American College of Sports Medicine
63rd Annual Meeting
7th World Congress on Exercise is Medicine® and
World Congress on The Basic Science of Energy Balance
Dear Friends and Colleagues:

We are very excited about the American College of Sports Medicine’s upcoming 63rd Annual Meeting, 7th World Congress on Exercise is Medicine® and World Congress on The Basic Science of Energy Balance. These conferences will be held in Boston, Massachusetts from May 31-June 4, 2016 and, on behalf of the entire Program Committee, I want to personally invite you to join us.

The ACSM Annual Meeting and World Congresses have become recognized for delivering outstanding programming and exceptional value year after year. More than 6,000 professionals from around the globe attend these conferences, and for good reasons. As the most comprehensive sports medicine and exercise science conference in the world, attendees from more than 70 disciplines can come together and share new clinical techniques, scientific advancements and cutting-edge research in sports medicine, exercise science, physical activity and public health.

The 2016 ACSM Annual Meeting in Boston will be no different. Program submissions are outstanding and reflect the broad categorical interests of our members such as clinical medicine, biomechanics and neural control of movement, epidemiology and biostatistics, metabolism, nutrition and more.

The meetings also include wonderful networking and social opportunities where you can reconnect with peers and rub shoulders with global leaders in sports medicine and exercise science. If you can only choose one conference to attend, this should be the one.

Looking forward to seeing you there!

Sincerely,

Elizabeth A. Joy, M.D., M.P.H., FACSM
2016 Program Committee Chair
ACSM President-elect

Schedule at-a-Glance

Tuesday, May 31
• Registration Opens
• Preconference Sessions
• Morris/Paffenbarger Exercise is Medicine® Keynote Lecture
• World Congress on Exercise is Medicine®
• All Attendee Party

Wednesday, June 1
• Joseph B. Wolffe Memorial Lecture
• Scientific/Clinical Sessions
• World Congress on The Basic Science of Energy Balance
• World Congress on Exercise is Medicine®
• Exhibit Hall Open
• President’s Cup Poster Competition
• Student Colloquium
• Interest Group Meetings
• Student Bowl

Thursday, June 2
• Josephine L. Rathbone Memorial Breakfast honoring ACSM’s Women
• President’s Lectures
• Scientific/Clinical Sessions
• World Congress on The Basic Science of Energy Balance
• World Congress on Exercise is Medicine®
• Exhibit Hall Open
• Interest Group Meetings
• Basic Science Reception
• Clinician’s Reception with Poster Presentations
• Celebrating Diversity Reception (invitation only)
• Regional Chapter Socials
• International Reception (invitation only)

Friday, June 3
• 16th Annual Gisolfi 5K Fun Run and Walk
• D.B. Dill Historical Lecture
• Scientific/Clinical Sessions
• Exhibit Hall Open
• Student Meet the Expert Session
• New Fellow Reception (invitation only)
• Cocktail Reception and Awards Banquet

Saturday, June 4
• President’s Lectures
• Scientific/Clinical Sessions

ACSM Thanks Our 2016 Annual Meeting Sponsors*

The American College of Sports Medicine thanks the following organizations that have provided general sponsorships for the overall Annual Meeting.

PREMIER

PRESENTING

SUSTAINING

* Please note that the above organizations are not ACCME-defined commercial interests.
Bridging Research and Practice for Healthy, Active Lives

ACSM’s Annual Meeting is THE one conference that bridges research and clinical practice, giving you information that can be used immediately. The program emphasizes exceptionally strong scientific and clinical content across the breadth of interests among ACSM membership.

Objectives
At the conclusion of the Annual 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. Develop a treatment plan using current recommendations to prescribe effective exercise and physical activity plans to pediatric and adolescent patients in order to enhance health and prevent disease.
7. Evaluate appropriate treatment strategies for dancers with common injuries in order to prevent further injury and disability.
8. Develop a treatment plan for common sports related fractures and dislocations in order to enhance recovery and function.
9. Evaluate appropriate diagnostic and treatment strategies for athletes from special populations with concussions in order to provide safe return to play recommendations.
10. Evaluate controversies in implementation of cardiac screening programs in order to counsel communities regarding best practices.
11. Present strategies, processes and tools that clinicians can implement for assessing and prescribing exercise in clinical practice.

