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**Thursday, February 20**

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**2:00 - 2:50      PRECONFERENCE SESSION 1****Location:** Regency Ballroom D & EChair: Juliana Marino, *University of North Carolina at Charlotte***PC101: THE VALUE OF ACSM MEMBERSHIP AND CERTIFICATION: PERSPECTIVES FROM CERTIFIED PROFESSIONALS**Donnovan Campbell<sup>1</sup>, Hannah Cross<sup>2</sup>, Lauren Van Laethem<sup>1</sup>, Bree Wisseman<sup>3</sup>. <sup>1</sup>*Atrium Health, Charlotte, NC.* <sup>2</sup>*Carda Health, Dover DE.* <sup>3</sup>*University of Rhode Island, South Kingstown, RI.***3:00 - 3:50      PRECONFERENCE SESSION 2 - What's Up Doc? Competition****Location:** Regency Ballroom CChair: Sue Graves, *Florida Atlantic University***PC201: DIFFERENT EXERCISE MODALITIES AND CARDIOVASCULAR HEALTH IN OLDER ADULTS WITH INTELLECTUAL DISABILITIES: PRELIMINARY RESULTS**Guillermo R. Oviedo<sup>1</sup>, Manel Font-Farré<sup>2</sup>, Myriam Guerra-Balic<sup>2</sup>, Casimiro Javierre<sup>3</sup>. <sup>1</sup>*Mississippi State University, Starkville, MS.* <sup>2</sup>*FPCEE Blanquerna-Universitat Ramon Llull, Spain.* <sup>3</sup>*School of Medicine-Universitat de Barcelona, Spain.***PC202: RESTING METABOLIC RATE IN PRE-MENOPAUSAL AFRICAN AMERICAN WOMEN: EVALUATION OF COMMONLY AVAILABLE PREDICTION EQUATIONS**Daishan Johnson, Emily Ferguson, Youngdeok Kim, Shanshan Chen, Joann Richardson, Makaila Keyes, Ronald Evans. *Virginia Commonwealth University, Richmond, VA.***PC203: BODY FAT, VISCERAL FAT AREA AND SKELETAL MASS WITH MEETING NATIONAL GUIDELINES FOR MUSCULAR STRENGTHENING**Travis Combest. *Walter Reed National Military Medical Center Bethesda, Bethesda, MD.***PC204: IDENTIFICATION AND INTERPRETATION OF VENTILATORY THRESHOLD IN STRUCTURAL FIREFIGHTERS**Emily L. Langford, Isaiah Mews, Sarah Hines, Andrew Ashley, Nathan T. Ebersole, Margaret Jenkins, Nicholas Manning, Bridget Melton, Richard Cleveland. *Georgia Southern University, Statesboro, GA.***PC205: THE MENSTRUAL CYCLE INFLUENCES SKELETAL MUSCLE OXYGENATION DURING RECOVERY FOLLOWING HIGH-INTENSITY INTERVAL TRAINING**Paul A. Baker<sup>1</sup>, Alex N. Ladan<sup>1</sup>, Kelly E. Joniak<sup>1</sup>, Sam R. Moore<sup>1</sup>, Morgan E. Britton<sup>1</sup>, Elena I. Cantu<sup>1</sup>, Gabrielle M. DelBiondo<sup>1</sup>, Nathaniel D.M. Jenkins<sup>2</sup>, Abbie E. Smith-Ryan, FACSM<sup>1</sup>. <sup>1</sup>*University of North Carolina, Chapel Hill, NC.* <sup>2</sup>*The University of Iowa, Iowa City, IA.***PC206: STAND UP TO OBESITY: INTERRUPTING SEDENTARY BEHAVIOR IS ASSOCIATED WITH LOWER TOTAL AND TRUNK FAT**Aiden J. Chauntry<sup>1</sup>, Jake C. Diana<sup>1</sup>, Jeb F. Struder<sup>1</sup>, Christopher E. Grice<sup>1</sup>, Keith M. Diaz<sup>2</sup>, Bethany B. Gibbs<sup>3</sup>, Feng-Chang Lin<sup>1</sup>, Michelle L. Meyer<sup>1</sup>, Justin B. Moore, FACSM<sup>4</sup>, Erik D. Hanson, FACSM<sup>1</sup>. <sup>1</sup>*University of North Carolina at Chapel Hill, Chapel Hill, NC.* <sup>2</sup>*Columbia University, New York, NY.* <sup>3</sup>*West Virginia University, Morgantown, WV.* <sup>4</sup>*Wake Forest University, Winston-Salem, NC.*

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**PC207: LIFESTYLE MEDICINE ASSESSMENT FOR FAMILY MEDICINE PROVIDERS**  
Johanna Mosquera-Moscoso, Jeffery T. Wight, Adrianna Clapp, George G.A Pujalte, FACSM, Christine Q. Nguyen. *Mayo Clinic, Jacksonville, FL.*

**PC208: ATHLETIC TRAINER AND SCHOOL NURSE NALOXONE ACCESS IN SOUTH CAROLINA SCHOOLS**  
Matthew H. Wessinger, Vicki Nelson, Franklin Sease. *Prisma Health, Greenville, SC.*

**4:00 - 4:50 SYMPOSIUM 1**

**Location:** Regency Ballroom D & E

Chair: Rebecca A. Battista, *Appalachian State University*

**S01: ADVENTURE AWAITS: EXPLORING THE THRILLS ASSOCIATED WITH RISKY PLAY IN YOUNG CHILDREN**  
Rebecca A. Battista, FACSM<sup>1</sup>, Dawn P. Coe, FACSM<sup>2</sup>, Emmaline M. Denton<sup>3</sup>. <sup>1</sup>*Appalachian State University, Boone, NC.* <sup>2</sup>*University of Tennessee, Knoxville, NC.* <sup>3</sup>*Duke University, Durham, NC.*

**4:00 - 4:50 SYMPOSIUM 2**

**Location:** Regency Ballroom H

Chair: Garrett Hester. *Kennesaw State University*

**S02: APPLICATION AND BREAKDOWN OF THE COUNTERMOVEMENT JUMP FOR SPORT AND CLINICAL SETTINGS**  
Jaynesh Patel<sup>1,2</sup>, Megan Ward<sup>2</sup>, Jeromy Miramontes<sup>2</sup>. <sup>1</sup>*University of South Carolina, Columbia, SC.* <sup>2</sup>*Prisma Health, Lexington, SC.*

**4:00 - 4:50 TUTORIAL 1**

**Location:** Regency Ballroom C

Chair: Tamerah Hunt, *Georgia Southern University*

**T01: YOU CAN'T POUR FROM AN EMPTY CUP PART 2: A HOLISTIC APPROACH TO MANAGING STRESS.**  
Tamerah Hunt, FACSM, Amy Jo Riggs, Mary Beth Yarbrough. *Georgia Southern University, Statesboro, GA.*

**4:00 - 4:50 TUTORIAL 2**

**Location:** Regency Ballroom G

Chair: Janet Wojcik, *Winthrop University*

**T02: LEAD THE WAY LEADERSHIP THROUGH PEER REVIEW AND OPEN SCIENCE WITH ACSM'S ESM JOURNAL**  
Katrina D. DuBose, FACSM. *East Carolina University.*

**4:00 - 5:50 ORAL PRESENTATION SESSION 1 - Cardiovascular Physiology****Location:** Regency Ballroom FChair: Traci L. Parry, *University of North Carolina at Greensboro*

- O101: LIPOPROTEIN CHOLESTEROL AND PARTICLE DISCORDANCE: ASSOCIATIONS WITH EXERCISE INDUCED CARDIOVASCULAR DISEASE RISK FACTOR CHANGES**  
Jonathan J. Ruiz-Ramie<sup>1,2</sup>, Daniel R. Greene<sup>1</sup>, Andrew Craig-Jones<sup>1</sup>, Xuewen Wang<sup>2</sup>, Abbi D. Lane<sup>3</sup>, John T. Wilkins<sup>4</sup>, Timothy S. Church, FACSM<sup>5</sup>, Neil M. Johannsen<sup>6,7</sup>, Mark A. Sarzynski, FACSM<sup>2</sup>. <sup>1</sup>Augusta University, Augusta, GA. <sup>2</sup>University of South Carolina, Columbia, SC. <sup>3</sup>University of Michigan, Ann Arbor, MI. <sup>4</sup>Northwestern University Feinberg School of Medicine, Chicago, IL. <sup>5</sup>Wondr Health, Dallas, TX. <sup>6</sup>Louisiana State University, Baton Rouge, LA. <sup>7</sup>Pennington Biomedical Research Center, Baton Rouge, LA.
- O102: COMPARISONS OF OBSTRUCTIVE SLEEP APNEA AND CARDIOVASCULAR HEALTH INDICES AMONGST CHRONOTYPES**  
Grant T. Malone, Adam P. Knowlden, Sarah M. Flora, Hayley V. MacDonald. *The University of Alabama, Tuscaloosa, AL.*
- O103: EFFECT OF A BRIEF BOUT OF POST-RESISTANCE TRAINING CYCLING EXERCISE ON AORTIC STIFFNESS**  
Alex T. Pierce<sup>1</sup>, Joseph D. Vondrasek<sup>1</sup>, Ann Claire E. Blalock<sup>1</sup>, Austin T. Robinson<sup>2</sup>, Gregory J. Grosicki<sup>1</sup>, Andrew A. Flatt<sup>1</sup>. <sup>1</sup>Georgia Southern University, Savannah, GA. <sup>2</sup>Indiana University, Bloomington, IN.
- O104: EXERCISE TRAINING ATTENUATES AGE-RELATED INCREASES IN 10- AND 30-YEAR CVD RISK: HERITAGE FAMILY STUDY**  
Kiani J. C. Jacobs<sup>1</sup>, Eric C. Leszczynski<sup>1</sup>, Michael J. Pitre<sup>1</sup>, Charles S. Schwartz<sup>1</sup>, Prasun K. Dev<sup>1</sup>, Matthew G. Valakos<sup>1</sup>, Prashant Rao<sup>2</sup>, Michael Mi<sup>2</sup>, Sujoy Ghosh<sup>3</sup>, Jeremy M. Robbins<sup>2</sup>, Robert E. Gerszten<sup>2</sup>, Claude Bouchard, FACSM<sup>3</sup>, Mark A. Sarzynski, FACSM<sup>1</sup>. <sup>1</sup>University of South Carolina, Columbia, SC. <sup>2</sup>Beth Israel Deaconess Medical Center, Boston, MA. <sup>3</sup>Pennington Biomedical Research Center, Baton Rouge, LA.
- O105: EFFECT OF LIFESTYLE CHANGES ON LEFT VENTRICULAR STRUCTURE/FUNCTION IN PATIENTS WITH HEART FAILURE**  
Hailey J. Miedema, Peter Brubaker, FACSM. *Wake Forest University, Winston-Salem, NC.*
- O106: EFFECTS OF EXERCISE INTENSITY ON DIASTOLIC FUNCTION IN BREAST CANCER PATIENTS UNDERGOING CHEMOTHERAPY**  
Charles C. Ellison, Nathan R. Weeldreyer, McKenzie M. Mabalot, 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: RELIABILITY OF A NOVEL MEASURE OF CEREBRAL ARTERIAL STIFFNESS: HEART-TO-MIDDLE CEREBRAL ARTERY PULSE WAVE VELOCITY**  
Alexander Pomeroy<sup>1,2</sup>, Craig Paterson<sup>3</sup>, Simon Higgins<sup>1</sup>, Keeron Stone<sup>4,5</sup>, Taylor Shorter<sup>1</sup>, Jeb F. Struder<sup>1</sup>, Michelle L. Meyer<sup>2,6</sup>, Erik D. Hanson, FACSM<sup>1,2</sup>. <sup>1</sup>University of North Carolina at Chapel Hill, Chapel Hill, NC. <sup>2</sup>Human Movement Science Curriculum, Chapel Hill, NC. <sup>3</sup>Bristol Medical School, University of Bristol, Bristol. <sup>4</sup>Cardiff School of Sport and Health Sciences, Cardiff Metropolitan University, Cardiff. <sup>5</sup>National Cardiovascular Research Network, Wales. <sup>6</sup>Department of Emergency Medicine, University of North Carolina at Chapel Hill, Chapel Hill, NC.

**4:00 - 5:50****DOCTORAL STUDENT AWARD COMPETITION****Location:** Think TankChair: Ed Acevedo, *Virginia Commonwealth University*

- D01: VALIDATION OF THE GARMIN FORERUNNER 265 TO ESTIMATE VO<sup>2</sup>MAX AND PREDICT HALF-MARATHON RACE PERFORMANCE**  
Jonathan Howard<sup>1</sup>, Jeffery Otis<sup>2</sup>, Andrew Doyle, FACSM<sup>2</sup>, Rebecca Ellis<sup>3</sup>, Kevin Fortner<sup>2</sup>.  
<sup>1</sup>*Georgia Highlands College, Rome, GA.* <sup>2</sup>*Georgia State University, Atlanta, GA.* <sup>3</sup>*Georgia State University, Atlanta, GA.*
- D02: THE EFFECT OF PITCH COUNT ON ELBOW AND SHOULDER KINETICS DURING DIVISION I BASEBALL GAMES**  
Benjamin G. Lerch, Ian P. Jump, Gretchen D. Oliver, FACSM. *Auburn University, Auburn, AL.*
- D03: PHOTOPLETHYSMOGRAPHIC HEART RATE ACCURACY DURING EXERCISE IN TEMPERATE AND HOT ENVIRONMENTS**  
Anne M. Mulholland<sup>1</sup>, Hayley V. MacDonald<sup>2</sup>, Elroy J. Aguiar<sup>2</sup>, Garrett Reuben<sup>2</sup>, Julianna Delaune<sup>2</sup>, Jonathan E. Wingo, FACSM<sup>2</sup>. <sup>1</sup>*Mercer University, Macon, GA.* <sup>2</sup>*The University of Alabama, Tuscaloosa, AL.*
- D04: A QUALITATIVE EXAMINATION OF FOOD CHOICE AMONG DIVISION III STUDENT ATHLETES USING GROUNDED THEORY**  
Paul W. Craig. *Methodist University, Fayetteville, NC.*
- D05: PERSONALITY TRAITS AS CROSS SECTIONAL AND LONGITUDINAL PREDICTORS OF HEALTH IN THE MIDUS STUDY**  
Ian C. Macali, Hilary L. DeShong, Megan E. Holmes. *Mississippi state, Mississippi state, MS.*
- D06: RESPONSIVENESS OF HIP AND WRIST ACCELEROMETER-BASED PHYSICAL ACTIVITY ESTIMATES IN YOUTH**  
Nicholas M. Remillard<sup>1</sup>, Paul Hibbing<sup>2</sup>, Samuel R. LaMunion<sup>3</sup>, Scott E. Crouter, FACSM<sup>1</sup>.  
<sup>1</sup>*University of Tennessee Knoxville, Knoxville, TN.* <sup>2</sup>*University of Illinois Chicago, Chicago, IL.* <sup>3</sup>*National Institute of Diabetes, Digestive, and Kidney Diseases, National Institutes of Health, Bethesda, MD.*
- D07: RELATIONSHIPS OF FORCE AND DISPLACEMENT-DERIVED BRAIN ACTIVITY TO KNEE LAXITY DURING JOINT LOADING**  
Beth R. Bacon<sup>1</sup>, Sandra J. Shultz<sup>1</sup>, Derek C. Monroe<sup>2</sup>, Randy J. Schmitz<sup>3</sup>. <sup>1</sup>*UNCG, Greensboro, NC.* <sup>2</sup>*UNC-Chapel Hill, Chapel Hill, NC.* <sup>3</sup>*North Carolina A&T, Greensboro, NC.*
- D08: EYES ON THE PRIZE: LINKING OCULOMOTOR BEHAVIOR TO MATCH PERFORMANCE IN COLLEGIATE WOMEN'S SOCCER**  
Taylor Kinney<sup>1</sup>, Megan Pratt<sup>1</sup>, Courtney Smith<sup>1</sup>, Melissa Hunfalvay<sup>2</sup>, Nicholas P. Murray<sup>1</sup>, Patrick Rider<sup>1</sup>. <sup>1</sup>*East Carolina University, Greenville, NC.* <sup>2</sup>*RightEye, LLC, Bethesda, MD.*

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**4:00 - 5:50****THEMATIC POSTER SESSION 1 - Wearable Technology****Location:** Crepe MyrtleChair: George Grieve, *University of South Carolina Aiken*

- TP101: INVESTIGATING THE ACCURACY OF GARMIN PPG SENSORS ON DIFFERING SKIN TYPES**  
Annie Icenhower, Jason Fanning. *Wake Forest University, Winston-Salem, NC.*
- TP102: AGREEMENT OF STEP COUNTS AS MEASURED BY ACTIGRAPH, ACTIVPAL, AND COMMERCIAL ACCELEROMETERS WORN CONCURRENTLY**  
Cathryn Elizabeth Freret, Emma Morrow, Trent A. Hargens, FACSM. *James Madison University, Harrisonburg, VA.*
- TP103: ACCELEROMETRY HARMONIZATION ACROSS RESEARCH-GRADE AND CONSUMER WEARABLE DEVICES: A COMPARISON OF MIMS, ENMO AND MAD**  
OLIVIA L. FINNEGAN<sup>1</sup>, James W. White III<sup>1</sup>, Bridget Armstrong<sup>1</sup>, Elizabeth L. Adams<sup>1</sup>, Sarah Burkart<sup>1</sup>, Michael W. Beets<sup>1</sup>, Srihari Nelakuditi<sup>1</sup>, Zifei Zhong<sup>1</sup>, Hongpeng Yang<sup>1</sup>, Rahul Ghosal<sup>1</sup>, Stuart J. Fairclough<sup>2</sup>, Robert G. Weaver<sup>1</sup>. <sup>1</sup>*University of South Carolina, Columbia, SC.* <sup>2</sup>*Edge Hill University, Ormskirk, England.*
- TP104: AGREEMENT BETWEEN A WRISTBAND WEARABLE DEVICE AND ELECTROCARDIOGRAPHY FOR ULTRA-SHORT HEART RATE VARIABILITY ASSESSMENT**  
Carlos Deangelo Miller, Ann Claire E. Blalock, Allison N. Wade, Andrew A. Flatt. *Georgia Southern University, savannah, GA.*
- TP105: EXPLORING THE USE OF WRIST-WORN WEARABLES FOR ASSESSING CARDIOVASCULAR AND FUNCTIONAL OUTCOMES**  
Safia Z. Gecaj, Michael Hall, Brandon G. Fico, Ashley L. Artese. *Florida Atlantic University, Boca Raton, FL.*
- TP106: "THE MORE YOU GIVE THE WEARABLE, THE MORE IT GIVES YOU": REGULAR EXERCISERS EXPERIENCES WITH WEARABLE SCORES**  
Adam Hussain Ibrahim, Cory T. Beaumont, Kelley Strohacker, FACSM. *University of Tennessee Knoxville, Knoxville, TN.*
- TP107: EVALUATING THE IMPACT OF BMI ON THE ACCURACY OF ACTIGRAPH'S UNIAXIAL AND TRIAXIAL STEP-COUNT ALGORITHMS**  
Israel Ikechukwu Adandom<sup>1</sup>, Kayli J. Lucas<sup>1</sup>, Cristal J. Benitez<sup>1</sup>, Lindsay Toth<sup>2</sup>, Scott W. Ducharme<sup>3</sup>, ELROY JOSEPH J. AGUIAR<sup>1</sup>. <sup>1</sup>*The University of Alabama, Tuscaloosa, AL.* <sup>2</sup>*University of North Florida, Jacksonville, FL.* <sup>3</sup>*Long Beach State University, Long Beach, CA.*
- TP108: ACCURACY OF CORE TEMPERATURE ESTIMATION FROM WEARABLE DEVICES DURING EXERCISE**  
Jonathan B. Burks<sup>1</sup>, Anne M. Mulholland<sup>2</sup>, Hayley V. MacDonald<sup>1</sup>, Garrett Reuben<sup>1</sup>, Jonathan E. Wingo, FACSM<sup>1</sup>. <sup>1</sup>*University of Alabama, Tuscaloosa, AL.* <sup>2</sup>*Mercer University, Macon, GA.*

**4:00 - 5:30****POSTER PRESENTATION SESSION 1****Location:** Studio 220

- P101: OFF-DUTY SLEEP PATTERNS AMONG STRUCTURAL FIREFIGHTERS**  
Jazdin G. Weatherbie<sup>1</sup>, Jackson Miller<sup>1</sup>, Lauren Whitehurst<sup>1</sup>, Emily Watkins<sup>2</sup>, Sarah N. Lanham<sup>1</sup>, Jamal L. Thruston<sup>1</sup>, Emily Speaker<sup>1</sup>, Abigayle R. Spong<sup>1</sup>, M. Ryan Mason<sup>1</sup>, Peter Smetanka<sup>1</sup>, Kaden Hill<sup>1</sup>, Samuel Williams<sup>1</sup>, Bryce Clay<sup>1</sup>, Emily L. Langford<sup>3</sup>, Mark G. Abel<sup>1</sup>. <sup>1</sup>University of Kentucky, Lexington, KY. <sup>2</sup>University of Roehampton, London. <sup>3</sup>Georgia Southern University, Statesboro, GA.
- P102: THE EFFECTS OF A CARBOHYDRATE AND SODIUM SUPPLEMENT ON BRAZILIAN JIU-JITSU PERFORMANCE**  
Connor R. McKay, Zachary L. Durden, Danielle E. Bull, Ava C. Clavijo, Ashley M. Bruce, Stephen B. Podsen, Sabrina R. Fordham, Elizabeth M. Harrison, Andrew J. Jakiel, Parker N. Hyde. *University of North Georgia, Dahlonega, GA.*
- P103: A SYSTEMATIC REVIEW OF BRAZILIAN JIU-JITSU RESEARCH: ADDRESSING THE GAP IN SPORT SPECIFIC NUTRITION**  
Zachary L. Durden, Connor R. McKay, Danielle E. Bull, Ava C. Clavijo, Ashley M. Bruce, Stephen B. Podsen, Sabrina R. Fordham, Elizabeth M. Harrison, Andrew J. Jakiel, Parker N. Hyde. *University of North Georgia, Dahlonega, GA.*
- P104: ORDERED EATING AND ITS EFFECTS ON BLOOD GLUCOSE AND SUBSTRATE UTILIZATION WITH STEADY-STATE EXERCISE**  
Brian Ferguson<sup>1</sup>, Leryn Reynolds<sup>2</sup>, Cody Haun<sup>3</sup>, Patrick Wilson<sup>2</sup>. <sup>1</sup>Palm Beach Atlantic University, West Palm Beach, FL. <sup>2</sup>Old Dominion University, Norfolk, VA. <sup>3</sup>Fitomics, Alabaster, AL.
- P105: MOMENT TO MOMENTARY CHANGE IN RER COUPLED TO CHANGE IN POSTURE**  
Juan B. Carmona-Franco, Johnathon M. Clegg, James B. Crabbe. *Georgia Gwinnett College, Lawrenceville, GA.*
- P106: THE INFLUENCE OF 16-WEEK MINIMAL EXERCISE ROUTINE ON METABOLISM IN TYPE-2 DIABETICS**  
Keilah Vaughan, Andrew Levine, Mackenzie Burgess, Tanner Martin, Pedro Chung, Robert Buresh, FACSM, Brian Kliszczewicz, FACSM. *Kennesaw State University, Kennesaw, GA.*
- P107: PHYSICAL ACTIVITY AND SEDENTARY BEHAVIOR PATTERNS AMONG OLDER ADULTS WITH REGULAR PICKLEBALL PARTICIPATION: A PILOT STUDY**  
Po-Lin Chen, Megan E. Holmes, Zachary M. Gillen, David R. Buys, John G. Lamberth. *Mississippi State University, Starkville, MS.*
- P108: INVESTIGATING THE ROLE OF WALKABILITY IN SELF-REPORTED CANCER DIAGNOSIS AMONG U.S. ADULTS 18 AND OLDER**  
Elijah Richardson<sup>1,2</sup>, Gemechu Gerbi<sup>2</sup>, Stephanie Miles-Richardson<sup>2</sup>. <sup>1</sup>The University of Tennessee, Knoxville, TN. <sup>2</sup>Morehouse School of Medicine, Atlanta, GA.
- P109: ASSESSING PHYSICAL ACTIVITY LEVELS IN ADVANCED PROSTATE CANCER SURVIVORS: COMPARING NON-GRAVITATIONAL AND GRAVITATIONAL CUT-POINTS**  
Abrar Al Hammadi<sup>1,2</sup>, Aiden J. Chantry<sup>1</sup>, Mark Belio<sup>1</sup>, Sarah Blount<sup>1</sup>, Lillian C. Niehaus<sup>1</sup>, Kailyn E. Lowder<sup>1</sup>, Ayange S. Ayangeakaa<sup>1</sup>, Grace Liu<sup>1</sup>, Sam Moore<sup>1</sup>, Daniel J. Crona<sup>1</sup>, Young E. Whang<sup>1</sup>, Claudio L. Battaglini, FACSM<sup>1</sup>, Erik D. Hanson, FACSM<sup>1</sup>. <sup>1</sup>University of North Carolina at Chapel Hill, Chapel Hill, NC. <sup>2</sup>King Khalid University, Abha, Saudi Arabia.

