

Final Program and Exhibit Guide



#ACSM24

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science, practice
and policy**

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**AMERICAN COLLEGE
of SPORTS MEDICINE®**

Message from the President



Dear Attendees,

On behalf of the ACSM Board of Trustees, Annual Meeting Program Committee and staff, I want to warmly welcome you to the 71st Annual Meeting of the American College of Sports Medicine®. I am extremely excited to be presiding over this meeting in my hometown of Boston! Boston in spring is just beautiful!

This week, you are joining thousands of your peers from around the world who have recognized this event as among the most prestigious of its kind. I hope you are excited about the many opportunities that await you. One of the best parts of these meetings is reconnecting with old colleagues as well as forming new connections. Deepen your knowledge and expand your network by attending the excellent sessions and social events that have set this meeting apart from the rest.

I am confident that you will find the next few days both fun and rewarding. Our goal is to provide an unforgettable experience that fuels your professional development and your passion for making a difference. In the end, this meeting supports our mission to educate and empower professionals to advance the science and practice of health and human performance. By being here and applying what you take away, you join us in that noble pursuit. For that, we thank you.

I want to thank ACSM President-Elect Stella L. Volpe, Ph.D., RDN, FACSM, Program Committee Chair Eric S. Rawson, Ph.D., FACSM and the ACSM Program Committee for their incredible work over the past year, which has come to fruition this week. Without them, none of this would be possible, and they deserve our sincerest gratitude. I also want to invite you to the Town Hall and Business Meeting on Friday, May 31, from 11:40 a.m. to 12:20 p.m. in Convention Center Room Ballroom A. As a membership organization, ACSM is nothing without its constituents' input, and the Town Hall is an ideal venue for you to provide just that.

Finally, I hope you have an opportunity to enjoy a taste of what Boston has to offer, including a rich history, international cuisine and many cultural highlights. Take a walk through the Boston Gardens, a run along the Charles River or a tour of the Freedom Trail.

I hope you fully enjoy this week.

Warm Regards,

Irene S. Davis, Ph.D., FACSM
ACSM President 2023-24

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Session locations

All education sessions, registration, exhibits, poster sessions and interest group meetings take place in the Hynes Convention Center. Specific room names appear on the mobile app and online program planner. Social events are scheduled at the Sheraton Boston (noted “Sheraton HQ-room” in the schedule). Signage through the building and the ACSM mobile app augments the information in the program.

Objectives

At the conclusion of the Annual Meeting, participants should be able to:

1. Analyze state-of-the art and innovative basic science, applied science, and clinical medicine in the areas of exercise, fitness, health, and physical performance.
2. Recognize the importance of basic science research as it relates to diseases and conditions that exist due to physical inactivity.
3. Assess how physical activity research and practice contributes to public health and health equity in diverse populations.

Clinically Specific Objectives:

4. Incorporate new guidelines into the care of the secondary school athlete to prevent injuries and illness and enhance safe return to play in their sport.
5. Develop strategies to counsel patients with congenital heart disease to participate in physical activity to improve function and quality of life.
6. Determine which athletes with acute or chronic musculoskeletal injuries can safely return to play in their sport.
7. Explore treatment options in the care of athletes with bone stress injuries to improve recovery and allow safe participation in sport.
8. Incorporate best practices in the evaluation and treatment of endurance athletes in order to improve athlete performance.

Target Audience

ACSM members and professionals interested in the field of sports medicine and exercise science.

Accreditations

Accreditation:

The American College of Sports Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.



AMA/PRA Credits

The American College of Sports Medicine designates this live course for a maximum of 28.5 AMA PRA Category 1 Credit(s)[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

BOC – CEUs

American College of Sports Medicine (BOC AP#: P401) is approved by the Board of Certification, Inc. to provide continuing education to Certified Athletic Trainers. This program is eligible for a maximum of 28.5 Category A hours/CEUs. ATs should claim only those hours actually spent in the educational program.



ACSM CECs

The American College of Sports Medicine’s Professional Education Committee certifies that this continuing education offering meets the criteria for a maximum of 28.5 hours of ACSM continuing education credit.

AAFP

The AAFP has reviewed 2024 ACSM Annual Meeting and deemed it acceptable for up to 28.50 Live AAFP Prescribed credit(s). Term of Approval is from 05/28/2024 to 05/31/2024.

Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Note: the 28.5 hours for CME credits only include sessions in Athlete Care and Clinical Medicine (AC), Exercise is Medicine (EIM) categories, as well as the Joseph B. Wolfe Memorial Lecture, the D.B. Dill Historical Lecture, and the President’s Lectures.



How to Obtain Credits

Instructions for obtaining continuing education credits and continuing medical education credits will be e-mailed to attendees 3-4 weeks following the annual meeting. E-mail meeting@acsm.org with questions.

Acknowledgements

ACSM thanks Clarius for their in-kind educational grant in support of the Annual Meeting. The grant includes 4 x L15 wireless Ultrasound scanners, 4 x ipads and cables, transducers and gel for course demonstrations.

Lectures

Keynote Lectures



Joseph B. Wolfe Memorial Lecture
Physical Activity and Cardiorespiratory Fitness as Modulators of Health Outcomes: A Compelling Case Presented to the Medical Community

Wednesday, May 29, 8:00 – 9:15 a.m.
Hynes CC-Veterans Memorial Auditorium
Barry A. Franklin, Ph.D., FACSM
Corewell Health, Royal Oak, MI



D.B. Dill Historical Lecture
Exercise Physiology in a Molecular Age

Friday, May 31, 8:00 – 9:15 a.m.
Hynes CC-Veterans Memorial Auditorium
Mark Hargreaves, Ph.D., FACSM
The University of Melbourne, Melbourne, Australia

President's Lectures



Regenerative Rehabilitation: Converging Regenerative Medicine and Physical Therapeutics to Optimize Tissue Healing

Wednesday, May 29, 12:30 – 1:20 p.m.
Hynes CC-Ballroom B
Fabrisia Ambrosio, Ph.D.
Harvard Medical School, Boston, MA



Sports Physician Working for an International Federation: What I've Learned during the Last 20 Years

Thursday, May 30, 12:30 – 1:20 p.m.
Hynes CC-Ballroom B
Stéphane Bermon, M.D., Ph.D.
World Athletics Health and Science Department, Monaco



How AI Can Advance Sports Medicine and Human Performance

Friday, May 31, 12:30 – 1:20 p.m.
Hynes CC-Ballroom B
Scott Delp, Ph.D.
Stanford University, Stanford, CA

Named Lectures



Morris/Paffenbarger EIM Keynote Lecture
Translating Science and Evidence into Impactful Physical Activity Policy and Systems Change – It's Time to Move

Wednesday, May 29, 10:40 – 11:30 a.m.
Hynes CC-Ballroom B
Laurie P. Whitsel, Ph.D.
American Heart Association, Ligonier, PA



Priscilla M. Clarkson Tutorial Lecture
The Role of Nature versus Nurture in Muscle Hypertrophy: Lessons for Hard Gainers

Thursday, May 30, 1:30 – 2:20 p.m.
Hynes CC-Ballroom B
Stuart M. Phillips, Ph.D., FACSM
McMaster University, Hamilton, ON, Canada



Charles M. Tipton Tutorial Lecture
Importance of Sensory Feedback to Physiologic Responses to Exercise and to Exercise Limitation

Thursday, May 30, 2:40 – 3:30 p.m.
Hynes CC-Ballroom B
Jerome A. Dempsey, Ph.D., FACSM
University of Wisconsin, Madison, WI



John R. Sutton Clinical Lecture
Cantu, Concussion, and CTE: Five Decades of Treating and Researching the Acute and Long Term Effects of Single and Repetitive Athletic TBI

Friday, May 31, 1:30 – 2:20 p.m.
Hynes CC-Ballroom B
Robert C. Cantu, M.D., FACSM
Emerson Hospital, Concord, MA

Session Definitions

Named and Special Lectures

D.B. Dill Historical Lecture: This lecture deals with the history of sports medicine and exercise science. In memory of one of ACSM's past presidents and prominent figure in the development of sports medicine and exercise science in America, D. Bruce Dill, Ph.D. This lecture is presented unopposed from all other sessions.

Charles M. Tipton Tutorial Lecture: This lecture is in the area of exercise physiology in honor of Charles M. Tipton, Ph.D.

J.B. Wolfe Memorial Lecture: The keynote address at the Annual Meeting is in memory of one of ACSM's founders, and first president, Joseph B. Wolfe, M.D. This session is offered unopposed from other sessions.

Priscilla M. Clarkson Tutorial Lecture: This is in the area of skeletal muscle function, injury, and adaptation in honor of Priscilla M. Clarkson, Ph.D.

John R. Sutton Clinical Lecture: This is in the area of clinical and the research aspect of medicine in honor of John R. Sutton, M.D. This session is offered unopposed from any other clinical offerings.

President's Lecture: These sessions are plenary lectures entitled President's Lectures recognizing great contributions to the fields of sports medicine and exercise science. The topics will reflect many of the various disciplines that comprise the unique and diverse nature of the American College of Sports Medicine. These lectures are presented by leaders in the field whose individual contributions have helped define and advance sports medicine.

Morris/Paffenbarger EIM Keynote Lecture: This is in the area of physical activity in honor of Jeremy N. Morris, D.Sc., DPH, and Ralph S. Paffenbarger Jr., M.D., Sc.D.

2-Hour and 90-Minute Formats

Highlighted Symposia: These sessions were created to enhance the quality of science at the annual meeting. They showcase basic quality science and cutting-edge research or sports medicine within the annual meeting topical areas. They include in-depth scientific lectures in new and exciting areas of research delivered by experts in their respective fields.

Symposium and 90-Minute Symposium: In-depth scientific and state-of-the-art lectures in important areas of research and clinical practice. Symposia include three to four speakers, with time allotted for an introduction and overview and overall discussion.

50-Minute Formats:

Clinical Workshop: This session is a hands-on small group demonstration of current examinations and treatment modalities of sports medicine problems. Clinical workshops are limited to 40 people; therefore, space in the meeting room is available on first arrival.

Colloquium: A colloquium is an interactive discussion on a topic or issue in sports medicine, exercise science or clinical practice. These are informal presentations that give the attendees a chance to "meet the expert."

Tutorial Lecture: A critical review and analysis of the current state of knowledge in a field in sports medicine, exercise science or clinical practice. The lecture should familiarize attendees with the basics of a subject and progress to current issues, questions, problems, and the frontier of knowledge.

Abstract Sessions:

Clinical Case Slide Session: Clinical Case Papers are in six categories: cardiovascular; general medicine; head, neck and spine; mental health; musculoskeletal; and Special Populations. The case presentation outlines 1) History, 2) Physical Examination, 3) Differential Diagnosis, 4) Test/Results, 5) Final/Working Diagnosis, and 6) Treatment and Outcomes.

Free Communication/Poster Session: Poster sessions are allotted a two and a half-hour time block for viewing. Posters will be scheduled for presentation in one-and-one-half-hour time-blocks with authors present to answer any questions and discuss their research with attendees.

Free Communication/Slide Session: Presentation of an abstract in a free communication/slide session is limited to a maximum of 10 minutes, followed by a five-minute period of open discussion from the audience. Each contains a Purpose, Methods, Results and Conclusion.

Rapid Fire Platform: Presentation of an abstract in a free communication/slide session in a compact format limited to a maximum of five minutes for an oral presentation, plus an additional five minutes for questions and answers. Each presentation contains a Purpose, Methods, Results, and Conclusion.

Thematic Poster Session: Thematic poster presentations are two hours in duration. For the first part, attendees view the posters. The second part consists of a five-minute synopsis of each poster by the first author, with discussion moderated by the chair to include the audience.

Conference Attendee Information

Registration Hours

	Open	Close
Tuesday	10 a.m.	6 p.m.
Wednesday	6:30 a.m.	6 p.m.
Thursday	7 a.m.	6 p.m.
Friday	7 a.m.	4 p.m.

Speaker Ready Room

Room: Hynes Convention Center - 206

Tuesday, May 28: 12:00-5:00 p.m.

Wednesday, May 29 - Friday, May 31: 7:00 a.m. to 5:00 p.m.

Name Badges

Badges must be worn at all times to gain admission to the exhibit hall, poster sessions, educational sessions and ACSM social events. Your guests must purchase and wear badges as well. (ALL exercise science/sports medicine professionals in attendance should be registered as regular attendees). Please hang on to your original badge! Replacement badges cost \$25.

Complimentary WiFi

Hynes Convention Center – Username: Hynes Wireless Network, no password is required

Sheraton HQ Hotel – Username: Sheraton Meeting Network, Password: ACSM2024

Photography/Video Recording

General Photography and Social Media Etiquette

ACSM strives to create a participatory environment at its meetings that encourages learning and facilitates dialogue. Generally, taking photos, live-tweeting and sharing annual meeting experiences on social media are welcomed. It is the attendee's responsibility to avoid distraction to others by using devices in a sensible, respectful and conscientious manner.

Restrictions on Photography, Recording, or other Copying of Presentations and Data

Presenters of session and poster content may not wish to have their presentations or research photographed, recorded or shared on Twitter, Facebook or other social networks. Presenters will be asked to make an announcement before and during their presentations if such capturing and recording is allowed. If there is no announcement or other permission granted, attendees are asked to refrain from photography and recording. Since content may be at different points of journal submission or other formal processes, ACSM asks for compliance by all attendees with presenter desires regarding photography and social media, whether allowed in whole or part or not at all.