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 30.25 AMA PRA Category 1 Credit(s)™. 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 30.25 hours of ACSM continuing education credit.
- **NATA – CEUs:** ACSM is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. 30.25 CEUs awarded.
Educational Highlights

The Joseph B. Wolfe Memorial Lecture

Raising Today’s Children: Can We Launch an Active, Fit and Healthy Generation?
Russell R. Pate, Ph.D., FACSM
University of South Carolina
Columbia, South Carolina
Wednesday, June 1, 8:00-9:15 a.m.

The D.B. Dill Historical Lecture

Hròδιλικός to Joy: Musings of a Sports Physician’s Perspective of the History of His Specialty
Robert J. Johnson, M.D., FACSM
University of Minnesota
Minneapolis, Minnesota
Friday, June 3, 8:00-9:15 a.m.

President’s Lectures

Preventing Sudden Death in Sport and Physical Activity: The Struggles (and Successes) to Implement Evidence into Clinical Practice
Douglas Casa, Ph.D., FACSM
University of Connecticut
Storrs, Connecticut
Thursday, June 2, 10:30-11:20 a.m.

Going for the Gold: Medical and Scientific Conundrums in Paralympic Sport
Cheri Blauwet, M.D.
Spaulding Rehabilitation Hospital/Brigham and Women’s Hospital, Harvard Medical School
Boston, Massachusetts
Thursday, June 2, 10:30-11:20 a.m.

Doping’s Nemesis
Arne Ljungqvist, M.D., Ph.D.
International Olympic Committee
Stockholm, Sweden
Saturday, June 4, 11:15 a.m.-12:05 p.m.

Health-Promoting Effects of a Low-Carbohydrate Lifestyle and its Potential to Augment Human Performance and Resiliency
Jeff Volek, Ph.D., R.D.
The Ohio State University
Columbus, Ohio
Saturday, June 4, 11:15 a.m.-12:05 p.m.
Named Lectures

John R. Sutton
Clinical Lecture
Are There Clinical Cardiac Complications from too Much Exercise?
Paul D. Thompson, M.D., FACSM
Hartford Hospital
Hartford, Connecticut
Friday, June 3, 1:00-1:50 p.m.

Elsworth R. Buskirk
Tutorial Lecture
Tibetan and Andean Patterns of Adaptation to High-Altitude Hypoxia
Cynthia M. Beall, Ph.D.
Case Western Reserve University
Cleveland, Ohio

Priscilla M. Clarkson
Tutorial Lecture
Optimizing Muscular Adaptations through Nutrition: Do as I Say, Not as I Do
Eric Rawson, Ph.D., FACSM
Bloomsburg University
Bloomsburg, Pennsylvania

World Congress on Exercise is Medicine®

Exercise is Medicine®, a global health initiative managed by ACSM, strives to make physical activity an integral part of health care around the globe. Now in more than 40 countries, the EIM initiative is focused on the integration of clinical health care provider services with community-based physical activity programs. Sessions will provide practical information on how to expand your local network. See a list of sessions on pages 7-8.

World Congress on The Basic Science of Energy Balance

ACSM’s 2016 Annual Meeting includes new basic science world congress programming!
This year’s ACSM World Congress will focus on a comprehensive understanding of the biological and physiological mechanisms of energy balance. This comprehensive meeting with the world’s leading experts will have a particular emphasis on factors that may regulate energy intake and energy expenditure, and how this may relate to chronic diseases.