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- P110: PERCEIVED EXERTION AND MET-DEFINED INTENSITY DURING TREADMILL EXERCISE IN COLLEGE-AGE ADULTS**  
Spencer Ingoglia, Leah M. Patterson, Maha Raya, Agnes Bucko, Cayla R. McAvoy, Mariya Boikova, Trudy L. Moore-Harrison, Michael Dulin, Catrine Tudor-Locke, FACSM, Laura H. Gunn. *UNC Charlotte, Charlotte, NC.*
- P111: ASSOCIATION OF BODY FAT AND BMI WITH PERCEIVED EXERTION DURING EXERCISE IN 18-20-YEAR-OLDS**  
Leah M. Patterson, Spencer Ingoglia, Maha Raya, Agnes Bucko, Cayla R. McAvoy, Mariya Boikova, Trudy L. Moore-Harrison, Michael Dulin, Laura H. Gunn, Catrine Tudor-Locke, FACSM. *The University of North Carolina at Charlotte, Charlotte, NC.*
- P112: CONSERVATION OF PHYSICAL FUNCTION FOR ADULTS WITH ARTHRITIS THROUGH INCREASED SELF-EFFICACY AND WEIGHT-LOSS MAINTENANCE**  
Ansley Pounds, Shannon Mihalko, Monica Love, Jovita Newman, Gary Miller, Ryan Hill, Santiago Saldana, Eddie Ip, Steve Messier. *Wake Forest University, Winston Salem, NC.*
- P113: COMPARISON OF PHYSICAL ACTIVITY LEVELS BETWEEN HISPANIC AND NON-HISPANIC CHILDREN WITH AND WITHOUT ADHD**  
Willie Leung<sup>1</sup>, Johanna Patino-Murillo<sup>1</sup>, Jovanna Patino-Murillo<sup>1</sup>, Jinhyun Lee<sup>2</sup>, Yan Guo<sup>1</sup>, Nicole Fiscella<sup>3</sup>. <sup>1</sup>*The University of Tampa, Tampa, FL.* <sup>2</sup>*The University of Texas Permian Basin, Odessa, TX.* <sup>3</sup>*Lebanon Valley College, Annville, PA.*
- P114: INFLUENCE OF DIVERGENT RESISTANCE TRAINING ON ABSOLUTE AND RELATIVE MOTOR UNIT BEHAVIOR AND INPUT EXCITATION**  
Sean Gamache<sup>1</sup>, Daniel Lawson<sup>2</sup>, Lyric Richardson<sup>3</sup>, Stephanie Sontag<sup>4</sup>, Brenden Roth<sup>3</sup>, Sunggun Jeon<sup>5</sup>, Allen Redinger<sup>3</sup>, Michael Trevino<sup>3</sup>, Alex Olmos<sup>1</sup>. <sup>1</sup>*Christopher Newport University, Newport News, VA.* <sup>2</sup>*Auburn University, Auburn, AL.* <sup>3</sup>*Oklahoma State University, Stillwater, OK.* <sup>4</sup>*Louisiana State University, Baton Rouge, LA.* <sup>5</sup>*Northwestern State University, Natchitoches, LA.*
- P115: ADIPOSITY DOES NOT INFLUENCE MOTOR UNIT BEHAVIOR DURING SUSTAINED CONTRACTIONS IN SEDENTARY MALES**  
Stephanie A. Sontag<sup>1</sup>, Alex A. Olmos<sup>2</sup>, Allen L. Redinger<sup>3</sup>, Lyric D. Richardson<sup>3</sup>, Daniel J. Lawson<sup>4</sup>, Brenden Roth<sup>3</sup>, Sunggun Jeon<sup>5</sup>, Michael A. Trevino<sup>3</sup>. <sup>1</sup>*Louisiana State University, Baton Rouge, LA.* <sup>2</sup>*Christopher Newport University, Newport News, VA.* <sup>3</sup>*Oklahoma State University, Stillwater, OK.* <sup>4</sup>*Auburn University, Auburn, AL.* <sup>5</sup>*Northwestern State University, Natchitoches, LA.*
- P116: COMPARISON OF TWO GAIT SIMULATORS**  
B. Sue Graves, FACSM<sup>1</sup>, Hersh Chaitin<sup>2</sup>, Javad Hashemi<sup>1</sup>. <sup>1</sup>*Florida Atlantic University, Boca Raton, FL.* <sup>2</sup>*Palm Beach State University, Palm Beach, FL.*
- P117: THE EFFECTS OF FATIGUE ON POSTURAL CONTROL IN HEALTHY POPULATIONS**  
Lydia Randall, Makayla Langley, Brittany Trotter, America Alfaro, Nicholas Murray. *East Carolina University, Greenville, NC.*
- P119: THE EFFECT OF CORRECTIVE EXERCISES ON BILATERAL KINETIC AND KINEMATIC ASSYMETRIES IN COMPETITIVE COLLEGIATE RUNNERS**  
Danielle Passburg, David Titcomb, Connor Pells. *Liberty University, Lynchburg, VA.*
- P120: GAIT PARAMETER VARIABILITY DURING OBSTACLE AVOIDANCE**  
Wendi H. Weimar, Bahman Adlou, John Grace, Christopher Wilburn. *Auburn University, AUBURN UNIV, AL.*
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- P121: EVALUATING THE PRACTICAL APPLICATION AND THE RELIABILITY OF PRESSURE SENSOR-EMBEDDED SOCKS FOR ATHLETIC PERFORMANCE MONITORING**  
Jacob Hurwitz<sup>1</sup>, David Saucier<sup>1</sup>, John C. Middleton<sup>1</sup>, Harish Chander<sup>1</sup>, Charles Freeman<sup>2</sup>, Reuben Burch<sup>1</sup>, Zachary Gillen<sup>1</sup>. <sup>1</sup>Mississippi State University, Starkville, MS. <sup>2</sup>Texas Christian University, Fort Worth, TX.
- P122: DOES DISTANCE RUNNING HIP EXTENSION STYLE IMPACT KNEE KINEMATICS?**  
Nicolas Arciniegas<sup>1</sup>, Jeff T. Wight<sup>1,2</sup>, Sean Doherty<sup>1</sup>, George G. Pujalte, FACSM<sup>2</sup>.  
<sup>1</sup>Jacksonville University, Jacksonville, FL. <sup>2</sup>Mayo Clinic, Jacksonville, FL.
- P123: ALTERED CORTICAL ACTIVATION DURING OCULOMOTOR CONTROL FOLLOWING COVID-19 INFECTION**  
Brittany Trotter, America Alfaro, Kendall Nelson, Linda Bolin, Stacey Meardon, Katrina DuBose, FACSM, Nicholas P. Murray, Zachary J. Domire. *East Carolina University, Greenville, NC.*
- P124: OPTIMIZING SURGICAL APPROACHES: A STUDY OF FIXATION TECHNIQUES FOR HAND FRACTURES**  
Deneb Gabriel Delos Trinos<sup>1</sup>, Adil Kabbeer<sup>2</sup>, Zain Kabbeer<sup>3</sup>. <sup>1</sup>University of Florida, Gainesville, FL. <sup>2</sup>The Orthopaedic Institute, Gainesville, FL. <sup>3</sup>Newcastle University Medical School, Tyne, England.
- P125: SKELETAL MUSCLE CANCER IS THE RAREST OF CANCERS BASED ON ORGAN MASS**  
David S. Kump. *Winston-Salem State University, Winston-Salem, NC.*
- P126: SKELETAL MUSCLE MASS ESTIMATION EQUATIONS: A PRACTICAL APPROACH FOR ASSESSING MUSCLE AND STRENGTH RELATIONSHIPS.**  
Tyler Echeverry<sup>1</sup>, Antonella V. Schwarz<sup>2</sup>, S. Kyle Travis<sup>3</sup>. <sup>1</sup>University of Mount Union, Alliance, OH. <sup>2</sup>Barry University, Miami Shores, FL. <sup>3</sup>Liberty University, Lynchburg, VA.
- P127: TREATMENT OF THUMB BASAL JOINT ARTHRITIS**  
Zain Kabbeer<sup>1</sup>, Deneb Delos Trinos<sup>2</sup>, Adil Kabbeer<sup>3</sup>. <sup>1</sup>Newcastle University Medical School, Tyne, England. <sup>2</sup>University of Florida, Gainesville, FL. <sup>3</sup>The Orthopaedic Institute, Gainesville, FL.
- P128: ASSOCIATION BETWEEN INCREASED BODY WEIGHT AND CENTRAL ARTERIAL STIFFNESS IN YOUTH: A CROSS-SECTIONAL STUDY**  
Marco Meucci, Austin Lassiter, Scott Robert Collier, FACSM, Robert James Kowalsky, Hwan Kim, Neive O'Brien. *Appalachian State University, Boone, NC.*
- P129: EXPLORING HEART RATE VARIABILITY RESPONSES TO MEDITATION IN DIFFERENT MENSTRUAL CYCLE PHASES**  
Lauren May, Hunter Kenny, Cassie Williamson-Reisdorph. *Berry College, Mt Berry, GA.*
- P130: ACUTE AND CHRONIC EXERCISE-MEDIATED EFFECTS ON MEASURES OF PROLIFERATION AND VIABILITY IN BREAST CANCER CELLS**  
Nathanael G. Tejada<sup>1</sup>, Jeb F. Struder<sup>1</sup>, Kailyn E. Lowder<sup>1</sup>, Lauren C. Bates-Fraser<sup>1</sup>, Jordan T. Lee<sup>1</sup>, Chad W. Wagoner<sup>2</sup>, David B. Bartlett<sup>3</sup>, Hyman B. Muss<sup>1</sup>, Brian C. Jensen<sup>1</sup>, Claudio L. Battaglini, FACSM<sup>1</sup>, Erik D. Hanson, FACSM<sup>1</sup>. <sup>1</sup>University of North Carolina at Chapel Hill, Chapel Hill, NC. <sup>2</sup>University of Tennessee, Knoxville, TN. <sup>3</sup>University of Surrey, Guildford.
- P131: EXPERIENCES OF A FLIPPED CLASSROOM APPROACH FROM UNDERGRADUATE, KINESIOLOGY STUDENTS: A QUALITATIVE ANALYSIS**  
Kameron Suire, Jessica Davis, Alex Fulcher. *Berry College, Rome, GA.*
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- P132: MAPPING HEALTH INEQUITIES: INVESTIGATING HEALTH OUTCOMES IN THE COLUMBIA COLLEGE NEIGHBORHOOD**  
Mina Shull, Kylie Stewart, Alexis Scurry, Katherine DeVivo, Alexandra Szarabajko.  
*Columbia College, Columbia, SC.*
- P133: COMPARING ACL RECONSTRUCTION POSTOPERATIVE OUTCOMES IN PATIENTS WITH MEDICAID VS PRIVATE INSURANCE: IS THERE A DIFFERENCE?**  
Fahad Nadeem, Dev Dayal, Thomas Evely, Eugene Brabston, Amit Momaya, Aaron Casp.  
*University of Alabama at Birmingham, Birmingham, AL.*
- P134: DO FRUIT AND VEGETABLE EXPOSURE AND PREFERENCES DIFFER BY FOOD INSECURITY STATUS?**  
Layton Reesor-Oyer, Jhada Sims, Gabrielle Lerner, Jhanelle Napier, Maria Ramon.  
*University of Florida, Gainesville, FL.*
- P135: THE ASSOCIATION OF WALKING CADENCE WITH SLEEP QUALITY IN ADULTS 18-65**  
Almothana Matarneh, Emma Morrow, Trent A. Hargens, FACSM. *James Madison University, Harrisonburg, VA.*
- P136: EFFECTS OF EIM-OC PROGRAM ON SELF EFFICACY**  
Abigayle Manfre, Patricia W. Bauer. *Florida Gulf Coast University, Fort Myers, FL.*
- P138: EFFECT OF HIGH-INTENSITY FUNCTIONAL TRAINING WITH A RESPIRATORY MUSCLE TRAINING DEVICE ON CARDIOAUTONOMIC FUNCTION**  
Noah Kai Nakagawa, Chimaobim E. Martin-Diala, Ryan E. Argetsinger, Ainsley N. Myers, Gianna F. Mastrofini, Blaine S. Lints, Alley A. Andersen, Sten O. Stray-Gundersen, Alexa J. Chandler, Shawn M. Arent, FACSM. *University of South Carolina, Columbia, SC.*
- P139: ACUTE EFFECTS OF SERIAL AND INTEGRATED CONCURRENT EXERCISE ON CIRCULATING MICRORNAS -126 AND -222**  
Matthew F. Brisebois<sup>1</sup>, Ryan A. Gordon<sup>2</sup>, Emily L. Zumbro<sup>3</sup>, Matthew L. Sokoloski<sup>4</sup>, Brittany Sokoloski<sup>4</sup>, Isaac Rowland<sup>4</sup>, Gena Guerin<sup>5</sup>, George A. King<sup>4</sup>, Shanil Juma<sup>4</sup>, Anthony A. Duplanty<sup>4</sup>, Brandon R. Rigby<sup>4</sup>. <sup>1</sup>*University of South Carolina Upstate, Spartanburg, SC.* <sup>2</sup>*Missouri State University, Springfield, MO.* <sup>3</sup>*The University of Alabama Birmingham, Birmingham, AL.* <sup>4</sup>*Texas Woman's University, Denton, TX.* <sup>5</sup>*Saginaw Valley State University, University Center, MI.*
- P140: OBSERVING COUNTERMOVEMENT JUMP STRATEGY CHANGES ACROSS A COLLEGIATE SOCCER PRESEASON USING SINGLE-SUBJECT ANALYSIS**  
Madeline R. Klubertanz, Zachery J. Mercer, Minali G. Patton, Tristan L. Young, Paul T. Donahue. *University of Southern Mississippi, Hattiesburg, MS.*
- P141: A SEX COMPARISON OF ACUTE PHYSIOLOGICAL RESPONSES TO ROPE CLIMBING HIGH INTENSITY INTERVAL TRAINING**  
Hannah K. Eberhardt<sup>1,2</sup>, Matthew F. Brisebois<sup>1</sup>, Michael J. Ormsbee, FACSM<sup>2</sup>, Patrick G. Saracino<sup>1</sup>. <sup>1</sup>*University of South Carolina Upstate, Spartanburg, SC.* <sup>2</sup>*Florida State University, Tallahassee, FL.*
- P142: THE EFFECTS OF ARMY'S TWO-MILE RUN TEST ON INTERLIMB ASYMMETRY IN ROTC CADETS**  
Silvio Polly da Costa Valladao<sup>1</sup>, Bri Reda<sup>2</sup>, Julia Phillips<sup>2</sup>, Emily Davis<sup>2</sup>, Eva Richardson<sup>2</sup>, Katherine Tibbs<sup>2</sup>, Jonathan Burn<sup>2</sup>, Maeve Layne<sup>2</sup>, Sydney Staebell<sup>2</sup>, John Bentley<sup>2</sup>, Matthew Jessee<sup>2</sup>, Jeremy Loenneke, FACSM<sup>2</sup>, Thomas Andre<sup>2</sup>. <sup>1</sup>*Western Kentucky University, Bowling Green, KY.* <sup>2</sup>*University of Mississippi, Oxford, MS.*
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- P143: RELIABILITY OF METABOLIC THRESHOLDS AND THE ASSOCIATED RATINGS OF PERCEIVED EXERTION**  
Erik R. Snell, Pasquale J. Succi, Clara J. Mitchinson, Brian Benitez, Minyoung Kwak, Haley C. Bergstrom. *University of Kentucky, Lexington, KY.*
- P144: EFFECTS OF TWO-MINUTES VERSUS FOUR-MINUTES ACTIVE RECOVERY ON A "BOOSTER" VO<sub>2</sub>MAX TREADMILL TEST**  
J. Obretkovich<sup>1,2</sup>, A. Bosak<sup>2</sup>, G. Toms<sup>3</sup>, T. Faust<sup>4</sup>, C. Pells<sup>2</sup>. <sup>1</sup>*Middle Tennessee State University, Murfreesboro, TN.* <sup>2</sup>*Liberty University, Lynchburg, VA.* <sup>3</sup>*Virginia Tech University, Blacksburg, VA.* <sup>4</sup>*East Tennessee State University, Johnson City, TN.*
- P145: INTER-RATER RELIABILITY OF THE MODIFIED FUNCTIONAL BALANCE TEST WITH COGNITIVE LOAD IN FIREFIGHTERS**  
Emily M. Speaker<sup>1</sup>, Mark G. Abel<sup>1</sup>, Abigayle R. Spong<sup>1</sup>, Sarah N. Lanham<sup>1</sup>, Lance Bollinger<sup>1</sup>, Nick Heebner<sup>1</sup>, Stuart Best<sup>1</sup>, M. Ryan Mason<sup>1</sup>, Jackson B. Miller<sup>1</sup>, Jazdin Weatherbie<sup>1</sup>, Savannah Barker<sup>1</sup>, Samuel Williams<sup>1</sup>, Bryce Clay<sup>1</sup>, Emily L. Langford<sup>2</sup>, Jamal L. Thruston<sup>1</sup>. <sup>1</sup>*University of Kentucky, Lexington, KY.* <sup>2</sup>*Georgia Southern University, Statesboro, GA.*
- P146: THE IMPACT OF THE MENSTRUAL CYCLE ON CARDIORESPIRATORY OUTCOMES DURING HIGH INTENSITY INTERVAL EXERCISE**  
Khushi M. Shah, Alex N. Ladan, Kelly E. Joniak, Paul A. Baker, Morgan E. Britton, Elena I. Cantu, Sam R. Moore, Gabrielle M. DelBiondo, Abbie E. Smith-Ryan, FACSM. *University of North Carolina, Chapel Hill, NC.*
- P147: DOES PURPOSEFUL DOG TRAINING RELATE TO HUMAN-DOG PHYSICAL ACTIVITY, FITNESS AND DOG COGNITION?**  
Alexandra H. Neff, Heidi A. Kluess, FACSM. *Auburn University, Auburn, AL.*
- P148: EFFECTS OF BACKWARD RUNNING ON VO<sub>2</sub>MAX AND HAMSTRING STRENGTH OF FEMALE SOCCER PLAYERS**  
Amber Meade, Andy Bosak. *Liberty University, Lynchburg, VA.*
- P149: ASSESSING NEUROMUSCULAR FATIGUE IN COUNTERMOVEMENT JUMP PERFORMANCE ACROSS A COLLEGIATE WOMEN'S SOCCER PRESEASON**  
Paul T. Donahue, Madeline R. Klubertanz, Zackery J. Mercer, Minali G. Patton, Hunter K. Haynes, Tristan L. Young. *University of Southern Mississippi, Hattiesburg, MS.*
- P150: EXAMINING WORKLOAD ACROSS SPEED BANDS DURING PRESEASON AND COMPETITIVE SEASON GAMES IN COLLEGIATE SOCCER PLAYERS**  
Lily M. Odom<sup>1</sup>, Taylor R. Howard<sup>1</sup>, Jacob R. GDovin<sup>2</sup>, Charles C. Williams<sup>1</sup>. <sup>1</sup>*University of North Florida, Jacksonville, FL.* <sup>2</sup>*Elon University, Elon, NC.*
- P151: EFFECT OF ACCENTUATED ECCENTRIC LOADING TEMPO ON POST ACTIVATION PERFORMANCE ENHANCEMENT DURING A BACK SQUAT**  
Charli Harper, Wysmark Chaves, Nicholas Shanks, Casey Poole, Kristyn McGeehan, Anshi Shah, Emma Cribb, Grant Johnson, Jacob Grazer. *Kennesaw State University, Kennesaw, GA.*
- P152: FITNESS MEASURES AS PREDICTORS OF PERFORMANCE ON A LAW ENFORCEMENT OCCUPATIONAL PHYSICAL ABILITY TEST: A PILOT STUDY**  
Sarah Hines, Isaiah Mews, Margaret Jenkins, Andrew Ashley, Subash Thapa, Emily Langford, Richard E. Cleveland, Bridget Melton. *Georgia Southern University, Statesboro, GA.*
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- P153: THE EFFECT OF DEPTH OF COLD-WATER IMMERSION ON POST-EXERCISE SORENESS**  
Gracie McCoy, Erin Baines, Caroline Love, Robert W. Hensarling, John K. Petrella, FACSM. *Samford University, Homewood, AL.*
- P154: THE EFFECT OF LOWER LIMB BLOOD FLOW RESTRICTION EXERCISE PRIOR TO COUNTERMOVEMENT JUMP**  
Lauren Davis, Jane Kelly, Eleanor Stroud, Robert W. Hensarling, John K. Petrella, FACSM. *Samford University, Homewood, AL.*
- P155: HOW SOCIAL MEDIA AFFECTS ATHLETIC AND MENTAL PERFORMANCE**  
Mia Buckner, Amayia Hernandez, Jasmine Rachal, Jarrett Walbolt. *Montreat College, Montreat, NC.*
- P156: WHAT HAPPENS TO VELOCITY DURING FLYWHEEL EXERCISE AT DIFFERENT LOADS?**  
William Munson, Kevin Carroll. *East Tennessee State University, Johnson City, TN.*
- P157: EXAMINING EXERCISE SELF- EFFICACY AND FUNCTIONAL MOBILITY IN URBAN LAW ENFORCEMENT OFFICERS**  
Margaret F. Jenkins, Isaiah Mews, Julie Reams, Haresh Rochani, Richard Cleveland, Bridget Melton. *Georgia Southern University, Statesboro, GA.*
- P158: INFLUENCE OF MAXIMAL MENTAL EFFORT DURING STRENGTH TRAINING ON PHYSICAL FUNCTION ADAPTATIONS IN OLDER WOMEN**  
Kaden Buford, Lacey Harper, Kayla Anderson, William Reed, Anna Acosta, Rachel Carlstrom, Jacob Grazer, Robert Buresh, FACSM, Tim Martin, Garrett Hester. *Kennesaw State University, Kennesaw, GA.*
- P160: RELIABILITY OF ADP AND BIA BODY COMPOSITION WITH WATER AND CREATINE INGESTION IN COLLEGE-AGED FEMALES**  
Victoria Negron, Brooke Herring, Jasmyn Judd, Mackenzie Stafford. *Meredith College, Raleigh, NC.*
- P161: THE EFFECTS OF A 6-WEEK SPRINT TRAINING PROTOCOL ON SPRINT PERFORMANCE IN DIVISION I COLLEGIATE MALE SOCCER ATHLETES**  
Bryce Landers<sup>1</sup>, Aidan Myers<sup>1</sup>, Jose E. Escalante-Justo<sup>1</sup>, Darren Sung<sup>2</sup>, Matthew F. Brisebois<sup>1</sup>. <sup>1</sup>*University of South Carolina Upstate, Spartanburg, SC.* <sup>2</sup>*California State University, Los Angeles, CA.*

**5:00 - 5:50****SYMPOSIUM 3****Location:** Regency Ballroom D & EChair: Robyn York, *Montreat College*

- S03: LITTLE BODIES, BIG DATA: EXPLORING CHILDHOOD OBESITY AND BODY COMPOSITION**  
Katherine E. Spring<sup>1</sup>, Danielle D. Wadsworth, FACSM<sup>2</sup>. <sup>1</sup>*Pennington Biomedical Research Center, Baton Rouge, LA.* <sup>2</sup>*Auburn University, Auburn, AL.*

**5:00 - 5:50****SYMPOSIUM 4****Location:** Regency Ballroom HChair: Stephanie Smith, *University of Southern Mississippi***S04: NCAA DII COACHES' MENTAL HEALTH LITERACY TO SUPPORT STUDENT-ATHLETES' MENTAL WELLNESS**Scott D. Bassett. *Mercer University, Atlanta, GA.***5:00 - 5:50****TUTORIAL 4****Location:** Regency Ballroom GChair: Mark A. Schafer, *Western Kentucky University***T04: RESISTANCE TRAINING IN ONCOLOGY: DESIGNING AND DELIVERING EFFECTIVE PROGRAMS FOR CANCER SURVIVORS**Alexander M. Brooks, Kenneth S. Anderson, Kyla E. Jackson, Ciaran M. Fairman.  
*University of South Carolina, Columbia, SC.***7:30-9:00 PM****BUSINESS MEETING AND KEYNOTE ADDRESS****Location:** Regency Ballroom A & B & CPresiding: Kim Reich, *High Point University*Speaker introduction: Stella Volpe, *Virginia Tech***Physical Activity and Exercise in a New Era of Obesity Treatment**John Jakicic, PhD, FACSM. *Kansas Medical Center*

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**Friday, February 21**

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**6:45–7:45 AM      EMILY HAYMES MENTORING BREAKFAST****Location:** TealPresiding: Katie Collins, *Duke University*Speaker: Judith Flohr, *James Madison University***8:00 - 8:50      SYMPOSIUM 5****Location:** Regency Ballroom GChair: Patricia W. Bauer, *Florida Gulf Coast University***S05:      CHARACTERIZING THE FEMALE HORMONE PROFILE: LIMITATIONS, BARRIERS, AND POTENTIAL SOLUTIONS FOR RESEARCH AND APPLICATION**Katie R. Hirsch, *University of South Carolina, Columbia, SC.***8:00 - 8:50      TUTORIAL 5****Location:** Regency Ballroom CChair: Lauren G. Killen, *University of North Alabama***T05:      MEASURING PERIPHERAL ULTRASOUND BLOOD FLOW: WHY, WHEN, AND HOW?**Daphney M. Carter<sup>1</sup>, J Grant Mouser<sup>2</sup>, Matthew B. Jessee<sup>3</sup>. <sup>1</sup>*Kennesaw State University, Kennesaw, GA.* <sup>2</sup>*Troy University, Troy, AL.* <sup>3</sup>*University of Mississippi, Oxford, MS.***8:00 - 8:50      TUTORIAL 6****Location:** Regency Ballroom D & EChair: Katherine A. Collins, *Duke University School of Medicine***T06:      PULLING BACK THE CURTAIN ON ACADEMIA AND RESEARCH: UTILIZING MENTORSHIP AS A CRITICAL TOOL**Katherine A. Collins<sup>1</sup>, Audrey M. Collins<sup>2</sup>, Emmaline M. Denton<sup>1</sup>, Sarah Fretti<sup>3</sup>, Nicole K. Rendo<sup>4</sup>, Mark A. Schafer, FACSM<sup>5</sup>, Elizabeth S. Edwards, FACSM<sup>6</sup>, R. Lee Franco, FACSM<sup>7</sup>, Rebecca M. Kappus, FACSM<sup>8</sup>, Danielle D. Wadsworth, FACSM<sup>9</sup>, Rebecca A. Battista, FACSM<sup>8</sup>. <sup>1</sup>*Duke University School of Medicine, Durham, NC.* <sup>2</sup>*Advent Health, Orlando, FL.* <sup>3</sup>*University of Central Florida, Orlando, FL.* <sup>4</sup>*Emory University, Atlanta, GA.* <sup>5</sup>*Western Kentucky University, Bowling Green, KY.* <sup>6</sup>*James Madison University, Harrisonburg, VA.* <sup>7</sup>*Virginia Commonwealth University, Richmond, VA.* <sup>8</sup>*Appalachian State University, Boone, NC.* <sup>9</sup>*Auburn University, Auburn, AL.*