ACSM Annual Meeting Yearly Spotlight

New! ACSM Annual Meeting Yearly Spotlight: Precision Health

2024 features a new yearly “Spotlight” at the Annual Meeting, featuring sessions integrating basic science, applied science and clinical medicine. The subcommittee, led by the president-elect, will select topics solicited from several ACSM committees and will include a member from each of the those disciplines.

The inaugural Spotlight Theme for the 2024 Annual Meeting, as chosen by the new Spotlight subcommittee, is “Precision Health”. Precision Health is defined as “Genes, behaviors, lifestyle (such as exercise and eating habits), and environment are all factors that affect health and performance. Supported by artificial intelligence and/or technology, precision health takes into consideration all of these factors, and can lead to improved individual health or sports performance.”

Programming Schedule (Session Order)

Key to Sessions

(AC) Athlete Care and Clinical Medicine	(EB) Epidemiology and Biostatistics	(PA) Physical Activity/Health Promotion Interventions	keynotes, named lectures
(BI) Biomechanics and Neural Control of Movement	(EIM) Exercise is Medicine®	(PS) Psychology, Behavior and Neurobiology	highlighted symposia
(CV) Cardiovascular, Renal, Immune and Respiratory Physiology	(FA) Fitness Assessment, Exercise Training, and Performance of Athletes and Healthy People	(SK) Skeletal Muscle, Bone and Connective Tissue	Sessions in bold are 2024 Spotlight Sessions on "Precision Health"
(CEP) Chronic Disease and Clinical Exercise Physiology	(HE) Health Equity	(PD) Professional Development/ Organizational Information	Speaker Disclaimer: Session and speaker information is subject to change. Speakers' names and institution information are listed as submitted.
(EN) Environmental and Occupational Physiology	(MN) Metabolism, Nutrition, and Endocrinology		

Tuesday, May 28, 2024

Time	Sess#	Session Type	Session Title	Room	Category
7:30 a.m. to 2 p.m.	PC-01	Pre-Conference	Planning Meeting for an International Society of Exercise Oncology	Sheraton HQ-Liberty Ballroom A	
10 a.m. to 6 p.m.		Hours	Registration Hours (Tuesday)	Hynes CC-Main Lobby	
11:30 a.m. to 3:30 p.m.	PC-02	Pre-Conference	GSSI Pre-conference: Navigating the Latest Hydration Science	Hynes CC-Ballroom B	
1 – 1:50 p.m.	A-01	Tutorial Lecture	Mental Health Implications of Sport Specialization: Practical Applications for Mitigating Risks	Hynes CC-302	(PS)
1 – 1:50 p.m.	A-02	Tutorial Lecture	Who and Where do I Send My Patients to be More Physically Active? Lessons Learned from EIM Canada	Hynes CC-312	(EIM)
1 – 3 p.m.	A-03	Symposium	Reframing the Possibilities: Congenital Heart Disease, Exercise and Sport in the Young	Hynes CC-311	(AC)
1– 3 p.m.	PC-03	Pre-Conference	ACSM Media Spokesperson Preconference: Building a Communication Toolbox to Share and Amplify Your Work	Sheraton HQ-Back Bay Ballroom D	(PD)
2:10-3 p.m.	A-04	Tutorial Lecture	Keeping it Movin' in the Community: Establishing and Growing Community Partnerships for Physical Activity	Hynes CC-302	(HE)
2:10 – 3 p.m.	A-05	Tutorial Lecture	Personality Informed Physical Activity Interventions	Hynes CC-312	(EIM)
3 – 5 p.m.	PC-04	Pre-Conference	Student & Early Career Preconference: Mastering Grant Writing as an Early Career Scientist	Hynes CC-306	(PD)
3:15 – 4:05 p.m.	A-06	Tutorial Lecture	Precision Exercise Testing and Therapy Across the Healthspan	Hynes CC-311	(CEP)
3:15 – 5:15 p.m.	A-07	Symposium	From Functional Evaluation to Adapted Exercise Training for Patients with Chronic Diseases	Hynes CC-302	(EIM)
3:15 – 5:15 p.m.	A-08	Symposium	Physical Activity on Prescription: Experience from European Models	Hynes CC-312	(PA)
4 – 6 p.m.		Hours	Student Lounge Hours (Tuesday)	Hynes CC-200	
4:25 – 5:15 p.m.	A-09	Clinical Workshop	Beyond the Inclusive Fitness Trainer: Practical Application Techniques to Adaptive Fitness Training	Hynes CC-311	
5 – 6 p.m.		Event	Leadership & Diversity Training Program 101	Sheraton HQ-Back Bay AB	
5:30 – 7:30 p.m.	PC-05	Pre-Conference	PINES 10 Questions 10 Experts session: Myth Busting in Sports Nutrition	Hynes CC-302	(MN)
6:30 – 7:30 p.m.		Event	Meet Your Mentor	Sheraton HQ-Back Bay AB	

Wednesday, May 29, 2024

Time	Sess#	Session Type	Session Title	Room	Category
6:30 a.m. to 6 p.m.		Hours	Registration Hours (Wednesday)	Hynes CC-Main Lobby	
8 – 9:15 a.m.	B-01	Joseph B. Wolffe Memorial Lecture	Physical Activity and Cardiorespiratory Fitness as Modulators of Health Outcomes: A Compelling Case Presented to the Medical Community	Hynes CC-Veterans Memorial Auditorium	(PD)
9 a.m. to 5 p.m.		Hours	Student Lounge Hours (Wednesday)	Hynes CC-200	
9:30 – 10:20 a.m.	B-02	Tutorial Lecture	Addressing a National Security Crisis: How the Armed Forces Wellness Center Model Improves Health Risk and Performance	Hynes CC-202	(PA)
9:30 – 10:20 a.m.	B-03	Tutorial Lecture	Diversity of Cardiac Stress Testing in the 21st Century	Hynes CC-312	(CEP)
9:30 – 10:20 a.m.	B-04	Tutorial Lecture	Physical Activity Dose for Mental Health: Guidelines, Prescription, and Biopsychosocial Predictors of Benefit	Hynes CC-Ballroom B	(PS)
9:30 – 10:20 a.m.	B-05	Tutorial Lecture	Return-to-Sport / Return-to-Play and the Team Physician: A Team Physician Consensus Statement 2023 Update	Hynes CC-311	(AC)
9:30 – 10:20 a.m.	B-06	Tutorial Lecture	Honoring the Legacy of Steve Blair: A Legend in Life and Beyond	Hynes CC-302	(PD)
9:30 – 11 a.m.	B-07	90 min. Symposium	Proteomic Profiling of Exercise Response	Hynes CC-208	(CV)
9:30 – 11:30 a.m.	B-08	Highlighted Symposium	Update on Female Athlete Research: Appropriate Methodologies leading to Successful Outcomes	Hynes CC-Ballroom A	(FA)
9:30 – 11:30 a.m.	B-09	Symposium	Endurance Sports Medicine and Science: Climate, Clinical and Organizational Challenges	Hynes CC-310	(AC)
9:30 – 11:30 a.m.	B-10	Symposium	Equity-Focused Walkability Assessment in Boston, MA	Hynes CC-203	(HE)
9:30 – 11:30 a.m.	B-11	Symposium	Evaluating Movement Deficits Associated with Musculoskeletal Injury Risk After Concussion: Do we (K)need to Train the Brain?	Hynes CC-304	(BI)
9:30 – 10:55 a.m.	B-12	Rapid Fire Platform	What We Can Do With Wearables	Hynes CC-111	(BI)
9:30 – 11:30 a.m.	B-13	Free Communication/Slide	Exercise and Aging on Skeletal Muscle Health	Hynes CC-207	(SK)
9:30 – 11 a.m.	B-14	Clinical Case Slide	Spine	Hynes CC-306	(AC)
9:30 – 11:30 a.m.	B-15	Clinical Case Slide	Clinical Case Potpourri	Hynes CC-309	(AC)
9:30 – 11:30 a.m.	B-16	Thematic Poster	Energy Expenditure and Food Intake	Hynes CC-102	(MN)
9:30 – 11:30 a.m.	B-17	Thematic Poster	Heat Policies and Risk Mitigation Strategies	Hynes CC-103	(EN)
9:30 – 11:30 a.m.	B-18	Thematic Poster	Sport Injury Surveillance and Prevention	Hynes CC-104	(EB)
Poster Sessions B-19-B-44: Presentation times are staggered from 9:30 – 11 a.m. and 10:30 a.m. to noon					
9:30 a.m. to 12 p.m.	B-19	Free Communication/Poster	Metabolism	Hynes CC-Hall A	(FA)
9:30 a.m. to 12 p.m.	B-20	Free Communication/Poster	Resistance Training	Hynes CC-Hall A	(FA)
9:30 a.m. to 12 p.m.	B-21	Free Communication/Poster	Vascular Function in Disease	Hynes CC-Hall A	(CV)
9:30 a.m. to 12 p.m.	B-22	Free Communication/Poster	Vascular Function in Health	Hynes CC-Hall A	(CV)
9:30 a.m. to 12 p.m.	B-23	Free Communication/Poster	Vascular Function: Brain	Hynes CC-Hall A	(CV)
9:30 a.m. to 12 p.m.	B-24	Free Communication/Poster	Physiology and Mechanics of Bone and Connective Tissue	Hynes CC-Hall A	(SK)
9:30 a.m. to 12 p.m.	B-25	Free Communication/Poster	Skeletal Muscle, Bone, and Connective Tissue-other	Hynes CC-Hall A	(SK)
9:30 a.m. to 12 p.m.	B-26	Free Communication/Poster	Aging	Hynes CC-Hall A	(BI)
9:30 a.m. to 12 p.m.	B-27	Free Communication/Poster	Resistance Training Biomechanics	Hynes CC-Hall A	(BI)
9:30 a.m. to 12 p.m.	B-28	Free Communication/Poster	Physical Activity and Health Among Adults	Hynes CC-Hall A	(EB)
9:30 a.m. to 12 p.m.	B-29	Free Communication/Poster	Physical Activity and Health Among Children and Adolescents	Hynes CC-Hall A	(EB)

Wednesday, May 29, 2024 (continued)

Time	Sess#	Session Type	Session Title	Room	Category
9:30 a.m. to 12 p.m.	B-30	Free Communication/Poster	Physical Activity and Health Among Older Adults	Hynes CC-Hall A	(EB)
9:30 a.m. to 12 p.m.	B-31	Free Communication/Poster	Physical Activity and Health Among those with Pre-existing Conditions	Hynes CC-Hall A	(EB)
9:30 a.m. to 12 p.m.	B-32	Free Communication/Poster	Physical Activity and Health in Pregnancy and Postpartum	Hynes CC-Hall A	(EB)
9:30 a.m. to 12 p.m.	B-33	Free Communication/Poster	Body Composition and Body Weight	Hynes CC-Hall A	(PA)
9:30 a.m. to 12 p.m.	B-34	Free Communication/Poster	Physical Activity Promotion and Campaigns	Hynes CC-Hall A	(PA)
9:30 a.m. to 12 p.m.	B-35	Free Communication/Poster	Nutrition and Chronic Disease	Hynes CC-Hall A	(MN)
9:30 a.m. to 12 p.m.	B-36	Free Communication/Poster	Nutrition, Metabolism and Aging	Hynes CC-Hall A	(MN)
9:30 a.m. to 12 p.m.	B-37	Free Communication/Poster	Nutrition, Weight Control and Obesity	Hynes CC-Hall A	(MN)
9:30 a.m. to 12 p.m.	B-38	Free Communication/Poster	Perception (RPE, Pain, Fatigue)	Hynes CC-Hall A	(PS)
9:30 a.m. to 12 p.m.	B-39	Free Communication/Poster	Female-Specific Considerations	Hynes CC-Hall A	(AC)
9:30 a.m. to 12 p.m.	B-40	Free Communication/Poster	Psychology and Sleep	Hynes CC-Hall A	(AC)
9:30 a.m. to 12 p.m.	B-41	Free Communication/Poster	Youth Sport	Hynes CC-Hall A	(AC)
9:30 a.m. to 12 p.m.	B-42	Free Communication/Poster	Cardiovascular & Clinical Exercise Physiology	Hynes CC-Hall A	(CEP)
9:30 a.m. to 12 p.m.	B-43	Free Communication/Poster	Obesity & Diabetes Clinical Exercise Physiology	Hynes CC-Hall A	(CEP)
9:30 a.m. to 12 p.m.	B-44	Free Communication/Poster	Health Equity - Pediatric	Hynes CC-Hall A	(HE)
10:40 – 11:30 a.m.	B-45	Morris/Paffenbarger EIM Keynote Lecture	Translating Science and Evidence into Impactful Physical Activity Policy and Systems Change – It’s Time to Move	Hynes CC-Ballroom B	(EIM)
10:40 – 11:30 a.m.	B-46	Tutorial Lecture	Embracing Individual Variability to Optimize Precision Exercise Medicine – from Molecules to Behavior	Hynes CC-302	(PA)
10:40 – 11:30 a.m.	B-47	Tutorial Lecture	Partnering for Implementation Success: Co-Designing Strategies for Exercise Delivery in a Rural Australian Cancer Service	Hynes CC-202	(CEP)
10:40 – 11:30 a.m.	B-48	Tutorial Lecture	The Team Physician Defined: A Consensus Statement 2024 Update	Hynes CC-311	(AC)
10:40 – 11:30 a.m.	B-49	Colloquium	Dietary Supplements in Sport: Resources and Tools to Help Users Make Informed Decisions about Safe Supplement Use	Hynes CC-312	(MN)
11:40 a.m. to 12:40 p.m.	SL-01	Satellite Lecture	Exercise Intelligence: How a Personalized Clinical Exercise Program Delivered through a Digital Platform Supports Populations with Sedentary Lifestyles and Chronic Conditions	Hynes CC-304	(PA)
11:40 a.m. to 12:40 p.m.	SL-02	Satellite Lecture	Potential Role of Urolithin A in Enhancing Athletic Performance and Promoting Active Aging	Hynes CC-Ballroom A	(MN)
12:30 – 1:20 p.m.	C-01	President’s Lecture	Regenerative Rehabilitation: Converging Regenerative Medicine and Physical Therapeutics to Optimize Tissue Healing	Hynes CC-Ballroom B	(PD)
1:30 – 2:20 p.m.	C-02	Tutorial Lecture	Comprehensive Care of the Dancer Throughout the Lifespan	Hynes CC-311	(AC)
1:30 – 2:20 p.m.	C-03	Tutorial Lecture	Exercise as Cancer Treatment: From Animal Studies to Clinical Trials	Hynes CC-202	(CEP)
1:30 – 2:20 p.m.	C-04	Tutorial Lecture	Exercise Performance at Altitude: Is Dyspnea as Important as Oxygenation?	Hynes CC-310	(EN)
1:30 – 2:20 p.m.	C-05	Tutorial Lecture	High Intensity Functional Training for Health and Performance Enhancement	Hynes CC-304	(FA)
1:30 – 2:20 p.m.	C-06	Tutorial Lecture	Survival of the Fittest: Why Did Pheidippides Die?	Hynes CC-203	(EB)

