



AMERICAN COLLEGE  
of SPORTS MEDICINE  
Mid-Atlantic Chapter

# Virtual Meeting

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## New York

# MARC ACSM

# 2022 Spring

# Meeting



**Bradley C. Nindl,**  
**Ph.D., FACSM**  
Professor & Vice  
Chair of Research,  
University of  
Pittsburgh



**Steven Vitti, Ph.D.**  
Assistant Professor, Drexel  
University

**29 April 2022**  
**3 PM - 5 PM**

Scan the QR Code to RSVP for the event &  
receive the Zoom link

Questions? Please Contact Dr. Justin Faller  
([jfaller@brockport.edu](mailto:jfaller@brockport.edu)) or Dr. Stephen Ives  
([sives@skidmore.edu](mailto:sives@skidmore.edu))





# NEW YORK STATE MARC ACSM 2022 VIRTUAL SPRING MEETING



**Bradley C. Nindl, Ph.D.,  
FACSM**

Dr. Nindl is the Director of the Neuromuscular Research Laboratory/Warrior Human Performance Research Center and Vice Chair for Research in the Department of Sports Medicine and Nutrition in the School of Health and Rehabilitation Sciences at the University of Pittsburgh. His research interests span human performance optimization/injury prevention and biomarker domains with a focus on adaptations of the neuromuscular and endocrine systems (growth hormone/insulin-like growth factor-I axis) to both exercise and military operational stress.



**Steven Vitti, Ph.D.**

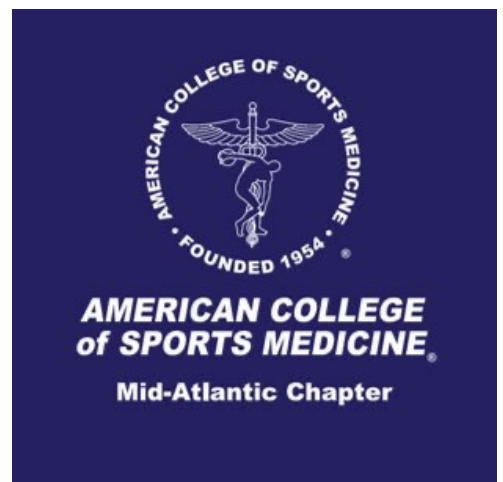
Dr. Vitti is an Assistant Professor in the Health Sciences Department at Drexel University. Dr. Vitti's research interests involve examining the effects of dietary strategies and nutraceutical supplementation on health and performance outcomes and recovery from exhaustive exercise. His previous work explored the functional and ergogenic properties of several bioactive compounds in red beetroot. Vitti's current research interest continues his graduate work examining the ergogenic properties of betalains and investigating the potential mechanisms underpinning observed changes in performance.

Meeting Zoom Link:

<https://skidmore.zoom.us/j/91262773791>



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# PROGRAM SCHEDULE

## ZOOM WEBINAR 4/29 3-5PM EST

Time	Events
3:00 pm	Welcome/ Opening Remarks <b>Justin Faller, Ph.D.</b> <i>Assistant Professor, SUNY Brockport</i>
3:05 pm	Beyond Nitrate: Shifting Focus to Beetroot's Bioactive Pigment, Betalains <b>Steven Vitti, Ph.D.</b> <i>Assistant Professor, Drexel University</i>
3:35 pm	<p style="text-align: center;"><u>Graduate Student Research Presentations</u></p> <p>A Pilot Randomized Controlled Trial Comparing Traditional and Hybrid Cardiac Rehabilitation <b>Adrianna Keener-DeNoia, MA</b> <i>Columbia University</i></p> <p>Exercise Intolerance Reflects Impaired Mitochondrial Function in Spinal Muscular Atrophy <b>David Uher</b> <i>Columbia University,</i></p>
4:00 pm	<p style="text-align: center;"><u>Undergraduate Student Research Presentations</u></p> <p>Near Infrared Spectroscopy Derived Assessment of Vascular Function in Men and Women Using the Ischemia-reperfusion Slope, and the Potential Effect of Dietary Capsaicin <b>Kendall Zaleski</b> <i>Skidmore College</i></p> <p>The Effects of Cold-Water Immersion vs. Massage Gun on Muscle Recovery <b>Sarah Levine and Leah Bisgrove</b> <i>SUNY Brockport</i></p>
4:20 pm	Leveraging Exercise Science Technology to Enhance Military Human Performance <b>Bradley C. Nindl, Ph.D., FACSM</b> <i>Professor and Vice Chair for Research, Department of Sports Medicine and Nutrition, University of Pittsburgh</i>
4:55 pm	Closing Remarks <b>Stephen Ives, Ph.D.</b> <i>Associate Professor, Skidmore College</i>

