

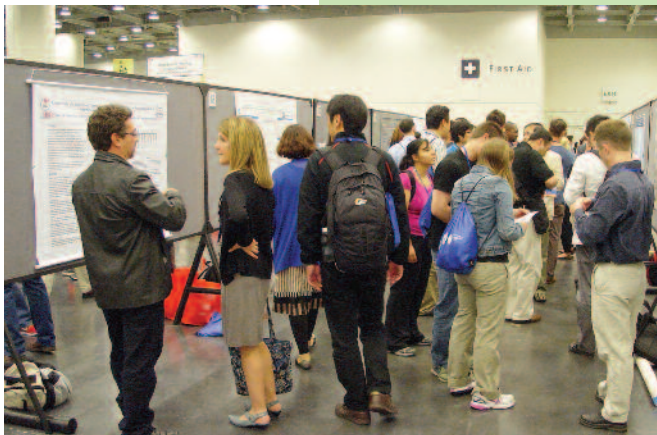
ACSM
Annual
Meeting



World Congress on
**Exercise
is Medicine®**

May 28-June 1, 2013
Indianapolis, Indiana USA

60th ACSM Annual Meeting and 4th World Congress on Exercise is Medicine®



Advance Program



**AMERICAN COLLEGE
of SPORTS MEDICINE®**
LEADING THE WAY

www.acsmannualmeeting.org



Friends and Colleagues,

On behalf of the ACSM Program Committee, I invite you to please join us in Indianapolis for the American College of Sports Medicine's 60th Annual Meeting and 4th World Congress on Exercise is Medicine® from May 28-June 1, 2013. As always, this event promises to be a world-class scientific meeting. It is also an opportunity for old friends and colleagues to get together for business, research, and social activities.

The Program Committee has worked diligently to assure that this year's meeting includes a blend of symposia, tutorials, posters, and oral free communications submitted by the membership, as well as high quality speakers recruited by our Program Committee (see page 3) to address cutting edge issues in the field. There are some terrific enhancements to the meeting this year including a focused track for clinical sports medicine and continued enhancement of basic science content. New this year, we have increased the number of thematic poster sessions to provide increased time for presenters and viewers to have a deeper discussion on focused topics. Our aim is to showcase outstanding science and

clinical sports medicine presented by ACSM members as well as scientists, visitors and invited guests from around the globe.

For many of us, the Annual Meeting and World Congress on Exercise is Medicine is a chance to learn something new while reconnecting with colleagues, and former mentors and students. Hopefully, you will have the opportunity to make some new friends as well. And particularly for the students and those new to the field, the meeting provides an opportunity to meet and interact with many scientists, educators and clinicians who you might know only as "names" in the literature!

Don't miss this opportunity to be part of the ACSM excitement. Book your travel now for the Annual Meeting and World Congress on Exercise is Medicine in Indianapolis!

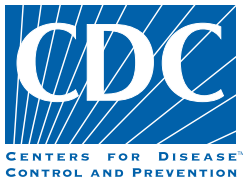
I look forward to seeing you there!

William W. Dexter, M.D., FACSM
Chair, 2013 Program Committee
President-elect

ACSM Thanks Our 2013 Annual Meeting Supporters

The American College of Sports Medicine gratefully acknowledges the receipt of grants in support of our educational program currently from:

PREMIER



PRESENTING



SUPPORTING



Table of Contents

Calendar at-a-Glance.....3

Exercise is Medicine34

Exhibitors35

General Information32

Honor/Citation Awardees26

Housing.....33

Named Lecturers4-5

Pre-conferences9-10

Programming11-25

Social Events31

Student Information28

2012-2013 Program Committee

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Andrew J. Young Ph.D., FACSM

Calendar at-a-glance

Tuesday, May 28

9:00AM-8:00PM	Registration Open
11:30AM-9:30PM	Committee Meetings
1:00PM-3:00PM	World Congress on Exercise is Medicine Sessions
3:00PM-7:00PM	Graduate and Early Career Day Pre-conference and Networking Opportunity
4:15PM-5:45PM	World Congress on Exercise is Medicine Opening Keynote

Wednesday, May 29

6:00AM-7:30AM	Committee Meetings
6:30AM-6:00PM	Registration Open
8:00AM-9:15AM	Joseph B. Wolfe Memorial Lecture
9:30AM-5:15PM	Scientific and Clinical Sessions
1:30PM-6:00PM	Exhibit Hall Open
5:00PM-6:00PM	Exhibit Reception
5:30PM	Walk or Bike Tour of the Indianapolis Cultural Trail
5:30PM-7:00PM	Student Colloquium
5:45PM-7:15PM	Interest Group Meetings
7:30PM-9:00PM	Student Bowl

Thursday, May 30

6:00AM-7:30AM	Committee Meetings
6:00AM-7:45AM	Josephine L. Rathbone Memorial Breakfast Honoring ACSM's Women
7:30AM-5:00PM	Registration Open
8:00AM-5:15PM	Scientific and Clinical Sessions
9:30AM-5:00PM	Exhibit Hall Open
10:30AM-11:20AM	President's Lectures
5:45PM-6:45PM	Basic Science Reception with Poster Presentations
5:45PM-6:45PM	Clinicians' Reception with Poster Presentations
5:45PM-7:15PM	Interest Group Meetings
7:30PM-8:30PM	Celebrating Diversity Reception (invitation only)
8:00PM-9:00PM	International Reception (invitation only)
8:00PM-9:30PM	Regional Chapter Socials

Friday, May 31

6:00AM	13th Annual Gisolfi Fun Run
7:30AM-4:00PM	Registration Open
8:00AM-9:15AM	D.B. Dill Historical Lecture
9:30AM-5:15PM	Scientific and Clinical Sessions
9:30AM-2:00PM	Exhibit Hall Open
12:00PM-12:45PM	Student Meet the Expert Session
5:45PM-7:00PM	New Fellow Reception (invitation only)
7:00PM-10:00PM	Cocktail Reception and Awards Banquet

Saturday, June 1

6:00AM-7:30AM	Committee Meetings
7:15AM	ACSM Business Meeting
8:00AM-11:30AM	Registration Open
8:00AM-11:00AM	Scientific and Clinical Sessions
11:15AM-12:05PM	President's Lectures and Closing Remarks
1:00PM-5:00PM	Post-Conference on Introduction to Ultrasound

Be a Part of the **Most Comprehensive Sports Medicine and Exercise Science Event in the World!**

12 Topical Categories

Including
Exercise is Medicine®

Access the latest scientific and clinical research from around the world, gain continuing education, and network with experts in the fields of sports medicine, exercise science, basic/applied science, physical activity, and public health at ACSM's 60th Annual Meeting and 4th World Congress on Exercise is Medicine®.

Educational Highlights

Renowned for its diversity, ACSM brings thousands of people together each year to learn from each other—top scientists, educators and clinicians. We are proud to spotlight the following lectures:

The Joseph B. Wolffe Memorial Lecture



Exercise is Good Medicine

Wednesday, May 29
8:00AM-9:15AM

Scott Powers, Ed.D., Ph.D., FACSM
University of Florida
Gainesville, Florida

The D.B. Dill Historical Lecture

45 Years as a Team Physician: Lessons from the Laboratory, Operating Room and Playing Field

Friday, May 31
8:00AM-9:15AM

John Bergfeld, M.D., FACSM
Cleveland Clinic Foundation
Cleveland, Ohio



EIM Keynotes (Held at The Westin Indianapolis)



Exercise as a Therapeutic Agent for the 21st Century – Emphasis on Efficacy, Dosing, and Safety/ Toxicity

Tuesday, May 28
4:15PM-5:00PM

Carl Lavie, M.D.
John Ochsner Heart and Vascular Institute
New Orleans, Louisiana



Advocacy and the Sports Medicine Professional: Lessons from the Tobacco Wars

Tuesday, May 28
5:00PM-5:45PM

Andrew Pipe, M.D., FACSM
University of Ottawa Heart Institute
Ottawa, Ontario
Canada

President's Lectures



Loaded Dice: Aging in a Changing Climate

Thursday, May 30
10:30AM-11:20AM

W. Larry Kenney, Ph.D., FACSM
Pennsylvania State University
University Park, Pennsylvania



Environmental Research on Physical Activity: Scientific Progress Leading to Action

Saturday, June 1
11:15AM-12:05PM

James Sallis, Ph.D., FACSM
University of California, San Diego
San Diego, California



The Art & Science of Sport Concussion: Translating Data Into Concussion Prevention

Thursday, May 30
10:30AM-11:20AM

Kevin Guskiewicz, Ph.D., FACSM
University of North Carolina
Chapel Hill, North Carolina



Lessons Learned at the Coal Face of Sports Nutrition

Saturday, June 1
11:15AM-12:05PM

Louise Burke, Ph.D., FACSM
Australian Institute of Sport,
Belconnen
New South Wales, Australia

Paffenbarger Tutorial Lecture



Physical Activity: The 21st Century's Solution to Global Medical Concerns

Thursday, May 30
1:00PM-1:50PM

Rainer Rauramaa, M.D., FACSM
Kuopio Research Institute of Exercise Medicine
Kuopio, Finland

Buskirk Lecture



Humans in Hypoxia: A Conspiracy of Maladaptation!

Thursday, May 30
2:10PM-3:00PM

Jerome Dempsey, Ph.D., FACSM
University of Wisconsin
Madison, Wisconsin

John R. Sutton Clinical Lecture



ACL Injuries in Children: Where Are We?

Friday, May 31
1:00PM-1:50PM

Lyle Micheli, M.D., FACSM
Children's Hospital Boston,
Harvard Medical School
Boston, Massachusetts

Featured Science Sessions and Highlighted Symposia

Athlete Care and Clinical Medicine

Highlighted Symposium

Osteoarthritis: New Approaches to an OLD Problem

Wednesday, May 29, 2013
1:00PM-3:00PM

Chair: David Burr,
Maria Fiatarone Singh,
William O. Roberts, FACSM

Biomechanics and Neural Control of Movement

Featured Science Session

Musculoskeletal Modeling and Simulation to Solve Sports Related Problems

Friday, May 31, 2013
3:15PM-5:15PM

Chair: Irene Davis, FACSM
Mont Hubbard, Kurt Manal, Ross
Miller, Darryl Thelen

Cardiovascular, Renal and Respiratory Physiology

Featured Science Session

Assessing Vascular Function: Past, Current and Future Promises

Thursday, May 30, 2013
8:00AM-10:00AM

Chair: J. Richard Coast, FACSM
Ellen A. Dawson, Daniel J. Green, H.
Jonathan Groot, Russell S.
Richardson, Melissa A.H. Witman

Clinical Exercise Physiology

Highlighted Symposium

The Bucket List

Saturday, June 1, 2013
9:00AM-11:00AM

Chair: Carl Foster, FACSM
Elizabeth A. Joy, FACSM, Benjamin
D. Levine, FACSM, John P. Porcari,
FACSM, William O. Roberts, FACSM

Environmental and Occupational Physiology

Featured Science Session

Fluid In = Fluid Out: Predicting Fluid Needs on the Basis of Sweat Losses

Friday, May 31, 2013
9:30AM-11:30AM

Chair: Scott J. Montain, FACSM
Samuel N. Cheuvront, FACSM,
Matthew Cramer, Ollie Jay, Robert
W. Kenefick, FACSM

Epidemiology, Biostatistics, Physical Activity, and Health Promotion Interventions

Featured Science Session

Obesity: Beautiful Hypotheses, Unpleasant Facts

Thursday, May 30, 2013
3:15PM-5:15PM

Chair: Christian K. Roberts,
FACSM
Siddhartha S. Angadi, Katherine
Flegal, Christian Roberts, FACSM,
Robert Ross, FACSM, Xuemei Sui

Fitness Assessment, Exercise Training, and Performance of Athletes and Healthy People

Highlighted Symposium

Synthesizing Resistance Training Research: Using Science to Optimize Results

Wednesday, May 29, 2013
1:00PM-3:00PM

Chair: Eric Rawson, FACSM
Brent Alvar, FACSM, John
McCarthy, FACSM, Eric Rawson,
FACSM, Michael Stone

Immunology/Genetics/Endocrinology

Featured Science Session

Regulation of Physical Activity and Bioenergetics by Sex Hormones

Wednesday, May 29, 2013
3:15PM-5:15PM

Chair: Jill A. Kanaley, FACSM
Kathleen M. Gavin, Wendy M.
Kohrt, FACSM, J. Timothy Lightfoot,
FACSM, Edward Melanson, FACSM

Metabolism and Nutrition

Featured Science Session

Integrative Control of Skeletal Muscle Fat Metabolism: Impact of Dietary Intake

Wednesday, May 29, 2013
9:30AM-11:30AM

Chair: Nancy R. Rodriguez, FACSM
Marcia J. Abbott, Jacob Jeppesen,
Bente Kiens, Lorraine Turcotte,
FACSM

Psychology, Behavior, and Neurobiology

Featured Science Session

Weighing in on Obesity Bias: Research and Practice in Physical Activity

Friday, May 31, 2013
1:00PM-3:00PM

Chair: Scott B. Martin
Mitch Barton, Heather Chambliss,
FACSM, Christy Greenleaf, Rebecca
Pearl, Paul Rukavina

Skeletal Muscle, Bone, and Connective Tissue

Featured Science Session

Partial Exercise Mimetics: Combating the Effects of Detraining and Unloading on Skeletal Muscle

Wednesday, May 29, 2013
3:15PM-5:15PM

Chair: John P. Thyfault, FACSM
Audrey Bergouignan, Scott K.
Ferguson, Moh H. Malek, FACSM

Basic Scientists...

See the Best in Basic Science Programming Throughout the Week

In addition to scientific sessions throughout the week, basic scientists will find the most prominent speakers, programming that is basic and integrative, the top posters on Basic Science Day (Thursday), networking opportunities and more at Annual Meeting!