Wednesday, May 29, 2024 (continued)

Time	Sess#	Session Type	Session Title	Room	Category
1:30 – 3:30 p.m.	C-07	Highlighted Symposium	Intentional Examination of the Effects of Social Determinants of Health in Clinical Care and Research	Hynes CC-Ballroom B	(HE)
1:30 – 3:30 p.m.	C-08	Highlighted Symposium	The Physiology of Sedentary Behavior	Hynes CC-Ballroom A	(PA)
1:30 – 3:30 p.m.	C-09	Symposium	Can the Heart get an Overuse Sports Injury?	Hynes CC-302	(CV)
1:30 – 3:30 p.m.	C-10	Symposium	Concussion in Sport: An Update on What We Know and Where We Should Go	Hynes CC-312	(AC)
1:30 – 2:20 p.m.	C-11	Tutorial Lecture	Exploring the Untapped Potential of the Gut Microbiota: A Roadmap of Microbial Intersections between Clinical Exercise and Human Performance	Hynes CC-208	(MN)
1:30 – 2:25 p.m.	C-12	Rapid Fire Platform	Aging and the Brain	Hynes CC-111	(PS)
1:30 – 3:30 p.m.	C-13	Free Communication/Slide	Diet, Exercise and Chronic Disease	Hynes CC-207	(MN)
1:30 – 3:30 p.m.	C-14	Clinical Case Slide	Foot and Ankle I	Hynes CC-306	(AC)
1:30 – 3:30 p.m.	C-15	Clinical Case Slide	Weakness and Fatigue	Hynes CC-309	(AC)
1:30 – 3:30 p.m.	C-16	Thematic Poster	Exercise and Mitochondrial Health	Hynes CC-102	(SK)
1:30 – 3:30 p.m.	C-17	Thematic Poster	Running Injury	Hynes CC-103	(BI)
1:30 – 7 p.m.		Hours	Exhibit Hall Open (Wednesday)	Hynes CC-Hall C	
2 – 4:30 p.m.		Event	President's Cup Competition	Sheraton HQ-Back Bay Ballroom A	
Poster Sessions C-18 through C-35: Presentation times are staggered from 2 – 3:30 p.m. and 3:30 – 4:30 p.m.					
2 – 4:30 p.m.	C-18	Free Communication/Poster	Football Performance	Hynes CC-Hall A	(FA)
2 – 4:30 p.m.	C-19	Free Communication/Poster	Soccer Performance	Hynes CC-Hall A	(FA)
2 – 4:30 p.m.	C-20	Free Communication/Poster	Sport Performance	Hynes CC-Hall A	(FA)
2 – 4:30 p.m.	C-21	Free Communication/Poster	Autonomic Nervous System Control of Cardiovascular Function	Hynes CC-Hall A	(CV)
2 – 4:30 p.m.	C-22	Free Communication/Poster	Cardiac	Hynes CC-Hall A	(CV)
2 – 4:30 p.m.	C-23	Free Communication/Poster	Diversity in Motion: Unmasking Gender-specific Biomechanics	Hynes CC-Hall A	(BI)
2 – 4:30 p.m.	C-24	Free Communication/Poster	Motor Control	Hynes CC-Hall A	(BI)
2 – 4:30 p.m.	C-25	Free Communication/Poster	Posture & Balance	Hynes CC-Hall A	(BI)
2 – 4:30 p.m.	C-26	Free Communication/Poster	Epidemiology of Injury Prevention among Fire Cadets and Military Personnel	Hynes CC-Hall A	(EB)
2 – 4:30 p.m.	C-27	Free Communication/Poster	Epidemiology of Physical Activity and Health among College-aged Adults	Hynes CC-Hall A	(EB)
2 – 4:30 p.m.	C-28	Free Communication/Poster	Sport Injury Epidemiology and Surveillance	Hynes CC-Hall A	(EB)
2 – 4:30 p.m.	C-29	Free Communication/Poster	Mental Health and Quality of Life	Hynes CC-Hall A	(PA)
2 – 4:30 p.m.	C-30	Free Communication/Poster	Carbohydrates	Hynes CC-Hall A	(MN)
2 – 4:30 p.m.	C-31	Free Communication/Poster	Dietary Intake and Nutrition Knowledge	Hynes CC-Hall A	(MN)
2 – 4:30 p.m.	C-32	Free Communication/Poster	Protein and Amino Acids	Hynes CC-Hall A	(MN)
2 – 4:30 p.m.	C-33	Free Communication/Poster	Mental Health	Hynes CC-Hall A	(PS)
2 – 4:30 p.m.	C-34	Free Communication/Poster	Mood, Affect, and Emotion	Hynes CC-Hall A	(PS)
2 – 4:30 p.m.	C-35	Free Communication/Poster	EIM and Disease Management	Hynes CC-Hall A	(EIM)
2:40 – 3:30 p.m.	C-36	Tutorial Lecture	From Dysfunction to Function: Eccentric Training Approaches for Clinical Populations	Hynes CC-203	(FA)
2:40 – 3:30 p.m.	C-37	Tutorial Lecture	Too Tired to Move: Long COVID in Clinical and Population Settings	Hynes CC-202	(CEP)

Wednesday, May 29, 2024 (continued)

Time	Sess#	Session Type	Session Title	Room	Category
2:40 – 3:30 p.m.	C-38	Colloquium	Connecting the Dots: The National Exercise Referral Framework as a Bridge between Healthcare and Exercise Professionals	Hynes CC-304	(EIM)
2:40 – 3:30 p.m.	C-39	Exchange Lecture	American Psychological Association Exchange Lecture – Merging Mind and Body in Sports Medicine: Integrative Approaches to Athlete Pain and Injury	Hynes CC-310	(PS)
2:40 – 3:30 p.m.	C-40	Clinical Workshop	Physical Examination and Radiographic Evaluation of the Athlete with Complex Hip Pain	Hynes CC-311	(AC)
3:45 – 4:35 p.m.	C-41	Tutorial Lecture	AI, Innovation and Technology: The Nexus for Sports Performance and Injury Risk Reduction	Hynes CC-302	(FA)
3:45 – 4:35 p.m.	C-42	Tutorial Lecture	Circadian Rhythms and Exercise	Hynes CC-312	(CV)
3:45 – 4:35 p.m.	C-43	Tutorial Lecture	Sport-Specific Issues in Football (Soccer): Team Physician Considerations	Hynes CC-310	(AC)
3:45 – 5:45 p.m.	C-44	Highlighted Symposium	Exercise Cardio-Oncology: A Heart-to-Heart Overview	Hynes CC-Ballroom B	(CEP)
3:45 – 5:45 p.m.	C-45	Symposium	All the Cool Kids are Doing It: Engaging with Adolescent Athletes to Perform High Impact Research	Hynes CC-203	(BI)
3:45 – 5:45 p.m.	C-46	Symposium	Development and Implementation of a Mental Health Program for Olympic and Paralympic Athletes	Hynes CC-311	(AC)
3:45 – 5:45 p.m.	C-47	Symposium	Does Sex Matter: Inorganic Nitrate as an Ergogenic Aid	Hynes CC-202	(HE)
3:45 – 5:45 p.m.	C-48	Symposium	Fourteen Years of the National Physical Activity Plan – Past Accomplishments, Current Actions, and Future Goals	Hynes CC-Ballroom A	(PA)
3:45 – 5:45 p.m.	C-49	Symposium	Human Performance in the Cold: Current Research Efforts to Improve Performance, Mitigate Injuries, and Enhance Readiness	Hynes CC-208	(EN)
3:45 – 5:45 p.m.	C-50	Symposium	The Stressed Skeleton: Endocrine Function of Bone under Energetic, Mechanical, and Psychological Stress	Hynes CC-304	(SK)
3:45 – 5:45 p.m.	C-51	Free Communication/Slide	Newest Research on the Oldest Sport	Hynes CC-207	(FA)
3:45 – 5:15 p.m.	C-52	Clinical Case Slide	Ultrasound, Injections, and Shockwave	Hynes CC-306	(AC)
3:45 – 5:45 p.m.	C-53	Clinical Case Slide	Foot and Ankle II	Hynes CC-309	(AC)
3:45 – 5:45 p.m.	C-54	Thematic Poster	Concussion	Hynes CC-102	(AC)
3:45 – 5:45 p.m.	C-55	Thematic Poster	Physical Activity, Fitness, and Function: Emerging Findings on Aging	Hynes CC-103	(HE)
3:45 – 5:45 p.m.	C-56	Thematic Poster	Risk Factors for Osteoarthritis	Hynes CC-104	(BI)
4:55 – 5:45 p.m.	C-57	Tutorial Lecture	Athlete Development: Using Sports Analytics and Profiles to Develop Individualized Programs for Improved Performance	Hynes CC-302	(FA)
4:55 – 5:45 p.m.	C-58	Tutorial Lecture	Exercise and GI symptoms: Looking Beyond the Endurance Athlete	Hynes CC-312	(MN)
4:55 – 5:45 p.m.	C-59	Colloquium	Exercise Prescription Training: Undergraduate versus Postgraduate	Hynes CC-310	(EIM)
5:30 – 6:30 p.m.		Event	Opening Reception in Exhibit Hall	Hynes CC-Hall C	
5:30 – 6:30 p.m.		Event	EIM On Campus Recognition	Sheraton HQ-Back Bay Ballroom A	
6 – 7 p.m.		Event	President's Reception (invite only)	Sheraton HQ-Independence Ballroom	
6 – 7:30 p.m.		Event	Interest Group Meetings (see full schedule on mobile app)	Hynes Convention Center	

Wednesday, May 29, 2024 (continued)

Time	Sess#	Session Type	Session Title	Room	Category
6:30 – 8 p.m.		Event	Female and Male Athlete Triad Coalition	Sheraton HQ-Fairfax AB	
7:30 – 9 p.m.		Event	Student Bowl	Sheraton HQ-Liberty Ballroom A	
7:30 – 9:30 p.m.		Event	Honoring Dr. Steven Blair, FACSM	Sheraton HQ-Republic Ballroom AB	