**8:00 - 8:50****TUTORIAL 7****Location:** Regency Ballroom HChair: Leanna M. Ross, *Duke University School of Medicine***T07: RECOMMENDED MODIFICATIONS TO THE PHYSICAL ACTIVITY GUIDELINES FOR ADULTS**James S. Skinner, FACSM. *Indiana University, Bloomington, IN.***8:00 - 9:50****ORAL PRESENTATION SESSION 2 - Maternal Health****Location:** Regency Ballroom FChair: Ashley L. Artese. *Florida Atlantic University***O201: FREQUENCY OF PSYCHOLOGICAL SYMPTOMS ACROSS ACTIVE AND PLACEBO PHASES IN ORAL CONTRACEPTIVE USERS**Sarah J. Rhoades, Kaitlyn T. Ramey, Callie L. Unrein, Katelynn T. Persaud, Hailey E. Karns, Katie R. Hirsch. *University of South Carolina, Columbia, SC.***O202: EXERCISE, CARBOHYDRATE INTAKE, AND THE CIRCADIAN GLUCOSE CYCLE IN INDIVIDUALS WITH PREGNANCY HYPERGLYCEMIA**Jordan E. Lewis<sup>1</sup>, Bethany R. Hallenbeck<sup>2,1</sup>, Hollie Raynor<sup>1</sup>, Scott E. Crouter, FACSM<sup>1</sup>, Nikki B. Zite<sup>3</sup>, Walter Schoutko<sup>3</sup>, Kimberly B. Fortner<sup>3</sup>, Jill M. Maples<sup>3</sup>, Samantha F. Ehrlich<sup>1</sup>. <sup>1</sup>*University of Tennessee, Knoxville, TN.* <sup>2</sup>*Kaiser Permanente Northern California, Pleasanton, CA.* <sup>3</sup>*University of Tennessee Graduate School of Medicine, Knoxville, TN.***O203: EXPLORING SELF-EFFICACY AND RESILIENCE FOR LEISURE TIME PHYSICAL ACTIVITY FROM PREGNANCY THROUGH 6-MONTHS POSTPARTUM**Mikayla Elise Greene<sup>1</sup>, Emily Olatt<sup>2</sup>, Bethany Hallenbeck<sup>3</sup>, Nikki Zite<sup>4</sup>, Kimberly Fortner<sup>4</sup>, Jill Maples<sup>4</sup>, Samantha Ehrlich<sup>1</sup>. <sup>1</sup>*The University of Tennessee, Knoxville, TN.* <sup>2</sup>*University of Tennessee Graduate School of Medicine, Knoxville, TN.* <sup>3</sup>*Division of Research Kaiser Permanente, Pleasanton, CA.* <sup>4</sup>*The University of Tennessee Graduate School of Medicine, Knoxville, TN.***O204: INFLUENCE OF EXERCISE METRICS DURING PREGNANCY ON MATERNAL BLOOD BIOMARKERS**Dylan M. Steen<sup>1</sup>, Filip Jevtovic<sup>1</sup>, Breanna Wisseman<sup>1</sup>, David Collier<sup>1</sup>, Jill Maples<sup>2</sup>, Corenthian Booker<sup>1</sup>, Linda May, FACSM<sup>1</sup>. <sup>1</sup>*East Carolina University, Greenville, NC.* <sup>2</sup>*University of Tennessee Knoxville, Knoxville, TN.***O205: THE EFFECT OF PRENATAL EXERCISE ON INFANT BMD**Justin Stephenson. *East Carolina University, Greenville, NC.***O206: PHYSICAL ACTIVITY LEVELS IN BLACK AND WHITE WOMEN DURING EARLY PREGNANCY**Aaliyah McClendon, Linda May, FACSM, Bhibha M. Das, FACSM, Katrina DuBose, FACSM. *East Carolina University, Greenville, NC.*

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- 0207: THE EFFECT OF PRENATAL EXERCISE ON 1-MONTH INFANT CARDIOMETABOLIC RISK**  
Brittany Roenker, Kara Kern, Dylan Steen, Breanna Wisseman, James deVente, Steven Mouro, Edward Newton, Lindsey Rossa, Caitlyn Ollmann, Linda E. May, FACSM. *East Carolina University,*

**8:00 - 9:50 UNDERGRADUATE STUDENT AWARD COMPETITION**

**Location:** Think Tank

Chair: Lynn Panton, *Florida State University*

- U01: PHYSICAL FUNCTION FALL RISK APPRAISALS AMONG COMMUNITY-DWELLING OLDER ADULTS: AN ROC ANALYSIS**  
Estefania Zamarripa, Kworweinski Lafontant, David H. Fukuda, FACSM, Jeffrey R. Stout, FACSM, Ladda Thiamwong. *University of Central Florida, Orlando, FL.*
- U02: EXAMINING THE RELATIONSHIP BETWEEN LEFT VENTRICULAR FUNCTION AND EXERCISE CAPACITY IN LYMPHOMA PATIENTS UNDERGOING CHEMOTHERAPY**  
Joshua Daniel Abrams, Peter Brubaker, FACSM. *Wake Forest University, Winston Salem, NC.*
- U03: INVESTIGATING THE RELATIONSHIP BETWEEN PHYSICAL ACTIVITY AND PERCEIVED PSYCHOLOGICAL STRESS USING NOVEL PHYSICAL ACTIVITY METRICS**  
William L. Johnston<sup>1</sup>, Aiden J. Chantry<sup>1</sup>, Jake C. Diana<sup>1</sup>, Jeb F. Struder<sup>1</sup>, Christopher E. Grice<sup>1</sup>, Keith M. Diaz<sup>2</sup>, Bethany B. Gibbs<sup>3</sup>, Feng-Chang Lin<sup>1</sup>, Michelle L. Meyer<sup>1</sup>, Justin B. Moore, FACSM<sup>4</sup>, Erik D. Hanson, FACSM<sup>1</sup>. <sup>1</sup>*University of North Carolina at Chapel Hill, Chapel Hill, NC.* <sup>2</sup>*Columbia University, New York, NY.* <sup>3</sup>*West Virginia University, Morgantown, WV.* <sup>4</sup>*Wake Forest University, Winston-Salem, NC.*
- U04: IMPACT OF SECONDARY POSITIONS ON INJURY RATES IN YOUTH AND HIGH SCHOOL PITCHERS**  
Ethan D. Kohler, Ryan M. Zappa, Anthony W. Fava, Billy Lozowski, Gretchen D. Oliver, FACSM. *Auburn University, Auburn, AL.*
- U05: PRELIMINARY EXPLORATION OF PHYSICAL ACTIVITY MODERATION ON STRESS AND IMMUNE HEALTH IN COLLEGE-BASED YOUNG ADULTS**  
Andrew M. Koessler<sup>1</sup>, Jeb F. Struder<sup>1</sup>, Aiden J. Chantry<sup>1</sup>, Jake C. Diana<sup>1</sup>, Christopher E. Grice<sup>1</sup>, Keith M. Diaz<sup>2</sup>, Bethany B. Gibbs<sup>3</sup>, Feng-Chang Lin<sup>1</sup>, Michelle L. Meyer<sup>1</sup>, Justin B. Moore, FACSM<sup>4</sup>, Erik D. Hanson, FACSM<sup>1</sup>. <sup>1</sup>*UNC Chapel Hill, Chapel Hill, NC.* <sup>2</sup>*Columbia University, New York, NY.* <sup>3</sup>*West Virginia University, Morgantown, WV.* <sup>4</sup>*Wake Forest University, Winston-Salem, NC.*
- U06: THE ASSOCIATION BETWEEN SLEEP REGULARITY AND HEART RATE VARIABILITY**  
Sai Satvik Kolla<sup>1</sup>, Aiden J. Chantry<sup>1</sup>, Jake C. Diana<sup>1</sup>, Jeb F. Struder<sup>1</sup>, Christopher E. Grice<sup>1</sup>, Keith M. Diaz<sup>2</sup>, Bethany B. Gibbs<sup>3</sup>, Feng-Chang Lin<sup>1</sup>, Michelle L. Meyer<sup>1</sup>, Justin B. Moore, FACSM<sup>4</sup>, Erik D. Hanson, FACSM<sup>1</sup>. <sup>1</sup>*University of North Carolina at Chapel Hill, Chapel Hill, NC.* <sup>2</sup>*Columbia University, New York City, NY.* <sup>3</sup>*West Virginia University, Morgantown, WV.* <sup>4</sup>*Wake Forest University, Winston-Salem, NC.*

**U07: PRELIMINARY INVESTIGATION OF TRG-HDL RATIO MODERATION ON BURNOUT AND HEART RATE VARIABILITY IN COLLEGE STUDENTS**

Timothy X. Cao<sup>1</sup>, Jeb F. Struder<sup>1</sup>, Aiden J. Chantry<sup>1</sup>, Jake C. Diana<sup>1</sup>, Christopher E. Grice<sup>1</sup>, Keith M. Diaz<sup>2</sup>, Bethany B. Gibbs<sup>3</sup>, Feng-Chang Lin<sup>1</sup>, Michelle L. Meyer<sup>1</sup>, Justin B. Moore, FACSM<sup>4</sup>, Erik D. Hanson, FACSM<sup>1</sup>. <sup>1</sup>UNC Chapel Hill, Chapel hill, NC. <sup>2</sup>Columbia, New York, NY. <sup>3</sup>West Virginia University, Morgantown, WV. <sup>4</sup>Wake Forest University, Winston-Salem, NC.

**U08: THE EFFECT OF MISALIGNMENT OF SLEEP-WAKE RHYTHM ON STRESS IN HIGH SCHOOL SENIORS**

Kaitlyn M. Sumner, Dillon Pardue, Mark Weaver, Hannah Enck, Svetlana Nepocaytch. *Elon University, Elon, NC.*

**8:00 - 9:50 THEMATIC POSTER SESSION 2 - Clinical Physiology**

**Location:** Crepe Myrtle

Chair: Joe Stock, *East Carolina University*

**TP201: PREDICTING ARTERIAL STIFFNESS FROM CARDIOVASCULAR DISEASE RISK FACTORS IN ADULTS WITH AND WITHOUT DOWN SYNDROME**

Brantley K. Ballenger<sup>1</sup>, Maria Haider<sup>2</sup>, Georgia Starr<sup>2</sup>, Stamatis Agiovlasis, FACSM<sup>2</sup>. <sup>1</sup>Transylvania University, Lexington, KY. <sup>2</sup>Mississippi State University, Mississippi State, MS.

**TP202: FEASIBILITY OF HIGH-INTENSITY INTERVAL TRAINING IN OLDER ADULTS WITH HIV AND CO-OCCURRING HYPERTENSION**

Michael J. Hanks<sup>1</sup>, Taylor L. Taylor<sup>1</sup>, Emily L. Zumbro<sup>1</sup>, Fitzgerald Dodds<sup>1</sup>, Ene M. Enogela<sup>1</sup>, McKenna Tharpe<sup>1</sup>, Silviene C. Sint Jago<sup>1</sup>, Burel R. Goodin<sup>2</sup>, Amanda L. Willig<sup>1</sup>, Thomas W. Buford, FACSM<sup>1</sup>, Raymond Jones<sup>1</sup>. <sup>1</sup>University of Alabama at Birmingham, Birmingham, AL. <sup>2</sup>Washington University St. Louis, St. Louis, MO.

**TP203: RELATIONSHIPS BETWEEN GRIP STRENGTH DISCREPANCY AND COGNITIVE FUNCTION IN INDIVIDUALS DIAGNOSED WITH DEMENTIA**

Matthew Alan Schrager, Danielle Dallas, Benjamin Peterson, Luna Chaker. *Stetson University, DeLand, FL.*

**TP204: INFLUENCE OF 16-WEEK MINIMAL EXERCISE INTERVENTION ON STRENGTH MEASURES IN TYPE-2 DIABETICS**

Andrew I. Levine<sup>1</sup>, Pedro Chung<sup>2</sup>, Tanner Martin<sup>2</sup>, Keliyah I. Vaughan<sup>2</sup>, Robert Buresh, FACSM<sup>2</sup>, Brian Kliszczewicz, FACSM<sup>2</sup>. <sup>1</sup>Kennesaw State University, Marietta, GA. <sup>2</sup>Kennesaw State University, Kennesaw, GA.

**TP205: HIGH-INTENSITY VS. MODERATE-INTENSITY EXERCISE ON VENTILATORY EFFICIENCY AND OXYGEN UPTAKE IN PATIENTS WITH BREAST CANCER**

Mckenzie M. Mabalot, Nathan R. Weeldreyer, Charles C. Ellison, 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.*



- TP206: DOES HOME-BASED EXERCISE REDUCE INFLAMMATION AND IN VITRO CELLULAR PROLIFERATION DURING ADVANCED PROSTATE CANCER?**  
Kailyn E. Lowder<sup>1</sup>, Jeb F. Struder<sup>1</sup>, Mohamdod Alzer<sup>1</sup>, Jackson Carver<sup>1</sup>, Cameron K. Stopforth<sup>1</sup>, Alexander R. Lucas<sup>2,3</sup>, Young E. Whang<sup>4,5</sup>, Matthew I. Milowsky<sup>4,5</sup>, David B. Bartlett<sup>6,7</sup>, Michael R. Harrison<sup>7</sup>, Rhonda L. Bitting<sup>2</sup>, Daniel Crona<sup>4,8</sup>, Claudio L. Battaglini, FACSM<sup>1,4</sup>, Erik D. Hanson, FACSM<sup>1,4</sup>. <sup>1</sup>Department of Exercise and Sport Science, UNC Chapel Hill, Chapel Hill, NC. <sup>2</sup>Wake Forest Baptist Comprehensive Cancer Center, Winston-Salem, NC. <sup>3</sup>Department of Health Behavior and Policy, Virginia Commonwealth University, Richmond, VA. <sup>4</sup>Lineberger Comprehensive Cancer Center, UNC Chapel Hill, Chapel Hill, NC. <sup>5</sup>Division of Oncology, Department of Medicine, UNC Chapel Hill, Chapel Hill, NC. <sup>6</sup>School of Biosciences and Medicine, University of Surrey, Guildford, UK. <sup>7</sup>Division of Medical Oncology, Duke Cancer Institute, Duke University, Durham, NC. <sup>8</sup>Eshelman School of Pharmacy, UNC Chapel Hill, Chapel Hill, NC.
- TP207: EFFECTS OF RESISTANCE EXERCISE ON FATIGUE IN SURVIVORS OF CANCER**  
Alexander M. Brooks, Shana E. Harrington, Kenneth S. Anderson, Kyla E. Jackson, Ciaran M. Fairman. *University of South Carolina, Columbia, SC.*
- TP208: MUSCLE MATTERS: PHYSICAL ACTIVITY PROTECTS AGAINST CANCER-INDUCED MUSCLE LOSS**  
Zoe Libramento, Traci L. Parry, Louisa Tichy. *University of North Carolina at Greensboro, Greensboro, NC.*

**8:00 - 9:30 POSTER PRESENTATION SESSION 2****Location:** Studio 220

- P201: FIGHT OR FLIGHT: VIRTUAL REALITY BOXING VS TRADITIONAL CARDIO FOR MOOD REGULATION**  
Daniel R. Greene, Jonathan Ruiz-Ramie, Andrew Craig Jones. *Augusta University, Augusta, GA.*
- P202: EXPLORING EFFECTS OF RETROSPECTIVE REPORTING WITHIN ECOLOGICAL MOMENTARY ASSESSMENT RESEARCH IN PHYSICAL ACTIVITY**  
Jimmy G. Bautista<sup>1</sup>, Gordon Sudek<sup>2</sup>, Adam H. Ibrahim<sup>1</sup>, Richard Keegan<sup>3</sup>, Kelley Strohacker, FACSM<sup>1</sup>. <sup>1</sup>University of Tennessee, Knoxville, TN. <sup>2</sup>Institute of Sport Science, University Tübingen; Interfaculty Research for Sports and Physical Activity, Tübingen, Germany. <sup>3</sup>Research Institute for Sport Science, Faculty of Health, University of Canberra, Canberra, Australia, TN.
- P203: COMPARISON OF OPTIMISM AND HEART RATE VARIABILITY**  
Kaley Smith, Averi Odom, Jarrett Walbolt. *Montreat College, Montreat, NC.*
- P204: ASSESSING THE IMPACT OF HIGH THEACRINE DOSES ON HEMODYNAMIC MEASURES, COGNITIVE PERFORMANCE, AND PHYSIOLOGICAL STRESS**  
Carter M. Stoke, Takudzwa A. Madzima. *Elon University, Elon, NC.*
- P205: LONGITUDINAL CHANGES IN INFLAMMATORY BIOMARKERS ACROSS ADOLESCENCE**  
Rodrigo Yus Fernandez, Hannah R. Koch, Lilly Shanahan, Jessica Dollar, Susan P. Keane, Lenka H. Shriver, Laurie Wideman, FACSM. *University of North Carolina Greensboro, Greensboro, NC.*