Featured Programming on Basic Science Day

Thursday, May 30, 2013
Symposium Session

Time of Day Matters: Circadian Rhythms, Muscles and Exercise

8:00AM-10:00AM
Christopher Colwell, Karyn Esser, FACSM, Milan Sedliak, Fred Turek

Symposium Session

Translation from Genes to Exercise to Prevention of Type 2 Diabetes

1:00PM-3:00PM
Frank Booth, FACSM, Barry Braun, FACSM, Timothy Church, John Thyfault, FACSM

Symposium Session

Molecular Mechanisms of Lipotoxicity in Multiple Organs

3:15PM-5:15PM
L. Ashley Cowart, Mariana Nikolova-Karakashian, Michael Reid, P. Christian Schulze, J. David Symons

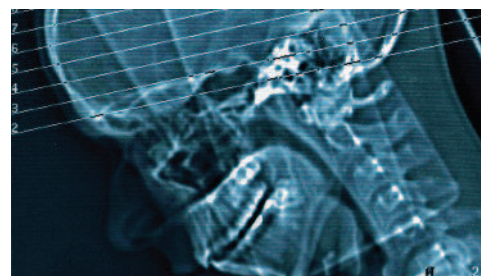
Plus, attend these special networking events:

Graduate and Early Career Day Pre-Conference and Networking Opportunity

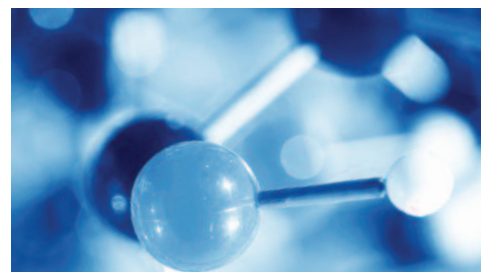
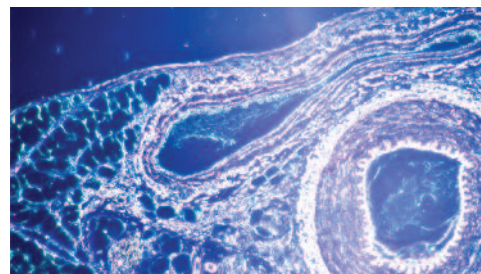
Tuesday, May 28
3:00PM-7:00PM

Basic Science Reception Featuring the Top Basic Science Posters at Annual Meeting

Thursday, May 30
5:45PM-6:45PM

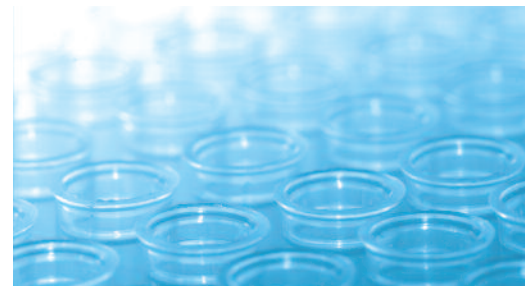


See pages 11-25 for a full listing of Annual Meeting programming and sessions in 12 topical tracks or visit the **For Basic Scientists** page on www.annualmeeting.org



Clinicians... Thematic **Clinical** Programming Tailored Just for You!

This year's Annual Meeting offers the most cutting-edge programming for clinicians in addition to programming at the World Congress on Exercise is Medicine.



Clinical Themes at Annual Meeting

Opportunities for Professional Development
Recent Advances in Cardiology
Updates on Concussion in Sports
Hot Topics
Nutrition and Hydration
Improving Physical Exam Skills
Spine
Leg, Foot and Ankle
Knee
Thigh, Hip and Pelvis
Shoulder
Novel Approaches to Diagnosis and Treatment of Musculoskeletal Conditions

Ligaments and Cartilage
Diagnostic Imaging
Clinical Decision Making and Return to Play Issues
Injury Prevention
Sports Specific Advances
The Pediatric Athlete
The Geriatric Athlete
The Female Athlete
Exercise for Disease Prevention, Health Promotion and Treatment of Chronic Conditions

Attend the **Clinical Reception** Thursday evening 5:45PM-6:45PM

Network with top experts in your field at the clinical reception. The top ten clinical abstracts and clinical case presentations have been selected for poster presentation during this event.

See pages 11-25 for a full listing of clinical sessions or visit **For Clinicians** on www.acsmannualmeeting.org

Plus...

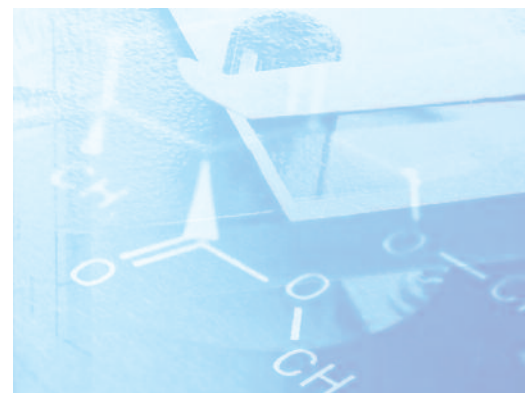
Highlighted Symposium
Osteoarthritis: New Approaches to an OLD Problem

Wednesday, May 29
1:00PM-3:00PM

David Burr
Maria Fiatarone
William O. Roberts, FACSM

John R. Sutton Clinical Lecture
ACL Injuries in Children: Where Are We?

Friday, May 31
1:00PM-1:50PM
Lyle J. Micheli, FACSM



Pre- and Post Conferences

Pre-Conference

Sports Nutrition: All About Performance

Tuesday, May 28

1:00PM-4:30PM

Chair: Lawrence Spriet, FACSM

Opening Remarks: Asker Jeukendrup, FACSM, Global Science Director for Gatorade Sports Science Institute

Speakers: Keith Barr, Andy Jones, Ian Rollo, John Eric Smith, and Romain Meeusen, FACSM

(No AMA PRA Category 1 credits will be offered for this pre-conference)

Presented by:



Pre-Conference and Networking Opportunity

Graduate and Early Career Day

Tuesday, May 28

3:00PM-6:00PM (General Session 3:00PM-3:50PM/Breakout Sessions 4:00PM-4:50PM and 5:00-5:50PM)

6:00PM-7:00PM Networking Reception

Graduate and Early Career Day is focused on the development of careers for graduate students and early career professionals. The session promotes networking and mentorship between early career members and senior investigators for scientific outreach and career building. The sessions are open to all attendees but will be specifically targeted to graduate and early career participants.

The Graduate and Early Career Day requires no advance registration and attendance is free as part of the ACSM registration.

Early Career: Opening General Session

3:00PM-3:50PM

- Mission and structure
- Opportunities for young investigators
- ACSM 2013 Overview (how to get the most out of the conference)
- Keynote Speaker
- Introduction of different Tracks

Track 1: Academic Careers – intended for attendees interested in pursuing careers in academics

Examples of sessions:

1. Early Career: R1 vs. R2 vs. R3 schools – what's the difference and what are the expectations of assistant professors at each?
2. Life on the Tenure Track – How to Juggle Research, Teaching, and Service to Ensure that you go "Up" not "Out"

3. Early Career: Finding an Academic Position: Everything you need to know to land an Academic position from cover letter, to interviewing, interview presentation, and negotiating a start-up package.

Track 2: Clinical Careers (M.D., OT, PT, Sports Medicine, cardiac rehab) intended for attendees who are interested in clinical careers

Examples of sessions:

1. Finding the Right Fellowship
2. Setting yourself apart—what are OT/PT programs looking for?
3. Research in the Clinical World

Track 3: Professional, Business, and Industry Careers – intended for attendees who are interested in using their education to pursue careers in business

Examples of sessions:

1. Translating Your Education into Commercial Success
2. Health and Wellness Coaching: From Private Practice to the Public
3. Opportunities in the Private Sector, Science Industry in R&D

Track 4: In Training (potential Ph.D. or Post-Doc) – intended for attendees who are interested in applying for a Ph.D. program or Post-Doctoral Position

Examples of sessions:

1. To Post-doc or Not to Post-doc: That is the Question & How do I find a post-doctoral position?
2. How do I identify potential Ph.D. programs? From finding an advisor, to funding my training.
3. Early Career: NIH training opportunities for young investigators F & K awards

(No AMA PRA Category 1 credits will be offered for this pre-conference)

Special Event Preconference

PINES 10 Questions 10 Experts: Training and Nutrient Interactions

Tuesday, May 28
4:00-6:00PM

This session will address nutrient manipulations which, when undertaken in a periodised manner, will allow a combination of training harder and training smarter to lead to optimal performance outcomes. A format of 10 questions, 10 experts will showcase new insights into this emerging field.

Co-chairs: Nanna Meyer, Ph.D., University of Colorado, Colorado Springs, CO
Melinda Manore, Ph.D., R.D., Oregon State University, Corvallis, OR

A reception will immediately follow the session. For additional information and to register for the session/reception visit the PINES website at www.pinesnutrition.org (no additional fee for this session).

Speakers include: Louise Burke, FACSM, James D. Cotter, David T. Martin, Scott K. Powers, FACSM, Stuart M. Phillips, FACSM, David Bishop, FACSM, Andrew M. Jones, FACSM, Melinda Manore, FACSM, Mark Tarnopolsky, Trent Stellingwerff

(No AMA PRA Category 1 credits will be offered for this pre-conference)

Ultrasound Post Conference

Introduction to Musculoskeletal Ultrasound: Targeted Lectures, Small Group Hands-on Scanning and Practical Considerations

Saturday, June 1
1:00-4:00PM

Workshop Organizer: Garrett Hyman, M.D.

This is a review of basic principles and uses of musculoskeletal ultrasound. Targeted introductory lectures, live demonstrations, and small group hands-on instruction will be emphasized and practiced. To ensure a quality experience for all

participants, the size of this workshop will be strictly limited. Please sign up early, this workshop will fill quickly.

Fee: \$150 (sign up when you register at www.acsmannualmeeting.org)



Abstracts will be available in an electronic format prior to the meeting.

New this year! Attendees will be emailed a link to all presentation abstracts prior to the meeting. You will be able to plan your schedule and print only the abstracts that you'll need (printed copies of the abstracts will not be given out on-site).

Athlete Care and Clinical Medicine

Symposium	Clinical Decision Making in Sports Medicine: Moving from the Evidence to the Goal	Wednesday	9:30AM-11:30AM	Steven D. Stovitz, FACSM, University of Minnesota Evert Verhagen, EMGO-Institute Ian Shrier, FACSM, McGill University
Clinical Colloquium	Massage-Based Therapies For Recovery From Eccentric Exercise: From Bench To Sideline	Wednesday	9:30AM-10:20AM	Thomas Best, FACSM, The Ohio State University Mark Tarnopolsky, McMaster University
Clinical Workshop-Hands On Demonstration	Pediatric Fracture Management with FRC	Wednesday	9:30AM-10:20AM	Allyson Howe, Maine Medical Center Heather Gillespie, UCLA
Clinical Case Slide	General Medicine I	Wednesday	9:30AM-11:10AM	
Clinical Case Slide	Upper Extremity I	Wednesday	9:30AM-10:50AM	
Free Communication/Poster	Special Populations	Wednesday	7:30AM-12:30PM	
Free Communication/Poster	Training Issues	Wednesday	7:30AM-12:30PM	
Exchange Lecture	AMSSM Exchange Lecture - Sudden Cardiac Death in Athletes: ? Can We Make a Difference	Wednesday	10:40AM-11:30AM	Jonathan Drezner, University of Washington
Clinical Workshop-Hands On Demonstration	Physical Exam of the C-Spine and L-Spine	Wednesday	10:40AM-11:30AM	Joseph Ihm, Rehabilitation Institute of Chicago Gary P. Chimes, University of Pittsburgh
Highlighted Symposium	Osteoarthritis: New Approaches to an OLD Problem	Wednesday	1:00PM-3:00PM	William O. Roberts, FACSM, University of Minnesota Maria Fiatarone Singh, University of Sydney David Burr, Indiana University School of Medicine-IUPUI
Current Issue	Can Human Movement Patterns Predict & Prevent Musculoskeletal Injury?	Wednesday	1:00PM-3:00PM	Francis G. O'Connor, FACSM, Uniformed Services University Anthony I. Beutler, Uniformed Services University Darin A. Padua, University of North Carolina at Chapel Hill Kenneth L. Cameron, Keller Army Hospital, United States Military Academy Cynthia R. LaBella, Center for Athletic Medicine
Symposium	The Role of NCAA, ACSM, and BCA in Promoting Health Among Athletes and Coaches (Diversity Committee Session)	Wednesday	1:00PM-3:00PM	NiCole R. Keith, FACSM, Indiana University Purdue University at Indianapolis W. Larry Kenney, FACSM, Penn State University Floyd A. Keith, Former Executive Director of Black Coaches and Administrators Brian Hainline, FACSM, NCAA Lisa Barkley, University of Central Florida College of Medicine
Exchange Lecture	NATA Exchange Lecture - National Athletic Trainers' Association Position Statement: Anabolic-Androgenic Steroids	Wednesday	1:00PM-1:50PM	Robert Kersey, California State-Fullerton
Clinical Workshop-Hands On Demonstration	Manual Techniques for the Lumbar Spine and SI Joint	Wednesday	1:00PM-1:50PM	William Moreau, USOC Sherrie L. Ballantine-Talmadge, Northwestern University
Clinical Case Slide	Baseball	Wednesday	1:00PM-3:00PM	
Clinical Case Slide	Knee Injury	Wednesday	1:00PM-2:40PM	
Clinical Workshop-Hands Hospital On Demonstration	Medical Acupuncture and Sports Medicine	Wednesday	2:10PM-3:00PM	Kevin Curley, Winthrop University
Current Issue	ACSM/AMSSM: CAQ Review Session (Part I)	Wednesday	3:15PM-5:15PM	William W. Dexter, FACSM, Maine Medical Center Carrie A. Jaworski, FACSM, NorthShore University Healthsystems John P. DiFiori, FACSM, UCLA Division of Sports Medicine Christopher C. Madden, FACSM, Longs Peak Family Practice Diana Heiman, ETSU Family Physicians of Johnson City Mark Bouchard, FACSM, Maine Medical Center L. Tyler Wadsworth, St. Louis University
Clinical Workshop-Hands On Demonstration	H&P to MRI - Knee	Wednesday	3:15PM-4:05PM	Mark R. Hutchinson, FACSM, University of Illinois at Chicago Michael Bresler, University of Illinois at Chicago
Thematic Poster	Musculoskeletal	Wednesday	3:15PM-5:15PM	
Clinical Case Slide	Foot and Ankle Injury-I	Wednesday	3:15PM-5:15PM	
Clinical Case Slide	Shoulder Injury I	Wednesday	3:15PM-5:15PM	
Clinical Case Slide	Urgent/Emergent Issues	Wednesday	3:15PM-5:15PM	
Clinical Colloquium	Emerging Evidence for Return to Sport Following ACL Injury	Wednesday	4:25PM-5:15PM	James Borchers, FACSM, The Ohio State University Timothy Hewett, FACSM, The Ohio State University Christopher C. Kaeding, The Ohio State University Medical Center

