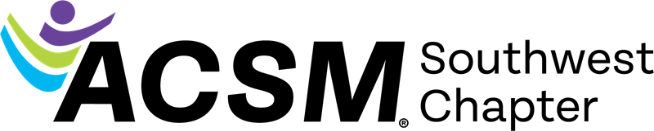
**FRIDAY OCTOBER 25, 2024**

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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, 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**  *\*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, 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***  Antiono 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 | |