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- P206: ASSOCIATIONS BETWEEN SKELETAL MUSCLE MASS, LEAN BODY MASS, AND SALIVA OSMOLALITY**  
Ian P. Winter, Josie Burdin, Patrick B. Wilson. *Old Dominion University, Norfolk, VA.*
- P207: EVALUATION OF NUTRITION KNOWLEDGE AND DISORDERED EATING PATTERNS IN DIVISION III FOOTBALL PLAYERS**  
Kaitlyn Frankman<sup>1</sup>, Ava Buelow<sup>1</sup>, Hannah Evans<sup>1</sup>, Hunter Kenny<sup>1</sup>, Bryce Prather<sup>1</sup>, Cherilyn McLester<sup>2</sup>, John McLester, FACSM<sup>2</sup>, Mitchell E. Zaplatosch<sup>2</sup>, Cassie M. Williamson-Reisdorph<sup>1</sup>. <sup>1</sup>*Berry College, Mount Berry, GA.* <sup>2</sup>*Kennesaw State University, Kennesaw, GA.*
- P208: ACUTE EFFECTS OF BEETROOT JUICE AND PINE BARK EXTRACT CO-INGESTION ON HIGH INTENSITY AEROBIC PERFORMANCE**  
Aunika Mae Kemp, Cory Scott. *Roanoke College, Salem, VA.*
- P209: PERFORMANCE-ENHANCING DRUGS ON SOCIAL MEDIA: EVALUATING THE QUALITY OF INFORMATION ON TIKTOK**  
Victoria L. Vargas, Andrew Ni, Bryan Ju, Andrew Ta, Boris Zelle. *Long School of Medicine at UT Health Science Center, San Antonio, TX.*
- P210: SEASONAL VARIATION OF PHYSICAL AND SEDENTARY ACTIVITY IN FEMALE COLLEGIATE ATHLETES**  
Annabel W. Cuddy, Kennedy L. Bumbrey, Savannah F. Craft, Elizabeth A. Easley, Sarah H. Sellhorst. *USC Lancaster, Lancaster, SC.*
- P211: EFFECT OF SCHOOL-BASED ACTIVITY ON QUALITY OF LIFE IN CHILDREN WITH DISABILITIES**  
Hannah Panchal, Carol Hoyle, Matthew Collier, Diego Ferreira. *Lander University, Greenwood, SC.*
- P212: IMPACT OF SLEEP ON BODY COMPOSITION IN ADOLESCENTS: MEDIATING ROLE OF DIET AND PHYSICAL ACTIVITY**  
Esther S. Silverstone. *Elon University, Elon, NC.*
- P213: AFTERSCHOOL RX: USING A COMMUNITY-BASED PRESCRIPTION TO IMPROVE MOVEMENT BEHAVIORS AMONG CHILDREN WITH ELEVATED CARDIOMETABOLIC RISK**  
Hannah Parker<sup>1</sup>, Lauren von Klinggraeff<sup>2</sup>, Isha Patel<sup>1</sup>, Michal T. Smith<sup>1</sup>, Sudha Garimella<sup>1</sup>, Abbi D. Lane<sup>3</sup>, Robert G. Weaver<sup>1</sup>, Elizabeth L. Adams<sup>1</sup>, Sarah Burkart<sup>1</sup>, Michael W. Beets<sup>1</sup>, Bridget Armstrong<sup>1</sup>. <sup>1</sup>*University of South Carolina, Columbia, SC.* <sup>2</sup>*Augusta University, Augusta, GA.* <sup>3</sup>*University of Michigan, Ann Arbor, MI.*
- P214: CROSS-VALIDATION OF CADENCE AS A PREDICTOR FOR THE WALK-TO-RUN TRANSITION IN HEALTHY ADULTS**  
Kayli J. Lucas<sup>1</sup>, Cristal J. Benitez<sup>1</sup>, Israel I. Adandom<sup>1</sup>, Lindsay P. Toth<sup>2</sup>, Scott W. Ducharme<sup>3</sup>, Elroy J. Aguiar<sup>1</sup>. <sup>1</sup>*The University of Alabama, Tuscaloosa, AL.* <sup>2</sup>*University of North Florida, Jacksonville, FL.* <sup>3</sup>*California State University Long Beach, Long Beach, CA.*
- P215: THE IMPACT OF OUTDOOR WALKING ON PERCEIVED STRESS LEVELS IN COLLEGE STUDENTS.**  
Kayla Phillips, Jennifer Coronado Lerma, Jinkyung Park. *Georgia Gwinnett College, Lawrenceville, GA.*
- P216: EXPLORING INFLUENCES ON MOVEMENT BEHAVIORS, PHYSICAL FUNCTION AND FATIGUE AMONG CANCER PATIENTS**  
Hannah Parker<sup>1</sup>, Heather Leach<sup>2</sup>. <sup>1</sup>*University of South Carolina, Columbia, SC.* <sup>2</sup>*Colorado State University, Fort Collins, CO.*
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- P217: PERIOPERATIVE WORK IN HIP ARTHROSCOPY IS UNDERVALUED BY RELATIVE VALUE SCALE UPDATE COMMITTEE METHODOLOGY**  
Juan Gordillo, Mathew Hargreaves, Cate Hodges, Clay Rahaman, Dev Dayal, Maxwell Harrell, Eugene Brabston, Thomas Evelyn, Amit Momaya, Aaron Casp. *University of Alabama at Birmingham, Birmingham, AL.*
- P218: COUNTER MOVEMENT JUMP METRICS AND ELBOW KINETICS IN COLLEGIATE BASEBALL PITCHERS**  
Ian P. Jump, Benjamin G. Lerch, Anothony W. Fava, Ryan M. Zappa, Gretchen D. Oliver, FACSM. *Auburn University, Auburn, AL.*
- P219: EFFECTS OF FOAM ROLLING WITH AND WITHOUT VIBRATION ON RANGE OF MOTION AND JUMP PERFORMANCE**  
Lawton Hawkins, Micah Westpy, J. Chadwick Smith. *Coastal Carolina University, Conway, SC.*
- P220: DIFFERENCES IN HITTING KINEMATICS BETWEEN BASEBALL HITTERS WITH ABOVE AND BELOW AVERAGE EXIT VELOCITY**  
Allison Brown, Zachary Gillen. *Mississippi State University, Mississippi State, MS.*
- P221: THE EFFECTS OF AEROBIC FITNESS ON BILATERAL TRANSFER IN YOUNG ADULTS**  
Kaylen Ayres, Austin Nielsen, Sean Cochran. *Roanoke College, Salem, VA.*
- P223: ATHLETIC MONSTERS: ANTHROPOMETRIC FACTORS OF STRONGMEN**  
Logan Melton, Robyn York, Jarrett Walbolt. *Montreat College, Montreat, NC.*
- P224: THE EFFECTS OF AEROBIC FITNESS ON BILATERAL TRANSFER IN OLDER ADULTS**  
Austin Nielsen, Kaylen Ayres, Sean Cochran. *Roanoke College, Salem, VA.*
- P225: IMPACT OF OBESITY ON PERCENT VOLUNTARY ACTIVATION IN WOMEN**  
Amber N. Schmitz<sup>1</sup>, Nicholas A. Buoncristiani<sup>1</sup>, Jackson E. Hollingsworth<sup>1</sup>, Gena R. Gerstner<sup>1</sup>, Nathaniel DM Jenkins<sup>2</sup>, Abbie E. Smith-Ryan, FACSM<sup>1</sup>, Natalei M. Woltman<sup>1</sup>, Eric D. Ryan, FACSM<sup>1</sup>. <sup>1</sup>*University of North Carolina at Chapel Hill, Chapel Hill, NC.*  
<sup>2</sup>*University of Iowa, Iowa City, IA.*
- P226: THE EFFECTS OF NIKE HYPERVENOM X INDOOR SOCCER SHOES ON POSTURAL STABILITY AND BALANCE**  
James Leyton Riley, Hunter Derby, Aaron Griffith, Kristy Gourley, Harish Chander, Adam Knight. *Mississippi State University, Starkville, MS.*
- P227: DIFFERENCES IN JUMP HEIGHT ACROSS TIME AFTER WEARING MINIMALIST FOOTWEAR**  
John L. Grace, Bahman Adlou, Grace Tortorice, Monique Schindler, Taylor Penney, Andrew Simmons, Lily Pounders, Christopher M. Wilburn, Wendi H. Weimar. *Auburn University, Auburn, AL.*
- P228: VERTICAL JUMP AND HOP PERFORMANCE IN PROFESSIONAL SOCCER PLAYERS WITH AND WITHOUT ANKLE ASYMMETRIES**  
Diego Torres<sup>1</sup>, Jessica A. Mutchler<sup>1</sup>, Tristan Young<sup>2</sup>, Diego Castro-Diaz<sup>1</sup>, Drew DeJohn<sup>1</sup>, Stephen Rossi<sup>1</sup>, Emily Potts<sup>1</sup>, Samuel J. Wilson<sup>1</sup>. <sup>1</sup>*Georgia Southern University, Statesboro, GA.* <sup>2</sup>*University of Southern Mississippi, Hattiesburg, MS.*
- P229: PROFESSIONAL SOCCER DORSIFLEXION RANGE OF MOTION AND HOP PERFORMANCE**  
Emily Potts<sup>1</sup>, Samuel J. Wilson<sup>1</sup>, Tristan Young<sup>2</sup>, Diego Castro-Diaz<sup>1</sup>, Drew DeJohn<sup>1</sup>, Stephen Rossi<sup>1</sup>, Diego Torres<sup>1</sup>, Jessica A. Mutchler<sup>1</sup>. <sup>1</sup>*Georgia Southern University, Statesboro, GA.* <sup>2</sup>*University of Southern Mississippi, Hattiesburg, MS.*
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- P230: SNAPPING HIP SYNDROME AND GLUTEUS MAXIMUS STIFFNESS**  
Taylor Job, Elizabeth Klemm, Constantin Heinemann, Zachary Domire. *East Carolina University, Greenville, NC.*
- P231: UNILATERAL VERSUS BILATERAL RESISTANCE TRAINING FOR VERTICAL JUMP ABILITY IN BASKETBALL PLAYERS**  
Tysheam Goodson<sup>1</sup>, Vaniyah Petty<sup>2</sup>, Jarden Maze<sup>2</sup>, Jarrett Walbolt<sup>2</sup>. <sup>1</sup>*Montreat College, Montreat, NC.* <sup>2</sup>*Montreat College, Montreat, NC.*
- P232: A MODEL FOR PREDICTING JOINT PAIN IN OTHERWISE HEALTHY COLLEGE STUDENTS**  
Danielle E. Bull, Ava C. Clavijo, Connor R. McKay, Zachary L. Durden, Ashley M. Bruce, Sabrina R. Fordham, Elizabeth M. Harrison, Andrew J. Jakiel, Parker N. Hyde, Brad Bailey, Stephen B. Podsen. *University of North Georgia, Dahlonega, GA.*
- P233: ARE BIA RAW VARIABLES ASSOCIATED WITH MOTOR PERFORMANCE IN ADULTS WITH DOWN SYNDROME?**  
Anselmo A. Costa e Silva<sup>1,2</sup>, Laura T. Neves<sup>3</sup>, Nivea M. Silva<sup>3</sup>, Aline S. Oliveira<sup>3</sup>, Claudia R. Cavaglieri<sup>4</sup>, Stamatis Agiovlasis, FACSM<sup>1</sup>. <sup>1</sup>*Mississippi State University, Starkville, MS.* <sup>2</sup>*Federal University of Para, Belem-Para, MS.* <sup>3</sup>*Federal University of Para, Belem-Para, MS.* <sup>4</sup>*State University of Campinas, Campinas-SP, MS.*
- P234: EFFECT OF PERCUSSION THERAPY ON CONTRACTILE PROPERTIES OF THE GASTROCNEMIUS AND VASTUS MEDIALIS MUSCLES**  
Matthew J. Mitchell, Haille Watson, Zachary Siggins. *Palm Beach Atlantic University, West Palm Beach, FL.*
- P235: THE EFFECT OF SLEEP CHARACTERISTICS ON THE ARTERIAL STIFFENING RESPONSE FROM SITTING**  
Elizabeth Moody, Alexander Pomeroy, Kristin Ondrak, Erik Hanson, FACSM. *University of North Carolina, Chapel Hill, NC.*
- P236: IMPACT OF FLUID RESTRICTION ON PULMONARY FUNCTION DURING EXERCISE**  
Sydney L. Koppinger, Kylie M. Moulin, Stephanie P. Kurti-Luden, Michael J. Saunders, FACSM, Nicholas D. Luden. *James Madison University, Harrisonburg, VA.*
- P237: PROTEOMIC SIGNATURE OF HIGH AND LOW VO<sub>2</sub> PEAK RESPONSE TO EXERCISE TRAINING IN CHRONIC HEART FAILURE**  
Prasun K. Dev<sup>1</sup>, Eric C. Leszczynski<sup>1</sup>, Kiani JC. Jacobs<sup>1</sup>, Jacob L. Barber<sup>2</sup>, Charles S. Schwartz<sup>1</sup>, Michael MI<sup>2</sup>, Prashant Rao<sup>2</sup>, Francis G. Spinale<sup>1</sup>, Leanna M. Ross<sup>3</sup>, Jeremy M. Robbins<sup>2</sup>, Robert E. Gerszten<sup>2</sup>, William E. Kraus, FACSM<sup>3</sup>, Mark A. Sarzynski, FACSM<sup>1</sup>. <sup>1</sup>*University of South Carolina, Columbia, SC.* <sup>2</sup>*Cardiovascular Institute, Beth Israel Deaconess Medical Center, Boston, MA.* <sup>3</sup>*Duke Molecular Physiology Institute and Department of Medicine, Duke University School of Medicine, Durham, NC.*
- P238: THE EFFECT OF MODIFYING ARTERIAL COMPLIANCE ON MEASURES OF ARTERIAL OCCLUSION PRESSURE**  
Ashlyn Shaver, J. Grant Mouser. *Troy University, Troy, AL.*
- P239: EFFECTS OF SHORTER BLOOD FLOW RESTRICTION CYCLES ON PERCEPTUAL AND CARDIOVASCULAR RESPONSES**  
Hana Abouward, Sydnei Alcorn, Alyssa C. Baban, Daphney M. Carter. *Kennesaw State University, Kennesaw, GA.*
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- P240: COMPARING THE EFFECT OF RELATIVE AND ABSOLUTE PRESSURES ON FLOW-MEDIATED DILATION**  
Alyssa Celine Baban, Daphney M. Carter. *Kennesaw State University, Kennesaw, GA.*
- P241: HEART RATE ACCURACY OF WEARABLE ACTIVITY MONITORS ACROSS THE SKIN TONE AND EXERCISE INTENSITY SPECTRUM**  
Isabella G. Rollins, Lindsay P. Toth. *University of North Florida, Jacksonville, FL.*
- P242: CONSIDERATIONS IN ACCELEROMETRY AND CARDIOVASCULAR ASSESSMENT IN LGBTQ+ INDIVIDUALS: A PILOT STUDY**  
Jake C. Diana, Zachary Y. Kerr, FACSM, Jimikaye Courtney. *University of North Carolina at Chapel Hill, Chapel Hill, NC.*
- P243: PARA TABLE TENNIS INTENSITY: IMPLICATIONS FOR HEALTH AND REHABILITATION**  
Gabriel R. Asbell, Joseph S. Marino, J.P. Barfield, FACSM. *UNC Charlotte, Charlotte, NC.*
- P244: COMPARING HIV/AIDS HEALTH KNOWLEDGE AT DIFFERENT UNIVERSITIES**  
Roman M. Montecalvo<sup>1</sup>, Amani Williams<sup>2</sup>, Jason M. Keeler<sup>1</sup>. <sup>1</sup>*High Point University, High Point, NC.* <sup>2</sup>*Kentucky State University, Frankfort, KY.*
- P245: MENSTRUATION AND PERCEIVED SORENESS IN DIVISION I WOMEN'S SOCCER PLAYERS**  
Troy Coppus, Linda K. Delinsky, Kacie Lanier. *Troy University, Troy, AL.*
- P246: SELF-REPORTED PERCEIVED EXERTION VALUES RELATE TO GPS-OBTAINED INDICES OF TRAINING IN COLLEGIATE MALE SOCCER PLAYERS**  
Emily C. Waddell, Susan L. Rozzi, Kate R. Pfile. *College of Charleston, Charleston, SC.*
- P247: THE INFLUENCE OF HIP STRENGTH OR FLEXIBILITY AND CORE ENDURANCE ON HIP MISALIGNMENT**  
Chesnee Freeman, Natalie Thomsen, Robyn York, Jarrett Walbolt. *Montreat College, Montreat, NC.*
- P248: COMPARISONS OF HAMSTRINGS-TO-QUADRICEPS RATIO IN FEMALE AND MALE CHILDREN AND ADOLESCENTS ACROSS THE VELOCITY SPECTRUM**  
Samantha Ann Searles<sup>1</sup>, Marni E. Shoemaker<sup>2</sup>, Joel T. Cramer<sup>3</sup>, Zachary M. Gillen<sup>1</sup>. <sup>1</sup>*Mississippi State University, Mississippi State, MS.* <sup>2</sup>*South Dakota State University, Brookings, SD.* <sup>3</sup>*University of Central Florida, Orlando, FL.*
- P249: THE IMPACT OF A LOWER BODY POSITIVE PRESSURE TREADMILL ON EXERCISE REGULATION**  
Trace Dominy<sup>1</sup>, Julia Phillips<sup>1</sup>, Kaitlyn Armstrong<sup>1</sup>, Silvio Valladao<sup>2</sup>, Hannah Nelson<sup>3</sup>, Tom Andre<sup>1</sup>. <sup>1</sup>*University of Mississippi, Oxford, MS.* <sup>2</sup>*Western Kentucky University, Bowling Green, KY.* <sup>3</sup>*New England College, Henniker, NH.*
- P250: ASSOCIATION BETWEEN TRAVEL STRESS AND PERFORMANCE OVER FIVE COMPETITIVE SEASONS IN NCAA DI WOMEN'S BASKETBALL**  
Addyson C. Hale, Kendall N. Murphy, River VanZant. *University of Georgia, Athens, GA.*
- P251: UTILITY OF MACHINE LEARNING FOR IDENTIFICATION OF ATHLETE AVAILABILITY PREDICTORS IN NCAA WOMEN'S LACROSSE**  
Sam R. Moore<sup>1</sup>, Carly L. Brantner<sup>2</sup>, Elena I. Cantú<sup>1</sup>, Morgan E. Britton<sup>1</sup>, Abbie E. Smith-Ryan, FACSM<sup>1</sup>. <sup>1</sup>*University of North Carolina at Chapel Hill, Chapel Hill, NC.* <sup>2</sup>*Duke University, Durham, NC.*
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- P252: EFFECTS OF A HEATED ENVIRONMENT ON MAINTAINING ATHLETIC PERFORMANCE AFTER EXTENDED REST**  
Michael Johnson, Kelley Topiwala, Grayson Walters, Kate Wonus, Courtney L. Benjamin, Mallory R. Marshall, FACSM. *Samford University, Birmingham, AL.*
- P253: EFFECTS OF JOCKO GO ON MEASURES OF STRENGTH AND POWER**  
Julianna Holsinger, Abram Dy, Charles Allen, Erica M. Marshall. *Florida Southern College, Lakeland, FL.*
- P254: DOES A FLYWHEEL MUSCLE ACTIVATION PROTOCOL ENHANCE SPRINT SWIM PERFORMANCE?**  
Chase A. Overpeck, Erik D. Hanson, FACSM, Quentin Willey, Claudio L. Battaglini, FACSM. *UNC-Chapel Hill, Chapel Hill, NC.*
- P255: MUSCULAR STRENGTH MEASUREMENTS THROUGH HAND-HELD & ANCHORED DYNAMOMETRY: A STUDY OF TEST-RETEST & INTERRATER RELIABILITY**  
Christopher Rawdon<sup>1</sup>, Justin Robertson<sup>1</sup>, Wayne Shell<sup>2</sup>, Kathryn Mason<sup>3</sup>, Rachel Le<sup>1</sup>.  
<sup>1</sup>*Mercer University, Macon, GA.* <sup>2</sup>*Florida State University, Tallahassee, FL.* <sup>3</sup>*University of St. Augustine, St. Augustine, FL.*
- P256: THE EFFECT OF ELEVATION TRAINING MASKS ON MUSCLE STRENGTH & ENDURANCE**  
Bryan Cervantes<sup>1</sup>, Hunter Furches<sup>1</sup>, Collin Nelson<sup>1</sup>, Robyn York<sup>1</sup>, Jarrett Walbolt<sup>2</sup>.  
<sup>1</sup>*Montreat College, Montreat, NC.* <sup>2</sup>*Montreat College, Black Mountain, NC.*
- P257: THE EFFECTS OF ACUTE CAPSAICIN SUPPLEMENTATION ON UPPER BODY MUSCULAR ENDURANCE DURING EXERCISE**  
Milosz Gargol, Jarrett Walbolt. *Montreat College, Montreat, NC.*
- P258: HOW DO BURNOUT AND PHYSICAL ACTIVITY AFFECT COGNITION IN ATHLETIC TRAINERS**  
Rylie B. Evans, Sean Cochran, Taylor Rowley. *Roanoke College, Salem, VA.*
- P259: ATHLETE MONITORING: RELIABILITY OF WEEKLY JUMP TESTING WITHIN A COLLEGIATE WOMEN'S VOLLEYBALL SEASON**  
Jarrett L. Mitton<sup>1</sup>, Kevin M. Carroll<sup>1</sup>, John P. Wagle<sup>2</sup>. <sup>1</sup>*East Tennessee State University, Johnson City, TN.* <sup>2</sup>*University of Notre Dame, Notre Dame, IN.*
- P260: EFFECT OF GAS SAMPLING INTERVAL ON VO<sup>2</sup>MAX AND VO<sub>2</sub> PLATEAU IDENTIFICATION**  
Maggie Collins, Elana Griffin, Charlie Ottinger, Lauren Biscardi. *Barton College, Wilson, NC.*
- P261: TRACKING SUBJECTIVE WELLNESS ACROSS A COLLEGIATE SOCCER SEASON: ANALYSIS OF WELLNESS AND FATIGUE THROUGH Z-SCORES**  
Treja Simone Wright, Zachary Gillen, Michael Mydlo, Victor Hoffmann, Jacob Hurwitz, Benjamin Wax. *Mississippi State University, Mississippi*
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- P262: ORTHOSTATIC BLOOD PRESSURE CHANGES ARE NOT DIFFERENT IN METABOLIC SYNDROME DESPITE IMPAIRED CARDIOVAGAL BAROREFLEX SENSITIVITY**  
Sophia N. Schmidt<sup>1</sup>, Sara Parnell<sup>1</sup>, Rhett Schimpf<sup>1</sup>, Carstell Lee<sup>1</sup>, Ryan S. Aultman<sup>2</sup>, Caleb F. Brandner<sup>3</sup>, Anabelle Vallecillo-Bustos<sup>1</sup>, Ta'Quoris A. Newsome<sup>4</sup>, Sydney H. Swafford<sup>1</sup>, Abby T. Compton<sup>1</sup>, Austin J. Graybeal<sup>1</sup>, Jon Stavres<sup>1</sup>. <sup>1</sup>The University of Southern Mississippi, Hattiesburg, MS. <sup>2</sup>Kent State University, Kent, OH. <sup>3</sup>The University of Iowa, Iowa City, IA. <sup>4</sup>The University of Mississippi Medical Center, Jackson, MS.

**9:00 - 9:50 SYMPOSIUM 6**

**Location:** Regency Ballroom C

Chair: J.P. Barfield, *University of North Carolina Charlotte*

- S06: MUSCLE PROTEIN BALANCE: HYPERTROPHY, ATROPHY, AND NOVEL FINDINGS**  
J. Max Michel, Michael D. Roberts, Daniel L. Plotkin. *Auburn University, Auburn, AL.*

**9:00 - 9:50 SYMPOSIUM 7**

**Location:** Regency Ballroom H

Chair: Kevin G. Tayon, *Mayo Clinic*

- S07: OXYGEN UPTAKE RESPONSES TO STRENGTH TRAINING: WHY INCREASED HEART RATE AND VENTILATION AREN'T ENOUGH**  
Christopher Joseph Womack, FACSM. *James Madison University, Harrisonburg, VA.*

**9:00 - 9:50 TUTORIAL 8**

**Location:** Regency Ballroom D & E

Chair: Nicole K. Rendos, *Emory University*

- T08: YOU JUST GRADUATED. NOW WHAT? A GLIMPSE AT CAREERS IN INDUSTRY**  
Nicole K. Rendos<sup>1</sup>, Christopher M. Wilburn<sup>2</sup>, Bahman Adlou<sup>2</sup>, Alana J. Turner<sup>3</sup>, Aaron Griffith<sup>4</sup>, Mariana V. Jacobs<sup>5</sup>, Michael A. Samaan<sup>5</sup>. <sup>1</sup>Emory University, Atlanta, GA. <sup>2</sup>Auburn University, Auburn, AL. <sup>3</sup>Coastal Carolina University, Conway, SC. <sup>4</sup>Mississippi State University, Mississippi State, MS. <sup>5</sup>University of Kentucky, Lexington, KY.

**9:00 - 9:50 TUTORIAL 9**

**Location:** Regency Ballroom G

Chair: Samantha L. Johnson, *Middle Tennessee State University*

- T09: A GUIDE FOR TRANSITIONING FROM DOCTORAL STUDENT TO TENURED PROFESSOR**  
Samantha L. Johnson<sup>1</sup>, Thomas L. Andre<sup>2</sup>, Eric K. O'Neal<sup>3</sup>. <sup>1</sup>Middle Tennessee State University, Murfreesboro, TN. <sup>2</sup>The University of Mississippi, Oxford, MS. <sup>3</sup>University of North Alabama, Florence, AL.

**10:00–11:00 AM      ANDREW KOZAR ACSM PRESIDENTIAL ADDRESS**

**Location:** Regency Ballroom A & B

Presiding: Kim Reich, *High Point University*

Speaker introduction: Janet Walberg Rankin, *Virginia Tech*

**TIME-RESTRICTED EATING/INTERMITTENT FASTING AND SPORTS  
PERFORMANCE: CAN WE DO BOTH?**

Stella Volpe, PhD, RDN, ACSM-CEP, FACSM. *Virginia Tech.*

**11:10 AM–12:00 PM      CLINICAL CROSSOVER LECTURE**

**Location:** Regency Ballroom A & B

Presiding: Leonardo Oliveira, *Cleveland Clinic Florida*

Speaker introduction: Leonardo Oliveira, *Cleveland Clinic Florida*

**FINDING YOUR LAND OF OZ: SHOULD YOU FOLLOW THE YELLOW BRICK ROAD?**

Holly Benjamin, MD, FAAP, FACSM, FAMSSM. *University of Chicago.*



**12:30–5:30 PM****SPORTS MEDICINE PHYSICIAN TRACK PROGRAM****Location:** Redbud**12:30 Welcome and Announcements**Kimberly Kaiser, MD *University of Kentucky, Lexington, KY***Symposium: The Injured Athlete****12:35 Head Injuries**Kathleen Roberts, MD *University of Kentucky, Lexington, KY***1:05 Orthopedic Emergencies**Scott Magnes, MD *VA Medical Center, Jacksonville, FL***1:35 Discussion****Fellow Case Presentations- Session 1****1:45** Will Ellis: Foot Pain in a College Soccer Player**2:00** Gina Bertelli: A Pain in the Neck**2:15 Break****Symposium: The Pediatric Athlete****2:30 Pediatric Athlete Emergencies**Holly Benjamin, MD *University of Chicago, Chicago, IL***3:20 Discussion****Fellow Case Presentations- Session 2****3:30** Robert Gallivan: A Symptomatic Case of Multiple Hereditary Exostoses**3:45** Collin Huskey: Lower Extremity Paralysis in a Kayaker**4:00** Matthew Waldrop: Rink side Resilience: A Professional Hockey Player's Complex Shoulder Injury with a Unique Return to Play**Symposium: Emergency Action Planning****4:15 EAP as a Team Physician**Brent Messick, MD *Wake Forest University, Winston Salem, NC***4:45 EAP Transitions of Care**John Kiel, DO *University of South Florida, Tampa, FL***5:15 Discussion****5:30 Adjourn**

**1:15–2:15 PM BASIC SCIENCE LECTURE****Location:** Regency Ballroom A & BPresiding: Kim Reich, *High Point University*Speaker introduction: Robert Moffatt, *Florida State University***EXERCISE, EATING, AND ESTROGEN: WHAT IN THE GUT IS GOING ON?**Sara Campbell, PhD, FACSM, *Rutgers University*.**2:30 - 3:20 SYMPOSIUM 8****Location:** Regency Ballroom GChair: Erica M. Marshall, *Florida Southern College***S08: AEROBIC CAPACITY ASSESSMENT IN RUNNERS HISTORICAL REVIEW AND CONTEMPORARY APPLICATION**Eric O'Neal, Savanna Knight, Lynnsey Bowling. *University of North Alabama, Florence, AL.***2:30 - 3:20 TUTORIAL 10****Location:** Regency Ballroom D & EChair: Rebecca R. Collins, *Georgia Southern University***T10: THE HEART OF THE MATTER: IMPLEMENTATION OF PHASE THREE CARDIAC REHAB IN LOW SES COMMUNITY**Rebecca R. Collins, Margaret Jenkins, Julie Reams, Marybeth Yarbrough, Amy Jo Riggs, Tamerah Hunt, FACSM. *Georgia Southern University, Statesboro, GA.***2:30 - 3:20 TUTORIAL 11****Location:** Regency Ballroom HChair: Sara L. Terrell, *Florida Southern College***T11: JIGSAW LEARNING IN KINESIOLOGY: IS THE JUICE WORTH THE SQUEEZE?**Kate Early, Josie Williams. *Columbus State University, Columbus, GA.***2:30 - 4:20 ORAL PRESENTATION SESSION 3 - Sleep, Diet, and Physical Activity****Location:** Regency Ballroom FChair: Trent A. Hargens, *James Madison University***O301: THE RELATIONSHIP BETWEEN CRAVING, SLEEP, AND ACTIVITY: A SECONDARY ANALYSIS OF A RANDOMIZED CONTROLLED TRIAL.**Catherine Ryan, Jason Fanning. *Wake Forest University, Winston-Salem, NC.*

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- O302: EVALUATING DIFFERENCES IN OBJECTIVE SLEEP OUTCOMES BY PHYSICAL ACTIVITY STATUS IN COLLEGE-AGED INDIVIDUALS**  
Juliette Levet-Bourtoyre, Caitlin Brinkman, Shelby Baez, Jimikaye B. Courtney, Malia N.M. Blue. *University of North Carolina at Chapel Hill, Chapel Hill, NC.*
- O303: WHEN IS SLEEP MOST IMPORTANT: EXAMING SLEEP AND PERFORMANCE IN FEMALE COLLEGIATE CROSS COUNTRY RUNNERS**  
Brett L. Cross, Elisa Angeles, Michael J. Ormsbee, FACSM. *Florida State University, Tallahassee, FL.*
- O304: THE ROLE OF SLEEP IN WEIGHT LOSS MAINTENANCE AFTER BARIATRIC SURGERY IN ADULT FEMALES**  
Hannah Koch, Jessica McNeil. *UNC-Greensboro, Greensboro, NC.*
- O305: HEIGHTENED VIGILANCE IS ASSOCIATED WITH SHORTER SLEEP AND POORER SLEEP QUALITY IN BLACK EMERGING ADULTS**  
Skyler H. Byerley, Hannah R. Koch, Jessie N. L. Sims, Stephanie Pickett, Laurie Wideman, FACSM, Jessica McNeil. *UNCG, Greensboro, NC.*
- O306: USING WEARABLE TECHNOLOGY TO EVALUATE SLEEP AND STRESS FOR PHYSICIANS: A SYSTEMATIC REVIEW**  
Joe Dekle, Maxwell Harrell, Dev Dayal, Clay Rahaman, Adam Skelton, Eugene Brabston, Thomas Evely, Aaron Casp, Amit Momaya. *University of Alabama at Birmingham, Birmingham, AL.*
- O307: SLEEP THE NIGHT BEFORE A REPORTED FALL AMONG LOW-INCOME COMMUNITY-DWELLING OLDER WOMEN: A CASE SERIES**  
Abigail L. Tice, Kworweinski Lafontant, Revanth Gummadavelly, Jethro Raphael M. Suarez, Chitra Banarjee, David H. Fukuda, FACSM, Chen Chen, Ladda Thiamwong. *University of Central Florida, Orlando, FL.*

## 2:30 - 4:20 MASTERS STUDENT AWARD COMPETITION

**Location:** Think Tank

Chair: Danielle Wadsworth, *Auburn University*

- M01: MEASURED VERSUS ESTIMATED RESTING ENERGY EXPENDITURE IN PERIMENOPAUSAL WOMEN**  
Gabrielle M. DelBiondo, Paul A. Baker, Alex N. Ladan, Morgan E. Britton, Sam R. Moore, Elena I. Cantu, Jillian E. Cowart, Celia W. Gottlieb, Abbie E. Smith-Ryan, FACSM. *University of North Carolina at Chapel Hill, Chapel Hill, NC.*
- M02: SHAPE THE PACE: TRAINING LOAD INFLUENCE ON MATCH TEMPO IN DI WOMEN'S SOCCER**  
Elena I. Cantu, Sam R. Moore, Morgan E. Britton, Gabrielle M. DelBiondo, Paul A. Baker, Alex N. Ladan, Abbie Smith-Ryan, FACSM. *University of North Carolina Chapel Hill, Chapel Hill, NC.*
- M03: Y BALANCE TEST BIOMECHANICAL CHANGES OVER TIME IN PATIENTS WITH ANTERIOR CRUCIATE LIGAMENT RECONSTRUCTION**  
Jennifer S. Chambers<sup>1</sup>, Andrea Mason<sup>2</sup>, Karla Ausderau<sup>2</sup>, David R. Bell<sup>2</sup>. <sup>1</sup>*University of Central Florida, Orlando, FL.* <sup>2</sup>*University of Wisconsin-Madison, Madison, WI.*

- M04: RELIABILITY AND VALIDITY OF A PORTABLE METABOLIC RATE ANALYZER IN RESISTANCE TRAINED WOMEN**  
Kadie R. Drahos. *University of Central Florida, Orlando, FL.*
- M05: IMPACT OF AN 8-WEEK RESISTANCE TRAINING PROGRAM ON LOWER BODY MUSCULAR POWER IN INDIVIDUALS TREATED FOR CANCER**  
Kenneth Scott Anderson. *University of South Carolina, Columbia, SC.*
- M06: COMPATIBILITY OF INERTIAL MEASUREMENT UNITS AND OPTICAL MOTION CAPTURE TO ANALYZE DEADLIFT PERFORMANCE IN SOLDIERS**  
Kasey M. Murphy<sup>1</sup>, Lucas C. Sarantos<sup>2</sup>, David J. Zeppetelli<sup>2</sup>, Cole A. Dempsey<sup>2</sup>, Takashi Nagai<sup>2</sup>, Vanessa J. Ramirez<sup>2</sup>, Bryan L. Riemann<sup>1</sup>. <sup>1</sup>*Georgia Southern University - Armstrong, Savannah, GA.* <sup>2</sup>*United States Army Research Institute for Environmental Medicine, Natick, MA.*
- M07: DOES A SWIMMING PROGRAM INCREASE SELF-EFFICACY IN INDIVIDUALS WITH INTELLECTUAL DISABILITY? A QUALITATIVE STUDY**  
Georgia Starr, Maria Haider, Gregg Twietmeyer, Jianzhong Xu, Stamatis Agiovlasitis, FACSM. *Mississippi State University, Starkville, MS.*
- M08: NEUROMUSCULAR ADAPTATIONS FOLLOWING ELASTIC BAND TRAINING WITH AND WITHOUT MAXIMAL MENTAL EFFORT IN OLDER WOMEN**  
Lacey Harper, William Reed, Kayla Anderson, Kaden Buford, Anna Acosta, Jacob Grazer, Robert Buresh, FACSM, Tim Martin, Garrett Hester. *Kennesaw State University, Kennesaw, GA.*

## 2:30 - 4:20 THEMATIC POSTER SESSION 3 - Biomechanics

**Location:** Crepe Myrtle

Chair: Diego Ferreira, *Lander University*

- TP301: INVESTIGATION OF SURFACE ELECTROMYOGRAPHIC FREQUENCY DYNAMICS IN FEMALES DURING SUSTAINED, SUBMAXIMAL, ISOMETRIC EXERCISE**  
Brian Benitez, Minyoung Kwak, Clara J. Mitchinson, Erik R. Snell, Haley C. Bergstrom, FACSM. *University of Kentucky, Lexington, KY.*
- TP302: SEX DIFFERENCES IN NETWORKS OF INTER-MUSCULAR COORDINATION**  
Elizabeth Connolly<sup>1</sup>, Chelsea Njei<sup>1</sup>, Lillie Thornton<sup>1</sup>, Óscar Abenza<sup>2</sup>, Robert Hristovski<sup>3</sup>, Natalia Balague Serre<sup>2</sup>, Plamen Ivanov<sup>4</sup>, Sergi Garcia-Retortillo<sup>1</sup>. <sup>1</sup>*Wake Forest University, Winston-Salem, NC.* <sup>2</sup>*University of Barcelona, Spain.* <sup>3</sup>*University Ss. Cyril and Methodius, North Macedonia.* <sup>4</sup>*Boston University, Boston, MA.*
- TP303: ASSESSING THE RELATIONSHIPS BETWEEN SKATER JUMP GROUND REACTION FORCES, HIP ABDUCTION STRENGTH, AND PITCH VELOCITY**  
Andrew M. Gregory<sup>1</sup>, Megan S. Ward<sup>2</sup>, Jaynesh H. Patel<sup>1,2</sup>. <sup>1</sup>*University of South Carolina-Columbia, Columbia, SC.* <sup>2</sup>*Prisma Health, Lexington, SC.*
- TP304: EXAMINATION OF DIFFERENCES IN MUSCLE ACTIVITY OF THE PRIMARY ANKLE STABILIZERS IN ATHLETES AND NON-ATHLETES PERFORMING A DYNAMIC BALANCE TEST**  
Sally K. Barfield, Aaron Griffith, Harish Chander, Adam C. Knight. *Mississippi State University, Starkville, MS.*

- TP305: COMPARATIVE ANALYSIS OF CONDITIONED PAIN MODULATION AND MUSCLE QUALITY IN YOUNGER VS. OLDER ADULTS**  
Emily J. Parsowith<sup>1</sup>, Emma Herring<sup>1</sup>, Brandon Cohen<sup>2</sup>, Kevan S. Knowles<sup>1</sup>, Ethan C. Hill<sup>1</sup>, Meredith Chaput<sup>1</sup>, Abigail W. Anderson<sup>1</sup>, Matt S. Stock<sup>1</sup>. <sup>1</sup>University of Central Florida, Orlando, FL. <sup>2</sup>University of Central Florida College of Medicine, Orlando, FL.
- TP306: DESCRIPTIVE CHARACTERISTICS AND RUNNING BIOMECHANICS OF MALE DISTANCE RUNNERS WITH PREVIOUS RUNNING RELATED INJURY**  
Diego Castro-Diaz<sup>1</sup>, Samuel J. Wilson<sup>1</sup>, Nicholas J. Siekirk<sup>1</sup>, Barry A. Munkasy<sup>1</sup>, Tristan Young<sup>2</sup>, Jessica A. Mutchler<sup>1</sup>. <sup>1</sup>Georgia Southern University, Statesboro, GA. <sup>2</sup>University of Southern Mississippi, Hattiesburg, MS.
- TP307: VALIDATION OF MARKERLESS MOTION CAPTURE FOR KNEE JOINT KINEMATICS: A COMPARATIVE PILOT STUDY**  
John David Johnson II, Michael Hales, Zach Contois, Allison Roach. Kennesaw State University, Kennesaw, GA.