Clinical Colloquium	Novel Research in Non-surgical Treatment of Chronic Exertional Leg Pain	Wednesday	4:25PM-5:15PM	Peter H. Seidenberg, Penn State University Angela Diebal Wes Zimmerman, Royal Dutch Army
Clinical Workshop-Hands On Demonstration	Strength Training for Geriatric Patients	Wednesday	4:25PM-5:15PM	Maria Antoinette Fiatarone Singh, University of Sydney
Symposium	ACSM/NASS Joint Symposium: Spine Care in Children and Adolescents	Thursday	8:00AM-10:00AM	Stanley A. Herring, FACSM, University of Washington Medical Center Mark A. Harrast, University of Washington Gerard A. Malanga, FACSM, New Jersey Sports Medicine, LLC
Symposium	Ankle Sprains: Recent Advances on the Most Common Athletic Injury	Thursday	8:00AM-10:00AM	Evert Verhagen, EMGO Institute for Health and Care Research Jay Hertel, FACSM, Pennsylvania State University Timothy A. McGuine, University of Madison
Clinical Lecture	Manual Medicine 101: Manual Medicine Approach to the Sports Medicine Patient	Thursday	8:00AM-8:50AM	Sherrie L. Ballantine-Talmage, Northwestern University Bill Moreau, United States Olympic Committee
Clinical Case Slide	General Medicine II	Thursday	8:00AM-9:40AM	
Clinical Case Slide	Lower Extremity I	Thursday	8:00AM-10:00AM	
Clinical Case Slide	Running Issues I	Thursday	8:00AM-10:00AM	
Free Communication/Poster	Cardiovascular and Pulmonary Issues	Thursday	7:30AM-12:30PM	
Clinical Colloquium	The Evaluation and Treatment of Chronic Exertional Compartment Syndrome: A Point-Counterpoint on Operative vs. Nonoperative Treatment	Thursday	9:10 AM-10:00 AM	Thomas Best, FACSM, The Ohio State University Sports Medicine Center Timothy L. Miller, The Ohio State University Sports Medicine Center Kari Brown, The Ohio State University Sports Medicine Center
Clinical Workshop-Hands On Demonstration	12-Lead Electrocardiography in Athletes: Uses and Interpretation	Thursday	9:10AM-10:00AM	Aaron Baggish, Massachusetts General Hospital
Symposium	A Consensus Conference on Management and Return to Play of the Female Athlete Triad	Thursday	1:00PM-3:00PM	Mary Jane De Souza, FACSM, Pennsylvania State University Nancy Williams, FACSM, Pennsylvania State University Elizabeth A. Joy, FACSM, Intermountain Healthcare Madhusmita Mizra, Massachusetts General Hospital Aurelia Nattiv, FACSM, UCLA
Clinical Lecture	Sports Cardiology 2013: Hot Topics and Controversies	Thursday	1:00PM-1:50PM	Christine E. Lawless, FACSM, Sports Cardiology Consultants LLC Rachel Lampert, Yale University
Clinical Workshop-Hands On Demonstration	Electrodiagnostics Basics for the Sports Medicine Physician	Thursday	1:00PM-1:50PM	Farah Hameed, Columbia University College of Physicians and Surgeons Cindy Lin, Changi Sports Medicine Centre, Changi General Hospital
Clinical Case Slide	Low Back Issues	Thursday	1:00PM-2:40PM	
Clinical Case Slide	Football I	Thursday	1:00PM-2:40PM	
Clinical Case Slide	Upper Extremity II	Thursday	1:00PM-3:00PM	
Free Communication/Poster	Issues Related to Young Athletes	Thursday	1:00PM-6:00PM	
Free Communication/Poster	Musculoskeletal Evaluation and Interventions	Thursday	1:00PM-6:00PM	
Clinical Lecture	Beyond Ankle Sprains: Managing Foot and Ankle Conditions in the Pediatric Athlete	Thursday	2:10PM-3:00PM	Peter Kriz, University Orthopedics/Brown Medical School James P. MacDonald, Nationwide Childrens Hospital/ The Ohio State Medical School
Clinical Lecture	Winners Play Smart! BokSmart - South African Rugby's Injury Intervention Program	Thursday	2:10PM-3:00PM	Jon Patricios, FACSM, Sports Concussion South Africa & University of Pretoria Wayne Viljoen, South African Rugby Union Clint Readhead, South African Rugby Union
Clinical Colloquium	MSK Ultrasound: Clinically Valid or Just Plain Fun?	Thursday	2:10PM-3:00PM	John Hatzenbuehler, FACSM, Maine Medical Center Erik S. Adams, FACSM, Midwest Sports Medicine Institute John C. Hill, FACSM, University of Colorado Primary Care Sports Medicine
Clinical Workshop-Hands On Demonstration	Examination of the Knee: Pediatric and Adult	Thursday	2:10PM-3:00PM	Jeffrey M. Mjaanes, FACSM, Rush University Medical Center Scott A. Magnes, FACSM, Captain James A. Lovell Federal Health Care Center
Symposium	Zealous from Zurich! Collaborative Concussion Consensus - Realising Return To Play	Thursday	3:15PM-5:15PM	Jon Patricios, FACSM, Sports Concussion South Africa & University of Pretoria Margot Putukian, FACSM, Princeton University Stanley A. Herring, FACSM, University of Washington Kevin Guskiewicz, FACSM, University of North Carolina

Clinical Lecture	How to Win the Battle Against the Triad?	Thursday	3:15PM-4:05PM	Anna Melin, University of Copenhagen Monica Klungland Torstveit, University of Agder Marianne Martinsen, The Norwegian School of Sport Sciences
Clinical Lecture	Lumbosacral Radiculopathy in the Athlete	Thursday	3:15PM-4:05PM	Ellen Casey, Rehabilitation Institute of Chicago
Clinical Workshop-Hands On Demonstration	Musculoskeletal Ultrasound of the Knee: Normal, Abnormal, and Interventions	Thursday	3:15PM-4:05PM	John C. Hill, FACSM, University of Colorado Denver Morteza Khodaei, FACSM, University of Colorado Denver
Thematic Poster	Functional Rehabilitation	Thursday	3:15PM-5:15PM	
Clinical Case Slide	Cardiovascular	Thursday	3:15PM-5:15PM	
Clinical Case Slide	Pediatric Issues	Thursday	3:15PM-5:15PM	
Clinical Case Slide	Shoulder Injury II	Thursday	3:15PM-5:15PM	
Clinical Lecture	Basics of Reading an MRI of the Lumbar Spine	Thursday	4:25PM-5:15PM	Joseph Ihm, Rehabilitation Institute of Chicago
Clinical Colloquium	Exercise and Pregnancy	Thursday	4:25PM-5:15PM	Raul Artal, FACSM, St. Louis University School of Medicine James M. Pivarnik, FACSM, Michigan State University
Clinical Poster/Reception	Clinical Poster Reception	Thursday	5:45PM-6:45PM	
Symposium	Injury and Illness Surveys at Major Sporting Events (IPC)	Friday	9:30AM-11:30AM	Walter R. Thompson, FACSM, Georgia State University Torbjorn Soligard, International Olympic Committee Carolyn A. Emery, University of Calgary Stuart E. Willick, FACSM, University of Utah Orthopaedic Center
Current Issue	An Update Regarding State Safety Policies for Youth Athletes	Friday	9:30AM-11:30AM	Douglas J. Casa, FACSM, Korey Stringer Institute, University of Connecticut Kevin M. Guskiewicz, FACSM, University of North Carolina at Chapel Hill Francis G. O'Connor, FACSM, Uniformed Services University of the Health Sciences
Current Issue	ACSM/AMSSM: CAQ Review Session (Part 2)	Friday	9:30AM-11:30AM	William W. Dexter, FACSM, Maine Medical Center John P. DiFiori, FACSM, UCLA Division of Sports Medicine Carrie A. Jaworski, FACSM, NorthShore University Healthsystems Craig C. Young, FACSM, Medical College of Wisconsin Mark E. Lavalley, FACSM, Memorial Sports Medicine Institute Jeffrey M. Anderson, FACSM, University of Connecticut Anne Allen, FACSM, SailSportMed
Clinical Workshop-Hands On Demonstration	Scapulothoracic	Friday	9:30AM-10:20AM	Jim Macintyre, FACSM, Jordan Valley Hospital
Clinical Case Slide	Hip and Pelvis I	Friday	9:30AM-11:10AM	
Clinical Case Slide	Lower Extremity II	Friday	9:30AM-11:30AM	
Clinical Case Slide	Neurology	Friday	9:30AM-11:30AM	
Clinical Colloquium	Rowing Medical Update	Friday	10:40AM-11:30AM	Timothy M. Hosea, FACSM, University Orthopaedic Group Kristine A. Karlson, Dartmouth-Hitchcock Medical Center Kathryn E. Ackerman, Boston Children's Hospital
Clinical Workshop-Hands On Demonstration	Shoulder Ultrasound	Friday	10:40AM-11:30AM	Garrett S. Hyman, Lake Washington Sports & Spine
John R. Sutton Clinical Lecture	ACL Injuries in Children: Where Are We?	Friday	1:00PM-1:50PM	Lyle J. Micheli, FACSM, Children's Hospital Boston, Harvard Medical School
Clinical Lecture	Injury Prevention Equipment in Youth Sports	Friday	2:10PM-3:00PM	Andrew Gregory, FACSM, Vanderbilt University Greg Canty, Children's Mercy Hospitals & Clinics
Clinical Lecture	Sleep Is Sports Medicine: How Sleep Influences Metabolism, Training, and Performance	Friday	2:10PM-3:00PM	Delmas J. Bolin, FACSM, Via College of Osteopathic Medicine
Clinical Workshop-Hands On Demonstration	Approach to Skin Infections in Athletes	Friday	2:10PM-3:00PM	Brian B. Adams, University of Cincinnati
Clinical Workshop-Hands On Demonstration	Return to Sports Decision-Making for the Endurance Athlete: Integrating the Treatment Team from A.R.T. to Zolendronate	Friday	2:10PM-3:00PM	Thomas Best, FACSM, The Ohio State University Timothy L. Miller, The Ohio State University Sports Medicine Center Kari Brown, The Ohio State University Sports Medicine Center

Symposium	The Young Dancers Hip: Turnout Properly or Not at All!	Friday	3:15PM-5:15PM	Lyle J. Micheli, FACS, Harvard University School of Medicine Andrea Straccolini, Boston Children's Hospital Bridget Quinn, Boston Children's Hospital Pierre d'Hemecourt, Children's Hospital of Boston, Harvard University Ruth Solomon, University of California Santa Cruz
Exchange Lecture	AOSSM Exchange Lecture - H&P to MRI: Shoulder	Friday	3:15PM-4:05PM	Anthony A. Romeo, Rush University Medical Center
Clinical Workshop-Hands On Demonstration	Anterior Knee Pain: Diagnosis and Successful Management	Friday	3:15PM-4:05PM	E. James Swenson Jr., FACS, University of Rochester
Clinical Workshop-Hands On Demonstration	Hand and Wrist Exam	Friday	3:15PM-4:05PM	
Free Communication/Slide	Concussion	Friday	3:15PM-5:15PM	
Clinical Case Slide	Foot and Ankle II	Friday	3:15 PM-4:35 PM	
Clinical Case Slide	Running Issues II	Friday	3:15PM-5:15PM	
Tutorial Lecture	Outcomes from the Team Physician Consensus Conference – The Team Physician	Friday	4:25PM-5:15PM	Stanley A. Herring, FACS, University of Washington Medical Center
Clinical Lecture	Student-Athlete Mental Health: The Signal Amidst the Noise	Friday	4:25PM-5:15PM	Brian Hainline, FACS, NCAA
Clinical Workshop-Hands On Demonstration	AOSSM Exchange Workshop - H&P to MRI: Shoulder	Friday	4:25PM-5:15PM	Anthony Romeo, Rush University Medical Center
Clinical Workshop-Hands On Demonstration	Ultrasound of the Volar Wrist	Friday	4:25PM-5:15PM	Peter H. Seidenberg, Penn State University Jimmy D. Bowen, Orthopaedic Associates of Southeast Missouri
Tutorial Lecture	The Inactivity Epidemic – A Strategy For The Future	Saturday	8:00AM-8:50AM	Benjamin D. Levine, FACS, Presbyterian Hospital, The University of Texas Southwest Medical Center Michael Joyner, FACS, Mayo Clinic & Foundation
Clinical Lecture	Current Issues In Lacrosse	Saturday	8:00AM-8:50AM	Margot Putukian, FACS, Princeton University Andrew E. Lincoln, MedStar Sports Medicine Research Center Randall W. Dick, FACS, Health and Safety Sports Consultants, LLC
Clinical Workshop-Hands On Demonstration	Disability Awareness Training: From Staff to Management	Saturday	8:00AM-8:50AM	Alicia T. Bryan, Columbus State University Jeanine Fittapaldi-Wert, Columbus State University
Clinical Workshop-Hands On Demonstration	The Musculoskeletal Pre-participation Exam: The Role of Functional Testing	Saturday	8:00AM-8:50AM	James Borchers, The Ohio State University James A. Onate, The Ohio State University
Clinical Workshop-Hands On Demonstration	A Systematic Approach to the Athlete with Hip Pain	Saturday	9:00AM-9:50AM	Peter H. Seidenberg, Penn State University Jimmy D. Bowen, Orthopaedic Associates of Southeast Missouri
Clinical Case Slide	Football II	Saturday	9:00AM-11:00AM	
Clinical Case Slide	General Medicine III	Saturday	9:00AM-11:00AM	
Clinical Case Slide	Hip and Pelvis II	Saturday	9:00AM-11:00AM	
Clinical Workshop-Hands On Demonstration	Musculoskeletal Ultrasound of the Hip and Pelvis	Saturday	10:10AM-11:00AM	Peter H. Seidenberg, Penn State University Jimmy D. Bowen, Orthopaedic Associates of Southwest Missouri

Biomechanics and Neural Control of Movement

Thematic Poster	It's All in the Core	Wednesday	9:30AM-11:30AM	
Free Communication/Poster	Foot and Ankle	Wednesday	7:30AM-12:30PM	
Free Communication/Poster	Squat/Jump/Landing Mechanics	Wednesday	7:30AM-12:30PM	
Tutorial Lecture	New Frontiers in Activity Monitoring: Biomechanical Applications	Wednesday	10:40AM-11:30AM	Jennifer Neugebauer, Army Research Laboratory
Colloquium	Baseball Catching in Youth: Injury Predictors and Prevention Program	Wednesday	10:40AM-11:30AM	Gretchen D. Oliver, FACS, Auburn University
Thematic Poster	Effects of Fatigue	Wednesday	1:00PM-3:00PM	
Free Communication/Poster	Knee Mechanics	Wednesday	1:00PM-6:00PM	
Free Communication/Poster	Spine/Trunk/Core Mechanics	Wednesday	1:00PM-6:00PM	
Symposium	Cartilage Injury In Sports: Prevalence, Evaluation, and Treatment	Wednesday	3:15PM-5:15PM	Thomas Best, FACS, The Ohio State University David C. Flanigan, The Ohio State University Robert A. Siston, The Ohio State University Ajit MW Chaudhari, The Ohio State University Laura C. Schmitt, The Ohio State University
Free Communication/Slide	Anterior Cruciate Ligament	Thursday	8:00AM-10:00AM	
Free Communication/Poster	Posture/Balance	Thursday	7:30AM-12:30PM	
Free Communication/Poster	Upper Extremity Mechanics	Thursday	7:30AM-12:30PM	

