁴Florida Institute for Human and Machine Cognition, Pensacola, FL.

P651: ACUTE MUSCULAR RESPONSES TO DYNAMIC CO-CONTRACTION EXERCISE COMPARED TO TRADITIONAL RESISTANCE EXERCISE

B. Carson Ryan, Hana Abouward, Rachel A. Bacchus, Kayla K. A. Davis, Sydnei Alcorn, Alyssa C. Baban, Mitchell E. Zaplatosch, Garrett M. Hester, Gerald T. Mangine, Daphney M. Carter. *Kennesaw State University, Kennesaw, GA.*

P652: DEVELOPMENT AND EVALUATION OF A CULTURALLY-AFFIRMING HEALTH PROMOTION PROGRAM FOR BLACK/AFRICAN-AMERICAN GIRLS WITH OBESITY

Daheia J. Barr-Anderson, FACSM¹, Jesse Strunk Elkins¹, Chidimma Okoli¹, Ayesha Kamdar¹, Elina Bajracharya², Katie Chang², Tony Ma². ¹University of North Carolina at Charlotte, Charlotte, NC. ²Benten Technology, Manassas, VA.

P653: STEPPING UP: EVALUATION OF ENERGY EXPENDITURE DURING AND AFTER TWO DIFFERENT STAIR CLIMBING STRATEGIES

Callie Oehlert, Madelyn Strom, Ian Spencer, Mena Girgis, Timothy Makar, Ella Hairston, Justin Roberts, Mahika Rami, Preston Hudak, Nivan Nyakundi, Ronald K. Evans, FACSM. *Virginia Commonwealth University, Richmond, VA.*

P654: ABSTRACT WITHDRAWN**P655: COMPARING SELF-REPORT AND OBJECTIVE MEASURES OF PHYSICAL ACTIVITY AND DOG WALKING AMONG DOG OWNERS**

Rachel Holden, Katherine DeVivo. *Columbia College, Columbia, SC.*

P656: EFFECTS OF INTERRUPTING PROLONGED SITTING ON ARTERIAL STIFFNESS AND GLUCOSE-INSULIN RESPONSES IN MIDDLE-AGED ADULTS

Maya Sankar¹, Jeb F. Struder¹, Kristen Paternoster¹, Christopher E. Grice¹, Alexander Pomeroy¹, Andrew M. Koessler¹, Taylor Shorter¹, Craig Paterson^{1,2}, Gaurav Dave¹, Bethany B. Gibbs³, Feng-Chang Lin¹, Michelle L. Meyer¹, Maihan B. Vu¹, Erik D. Hanson, FACSM¹. ¹University of North Carolina at Chapel Hill, Chapel Hill, NC. ²University of Bristol, Bristol, UK. ³West Virginia University, Morgantown, WV.

P657: INFLUENCE OF OBESITY ON SATISFACTION WITH LIFE AND PERCEIVED STRESS IN MARCHING BAND MEMBERS

Ian C. Macali, JohnEric Smith, Zachary Gillen, Elva Kaye Lance, Craig Aarhus, Cliff Taylor, Megan E. Holmes. *Mississippi State, Mississippi State, MS.*

P658: RESTORE THE GUT: IMPACT OF EXERCISE ON GUT MICROBIOME REHABILITATION AFTER ANTIBIOTICS

Charleston E. Gaillard, Payton B. Rainey, Avery S. Yoder, Kevin A. Zwetsloot. *Appalachian State University, Boone, NC.*

P659: EFFECTS OF BINGE DRINKING ON MUSCULAR POWER AND ENDURANCE IN RESISTANCE-TRAINED AND SEDENTARY YOUNG ADULT FEMALES

Alexa Carolina Vega, Hannah K. Eberhardt, Chester Sokolowski, Jennifer L. Steiner, Jeong-Su Kim, Michael J. Ormsbee, FACSM. *Florida State University, Tallahassee, FL.*

P660: IS FMS SCREENING EFFECTIVE AT IDENTIFYING ACUTE/CHRONIC JOINT PAIN IN OTHERWISE HEALTHY PEOPLE?