**2:30 - 4:00 POSTER PRESENTATION SESSION 3****Location:** Studio 220

- P301: DIETARY BERBERINE SUPPLEMENTATION REDUCES HEART RATE RESPONSE DURING EXERTIONAL HEAT STRESS**  
Jacob C. Saunders, Dante A. Van Arman, Yaw O. Korankyi, Matthew R. Kuennen. High Point University, High Point, NC.
- P302: ASSESSING FIREFIGHTER PERCEPTIONS OF EXERCISE AS AN EFFECTIVE DISEASE AND ILLNESS RISK REDUCTION STRATEGY**  
Nicholas A. Buoncristiani, Gena R. Gerstner, Amber N. Schmitz, Jackson E. Hollingsworth, Kristen L. Kucera, Alice S. Ammerman, Eric D. Ryan, FACSM. University of North Carolina at Chapel Hill, Chapel Hill, NC.
- P303: EFFECT OF SHIFT SCHEDULE ON FIREFIGHTERS' SLEEP OUTCOMES**  
Jackson Miller<sup>1</sup>, Emily Watkins<sup>2</sup>, Lauren Whitehurst<sup>1</sup>, Sarah N. Lanham<sup>1</sup>, Jamal L. Thruston<sup>1</sup>, Jazdin Weatherbie<sup>1</sup>, Abigayle R. Spong<sup>1</sup>, Emily Speaker<sup>1</sup>, M Ryan Mason<sup>1</sup>, Peter Smetanka<sup>1</sup>, Samuel Williams<sup>1</sup>, Bryce Clay<sup>1</sup>, Kaden Hill<sup>1</sup>, Emily L. Langford<sup>3</sup>, Mark G. Abel<sup>1</sup>. <sup>1</sup>University of Kentucky, Lexington, KY. <sup>2</sup>University of Roehampton, London. <sup>3</sup>Georgia Southern University, Statesboro, GA.
- P304: RELATIONSHIP BETWEEN PLASMA OSMOLALITY AND URINE SPECIFIC GRAVITY IN RECREATIONAL RUNNERS**  
McKenzie L. Hargrove<sup>1</sup>, Zachary M. Gillen<sup>1</sup>, William D. Reynolds<sup>2</sup>, William M. Adams, FACSM<sup>3,4</sup>, JohnEric W. Smith<sup>1</sup>. <sup>1</sup>Mississippi State University, Starkville, MS. <sup>2</sup>OndaVision Technologies, Raleigh, NC. <sup>3</sup>Adams Sports Medicine Consulting, LLC, Colorado Springs, CO. <sup>4</sup>University of North Carolina at Greensboro, Greensboro, NC.
- P305: EFFECTS OF PRE-COOLING ON 5K TIME TRIAL PERFORMANCE IN MALES AND FEMALES**  
Ayers Leggett, Harper McGowan, Molli Mcleod, Mallory Marshall, FACSM, Courteney L. Benjamin. Samford University, Birmingham, AL.

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- P306: CONTENT VALIDITY OF VISUAL ANALOG SCALES FOR EXERTION AND COMFORT DURING EXERCISE IN THE HEAT**  
Robert L. Herron<sup>1</sup>, Laura D. Jones<sup>1</sup>, Peyton S. Higgins<sup>2</sup>, Emily L. Langford<sup>3</sup>, Stacy H. Bishop<sup>1</sup>, Greg A. Ryan<sup>1</sup>. <sup>1</sup>University of Montevallo, Montevallo, AL. <sup>2</sup>University of Arkansas Monticello, Monticello, AR. <sup>3</sup>Georgia Southern University, Statesboro, GA.
- P307: THE EFFECTS OF CAFFEINE INGESTION AND INDOOR CYCLING ON COGNITIVE PERFORMANCE**  
Nicholas R. Cachia, Matthew D. Ruiz, Ruth N. Henry, Jared B. Mosier, Allyson P. Stallworth, Laurel A. Littlefield. *Lipscomb University, Nashville, TN.*
- P308: SELF-EFFICACY, PAIN, AND SOCIAL DETERMINANTS IN PHYSICAL FUNCTION WITH OSTEOARTHRITIS OF THE KNEE**  
Sarah G. Zakrzewski, Shannon Mihalko, Stephen Messier, Monica Love, Jovita Newman, Ryan Hill, Santiago Saldana, Eddie Ip. *Wake Forest University, Winston-Salem, NC.*
- P309: VARIATIONS IN BODY COMPOSITION DERIVED ENERGY BALANCE ACROSS THROUGHOUT SIX WEEKS OF OVERFEEDING**  
Austin T. Massengale, Ray Davis, Kaitlyn Evenson-McMurtry, Morgan Wormley, Genevieve Batman, Matthew Stratton. *University of South Alabama, Mobile, AL.*
- P310: THE RELATIONSHIP BETWEEN SALIVARY AND SERUM ESTROGEN AND PROGESTERONE**  
Emily Bechke, Samantha J. Goldenstein, Sandra J. Shultz, FACSM, Laurie Wideman, FACSM. *University of North Carolina-Greensboro, Greensboro, NC.*
- P311: EFFECTS OF CHLOROPHYLL SUPPLEMENTATION ON VO<sup>2</sup>MAX IN RATS**  
Kyle Cormier, Shuichi Sato. *University of Louisiana at Lafayette, Lafayette, LA.*
- P312: INFLUENCE OF WITHANIA SOMNIFERA ON PHYSICAL RECOVERY, SLEEP, AND DEPRESSION SYMPTOMS IN MALE COLLEGE STUDENTS**  
Ethan Ackerman, Eric Hall. *Elon University, Elon, NC.*
- P313: THE EFFECT OF WHEY PROTEIN AND A HIGH SODIUM BEVERAGE ON HYDRATION**  
Keaton Carter, Owen Fulton, Emma Grace Broad, Mallory Marshall, FACSM, Courteney Benjamin. *Samford University, Birmingham.*
- P314: CORRELATION BETWEEN THE BEVQ-15 AND HYDRATION MEASURES IN LACTATING WOMEN**  
Lainey McRae, Lilli Griffin, Mallory Marshall, FACSM, Courteney Benjamin. *Samford University, Birmingham, AL.*
- P315: BODY COMPOSITION AND NUTRITION ASSESSMENT: MACRONUTRIENT TRACKING INTERVENTION AMONG DIVISION-III FOOTBALL ATHLETES**  
Caroline Elizabeth Postell<sup>1</sup>, Bryce Prather<sup>1</sup>, Hunter Kenny<sup>1</sup>, Hannah Evans<sup>1</sup>, Ava Buelow<sup>1</sup>, Cherilyn McLester<sup>2</sup>, John McLester, FACSM<sup>2</sup>, Mitchell E. Zaplatosch<sup>2</sup>, Cassie M. Williamson-Reisdorph<sup>1</sup>. <sup>1</sup>Berry College, Mount Berry, GA. <sup>2</sup>Kennesaw State University, Kennesaw, GA.
- P316: MOMENT TO MOMENT CHANGES IN RER COINCIDENT WITH THE CHANGE FROM SEATED REST TO WALKING**  
Sarah Kaufman, Joselyn Palacio, Carter Phillips, James B. Crabbe. *Georgia Gwinnett College, Lawrenceville, GA.*
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- P317: PROLONGED PASSIVE VS. ACTIVE STANDING: INFLUENCE ON DISCOMFORT, PHYSICAL FATIGUE, AND MENTAL FATIGUE**  
Olivia McCallum<sup>1</sup>, Marco Meucci<sup>1</sup>, Christopher M. Hearon, FACSM<sup>2</sup>, Robert J. Kowalsky<sup>1</sup>.  
<sup>1</sup>*Appalachian State University, Boone, NC.* <sup>2</sup>*Texas A&M University-Kingsville, Kingsville, TX.*
- P318: CONTRASTING IMPLICIT ASSOCIATIONS FOR EXERCISE AND DANCE IN OLDER ADULTS: PROTOCOL FOR A CROSS-SECTIONAL STUDY**  
Devyn Battaglia, Jason Fanning. *Wake Forest University, Winston-Salem, NC.*
- P319: EFFICACY OF AN 8-WEEK "THRIVEWELL" PROGRAM ON MITIGATING THE RISK OF METABOLIC SYNDROME IN WOMEN**  
Isabella Roberts, Elizabeth Bailey, Svetlana Nepocatych. *Elon University, Elon, NC.*
- P320: EXPLORING FOOD ACCESS AND BEHAVIORAL FACTORS IMPACTING METABOLIC SYNDROME RISK IN THE LATINO COMMUNITY**  
Katherine Marie Evans, Svetlana Nepocatych, Elizabeth Bailey. *Elon University, Elon, NC.*
- P321: OLDER ADULTS' PERCEPTIONS OF THE STUDENT-LED FAU WELL PROGRAM: A QUALITATIVE STUDY**  
Juliet A. Espinal<sup>1</sup>, Jodi Morawiec<sup>1</sup>, Ashley L. Artese<sup>1</sup>, Daniel R. Marshall<sup>2</sup>, B. Sue Graves, FACSM<sup>1</sup>. <sup>1</sup>*Florida Atlantic University, Boca Raton, FL.* <sup>2</sup>*Virginia Military Institute, Lexington, VA.*
- P322: PHYSICAL THERAPY INCORPORATING EQUINES: NEUROLOGICAL ACTIVATION AND BALANCE DYNAMICS IN ADULTS WITH AUTISM SPECTRUM DISORDER**  
Jillian Emma Hatcher<sup>1</sup>, John G. Lamberth<sup>1</sup>, Molly C. Nicodemus<sup>1</sup>, Clay A. Cavinder<sup>1</sup>, Lori Irvin<sup>1</sup>, Po-Lin Chen<sup>1</sup>, Lesli Figueiredo<sup>2</sup>. <sup>1</sup>*Mississippi State University, Mississippi State, MS.* <sup>2</sup>*Freedom Reigns, LLC, Burleson, TX.*
- P323: OBSERVING CORRELATION BETWEEN GYM MEMBERSHIP PRICES AND MEMBER ATTENDANCE**  
Samuel Hearn, Robyn York, Jarrett Walbolt. *Montreat College, Montreat, NC.*
- P324: EXPLORING ENERGETIC AROUSAL DURING PHYSICAL ACTIVITY IN WOMEN WITH PREGNANCY HYPERGLYCEMIA, DOES THE TIMING MATTER?**  
Sara Yousefi<sup>1</sup>, Jordan Lewis<sup>1</sup>, Kelley Strohacker, FACSM<sup>1</sup>, Izaak Miller<sup>1</sup>, Bethany Hallenbeck<sup>1</sup>, Nikki Zite<sup>2</sup>, Kimberly Fortner<sup>2</sup>, Walter Schoutko<sup>2</sup>, Jill Maples<sup>2</sup>, Samantha Ehrlich<sup>1</sup>. <sup>1</sup>*The University of Tennessee Knoxville, Knoxville, TN.* <sup>2</sup>*The University of Tennessee, Graduate School of Medicine, Knoxville, TN.*
- P325: DIVERGENT RESPONSES IN CORTICOSPINAL AND PERIPHERAL EXCITABILITY THROUGHOUT ACUTE FATIGUING EXERCISE IN RESISTANCE TRAINED MEN**  
Giovanna Ebel<sup>1</sup>, Lyric D. Richardson<sup>2</sup>, Brenden Roth<sup>2</sup>, Stephanie A. Sontag<sup>3</sup>, Daniel J. Lawson<sup>4</sup>, Petra Kis<sup>2</sup>, Michael A. Trevino<sup>2</sup>, Alex Olmos<sup>1</sup>. <sup>1</sup>*Christopher Newport University, NEWPORT NEWS, VA.* <sup>2</sup>*Oklahoma State University, Stillwater, OK.* <sup>3</sup>*Louisiana State University, Baton Rouge, LA.* <sup>4</sup>*Auburn University, Auburn, AL.*
- P326: THE IMPACT FATIGUE HAS ON BALANCE EQUILIBRIUM SCORES WITHIN COLLEGIATE CLUB SOCCER PLAYERS**  
Owen Baillie<sup>1</sup>, Craig Eastland<sup>1</sup>, Jonathan Weaver<sup>1</sup>, Jack Houser<sup>1</sup>, Srikant Vallabhajosula<sup>1</sup>, Riley Galloway<sup>2</sup>, Jacob R. Gdovin<sup>1</sup>. <sup>1</sup>*Elon University, Elon, NC.* <sup>2</sup>*The University of Southern Mississippi, Hattiesburg, MS.*
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- P327: VOLLEYBALL FOOTWEAR AND ANKLE BRACING: ITS IMPACT ON FORCE PRODUCTION, POSTURAL CONTROL, AND MUSCLE ACTIVITY**  
Ashlyn Rose Duffy, Srikant Vallabhajosula, Jacob R. Gdovin. *Elon University, Elon, NC.*
- P328: ASSESSMENT OF SAGITTAL PLANE HIP POWER IN AGING ADULTS WITH RADIOGRAPHIC HIP OSTEOARTHRITIS**  
Amara G. Sharp<sup>1</sup>, Kate N. Jochimsen<sup>2</sup>, Michael A. Samaan<sup>1</sup>. <sup>1</sup>*University of Kentucky, Lexington, KY.* <sup>2</sup>*Massachusetts General Hospital, Harvard Medical School, Boston, MA.*
- P330: ACCLIMATIZATION TO MINIMALIST FOOTWEAR: IMPACT ON FOOT STRUCTURE AND GAIT BIOMECHANICS**  
Bahman Adlou, John L. Grace, Monique R. Schindler, Grace E. Tortorice, Emma C. Sanders, Berkley K. Barnett, Colby C. Stafford, Christopher Wilburn, Wendi H. Weimar. *Auburn University, Auburn, AL.*
- P331: OUTCOMES FOLLOWING AN EXERCISE PRESCRIPTION ON A 55-YEAR-OLD FEMALE WITH TYPE-1 DIABETES AND ADHESIVE CAPSULITIS**  
Lauren Rivard, FACSM, Mark Erickson, FACSM. *Florida Gulf Coast University, Fort Myers, FL.*
- P332: EFFECT OF POSTURE ON CARDIOPULMONARY AND PERCEPTUAL RESPONSES TO MAXIMAL INCREMENTAL EXERCISE**  
Ashley E. Carlisle, Brian P. Shapiro, Elizabeth H. Dineen, Kevin G. Tayon, Bryan J. Taylor, FACSM. *Mayo Clinic, Jacksonville, FL.*
- P333: NOX DOES NOT IMPACT BLOOD FLOW AT REST/POST PRANDIALLY IN OLDER INDIVIDUALS WITH OVERWEIGHT/OBESITY.**  
Sequoia D. Ernst<sup>1</sup>, Paul A. Baker<sup>2</sup>, John C. DeCaro<sup>1</sup>, Riley K. Hart<sup>1</sup>, Mostafa M. Ali<sup>1</sup>, Justin D. La Favor<sup>1</sup>, Robert C. Hickner, FACSM<sup>1</sup>. <sup>1</sup>*Florida State University, Tallahassee, FL.* <sup>2</sup>*University of North Carolina, Chapel Hill, NC.*
- P334: ASSOCIATIONS OF ACTIGRAPHY-ASSESSED SLEEP VARIABLES WITH CARDIOMETABOLIC OUTCOMES IN EMERGING ADULTS**  
Sheldon D. Smith, Jessica McNeil, Jessica M. Dollar, Lenka H. Shriver, Susan P. Keane, Laurie Wideman, FACSM. *University of North Carolina at Greensboro, Greensboro, NC.*
- P335: INFLUENCE OF 16-WEEK MINIMAL EXERCISE INTERVENTION ON CARIOVASCULAR MEASURES IN TYPE-2 DIABETEICS**  
Pedro Chung, Keilah Vaughan, Andrew Levine, Mackenzie Burgess, Tanner Martin, Robert Buresh, FACSM, Brian Kliszczewicz, FACSM. *Kennesaw State University, Kennesaw, GA.*
- P336: INSURANCE TYPE AFFECTS ACCESS TO CARE FOR PATIENTS WITH HIP LABRUM TEARS**  
Jackson Byrd, Nathaniel Buchanan, Mathew Hargreaves, Clay Rahaman, Maxwell Harrell, Dev Dayal, Eugene Brabston, Thomas Evely, Amit Momaya, Aaron Casp. *University of Alabama at Birmingham, Birmingham, AL.*
- P337: DO THE EATING BEHAVIORS OF PRESCHOOL-AGE CHILDREN DIFFER BY FOOD INSECURITY STATUS?**  
Gabrielle R. Lerner, Jhanelle Napier, Maria Ramon, Jhada Sims, Layton Reesor-Oyer. *University of Florida, Gainesville, FL.*
- P338: IMPACT OF PHYSICAL ACTIVITY ENGAGEMENT ON ABILITY TO PERFORM ACTIVITIES OF DAILY LIVING AMONG CHILDREN: 2016-2022 NSCH**  
Willie Leung<sup>1</sup>, Lyle Kamback<sup>1</sup>, Gianna Fiore<sup>1</sup>, Jinhyun Lee<sup>2</sup>, Yan Guo<sup>1</sup>. <sup>1</sup>*The University of Tampa, Tampa, FL.* <sup>2</sup>*The University of Texas Permian Basin, Odessa, TX.*
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- P339: EXPLORING ASSOCIATIONS BETWEEN HANDGRIP STRENGTH AND METABOLIC SYNDROME RISK FACTORS IN RURAL FIREFIGHTERS**  
Isaiah D. Mews, Andrew Flatt, Andrew Ashley, Nathan T. Ebersole, Emily Langford, Richard E. Cleveland, Bridget Melton. *Georgia Southern University, Statesboro, GA.*
- P340: DOES CONCERN WITH FALLING INFLUENCE NEUROCOGNITIVE PERFORMANCE AMONG OLDER ADULTS WITH AND WITHOUT PARKINSON'S DISEASE**  
Carmella A. Hack, Michael E. Hall, B. Sue Graves, FACSM. *Florida Atlantic University, Boca Raton, FL.*
- P341: CAN SELF-REPORTED MEASURES PREDICT THE FUNCTIONAL FITNESS OF SENIORS WITH AND WITHOUT PARKINSON'S DISEASE?**  
Frances I. Alexandre, Michael E. Hall, B. Sue Graves, FACSM. *Florida Atlantic University, Boca Raton, FL.*
- P342: EXPLORING THE RELATIONSHIP BETWEEN BMI, AGE, AND HBA<sup>1</sup>C IN ACTIVE OLDER AFRICAN AMERICAN WOMEN**  
Samantha Webb<sup>1</sup>, Trudy Moore-Harrison<sup>1</sup>, Candace S. Brown<sup>1</sup>, Leslie J. Brandon, FACSM<sup>2</sup>. <sup>1</sup>*NC Charlotte, Charlotte, NC.* <sup>2</sup>*Georgia State University, Atlanta, GA.*
- P343: A CASE STUDY - THE HYPERBOLIC SUIT'S EFFECTS ON CLIENT WITH MUSCULAR DYSTROPHY**  
Jamiel A. Colón<sup>1</sup>, David J. Granniss<sup>2</sup>. <sup>1</sup>*Gardner-Webb University, Boiling Springs, NC.* <sup>2</sup>*Anderson University, Anderson, SC.*
- P344: PHYSICAL AND MENTAL WELL-BEING IN FORMER COLLEGIATE SOCCER ATHLETES**  
Maxwell Harrell, Audria Wood, Mathew Hargreaves, Elizabeth Marks Benson, Clay Rahaman, Dev Dayal, Eugene Brabston, Thomas Evely, Aaron Casp, Amit Momaya. *University of Alabama at Birmingham, Birmingham, AL.*
- P345: INTENSITY DEPENDENT EFFECTS OF UNILATERAL, FATIGUING, ISOMETRIC MUSCLE CONTRACTIONS ON IPSILATERAL AND CONTRALATERAL MUSCULAR PERFORMANCE**  
Minyoung Kwak, Pasquale J. Succi, Brian Benitez, Clara J. Mitchinson, Erik Snell, Haley C. Bergstrom. *University of Kentucky, Lexington, KY.*
- P346: SEX DIFFERENCES IN VELOCITY METRICS ACROSS VARIOUS REPETITIONS IN RESERVE DURING THE BARBELL BENCH PRESS**  
Ray Davis, Austin Massengale, Riley Anne Clarke, Kaitlyn Evenson-McMurtry, Morgan Wormely, Genevieve Batman, Matthew Stratton. *University of South Alabama, Mobile, AL.*
- P347: EFFECTS OF TRAVEL STRESS AND TRAINING LOAD ON NCAA DI WOMEN'S BASKETBALL PERFORMANCE**  
Nicholas Remaley, Kendall Murphy, River VanZant. *University of Georgia, ATHENS, GA.*
- P348: EVALUATING FAT-FREE MASS INDEX AND LEAN MASS INDEX IN NCAA DIVISION I FEMALE ATHLETES**  
Morgan E. Britton, Sam R. Moore, Elena I. Cantu, Paul A. Baker, Gabrielle M. DelBiondo, Alex N. Ladan, Abbie E. Smith-Ryan, FACSM. *University of North Carolina, Chapel Hill, NC.*
- P349: CHANGES IN COUNTERMOVEMENT JUMP PERFORMANCE IN COLLEGIATE DISTANCE RUNNERS PRE AND POST-TEMPO RUN**  
Julia Phillips<sup>1</sup>, Kristel van den Berg<sup>1</sup>, Silvio Polly da Costa Valladao<sup>2</sup>, Thomas Andre<sup>1</sup>. <sup>1</sup>*University of Mississippi, Oxford, MS.* <sup>2</sup>*Western Kentucky University, Bowling Green, KY.*
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- P350: THE INFLUENCE OF SELF-REPORTED SUBJECT EFFORT ON MEASUREMENT VARIABILITY IN LOW-STAKES TESTS OF ENDURANCE PERFORMANCE**  
Tanya N. Romero, Noah B. Wilfong, Sara J. Finney, Nicholas D. Luden, Michael J. Saunders, FACSM. *James Madison University, Harrisonburg, VA.*
- P351: "DO HEALTHY PEOPLE PASS ANTERIOR CRUCIATE LIGAMENT RECONSTRUCTION RETURN TO SPORT TESTING? A SYSTEMATIC REVIEW"**  
Dev Dayal, Audria Wood, Mathew Hargreaves, Nick Manfredi, Maxwell Harrell, Elizabeth Marks Benson, Clay Rahaman, Eugene Brabston, Thomas Evely, Aaron Casp, Amit Momaya. *University of Alabama at Birmingham, Birmingham, AL.*
- P352: PRE-SEASON COUNTERMOVEMENT JUMP DERIVED NEUROMUSCULAR PERFORMANCE IN FEMALE NCAA DIVISION III VOLLEYBALL PLAYERS**  
Justin Stokes McDonald<sup>1</sup>, Justin P. Szczypinski<sup>1</sup>, Timothy M. Dornemann<sup>1</sup>, Vanessa B. Batchelor<sup>1</sup>, Jay R. Hoffman, FACSM<sup>2</sup>, Meir Magal, FACSM<sup>1</sup>. <sup>1</sup>*North Carolina Wesleyan University, Rocky Mount, NC.* <sup>2</sup>*Ariel University, Ariel.*
- P353: EFFECTS OF ALTITUDE ON ANAEROBIC POWER AND RECOVERY VARIABLES USING AN ATHLETIC COLLEGE POPULATION**  
Michael C. Pells, Andrew Bosak, Tristan Faust, John W. Plummer, Isabella Huner-Cruz. *Liberty University, Lynchburg, VA.*
- P354: ASSESSING THE OPTIMAL AMOUNT OF BROAD JUMP TRIALS NECESSARY FOR ACHIEVING PEAK PERFORMANCE**  
Nzube Ephraim Anyadiegwu. *Liberty University, Lynchburg, VA.*
- P355: COMPARISONS OF COUNTERMOVEMENT JUMP PERFORMANCE ACROSS THE SEASON IN DIVISION I COLLEGIATE BASEBALL PLAYERS**  
Andy Jennings. *Mississippi State University, Starkville, MS.*
- P356: IMPACT OF PREVIOUS INJURY AND PAIN ON LUMBOPELVIC-HIP COMPLEX FUNCTION AMONG COLLEGE ATHLETES**  
Romie B. Llewellyn. *Lander University, Greenwood, SC.*
- P357: EFFECT OF TYPE OF REST INTERVAL ON CHANGE OF DIRECTION AND AGILITY**  
Lindsey Brewer, Abby Ferguson, Julia Cox, Courteney L. Benjamin, Mallory R. Marshall, FACSM. *Samford University, Birmingham, AL.*
- P358: COMPARISON OF COUNTERMOVEMENT JUMP PERFORMANCE IN HIGH AND LOW THROWING VELOCITY COLLEGIATE BASEBALL PITCHERS**  
Zackery J. Mercer, Minali G. Patton, Madeline R. Klubertanz, Tristan L. Young, Hunter K. Haynes, Paul T. Donahue. *University of Southern Mississippi, Hattiesburg, MS.*
- P359: EFFECTS OF FACIAL OR WHOLE BODY COLD WATER IMMERSION ON AUTONOMIC FUNCTION AND STRENGTH ENDURANCE**  
Reese Davis, Dalton Towe, Robyn York, Jarrett Walbolt. *Montreat College, Montreat, NC.*
- P360: ISOKINETIC MUSCLE TORQUE OF THE KNEE AT DIFFERENT VELOCITIES**  
Faith E. Johnson. *Methodist University, Fayetteville, NC.*
- P361: COMPARING DISTAL AND PROXIMAL MUSCLE THICKNESS ULTRASOUND MEASURES FOR RECTUS FEMORIS**  
Wayne Mier<sup>1</sup>, Michael R. Axler<sup>1</sup>, Jeff T. Wight<sup>1</sup>, Nicolas Arciniegas<sup>1</sup>, George G. Pujalte, FACSM<sup>2</sup>. <sup>1</sup>*Jacksonville University, Jacksonville, FL.* <sup>2</sup>*Mayo Clinic, Jacksonville, FL.*
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- P362: FORCE PERCEPTION IS LESS ACCURATE AT LOWER INTENSITIES IN THE ISOMETRIC BACK SQUAT**  
Caitlyn M. Meehan, Jake RIdenoure, Brady A. Watson, Payton N. Benoit, Abigail Lawrence, Ryan J. Colquhoun, Neil A. Schwarz. *The University of South Alabama, Mobile, AL.*