The World Congress on The Basic Science of Energy Balance is chaired by John M. Jakicic, Ph.D., FACSM, University of Pittsburgh.
Basic Science, Applied Science, Clinical and Integrative Sessions by Category

**Athlete Care and Clinical Medicine**

**Highlighted Symposium:** Neurocognitive Aspects of Sports Injury Risk, Prevention, and Rehabilitation
Kevin R. Vincent, FACSM, Daniel C. Herman, Charles (Buz) Swanik, Gary B. Wilkerson, Joseph Clark

- ACSM/AMSSM: CAQ Review Session (Part 1)
- ACSM/AMSSM: CAQ Review Session (Part 2)
- Advances in the Evaluation and Management of Tendinopathies in Athletes
- American Academy of Pediatrics Exchange Lecture
- American Medical Society for Sports Medicine Exchange Lecture
- American Orthopaedic Society for Sports Medicine Exchange Lecture – Anterior Cruciate Ligament Injury in Young Athletes
- Current Concepts: Diagnosis, Treatment, Prevention
- Approach to Skin Infections in Athletes
- Approach to the Injured Dancer: A Hands-on Workshop
- Basics of Reading MRIs of the Lumbar Spine
- Caring for Largest Amateur Sports Organization in the World: Special Olympics
- Challenges Associated With Delivering Concussion Education Programs
- Challenging Hip and Pelvis Cases
- Challenging Return to Play Cases: Heat Stroke, Rhabdomyolysis and Sickle Cell Trait
- Chiro, Ortho, PMR: Perspectives in Lower Extremity Exam
- Concussion Management in Diverse Populations
- Concussion Research: Understanding the Gaps so we Can Move Forward
- Dry Needling: A Technique to Release Myofascial Pain in Athletes
- Electrodiagnostics for the Sports Medicine Physician
- Endurance Race Event Coverage: International Institute of Race Medicine
- Examination of the Foot and Ankle
- Examination of the Knee
- Examination of the Shoulder
- Examination of the SI Joint
- Exercise Associated Muscle Cramping (EAMC) – Risk, Causes, Diagnosis and Management
- Got your Back: Hands on Application of Spine Hinge Theory
- Let Her Play! Sports Medicine Updates for the Female Olympic and Paralympic Athlete
- Lower Extremity Examarama
- Lumbar Sacral Radiculopathy in the Athlete
- Management of Acute Joint Dislocations and Subluxations in Sports Medicine
- Movement on 4 mm: The Art and Science of Figure Skating
- Myofascial Pain Disorders in Sports Medicine
- National Athletic Trainers’ Association Exchange Lecture
- Novel Approaches to Chronic Exertional Leg Pain – From Training Room to Battlefield
- Office-Based Management of Adult Fractures for the Primary Care Sports Physician
- Pearls on Pain Generators in Sports Medicine
- Pediatric Knee Injury Mechanism, Comorbidity, Intervention, and Management
- Physical Exam of the Cervical Spine and Lumbar Spine
- Post-concussive Headache: What a Pain in the Neck!
- Pre-participation Screening in Olympic and Paralympic Athletes: Why, How, and How Much
- Protecting the Heart of the American Athlete: State by State (or One State at a Time)
- Reviving the Sick Sesamoid
- Sexual Harassment in Sports
- Shortness of Breath in the Athlete
- Standing at the Cross Roads: Implementing Preparticipation Cardiovascular Screening
- Sun Safety in Youth Sports: It’s About More than Just a Little Sunscreen!
- Symposium for the Treatment of Endurance Athletes
- Taking the ‘Pulse’ of Kids’ Exercise Patterns: Guidance for Implementing a Physical Activity Vital Sign for Pediatric Populations
- Tau Protein Debate
- Team Tactics in Sports Medicine to Optimize Athlete Performance
- The Adolescent Throwing Elbow: Prevention of Injury and New Areas of Research
- The Healthy Dancer: Maintaining Health and Performance at all Ages
- The Hypermobile Athlete – When Do We Worry?
- The Return of Olympic Rugby
- The Youth Sports Machine: Destructive Juggernaut or Vehicle for Success (Athletic, Academic, Career)?
- TPCC – Psychological Issues in Athletes and the Team Physician
- Transgender Athletes: Can There be a Level Playing Field?
- Ultrasound of the Hip
- Ultrasound of the Lower Extremity
- Update on Urinary Incontinence in the Female Athlete
- Upper Extremity Examarama
- US vs. MRI: Imaging Challenges in the Upper Extremity
Biomechanics and Neural Control of Movement