Thursday, May 30, 2024

Time	Sess#	Session Type	Session Title	Room	Category
6:30 – 8:10 a.m.		Event	Josephine Rathbone & Barbara Drinkwater Breakfast (ticket required)	Sheraton HQ-Liberty Ballroom A	
7 a.m. to 6 p.m.		Hours	Registration Hours (Thursday)	Hynes CC-Main Lobby	
8:25 – 9:15 a.m.	D-01	Tutorial Lecture	Navigating Athlete Thermoregulation from Extreme Heat to Ice Baths: Understanding the Knowns and Uncovering the Unknowns	Hynes CC-Ballroom A	(EN)
8:25 – 9:15 a.m.	D-02	Tutorial Lecture	Artificial Intelligence and Machine Learning Applications in the Field of Movement Analysis	Hynes CC-304	(BI)
8:25 – 9:15 a.m.	D-03	Tutorial Lecture	Bridging the Digital Gap from Wearables to Clinics for Physical Activity Assessment	Hynes CC-Ballroom B	(EIM)
8:25 – 9:15 a.m.	D-04	Tutorial Lecture	Communication in Precision Health: Navigating Individualized Care through Conversation	Hynes CC-310	(AC)
8:25 – 9:15 a.m.	D-05	Tutorial Lecture	Energy Constraint and Compensation: Insights from Endurance Athletes	Hynes CC-306	(MN)
8:25 – 9:15 a.m.	D-06	Tutorial Lecture	Engaging Exercise Science Students in the Learning Process: Bridging the Gap Between Literature and Lecture Halls	Hynes CC-203	(PD)
8:25 – 9:15 a.m.	D-07	Tutorial Lecture	Exertional Symptoms in HFpEF: Do all Roads Lead to the Lung?	Hynes CC-309	(CEP)
8:25 – 9:15 a.m.	D-08	Tutorial Lecture	Keeping Tally: Recognizing Inequity in Human Performance and Physical Activity	Hynes CC-202	(HE)
8:25 – 9:15 a.m.	D-09	Tutorial Lecture	Leveraging Social Support to Improve Exercise Outcomes in Cancer Survivors	Hynes CC-208	(PA)
8:25 – 9:15 a.m.	D-10	Tutorial Lecture	Mesenchymal Stem/Stromal Cells for Treatment of Osteoarthritis: Current Status and Perspectives	Hynes CC-207	(FA)
8:25 – 9:15 a.m.	D-11	Tutorial Lecture	Moving for Two: How 24-hour Behaviors in Pregnancy Impact Mom and Baby	Hynes CC-311	(EB)
8:25 – 9:15 a.m.	D-12	Tutorial Lecture	Rapid Fire Tutorial Lecture - Treating Athletes	Hynes CC-111	(AC)
8:25 – 9:15 a.m.	D-13	Tutorial Lecture	Reactive Oxygen Species are Signaling Molecules for Muscle Adaptation	Hynes CC-302	(SK)
8:25 – 9:15 a.m.	D-14	Tutorial Lecture	The 24-hour Activity Cycle and Cognitive Health: From Correlations to Compositional Data Analyses	Hynes CC-312	(PS)
9 a.m. to 5 p.m.		Hours	Student Lounge Hours (Thursday)	Hynes CC-200	
9:30 – 10:20 a.m.	D-15	Tutorial Lecture	Autism & Exercise Bridging the Gap between Science & Practice	Hynes CC-208	(FA)
9:30 – 10:20 a.m.	D-16	Colloquium	Caring for the Artistic Athlete: Interdisciplinary Model of Dance Medicine Care at a Premiere Pre-Professional Ballet School	Hynes CC-310	(AC)
9:30 – 10:20 a.m.	D-17	Exchange Lecture	European College of Sports Science Exchange Lecture - High-Intensity Interval Training in the Prevention and Treatment of Cardiometabolic Disease	Hynes CC-302	(FA)

Thursday, May 30, 2024 (continued)

Time	Sess#	Session Type	Session Title	Room	Category
9:30 – 10:20 a.m.	D-18	Clinical Workshop	Zebras within the Herd: When Nerve Pain presents like a Musculoskeletal Complaint – A Hands-On Ultrasound Series	Hynes CC-311	(AC)
9:30 – 11:30 a.m.	D-19	Symposium	Timing is Everything: How the Timing of Behaviors Impacts Human Health and Aging Biomarkers	Hynes CC-202	(MN)
9:30 – 11 a.m.	D-20	90 min. Symposium	Resistance and Cross Training in Distance Runners: Is it Worth it?	Hynes CC-304	(BI)
9:30 – 11:30 a.m.	D-21	Highlighted Symposium	Bench to Bedside and Beyond: Moving for Mental Health	Hynes CC-Ballroom B	(EIM)
9:30 – 11:30 a.m.	D-22	Highlighted Symposium	Practical Approaches to Climate Change Solutions based on Physiology and Climate Science	Hynes CC-Ballroom A	(EN)
9:30 – 11:30 a.m.	D-23	Symposium	Advances in Injury Prevention Spanning Youth and Elite Sport: The NBA Experience	Hynes CC-203	(EB)
9:30 – 11:30 a.m.	D-24	Symposium	Overreaching and Overtraining - Current Insights	Hynes CC-312	(CV)
9:30 – 10:55 a.m.	D-25	Rapid Fire Platform	Effective Policies and Programs	Hynes CC-111	(PA)
9:30 – 11:30 a.m.	D-26	Free Communication/Slide	Aging: Gait and Posture	Hynes CC-207	(BI)
9:30 – 11 a.m.	D-27	Clinical Case Slide	Cardiovascular and Pulmonary	Hynes CC-306	(AC)
9:30 – 11:30 a.m.	D-28	Clinical Case Slide	Bone Stress Injury	Hynes CC-309	(AC)
9:30 – 11:30 a.m.	D-29	Thematic Poster	Energy Availability in Athletic Populations	Hynes CC-102	(MN)
9:30 – 11:30 a.m.	D-30	Thematic Poster	Neuroscience	Hynes CC-103	(PS)
9:30 – 11:30 a.m.	D-31	Thematic Poster	Train as You Fight	Hynes CC-104	(FA)
Poster Sessions D-32 through D-48: Presentation times are staggered from 9:30 – 11 a.m. and 10:30 a.m. to noon					
9:30 a.m. to 12 p.m.	D-32	Free Communication/Poster	e-Exercise	Hynes CC-Hall A	(FA)
9:30 a.m. to 12 p.m.	D-33	Free Communication/Poster	Mixing Chamber	Hynes CC-Hall A	(FA)
9:30 a.m. to 12 p.m.	D-34	Free Communication/Poster	Wearables	Hynes CC-Hall A	(FA)
9:30 a.m. to 12 p.m.	D-35	Free Communication/Poster	Acute Exercise Responses in Health and Disease	Hynes CC-Hall A	(CV)
9:30 a.m. to 12 p.m.	D-36	Free Communication/Poster	Respiratory	Hynes CC-Hall A	(CV)
9:30 a.m. to 12 p.m.	D-37	Free Communication/Poster	Cellular and Molecular Physiology Related to these Systems	Hynes CC-Hall A	(SK)
9:30 a.m. to 12 p.m.	D-38	Free Communication/Poster	Skeletal Muscle Physiology	Hynes CC-Hall A	(SK)
9:30 a.m. to 12 p.m.	D-39	Free Communication/Poster	ACL	Hynes CC-Hall A	(BI)
9:30 a.m. to 12 p.m.	D-40	Free Communication/Poster	Ankle Instability	Hynes CC-Hall A	(BI)
9:30 a.m. to 12 p.m.	D-41	Free Communication/Poster	Correlates of Physical Activity	Hynes CC-Hall A	(EB)
9:30 a.m. to 12 p.m.	D-42	Free Communication/Poster	Physical Activity Assessment - Epidemiology and Biostatistics	Hynes CC-Hall A	(EB)
9:30 a.m. to 12 p.m.	D-43	Free Communication/Poster	Correlates of Physical Activity in Adults and Children	Hynes CC-Hall A	(PA)
9:30 a.m. to 12 p.m.	D-44	Free Communication/Poster	Fat Metabolism and Supplementation	Hynes CC-Hall A	(MN)
9:30 a.m. to 12 p.m.	D-45	Free Communication/Poster	Micronutrient Intake and Supplementation	Hynes CC-Hall A	(MN)
9:30 a.m. to 12 p.m.	D-46	Free Communication/Poster	Supplements and Ergogenic Aids	Hynes CC-Hall A	(MN)
9:30 a.m. to 12 p.m.	D-47	Free Communication/Poster	Behavioral Aspects of Physical Activity	Hynes CC-Hall A	(PS)
9:30 a.m. to 12 p.m.	D-48	Free Communication/Poster	Concussion	Hynes CC-Hall A	(AC)
9:30 a.m. to 5 p.m.		Hours	Exhibit Hall Open (Thursday)	Hynes CC-Hall C	
10:40 – 11:30 a.m.	D-49	Tutorial Lecture	Chrono-Exercise is Medicine: Heart Rate Circadian Rhythm and Implications in Personalized Medicine	Hynes CC-311	(PA)

Thursday, May 30, 2024 (continued)

Time	Sess#	Session Type	Session Title	Room	Category
10:40 – 11:30 a.m.	D-50	Tutorial Lecture	Launching Your Career and Getting it into Orbit	Hynes CC-302	(PD)
10:40 – 11:30 a.m.	D-51	Tutorial Lecture	The Body-Brain Connection: Examining the Utility of Dance to Enhance Brain Function, Structure, and Physiology	Hynes CC-208	(PS)
10:40 – 11:30 a.m.	D-52	Exchange Lecture	American Orthopaedic Society for Sports Medicine Exchange Lecture - Building Better Bones: How Youth Exercise Modulates the Adult Skeleton	Hynes CC-310	(AC)
10:45 a.m. to 12:15 p.m.		Event	ACSM Christian Fellowship	Sheraton HQ-Gardner AB	
11:40 a.m. to 12:40 p.m.	SL-03	Satellite Lecture	Technogym Satellite Lecture: New Training Technologies and Big Data in Exercise Medicine	Hynes CC-302	(PA)
11:45 a.m. to 12:15 p.m.	LL-01	Lunch & Learn	Lunch & Learn: BlinkCNS: Increasing Clinician Objectivity in Concussion Management: The Blink Reflexometer	Hynes CC-Hall C	
12 – 1 p.m.		Event	Emeriti Lunch	Sheraton HQ-Dalton AB	
12:30 – 1:20 p.m.	E-01	President's Lecture	Sports Physician Working for an International Federation: What I've Learned during the Last 20 Years	Hynes CC-Ballroom B	(PD)
1:30 – 2:20 p.m.	E-02	Priscilla M. Clarkson Tutorial Lecture	The Role of Nature versus Nurture in Muscle Hypertrophy: Lessons for Hard Gainers	Hynes CC-Ballroom B	(PD)
1:30 – 2:20 p.m.	E-03	Tutorial Lecture	Current and Future Applications of Cardiopulmonary Exercise Testing	Hynes CC-208	(CV)
1:30 – 2:20 p.m.	E-04	Tutorial Lecture	Current Continuous Glucose Monitoring Understandings and Possible Applications in Sport	Hynes CC-304	(MN)
1:30 – 2:20 p.m.	E-05	Exchange Lecture	National Athletic Trainers' Association Exchange Lecture - Secondary School Athletic Trainers' Navigation of Patient Socioeconomic Status Challenges in Care: A Mixed Methods Study	Hynes CC-310	(AC)
1:30 – 2:20 p.m.	E-06	Clinical Workshop	Bridging Gaps: Insights from a D1 Female Athlete Clinic- Enhancing Screening, Promoting Wellness, and Mitigating Injury Risk	Hynes CC-311	(AC)
1:30 – 3 p.m.	E-07	90 min. Symposium	Exercising in Mixed Reality: Research, Clinical, and Industry Perspectives	Hynes CC-202	(PS)
1:30 – 3:30 p.m.	E-08	Highlighted Symposium	Novel Insights on Physical Behaviour and Non-Communicable Disease through Application of Wearables	Hynes CC-Ballroom A	(EB)
1:30 – 3:30 p.m.	E-09	Symposium	Bone Health in Athletes	Hynes CC-302	(SK)
1:30 – 3:30 p.m.	E-10	Symposium	Machine Learning the Real-Time Biopsychosocial Basis of Health Disparities	Hynes CC-203	(HE)
1:30 – 3:30 p.m.	E-11	Symposium	Unleashing Peak Performance: The Power of Sleep in the World of an Athlete	Hynes CC-312	(AC)
1:30 – 2:55 p.m.	E-12	Rapid Fire Platform	Validity of Body Composition	Hynes CC-111	(FA)
1:30 – 3 p.m.	E-13	Free Communication/Slide	Environmental Cross Adaptation	Hynes CC-207	(EN)
1:30 – 3:30 p.m.	E-14	Clinical Case Slide	Cardiovascular	Hynes CC-306	(AC)
1:30 – 3:15 p.m.	E-15	Clinical Case Slide	Neurology	Hynes CC-309	(AC)
1:30 – 3:30 p.m.	E-16	Thematic Poster	Athlete Mental Health	Hynes CC-102	(PS)
1:30 – 3:30 p.m.	E-17	Thematic Poster	EIM Clinical Application	Hynes CC-103	(EIM)
1:30 – 3:30 p.m.	E-18	Thematic Poster	Exercise Oncology Randomized Control Trials & Clinical Exercise Physiology	Hynes CC-104	(CEP)

Thursday, May 30, 2024 (continued)