**3:30 - 4:20 SYMPOSIUM 9**

**Location:** Regency Ballroom D & E

Chair: J Grant Mouser, *Troy University*

- S09: MAXIMAL OXYGEN UPTAKE: WHERE ARE THE LIMITATIONS?**  
Scott K. Powers, FACSM. *Stetson University, Deland, FL.*

**3:30 - 4:20 SYMPOSIUM 10**

**Location:** Regency Ballroom H

Chair: Marc Cook, *North Carolina A&T State University*

- S10: THE ROLE OF PHYSICAL ACTIVITY IN BLACK MATERNAL-FETAL HEALTH DISPARITIES: LITERATURE OVERVIEW**  
Marc Cook<sup>1</sup>, Mikayla Greene<sup>2</sup>, Linda May, FACSM<sup>3</sup>. <sup>1</sup>*North Carolina A&T State University, Greensboro, NC.* <sup>2</sup>*University of Tennessee, Knoxville, TN.* <sup>3</sup>*East Carolina University, Greenville, NC.*

**3:30 - 4:20 TUTORIAL 12**

**Location:** Regency Ballroom G

Chair: Katherine E. Spring, *Pennington Biomedical Research Center*

- T12: MAKING EIM-OC TRANSLATIONAL: EXPANSION OF INTERVENTIONS AND PROGRAMMING**  
Patricia W. Bauer<sup>1</sup>, Rebecca A. Battista, FACSM<sup>2</sup>. <sup>1</sup>*Florida Gulf Coast University, Fort Myers, FL.* <sup>2</sup>*Appalachian State University, Boone, NC.*

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**Saturday, February 22**

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**8:00 AM–12:30 PM SPORTS MEDICINE PHYSICIAN TRACK PROGRAM****Location:** Redbud**8:00 Welcome and Announcements**Kimberly Kaiser, MD *University of Kentucky, Lexington, KY***Symposium: The Collapsed Athlete****8:05 Cardiac Emergencies**Marc Paranzino, DO *University of Kentucky, Lexington, KY***8:35 Cardiac Emergencies**Leonardo Oliveira, MD *Cleveland Clinic, Jacksonville, FL***9:05 Airway Maneuvers**Diego Riveros, MD *University of South Florida, Tampa, FL***9:35 Discussion****9:45 Break****Symposium: Mental Health Emergencies****10:00 Mental Health Emergencies**Kimberly Kaiser, MD *University of Kentucky, Lexington, KY***10:30 Psychologic Perspectives After Injury**Shea Fontana, DO & Bailey Nevels, PhD *Prisma Health, Greenville, SC***11:15 Discussion****Fellow Case Presentations- Session 3****11:30** Anant Shukla: When A Healthy Elite Basketball Player Finds Himself in The Cardiac ICU**11:45** Chen-min Steven Hung: Left Shin Pain – Ballet**12:00** Wikien Hung Pinto: No Chills Down the Spine: To Clear or Not to Clear**12:15** Chris Grijalba: Persistent Elbow Pain and Swelling: A Diagnostic Dilemma**12:30 Award for Best Case Presentation, Closing Remarks, and Adjourn**

**8:00 - 8:50****SYMPOSIUM 11****Location:** Regency Ballroom CChair: Raymond Jones, *University of Alabama at Birmingham*

- S11: A NOVEL APPROACH TO MEASURING CONTEXT-SPECIFIC SEDENTARY BEHAVIOR: COMBINING ACCELEROMETRY WITH ECOLOGICAL MOMENTARY ASSESSMENT**  
Erik D. Hanson, FACSM, Jake C. Diana, Aiden J. Chaunty. *University of North Carolina, Chapel Hill, NC.*

**8:00 - 8:50****TUTORIAL 13****Location:** Regency Ballroom D & EChair: David Verrill, *University of North Carolina at Charlotte*

- T13: THE IMPORTANCE OF EXERCISE: PROMOTING PHYSICAL ACTIVITY TO OUR FUTURE CLINICIANS**  
Rebecca M. Kappus, G. Jack Scroggs, Rebecca A. Battista, FACSM. *Appalachian State University, Boone, NC.*

**8:00 - 8:50****TUTORIAL 14****Location:** Regency Ballroom HChair: Daniel T. Tarara, *High Point University*

- T14: INCORPORATING CASE STUDY RESEARCH INTO AN UNDERGRADUATE EXERCISE SCIENCE PRACTICUM COURSE**  
Lauren R. Tapp. *Georgia Gwinnett College, Lawrenceville, GA.*

**8:00 - 9:50****ORAL PRESENTATION SESSION 4 - Stress, Mental Health, and Performance****Location:** Regency Ballroom FChair: Audrey M. Collins, *Advent Health*

- O401: EFFECT OF TRAVEL STRESS & TRAINING ON MOOD & PHYSICAL READINESS IN NCAA DI WOMEN'S BASKETBALL ATHLETES**  
Jessica King, Kathryn Lester, River VanZant. *University of Georgia, Athens, GA.*
- O402: EXAMINATION OF GRATEFUL OUTLOOK ON COLLEGIATE ATHLETES' MENTAL HEALTH**  
Kaitlyn Grace Clouse<sup>1</sup>, Kathleen T. Mellano<sup>2</sup>, Elizabeth M. Mullin<sup>2</sup>, Lee Arakawa<sup>2</sup>. <sup>1</sup>*Auburn University, Auburn, AL.* <sup>2</sup>*Springfield College, Springfield, MA.*
- O403: STRESS RESPONSES TO SMOKE DIVER TRAINING IN CAREER STRUCTURAL FIREFIGHTERS**  
Andrew LeMense, Grant Malone, Tiffany Adams, Hayley V. MacDonald, Ryan L. Earley, Lee Winchester. *University of Alabama, Tuscaloosa, AL.*

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- O404: EFFECT OF 5 VS. 15-MINUTE MEDITATION ON HEART RATE VARIABILITY AND ANXIETY IN MALES**  
Cassie M. Williamson-Reisdorph, Lauren May, Hunter Kenny. *Berry College, Mount Berry, GA.*
- O405: THE RELATIONSHIPS BETWEEN BODY COMPOSITION, PHYSICAL ACTIVITY, AND PSYCHOLOGICAL STRESS IN COLLEGE FEMALES**  
Joshua Sauer<sup>1</sup>, Manuel Munoz II<sup>2</sup>, Greg A. Ryan<sup>3</sup>, Robert L. Herron<sup>3</sup>. <sup>1</sup>*University of Montevallo, Pearland, TX.* <sup>2</sup>*University of Illinois Urbana-Champaign, Champagne, AL.* <sup>3</sup>*University of Montevallo, Montevallo, AL.*
- O406: ASSOCIATION BETWEEN SLEEP REACTIVITY WITH SLEEP, CARDIOVASCULAR, AND MENTAL HEALTH IN ADULTS WITH INSOMNIA SYMPTOMS**  
Emma K. Herring<sup>1</sup>, Sally A. Sherman<sup>2</sup>, Tyler D. Quinn<sup>3</sup>, Matthew H. Leher<sup>2</sup>, Daniel J. Buysse<sup>2</sup>, Kelliann K. Davis, FACSM<sup>2</sup>, Christopher E. Kline, FACSM<sup>2</sup>, Caitlin A. Cheruka<sup>1</sup>. <sup>1</sup>*University of Central Florida, Orlando, FL.* <sup>2</sup>*University of Pittsburgh, Pittsburgh, PA.* <sup>3</sup>*West Virginia University, Morgantown, WV.*
- O407: EXERCISE TRAINING AND ANXIETY SYMPTOMS: A SYSTEMATIC REVIEW AND META-ANALYSIS AMONG CHILDREN AND ADOLESCENTS**  
Grant A. Ligon, Kevin M. Crombie, Michael V. Fedewa

**8:00 - 9:50 ORAL PRESENTATION SESSION 5 - Nutrition/Supplementation**

**Location:** Regency Ballroom G

Chair: Jessica McNeill, *University of North Carolina Greenville*

- O501: HYDRATION STATUS WITH ENERGY DRINKS VERSUS WATER: DOES SEX OR HABITUAL CAFFEINE INTAKE MATTER?**  
Ella P. Smith, Alec Harp, Olivia Cook, Brian Hack, Mindy Millard-Stafford, FACSM. *Georgia Institute of Technology, Atlanta, GA.*
- O502: HYDRATION STATUS IN FIREFIGHTER RECRUITS IMPROVES OVER 13 WEEKS WITH DAILY SALIVA OSMOLARITY FEEDBACK**  
Maleah Holland-Winkler<sup>1</sup>, Andrew Moore<sup>1</sup>, Steven Parish<sup>2</sup>, Tiffany Oberther<sup>1</sup>. <sup>1</sup>*Augusta University, Augusta, GA.* <sup>2</sup>*Columbia County Fire Department, Appling, GA.*
- O503: EFFECTS OF JOCKO GO ON MEASURES OF COGNITIVE FUNCTION**  
Abram Dy, Julia Holsinger, Charles Allen, Erica M. Marshall. *Florida Southern College, Lakeland, FL.*
- O504: BLOOD PLASMA HYDRATION BIOMARKERS OF FIREFIGHTERS FOLLOWING LIVE-FIRE TRAINING**  
Nicholas Cole Bordonie, Philip J. Agostinelli, Braxton A. Linder, Nina L. Stute, JoEllen M. Sefton. *Auburn University, Auburn, AL.*
- O505: INFLUENCE OF DAILY STEP COUNT ON FLUID INTAKE AND HYDRATION BIOMARKERS IN UNDERHYDRATED COLLEGE STUDENTS**  
Christopher S. Wilusz, Melissa Martinez, Gabrielle M. Mills, Naomi L. Sims, Mitchell E. Zaplatosch. *Kennesaw State University, Kennesaw, GA.*

**O506: THE EFFECTS OF BEETROOT JUICE ON GLYCEMIC AND BLOOD PRESSURE RESPONSES IN TYPE 2 DIABETICS**  
Andrew Tyler<sup>1</sup>, Braxton Linder<sup>2</sup>, Karina Ricart<sup>1</sup>, Christian Behrens, Jr.<sup>1</sup>, Fernando Ovalle<sup>1</sup>, Rakesh Patel<sup>1</sup>, Gordon Fisher, FACSM<sup>1</sup>. <sup>1</sup>*The University of Alabama at Birmingham, Birmingham, AL.* <sup>2</sup>*Indiana University, Bloomington, IN.*

**O507: EFFECTS OF A PRE-SLEEP HYDRATION BEVERAGE ON SUBSEQUENT MORNING HYDRATION**  
Megan Mesa, Sofia Brown, Kaylee Head, Emma Bryant, Mallory Marshall, FACSM, Courtney Benjamin. *Samford University, Birmingham, AL.*

**8:00 - 9:50 THEMATIC POSTER SESSION 4 - Health & Fitness in Tactical Occupations**

**Location:** Crepe Myrtle

Chair: Antonella V. Schwarz, *Barry University*

**TP401: THE EFFECT OF POLICE OFFICER PROTECTIVE GEAR ON MOBILITY, STABILITY, AND POWER GENERATION**  
Katherine Frick. *Auburn University, Auburn, AL.*

**TP402: EVALUATING A STANDARDIZED POLICE ACADEMY'S PHYSICAL TRAINING ON FITNESS OUTCOMES**  
Bridget F. Melton, Isaiah Mews, Richard Cleveland, Mario Keko, Haresh Rochani. *Georgia Southern University, Statesboro, GA.*

**TP403: PERFORMANCE DIFFERENCES BETWEEN HIGH AND LOW ACHIEVERS ON THE AIR FORCE ROTC PERFORMANCE FITNESS ASSESSMENTS**  
Hunter K. Haynes, Molly F. Johnson, Maria G. Kaylor, Tristan L. Young, Minali G. Patton, Madeline R. Klubertanz, Austin J. Graybeal. *School of Kinesiology and Nutrition, University of Southern Mississippi, Hattiesburg, MS.*

**TP404: EFFECTS OF AN UNDULATING TRAINING PROGRAM WITHIN THE FIRE SERVICE: A PILOT STUDY**  
Nicholas Manning, Mario Keko, Nathan T. Ebersole, Bridget Melton. *Georgia Southern University, Statesboro, GA.*

**TP405: ANAEROBIC AND CARDIOVASCULAR RESPONSES TO SOLO AND TEAM LIVE FIREFIGHTER RESCUE**  
Tiffany L. Adams, Andrew T. LeMense, Grant T. Malone, Hayley V. MacDonald, Lee J. Winchester. *University of Alabama, Tuscaloosa, AL.*

**TP406: INCUMBENT FIREFIGHTERS EXHIBIT HIGHER LEVELS OF PHYSICAL PERFORMANCE COMPARED TO RECRUITS**  
Gianna F. Mastrofini, Bret A. Trahan, Daniel A. Childs, Sten O. Stray-Gundersen, Blaine S. Lints, Mackenzie B. Yoder, Noah K. Nakagawa, Riccardo F. Romersi, Raymond W. Thompson, Shawn M. Arent, FACSM. *University of South Carolina, Columbia, SC.*

**TP407: COMPARISON OF ACCELEROMETER PLACEMENT ON PHYSICAL ACTIVITY AND SLEEP IN FEMALE ARMY ROTC CADETS**  
Cecilia D. Salas<sup>1</sup>, Hannah K. Eberhardt<sup>1,2</sup>, Patrick G. Saracino<sup>1</sup>. <sup>1</sup>*University of South Carolina Upstate, Spartanburg, SC.* <sup>2</sup>*Florida State University, Tallahassee, FL.*

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**TP408: A RETROSPECTIVE DESCRIPTIVE ANALYSIS OF MUSCULOSKELETAL INJURY INCIDENCE AND INCURRED FINANCIAL COST IN CAREER FIREFIGHTERS**  
Nathan T. Ebersole<sup>1</sup>, Susannah L. Reiner<sup>2</sup>, Phillip A. Gribble<sup>2</sup>, Nicholas R. Heebner<sup>2</sup>, Bridget Melton<sup>1</sup>, Mark G. Abel<sup>2</sup>. <sup>1</sup>Georgia Southern University, Statesboro, GA.

**8:00 - 9:50 THEMATIC POSTER SESSION 5 - Music/Dance on Fitness & Health**

**Location:** Think Tank

Chair: Heath Burton, *Anderson University*

**TP501: FEEL THE BEAT, CONNECT THE ENERGY, UNDERSTAND THE CULTURE, HEAL THE HEART**  
Khairi A. Morrow, Takudzwa A. Madzima, Keshia Gee. *Elon University, ELON, NC.*

**TP502: FEASIBILITY AND EFFECTIVENESS OF A DANCE PROGRAM FOR PEOPLE WITH DOWN SYNDROME USING SELF-DETERMINATION THEORY**  
Maria Haider<sup>1</sup>, Brantley K. Ballenger<sup>2</sup>, Georgia Starr<sup>1</sup>, Katerina Sergi<sup>1</sup>, Gregg Twietmeyer<sup>1</sup>, Stamatis Agiovlasis, FACSM<sup>1</sup>. <sup>1</sup>Mississippi State University, Starkville, MS. <sup>2</sup>Transylvania University, Lexington, KY.

**TP503: THE EFFECT TO MUSIC VOLUME ON FINE MOTOR SKILLS IN COLLEGE AGED ADULTS**  
Emma Love, Bella Elder, Laura Brooke Dart, Robert Hensarling, John Petrella, FACSM. *Samford University, Birmingham, AL.*

**TP504: EFFECT OF YOGA ON HEART RATE VARIABILITY IN COLLEGE ATHLETES**  
Zeb Marquis, Greyson McDonnell, Jarrett Walbolt. *Montreat College, Montreat, NC.*

**TP505: EFFECT OF PLAYING ATHLETE MUSIC PREFERENCE ON EXERCISE PERFORMANCE**  
Alex Chester, Robyn York, Jarrett Walbolt. *Montreat College, Montreat, NC.*

**TP506: EXAMINING THE EFFECTS OF MUSIC ON MULTIPLE MEASURES OF EXERCISE PERFORMANCE**  
Jessica A. Mutchler<sup>1</sup>, Savannah G. McDaniel<sup>2</sup>, Diego Castro-Diaz<sup>1</sup>, Samuel J. Wilson<sup>1</sup>. <sup>1</sup>Georgia Southern University, Statesboro, GA. <sup>2</sup>Optim Health System, Tattnell, GA.

**TP507: EXPLORING PHYSICAL FITNESS FOR MUSICIANS**  
Rhesa Williams, Joseph S. Marino. *UNC Charlotte, Charlotte, NC*

**8:00 - 9:30 POSTER PRESENTATION SESSION 4**

**Location:** Studio 220

**P401: FIREFIGHTER FMS SCORES AND PHYSICAL ABILITY TEST SCORES AS MEASURES OF PREDICTING OCCUPATIONAL EFFICIENCY**  
Lindsey A. Slaten, Hollace M. Reed, Lily Frye, Andrew J. Jakiel, Stephen B. Podsen, Beth M. Harrison, Sabrina R. Fordham. *University of North Georgia, DAHLONEGA, GA.*