Tutorial Lecture	Biomechanical Factors Related to the Etiology of Low Back Pain	Thursday	9:10AM-10:00AM	Joseph F. Seay, United States Army Research Institute of Environmental Medicine Erika Nelson-Wong, Regis University
Tutorial Lecture	Iliotibial Band Syndrome: An Update on the Biomechanics, Diagnosis, and Treatment of a Common and Vexing Problem in Runners	Thursday	1:00PM-1:50PM	Brian W. Noehren, University of Kentucky William Black, University of Kentucky
Thematic Poster	Walk This Way: Gait Perturbations	Thursday	1:00PM-3:00PM	
Free Communication/Poster	Neurologic Conditions	Thursday	1:00PM-6:00PM	
Free Communication/Poster	Neuromuscular Mechanics	Thursday	1:00PM-6:00PM	
Thematic Poster	Mechanics of Strike Patterns in Running	Thursday	3:15PM-5:15PM	
Clinical Workshop-Hands On Demonstration	Exam of the Foot and Ankle	Thursday	4:25PM-5:15PM	Karen A. Langone, American Academy of Podiatric Sports Medicine Matthew Werd, FACSM, American Academy of Podiatric Sports Medicine Robert Conenello, Orangetown Podiatry
Thematic Poster	Barefoot/Minimal Footwear Running	Friday	9:30AM-11:30AM	
Free Communication/Poster	Gait Mechanics	Friday	7:30AM-12:30PM	
Free Communication/Slide	Pitching Mechanics	Friday	1:00PM-3:00PM	
Free Communication/Poster	Running Mechanics	Friday	1:00PM-6:00PM	
Conversational Forum	What is the True Mechanism of ACL Injury?	Friday	2:10PM-3:00PM	Greg Myer, Cincinnati Children's Hospital Sandy Shultz, FACSM, Cincinnati Children's Hospital Tim Hewett, FACSM, The Ohio State University Edward Wojtyls, Michigan University
Featured Science Session	Musculoskeletal Modeling and Simulation to Solve Sports Related Problems	Friday	3:15PM-5:15PM	Irene Davis, FACSM, Harvard Medical School Darryl G. Thelen, University of Wisconsin-Madison Kurt Manal, University of Delaware Ross H. Miller, University of Maryland Mont Hubbard, University of California
Free Communication/Poster	Footwear	Saturday	7:30AM-11:00AM	
Free Communication/Poster	Sport Biomechanics	Saturday	7:30AM-11:00AM	
Thematic Poster	Aging	Saturday	9:00AM-11:00AM	
Thematic Poster	Chronic Ankle Instability	Saturday	9:00AM-11:00AM	
Clinical Workshop-Hands On Demonstration	The Role of Gait Analysis in Injury Prevention in Endurance Athletes: Is it Worth the Investment	Saturday	10:10AM-11:00AM	Kari Brown, The Ohio State University Sports Medicine Center Timothy L. Miller, The Ohio State University Sports Medicine Center

Cardiovascular, Renal and Respiratory Physiology

Thematic Poster	The Aging Cardiovascular System	Wednesday	9:30AM-11:30AM	
Free Communication/Poster	Cardiovascular I	Wednesday	7:30AM-12:30PM	
Free Communication/Poster	Training Responses, Cardiovascular	Wednesday	7:30AM-12:30PM	
Symposium	Cardiopulmonary Sex Differences During Exercise Across the Life-span and With Disease	Wednesday	1:00PM-3:00PM	William Sheel, University of British Columbia Craig A. Harms, FACSM, Kansas State University Tony G. Babb, FACSM, Texas Health Presbyterian Hospital Dallas and The University of Texas Southwestern Jordan A. Guenette, Queen's University and Kingston General Hospital
Symposium	Brian J. Whipp's Scientific Legacy: Extra-ordinary Insights and Future Directions	Wednesday	3:15PM-5:15PM	David C. Poole, FACSM, Kansas State University Harry B. Rossiter, FACSM, Los Angeles Biomedical Research Institute at Harbor-UCLA Medical Center Susan A. Ward, FACSM, Human Bio-Energetics Research Centre Andrew M. Jones, FACSM, University of Exeter
Symposium	Control of Airway Function During and After Exercise in the Asthmatic	Wednesday	3:15PM-5:15PM	J. Richard Coast, FACSM, Northern Arizona University Teal Hallstrand, University of Washington Mona Luke-Zeitoun, University of California-San Francisco Hans C. Haverkamp, Johnson State College
Thematic Poster	Diabetes and the Cardiovascular System	Wednesday	3:15PM-5:15PM	
Featured Science Session	Assessing Vascular Function: Past, Current and Future Promises	Thursday	8:00AM-10:00AM	J. Richard Coast, FACSM, Northern Arizona University Daniel J. Green, The University of Western Australia Ellen A. Dawson, Liverpool John Moores University H. Jonathan Groot, University of Utah Melissa A.H. Witman, George E. Whalen VA Medical Center Russell S. Richardson, University of Utah

Free Communication/Poster	Respiratory System and Exercise	Thursday	7:30AM-12:30PM	
Thematic Poster	Cardiovascular Responses to Resistance Exercise	Thursday	1:00PM-3:00PM	
Elsworth R. Buskirk Tutorial Lecture	Humans in Hypoxia: A Conspiracy of Maladaptation!	Thursday	2:10PM-3:00PM	Jerome A. Dempsey, FACSM, University of Wisconsin
Symposium	Molecular Mechanisms of Lipotoxicity in Multiple Organs (Basic Science Day Session)	Thursday	3:15PM-5:15PM	Mariana Nikolova-Karakashian, University of Kentucky P. Christian Schulze, Columbia University L. Ashley Cowart, Ralph H. Johnson VA Medical Center and Medical University of South Carolina Michael Reid, University of Kentucky J. David Symons, University of Utah
Thematic Poster	Respiratory	Thursday	3:15PM-5:15PM	
Symposium	Sympathetic Regulation of Blood Flow: It's Not Just Norepinephrine Anymore	Friday	9:30AM-11:30AM	Philip S. Clifford, FACSM, Medical College of Wisconsin Gary J. Hodges, The University of Alabama Dwayne N. Jackson, University of Western Ontario Heidi A. Kluess, FACSM, Auburn University
Current Issue	Exercise-induced Cardiomyopathy: Fact or Fiction?	Friday	9:30AM-11:30AM	Gregory Whyte, FACSM, Liverpool John Moores University David Oxborough, Leeds University Rob Shave, Cardiff Metropolitan University Matthew Wilson, Aspetar Andre La-Gerche, St Vincent's Hospital
Free Communication/Poster	Cardiac Responses to Acute Exercise	Friday	7:30AM-12:30PM	
Free Communication/Poster	Renal	Friday	7:30AM-12:30PM	
Free Communication/Poster	Vascular Responses to Acute Exercise	Friday	7:30AM-12:30PM	
Symposium	Filling the Risk Factor Gap: Reasons Why Exercise is Better For Your Cardiovascular Than You Think	Friday	1:00PM-3:00PM	Michael Joyner, FACSM, Mayo Clinic Benjamin D. Levine, FACSM, Presbyterian Hospital, The University of Texas Southwest Medical Center Frank Booth, FACSM, University of Missouri Danny Green, University of Western Australia
Free Communication/Slide	Vascular Function	Friday	1:00PM-3:00PM	
Free Communication/Poster	Cardiovascular Rehabilitation	Friday	1:00PM-6:00PM	
Tutorial Lecture	Exercise, Rehabilitation, and Vascular Health	Friday	3:15PM-4:05PM	Jonathan N. Myers, FACSM, VA Palo Alto HCS Jonathan K. Ehrman, FACSM, Henry Ford Health System
Thematic Poster	Cardiovascular Responses in Overweight/Obese	Friday	3:15PM-5:15PM	
Free Communication/Poster	Cardiovascular II	Saturday	7:30AM-11:00AM	
Symposium	Chronic Kidney Disease: Vascular Consequences and Potential Therapies	Saturday	9:00AM-11:00AM	David G. Edwards, University of Delaware Amy Sindler, University of Colorado at Boulder Kenneth Wilund, University of Illinois at Urbana-Champaign Patricia Painter, FACSM, University of Utah

Clinical Exercise Physiology

Symposium	Emerging Exercise Strategies for Heart Failure Patients (Clinical Exercise Physiology Association)	Wednesday	9:30AM-11:30AM	Peter H. Brubaker, FACSM, Wake Forest University Aashish Contractor, Asian Heart Institute Mark Haykowsky, University of Alberta Andrew Maiorana, Curtin University and Royal Perth Hospital
Free Communication/Poster	Body Composition (Clinical Exercise Physiology Association)	Wednesday	7:30AM-12:30PM	
Free Communication/Poster	Clinical Exercise Physiology-Diabetes (Clinical Exercise Physiology Association)	Wednesday	7:30AM-12:30PM	
Thematic Poster	High Intensity Training in Clinical Populations (Clinical Exercise Physiology Association)	Wednesday	1:00PM-3:00PM	
Thematic Poster	Exercise in Cancer Patients (Clinical Exercise Physiology Association)	Thursday	8:00AM-10:00AM	
Symposium	Translation from Genes to Exercise to Prevention of Type 2 Diabetes (Basic Science Day Session)	Thursday	1:00PM-3:00PM	Frank Booth, FACSM, University of Missouri Timothy Church, Pennington Biomedical Research Center Barry Braun, FACSM, University of Massachusetts John P. Thyfault, FACSM, University of Missouri
Free Communication/Poster	Clinical Exercise Physiology: Pulmonary (Clinical Exercise Physiology Association)	Thursday	1:00PM-6:00PM	

Symposium	Contemporary Issues in Cardiac Rehabilitation (Clinical Exercise Physiology Association)	Thursday	3:15PM-5:15PM	Steven J. Keteyian, FACSM, Henry Ford Hospital Randall J. Thomas, Cardiovascular Health Clinic, Mayo Clinic Karen Lui, GRQ Consulting, Inc Dennis J. Kerrigan, Henry Ford Heart and Vascular Institute Carl Foster, FACSM, University of Wisconsin-La Crosse
Free Communication/Slide	Exercise With Less Common Clinical Problems (Clinical Exercise Physiology Association)	Friday	9:30AM-11:30AM	
Free Communication/Poster	Exercise Capacity Assessment (Clinical Exercise Physiology Association)	Friday	1:00PM-6:00PM	
Free Communication/Poster	Clinical Exercise Physiology-Evaluation (Clinical Exercise Physiology Association)	Saturday	7:30AM-11:00AM	
Free Communication/Poster	Clinical Exercise Physiology-Less Common Problems (Clinical Exercise Physiology Association)	Saturday	7:30AM-11:00AM	
Free Communication/Poster	Clinical Exercise Physiology 7 (Clinical Exercise Physiology Association)	Saturday	7:30AM-11:00AM	
Highlighted Symposium	The Bucket List (Clinical Exercise Physiology Association)	Saturday	9:00AM-11:00AM	Carl Foster, FACSM, University of Wisconsin-La Crosse Elizabeth A. Joy, FACSM, Intermountain Healthcare William O. Roberts, FACSM, University of Minnesota Benjamin D. Levine, FACSM, Presbyterian Hospital, The University of Texas Southwestern Medical Center John P. Porcari, FACSM, University of Wisconsin- La Crosse

Environmental and Occupational Physiology

Special Event	Harvard Fatigue Lab - Steven M. Horvath and Beyond	Wednesday	9:30AM-11:30AM	Peter J. Horvath, University at Buffalo Clark M. Blatteis, University of Tennessee Peter B. Raven, FACSM, University of North Texas Scott K. Powers, FACSM, University of Florida Barbara L. Drinkwater, FACSM, WomenSport International
Free Communication/Poster	Sodium Supplementation/Hydration/Cooling	Wednesday	7:30AM-12:30PM	
Free Communication/Poster	Thermoregulation Responses to Heat/Cold Stress	Wednesday	7:30AM-12:30PM	
Thematic Poster	Thermal Tolerance	Wednesday	1:00PM-3:00PM	
Conversational Forum	Exertional Hyponatremia: Can We Reconcile Published Data?	Wednesday	4:25PM-5:15PM	Lawrence E. Armstrong, FACSM, University of Connecticut Tamara Hew-Butler, FACSM, Oakland University Scott J. Montain, FACSM, USARIEM
Thematic Poster	Perceptual and Cognitive Response to Heat Exposure	Thursday	8:00AM-10:00AM	
Exchange Lecture	ECSS Exchange Lecture - Internal and External Heat Transfer in Hyperthermic Humans	Thursday	1:00PM-1:50PM	W. Larry Kenney, FACSM, Pennsylvania State University George Havenith, Loughborough University
Free Communication/Poster	Hydration Status and Assessment	Thursday	1:00PM-6:00PM	
Featured Science Session	Fluid In = Fluid Out: Predicting Fluid Needs on the Basis of Sweat Losses	Friday	9:30AM-11:30AM	Scott J. Montain, FACSM, United States Army Research Institute of Environmental Medicine Ollie Jay, University of Ottawa Matthew Cramer, University of Ottawa Robert W. Kenefick, FACSM, United States Army Research Institute of Environmental Medicine Samuel N. Cheuvront, FACSM, United States Army Research Institute of Environmental Medicine
Symposium	Aging and Pathophysiology in Skin Blood Flow Control: Implications for Exercise Thermoregulation	Friday	1:00PM-3:00PM	Nisha Charkoudian, FACSM, Mayo Clinic Brett J. Wong, Kansas State University Lacy M. Alexander, FACSM, Penn State Scott L. Davis, University of Texas Southwestern Medical Center Gary Hodges, University of Alabama
Free Communication/Poster	Military and Occupational Physiology	Friday	1:00PM-6:00PM	
Current Issue	Altitude Training: New Answers to Old Questions	Friday	3:15PM-5:15PM	Benjamin D. Levine, FACSM, Presbyterian Hospital of Dallas, University of Texas Southwestern James Stray-Gundersen, U.S. Ski and Snowboard Association Walter F. Schmidt, University of Bayreuth Robert Chapman, FACSM, Indiana University Jack Raglin, FACSM, Indiana University Ferran A. Rodriguez, FACSM, INEFC, University of Barcelona
Free Communication/Poster	Altitude and Hypoxia	Saturday	7:30AM-11:00AM	