Time	Sess#	Session Type	Session Title	Room	Category
Poster Sessions E-19 through E-42: Presentation times are staggered from 2 – 3:30 p.m. and 3:30 – 4:30 p.m.					
2 – 4:30 p.m.	E-19	Free Communication/Poster	Cycling Performance	Hynes CC-Hall A	(FA)
2 – 4:30 p.m.	E-20	Free Communication/Poster	Running Performance	Hynes CC-Hall A	(FA)
2 – 4:30 p.m.	E-21	Free Communication/Poster	Tactical Athletes	Hynes CC-Hall A	(FA)
2 – 4:30 p.m.	E-22	Free Communication/Poster	Exercise, Inflammation and Immune Function	Hynes CC-Hall A	(CV)
2 – 4:30 p.m.	E-23	Free Communication/Poster	Clinical Biomechanics	Hynes CC-Hall A	(BI)
2 – 4:30 p.m.	E-24	Free Communication/Poster	Footwear	Hynes CC-Hall A	(BI)
2 – 4:30 p.m.	E-25	Free Communication/Poster	Jumping & Landing Mechanics	Hynes CC-Hall A	(BI)
2 – 4:30 p.m.	E-26	Free Communication/Poster	Running Injury, Mechanics, & Performance	Hynes CC-Hall A	(BI)
2 – 4:30 p.m.	E-27	Free Communication/Poster	Built Environment	Hynes CC-Hall A	(PA)
2 – 4:30 p.m.	E-28	Free Communication/Poster	Energy Expenditure	Hynes CC-Hall A	(PA)
2 – 4:30 p.m.	E-29	Free Communication/Poster	Physical Activity Assessment - Physical Activity/Sedentary Behavior/Health Promotion Interventions	Hynes CC-Hall A	(PA)
2 – 4:30 p.m.	E-30	Free Communication/Poster	Energy Availability and Disordered Eating	Hynes CC-Hall A	(MN)
2 – 4:30 p.m.	E-31	Free Communication/Poster	Energy Intake and Expenditure	Hynes CC-Hall A	(MN)
2 – 4:30 p.m.	E-32	Free Communication/Poster	Cognition	Hynes CC-Hall A	(PS)
2 – 4:30 p.m.	E-33	Free Communication/Poster	Climate Change/Pollution	Hynes CC-Hall A	(EN)
2 – 4:30 p.m.	E-34	Free Communication/Poster	Hydration/Fluid Balance	Hynes CC-Hall A	(EN)
2 – 4:30 p.m.	E-35	Free Communication/Poster	Microgravity/Space Physiology	Hynes CC-Hall A	(EN)
2 – 4:30 p.m.	E-36	Free Communication/Poster	Sports Medicine Fellow Clinical Cases	Hynes CC-Hall A	(AC)
2 – 4:30 p.m.	E-37	Free Communication/Poster	Sports Medicine Fellow Research Abstracts	Hynes CC-Hall A	(AC)
2 – 4:30 p.m.	E-38	Free Communication/Poster	Neuromuscular & Other Clinical Exercise Physiology	Hynes CC-Hall A	(CEP)
2 – 4:30 p.m.	E-39	Free Communication/Poster	Pediatric Clinical Exercise Physiology	Hynes CC-Hall A	(CEP)
2 – 4:30 p.m.	E-40	Free Communication/Poster	EIM Education and Advancement Efforts	Hynes CC-Hall A	(EIM)
2 – 4:30 p.m.	E-41	Free Communication/Poster	EIM Health System Implementation	Hynes CC-Hall A	(EIM)
2 – 4:30 p.m.	E-42	Free Communication/Poster	Health Equity - Race/Ethnicity	Hynes CC-Hall A	(HE)
2:40 – 3:30 p.m.	E-43	Charles M. Tipton Tutorial Lecture	Importance of Sensory Feedback to Physiologic Responses to Exercise and to Exercise Limitation	Hynes CC-Ballroom B	(PD)
2:40 – 3:30 p.m.	E-44	Tutorial Lecture	Reducing Sedentary Screen Time: Building Optimized Interventions to Improve Health	Hynes CC-304	(PA)
2:40 – 3:30 p.m.	E-45	Tutorial Lecture	Shedding Light on Ischemic Preconditioning to Enhance Physical Fitness	Hynes CC-310	(FA)
2:40 – 3:30 p.m.	E-46	Colloquium	Industry - Rigorous Career Opportunity vs. Where Academic Careers Go to Die	Hynes CC-208	(PD)
2:40 – 3:30 p.m.	E-47	Clinical Workshop	Osteopathic Treatment of Lower Extremity Injuries in Runners	Hynes CC-311	(AC)
3:45 – 4:35 p.m.	E-48	Tutorial Lecture	Application of Precision Paradigm to Nutritional Strategies in Exercise Oncology	Hynes CC-208	(MN)
3:45 – 4:35 p.m.	E-49	Tutorial Lecture	Decennial of ‘The Effects of Stress on Physical Activity and Exercise’: Mechanisms Underlying the Associations	Hynes CC-Ballroom A	(CV)
3:45 – 4:35 p.m.	E-50	Tutorial Lecture	Integrative Omics: Molecular Drivers of Exercise Benefits	Hynes CC-304	(SK)
3:45 – 4:35 p.m.	E-51	Tutorial Lecture	Musculoskeletal Biomechanics in Pregnancy and Lactation	Hynes CC-311	(BI)

Thursday, May 30, 2024 (continued)

Time	Sess#	Session Type	Session Title	Room	Category
3:45 – 4:35 p.m.	E-52	Tutorial Lecture	Optimizing Care of Complex Pediatric Cardiac Patients: A Unique Approach to Maximize Access to In Patient Exercise Therapy Services	Hynes CC-203	(CEP)
3:45 – 4:35 p.m.	E-53	Tutorial Lecture	Ungrading in Exercise Science Education: What Is It and How to Use It to Improve Student Learning	Hynes CC-312	(PD)
3:45 – 4:35 p.m.	E-54	Tutorial Lecture	Wildland Firefighting: Outlining the Preparation, Demands and Physical Costs of Protecting Our Land	Hynes CC-202	(EN)
3:45 – 5:45 p.m.	E-55	Highlighted Symposium	Considerations for Bone Stress Injury Prevention and Treatment from the Weekend Warrior to Warfighter	Hynes CC-Ballroom B	(AC)
3:45 – 5:45 p.m.	E-56	Symposium	Collaborative Initiatives Advancing Access to Lifesaving Policies, Procedures and Equipment for Secondary School Athletes	Hynes CC-310	(AC)
3:45 – 5:45 p.m.	E-57	Symposium	Preparing for the Next Decade in Wearable Technology: Bridging the Gaps in data quality, User Experiences, and Data Privacy	Hynes CC-302	(FA)
3:45 – 4:50 p.m.	E-58	Rapid Fire Platform	Sleep, Physical Activity and Health in Children and Young Adults	Hynes CC-111	(EB)
3:45 – 5:45 p.m.	E-59	Free Communication/Slide	Biological Sex Differences on the Cardiovascular Responses to Exercise	Hynes CC-207	(CV)
3:45 – 5:45 p.m.	E-60	Clinical Case Slide	Head and Neck	Hynes CC-306	(AC)
3:45 – 5:45 p.m.	E-61	Clinical Case Slide	Infection & Inflammation	Hynes CC-309	(AC)
3:45 – 5:45 p.m.	E-62	Thematic Poster	Anxiety & Depression	Hynes CC-102	(PS)
3:45 – 5:45 p.m.	E-63	Thematic Poster	Physical Activity Adherence and Trends	Hynes CC-103	(PA)
3:45 – 5:45 p.m.	E-64	Thematic Poster	Pregnancy and Postpartum Exercise	Hynes CC-104	(FA)
4:55 – 5:45 p.m.	E-65	Tutorial Lecture	Exercise Immuno-Oncology: From the Tumor Microenvironment to Clinical Trials	Hynes CC-202	(CEP)
4:55 – 5:45 p.m.	E-66	Tutorial Lecture	Exercise Is Medicine for Addiction Recovery through The Phoenix: A Sober-Active Community	Hynes CC-208	(EIM)
4:55 – 5:45 p.m.	E-67	Tutorial Lecture	The Molecular Athlete: From Molecules to Medals	Hynes CC-304	(SK)
4:55 – 5:45 p.m.	E-68	Tutorial Lecture	Understanding the Experience of Having Knee Osteoarthritis among Hispanics to Design Effective Physical Activity Programs	Hynes CC-203	(HE)
4:55 – 5:45 p.m.	E-69	Tutorial Lecture	Using “Exercise Snacks” to Promote Equity in Youth Physical Activity Participation	Hynes CC-312	(PA)
4:55 – 5:45 p.m.	E-70	Tutorial Lecture	The Resolution Revolution: Inflammation and Obesity	Hynes CC-Ballroom A	(MN)
4:55 – 5:45 p.m.	E-71	Clinical Workshop	Case Studies in Sports Nutrition	Hynes CC-311	(MN)
5 – 7 p.m.		Event	Northeast ACSM Regional Chapter Social	Sheraton HQ-Gardner AB	
5:30 – 7 p.m.		Event	Central States Regional Chapter Social	Sheraton HQ-Clarendon AB	
5:30 – 7:30 p.m.		Event	University of Illinois Alumni, Faculty & Friends Reception	Sheraton HQ-Republic Ballroom A	
6 – 7 p.m.		Event	Basic Science Reception	Sheraton HQ-Liberty Ballroom BC	
6 – 7 p.m.		Event	Clinician’s Reception with Poster Presentations	Sheraton HQ-Back Bay Ballroom C	
6 – 7:30 p.m.		Event	Interest Group Meetings (see full schedule on mobile app)	Hynes Convention Center	

Thursday, May 30, 2024 (continued)

Time	Sess#	Session Type	Session Title	Room	Category
6 – 9 p.m.		Event	KS-ACSM Reception	Sheraton HQ- Republic Ballroom B	
6:30 – 8 p.m.		Event	Wolters Kluwer Author and Editor Reception	Sheraton HQ- Independence West	
8 – 9 p.m.		Event	Celebrating Diversity Reception (invite only)	Sheraton HQ-Back Bay Ballroom A	
8 – 9 p.m.		Event	International Social (invite only)	Sheraton HQ- Constitution	
8 – 9 p.m.		Event	Southeast ACSM Regional Chapter Social	Sheraton HQ- Fairfax AB	
8 – 9:30 p.m.		Event	Northland Regional Chapter Social	Sheraton HQ- Gardner	
8 – 10 p.m.		Event	MARC-ACSM Regional Chapter Social	Sheraton HQ- Commonwealth	

Friday, May 31, 2024

Time	Sess#	Session Type	Session Title	Room	Category
6 – 7:30 a.m.		Event	Gisolfi 5K Fun Run, Walk and Roll	Charles River Esplanade	
7 a.m. to 4 p.m.		Hours	Registration Hours (Friday)	Hynes CC- Main Lobby	
8 – 9:15 a.m.	F-01	D.B. Dill Historical Lecture	Exercise Physiology in a Molecular Age	Hynes CC- Veterans Memorial Auditorium	(PD)
9 a.m. to 3:00 p.m.		Hours	Student Lounge Hours (Friday)	Hynes CC-200	
9:30 – 10:20 a.m.	F-02	Tutorial Lecture	The Unique Challenges for Comprehensive Care and Training of the Ice Hockey Athlete	Hynes CC-311	(AC)
9:30 – 10:20 a.m.	F-03	Colloquium	Current Physical Activity Efforts at the Federal Level and Coordination with the Private Sector: How You Can be Involved	Hynes CC-312	(PA)
9:30 – 10:20 a.m.	F-04	Colloquium	Lessons Learned from the Physical Activity and Lymphoma Study (PALS): Clinical and Research Implications	Hynes CC-304	(CEP)
9:30 – 10:20 a.m.	F-05	Colloquium	Screening and Treating Mobility Disability: A Unique Opportunity for Integrating PA into Clinical Settings	Hynes CC-208	(EIM)
9:30 – 11 a.m.	F-06	90 min. Symposium	Trans Athletes in Sport: Sex Differences, Inclusion and Fairness	Hynes CC-203	(HE)
9:30 – 11:30 a.m.	F-07	Highlighted Symposium	Focusing and Positioning Physical Activity and Lifestyle Modification in the Context of Contemporary Anti-Obesity Medications	Hynes CC-Ballroom A	(MN)
9:30 – 11:30 a.m.	F-08	Highlighted Symposium	The Physiology, Biomechanics, and Performance Implications of using Running-Specific Leg Prosthesis	Hynes CC-Ballroom B	(BI)
9:30 – 11:30 a.m.	F-09	Symposium	CAQ Review Part I	Hynes CC-310	(AC)
9:30 – 11:30 a.m.	F-10	Symposium	Neural and Myocellular Factors in Skeletal Muscle Contractile Impairment with Aging	Hynes CC-302	(SK)
9:30-11:30 a.m.	F-11	Symposium	Physiological, Mechanistic, and Integrative Underpinnings of Resilience Related to Health and Fitness Outcomes	Hynes CC-202	(EN)
9:30 – 10:45 a.m.	F-12	Rapid Fire Platform	COVID & Clinical Exercise Physiology	Hynes CC-111	(CEP)
9:30 – 11:30 a.m.	F-13	Free Communication/Slide	Physical Activity in Adolescence	Hynes CC-207	(PS)
9:30 – 11:30 a.m.	F-14	Clinical Case Slide	Hip and Leg	Hynes CC-306	(AC)
9:30 – 11:30 a.m.	F-15	Clinical Case Slide	Upper Extremity	Hynes CC-309	(AC)

Friday, May 31, 2024 (continued)