Highighted Symposium: Use of Innovative Technologies and Novel Approaches for the Detection, Prevention and Management of Sport Concussion
Irene S. Davis, FACSM, Kevin Guskiewicz, FACSM, William Meehan, Stefan Duma, Nicholas Murray

• An Evidence Based Approach to Determining Pointe (Toe) Shoe Readiness for Dancers
• Insights on Sports Injury and Prevention from Musculoskeletal Simulation
• Joint Loading In and Outside the Gait Lab as a Risk Factor for Knee Osteoarthritis
• Minimal Footwear Running: What does the Evidence Tell Us?
• New Frontiers in Musculoskeletal Research: Neurophysiological Testing in Sports Medicine

Cardiovascular, Renal and Respiratory Physiology

Highlighted Symposium: Respiratory Limitations to Exercise: Too Young, Too Old, Too Bad?
J. Richard Coast, FACSM, Craig A. Harms, FACSM, Joseph W. Duke, Yannick Molgat-Seon, Andrew T. Lovering

• Etiology and Treatment of Exercise Associated Muscle Cramps: Emerging Research
• Exercise-induced Asthma in the Elite Athlete: Diagnosis, Management, Performance
• Exercise-induced Autophagy: Metabolic Implications in Cardiac and Skeletal Muscle
• Exercise in Renal Disease: Physiological Foundations to Exercise Prescription
• Physiological Geroscience: Targeting Function to Increase Healthspan
• Retraining the Vasculature for Cardio-metabolic Health after Spinal Cord Injury
• Stem Cells, Cardiomyogenesis and Aerobic Exercise Training

Clinical Exercise Physiology

Highlighted Symposium: Who Wins: The Tortoise or the Hare in the Race for Health Benefits?

• Back to Basics: Applying Training Principles for Effective Exercise Prescription in Cancer Patients
• Physical Activity and Exercise for Individuals with Type 1 Diabetes

Environmental and Occupational Physiology

Highlighted Symposium: Heat Tolerance Test: Relevance for Return to Duty, Return to Play
Robert W. Kenefick, FACSM, Yoram Epstein, FACSM, Lisa Leon, Francis G. O’Connor, FACSM

• 70-Day Bed Rest Simulation of the Next Generation Exercise Protocol for Spaceflight
• Heat Stress and the Aged Cardiovascular System
• Thermal Afferent Feedback and Sensation, from TRP Channels to Comfort, Fatigue and Performance

Epidemiology and Biostatistics

Highlighted Symposium: Toward Exercise as Personalized Medicine
Kevin Patrick, Patty Freedson, FACSM

• A Hands on with Sports Injury Research Methods
• Breast Tissue: A Novel Biomarker for Breast Cancer Prevention and Survivorship Research
• CDC/ACSM Roundtable on Physical Activity Surveillance: A Strategic Roadmap
• Individual Response to Regular Exercise: Extent, Implications and Study Designs
• Should Physical Activity Guidelines be the Same for Boys and Girls?

Exercise is Medicine®

Highlighted Symposium: Physical Activity and Cancer in Children
John P. Kirwan, FACSM, Nora L. Nock, Joachim Boos, Adam J. Esbenshade, Jeannie Huang