Symposium	Applying Performance Standards in the Workplace - Current Issues	Saturday	9:00AM-11:00AM	Nigel A.S. Taylor, University of Wollongong Michael J. Tipton, University of Portsmouth Daniel Billing, Defence Science and Technology Organization Glen P. Kenny, University of Ottawa
Thematic Poster	Thermoregulation: Special Considerations	Saturday	9:00AM-11:00AM	
Epidemiology and Biostatistics				
Free Communication/Poster	Epidemiology of Sedentary Behavior	Wednesday	7:30AM-12:30PM	
Free Communication/Poster	Injury Epidemiology	Wednesday	7:30AM-12:30PM	
Thematic Poster	Novel Approaches to Estimate Physical Activity	Wednesday	1:00PM-3:00PM	
Thematic Poster	Sedentary Behavior: Effects on Health	Wednesday	1:00PM-3:00PM	
Thematic Poster	Exercise Interventions for Glucose Control	Wednesday	3:15PM-5:15PM	
Current Issue	Advancing Objective Assessment of Physical Activity and Sedentary Behavior	Thursday	8:00AM-10:00AM	Patty Freedson, FACSM, University of Massachusetts John Staudenmayer, University of Massachusetts Amherst Kate Lyden, University of Colorado Health Sciences Center Stephen Intille, Northeastern University
Free Communication/Poster	Epidemiology of Physical Activity and Cardiovascular Disease and Cardio Fitness	Thursday	7:30AM-12:30PM	
Free Communication/Poster	Epidemiology of Physical Activity and Health	Thursday	7:30AM-12:30PM	
Free Communication/Poster	Epidemiology of Physical Activity in Pregnancy	Thursday	7:30AM-12:30PM	
Free Communication/Poster	Epidemiology of Physical Activity in Youth	Thursday	7:30AM-12:30PM	
Paffenbarger Tutorial Lecture	Physical Activity: The 21st Century's Solution to Global Medical Concerns	Thursday	1:00PM-1:50PM	Rainer Rauramaa, FACSM, Kuopio Research Institute of Exercise Medicine
Free Communication/Slide	Advancing Physical Activity Assessment Methods	Thursday	1:00PM-3:00PM	
Free Communication/Poster	Assessment of Physical Activity and Energy Expenditure	Thursday	1:00PM-6:00PM	
Free Communication/Poster	Population-based Surveillance	Thursday	1:00PM-6:00PM	
Featured Science Session	Obesity: Beautiful Hypotheses, Unpleasant Facts	Thursday	3:15PM-5:15PM	Christian K. Roberts, FACSM, UCLA Katherine Flegal, CDC Siddhartha S. Angadi, University of California Xuemei Sui, University of South Carolina Robert Ross, FACSM, Queen's University
Thematic Poster	Injury Epidemiology	Thursday	3:15PM-5:15PM	
Symposium	Cancer Prevention: Is Exercise or a Healthy Body Weight More Important?	Friday	9:30AM-11:30AM	Kristin L. Campbell, University of British Columbia I-Min Lee, FACSM, Harvard Medical School Lisa Colbert, FACSM, University of Wisconsin
Free Communication/Poster	Health Equity	Friday	7:30AM-12:30PM	
Tutorial Lecture	Expanding the Youth PA Compendium: Moving Toward Standardized Measures of Physical Activity	Friday	1:00PM-1:50PM	Robert G. McMurray, University of North Carolina Janet E. Fulton, U.S. Centers for Disease Control and Prevention
Free Communication/Slide	Oh Baby! Physical Activity and Pregnancy	Friday	1:00PM-3:00PM	
Thematic Poster	Physical Activity Assessment Methods	Friday	3:15PM-5:15PM	
Free Communication/Poster	Cancer	Saturday	7:30AM-11:00AM	
Exercise is Medicine®				
Symposium	A Drug Called Exercise	Tuesday	1:00PM-3:00PM	Robert Sallis, FACSM, Kaiser Permanente Medical Center Steven N. Blair, FACSM, University of South Carolina Barry A. Franklin, FACSM, Beaumont Health Center Nico P. Pronk, FACSM, HealthPartners
Symposium	Physiological and Biomechanical Benefits of Resistance Exercise for Joint Diseases	Tuesday	1:00PM-3:00PM	Heather K. Vincent, University of Florida Kevin K. Vincent, University of Florida Bryan P. Conrad, University of Florida Scott A. Banks, University of Florida
Clinical Lecture	Resistance Training: New Applications for Treatment	Tuesday	1:00PM-3:00PM	Maria A. Fiatarone Singh, University of Sydney
Clinical Lecture	Successful Aging & Sarcopenia: Translating Research into Practice	Tuesday	2:10PM-3:00PM	Hope Barkoukis, Case Western Reserve University School of Medicine Douglas Paddon-Jones, The University of Texas Medical Branch
Tutorial Lecture	Exercise in Obesity: Let's Focus on what Matters	Tuesday	3:15PM-4:15PM	Jim Langland, University of Minnesota
Tutorial Lecture	Exercise is Medicine on Campus: Celebrate and Participate!	Tuesday	3:15PM-4:15PM	James M. Pivarnik, FACSM, Michigan State University Carena S. Winters, FACSM, Slippery Rock University

Conversational Forum	Move More, Sit Less: Improve Health, Productivity & Work Performance and Reduce Costs	Tuesday	3:15PM-4:05PM	Willem van Mechelen, FACSM, VU University Medical Center Nico P. Pronk, FACSM, HealthPartners
EIM Keynote Lecture	Exercise as a Therapeutic Agent for the 21st Century – Emphasis on Efficacy, Dosing, and Safety/Toxicity	Tuesday	4:15PM-5:00 PM	Carl Lavie, John Ochsner Heart and Vascular Institute
EIM Keynote Lecture	Advocacy and the Sports Medicine Professional: Lessons from the Tobacco Wars	Tuesday	5:00PM-5:45PM	Andrew Pipe, FACSM, University of Ottawa Heart Institute
Symposium	Healthy Living Through Lifestyle: Beyond Pills and Procedures	Wednesday	9:30AM-11:30AM	Christian K. Roberts, FACSM, UCLA R. James Barnard, FACSM, UCLA Barry A. Franklin, FACSM, Beaumont Health Center Frank Booth, FACSM, University of Missouri
Symposium	Physical Activity and Preserving Function in Older Adults	Wednesday	9:30AM-11:30AM	Steven N. Blair, FACSM, University of South Carolina Marco Pahor, University of Florida Stephen Kritchevsky, Wake Forest University Roger A. Fielding, Tufts University W. Jack Rejeski, Wake Forest University
Special Event	Exercise is Medicine® – and How It Fits into Drug Development	Wednesday	9:30AM-11:30AM	Randall W. Dick, FACSM, Eli Lilly and Company William E. Kraus, FACSM, Duke University Joseph Brozinick, Eli Lilly and Company Fred Gage, Laboratory of Genetics LOG-G, The Salk Institute for Biological Studies Romain Meeusen, FACSM, Vrije Universiteit Brussel Gary Krishnan, Eli Lilly and Company
Tutorial Lecture	Navigating Scope of Practice of Fitness Professionals: Does EIM Change the Landscape?	Wednesday	9:30AM-10:20AM	Randi Lite, Simmons College Teresa Fitts, FACSM, Westfield State University
Free Communication/Poster	Exercise is Medicine – Special Populations	Wednesday	7:30AM-12:30PM	
Tutorial Lecture	Wearable Technology to Improve Health: Moving Beyond Assessing Activity	Wednesday	10:40AM-11:30AM	Gregory J. Welk, FACSM, Iowa State University John M. Jakicic, FACSM, University of Pittsburgh
Symposium	Measurement of Physical Function: What We Can Learn From Research in Gerontology	Wednesday	1:00PM-3:00PM	Patricia Painter, FACSM, University of Utah M. Elaine Cress, FACSM, University of Georgia Anthony P. Marsh, FACSM, Wake Forest University Stephanie Studenski, University of Pittsburgh
Current Issue	Linking Health Care with Fitness Care in Youth to Prevent Generation XXI	Wednesday	1:00PM-3:00PM	Thomas Best, FACSM, The Ohio State University Russell R. Pate, FACSM, University of South Carolina Robert E. Sallis, FACSM, Kaiser Permanente Avery D. Faigenbaum, FACSM, The College of New Jersey Gregory D. Myer, FACSM, Cincinnati Children's Hospital Medical Center
Clinical Colloquium	Teaching Exercise to Medical Students: Call for a National Curriculum	Wednesday	1:00PM-1:50PM	Edward M. Phillips, FACSM, Spaulding Rehabilitation Hospital Network Jennifer L. Trilk, University of South Carolina School of Medicine Greenville Mary E. Sanders, FACSM, University of Nevada Robyn M. Stuhr, UCSD Health System Dan Clinchot, The Ohio State University
Free Communication/Poster	Exercise is Medicine – From Science to Practice	Wednesday	1:00PM-6:00PM	
Clinical Lecture	Exercise is Medicine for Community Health: Promoting Energy Balance and Health Through Linking Providers, Patients and Communities	Wednesday	2:10PM-3:00PM	Joel Edward Williams, Clemson University Linda Houtkooper, FACSM, University of Arizona Anne Lindsay, University of Nevada Cooperative Extension Katherine Gunter, FACSM, Oregon State University
Symposium	Cardiorespiratory Fitness as a Risk Factor: Challenges and Opportunities for Implementation in Primary Care	Wednesday	3:15PM-5:15PM	John M. Jakicic, FACSM, University of Pittsburgh I-Min Lee, FACSM, Harvard University Robert Ross, Queen's University Martin Halle, Technische Universitaet Muenchen Nico Pronk, FACSM, HealthPartners
Symposium	Exercise and Training in Cancer Patients: Cardiac, Endocrine, and Immune Effects	Wednesday	3:15PM-5:15PM	Claudio L. Battaglini, University of North Carolina Anthony Carl Hackney, FACSM, UNC-CH Mark Haykowsky, University of Alberta Kathryn H. Schmitz, FACSM, University of Pennsylvania
Tutorial Lecture	Implications of Genetics Research for Physicians and Fitness Professionals	Wednesday	3:15PM-4:05PM	James S. Skinner, FACSM, Indiana University

Tutorial Lecture	FES-Exercise is Medicine: Activate Those Paralyzed Muscles!	Wednesday	4:25PM-5:15PM	Thomas W. Janssen, FACSM, MOVE Research Institute, VU University Amsterdam
Symposium	Focus on Physical Activity for Special Populations: Risk Factors, Race, and Region	Thursday	8:00AM-10:00AM	Barbara A. Bushman, FACSM, Missouri State University Barry A. Franklin, FACSM, Beaumont Health Center J. Larry Durstine, FACSM, University of South Carolina William B. Farquhar, FACSM, University of Delaware Sheri R. Colberg, FACSM, Old Dominion University
Symposium	The Aging Athlete	Thursday	8:00AM-10:00AM	Scott Trappe, FACSM, Ball State University Amby Burfoot, Runner's World Editor at Large Benjamin D. Levine, FACSM, Presbyterian Hospital, The University of Texas Southwest Medical Center Mark Tarnopolsky, McMaster University Medical Center
Colloquium	ACSM's Guidelines for Exercise Testing and Prescription the Ninth Edition – A Preview	Thursday	8:00AM-8:50AM	Deborah Riebe, FACSM, University of Rhode Island Linda Pescatello, FACSM, University of Connecticut
Free Communication/Poster	Exercise is Medicine – Implications for Body Composition	Thursday	7:30AM-12:30PM	
Free Communication/Poster	Exercise is Medicine – Different Settings and Populations	Thursday	1:00PM-6:00PM	
Symposium	More of the Same is Not Enough: The Lancet Series on Physical Activity	Friday	3:15PM-5:15PM	Kenneth E. Powell, FACSM I-Min Lee, FACSM, Harvard University School of Medicine and School of Public Health Pedro C. Hallal, Universidade Federal de Pelotas Adrian Bauman, University of Sydney Gregory W. Heath, FACSM, University of Tennessee Michael Pratt, FACSM, U.S. Centers for Disease Control and Prevention Harold W. Kohl, FACSM, University of Texas
Colloquium	Roadmap for Physical Activity, Lifestyle, and Comparative Effectiveness Research	Saturday	8:00AM-8:50AM	Steven N. Blair, FACSM, University of South Carolina Robert E. Sallis, FACSM, Kaiser Permanente Barbara E. Ainsworth, FACSM, Arizona State University
Symposium	Translation of Exercise to Neuromuscular Disease	Saturday	9:00AM-11:00AM	Robert W. Grange, Virginia Tech Martin K. Childers, University of Washington Eva Chin, University of Maryland Zhen Yan, University of Virginia Krista Vandenborne, University of Florida

Fitness Assessment, Exercise Training, and Performance of Athletes and Healthy People

Tutorial Lecture	The Presidential Youth Fitness Program: A New Chapter in Youth Fitness Assessment	Wednesday	9:30AM-10:20AM	Russell R. Pate, FACSM, University of South Carolina Gregory J. Welk, FACSM, Iowa State University
Thematic Poster	Can Kids Move More? Assessing Interventions	Wednesday	9:30AM-11:30AM	
Thematic Poster	Fitness Assessment Strategies for Children and Adolescents	Wednesday	9:30AM-11:30AM	
Highlighted Symposium	Synthesizing Resistance Training Research: Using Science to Optimize Results	Wednesday	1:00PM-3:00PM	Eric Rawson, FACSM, Bloomsburg University Brent Alvar, FACSM, Rocky Mountain University Michael H. Stone, East Tennessee State University John P. McCarthy, FACSM, University of Alabama at Birmingham
Free Communication/Poster	Aquatics	Wednesday	1:00PM-6:00PM	
Free Communication/Poster	Cycling	Wednesday	1:00PM-6:00PM	
Free Communication/Poster	Fitness and the Environment	Wednesday	1:00PM-6:00PM	
Free Communication/Poster	Non-Traditional Sports	Wednesday	1:00PM-6:00PM	
Free Communication/Poster	Running Performance: Assessment, Training, and Interventions	Wednesday	1:00PM-6:00PM	
Free Communication/Poster	Soccer	Wednesday	1:00PM-6:00PM	
Free Communication/Slide	Fitness Assessment	Wednesday	3:15PM-5:15PM	
Thematic Poster	Resistance Training	Thursday	8:00AM-10:00AM	
Thematic Poster	Running Performance: Assessment, Training, and Interventions	Thursday	3:15PM-5:15PM	
Free Communication/Slide	Characterizing the Competitive Athlete	Thursday	3:15PM-5:15PM	
Thematic Poster	Novel Methods of Performance Assessment	Friday	9:30AM-11:30AM	
Free Communication/Poster	Body Composition	Friday	7:30AM-12:30PM	

