



FRIDAY OCTOBER 25, 2024

Event	Time	Speaker and Topic	Location
Registration	7:30 a.m.-5:00 p.m.	Crystal Foyer	
Symposium 1	8:00 a.m.-9:00 a.m.	Applications of the 3-min all-out exercise test for prescribing high-intensity interval training: a decade of research progress Robert Pettitt, PhD Salt Lake Community College	Crystal Ballroom Salon A&B
Symposium 2	8:00 a.m.-9:00 a.m.	Habits of Successful Weight Losers: The Research from the National Weight Control Registry Jason Karp, PhD Georgia Southern University	Crystal Ballroom Salon C&D
General Session DB Dill Lecture	9:15 a.m.-10:45 a.m.	Sports Nutrition Over the Years Stella Volpe, PhD, FACSM National ACSM President	Crystal Ballroom
Undergraduate Student Research Competition	11:00 a.m.- 12:30 p.m.	Undergraduate Competition	Catalina Ballroom
Symposium 1	11:00 a.m.-12:30 p.m.	Implementing the CURE in Exercise Science/Kinesiology Classrooms Sarah Dunn, PhD California State University, San Bernardino, Palm Desert Zakkoyya H Lewis, PhD California State Polytechnic University Pomona	Crystal Ballroom Salon A&B
Symposium 2	11:00 a.m.- 12:30 p.m.	Gender-Inclusive Approaches in Sport and Exercise Science Research, Teaching & Practice James Navalta, PhD University of Nevada, Las Vegas	Crystal Ballroom Salon C&D
LUNCH	12:30 p.m.- 1:45 p.m.	See Guidebook App or website for nearby restaurants	
Graduate Student Research Competition	1:45 p.m.-3:15 p.m.	Graduate Competition	Catalina Ballroom
Symposium 1	1:45 p.m.-3:15 p.m.	SARMs as Anabolic Agents and Other Popular Contemporary Performance Enhancing Drugs: False Promises Begetting Underexplored Consequences Steven Machek, PhD California State University, Monterey Bay	Crystal Ballroom Salon A&B
Symposium 2	1:45 p.m. -3:15 p.m.	Exercise is Medicine - On Campus: An Interactive Workshop to Establish EIM-OC on Your Campus Jason Ng, PhD California State University, San Bernardino	Crystal Ballroom Salon C&D
Symposium 1	3:30 p.m.-5:00 p.m.	ATP Tendon care in collegiate athletes: Concepts and practices in assessment and care of lower extremity tendinopathy using musculoskeletal imaging techniques Wayne Johnson, PhD Brigham Young University	Crystal Ballroom Salon A&B
Symposium 2	3:30 p.m.-5:00 p.m.	Lessons Learned from COVID-19 Zachary Zeigler, PhD Grand Canyon University Anthony Acevedo, PhD	Crystal Ballroom Salon C&D
Symposium 3	3:30 p.m. -5:00 p.m.	Update on Plant Proteins for Muscle Recovery Ryan Nuccio, MS, RD Gatorade Sports Science Institute	Catalina Ballroom
Faculty Social	4:00 p.m.-5:00p.m.	Network & Connect <i>*Limited to Faculty & Professionals</i>	Poolside Terrace
Poster Session 1	5:00 p.m.-7:00 p.m.	Monarch & Irvine Ballrooms	
JEOPARDY	7:00 p.m-8:30 p.m.	Undergraduate Quiz Bowl	Crystal Ballroom

SATURDAY OCTOBER 26, 2024

Event	Time	Speaker and Topic	Location
Registration	7:30 a.m.-12:30 p.m.	Crystal Foyer	
Symposium 1	8:00 a.m.-9:00 a.m.	High Intensity Functional Training: Can It "Kill 2 Birds with One Stone?" Todd Astorino, PhD California State University, San Marcos	Crystal Ballroom Salon A&B
Symposium 2	8:00 a.m.-9:00 a.m.	Measurement of Arterial Occlusion Pressure Prior to Blood Flow Restriction Training Pat Vehrs, PhD Brigham Young University	Crystal Ballroom Salon C&D
Symposium 3	8:00 a.m.-9:00 a.m.	Athlete Readiness: An Evidence Based Approach Antonio Squillante, PhD USA Weightlifting	Catalina Ballroom
General Session Founder's Lecture	9:15 a.m.-10:45 a.m.	Can diet save you from a couch potato lifestyle? Comparative analysis of the impact of diet and exercise on health Glenn Gaesser, PhD Arizona State University	Crystal Ballroom
Symposium 1	11:00 a.m.-12:30 p.m.	Beating the heat with sodium bicarbonate supplementation: a thermoregulatory strategy to improve physical performance Jason Siegler, PhD Arizona State University	Catalina Ballroom
Symposium 2	11:00 a.m.-12:30 p.m.	Endure or Resist: Can the Exercise Protocols Bring the Two Together? Fabiano Amorim, PhD University of New Mexico	Crystal Ballroom Salon A&B
Symposium 3	11:00 a.m.-12:30 p.m.	Molecular Response of Skeletal Muscle to Exercise-Related Stimuli David Thomson, PhD Brigham Young University	Crystal Ballroom Salon C&D
Poster Session 2	12:30 p.m. -2:30 p.m.	Monarch & Irvine Ballrooms	