Time	Sess#	Session Type	Session Title	Room	Category
9:30 – 11:30 a.m.	F-16	Thematic Poster	Blood Flow Restriction	Hynes CC-102	(FA)
9:30 – 11:30 a.m.	F-17	Thematic Poster	Novel Observational Studies on Physical Activity and Health in Older Adults	Hynes CC-103	(EB)
9:30 – 11:30 a.m.	F-18	Thematic Poster	Population Differences in Cardiovascular Function	Hynes CC-104	(CV)
Poster Sessions F-19 through F-37: Presentation times are staggered from 9:30 – 11 a.m. and 10:30 a.m. to noon					
9:30 a.m. to 12 p.m.	F-19	Free Communication/Poster	Body Composition	Hynes CC-Hall A	(FA)
9:30 a.m. to 12 p.m.	F-20	Free Communication/Poster	Fatigue and Performance	Hynes CC-Hall A	(FA)
9:30 a.m. to 12 p.m.	F-21	Free Communication/Poster	Menstrual Cycle and Exercise	Hynes CC-Hall A	(FA)
9:30 a.m. to 12 p.m.	F-22	Free Communication/Poster	Training Interventions	Hynes CC-Hall A	(FA)
9:30 a.m. to 12 p.m.	F-23	Free Communication/Poster	Renal	Hynes CC-Hall A	(CV)
9:30 a.m. to 12 p.m.	F-24	Free Communication/Poster	Children with ADHD or ASD	Hynes CC-Hall A	(PA)
9:30 a.m. to 12 p.m.	F-25	Free Communication/Poster	Exergames and Virtual Reality	Hynes CC-Hall A	(PA)
9:30 a.m. to 12 p.m.	F-26	Free Communication/Poster	Menstrual Cycle	Hynes CC-Hall A	(MN)
9:30 a.m. to 12 p.m.	F-27	Free Communication/Poster	Neuroscience	Hynes CC-Hall A	(PS)
9:30 a.m. to 12 p.m.	F-28	Free Communication/Poster	Psychobiological Aspects of Injury	Hynes CC-Hall A	(PS)
9:30 a.m. to 12 p.m.	F-29	Free Communication/Poster	Firefighter and Police/First Responder Physiology	Hynes CC-Hall A	(EN)
9:30 a.m. to 12 p.m.	F-30	Free Communication/Poster	Military Physiology	Hynes CC-Hall A	(EN)
9:30 a.m. to 12 p.m.	F-31	Free Communication/Poster	Translational/Occupational Physiology	Hynes CC-Hall A	(EN)
9:30 a.m. to 12 p.m.	F-32	Free Communication/Poster	Exercise Testing & Clinical Exercise Physiology	Hynes CC-Hall A	(CEP)
9:30 a.m. to 12 p.m.	F-33	Free Communication/Poster	Respiratory Conditions Clinical Exercise Physiology	Hynes CC-Hall A	(CEP)
9:30 a.m. to 12 p.m.	F-34	Free Communication/Poster	EIM and Understanding Community Integration	Hynes CC-Hall A	(EIM)
9:30 a.m. to 12 p.m.	F-35	Free Communication/Poster	Health Equity - Rural/Urban	Hynes CC-Hall A	(HE)
9:30 a.m. to 12 p.m.	F-36	Free Communication/Poster	Health Equity - Socioeconomic Status	Hynes CC-Hall A	(HE)
9:30 a.m. to 12 p.m.	F-37	Free Communication/Poster	Late-Breaking Abstracts	Hynes CC-Hall A	
9:30 a.m. to 2 p.m.		Hours	Exhibit Hall Open (Friday)	Hynes CC-Hall C	
10:40 – 11:30 a.m.	F-38	Tutorial Lecture	Concussion Rehabilitation: Taking Concussion Rehabilitation to the Next Level! - Use of Artificial Intelligence (AI) and Machine Learning (ML)	Hynes CC-312	(AC)
10:40 – 11:30 a.m.	F-39	Tutorial Lecture	The Promise of Conversational AI and Novel Technologies to Enhance Exercise Prescription: Let's Chat Bot It	Hynes CC-208	(EIM)
10:40 – 11:30 a.m.	F-40	Tutorial Lecture	Unseating Sedentary Behaviors: Understanding the Biological Potential of the Brain to Unlock Physical Activity Behaviors	Hynes CC-304	(PS)
10:40 – 11:30 a.m.	F-41	Colloquium	Facilitating Athlete Transition Experiences (FATE): Influential Factors and Strategies for Successful Transition Out of Sport	Hynes CC-311	(AC)
11:40 a.m. to 12:20 p.m.		Event	ACSM Town Hall	Hynes CC-Ballroom A	
11:45 a.m. to 12:15 p.m.	LL-02	Lunch & Learn	Exercise Intelligence: Integrating Personalized Physical Activity Programs into Medication and Surgical Treatments for Obesity	Hynes CC-Hall C	
12:30 – 1:20 p.m.	G-01	President's Lecture	How AI Can Advance Sports Medicine and Human Performance	Hynes CC-Ballroom B	(PD)
1:30 – 2:20 p.m.	G-02	John R. Sutton Clinical Lecture	Cantu, Concussion, and CTE: Five Decades of Treating and Researching the Acute and Long Term Effects of Single and Repetitive Athletic TBI	Hynes CC-Ballroom B	(AC)
1:30 – 2:20 p.m.	G-03	Tutorial Lecture	A PhD is a License to Think: Applying PhD Skills in Non-academic Fields	Hynes CC-310	(PD)

Friday, May 31, 2024 (continued)

Time	Sess#	Session Type	Session Title	Room	Category
1:30 – 2:20 p.m.	G-04	Tutorial Lecture	ACSM Certification Board Key Updates: Strategic Plan, Advocacy, and Major Initiatives	Hynes CC-202	(PD)
1:30 – 2:20 p.m.	G-05	Tutorial Lecture	Circadian Misalignment: Role of Chronotypes on Insulin Sensitivity and Vascular Function	Hynes CC-312	(MN)
1:30 – 2:20 p.m.	G-06	Tutorial Lecture	Exercise-Oncology for Patients with Metastatic Disease: Mechanistic Evidence, Clinical Effectiveness and Implementation	Hynes CC-311	(CEP)
1:30 – 2:20 p.m.	G-07	Tutorial Lecture	Fueling the Powerhouse: Exploring the Interplay between Exercise and Mitochondrial Dynamics	Hynes CC-302	(SK)
1:30 – 2:20 p.m.	G-08	Tutorial Lecture	Going Beyond Traditional Measures of Program Evaluation: What is Success for Undergraduate Exercise Science Students?	Hynes CC-203	(PD)
1:30 – 2:20 p.m.	G-09	Tutorial Lecture	Postural and Gait Impairment among People with Diabetic Neuropathy and Potential Exercise as Intervention	Hynes CC-309	(BI)
1:30 – 3:30 p.m.	G-10	Highlighted Symposium	How Exercise (Re)Shapes your Brain: Translating from Lab to Life	Hynes CC-Ballroom A	(PS)
1:30 – 3:30 p.m.	G-11	Symposium	Advanced Technologies Transforming Soldier /Warfighter Training, Performance, and Recovery	Hynes CC-306	(FA)
1:30 – 3:30 p.m.	G-12	Symposium	Estrogen: Friend or Foe	Hynes CC-304	(CV)
1:30 – 3:30 p.m.	G-13	Symposium	NACDD/CDC Model of Care for the Integration of Physical Activity into Healthcare for Patient with Osteoarthritis	Hynes CC-208	(EIM)
1:30 – 2:45 p.m.	G-14	Rapid Fire Platform	Environmental Physiology and Sleep	Hynes CC-111	(EN)
1:30 – 3:15 p.m.	G-15	Free Communication/Slide	Wearables and Physical Activity Monitors	Hynes CC-207	(PA)
1:30 – 3:30 p.m.	G-16	Thematic Poster	Biomechanical Considerations for ACL Injury Recovery & Rehabilitation	Hynes CC-102	(BI)
1:30 – 3:30 p.m.	G-17	Thematic Poster	Investigations of Exercise Blood Flow Restriction	Hynes CC-103	(CV)
1:30 – 3:30 p.m.	G-18	Thematic Poster	Obesity Clinical Exercise Physiology	Hynes CC-104	(CEP)
Poster Sessions G-19 through G-40: Presentation times are staggered from 2 – 3:30 p.m. and 3 – 4:30 p.m.					
2 – 4:30 p.m.	G-19	Free Communication/Poster	Biomechanics Assessment	Hynes CC-Hall A	(FA)
2 – 4:30 p.m.	G-20	Free Communication/Poster	Diversity, Equity, and Inclusion	Hynes CC-Hall A	(FA)
2 – 4:30 p.m.	G-21	Free Communication/Poster	Exercise and Aging	Hynes CC-Hall A	(FA)
2 – 4:30 p.m.	G-22	Free Communication/Poster	Exercise and Children	Hynes CC-Hall A	(FA)
2 – 4:30 p.m.	G-23	Free Communication/Poster	VO2 Assessment	Hynes CC-Hall A	(FA)
2 – 4:30 p.m.	G-24	Free Communication/Poster	Concussion	Hynes CC-Hall A	(BI)
2 – 4:30 p.m.	G-25	Free Communication/Poster	Markerless Motion Capture	Hynes CC-Hall A	(BI)
2 – 4:30 p.m.	G-26	Free Communication/Poster	Parkinson's Disease	Hynes CC-Hall A	(BI)
2 – 4:30 p.m.	G-27	Free Communication/Poster	Sports Biomechanics	Hynes CC-Hall A	(BI)
2 – 4:30 p.m.	G-28	Free Communication/Poster	HIIT and Resistance Training Interventions	Hynes CC-Hall A	(PA)
2 – 4:30 p.m.	G-29	Free Communication/Poster	Interventions for Adults and Families	Hynes CC-Hall A	(PA)
2 – 4:30 p.m.	G-30	Free Communication/Poster	Interventions for Older Adults	Hynes CC-Hall A	(PA)
2 – 4:30 p.m.	G-31	Free Communication/Poster	Interventions in Children and Adolescents	Hynes CC-Hall A	(PA)
2 – 4:30 p.m.	G-32	Free Communication/Poster	Interventions in Individuals with Pre-existing Conditions	Hynes CC-Hall A	(PA)
2 – 4:30 p.m.	G-33	Free Communication/Poster	Diving/Cold Physiology	Hynes CC-Hall A	(EN)
2 – 4:30 p.m.	G-34	Free Communication/Poster	Hyperthermia/Heat Stress	Hynes CC-Hall A	(EN)
2 – 4:30 p.m.	G-35	Free Communication/Poster	Hypoxia/Altitude Physiology	Hynes CC-Hall A	(EN)
2 – 4:30 p.m.	G-36	Free Communication/Poster	Endurance	Hynes CC-Hall A	(AC)

Friday, May 31, 2024 (continued)

Time	Sess#	Session Type	Session Title	Room	Category
2 – 4:30 p.m.	G-37	Free Communication/Poster	General Athlete Care & Clinical Medicine	Hynes CC-Hall A	(AC)
2 – 4:30 p.m.	G-38	Free Communication/Poster	Exercise Oncology & Clinical Exercise Physiology	Hynes CC-Hall A	(CEP)
2 – 4:30 p.m.	G-39	Free Communication/Poster	Health Equity - Aging	Hynes CC-Hall A	(HE)
2 – 4:30 p.m.	G-40	Free Communication/Poster	Health Equity - Other	Hynes CC-Hall A	(HE)
2:40 – 3:30 p.m.	G-41	Tutorial Lecture	2024 Compendium of Physical Activities: Updates and Additions	Hynes CC-203	(EB)
2:40 – 3:30 p.m.	G-42	Tutorial Lecture	ACSM Roundtable Report on Physical Activity and Nonalcoholic Fatty Liver Disease (NAFLD): An Update	Hynes CC-309	(PA)
2:40 – 3:30 p.m.	G-43	Tutorial Lecture	Approaching Healthy Active Living in the Context of Childhood Cancer	Hynes CC-302	(CEP)
2:40 – 3:30 p.m.	G-44	Tutorial Lecture	Bridging the Gap: Collaborations Between Academia and Industry to Advance Sports Medicine Research	Hynes CC-202	(PD)
2:40 – 3:30 p.m.	G-45	Tutorial Lecture	High-Fat Ketogenic Diets and Ketone Monoester Supplements Differentially Affect Substrate Metabolism	Hynes CC-Ballroom B	(MN)
2:40 – 3:30 p.m.	G-46	Colloquium	NASS/ACSM Colloquium: Pain Management for Athletes with Low Back Pain	Hynes CC-311	(AC)
2:40 – 3:30 p.m.	G-47	Colloquium	The Healthy Runner Project 7-year Multisite Nutrition Education Intervention: Lessons and Future Directions	Hynes CC-310	(AC)
2:40 – 3:30 p.m.	G-48	Exchange Lecture	American Medical Society for Sports Medicine Exchange Lecture - I Want a New Drug: Performance Enhancing Drugs and Drug Testing in Sport	Hynes CC-312	(AC)
3:45 – 4:35 p.m.	G-49	Tutorial Lecture	Evaluating Intentional Weight Gain Regimens for Athletes and Military Personnel	Hynes CC-302	(MN)
3:45 – 4:35 p.m.	G-50	Tutorial Lecture	Leveraging Parks and Greenspace for Equitable Physical Activity Promotion: Tools, Partnerships, and Implementation Strategies	Hynes CC-208	(EIM)
3:45 – 4:35 p.m.	G-51	Tutorial Lecture	Practical and Evidence-based approach to Implement the Exercise Testing and Prescription Process during Pregnancy	Hynes CC-311	(FA)
3:45 – 4:35 p.m.	G-52	Tutorial Lecture	Youth Sports Injury Prevention	Hynes CC-304	(HE)
3:45 – 5:45 p.m.	G-53	Highlighted Symposium	Performance in Extreme Environments: Can we get to the Bottom (and Top) of Cardiopulmonary and Renal Physiology without Catching too much Heat (or Cold)?	Hynes CC-Ballroom B	(CV)
3:45 – 5:45 p.m.	G-54	Highlighted Symposium	Power and Endurance: Polar Opposites or Willing Partners?	Hynes CC-Ballroom A	(SK)
3:45 – 5:45 p.m.	G-55	Symposium	ACSM Journals Symposium: Updates, Opportunities, and Papers of the Year	Hynes CC-203	(PD)
3:45 – 5:45 p.m.	G-56	Symposium	CAQ Review Part II	Hynes CC-310	(AC)
3:45 – 5:45 p.m.	G-57	Symposium	Clinical and Scientific 2024 Consensus Statement Updates: Female Athlete Triad	Hynes CC-312	(AC)
3:45 – 5:45 p.m.	G-58	Symposium	The Neurological Health of Former National Football League Players: Updates from the NFL LONG Study	Hynes CC-202	(PS)