Free Communication/Poster	Older Adults	Friday	7:30AM-12:30PM	
Free Communication/Poster	Training Strategies and Performance	Friday	7:30AM-12:30PM	
Thematic Poster	Training Strategies and Performance	Friday	1:00PM-3:00PM	
Free Communication/Poster	Balance and Flexibility	Friday	1:00PM-6:00PM	
Free Communication/Poster	Biomechanics of Performance	Friday	1:00PM-6:00PM	
Free Communication/Poster	Characterizing the Competitive Athlete	Friday	1:00PM-6:00PM	
Free Communication/Poster	Motor Control	Friday	1:00PM-6:00PM	
Free Communication/Poster	Resistance Training	Friday	1:00PM-6:00PM	
Free Communication/Poster	Strength Testing	Friday	1:00PM-6:00PM	
Free Communication/Poster	The Tactical Athlete	Friday	1:00PM-6:00PM	
Special Event	LONDON 2012: A Look Back at Sports Medicine Issues of the Olympics/Paralympics (Olympic/Paralympic Committee Session)	Friday	3:15PM-5:15PM	Constance M. Lebrun, FACSM, University of Alberta David Epstein, Sports Illustrated Margo Mountjoy, FACSM, McMaster University Stuart Willick, FACSM, University of Utah Louise Burke, FACSM, Australian Institute of Sport
Free Communication/Poster	Fitness Assessment	Saturday	7:30AM-11:00AM	
Free Communication/Poster	Fitness Assessment Strategies for Children and Adolescents	Saturday	7:30AM-11:00AM	
Free Communication/Poster	Novel Methods of Performance Assessment	Saturday	7:30AM-11:00AM	
Free Communication/Poster	Recovery	Saturday	7:30AM-11:00AM	
Current Issue	Overtraining: Research and Recommendations for Strength, Endurance and Team Sports	Saturday	9:00AM-11:00AM	Randall L. Wilber, FACSM, United States Olympic Committee Michael H. Stone, East Tennessee State University William A. Sands, FACSM, East Tennessee State University
Clinical Workshop-Hands On Demonstration	Transitioning to Barefoot/Minimal Footwear Running	Saturday	9:00AM-9:50AM	Irene Davis, FACSM, Harvard Medical School Kelly Lane, Fitness Focus

Immunology/Genetics/Endocrinology

Free Communication/Poster	Genetics	Wednesday	7:30AM-12:30PM	
Featured Science Session	Regulation of Physical Activity and Bioenergetics by Sex Hormones	Wednesday	3:15PM-5:15PM	Jill A. Kanaley, FACSM, University of Missouri Wendy M. Kohrt, FACSM, University of Colorado Health Science Center Edward Melanson, FACSM, University of Colorado Kathleen M. Gavin, University of Colorado Anschutz Medical Campus J. Timothy Lightfoot, FACSM, University of North Carolina
Tutorial Lecture	Exercise Genomics	Thursday	8:00AM-8:50AM	Stephen M. Roth, FACSM, University of Maryland Claude Bouchard, FACSM, Pennington Biomedical Research Center
Free Communication/Poster	Advances in Exercise Immunology	Thursday	7:30AM-12:30PM	
Thematic Poster	Immunology	Thursday	1:00PM-3:00PM	
Free Communication/Poster	Endocrine	Thursday	1:00PM-6:00PM	
Symposium	Personalized Exercise Medicine: Will Omics Help in Prescription	Thursday	3:15PM-5:15PM	Tuomo Rankinen, FACSM, Pennington Biomedical Research Center Claude Bouchard, FACSM, Pennington Biomedical Research Center James A. Timmons, Loughborough University Gregory D. Lewis, Harvard Medical School
Free Communication/Poster	Immunology – Supplements	Friday	7:30AM-12:30PM	
Symposium	Integrated Effects of Nutrition and Exercise on the Endocrine Regulation of Skeletal Muscle Proteolysis	Friday	1:00PM-3:00PM	Nancy R. Rodriguez, FACSM, University of Connecticut Stefan M. Pasiakos, United States Army Research Institute of Environmental Medicine John Carbone, Eastern Michigan University
Free Communication/Slide	Genetics	Friday	1:00PM-3:00PM	
Tutorial Lecture	IGF-I From Molecule to Man: Functions, Roles, and Relevance to Healthy Lifestyles	Saturday	8:00AM-8:50AM	Ronald W. Matherly, United States Army Research Institute of Environmental Medicine Bradley C. Nindl, FACSM, U.S. Army Public Health Command
Symposium	Exercise and Immune Dysregulation in Aging	Saturday	9:00AM-11:00AM	Jeffrey A. Woods, FACSM, University of Illinois Richard J. Simpson, University of Houston Marian L. Kohut, Iowa State University

Metabolism and Nutrition

Featured Science Session	Integrative Control of Skeletal Muscle Fat Metabolism: Impact of Dietary Intake	Wednesday	9:30AM-11:30AM	Nancy Rodriguez, FACSM, University of Connecticut Lorraine Turcotte, FACSM, University of Southern California Marcia J. Abbott, University of California Jacob Jeppesen, August Krogh Institute Bente Kiens, August Krogh Institute
Free Communication/Slide	Determinants of Body Weight and Weight Loss	Wednesday	9:30AM-11:00AM	
Free Communication/Poster	Carbohydrate Metabolism	Wednesday	1:00PM-6:00PM	
Tutorial Lecture	The Impact of Anti-Doping on Best Practice for the Health Professional	Wednesday	2:10PM-3:00PM	Matthew Fedoruk, U.S. Anti-Doping Agency Amy Eichner, U.S. Anti-Doping Agency
Thematic Poster	Diet, Exercise, and Fat Oxidation	Wednesday	3:15PM-5:15PM	
Thematic Poster	Diet, Exercise, and Glycemic Response	Thursday	8:00AM-10:00AM	
Free Communication/Poster	Caffeine and other Stimulants	Thursday	7:30AM-12:30PM	
Free Communication/Poster	Energy Expenditure	Thursday	7:30AM-12:30PM	
Tutorial Lecture	The Human Microbiome in Sports Performance and Health	Thursday	9:10AM-10:00AM	Lawrence E. Armstrong, FACSM, University of Connecticut Carol E. Torgan, FACSM, Kinetics Consulting
Symposium	Lipid Metabolism: Molecular Regulation and Integrated Responses to Exercise	Thursday	1:00PM-3:00PM	George A. Brooks, FACSM, University of California Takeshi Hashimoto, Ritsumeikan University Nathan Wolins, Washington University Gregory C. Henderson, Rutgers University Bret Goodpaster, University of Pittsburgh
Tutorial Lecture	Energy Balance at a Crossroads: Translating Science into Action	Thursday	1:00PM-1:50PM	Melinda M. Manore, FACSM, Oregon State University Linda Houtkooper, FACSM, University of Arizona
Thematic Poster	Diet, Exercise, and Inflammation	Thursday	1:00PM-3:00PM	
Free Communication/Poster	Energy Balance and Weight Control	Thursday	1:00PM-6:00PM	
Symposium	Use of Technology to Promote Physical Activity and Weight Management	Thursday	3:15PM-5:15PM	Joseph E. Donnelly, FACSM, University of Kansas Medical Center Steven Blair, FACSM, University of South Carolina John M. Jakicic, FACSM, University of Pittsburgh Bess H. Marcus, University of California San Diego
Symposium	I'm Not Fat, I'm Just Sleepy: Sleep and Circadian Effects on Cardiometabolic Health	Friday	9:30AM-11:30AM	Edward L. Melanson, FACSM, University of Colorado Anschutz Medical Center Kenneth P. Wright, University of Colorado Josiane Broussard, Cedars-Sinai Medical Center Frank A.J.I. Scheer, Harvard Medical School Satchidananda Panda, Salk Institute for Biological Sciences
Thematic Poster	Diet, Exercise, and Insulin Sensitivity	Friday	9:30AM-11:30AM	
Free Communication/Poster	Dietary Intake, Hydration, and Supplement Use	Friday	7:30AM-12:30PM	
Free Communication/Poster	Protein and Amino Acid Metabolism	Friday	7:30AM-12:30PM	
Thematic Poster	Energy Availability	Friday	1:00PM-3:00PM	
Free Communication/Poster	Drugs, Supplements and Ergogenic Aids	Friday	1:00PM-6:00PM	
Free Communication/Poster	Oxygen Uptake Kinetics	Friday	1:00PM-6:00PM	
Symposium	Energy Flux: Workload, Weight Management, and Appetite Control	Friday	3:15PM-5:15PM	Steven N. Blair, FACSM, University of South Carolina Gregory A. Hand, FACSM, University of South Carolina John E. Blundell, University of Leeds Robert Ross, Queen's University
Clinical Colloquium	Exercising with Type 1 Diabetes	Friday	3:15PM-4:05PM	Francesca Amati, University of Lausanne Matthew Corcoran, Joslin Diabetes Center Affiliate at Atlanticare Sheri Colberg, FACSM, Old Dominion University
Free Communication/Poster	Fat Metabolism	Saturday	7:30AM-11:00AM	
Free Communication/Poster	Nutrient Status, Dieting and Eating Behaviors	Saturday	7:30AM-11:00AM	
Symposium	Health and Performance Benefits of Omega-3 Fatty Acids: Something Fishy Going On?	Saturday	9:00AM-11:00AM	Timothy D. Mickleborough, FACSM, Indiana University Philip C. Calder, University of Southampton Martin R. Lindley, Loughborough University
Thematic Poster	Diet and Exercise Weight Loss Interventions	Saturday	9:00AM-11:00AM	

Physical Activity/Health Promotion Interventions

Special Event	ActivEarth, ACSM & Indy	Wednesday	9:30AM-11:30AM	Robert A. Oppliger, FACSM, Iowa Wrestling Research Janet Walberg Rankin, FACSM, Virginia Tech Karen K. Lee, New York City Department of Health Andy Clarke, President, League of American Bicyclists Greg Ballard, Mayor of Indianapolis (invited) Kim Irwin, Alliance for Health Promotion
Symposium	ActivEarth: Promoting Healthy People and the Planet Through Physical Activity	Wednesday	1:00PM-3:00PM	Janet Walberg Rankin, FACSM, Virginia Tech Ralph Buehler, Urban Affairs and Planning James F. Sallis, FACSM, University of California-San Diego David R. Bassett, FACSM, University of Tennessee Karen K. Lee, NYC Department of Health & Mental Hygiene
Tutorial Lecture	Sport Science Applications to Organizational Performance in Healthcare and Business	Wednesday	1:00PM-1:50PM	Jack Groppe, FACSM, Human Performance Institute
Tutorial Lecture	Instant Recess®: Manifesting Behavioral Economics in Physical Activity Intervention	Wednesday	3:15PM-4:05PM	Daheia Barr-Anderson, University of South Carolina Corina Martinez, California Department of Public Health
Tutorial Lecture	Physical Activity Guidelines Mid-Course Review	Wednesday	3:15PM-4:05PM	Joan M. Dorn, CDC Kathleen F. Janz, FACSM, University of Iowa
Thematic Poster	So Many Benefits of Physical Activity Interventions with Older Adults	Thursday	8:00AM-10:00AM	
Free Communication/Poster	Physical Activity Interventions in Older Adults	Thursday	1:00PM-6:00PM	
Free Communication/Poster	Physical Activity Interventions/Promotion in Adults	Thursday	1:00PM-6:00PM	
Colloquium	Vigorous or Moderate Intensity Exercise? The Walking Versus Running Debate	Thursday	2:10PM-3:00PM	Barry A. Franklin, FACSM, William Beaumont Hospital Paul T. Williams, Ernest Orlando Lawrence Berkeley National Laboratory
Free Communication/Poster	Physical Activity Interventions in Youth	Friday	7:30AM-12:30PM	
Symposium	Sedentary Behavior and Cardiometabolic Risk: Emerging Experimental Evidence	Friday	1:00PM-3:00PM	Neville Owen, Baker IDI Heart and Diabetes Institute Kate Lyden, University of Colorado Sarah Kozey Keadle, National Cancer Institute Travis Saunders, University of Ottawa, and the Children's Hospital of Eastern Ontario Research Institute David Dunstan, Baker IDI Heart and Diabetes Institute
Symposium	Technological Use Across the Lifespan in Minority Healthcare: There's an App for That	Friday	3:15PM-5:15PM	David X. Marquez, FACSM, University of Illinois at Chicago Margaret B. Conroy, University of Pittsburgh Michelle Martin, University of Alabama-Birmingham Tamerah Hunt, The Ohio State University NiCole R. Keith, FACSM, Indiana University Purdue University, Indianapolis
Tutorial Lecture	Menopause, the "Change of Life". What Changes? What's New? How Can We Help? (SHI Women's Committee)	Saturday	8:00AM-8:50AM	Kelley Gabriel, The University of Texas School of Public Health Kathleen Woolf, FACSM, New York University Barbara Bushman, FACSM, Missouri State University Susan Carter, FACSM, Banner Health GYN/University of Colorado Medical School
Symposium	Going Global: Physical Activity in the BRICS (CDC)	Saturday	9:00AM-11:00AM	Michael Pratt, FACSM, U.S. Centers for Disease Control and Prevention Rodrigo S. Reis, Pontificia Catholic University of Parana Estelle V. Lambert, University of Cape Town Ye Tian, China Institute of Sports Sciences

Professional Development/Organizational Information

Student Colloquium	Student Colloquium 2013: Racing to the Top of Your Career!	Wednesday	5:30PM-7:00PM	
Tutorial Lecture	ACSM Fellowship	Thursday	8:00AM-8:50AM	Scott A. Paluska, FACSM, OAK Orthopedics Kathleen F. Janz, FACSM, University of Iowa Thomas W. Kaminski, FACSM, University of Delaware
Clinical Workshop-Hands On Demonstration	Teaching Musculoskeletal Medicine to Medical Students	Thursday	8:00AM-8:50AM	Anthony I. Beutler, Uniformed Services University Amy Powell, University of Utah

Conversational Forum	ACSM's University Partnership: Certifying Your Students	Thursday	2:10PM-3:00PM	Richard Cotton, American College of Sports Medicine Deborah Riebe, FACSM, University of Rhode Island Gary Liguori, FACSM, North Dakota State University
Colloquium	ACSM Position Stand: Update 2013	Friday	1:00PM-1:50PM	Oscar E. Suman, FACSM, Shriners Hospitals for Children/University of Texas Medical Branch Janice Thompson, FACSM, University of Bristol