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- P402: COMPARING WHOLE BODY SWEAT RATE ESTIMATES BETWEEN COMMERCIAL SWEAT PATCH AND BODY MASS CHANGE METHODS**  
Laura D. Jones<sup>1</sup>, Peyton S. Higgins<sup>2</sup>, Marissa L. Bello<sup>3</sup>, Emily L. Langford<sup>4</sup>, Stacy H. Bishop<sup>1</sup>, Greg A. Ryan<sup>1</sup>, Robert L. Herron<sup>1</sup>. <sup>1</sup>University of Montevallo, Montevallo, AL. <sup>2</sup>University of Arkansas Monticello, Monticello, AR. <sup>3</sup>Middle Tennessee State University, Murfreesboro, TN. <sup>4</sup>Georgia Southern University, Statesboro, GA.
- P403: THE EFFECTS OF FOCUS OF ATTENTION ON FORCE, FATIGUE AND PERFORMANCE DURING A MOTOR TASK**  
Emily B. Gannon<sup>1</sup>, Alexis Coville<sup>1</sup>, Melody Winepol<sup>1</sup>, Savannah Piziak<sup>1</sup>, Justin Guilkey, FACSM<sup>1</sup>, Timothy Rotarius, FACSM<sup>1</sup>, Greg Martel, FACSM<sup>1</sup>, Marcos Daou, FACSM<sup>2</sup>. <sup>1</sup>Coastal Carolina University, Conway, SC. <sup>2</sup>Coastal Carolina University, Myrtle Beach, SC.
- P404: THE IMPACT OF ASSESSMENT METHOD ON RESULTANT RESTING ENERGY EXPENDITURE AND RESPIRATORY EXCHANGE RATIO**  
Morgan Wormely, Austin Massengale, Riley A. Clark, Kaitlyn Evenson-McMurtry, Genevieve Batman, Ray Davis, Matthew Stratton. *University of South Alabama, Mobile, AL.*
- P405: IDENTIFICATION OF METABOLIC PHENOTYPES THROUGH METABOLIC FLEXIBILITY AND ACUTE STRESSORS**  
Benjamin Cerkovnik. *Roanoke College, Salem, VA.*
- P406: CHANGES IN UNHEALTHY SNACKING BEHAVIORS IN PRE-MENOPAUSAL WOMEN DURING A BRISK WALKING INTERVENTION**  
Tejaswi Tamilmmani Saraswathi, Michael D. Schmidt. *University of Georgia, Athens, GA.*
- P407: PHYSICAL ACTIVITY INTERVENTION FOR UNDERSERVED PATIENTS WITH TYPE 2 DIABETES**  
Kensy Tarkington, Bhibha Das, FACSM, Brandon Stroud, Lauren Sastre. *East Carolina University, Greenville, NC.*
- P408: IMPACT OF THE LIFETIME FITNESS PROGRAM ON COLLEGE STUDENTS' FITNESS PROFILES**  
Ayange S. Ayangeakaa, Becca Battaglini, Jimikaye Courtney, Claudio L. Battaglini, FACSM, Erik D. Hanson, FACSM. *University of North Carolina at Chapel Hill, Chapel Hill, NC.*
- P409: ASSESSING ENJOYMENT IN EXERCISE AND VIRTUAL PHYSICAL ACTIVITY**  
Bellamy Koonce, Ella Maffi, Jason Fanning. *Wake Forest University, Winston Salem, NC.*
- P410: THE IMPACT OF BMI ON THE CADENCE-BASED WALK-TO-RUN TRANSITION THRESHOLD**  
Cristal J. Benitez<sup>1</sup>, Kayli J. Lucas<sup>1</sup>, Israel I. Adandom<sup>1</sup>, Lindsay P. Toth<sup>2</sup>, Scott W. Ducharme<sup>3</sup>, Elroy J. Aguiar<sup>1</sup>. <sup>1</sup>The University of Alabama, Tuscaloosa, AL. <sup>2</sup>University of North Florida, Jacksonville, FL. <sup>3</sup>California State University Long Beach, Long Beach, CA.
- P411: IMPACT OF ACCELEROMETER WEAR LOCATION ON OUTPUT DURING PHYSICAL ACTIVITY MONITORING IN VIRTUAL REALITY EXERGAMES**  
Chandler Allan Godfrey<sup>1</sup>, Nicola Gismondi<sup>2</sup>, Jennifer Flynn Oody<sup>3</sup>, Scott A. Conger, FACSM<sup>4</sup>, Jeremy Steeves<sup>2</sup>. <sup>1</sup>University of Tennessee, Knoxville, TN. <sup>2</sup>Xavier University, Cincinnati, OH. <sup>3</sup>Maryville College, Maryville, TN. <sup>4</sup>Boise State University, Boise, ID.
- P412: THE EFFECTS OF EXERCISE ON AEROBIC FITNESS AND COGNITION IN PATIENTS WITH COGNITIVE IMPAIRMENT**  
Hannah Haukos, Jeffrey A. Katula. *Wake Forest University, Winston Salem, NC.*
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- P413: STEPS, BODY FATNESS, AND CARDIOMETABOLIC RISK IN YOUNG/MIDDLE-AGED ADULTS - THE CARDIA STUDY**  
Mackenzie Burgess, Brian Kliszczewicz, FACSM, Austin Brown, Robert Buresh, FACSM.  
*Kennesaw State University, Kennesaw, GA.*
- P414: EVALUATION OF GARMIN AND FITBIT ALGORITHMS TO AUTOMATICALLY DETECT CHILDREN'S SEMI-STRUCTURED ACTIVITIES AND DURATION**  
James W. White III, Olivia L. Finnegan, Hannah Parker, Keagan Kiely, Sarah Burkart, Elizabeth L. Adams, Bridget Armstrong, Michael W. Beets, R. Glenn Weaver. *University of South Carolina, Columbia, SC.*
- P415: SPEED-CADENCE ASSOCIATION AND STATURE DURING RUNNING BOUTS IN 18-20 YEAR OLDS**  
Maha Raya, Leah Patterson, Spencer Ingoglia, Agnes Bucko, Cayla R. McAvoy, Mariya Boikova, Trudy Moore-Harrison, Catrine Tudor-Locke, FACSM, Laura Gunn. *University of North Carolina at Charlotte, charlotte, NC.*
- P416: COMPARING PUBLIC AND PRIVATE SCHOOL DATA FROM PHYSICAL ACTIVITY CLEARINGHOUSE FOR EDUCATION (P.A.C.E.) STUDY**  
Reagan Daniell<sup>1</sup>, Riley Galloway<sup>1</sup>, Jacob Gdovin<sup>2</sup>. <sup>1</sup>*University of Southern Mississippi, Hattiesburg, MS.* <sup>2</sup>*Elon University, Elon, NC.*
- P417: COMBINED STRENGTH AND HYPERTROPHY TRAINING RESULTS IN GREATER CORTICAL AND SPINAL EXCITABILITY THAN STRENGTH ALONE**  
Michelle Perreault<sup>1</sup>, Lyric D. Richardson<sup>2</sup>, Daniel J. Lawson<sup>3</sup>, Stephanie A. Sontag<sup>4</sup>, Brenden Roth<sup>5</sup>, Sunggun Jeon<sup>6</sup>, Allen L. Redinger<sup>2</sup>, Michael A. Trevino<sup>2</sup>, Jason M. DeFreitas<sup>7</sup>, Alex Olmos<sup>1</sup>. <sup>1</sup>*Christopher Newport University, Newport News, VA.* <sup>2</sup>*Oklahoma State University, Stillwater, OK.* <sup>3</sup>*Auburn University, Auburn, AL.* <sup>4</sup>*Louisiana State University, Baton Rouge, LA.* <sup>5</sup>*Oklahoma State University, Stillwater, OK.* <sup>6</sup>*Northwestern State University, Natchitoches, LA.* <sup>7</sup>*Syracuse University, Syracuse, NY.*
- P418: CONSTRUCT VALIDITY OF A CLINICAL SEATED TRUNK CONTROL TEST**  
Anna Kadau, Pradeep Sahu, Kaitlyn Ramey, Ryan Christner, Emily Nguyen, Sheri Silfies. *University of South Carolina, Columbia, SC.*
- P419: AEROBIC FATIGUE ALTERS REACTION TIME AND MOVEMENT VELOCITY WITHIN COLLEGIATE CLUB SOCCER PLAYERS**  
Craig T. Eastland<sup>1</sup>, Owen Baillie<sup>1</sup>, Jonathan Weaver<sup>1</sup>, Jack Houser<sup>1</sup>, Srikant Vallabhajosula<sup>1</sup>, Charles Williams<sup>2</sup>, Jacob R. Gdovin<sup>1</sup>. <sup>1</sup>*Elon University, Elon, NC.* <sup>2</sup>*University of North Florida, Jacksonville, FL.*
- P420: THE EFFECTS OF ACUTE STRETCHING ON ANKLE BIOMECHANICS IN PICKLEBALL MANEUVERS**  
Thomas Young, Lauren Kalchbrenner, Taylor Mink, Rachel Tatarski. *The University of Tennessee, Knoxville, TN.*
- P421: ACUTE EFFECTS OF CONTRACTION SPEED DURING MOTOR IMAGERY ON CORTICOSPINAL AND MUSCLE FUNCTION RESPONSES**  
Kayla Anderson, Anna Acosta, Lacey Harper, Kaden Buford, Rachel Carlstrom, Garrett Hester. *Kennesaw State University, Kennesaw, GA.*
- P422: RELATIONSHIPS BETWEEN DORSIFLEXION RANGE OF MOTION AND HOP TEST PERFORMANCE IN COLLEGIATE SOCCER PLAYERS**  
Samuel Sanders<sup>1</sup>, Samuel J. Wilson<sup>1</sup>, Tristan Young<sup>2</sup>, Diego Castro-Diaz<sup>1</sup>, Drew DeJohn<sup>1</sup>, Stephen Rossi<sup>1</sup>, Emily Potts<sup>1</sup>, Diego Torres<sup>1</sup>, Jessica A. Mutchler<sup>1</sup>. <sup>1</sup>*Georgia Southern University, Statesboro, GA.* <sup>2</sup>*University of Southern Mississippi, Hattiesburg, MS.*
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- P423: THE EFFECT OF HELMET LOADS ON CERVICAL SPINE MUSCULATURE, INTRADISCAL PRESSURE, AND FACET JOINT FORCES**  
Mackenzie Hoey, Alex Vadati, Zac Domire. *East Carolina University, Greenville, NC.*
- P424: THE EFFECTS OF INTERNAL AND EXTERNAL FOCUS CUES ON EXERCISE PERFORMANCE**  
Allison Kristine Wade, Ashleigh Buser, Emma Duncan, Lauren Webster. *Meredith College, Raleigh, NC.*
- P425: EFFECT OF DEEP FASCIAL STIMULATION ON SHOULDER PROPRIOCEPTION OF VOLLEYBALL PLAYERS**  
Hayal Tabih<sup>1</sup>, Sebnem Sarvan Cengiz<sup>2</sup>. <sup>1</sup>*University of Tennessee, Knoxville, Knoxville, TN.* <sup>2</sup>*Manisa Celal Bayar University, Manisa, Turkiye.*
- P426: VALIDITY OF THE POLAR H10 DURING THE DEEP BREATHING AUTONOMIC FUNCTION TEST**  
Ann Claire Elizabeth Blalock, Andrew A. Flatt. *Georgia Southern- Armstrong Campus, Savannah, GA.*
- P427: THE IMPACT OF MAINTAINING KNEE FLEXION ON PULSE WAVE VELOCITY MEASUREMENTS FOLLOWING PROLONGED SITTING**  
Pratishtha Kothari<sup>1</sup>, Aiden J. Chantry<sup>1</sup>, Christopher E. Grice<sup>1</sup>, Jake C. Diana<sup>1</sup>, Alexander Pomeroy<sup>1</sup>, Craig Paterson<sup>2</sup>, William J. Johnston<sup>1</sup>, Michelle L. Meyer<sup>1</sup>, Erik D. Hanson, FACSM<sup>1</sup>. <sup>1</sup>*University of North Carolina at Chapel Hill, Chapel Hill, NC.* <sup>2</sup>*University of Bristol, Bristol, UK.*
- P428: EXAMINING BLACK MEN WHO ARE FORMER COLLEGIATE ATHLETES' PERCEPTIONS OF SPORT AND LIFELONG PHYSICAL ACTIVITY**  
Darius B. Lawton, Bhibha M. Das, FACSM. *East Carolina University, Greenville, NC.*
- P429: WHAT IS THE CAUSE IN THIS CASE OF LOWER EXTREMITY WEAKNESS?**  
Ava C. Clavijo, Connor R. McKay, Zachary L. Durden, Danielle E. Bull, Ashley M. Bruce, Stephen B. Podsen, Elizabeth M. Harrison, Andrew J. Jakiel, Parker N. Hyde, Sabrina R. Fordham. *University of North Georgia, Dahlonega, GA.*
- P430: VAGAL NERVE STIMULATION DOES NOT IMPROVE HEART RATE VARIABILITY IN WOMEN WITH RHEUMATOID ARTHRITIS**  
Nathan J. Holmes, Nate McConnell, Erica M. Marshall, Sara L. Terrell. *Florida Southern College, Lakeland, FL.*
- P431: DYNAMIC ASSESSMENT OF METABOREFLEX RESPONSES IN METABOLIC SYNDROME**  
Carstell Lee, Sarah Parnell, Rhett Schimpf, Sophia Schmidt, Ryan S. Aultman, Caleb F. Brandner, Anabelle Vallecillo-Bustos, Ta'Quoris A. Newsome, Sydney H. Swafford, Abby T. Compton, Austin J. Graybeal, Jon Stavres. *University of Southern Mississippi, Hattiesburg, MS, 39402, MS.*
- P432: INTER-RATER AGREEMENT ON ECG INTERPRETATION AMONG A CARDIOLOGIST, AN EXPERT READER, AND COLLEGE STUDENTS**  
Ludmila Cosio Lima, FACSM<sup>1</sup>, Amy Crawley<sup>1</sup>, Lincheng Lee<sup>2</sup>, Youngil Lee<sup>1</sup>, Lauren Adlof<sup>1</sup>. <sup>1</sup>*University of West Florida, Pensacola, FL.* <sup>2</sup>*Baptist Heart and Vascular Institut, Pensacola, FL.*
- P433: DAILY EXERCISE , BUT NOT WINE INGESTION, IMPROVES GLYCEMIC CONTROL IN INSULIN-RESISTANT PARTICIPANTS**  
Connor Evans, Kirk A. Abraham. *Transylvania University, Lexington, KY.*
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- P434: EXPLORING OSTEOARTHRITIS PREVALENCE DISPARITIES: A COMPARATIVE ANALYSIS OF VETERANS AND NON-VETERANS IN THE UNITED STATES MILITARY**  
Javonte Graves-Billips, Myles Rutland, Sarah Imam. *The Citadel, Charleston, SC.*
- P435: DYNAMIC SCAPULAR KINEMATIC ADAPTATION AFTER REVERSE TOTAL SHOULDER ARTHROPLASTY**  
Elizabeth Hoke Raulston<sup>1,2</sup>, John Heick<sup>2</sup>, Brett Sanders<sup>1</sup>, Amy Ketron<sup>1</sup>. <sup>1</sup>*Center for Sports Medicine and Orthopaedics, Chattanooga, TN.* <sup>2</sup>*Rocky Mountain University of Health Professions, Provo, UT.*
- P436: VARIABILITY IN PHYSICAL THERAPY PROTOCOLS FOLLOWING HIP ARTHROSCOPY**  
Jacques Van Zyl, Mathew Hargreaves, Clay Rahaman, Maxwell Harrell, Dev Dayal, Eugene Brabston, Thomas Evelyn, Amit Momaya, Aaron Casp. *University of Alabama at Birmingham, Birmingham, AL.*
- P437: SAFETY OF PORTABLE BODY WEIGHT SUPPORT TREADMILL TECHNOLOGY**  
Ryan Thornburg, Catherine Slack, Jarrett Walbolt. *Montreat College, Montreat, NC.*
- P438: THE EFFECT OF TEAM COMPETITION LEVEL ON YOUTH FEMALE SOCCER PLAYERS' TRAINING ACTIVITY AND RESPONSE**  
Joshua Villalobos, Christopher P. Ingalls, Jeff Otis, Kyle Brandenberger, J. Andrew Doyle, FACSM. *Georgia State University, Atlanta, GA.*
- P439: TEST-RETEST RELIABILITY OF THE GAS EXCHANGE THRESHOLD AND RESPIRATORY COMPENSATION POINT AND ASSOCIATED HEART RATES**  
Clara J. Mitchinson, Pasquale J. Succi, Erik R. Snell, Brian Benitez, Minyoung Kwak, Haley C. Bergstrom. *University of Kentucky, Lexington, KY.*
- P440: FATIGUABILITY IN WOMEN'S COLLEGIATE ATHLETICS**  
Amelia Frey, Jason Fanning. *Wake Forest University, Winston-Salem, NC.*
- P441: METABOLIC ASSESSMENT DURING A 6-MILE RUCK MARCH**  
Gregory Palevo<sup>1</sup>, Shane Robinson<sup>2</sup>, Jake Slaton<sup>3</sup>. <sup>1</sup>*Albany State University, Albany, GA.* <sup>2</sup>*North East Georgia Medical Center, Gainesville, GA.* <sup>3</sup>*North Georgia Medical Center, Gainesville, GA.*
- P442: DIFFERENCES IN COUNTERMOVEMENT JUMP DERIVED NEUROMUSCULAR PERFORMANCE IN FEMALE NCAA DIVISION III VOLLEYBALL PLAYERS**  
Justin P. Szczypinski<sup>1</sup>, Justin S. McDonald<sup>1</sup>, Timothy M. Dornemann<sup>1</sup>, Vanessa B. Batchelor<sup>1</sup>, Jay R. Hoffman, FACSM<sup>2</sup>, Meir Magal, FACSM<sup>1</sup>. <sup>1</sup>*North Carolina Wesleyan University, Rocky Mount, NC.* <sup>2</sup>*Ariel University, Ariel.*
- P443: INTER-RATER RELIABILITY OF THE MODIFIED FUNCTIONAL BALANCE TEST FOR FIREFIGHTERS**  
Abigayle R. Spong<sup>1</sup>, Mark G. Abel<sup>1</sup>, Emily Speaker<sup>1</sup>, Sarah N. Lanham<sup>1</sup>, Stuart Best<sup>1</sup>, Lance Bollinger<sup>1</sup>, Nick Heebner<sup>1</sup>, M. Ryan Mason<sup>1</sup>, Jackson B. Miller<sup>1</sup>, Jazdin Weatherbie<sup>1</sup>, Savannah Baker<sup>1</sup>, Peter Smetanka<sup>1</sup>, Kaden Hill<sup>1</sup>, Emily L. Langford<sup>2</sup>, Jamal L. Thruston<sup>1</sup>. <sup>1</sup>*University of Kentucky, Lexington, KY.* <sup>2</sup>*Georgia Southern University, Statesboro, GA.*
- P444: CONSENSUS BETWEEN OSMOLARITY AND SPECIFIC GRAVITY IN CAREER FIREFIGHTERS**  
Andrew Ashley, Isaiah Mews, Mario Keko, Emily Langford, Bridget Melton. *Georgia Southern University, Statesboro, GA.*
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- P445: BETWEEN-SET RECOVERY TIMES ON REACTIVE STRENGTH INDEX FROM A 10/5 REPEATED VERTICAL JUMPS TEST**  
Cameron R. Robinson, Alex J. Paille, Jenna M. Fincher, Brandi E. Decoux, Bovorn Sirikul. *Southeastern Louisiana University, Hammond, LA.*
- P446: THE EFFECT OF CAPSAICIN MOUTH RINSE ON REACTION TIME AND PROCESSING SPEED**  
Anne Sterling Beall, Mary Katherine Kinsey, Maggie Pizza, Robert W. Hensarling, John K. Petrella, FACSM. *Samford University, Homewood, AL.*
- P447: PREDICTION OF COUNTERMOVEMENT JUMP PERFORMANCE USING FOUR LOWER BODY EXERCISES**  
Drew King, Levi Lodge, Peyton Ryce, Robert W. Hensarling, John K. Petrella, FACSM. *Samford University, Homewood, AL.*
- P448: RELATIONSHIP BETWEEN HEALTH-RELATED FITNESS MEASURES AND ESTIMATED VO<sup>2</sup>MAX IN YOUNG ADULTS**  
Sarah L. Smith<sup>1</sup>, Peyton S. Higgins<sup>2,3</sup>, Robert L. Herron<sup>3</sup>, Greg A. Ryan<sup>3</sup>. <sup>1</sup>*Piedmont University, Demorest, GA.* <sup>2</sup>*University of Arkansas Monticello, Monticello, AR.* <sup>3</sup>*University of Montevallo, Montevallo, AL.*
- P449: DIFFERENCES BETWEEN PERCEIVED AND RECOMMENDED NUTRITIONAL NEEDS IN NCAA DIVISION 1 FEMALE ATHLETES**  
Jarrett Strate-Lutzow, Austin Massengale, Kaitlyn Evenson-McMurtry, Ray Davis, Morgan Wormely, Genevieve Batman, Shelley Holden, Matthew Stratton. *University of South Alabama, Mobile, AL.*
- P450: RELATIONSHIP BETWEEN POST-EXERCISE HEART RATE AND HEART RATE RECOVERY ON ESTIMATED VO<sup>2</sup>MAX IN YOUNG ADULTS**  
Greg Alan Ryan<sup>1</sup>, Peyton Higgins<sup>2</sup>, Laura D. Jones<sup>1</sup>, Luke Kiker<sup>1</sup>, Robert L. Herron<sup>1</sup>. <sup>1</sup>*University of Montevallo, Montevallo, AL.* <sup>2</sup>*University of Arkansas Monticello, Monticello, AR.*
- P451: COMPARISON BETWEEN TWO AEROBIC CAPACITY TESTS ON VO<sub>2</sub>MAX AND VENTILATORY THRESHOLD IN ULTRAMARATHON RUNNERS**  
Garrett B. Toms<sup>1</sup>, Andy M. Bosak<sup>2</sup>, Jelena Obretkovich<sup>3</sup>, Connor Pells<sup>2</sup>, Isabella L. Huner<sup>2</sup>, Nzube E. Anyadiegwu<sup>2</sup>. <sup>1</sup>*Edward Via College of Osteopathic Medicine-Virginia Campus, Blacksburg, VA.* <sup>2</sup>*Liberty University, Lynchburg, VA.* <sup>3</sup>*Middle Tennessee State, Murfreesboro, TN.*
- P452: A CHANGE IN MEASURED FITNESS & POSTURE IN DPT STUDENTS**  
Jamaeca Roberts. *Methodist University, Fayetteville, NC.*
- P453: COMPARING DISTAL AND PROXIMAL MUSCLE THICKNESS ULTRASOUND MEASURES FOR BICEPS BRACHII**  
Michael R. Axler<sup>1</sup>, Wayne Mier<sup>1</sup>, Jeff Wight<sup>1</sup>, Nicolas Arciniegas<sup>1</sup>, George G. Pujalte, FACSM<sup>2</sup>. <sup>1</sup>*Jacksonville University, JACKSONVILLE, FL.* <sup>2</sup>*Mayo Clinic, JACKSONVILLE, FL.*
- P454: INTRA-SET CHANGES IN SURFACE ELECTROMYOGRAPHY DUE TO HIGH OR LOW LOAD RESISTANCE EXERCISE TO FAILURE**  
Jake Austin Ridenoure, Payton N. Benoit, Caitlyn M. Meehan, Brady A. Watson, Abigail R. Lawrence, Mary A. Wilkenson, Avery King, Ryan J. Colquhoun. *University of South Alabama, Mobile, AL.*
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- P455: EFFECTS OF THE POLYAMINE SPERMIDINE ON MARKERS OF ANABOLISM, CATABOLISM, AND CELLULAR SENESCENCE IN MUSCLE CELLS IN VITRO**  
Derick A. Anglin, Nicholas J. Kontos, J. Max Michel, Madison L. Mattingly, Michael D. Roberts. *Auburn University, Auburn, AL.*
- P456: COMPARISON OF WRIST-WORN DEVICES IN ESTIMATING ENERGY EXPENDITURE IN FEMALE ATHLETES**  
Susanna Price<sup>1</sup>, Cory Scott<sup>1</sup>, Cooper Neeble<sup>2</sup>, Taylor Rowley<sup>1</sup>. <sup>1</sup>*Roanoke College, Salem, VA.* <sup>2</sup>*University of North Carolina Greensboro, Greensboro, NC.*
- P457: THE IMPACT OF INTRAWORKOUT CARBOHYDRATE CONSUMPTION ON RESISTANCE TRAINING PERFORMANCE IN RESISTANCE TRAINED ADULTS**  
Kaitlyn A. Evenson-McMurtry, Austin Massengale, Ray Davis, Morgan Wormley, Genevieve Batman, Matthew Stratton. *University of South Alabama, Mobile, AL.*
- P458: DIFFERENCES IN ANAEROBIC PERFORMANCE AND RPE BETWEEN EUMENORRHEIC AND HORMONAL CONTRACEPTION USERS**  
Kaitlyn T. Ramey, Callie L. Unrein, Hailey E. Karns, Katelynn T. Persaud, Sarah J. Rhoades, Katie R. Hirsch. *The University of South Carolina, Columbia, SC.*
- P459: EFFECT OF HIGH-INTENSITY FUNCTIONAL TRAINING WITH A RESPIRATORY MUSCLE TRAINING DEVICE ON HEART RATE RECOVERY**  
Chimaobim E. Martin-Diala, Ryan M. Argetsinger, Garrett R. Evans, Ainsley N. Myers, Or Tamir, Monica M. Ryan, Gianna F. Mastrofini, Blaine S. Lints, Alexa J. Chandler, Sten O. Stray-Gundersen, Shawn M. Arent, FACSM. *University of South Carolina, Columbia, SC.*
- P460: OPTIMAL INTRA-COMPLEX REST INTERVALS FOR COMPLEX TRAINING TO DEVELOP POWER**  
Scott Sigrist, Stuart Best, Aram Kumar. *University of Kentucky, Lexington, KY.*
- P461: COMPARISON OF COUNTERMOVEMENT JUMP PERFORMANCE IN FEMALE NCAA DIVISION I AND JUNIOR COLLEGE SOCCER**  
Minali G. Patton, Madeline R. Klubertanz, Tristan L. Young, Zackery J. Mercer, Ayden K. McInnis, Paul T. Donahue. *University of Southern Mississippi, Hattiesburg*
- P462: COMPARING LOCALIZED AND WHOLE-BODY VIBRATION ON LOWER EXTREMITY JOINT KINEMATICS: A PILOT STUDY**  
Megan S. Ward<sup>1</sup>, Jeromy D. Miramontes<sup>1</sup>, Jaynesh H. Patel<sup>1,2</sup>. <sup>1</sup>*Prisma Health, Lexington, SC.* <sup>2</sup>*University of South Carolina - Columbia, Columbia, SC.*

**9:00 - 9:50****SYMPOSIUM 12****Location:** Regency Ballroom D & EChair: Robert J. Kowalsky, *Appalachian State University*

- S12: NEUROMODULATION AS A NON-TRADITIONAL TREATMENT IN RHEUMATOID ARTHRITIS DISEASE MANAGEMENT**  
Erica M. Marshall, Sara L. Terrell. *Florida Southern College, Lakeland, FL.*

**9:00 - 9:50****TUTORIAL 15****Location:** Regency Ballroom CChair: Jennifer Caputo, *Middle Tennessee State University***T15: MENTORING MUST-HAVES: A ROAD MAP TO LEARNING-CENTERED MENTORING**Jennifer Caputo, Samantha Johnson, John Hagan. *Middle Tennessee State University, Murfreesboro, TN.***9:00 - 9:50****TUTORIAL 16****Location:** Regency Ballroom HChair: Colin Carriker, *High Point University***T16: MODERN SPORTS NUTRITION SUPPLEMENTS: GAME CHANGING, ALL HYPE, OR SOMEWHERE IN BETWEEN?**Patrick Benjamin Wilson. *Old Dominion University, Norfolk, VA.***9:30 - 11:00****POSTER PRESENTATION SESSION 5****Location:** Studio 220**P501: DIETARY BERBERINE SUPPLEMENTATION IMPROVES THERMAL COMFORT AND PERCEIVED EXERTION DURING EXERTIONAL HEAT STRESS**Dante A. Van Arman, Yaw O. Korankyi, Jacob C. Saunders, Matthew R. Kuennen. *High Point, High Point, NC.***P502: DIETARY BERBERINE SUPPLEMENTATION IMPROVES MEAN SKIN TEMPERATURE DURING EXERTIONAL HEAT STRESS**Yaw O. Korankyi, Jacob C. Saunders, Dante A. Van Arman, Matthew R. Kuennen. *High Point University, High Point, NC.***P503: PRELIMINARY PHYSIOLOGICAL AND PSYCHOLOGICAL CHARACTERIZATION OF CAREER FIREFIGHTERS UNDERGOING SMOKE DIVER TRAINING**Erica A. Schafer, Andrew T. LeMense, Grant T. Malone, Tiffany L. Adams, Lee J. Winchester, Kevin M. Crombie, Changki Kim, Hayley V. MacDonald. *University of Alabama, Tuscaloosa, AL.***P504: THE EFFECT OF RESISTANCE TRAINING ON BDNF LEVELS AND MENTAL HEALTH**Makeda Sanders. *Elon University, Elon, NC.***P505: BODY DISSATISFACTION IS POSITIVELY ASSOCIATED WITH DISORDERED EATING BEHAVIORS IN UNDERGRADUATE STUDENTS**Samantha A. Chatham, Michael V. Fedewa, Michael R. Esco, FACSM, Kevin M. Crombie. *The University of Alabama, Tuscaloosa, AL.***P506: ANHEDONIA-RELATED DEPRESSIVE SYMPTOMS AND PTSD SYMPTOM SEVERITY DIFFERENTIALLY INFLUENCE PHYSICAL ACTIVITY LEVELS IN TRAUMA-EXPOSED ADULTS**Motoki Sato<sup>1</sup>, Samantha A. Chatham<sup>1</sup>, Elroy J. Aguiar<sup>1</sup>, Michael V. Fedewa<sup>1</sup>, Hayley V. MacDonald<sup>1</sup>, Mark T. Richardson<sup>1</sup>, Jonathan E. Wingo, FACSM<sup>1</sup>, Nicholas S. Zambrotta<sup>2</sup>, Kevin M. Crombie<sup>1</sup>. <sup>1</sup>*The University of Alabama, Tuscaloosa, AL.* <sup>2</sup>*University of Massachusetts Dartmouth, Dartmouth, MA.*

