**FRIDAY OCTOBER 25, 2024**

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| **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, PhDSalt 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, PhDGeorgia 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, FACSMNational 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, PhDCalifornia State University, San Bernardino, Palm DesertZakkoyya H Lewis, PhDCalifornia 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, PhDUniversity 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, PhDCalifornia 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, PhDCalifornia 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, PhDBrigham Young University | Crystal Ballroom Salon A&B |
| **Symposium 2** | 3:30 p.m.-5:00 p.m**.** | ***Lessons Learned from COVID-19***Zachary Zeigler, PhDGrand Canyon UniversityAnthony 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, RDGatorade Sports Science Institute | Catalina Ballroom |
| **Faculty Social** | 4:00 p.m.-5:00p.m. | **Network & Connect***\*Limited to Faculty & Professionals* | 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 |

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**SATURDAY OCTOBER 26, 2024**

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| **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, PhDCalifornia 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, PhDBrigham Young University | Crystal Ballroom Salon C&D |
| **Symposium 3** | 8:00 a.m.-9:00 a.m. | ***Athlete Readiness: An Evidence Based Approach***Antiono Squillante, PhDUSA 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, PhDArizona 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, PhDArizona 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, PhDUniversity 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, PhDBrigham Young University | Crystal Ballroom Salon C&D |
| **Poster Session 2** | 12:30 p.m. -2:30 p.m. | Monarch & Irvine Ballrooms |