Psychology, Behavior and Neurobiology

Free Communication/Slide	Physical Activity and Young People: Cognitive Function and School Performance	Wednesday	9:30AM-11:15AM	
Symposium	Pain and Physical Activity: From the Muscle to the Brain	Wednesday	1:00PM-3:00PM	Dane B. Cook, FACSM, University of Wisconsin-Madison Patrick J. O'Connor, FACSM, University of Georgia Alan R. Light, University of Utah Laura D. Ellingson, University of Wisconsin-Madison
Free Communication/Poster	Behavioral Aspects of Exercise and Sport	Wednesday	1:00PM-6:00PM	
Thematic Poster	Pain, RPE and Fatigue	Wednesday	3:15PM-5:15PM	
Symposium	Is Exercise Medicine for Alzheimer's Disease?	Thursday	8:00AM-10:00AM	J. Carson Smith, FACSM, University of Maryland Carl W. Cotman, UC-Irvine Kirk I. Erickson, University of Pittsburgh Jeffrey Burns, University of Kansas Medical Center
Free Communication/Poster	Pain, RPE and Fatigue	Thursday	7:30AM-12:30PM	
Free Communication/Poster	Neuroscience	Thursday	1:00PM-6:00PM	
Exchange Lecture	APA Division 47 Exchange Lecture—Exercise and Cognitive Function in Older Adults	Thursday	3:15PM-4:05PM	Kirk Erickson, University of Pittsburgh
Tutorial Lecture	Brain, Behavior and Immunity: How the Immune System Talks to the Brain	Thursday	4:25PM-5:15PM	Jeffrey A. Woods, FACSM, University of Illinois
Tutorial Lecture	Taking a HIT for Physical Activity: Is Interval Training Viable for Improving Health	Friday	9:30AM-10:20AM	Mary Jung, University of British Columbia Jonathan P. Little, University of British Columbia Okanagan
Thematic Poster	Neuroscience	Friday	9:30AM-11:30AM	
Free Communication/Poster	Physical Activity and Mental Health	Friday	7:30AM-12:30PM	
Featured Science Session	Weighing in on Obesity Bias: Research and Practice in Physical Activity	Friday	1:00PM-3:00PM	Scott B. Martin, University of North Texas Christy Greenleaf, University of Wisconsin-Milwaukee Rebecca L. Pearl, Yale University Paul Rukavina, Adelphi University Mitch Barton, University of North Texas Heather Chambliss, FACSM, University of Memphis
Free Communication/Poster	Cognition & Emotion	Friday	1:00PM-6:00PM	
Thematic Poster	Exercise, Mental Health and Weight Status	Friday	3:15PM-5:15PM	

Skeletal Muscle, Bone and Connective Tissue

Symposium	Prostaglandin and COX Inhibiting Drug Regulation of Exercise Adaptations	Wednesday	9:30AM-11:30AM	Todd Trappe, FACSM, Ball State University Wendy M. Kohrt, FACSM, University of Colorado Denver, Anschutz Medical Campus Peter Magnusson, University of North Carolina Michael Joyner, FACSM, Mayo Clinic
Thematic Poster	Noninvasive Metabolic Monitoring in Skeletal Muscle	Wednesday	9:30AM-11:30AM	
Free Communication/Poster	Aging: Maturation	Wednesday	7:30AM-12:30PM	
Symposium	Sensing the Tension: Identifying Mechanotransducers that Regulate Muscle Growth	Wednesday	1:00PM-3:00PM	Marni D. Boppert, University of Illinois, Urbana-Champaign Frank Booth, FACSM, University of Missouri Keith Baar, FACSM, University of California, Davis Troy A. Hornberger, University of Wisconsin Nicholas A. Burd, Maastricht University
Free Communication/Slide	Bone Dynamics	Wednesday	1:00PM-3:00PM	
Free Communication/Poster	EMG/MMG	Wednesday	1:00PM-6:00PM	
Free Communication/Poster	Steven M. Horvath Symposium Poster Session	Wednesday	1:00PM-6:00PM	
Free Communication/Poster	Training, Fatigue, and Ergogenics	Wednesday	1:00PM-6:00PM	

Featured Science Session	Partial Exercise Mimetics: Combating the Effects of Detraining and Unloading on Skeletal Muscle	Wednesday	3:15PM-5:15PM	John P. Thyfault, FACSM, University of Missouri Moh H. Malek, FACSM, Wayne State University Scott K. Ferguson, Kansas State University Audrey Bergouignan, University of Colorado
Symposium	Functional Outcomes in Skeletal Muscle Disorders: Integrated Biological Evidence	Wednesday	3:15PM-5:15PM	Brent A. Baker, CDC/NIOSH Richard M. Lovering, University of Maryland School of Medicine Karl J.A. McCullagh, National University of Ireland Galway
Symposium	Critical Power: Cardiovascular and Muscle Metabolic Determinants of Oxygen Uptake	Thursday	8:00AM-10:00AM	Andrew M. Jones, FACSM, University of Exeter Anni Vanhatalo, University of Exeter David C. Poole, FACSM, Kansas State University Philip F. Skiba, University of Exeter
Symposium	Time of Day Matters: Circadian Rhythms, Muscles and Exercise (Basic Science Day Session)	Thursday	8:00AM-10:00AM	Fred Turek, Northwestern University Christopher S. Colwell, UCLA Karyn A. Esser, FACSM, University of Kentucky Milan Sedliak, Comenius University
Free Communication/Poster	Bone, Connective Tissue, and Cartilage	Thursday	7:30AM-12:30PM	
Free Communication/Poster	Gene Expression and Cell Signaling	Thursday	7:30AM-12:30PM	
Current Issue	The World of Anti-inflammatories and Skeletal Muscle	Thursday	1:00PM-3:00PM	Kathryn H. Myburgh, FACSM, Stellenbosch University Kim Rainsford, Biomedical Research Centre, Sheffield Hallam University Abigail L. Mackey, University of Copenhagen Carine Smith, Stellenbosch University James Tidball, Molecular, Cellular and Integrative Physiology Program
Thematic Poster	Cell Signaling	Thursday	1:00PM-3:00PM	
Symposium	Muscle Atrophy, Impaired Function and Metabolism Following Inactivity (bed rest)	Thursday	3:15PM-5:15PM	Bruno Grassi, University of Udine Carlo Capelli, University of Verona Marco V. Narici, University of Nottingham Roberto Bottinelli, University of Pavia
Symposium	New Insights into Skeletal Muscle Fatigue: From Single Myofibers to Humans	Friday	9:30AM-11:30AM	L. Bruce Gladden, FACSM, Auburn University Michael Hogan, FACSM, UCSD Leonardo Nogueira, UCSD Bruno Grassi, University of Udine Stephen Bailey, Exeter University
Symposium	Human Tendon Function and Adaptation to Increased Loading	Friday	1:00PM-3:00PM	S. Peter Magnusson, The University of North Carolina at Charlotte Rene B. Svensson, University of Copenhagen Olivier R. Seynnes, Norwegian School of Sport Sciences Jens Bojsen-Møller, Norwegian School of Sport Sciences
Symposium	Neural Mechanisms of Muscle Fatigue	Friday	1:00PM-3:00PM	Anita D. Christie, University of Oregon Chris J. McNeil, The University of British Columbia-Okanagan Campus Charles L. Rice, FACSM, The University of Western Ontario Sandra K. Hunter, FACSM, Marquette University
Thematic Poster	Aging Skeletal Muscle	Friday	1:00PM-3:00PM	
Thematic Poster	Gene Expression	Friday	1:00PM-3:00PM	
Thematic Poster	Blood Flow Restriction	Friday	3:15PM-5:15PM	
Tutorial Lecture	Development of Stem Cell Strategies for the Prevention of Age-Related Muscle Loss	Friday	4:25PM-5:15PM	Marni D. Boppart, University of Illinois
Tutorial Lecture	The Role of Redox Sensitive Sirtuins in Exercise and Aging	Saturday	8:00AM-8:50AM	Zsolt Radak, Semmelweis University
Free Communication/Poster	Lengthening Muscle Contractions	Saturday	7:30AM-11:00AM	
Symposium	Acute and Chronic Responses to Concentric and Eccentric Exercise	Saturday	9:00AM-11:00AM	Marco V. Narici, University of Nottingham Hans Hoppeler, University of Bern Per Aagaard, Institute of Sports Science and Clinical Biomechanics Nicholas Burd, Maastricht University Medical Centre
Symposium	Bone Vascular Function in Health and Disease	Saturday	9:00AM-11:00AM	Rhonda Prisby, University of Delaware Tracie Collins, Kansas Health Foundation John A. Frangos, La Jolla Bioengineering Institute Michael D. Delp, FACSM, University of Florida

Awards

The Awards and Tributes Committee is pleased to announce the 2013 Honor and Citation Award recipients. These individuals are recognized for their significant contributions to the exercise science and sports medicine fields. They will be recognized during the Awards Banquet on Friday, May 31 from 8:00PM-10:00PM.

2013 Honor Award Recipient



Robert Malina, Ph.D., FACSM
Bay City, Texas

2013 Citation Award Recipients



**J. Mark Davis,
Ph.D., FACSM**
University of South Carolina
Columbia, South Carolina



**Miriam E. Nelson,
Ph.D., FACSM**
John Hancock Research
Center on Physical
Activity, Nutrition &
Obesity Prevention
Boston, Massachusetts



**Harold W. Kohl,
Ph.D., FACSM**
University of Texas Health
Science Center-Houston
Austin, Texas



**David Nieman,
Dr.PH, FACSM**
Appalachian State
University
Weaverville, North
Carolina



**Timothy I. Musch,
Ph.D., FACSM**
Kansas State University
Manhattan, Kansas



**Andrew Young,
Ph.D., FACSM**
USARIEM
Natick, Massachusetts

Annual Meeting Objectives

At the conclusion of the meeting, participants should be able to:

1. Evaluate the biological, biomechanical, psychological and behavioral changes accompanying exercise in both normal and pathological states.
2. Analyze state-of-the art and innovative basic science, applied science, and clinical medicine in the areas of exercise, fitness, health, and physical performance.
3. Compare new approaches and perspectives concerning exercise science and sports medicine through interactive discussions with scientists and clinicians in related fields.
4. Recognize the importance of basic science research as it relates to diseases and conditions that exist due to physical inactivity.
5. Assess how physical activity research and practice can contribute to public health.

Clinically Specific Objectives

6. Formulate a differential diagnosis for athletes with an ACL injury in order to initiate appropriate treatment plans for return to play.
7. Evaluate the use of EMG in clinical sports medicine practice in order to improve diagnosis and treatment of musculoskeletal injuries.
8. Evaluate appropriate diagnostic strategies and therapeutic measures to treat exercise overdose on the cardiovascular, musculoskeletal, and immunologic systems.
9. Determine appropriate treatment strategies for dancers with hip injuries in order to improve their ability to return to play.
10. Develop an understanding of mechanisms of the epidemiology of the injuries in youth sports in order to initiate prevention strategies for your patients.
11. Develop a plan for office based physical activity promotion in order to effectively promote and prescribe physical activity for patients to enhance health and prevent disease.
12. Develop an understanding of EKG interpretation in athletes in order to initiate appropriate referral to a specialist for an athlete with syncope.

Target Audience

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

Earn Continuing Education Credits/ Continuing Medical Education Credits

Accreditation

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

AMA/PRA Credits

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

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.

NATA – CEUs

ACSM is recognized by the Board of Certification, Inc. to offer continuing education (CE) for Certified Athletic Trainers (ATs). ● 28.5 CEUs awarded.

AAFP

Application for CME Credit has been filed with the American Academy of Family Physicians.

Determination of credit is pending.

Indianapolis... the “Crossroads of America”

This year’s Annual Meeting will be held in Indianapolis, Indiana. Indianapolis, the “Crossroads of America,” is not only centrally located in the U.S., but also features a vibrant and walkable downtown that stays activated long after the work day ends. As one of the country’s most walkable cities, Indianapolis already promotes active, healthy travel. Numerous parks, paths and recreational amenities make Indy conducive to hosting energetic visitors of all ages and ability.



Indianapolis Cultural Trail

Wednesday, May 29
5:30PM

Join your ACSM colleagues for a walking or biking tour of the Indianapolis Cultural Trail (www.indyculturaltrail.org), a world-class urban bike and pedestrian path that connects neighborhoods, Cultural Districts and entertainment amenities and that serves as the downtown hub for the entire Central Indiana greenway system. Stay tuned for more details and registration info.



Fountain Square: Just southeast of downtown, this Indianapolis neighborhood has vintage and antique shops, a world of restaurants, working artists and a vibrant arts scene, live music and performance, and one-of-a-kind stores that sell comics, musical instruments, home decor, fresh flowers, and so much more.



Indiana Ave: The district offers art galleries, artist studios, historic attractions, unique restaurants, museums, parks and public art.



Mass Ave: This five-block area is ripe with theaters, restaurants, art galleries and, most attractively for shoppers, a number of eclectic, independent boutiques.



The Canal & White River State Park: Whether it's a relaxing stroll, vigorous run, day at the ballpark, interacting with dolphins, discovering Indiana history, exploring Native American art, learning about Lincoln or enjoying an outdoor concert, the Canal and White River State Park Cultural District has surprises for everyone including authentic gondola rides.



The Wholesale District: Bright lights and marquees highlight the best performances in town. Doormen in tuxedos greet guests. Circle Centre mall delights the most meticulous shoppers. Bustling sidewalks overflow with excited visitors taking in the scenery. Monument Circle welcomes all.

(Courtesy of Indianapolis Convention and Visitor's Bureau)



ACTIVE IN INDY

TRAIL DISTANCES



BIKING THE CITY

64

current miles of bike lanes



200+

miles of bike lanes over the next 12 years

BIKE RENTAL COSTS AT THE INDY BIKE HUB

\$15
1 Hour

\$30
4 Hours

\$40
All Day

+\$15
Overnight



Secure indoor spaces for bike storage on Saris Stack Racks at the Indy Bike Hub

7

Walking, biking and jogging tours available through ActiveIndy Tours



330

steps to the top of Soldiers & Sailors Monument for an eagle-eye view of Indianapolis

INDY MOUNTAIN BIKE TRAIL DISTANCES

Fort Harrison 8

Town Run 7.5

Southwestway Park 3



5

Cultural Districts connected by the Indianapolis Cultural Trail



12

Sculptural gardens honoring luminaries on the Glick Peace Walk

\$2

million in privately funded public art on the trail

INDY GOLF

7

Courses on Indiana's Pete Dye Golf Trail

3

In Indianapolis:

- Maple Creek
- The Fort
- Brickyard Crossing

4

Holes inside the Indianapolis Motor Speedway at Brickyard Crossing



Bicycles
\$8-25 /Hr



Kayaks
\$10-15 /Hr

Surreys
\$20-30 /Hr



Pedal Boats
\$30 /Hr



WAYS TO EXPLORE WHITE RIVER STATE PARK AND THE CENTRAL CANAL



YMCA
Locations

2

- YMCA at the Athenaeum
- Indy Bike Hub YMCA

+1

- Opening at City Way in 2014

INDY PARKS

\$55

Adults 18+

\$35

Youth 10-17



200 / 10,000
Parks Acres

EAGLE CREEK PARK

- 3,900 acres of land
- 1,400 acre lake

FORT BENJAMIN HARRISON STATE PARK

- 1,700 acres of land

Indy



VisitIndy.com



BLOG

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Students...