Taylor M. Hunter, Sabrina R. Fordham, Brad Bailey, Stephen B. Podsen, Danielle Bull. *University of North Georgia, Dahlonega, GA.*

P661: RESILIENCE IS INVERSELY ASSOCIATED WITH ADIPOSITY IN FEMALE COLLEGE STUDENTS

Madelyn K. Simmang¹, Katherine Sullivan^{2,1}, Kevin M. Crombie¹, Elroy J. Aguiar¹, Lee J. Winchester¹, Michael R. Esco, FACSM¹, Michael V. Fedewa¹. ¹*The University of Alabama, Tuscaloosa, AL.* ²*Wayne State University, Detroit, MI.*

P662: STEP COUNTS IN THE PREDICTION OF CARDIOMETABOLIC RISK IN MIDDLE-AGED ADULTS

Mackenzie K. Burgess, Brian Kliszczewicz, FACSM, Janice Marimon, Michael Qualey, Adriana Canchola, Bob Buresh, FACSM. *Kennesaw State University, Kennesaw, GA.*

P663: A MIXED-METHODS EXPLORATION OF THE ROLE OF PREGNANCY PLANNING ON MATERNAL PHYSICAL ACTIVITY BEHAVIORS

Lyndsey M. Hornbuckle, FACSM, Mikayla E. Greene, Samantha F. Ehrlich, Leia K. Cain. *The University of Tennessee, Knoxville, TN.*

P664: REDUCING FEAR OF FALLING AMONG OLDER ADULTS WITH OSTEOPOROSIS

Karen Ann Kemper¹, Brandi M. Crowe², Marieke Van Puymbroeck³. ¹*Clemson University, Greenville, SC.* ²*Clemson University, Clemson, SC.* ³*University of Tennessee, Knoxville, TN.*

P665: BIUXX

Julie F. Stowell. *Shepherd Center, Atlanta, GA.*

10:00 - 10:50**SYMPOSIUM 13**

Location: Regency Ballroom D & E

S13: SODIUM BICARBONATE SUPPLEMENTATION: EFFECTS OF NEW DELIVERY METHODS ON EXERCISE PERFORMANCE AND GASTROINTESTINAL TOLERANCE

Michael J. Saunders, FACSM. *James Madison University, Harrisonburg, VA.*

10:00 - 10:50**SYMPOSIUM 14**

Location: Regency Ballroom F

S14: PREPARING AND COACHING THE ELITE WARFIGHTER AND COMPETITIVE MILITARY ATHLETE

Parker N. Hyde. *University of North Georgia, Dahlonega, GA.*

10:00 - 10:50**SYMPOSIUM 15**

Location: Regency Ballroom H

S15: GOT GROWTH? THE RELATIONSHIP BETWEEN CAM MORPHOLOGY, PEAK HEIGHT VELOCITY AND TRAINING LOAD DURING ADOLESCENCE

Sara Lynn Terrell¹, James M. Lynch². ¹*Florida Southern College, Lakeland, FL.* ²*Southern Illinois University, Carbondale, IL.*

10:00 - 10:50**TUTORIAL 15**

Location: Regency Ballroom G

T15: BRIDGING CURRICULUM AND CREDENTIALING: STRATEGIES FOR STUDENT SUCCESS IN CLINICAL EXERCISE PHYSIOLOGY CERTIFICATION

Rebecca M. Kappus¹, Dave Verrill², Olivia McCallum¹. ¹*Appalachian State University, Boone, NC.* ²*University of North Carolina at Charlotte, Charlotte, NC.*

11:00–11:50 AM ANDREW KOZAR ACSM PRESIDENTIAL ADDRESS

Location: Regency Ballroom A & B

Presiding: Alicia Bryan, *Columbus State University*

THERE'S NO "I" IN ACSM: SPORTS MEDICINE & EXERCISE SCIENCE TAKES A VILLAGE

Carrie A. Jaworski, MD, FAAP, FACSM. *Intermountain Health*.

12:00–2:00 PM AWARDS LUNCH AND LECTURE

Location: Regency Ballroom A & B

Presiding: Alicia Bryan, *Columbus State University*

MENTAL TOUGHNESS IN REAL LIFE: HOW HIGH PERFORMERS TRAIN THEIR MIND UNDER PRESSURE

Andreas Stamatis, PhD, FACSM, ACSM EP-C. *University of Louisville*.



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the

2027 SEACSM Annual Meeting

February 25–27, 2027 | Greenville, SC