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- P507: WHEY PROTEIN SUPPLEMENTATION DOES NOT AFFECT VASCULAR MEASURES FOLLOWING ECCENTRIC-INDUCED MUSCLE DAMAGE IN RESISTANCE-TRAINED INDIVIDUALS**  
Matthew J. Barenie<sup>1,2</sup>, Stephen J. Carter<sup>2</sup>, Albaro Escalera<sup>2</sup>, Hope E. Grange<sup>2</sup>, Zachary J. Schlader, FACSM<sup>2</sup>, Alyce D. Fly<sup>3</sup>, Timothy D. Mickleborough, FACSM<sup>2</sup>. <sup>1</sup>University of South Alabama, Mobile, AL. <sup>2</sup>Indiana University, Bloomington, IN. <sup>3</sup>Ball State University, Muncie, IN.
- P508: THE ASSOCIATION BETWEEN PROTEIN INTAKE AND LEAN MASS IN NON-HISPANIC BLACK AND EAST ASIAN FEMALES**  
Evan D. Levy<sup>1</sup>, Keanu L. Lettley<sup>2</sup>, Nevaeh R. Nez<sup>3</sup>, Juliette Levet-Bourtarye<sup>1</sup>, Malia NM Blue<sup>1</sup>. <sup>1</sup>Department of EXSS, UNC Chapel Hill, Chapel Hill, NC. <sup>2</sup>Triangle Arthritis and Rheumatology Associates, Raleigh, NC. <sup>3</sup>Department of Orthopedics, UNC Chapel Hill, Chapel Hill, NC.
- P509: CHARACTERIZATION OF SEGMENTAL RAW BIOELECTRICAL IMPEDANCE VALUES IN WOMEN ACROSS DIFFERING HORMONE PHASES AND PROFILES**  
Callie L. Unrein, Kaitlyn T. Ramey, Katelynn T. Persaud, Hailey E. Karns, Sarah J. Rhoades, Katie R. Hirsch. University of South Carolina, Columbia, SC.
- P510: THE RELATIONSHIP BETWEEN HYDRATION STATUS AND COGNITION IN LACTATING WOMEN**  
Bethany Tarrant<sup>1</sup>, Courtney Easlick<sup>1</sup>, Gracie McCoy<sup>1</sup>, William Adams, FACSM<sup>2</sup>, Courteney L. Benjamin<sup>1</sup>, Mallory R. Marshall, FACSM<sup>1</sup>. <sup>1</sup>Samford University, Birmingham, AL. <sup>2</sup>Adams Sports Medicine Consulting LLC, Colorado Springs, CO.
- P511: DOG OWNERS TALK THE TALK ABOUT WALKING THE WALK: A QUALITATIVE EXPLORATION OF ACTIVITY PARTICIPATION**  
Katherine DeVivo<sup>1,2</sup>, Katie Potter<sup>3</sup>, Chih-Hsiang Yang<sup>1</sup>, Bridget Armstrong<sup>1</sup>, Christine Pellegrini<sup>1</sup>. <sup>1</sup>University of South Carolina, Columbia, SC. <sup>2</sup>Columbia College, Columbia, SC. <sup>3</sup>University of Massachusetts, Amherst, MA.
- P512: DOES SELF-EFFICACY MEDIATE THE EFFECTS OF A DIGITAL DIABETES PREVENTION PROGRAM ON HEALTH BEHAVIORS?**  
Jenna Lauderback, Jeffrey Katula. Wake Forest University, Winston Salem, NC.
- P513: TRANSLATION AND CULTURAL ADAPTATION OF THE PHYSICAL ACTIVITY-RELATED HEALTH COMPETENCE QUESTIONNAIRE FOR THE ENGLISH-SPEAKING POPULATION**  
Natalie C. Plaut<sup>1</sup>, Adam H. Ibrahim<sup>1</sup>, Gordan Sudeck<sup>2</sup>, Klaus Pfeifer<sup>3</sup>, Julia Schmid<sup>4</sup>, Eric Schindler<sup>5</sup>, Rebecca A. Zakrajsek<sup>1</sup>, Kelley Strohacker, FACSM<sup>1</sup>. <sup>1</sup>University of Tennessee, Knoxville, TN. <sup>2</sup>Institute of Sport Science, Interfaculty Research Institute for Sports and Physical Activity, University Tübingen, Tübingen, Germany. <sup>3</sup>Department of Sport Science and Sport, Friedrich-Alexander-University Erlangen-Nürnberg, Erlangen, Germany. <sup>4</sup>Institute of Sport Science, University of Bern, Bern, Switzerland. <sup>5</sup>PT Solutions Physical Therapy, Odessa, FL.
- P515: IMPACT OF LEG LENGTH ON CADENCE-BASED WALK-TO-RUN TRANSITION THRESHOLD IN ADULTS**  
Cadence F. Boehm<sup>1</sup>, Cristal J. Benitez<sup>1</sup>, Kayli J. Lucas<sup>1</sup>, Israel I. Adandom<sup>1</sup>, Lindsay P. Toth<sup>2</sup>, Scott W. Ducharme<sup>3</sup>, Elroy J. Aguiar<sup>1</sup>. <sup>1</sup>The University of Alabama, Tuscaloosa, AL. <sup>2</sup>University of North Florida, Jacksonville, FL. <sup>3</sup>California State University Long Beach, Long Beach, CA.
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- P516: SCIENCE IN MOTION: EXPLORING WAYS TO INCREASE CHILDREN'S PHYSICAL ACTIVITY DURING THE SCHOOL DAY**  
Carolyn G. Gura<sup>1</sup>, Brooke C. Towner<sup>1</sup>, Stella Cybulski<sup>2</sup>, Jana J. James<sup>1</sup>, Rebecca A. Battista, FACSM<sup>1</sup>. <sup>1</sup>*Appalachian State University, Boone, NC.* <sup>2</sup>*Clemson University, Clemson, SC.*
- P517: THE ASSOCIATION BETWEEN PROLONGED SEDENTARY BEHAVIOR AND PERCEIVED PSYCHOLOGICAL STRESS**  
Matthew J. Cooper<sup>1</sup>, Aiden J. Chauntry<sup>1</sup>, Jake C. Diana<sup>1</sup>, Jeb F. Struder<sup>1</sup>, Christopher E. Grice<sup>1</sup>, Keith M. Diaz<sup>2</sup>, Bethany B. Gibbs<sup>3</sup>, Feng-Chang Lin<sup>1</sup>, Michelle L. Meyer<sup>1</sup>, Justin B. Moore, FACSM<sup>4</sup>, Erik D. Hanson, FACSM<sup>1</sup>. <sup>1</sup>*University of North Carolina at Chapel Hill, Chapel Hill, NC.* <sup>2</sup>*Columbia University, New York, NY.* <sup>3</sup>*West Virginia University, Morgantown, WV.* <sup>4</sup>*Wake Forest University, Winston-Salem, NC.*
- P518: EXERCISE INTERVENTION AND KNOWLEDGE OF GAIT ENHANCE MOBILITY IN AFRICAN AMERICAN WOMEN**  
Joseph J. Bracey<sup>1</sup>, Donna L. Wolf<sup>1</sup>, Herni K. Parson<sup>2</sup>, Jankiben Patel<sup>2</sup>, Elias S. Siraj<sup>2</sup>, Kathleen S. Thomas<sup>1</sup>. <sup>1</sup>*Norfolk State University, Norfolk, VA.* <sup>2</sup>*Macon & Joan Brock Virginia Health Sciences- Old Dominion University, Norfolk, VA.*
- P519: RELATIONSHIP BETWEEN PHYSICAL ACTIVITY AND PERCEIVED COMPETENCE FROM PHYSICAL ACTIVITY CLEARINGHOUSE FOR EDUCATION (P.A.C.E.) DATA**  
Riley Galloway<sup>1</sup>, Reagan Daniell<sup>1</sup>, Jacob Gdovin<sup>2</sup>, Hunter Haynes<sup>1</sup>. <sup>1</sup>*The University of Southern Mississippi, Hattiesburg, MS.* <sup>2</sup>*Elon University, Elon, NC.*
- P520: EFFECTS OF EDUCATIONAL CONTENT ON WALKING INTERVENTION ADHERENCE AND ASSOCIATED HEALTH OUTCOMES**  
Hunter Smathers, Robyn York, Jarrett Walbolt. *Montreat College, Montreat, NC.*
- P521: INFLUENCE OF 16-WEEK MINIMAL EXERCISE INTERVENTION ON BODY COMPOSITION IN TYPE-2 DIABETICS**  
Tanner Martin, Keilah Vaughan, Andrew Levine, Mackenzie Burgess, Pedro Chung, Robert Buresh, FACSM, Brian Kliszczewicz, FACSM. *Kennesaw State University, Kennesaw, GA.*
- P522: INFLUENCE OF THROWING-ARM PAIN ON INTRA-INDIVIDUAL ELBOW FLEXION VARIABILITY IN YOUTH BASEBALL PITCHERS**  
Anthony W. Fava, Adam R. Nebel, Yuki Z. Yanagita, Gretchen D. Oliver, FACSM. *Auburn University, Auburn, AL.*
- P523: KINESIOPHOBIA AND REACTION TIMES IN PATIENTS WITH CHRONIC ANKLE INSTABILITY**  
Amelia Johnson, Amelia Bruce Leicht, Ke'La Porter, Bridget Walsh, Danielle Torp, Kyle Kosik, Johanna Hoch, Matthew Hoch. *University of Kentucky, Lexington, KY.*
- P524: EMG OF VASTUS MEDIAL OBLIQUE ACTIVATION DURING THE ATG 140-DEGREE, BULGARIAN, AND DECLINE SQUATS.**  
Daniel T. Tarara<sup>1</sup>, Braden Romer<sup>1</sup>, Christopher Johnston<sup>1</sup>, Lauren Dinkla<sup>1,2</sup>. <sup>1</sup>*High Point University, High Point, NC.* <sup>2</sup>*Wake Forest University, Winston-Salem, NC.*
- P525: THE ROLL OF MULTIFIDUS IN AXIAL ROTATION OF THE NECK WITH HEAD SUPPORTED MASS**  
Constantin Heinemann, Taylor Job, Zachary J. Domire. *East Carolina University, Greenville, NC.*
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- P526: AGING ADULTS AMBULATE WITH HIGHER HIP ABDUCTION SIMILAR TO ADULTS WITH HIP OA**  
Mariana V. Jacobs, Jody L. Clasey, FACSM, Trey R. Naylor, Jaimie Roper, Michael A. Samaan. *University of Kentucky, Lexington, KY.*
- P527: TDCS DOES NOT ALTER CENTRAL OR PERIPHERAL HEMODYNAMICS IN ADULTS AGED 60 YEARS OR OLDER**  
Yousef Qadumi<sup>1,2</sup>, Nicholas P. Murray<sup>1</sup>, Lukus Klawitter<sup>2</sup>, Joshua Carlson<sup>2</sup>, Matt Kilgas<sup>2</sup>. <sup>1</sup>*East Carolina University, Greenville, NC.* <sup>2</sup>*Northern Michigan University, Marquette, MI.*
- P528: NO DIFFERENCES IN THROWING KINEMATICS BETWEEN HIGH SCHOOL AND COLLEGE CATCHERS WITH AND WITHOUT PAIN**  
Ryan M. Zappa, Anthony W. Fava, Billy Lozowski, Benjamin G. Lerch, Gretchen D. Oliver, FACSM. *Auburn University, Auburn, AL.*
- P529: HAMSTRING MUSCLE FORCE SHARING DURING ISOMETRIC LEG CURLS USING SHEAR WAVE ELASTOGRAPHY**  
Elizabeth M. Klemm, Coni Heinemann, Noel Locher, Zachary Domire. *East Carolina University, Greenville, NC.*
- P530: SEASONAL CHANGES IN DORSIFLEXION AND THE RELATIONSHIP TO TRAINING LOAD METRICS IN AMERICAN PROFESSIONAL SOCCER**  
Tristan L. Young<sup>1</sup>, Samuel J. Wilson<sup>2</sup>, Diego Castro-Diaz<sup>2</sup>, Drew DeJohn<sup>2</sup>, Stephen Rossi<sup>2</sup>, Barry A. Munkasy<sup>2</sup>, Barry Joyner<sup>2</sup>, Jessica Mutchler<sup>2</sup>. <sup>1</sup>*University of Southern Mississippi, Hattiesburg, MS.* <sup>2</sup>*Georgia Southern University, Statesboro, GA.*
- P531: TOTAL SUPPORT MOMENT DURING UNILATERAL SQUAT IN INDIVIDUALS WITH HIP-RELATED PAIN**  
Holly Stanze<sup>1</sup>, Bethany Wilcox<sup>2</sup>, Molly Zgoda<sup>2</sup>, Michael Samaan<sup>1</sup>, Kate Jochimsen<sup>3</sup>. <sup>1</sup>*University of Kentucky, Lexington, KY.* <sup>2</sup>*Mass General Brigham, Boston, MA.* <sup>3</sup>*Mass General Hospital, Boston, MA.*
- P532: EFFECTS OF ARM SWING ON PEAK POWER PRODUCTION DURING COUNTERMOVEMENT JUMPING IN MALE AND FEMALE WEIGHTLIFTERS**  
Emma N. Williams, Matthew K. Helms, Bryan L. Riemann. *Georgia Southern University, Savannah, GA.*
- P533: SEMITENDINOSUS TENDON STIFFNESS VERSUS TIME AFTER ANTERIOR CRUCIATE LIGAMENT RECONSTRUCTION**  
Noel Locher, Elizabeth Klemm, Zachary Domire. *East Carolina University, Greenville, NC.*
- P534: EFFECTS OF INCLINE AND DECLINE SURFACES ON SPATIO TEMPORAL CHARACTERISTICS DURING RUNNING**  
Sandra John, Emily Rouse, Kasey Murphy, Bryan L. Riemann. *Georgia Southern University, Savannah, GA.*
- P535: SEASONAL CHANGES IN TRAINING LOAD AND PERFORMANCE METRICS IN AMERICAN PROFESSIONAL SOCCER**  
Samuel J. Wilson<sup>1</sup>, Tristan Young<sup>2</sup>, Diego Castro-Diaz<sup>1</sup>, Drew DeJohn<sup>1</sup>, Jessica A. Mutchler<sup>1</sup>, Stephen Rossi<sup>1</sup>, Diego Torres<sup>1</sup>, Emily Potts<sup>1</sup>, Barry A. Munkasy<sup>1</sup>, Barry Joyner<sup>1</sup>. <sup>1</sup>*Georgia Southern University, Statesboro, GA.* <sup>2</sup>*University of Southern Mississippi, Hattiesburg, MS.*
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- P536: GLUCAGON-LIKE PEPTIDE-1 RECEPTOR AGONISTS AND BONE HEALTH: RESULTS FROM A PILOT RANDOMIZED CONTROLLED TRIAL**  
Lauren Dinkla<sup>1</sup>, Kristen M. Beavers<sup>1,2</sup>, Dela Akpalu<sup>3</sup>, Sarah Wherry<sup>4,5</sup>, Daniel P. Beavers<sup>3</sup>, Tiffany Cortes<sup>6,7</sup>. <sup>1</sup>Department of Health and Exercise Science, Wake Forest University, Winston-Salem, NC. <sup>2</sup>Department of Internal Medicine, Wake Forest School of Medicine; Division of Endocrinology, Winston-Salem, NC. <sup>3</sup>Department of Statistical Science, Wake Forest University, Winston-Salem, NC. <sup>4</sup>Division of Geriatric Medicine, University of Colorado Anschutz Medical Campus, Aurora, CO. <sup>5</sup>VA Eastern Colorado Geriatric Research, Education, and Clinical Center (GRECC), VA Eastern Colorado Health Care System, Aurora, CO. <sup>6</sup>Department of Medicine, UT Health San Antonio; Sam and Ann Barshop Institute for Longevity and Aging Studies, San Antonio, TX. <sup>7</sup>San Antonio Geriatric Research, Education, and Clinical Center (GRECC), South Texas Veterans Health Care System, San Antonio, TX.
- P537: COMPARISON OF TOTAL BODY AND THIGH MINERAL-FREE LEAN MEASURES USING DXA IN YOUNG CHILDREN**  
Trey R. Naylor, Mariana V. Jacobs, Julie A. Leggett, Michael A. Samaan, Jody L. Clasey, FACSM. *University of Kentucky, Lexington, KY.*
- P538: COMPARING CARDIOVASCULAR AND METABOLIC PROFILES OF MORNING AND EVENING CHRONOTYPES IN YOUNG ADULTS**  
Garrett J. Reuben<sup>1</sup>, Lee J. Winchester<sup>1</sup>, Elroy J. Aguiar<sup>1</sup>, Cathy Saenz<sup>2</sup>, Mark T. Richardson<sup>1</sup>, Joonho Lee<sup>1</sup>, Hayley V. MacDonald<sup>1</sup>. <sup>1</sup>University of Alabama, Tuscaloosa, AL. <sup>2</sup>The Ohio State University, Columbus, OH.
- P539: THE RELATIONSHIP BETWEEN DIABETIC AND INFLAMMATORY MARKERS IN FIREFIGHTERS**  
Tiffany J. Oberther, Austin Kohler, Andrew Moore, Maleah Holland-Winkler. *Augusta University, Augusta, GA.*
- P540: EFFECTS OF VAGAL NERVE STIMULATION ON BLOOD PRESSURE REACTIVITY IN WOMEN WITH RHEUMATOID ARTHRITIS**  
Nathaniel R. McConnell, Nathan Holmes, Sara L. Terrell, Erica M. Marshall. *Florida Southern College, Lakeland Florida, FL.*
- P541: ESTIMATING PROXIMITY TO FAILURE USING PERCEIVED REPETITIONS IN RESERVE IN ADULTS TREATED FOR BREAST CANCER AND LONGITUDINAL TRENDS**  
Kylah E. Jackson<sup>1</sup>, Zac Robinson<sup>2</sup>, Ciaran M. Fairman<sup>1</sup>. <sup>1</sup>University of South Carolina, Columbia, SC. <sup>2</sup>Florida Atlantic University, Boca Raton, FL.
- P542: PRE-SEASON AND POST-SEASON ANALYSIS OF BODY COMPOSITION IN NJCAA FEMALE ATHLETES**  
Savannah F. Craft, Kennedy L. Bumbrey, Annabel W. Cuddy, Elizabeth A. Easley, Sarah H. Sellhorst. *University of South Carolina Lancaster, Lancaster, SC.*
- P543: ASSOCIATIONS AMONG MODERATE TO VIGOROUS PHYSICAL ACTIVITY, HANDGRIP STRENGTH, AND FAT FREE MASS INDEX**  
Kennedy L. Bumbrey, Savannah F. Craft, Annabel W. Cuddy, Elizabeth A. Easley, Sarah H. Sellhorst. *University of South Carolina Lancaster, Lancaster, SC.*
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- P544: THE EFFECTS OF EXERCISE TRAINING ON 10-YEAR ASCVD PREDICTED RISK ACROSS FOUR EXERCISE TRIALS**  
Michael J. Pitre<sup>1</sup>, Eric C. Leszczynski<sup>2</sup>, Kiani J.C. Jacobs<sup>2</sup>, Prasun K. Dev<sup>2</sup>, Charles S. Schwartz<sup>2</sup>, Leanna M. Ross<sup>3</sup>, William E. Kraus, FACSM<sup>3</sup>, Mark A. Sarzynski, FACSM<sup>2</sup>.  
<sup>1</sup>South Carolina Honors College, University of South Carolina, Columbia, SC. <sup>2</sup>Department of Exercise Science, Arnold School of Public Health, University of South Carolina, Columbia, SC. <sup>3</sup>Duke Molecular Physiology Institute, Duke University School of Medicine, Durham, NC.
- P545: ESTIMATING AEROBIC CAPACITY IN ELITE WOMEN BASKETBALL ATHLETES: ARE NON-EXERCISE EQUATIONS VIABLE?**  
Brian Hack, Alec Harp, Ella Smith, Shannon Jackson, Mindy Millard-Stafford, FACSM.  
*Georgia Institute of Technology, Atlanta, GA.*
- P546: IMPACT OF ONE NIGHT OF EARLY SLEEP RESTRICTION ON SUBSEQUENT AEROBIC PERFORMANCE AND PERCEPTION**  
Trent A. Hargens, FACSM, Erin Meier, Kayla Eksteen, Nicholas D. Luden. *James Madison University, Harrisonburg, VA.*
- P547: THE EFFECTS OF DIVERGENT RESISTANCE TRAINING ON MAXIMAL STRENGTH, ELECTROMYOGRAPHIC BEHAVIOR, AND ABSOLUTE MUSCULAR ENDURANCE**  
Jaiden C. Smith<sup>1</sup>, Daniel J. Lawson<sup>2</sup>, Lyric D. Richardson<sup>3</sup>, Stephanie A. Sontag<sup>4</sup>, Brenden Roth<sup>3</sup>, Sunggun Jeon<sup>5</sup>, Allen L. Redinger<sup>3</sup>, Michael A. Trevino<sup>3</sup>, Alex Olmos<sup>1</sup>. <sup>1</sup>Christopher Newport University, Newport News, VA. <sup>2</sup>Auburn University, Auburn, AL. <sup>3</sup>Oklahoma State University, Stillwater, OK. <sup>4</sup>Louisiana State University, Baton Rouge, LA. <sup>5</sup>Northwestern State University, Natchitoches, LA.
- P548: INFLUENCE OF POST-ACTIVATION POTENTIATION RECOVERY TIME ON JUMP PERFORMANCE IN RESISTANCE TRAINED FEMALES.**  
Sara Heard, Andrew Lemense, Alyssa Parten. *The University of Alabama, Tuscaloosa, AL.*
- P549: BODY COMPOSITION DIFFERS BY POSITION IN NCAA DIVISION I MALE AND FEMALE SOCCER PLAYERS**  
Mackenzie B. Yoder, Tori A. Mullin, Peyton B. Miller, Nestor F. Urrea, Gianna F. Mastrofini, Blaine S. Lints, Riccardo F. Romersi, Sten O. Stray-Gundersen, Shawn M. Arent, FACSM.  
*University of South Carolina, Columbia, SC.*
- P550: A HIGH PERCENTAGE OF HEALTHY VOLUNTEERS FAIL TO PASS CRITERIA-BASED RETURN-TO-SPORT TESTING FOR ARTHROSCOPIC BANKART REPAIR**  
Clay A. Rahaman, Mathew Hargreaves, Audria Wood, Nick Manfredi, Dev Dayal, Kaitlin Higgins Pyrz, Maxwell Harrell, Eugene Brabston, Thomas Evely, Aaron Casp, Amit Momaya. *University of Alabama at Birmingham, Birmingham, AL.*
- P551: ANALGESIC EFFECTS OF CBD AND CAFFEINE ON PERCEPTUAL RESPONSES TO BLOOD FLOW RESTRICTION TRAINING**  
TS Lyons, FACSM<sup>1</sup>, KW Reason<sup>2</sup>, LG Killen<sup>1</sup>, GA Barker<sup>1</sup>, VA Alves<sup>1</sup>, KA Patterson<sup>2</sup>, JM Green, FACSM<sup>1</sup>. <sup>1</sup>University of North Alabama, Florence, AL. <sup>2</sup>St. Cloud State University, St. Cloud, MN.
- P552: EFFECT OF HIGH-INTENSITY FUNCTIONAL TRAINING COMBINED WITH A RESPIRATORY MUSCLE TRAINING DEVICE ON BLOOD LACTATE**  
Ryan M. Argetsinger, Chimaobim E. Martin-Diala, Gianna F. Mastrofini, Blaine S. Lints, Sten O. Stray-Gundersen, Mackenzie B. Yoder, Noah K. Nakagawa, Monica M. Ryan, Maria G. Lombardi, Caleb J. Carney, Alexa J. Chandler, Shawn M. Arent, FACSM. *University of South Carolina, Columbia, SC.*
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- P553: IMPACT OF PREVIOUS INJURY AND PAIN ON ANKLE RANGE OF MOTION AND Y-BALANCE TEST PERFORMANCE**  
Katherine Blain, Romie Llewellyn, Jeff Barfield. *Lander University, Greenwood, SC.*
- P554: ACUTE EFFECTS OF DIFFERENT STRETCHING METHODS ON LUMBOPELVIC-HIP COMPLEX MUSCLE ACTIVITY DURING THE GOLF SWING**  
Jenna McWhite, Jake Wakeford, Diego Ferreira, Jeff Barfield. *Lander University, Greenwood, SC.*
- P555: EFFECTS OF INTER-SET REST INTERVALS ON PHYSIOLOGICAL AND PSYCHOLOGICAL MEASURES**  
Jenna M. Fincher, Jacqueline A. Thring, Amber N. Stockton, Brandon An, Cameron R. Robinson, Alex J. Paille, Brandi E. Decoux, Bovorn Sirikul. *Southeastern Louisiana University, Hammond, LA.*
- P556: MOBILITY, STRENGTH, AND NON-CONTACT INJURIES IN FEMALE COLLEGE ATHLETES.**  
Audrey Clark<sup>1</sup>, Whitley Stone<sup>1</sup>, Danilo Tolusso<sup>2</sup>, Paula Upright<sup>1</sup>. <sup>1</sup>Western Kentucky University, Bowling Green, KY. <sup>2</sup>Marquette University, Milwaukee, WI.
- P557: HEADACHES AND SLEEP IN COLLEGIATE STUDENT-ATHLETES: AN ANALYSIS OF BASELINE CONCUSSION DATA**  
Garrett Francis Schmiederer. *Elon University, Elon, NC.*
- P558: THE EFFECT OF BLOOD FLOW RESTRICTION DURING ACUTE AEROBIC EXERCISE ON NON-LOCAL MUSCLE FATIGUE**  
Anna Acosta, Hana Abouward, Mitchell Zaplatosch, Daphney Carter, Garrett Hester. *Kennesaw State University, Kennesaw, GA.*
- P559: CLUSTER SET REST REDISTRIBUTION ELICITS SIMILAR STRENGTH INCREASES COMPARED TO TRADITIONAL TRAINING IN TRAINED INDIVIDUALS**  
Dakota Dronet<sup>1</sup>, Zachary Gillen<sup>1</sup>, Ryan Colquhoun<sup>2</sup>. <sup>1</sup>Mississippi State University, Starkville, MS. <sup>2</sup>University of South Alabama, Mobile, AL.
- P560: VERTICAL JUMP, DROP JUMP, AND SIMULATED BLOCKING: EXAMINING KINETIC LOWER LIMB SYMMETRY IN COLLEGIATE VOLLEYBALL PLAYERS**  
Kayleigh Eason, Connor Tyson, Matthew Rearick. *Roanoke College, Salem, VA.*
- P561: ACCURACY IN DETERMINING SUB MAXIMAL VOLUNTARY ISOMETRIC CONTRACTION**  
Keith J. Walpole. *University of South Alabama, Mobile, AL.*
- P562: ANALYZING VERTICAL GROUND REACTION FORCES AND COORDINATION OF MEDIAL LATERAL GROUND REACTION FORCES IN JUMPING**  
Jeromy D. Miramontes<sup>1</sup>, Megan S. Ward<sup>1,2</sup>, Jay H. Patel<sup>1,2</sup>. <sup>1</sup>Prisma Health, Columbia, SC. <sup>2</sup>The University of South Carolina, Columbia, SC.

**10:00 - 10:50 SYMPOSIUM 13****Location:** Regency Ballroom CChair: Alexandra Szarabajko. *Columbia College*

- S13: EXAMINING THE USE OF MUSIC TO ENHANCE ATHLETES' TRAINING SESSIONS, PRACTICES, AND COMPETITION PERFORMANCE**  
Andy Bosak. *Liberty University, Lynchburg, VA.*
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**10:00 - 10:50**      **TUTORIAL 17****Location:** Regency Ballroom FChair: Jarrett Walbolt, *Montreat College***T17:      FROM CLASSROOM TO CAREER: RESEARCH METHODS IN KINESIOLOGY FOR WORKFORCE READINESS**Debra Stroiney, Salvatore Ferranti. *George Mason University, Manassas, VA.***10:00 - 10:50**      **TUTORIAL 18****Location:** Regency Ballroom GChair: Gregory Palevo, *Albany State University***T18:      EXERCISE TESTING AND PRESCRIPTION FOR MAN'S BEST FRIEND: A NEW ROLE FOR EXERCISE SCIENTISTS**Heidi A. Kluess, FACSM. *Auburn University, Auburn, AL***11:00 - 11:50**      **TUTORIAL 3****Location:** Regency Ballroom CChair: L. Bruce Gladden, *Auburn University***T03:      EXERCISE PHYSIOLOGY IN 50 MINUTES**Edward T. Howley, FACSM. *University of Tennessee, Knoxville, TN.***12:00–2:00 PM**      **SEACSM LUNCH AND LECTURE****Location:** Regency Ballroom A & BPresiding: Kim Reich, *High Point University*Speaker introduction: Kim Reich, *High Point University***TRANSFORMING CLASSROOMS, COMMUNITIES, AND CLINICAL PRACTICE TO PROMOTE YOUTH PHYSICAL ACTIVITY**Rebecca Hasson, PhD, FACSM. *University of Michigan.*