Friday, May 31, 2024 (continued)

Time	Sess#	Session Type	Session Title	Room	Category
3:45 – 5:10 p.m.	G-59	Rapid Fire Platform	Dietary Supplements and Ergogenic Aids	Hynes CC-111	(MN)
3:45 – 5:30 p.m.	G-60	Free Communication/Slide	Prospective Studies of Physical Behaviors and Health	Hynes CC-207	(EB)
3:45 – 5:45 p.m.	G-61	Clinical Case Slide	Knee	Hynes CC-306	(AC)
3:45 – 5:45 p.m.	G-62	Clinical Case Slide	Oncological Tumors	Hynes CC-309	(AC)
3:45 – 5:45 p.m.	G-63	Thematic Poster	24-hour Cycle - Physical Activity, Sedentary Behavior, and Sleep	Hynes CC-102	(PA)
3:45 – 5:45 p.m.	G-64	Thematic Poster	Investigations of Respiratory System Function in Health and Disease	Hynes CC-103	(CV)
3:45 – 5:45 p.m.	G-65	Thematic Poster	Portable and Wearable Devices: Illness and Injury Risk Reduction	Hynes CC-104	(EN)
4:55 – 5:45 p.m.	G-66	Tutorial Lecture	Cardiopulmonary Exercise Testing in Clinical Populations: A Case Series Discussion	Hynes CC-311	(CEP)
4:55 – 5:45 p.m.	G-67	Tutorial Lecture	Standardising Exercise Science: Controlling the Controllables	Hynes CC-304	(FA)
4:55 – 5:45 p.m.	G-68	Tutorial Lecture	The Physical Activity Vital Sign: Why More is Needed to Properly Screen Older Adults	Hynes CC-208	(EIM)
4:55 – 5:45 p.m.	G-69	Exchange Lecture	American Academy of Pediatrics Exchange Lecture - Inclusive Physical Activity for All Adolescents	Hynes CC-302	(AC)
5:45 – 8:30 p.m.		Event	ACSM Honors (ticket required)	Sheraton HQ- Liberty Ballroom A	

Saturday, June 1, 2024

Time	Sess#	Session Type	Session Title	Room	Category
8 a.m. to 12:30 p.m.		Post-Conference	Sports Medicine Essentials Post-Conference	Sheraton HQ- Commonwealth	

Program Committee

Eric S. Rawson, Ph.D., FACSM (Chair)
 Kathryn E. Ackerman, M.D., M.P.H.,
 FACSM
 John Bartholomew, Ph.D., FACSM
 Nailah Coleman, M.D., FACSM
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 Anastasia Fischer, M.D., FACSM
 Gordon Fisher, Ph.D., FACSM
 Lisa Griffin, Ph.D.
 Allison H. Gruber, Ph.D., FACSM
 Hans Haverkamp, Ph.D.

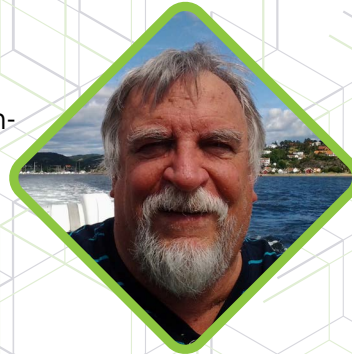
Jennifer Heisz, Ph.D.
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Katrina Piercy, Ph.D., FACSM
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 Caroline J. Smith, Ph.D., FACSM
 Kevin R. Vincent, M.D., Ph.D., FACSM
 Stella L. Volpe, Ph.D., RDN, FACSM

2024 Honor Award Recipient

**Carl Foster,
Ph.D., FACSM**

University of Wisconsin-
La Crosse
La Crosse, WI



2024 Citation Award Recipients

**Kathryn E. Ackerman,
M.D., MPH, FACSM**

Harvard Medical
School; Boston
Children's
Hospital
Boston, MA



**William E. Kraus,
M.D., FACSM**

Duke University
School of
Medicine
Durham, NC



**Joseph E. Donnelly,
Ed.D., FACSM**

University of
Kansas Medical
Center
Kansas City, KS



**Andrea Kriska,
Ph.D., FACSM**

University of
Pittsburgh
Pittsburgh, PA



**William G. Herbert,
Ph.D., FACSM**

Virginia Tech
Blacksburg, VA



**Deborah A. Riebe,
Ph.D., FACSM**

University of
Rhode Island
Kingston, RI



For more information about this year's Honor and Citation Award Recipients, go [here](#).

ACSM Research & Diversity Awards

Charles M. Tipton Student Research Award

Sungwan Kim, University of Connecticut and Imtiaz Masfique Dowllah, University of Florida

GSSI-ACSM Young Investigator in Sports Nutrition Award

Thorben Aussieker, Maastricht University; Emily Lundstrom, Pennsylvania State University; and Ana Carla Chierighini Salamunes, Pennsylvania State University

GSSI-ACSM Young Scholar Professional Development Grant

Priscilla Portuguese Molina, University of Costa Rica; Diana Kolb, University of North Texas; and Alexander Berry, Auburn University

GSSI Diversity in Sports Science Award – Ph.D.

Leticia Cherpe de Souza, Baylor University and Xavier Thompson, University of Virginia

GSSI Diversity in Sports Science Award - Master's

Kelly Elliott, Texas Tech University and Michael Torres, University of Wyoming

New Investigator Award

Ryan Dougherty, Johns Hopkins University and Nicole Logan, University of Rhode Island

Science Integration & Leadership Committee Basic Science Travel Award

Mai Wageh, McMaster University

ACSM Foundation Research & Program Grants

Carl V. Gisolfi Memorial Fund

María Clara Canellas da Silva, University of Maryland, College Park

Clinical Sports Medicine Endowment

William Adams, United States Olympic & Paralympic Committee

Paffenbarger-Blair Fund for Epidemiological Research on Physical Activity

Sol Vidal Almela, University of Granada

Raymond A. Weiss Research Endowment

Ana Carla Chierighini Salamunes, Pennsylvania State University and Jisu Kim, Virginia Commonwealth University

Research Endowment

Heather Caslin, University of Houston

World Athletics Research Grant

Samuel Lyons, University of Memphis

Xero Shoes' Minimal Footwear Research Grant

Jen Xu, University of Virginia

2023 Barry & Linda Franklin EIM-On Campus Microgrants

Saginaw Valley State University, Royal College of Surgeons in Ireland, Illinois State University

2024 Barry & Linda Franklin EIM-On Campus Microgrants

University of North Florida, Montreat College, Baldwin Wallace University

ACSM Foundation Travel, Research, and Leadership Awards

Barbara Campaigne Women's Health, Sport & Physical Activity Travel Award

Hannah Cabre, Pennington Biomedical Research Center

Drinkwater Leadership Award in Women's Health, Sport & Physical Activity

Sarah Witkowski, Smith College

Gail E. Butterfield Nutrition Travel Award

Trisha Sterringer, Virginia Tech and Jennifer Gale, University of Otago

Howard G. "Skip" Knuttgen International Scholar Award

Matteo Rizzo, University of Verona

International Student Award

Rintaro Sakamoto, Sapporo Medical University; Catherine Seet-Lee, University of Sydney; and Marlene Rietz, Karolinska Institutet

Jack Wilmore Legacy Travel Award

Mai Wageh, McMaster University and Witalo Kassiano, State University of Londrina

Jim and Linda Pivarnik Women's Health, Sport & Physical Activity Travel Award

Aspen Streetman, Kansas State University

Joseph Hamill Access to Science Award

Julie Walton, University of Calgary; Steven Garcia, University of Illinois Chicago; Torstein Daehlin, University of South Florida; Hui Tang, University of Texas at Austin; Alexandra Nilius, University of North Carolina at Chapel Hill; Meihui Li, Simon Fraser University; Willa Ma, University of Southern California; Jacob Fanous, University of Western Ontario; Rebecca Daniels, University of Delaware; and Caitlin Huang, Quinnipiac University

Lisa S. Krivickas Clinician/Scholar Travel Award

Grace Kim, Duke University School of Medicine

Michael L. Pollock Student Scholarship

Garrett Moseley, Duke University School of Medicine and Alexander Wright, University of Connecticut

Priscilla Clarkson Undergraduate Travel Award

Madison Fry, Indiana University Indianapolis

Steven M. Horvath Travel Award

Jose Arevalo, University of California, Berkeley and Nathan Serrano, Arizona State University

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Industry Sessions

Timeline Nutrition: Potential Role of Urolithin A in Enhancing Athletic Performance and Promoting Active Aging

Wednesday, May 29
11:40 a.m. to 12:40 p.m.
Room: Hynes CC-Ballroom A

Presented by
time—line

Exercise Intelligence: How a Personalized Clinical Exercise Program Delivered through a Digital Platform Supports Populations with Sedentary Lifestyles and Chronic Conditions

Wednesday, May 29
11:40 a.m. to 12:40 p.m.
Room: Hynes CC-304

Presented by
EXI

Technogym Satellite Lecture: New Training Technologies and Big Data in Exercise Medicine

Thursday, May 30
11:40 a.m. to 12:40 p.m.
Room: Hynes CC-302

Presented by
TECHNOGYM

Lunch & Learn: Blinkcns: Increasing Clinician Objectivity in Concussion Management: The Blink Reflexometer

Thursday, May 30
11:45 a.m. to 12:15 p.m.
Room: Hynes CC-Hall C

Presented by
blinkcns

Lunch & Learn: Exercise Intelligence: Integrating Personalized Physical Activity Programs into Medication and Surgical Treatments for Obesity

Friday, May 31
11:45 a.m. to 12:15 p.m.
Room: Hynes CC-Hall C

Presented by
EXI

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2024 ANNUAL MEETING
#ACSM24

network, hang out, green, take a break, talk unplugged, connect, tweet, recharge, get acquainted, socialize, snack, play, have fun, stretch, chill, meet, laugh, play, talk unplugged

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Hynes Convention Center – Room 200

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The ACSM Student Lounge is the hub of student engagement activities and career development opportunities. Relax & interact with fellow students. Access career development opportunities by meeting experts working in a variety of fields. Connect with potential employers through the ACSM Career Center and have your LinkedIn profile or CV reviewed. Light refreshments will be provided.

American College of Sports Medicine Annual Meeting

The American College of Sports Medicine® (ACSM) is committed to providing a friendly, safe and welcoming environment for all annual meeting participants. We expect all attendees, media, speakers, volunteers, organizers, venue staff, guests and exhibitors to help us ensure a safe and positive conference experience for everyone.

To that end, the expectation is that all participants abide by this code of conduct at all times and in all venues, including ancillary events and all social gatherings.

Expected behaviors for participants include

- Exercising consideration and respect in speech and actions.
- Refraining from demeaning, discriminatory or harassing behavior and speech.
- Contributing to a positive and valuable experience for all participants.
- Being mindful of your surroundings and of fellow participants. Alert ACSM staff if you notice a dangerous situation, someone in distress or violations of this code of conduct.

Unacceptable behaviors

- Intimidating, harassing, abusive, discriminatory, derogatory or demeaning speech or actions by any participant at the ACSM annual meeting and any related events.
- Harmful or prejudicial verbal or written comments or visual images related to gender, sexual orientation, race, religion, disability or other personal characteristics.
- Inappropriate use of nudity and/or sexual images in public spaces (including presentation slides).
- Deliberate intimidation, stalking or following of other participants.
- Harassing photography.
- Disregarding presenter/author request that attendees not photograph presentations and posters.
- Video and/or audio recording of other participants without their knowledge or consent.
- Recording of scientific and other sessions without the

expressed permission of the participants.

- Intentional and sustained disruption of scientific sessions or other events that negatively impacts the experience for other participants.
- Unwelcome and uninvited attention or contact.
- Physical assault (including unwelcome touch or other physical contact).
- Real or implied threat of physical harm.
- Real or implied threat of professional or financial damage or harm.

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The ACSM staff can help participants contact convention center/hotel/venue security or local law enforcement, and otherwise assist those experiencing harassment or other violations of this code of conduct, to enable them to feel safe and to ensure a positive experience for the duration of the annual meeting. We value your attendance, and want to make your experience as productive and professionally stimulating as possible.

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Unacceptable behavior from any participant at the annual meeting, including attendees, sponsors, exhibitors, contractors, volunteer leaders, vendors and/or venue staff, will not be tolerated. Anyone asked to stop unacceptable behavior is expected to comply immediately.

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Exhibit Guide*

Hynes Convention Center
Halls C&D



Opening Reception:

Wednesday, May 29 5:30 – 6:30 p.m.

Exhibit Hall Hours:

Wednesday, May 29 1:30 – 7 p.m.
Thursday, May 30 9:30 a.m. to 5 p.m.
Friday, May 31 9:30 a.m. to 2 p.m.



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* ACSM does not endorse, or imply endorsement, of products and/or services of exhibitors or sponsors participating in the 2024 annual meeting. The exhibit hall is intended to provide ACSM annual meeting attendees access to innovations and trends in sports medicine, exercise science, and related program areas. ACSM applauds its industry partners for their support and excellence, but does not endorse specific product claims.

