

Registration

To Register: Check out our website at www.acsmgreaterny.org for easy, online registration.
Live Stream Options Available

Tuition

Non-member tuition fees include a one year GNYRC-ACSM membership.



**Greater New York Regional Chapter
 GNYRC-ACSM 2018
 ANNUAL MEETING**

Exercise Across the Health Spectrum



	Advanced/Online (Until 11/2)	At Conference
Professional		
GNYRC	\$125	\$135
Member	\$100 Live Stream	
Non-Member	\$160 \$145 Live Stream	\$170
Students		
GNYRC	\$35	\$45
Member	\$10 Live Stream	
Non-Member	\$50 \$25 Live Stream	\$60
	Donation to GNYRC-ACSM welcome	
Checks Payable to GNYRC-ACSM		
For information: Contact email us at ACSMGreaterNY@gmail.com		

GNYRC-ACSM 2018 ANNUAL MEETING
 November 10, 2018
 NYU Langone Health
 Farkas Auditorium
 550 1st Avenue
 New York, NY 10016

CONTACT US
 Email: ACSMGreaterNY@gmail.com

Directions to Campus
 Farkas Auditorium is located at 550 First Avenue. Go in the main entrance of NYU Langone Medical Center. Once inside turn right then at the first opportunity turn left and walk through the breezeway through the double doors. Farkas auditorium is right past the double doors on the right hand side.

Saturday, November 10, 2018
 Farkas Auditorium
 NYU Langone Medical Center
 New York, NY

This educational activity is designed for:
 Exercise Physiologists, Exercise Specialists, Physical Therapists, Athletic Trainers, Coaches, Physical Educators, Fitness Professionals, Sports Conditioning Professionals, and all other Allied Health Professionals.



Description

Credit Designation

Approval for 7.5 CEC units has been submitted to ACSM. ACSM-approved CEC's may qualify and fulfill continuing education requirements of other professional agencies including: NASM, NSCA, NATA, APTA, and ACE. Medical CME credits are NOT available.

*ACSM does not charge fees for conference CEC's. Attendees will receive a CEC form to keep for their records. Participants must attend the entire meeting to receive CEC's. No certificates given after scheduled verification times.

NYU Langone Health is a New York State Education Department approved provider for physical therapy and physical therapy assistant continuing education. This course is approved for a maximum of 7.25 physical therapy/physical therapist assistant contact hours. The following states require continuing education units with no state-specific approval: CT, IA, ID, MO, ND, and WA. For additional inquiries, please contact Heather Milton at 929-455-1017.

Educational Objective

Concluding this educational offering, participants should be able to:

- Understand acute and chronic effects of exercise on specific clinical conditions.
- Apply principles of exercise prescription to tailor exercise for specific health populations.
- Examine state-of-the-art basic science, applied science, and clinical information, which will increase their knowledge of exercise, fitness, health, and physical performance.
- Identify new approaches to problems in exercise science and sports medicine through interaction among scientists, exercise specialists, and clinicians

FARKAS AUDITORIUM TRACK

8:30	Exercise is Medicine: Research to practice for cancer patients and survivors Jonas Sokolof, OD NYU Langone Health
8:55	The Art and Science of Personalized Exercise Prescription in Type 1 Diabetes -Exploring the physiological and practical approaches to working with patients and athletes with type 1 diabetes. - Tim Allerton PhD RCEP Pennington Biomedical Research Center
9:30	Break
9:40	Barriers for Participation in Physical Activity in Latino Children Mario Muñoz , PhD University of Massachusetts Boston
10:15	Anterior Hip Pain: a Dance Medicine Prospective Mark Hall DPT NYU Harkness Center for Dance Injuries
10:45	Panel Discussion
11:00	KEYNOTE LECTURE: Potential dangers and current practices in cutting weight for fighters Tony Ricci Ed.D, MS,FISSN,CSCS,PES,CNS,CDN LIU Brooklyn
12:00	Lunch Break—GNYRC-ACSM Business Meeting - Lunch Break Workout Session (See Smilow Track)
1:00	"Can They Even Do That???" - How to Recognize Functional Movement Patterns Eric D'Agati, MS Founder ONE Human Performance
1:40	Exercise as a lens to view the microbiome and intestinal health Sara Chelland Campbell, PhD, FACSM Rutgers University
2:20	Applied sport and exercise psychology: Utilizing evidence-based practices to enhance exercise adherence across the health continuum Jeff Cherubini, PhD Manhattan College
3:00	Break
3:10	Exercise Oncology at Memorial Sloan Kettering Meghan Michalski, MS Memorial Sloan Kettering Cancer Center
3:40	SPECIAL GUEST LECTURE: Aging is Hard Work: Exercise Training to Change the Course toward Disability Carol Ewing Garber, Ph.D.,FAHA, FACSM,FNAK Columbia University
4:10	Panel Discussion
4:20	President's Cup Awards announced
4:30	Networking Hour— Refreshments Served

SMILOW MULTIPURPOSE ROOM TRACK

8:30-9:30	Assessing biological age: identifying frailty in the cardiac and pulmonary populations Aimee Layton PhD Columbia University
9:30	Break
9:40-10:40	Skills In Motion Marcy Simon MA, AFAA Asphalt Green
12:00-1:00	Lunch Break Workout: Exercise on a tight schedule Theresa Goodrich C-EP, Equinox
1:00-2:00	Fundamentals of Barbell Training: Technical Cues for Safe, Efficient Weightlifting Technique Beth Terranova DPT, CSCS, USAW NYU Langone Health
2:00-3:00	"Can They Even Do That???" - How to Recognize Functional Movement Patterns - Eric D'Agati MS Founder ONE Human Performance
3:00	Break
3:10-4:10	Foam Rolling Techniques **This is first come first serve to first 20 Polly DeMille RN, MA, RCEP, CSCS, USAT Hospital for Special Surgery

- ◆ STUDENT RESEARCH PRESENTATIONS WILL TAKE PLACE IN ALUMNI HALL B 8:30-11:00AM
- ◆ STUDENT RESEARCH AWARDS WILL BE PRESENTED IN FARKAS AUDITORIUM AT 4:30PM
- ◆ AWARDS WILL BE FOLLOWED BY NETWORKING HOUR. WINE, REFRESHMENTS AND LIGHT SNACKS WILL BE SERVED.

*Full lecture and hands on descriptions can be found at www.acsmgreaterny.org