Connect with experts, get career advice, find new research opportunities, learn about funding and more at this year's Annual Meeting!

Graduate and Early Career Day Pre-Conference and Networking Opportunity

Tuesday, May 28
3:00PM-7:00PM

See page 9 for details.

Student Colloquium

Wednesday, May 29, 2013
5:30PM-7:00PM
The Westin Indianapolis

The 2013 Student Colloquium will include discussions on career options in exercise science at all levels of education from stopping with a bachelors to going all the way to a doctorate. Speakers will be introduced before forming break-out groups to facilitate student interaction. Career Topics will include

Track 1: Strength & Conditioning/ NASCAR/IndyCar

Adam Davis (Strength and Conditioning Coach for NASCAR team Stewart-Haas Racing)

Track 2: Clinical

Tara Ballard (Coordinator Strides for Strength Cancer Rehabilitation, Charlotte, NC)
Paul Downy (Exercise Physiologist Strides for Strength Cancer Rehabilitation, Charlotte, NC)
Kelly Davis (Physical Therapist Carolina Health Care System)

Track 3: Academia/Research

Jeffrey Zachwieja, FACSM (Dairy Research Institute, Gatorade Sports Science, Pennington)
Melinda Manore, FACSM (Professor, Oregon State University)

Meet the Expert Networking Session

Limited to first 100 students!

Friday, May 31, 2013
12:00PM-12:45PM
The Westin Indianapolis

Several of ACSM's esteemed leaders have agreed to be a part of this lunch/networking session. Purchase a spot when you register for the ACSM Annual Meeting.

Adam Davis
James O. Hill
Mary Kruse
Lyle Micheli, FACSM
Michael Pratt, FACSM
Peter Raven, FACSM
Eric Rawson, FACSM
Brian Sharkey, FACSM
JoAnn Eickhoff Shemek, FACSM
Jeffrey Zachwieja, FACSM



Social Events

Wednesday, May 29

Exhibit Hall Opening Reception

5:00PM-6:00PM

6th Annual Student Bowl

7:30PM

The Westin Indianapolis

In this popular event, students face off in a friendly, Jeopardy-style competition showcasing their sports medicine and exercise science knowledge. A light reception is included.



Interest Group Meetings

Wednesday, May 29-Thursdays May 30

5:45PM-7:15PM

Indiana Convention Center

Are you passionate about biomechanics? Perhaps epidemiology is your field? Meet members who share your interest at an Interest Group meeting. The complete schedule will be available on site or at www.acsmannualmeeting.org in May. Contact Heather Drake (hdrake@acsm.org) or Lindsay Cooper (lcooper@acsm.org) with questions.

Thursday, May 30

Josephine L. Rathbone Memorial Breakfast Honoring ACSM's Women

6:30AM-7:45AM

The Westin Indianapolis

Honor ACSM's female members at the Josephine L. Rathbone Memorial Breakfast. This event, presented by the Strategic Health Initiative on Women, Sport and Physical Activity, is free to attend, but a ticket is required. Pick up your ticket at the "Breakfast Ticket" counter at registration.

Regional Chapter Events

8:00PM

Make lasting connections with professionals and students from your state or region at a Regional Chapter social event. If you aren't already a member, you'll learn more about the benefits of Regional Chapter membership.

International Reception

8:00PM-9:00PM

The Westin Indianapolis

(For international guests only) Meet and network with your international peers at this special reception. Invitations are required for this event and will be distributed at registration.

Friday, May 31

13th Annual Gisolfi 5K Fun Run

6:00AM

Supported by:



Join hundreds of runners and walkers at the 13th Annual Gisolfi 5K Fun Run. Participants will enjoy the sights and sounds of Indianapolis during this free event on the downtown canal.

Awards Banquet

7:00PM-7:45PM - Reception

8:00PM-10:00PM - Banquet

The Westin Indianapolis

Presented by:



Join a time-honored tradition by attending the Awards Banquet at The Westin Indianapolis on Friday evening. The 2013 Honor and Citation awardees will be recognized during this event. Tickets are \$60 each, and guests can purchase tickets in advance (via the registration form) or on site if available.

General Information

Advance Registration

Avoid long lines by pre-registering for the 60th ACSM Annual Meeting by mail, fax, or at www.acsmannualmeeting.org. Discounted registration is available through April 24. Pre-registration services are available through May 15.

Cancellations

A service charge of \$50 will be applied to all cancellations. Cancellations must be submitted in writing. Phone cancellations will not be accepted—however, email cancellation notification is acceptable if sent to meeting@acsm.org by April 24, 2013. No shows are not considered cancellations. Please review registration form for additional details.

Abstracts

New this year! Attendees will be able to print abstracts prior to the meeting. A link will be emailed to registrants in order to print all presentation abstracts prior to the meeting. You will be able to plan your schedule and print only the abstracts that you'll need. **Printed copies of the abstracts will not be available on-site.**

International Registrants

The U.S. State Department requires that all visitors traveling to the U.S. from visa waiver countries register online through the Electronic System for Travel Authorization. For detailed information in U.S. entry requirements, please visit <http://travel.state.gov>.

Indiana Convention Center

Registration, exhibits and most educational sessions will be held in the Wabash West Corridor, at the corner of Maryland and West Streets. Please review your final program onsite for specific locations of your favorite events.

Member Service Center

ACSM's Member Service Center is your one-stop resource for information on ACSM membership, certification, programs and meetings. ACSM staff will be available to answer your questions throughout the meeting. Not a member? Stop by to learn more about membership benefits—and remember... Students can join for just \$10!

Official Language

English is the official language of the meetings.

On-site Job Boards

Find qualified applicants for your available positions by placing a free job announcement on the on-site job board. Hundreds of qualified students and recent graduates search this board to find available positions. Submissions may be made on-site at the Member Service Center.

On-site Registration Hours

Register on site or pick up your materials at The Indiana Convention Center during the following hours:

Tuesday, May 28	9:00AM-8:00PM
Wednesday, May 29	6:30AM-6:00PM
Thursday, May 30	7:30AM-5:00PM
Friday, May 31	7:30AM-4:00PM
Saturday, June 1	8:00AM-11:30AM

Time Zone

Indianapolis is part of the Eastern time zone.

Travel

For assistance in making travel arrangements to Indianapolis, consider using ACSM's preferred Travel Agency, ALTOUR. To explore your travel options, email indycorp@altour.com

Help Make Sports More Accessible to Local Youth

The Midwest ACSM Regional Chapter invites you to join them in collecting sporting equipment to be donated to a local organization for underserved youth. The organization has great need for basketballs, footballs, kickballs, soccer balls, volleyballs and jump ropes to keep the kids active and engaged. Visit www.acsm.org/mwdrive to learn how you can make an equipment or cash donation that will impact the health and wellness of these deserving youth.

Meeting Hotels

ACSM has reserved blocks of rooms at several hotels near the Indiana Convention Center. Reserve online at www.acsmannualmeeting.org or call (317) 262-8191. Rooms are available on a first-come first-served basis until April 24, 2013, or until the block sells out, whichever comes first. The Westin Indianapolis is the headquarter hotel. Visit www.acsmannualmeeting.org for more hotel information.

Hotel Room Rate

Courtyard Indianapolis Downtown	\$145 confirmed
Crown Plaza at Historic Union Station	\$142 confirmed
Embassy Suites Indianapolis Downtown	\$149 confirmed
Fairfield Inn & Suites - Student	\$135 confirmed
Hampton Inn Indianapolis Downtown - Student	\$125 confirmed
Hilton Indianapolis	\$147 confirmed
Hyatt Regency Indianapolis	\$147 confirmed
JW Marriott	\$174 confirmed
Indianapolis Marriott Downtown	\$169 confirmed
Omni Severin	\$141 confirmed
Park Place - Student	\$74 confirmed
Springhill Suites Downtown	\$145 confirmed
The Westin Indianapolis - HQ	\$183 confirmed



Register today at
www.acsmannualmeeting.org. Pre-registration ends
 5/15/13

If you do not have access
 to a computer, contact our
 registration coordinator at
 (317) 637-9200 x 141.

Registration Fees

ACSM Members (dues must be current at time of meeting)	By 3/27/13	3/28/13-4/24/13	After 4/24/13
Professional, Fellow, or Professional-in-Training	\$205	\$240	\$310
Single day rate	\$150	\$150	\$150
ACSM Student Members (student ID required)	\$100	\$110	\$120
Single Day/Student Rate	\$45	\$45	\$45
ACSM Alliance Members	\$445	\$480	\$550
Single Day Rate	\$185	\$185	\$185
ACSM Student Alliance Members (student ID required)	\$120	\$135	\$150
Single Day Rate/Student Alliance Rate	\$75	\$75	\$75

New Member (Join now—fee includes ACSM membership and meeting registration fees)

Professional	\$435	\$470	\$540
Professional-in-Training	\$360	\$395	\$465
Student (this rate only applies to a first time member)	\$110	\$120	\$130

Non-ACSM Member

Non-member Professional	\$445	\$480	\$550
Single Day Rate	\$185	\$185	\$185
Non-member Student (student ID required)	\$120	\$135	\$150
Single Day Rate/Student Rate	\$75	\$75	\$75

Take Action and Make an Impact at the World Congress on Exercise is Medicine®

Exercise is Medicine®, a multidisciplinary, multi-organizational initiative, strives to make physical activity an integral part of health care and disease prevention around the globe. Over the last several years, the initiative has grown from an idea to a global initiative—with Regional Centers and National Task Forces in more than 30 countries spanning six continents.

The 4th World Congress on Exercise is Medicine offers attendees even broader programming, giving you new tools to integrate Exercise is Medicine in your practice and community. Top experts will discuss EIM topics from health care integration, implications of physical activity on community health, exercise in special populations, and so much more. You'll also learn how to utilize existing EIM infrastructure in your region and make the professional connections you need across the globe.

See pages 18-20 for a complete listing of all Exercise is Medicine sessions that will be held at this year's meeting.



Get involved in Exercise is Medicine® today!

Whether you're a scientist, health care provider, researcher, fitness professional or student, everyone plays a critical role in the Exercise is Medicine initiative. It is time to take action.

Visit www.exerciseismedicine.org to become a network member, download toolkits, bring EIM to your campus, and much more!



Support for the Exercise is Medicine® Global Initiative is Provided By:

EIM Global Partners:

Founding Partner



Founding Partner



UNITED HEALTH FOUNDATION®

EIM Network Partners:



Exhibit Hall

Exhibitors represent the wide range of products and services supporting sports medicine, research, education, and services. In addition to the companies you've come to know and access, many not-for-profit organizations, government agencies, and project-based groups exhibit.

Exhibitors (as of February 14, 2013)

Accusport/Sports Resource Group, Inc	iWorx Systems Inc.
ACSM Store/Healthy Learning	Journal of Athletic Training
Actigraph	Journal of Orthopaedic & Sports
ActivAided Orthotics	Physical Therapy (JOSPT)
ADInstruments	Kistler Instrument Corp
AEI Technologies	Kustomer Kinetics Inc
American Institute for Cancer Research	Lafayette Instrument Company
American Physiological Society	Lippincott Williams & Wilkins/Wolters
AMTI	Kluwer Health
Arizona State University School of	LiteCure, LLC
Nutrition and Health Promotion	Lode BV
Artinis Medical Systems BV	MacPractice
Aurora Scientific Inc	MGC Diagnostics
Bertec	Motion Analysis Corporation
BIO-OIL	The MotionMonitor/Innovative Sports
Biodex Medical Systems	Training
BIOPAC Systems, Inc	National Center on Health Physical
Biospace	Activity and Disability (NCHPAD)
BTS Bioengineering	National Strength and Conditioning
C-Motion, Inc	Association (NSCA)
Calmoseptine, Inc	NeuMedx
CamNtech	Noraxon USA Inc.
Cardea Associates	Northern Digital Inc (NDI)
Clinical Exercise Physiology Association	Nova Biomedical
(CEPA)	Novel Electronics, Inc
The College of St Scholastica School of	PAL Technologies
Health Sciences	ParvoMedics Inc
Concussion Vital Signs	Philips Respiroics
COSMED	POWERBAR
Creative Health Products	Qualisys Motion Systems
Cyclus2	The Quick Board
CSMi	RacerMate, Inc
Dartfish USA	Recovery Pump LLC
Delsys Inc	Rosscraft Innovations Inc
DJO, LLC	Routledge/Taylor & Francis Group
DMT USA Inc	Sable Systems International
FASEB	SALIMETRICS
Gatorade Sports Science Institute	Schiller America
GE Healthcare	Simi Reality Motion Systems GmbH
Great Lakes NeuroTech	Tekscan Inc
h/p/ Cosmos Sports & Medical GmbH	Terason
Hapad, Inc	Thera-Band® and Biofreeze® Products
Harvest Technologies Corp.	ThermaZone Innovative Medical
Hawaiian Moon	Equipment LLC
HealthCare International	Tractivity By Kineteks
HQ Inc (CorTemp®)	VacuMed
Human Kinetics	VICON
ImPACT Concussion Management	The Victory Program At McCallum Place
Software	Wadsworth Cengage Learning
IntelaMetrix	Wellcoaches
Interactive Health Partner	Woodway
ISS Inc	Xcitex



Exhibit dates: May 29-31, 2013

Exhibit Hours

Wednesday, May 29
1:30PM-6:00PM
(reception 5:00PM-6:00PM)

Thursday, May 30
9:30AM-5:00PM

Friday, May 31
9:30AM-2:00PM





**AMERICAN COLLEGE
of SPORTS MEDICINE**
LEADING THE WAY

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earn the best rate...



**Register early at www.acsmannualmeeting.org
as a new ACSM member and save!**

Now is a great time to introduce the College to your colleagues and/or students so they get the best rate too. ACSM membership is a vibrant channel for career success and provides access to an incomparable network of professionals. Visit www.acsmannualmeeting.org for complete meeting information.