**AMERICAN COLLEGE
of SPORTS MEDICINE®**

Index of Exhibitors

Listed on the following pages are the companies, universities, agencies and organizations participating in the 2023 ACSM Annual Meeting Exposition Hall. In addition to making time for your favorites, please plan to visit our new exhibitors as well.

Exhibitors on this page who are ACSM sponsors are listed in boldface. Their listing in the exhibit guide also is highlighted with a shaded green box.

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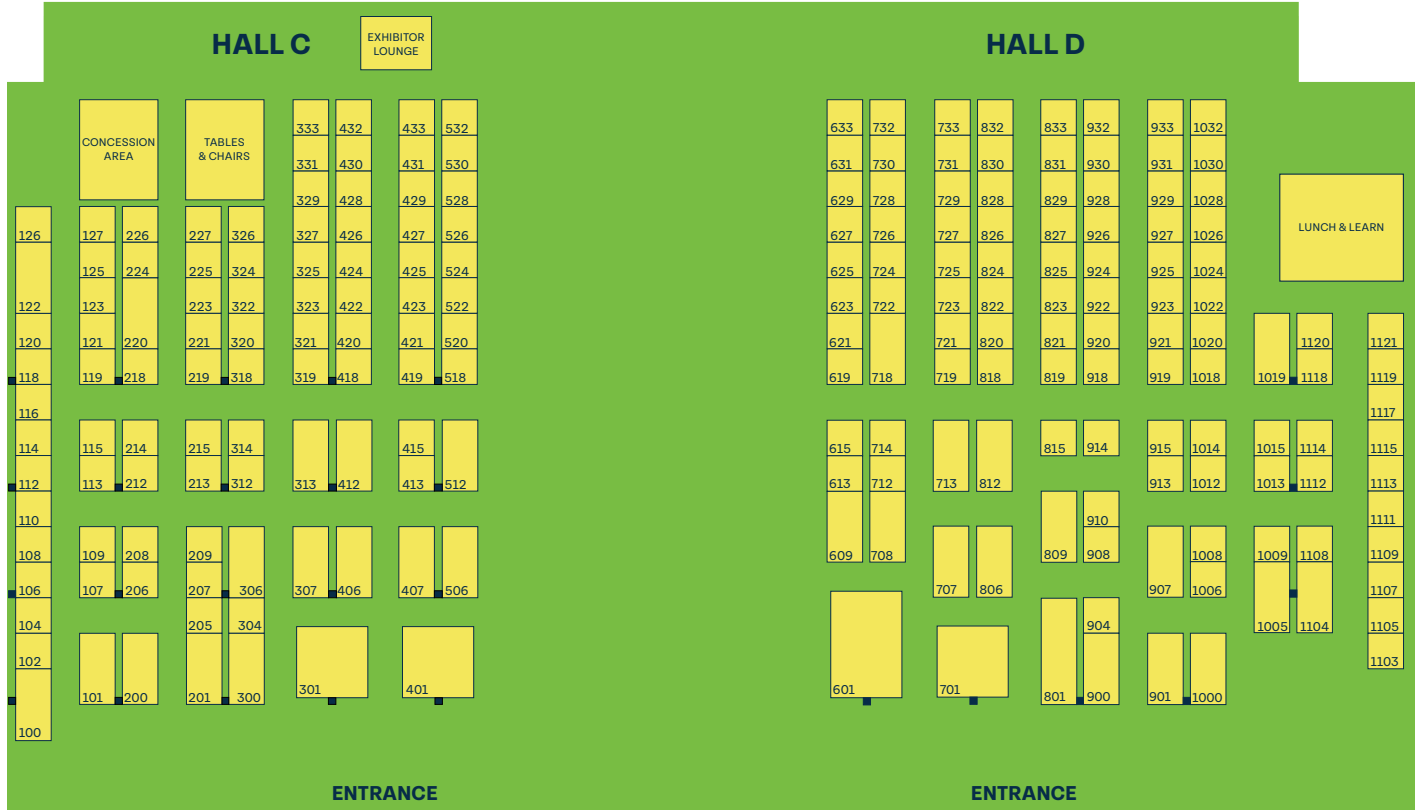
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Exhibit Hall floor plan



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Registration Hours:

Wednesday, May 29, 1 – 6 p.m.

Thursday, May 30, 1 – 5 p.m.

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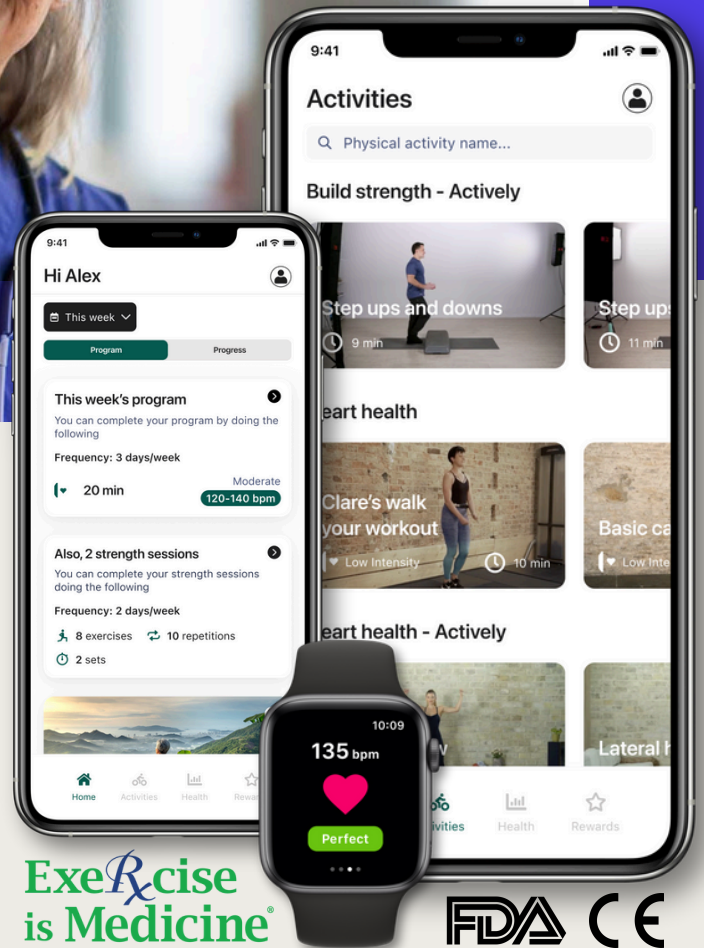
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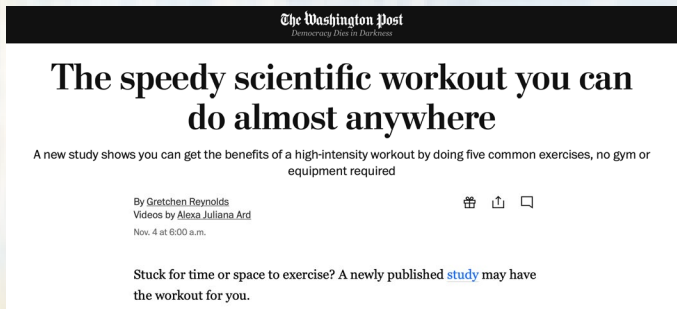
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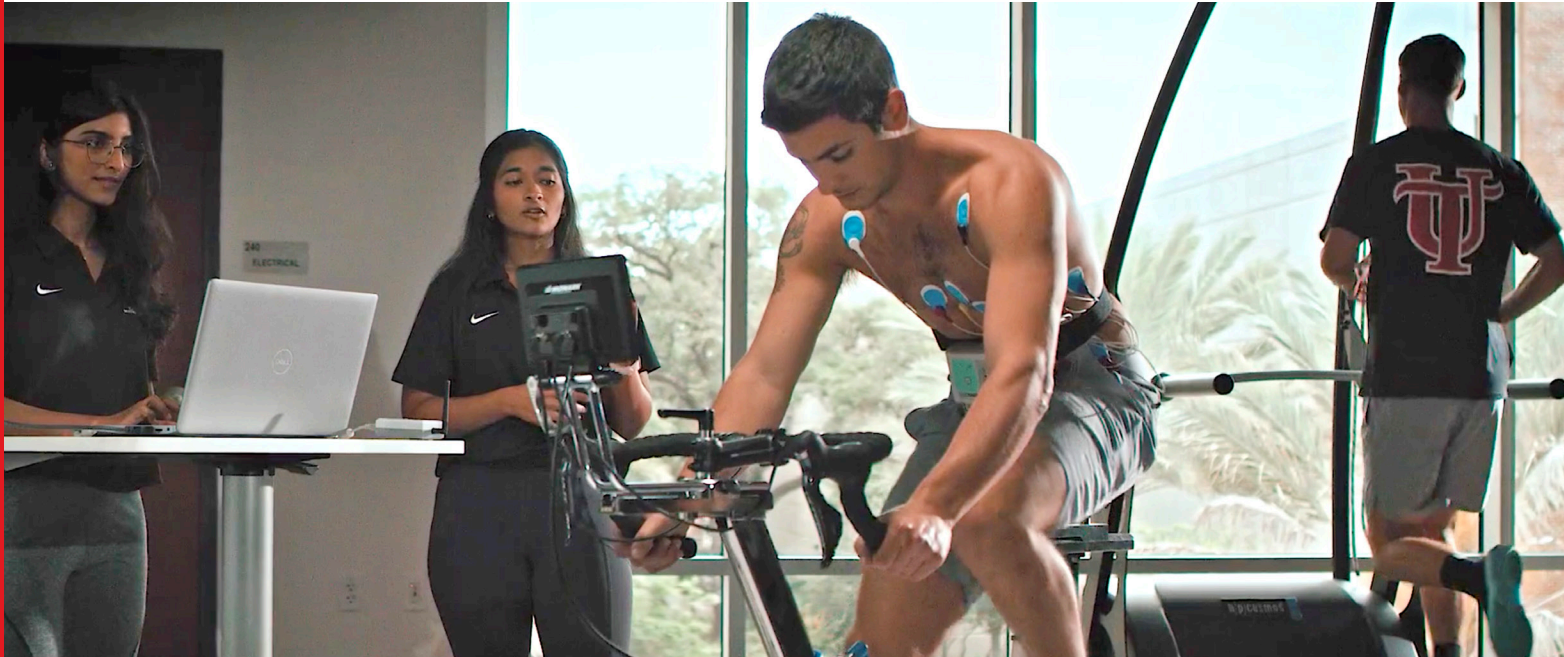
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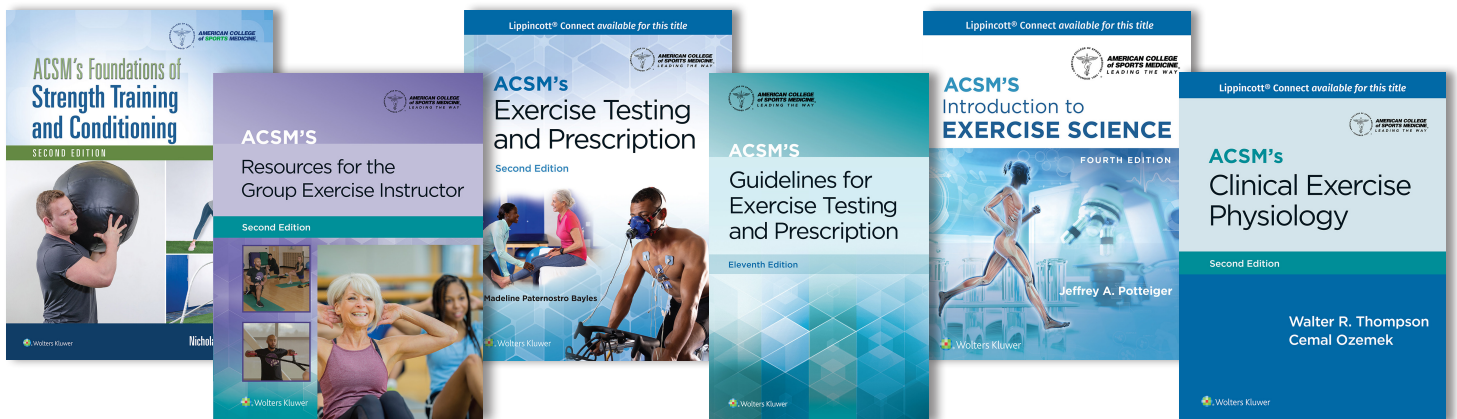
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#ACSM24

Josephine L. Rathbone & Barbara L. Drinkwater Memorial Breakfast

Ticketed Event

Sheraton HQ - Liberty Ballroom A
Thursday, May 30, 2024, 6:30 a.m.

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Josephine L. Rathbone &
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ACSM Honors

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Sheraton HQ - Liberty Ballroom A
Friday, May 31, 2024, 5:45 p.m.

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Sponsored Events

Tuesday:

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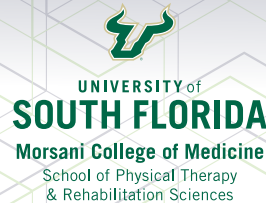
**Student & Early
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Hynes CC – 306



Wednesday

6 – 7 p.m.

**President's Reception
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Sheraton Boston



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Student Bowl
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**G-11: Advanced
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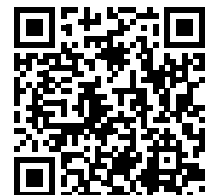
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