• American College of Cardiology Session
• ACSM/Society of Behavioral Medicine Co-Sponsored Colloquium: Exercise is Medicine® Models for Integrating Behavioral Strategies
• Approaches to Integrating Physical Activity Training into Medical School Settings
• Diabetes Prevention: Program Implementation and Outcomes in a Healthcare System
• Doc, am I Clear to Exercise? Translating the New ACSM Exercise Screening Guidelines
• Exercise and Cancer: Novel Insights from Whole Body Cardiovascular Effects Through the Tumor Microenvironment
• Exercise Deficit Disorder in Children (EDD)
• Exercise is Medicine® for Mental Illness: Implementation of Evidence-Based Approaches
• Exercise Physiology in 50 Minutes
• Helping Our Kids Move: Current Approaches and Obstacles
• Implementation Science: A Key to Dissemination of Exercise is Medicine in Underserved Populations
• Integrating Exercise Data into Electronic Medical Records: Advancements in Oncology
• Linking Patients to Community Resources: The Role of Physical Activity Referral Scheme
• Methods for Evaluating Effectiveness of Promoting Physical Activity in Healthcare
• Moving Kids to Learn: Adding “Recess” and “Running” to the 3 R’s
• Optimal Dose of Running for Health – Is More Better or Worse?
• Reduced Walking Speed and Distance as Harbingers of the Approaching Grim Reaper
• Resistance Training: Role in Prevention and Treatment of Chronic Disease I
• Resistance Training: Role in Prevention and Treatment of Chronic Disease II
• The Disability and Physical Inactivity Conundrum – Does EIM Apply to All?
• The Exercise Vital Sign: An Overview of the Kaiser Permanente Experience
• The Newly Approved NIH Common Fund Physical Activity Research Initiative
• Using Exercise to Treat Eating and Weight Disorders

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

**Highlighted Symposium:** Leveling the Playing Field: Adapted Training for Individuals with Disabilities
Walter R. Thompson, FACSM, Cheri A. Blauwet, Glen M. Davis, FACSM, Laurie A. Malone, Eli A. Wolff

• A Recognition of Barbara Drinkwater's Research on Women in Sport
• Do Physiological Sex-differences Affect Exercise Performance?
• European College of Sport Science Exchange Lecture
• High Intensity Functional Training (HIFT): A Look at its Physiological Effects
• The Making of Messi: Talent Identification and Development in Elite Youth Soccer

**Immunology/Genetics/Endocrinology**

**Highlighted Symposium:** Stress and Reproductive Dysfunction in Exercising Females: Neuroendocrine Mechanisms, Clinical Applications, and Why More Research is Necessary
Nancy I. Williams, FACSM, Judy Cameron, Sarah J. Berga, Mary Jane De Souza, FACSM

• Exercise and Stem Cells: Thinking Beyond Skeletal Muscle
• Exosomes: Inter-organ Crosstalk Mediators
• The Physiologic Interactions of Growth, Maturation, and Sport

**Metabolism and Nutrition**

**Highlighted Symposium:** Translating Nutrigenomics and Sport Genomics into Practice – Ready for Prime Time?
Stella L. Volpe, FACSM, Ahmed El-Sohemy, Nanci S. Guest, Christopher J. Womack, FACSM, David J. Bishop, FACSM

• Bengt Saltin and 50 years of Exercise Science
• Dietary Nitrate and Exercise Performance: What’s New?
• Dietary Protein in Support of Exercise Adaptations and Health
• Dietary Supplement Contamination and Sports Drug Testing
• Mitochondria and Energy Balance: What are the Cellular Players?
• Substrate Utilization following Exercise: Does it Assist in Maintaining Energy Balance
• What is Optimal Nutritional Fueling for Training and Performance?

**Physical Activity/Health Promotion Interventions**

• Beyond the Games: Global Health Legacies of the Olympic and Paralympic Games
• CDC Session
• Effective Methods of Engaging Low SES Populations: From the Clinic to the Community
• Enhancing Children's Health and Academic Performance
• Exercise and Pregnancy
• Impact of Prenatal Exercise on Maternal/Offspring Cardiovascular Health
• Is the Nation Stepping it Up? Monitoring the Success of the Surgeon General's Call to Action
• Natural Experiments of the Built Environment and Active Transportation
• Physical Activity Technology Research in Diverse Populations
• So, Where Have All the Men Gone?
• Stressed Out… Get Moving!
• Targeting Sitting to Increase Activity and Improve Health
• Walking: Steps to Promote Health for All – Leaps to Improve Health Disparities
• What’s Up With “Step It Up! The Surgeon General’s Call to Action?”

**Professional Development/Organizational Information**

• Certification and Academic Accreditation, Moving The Profession Forward
• Enhancing the Undergraduate Exercise Science Research Experience: A Model to Share
• From Labs to Communities: Diverse Research Contributions of ACSM’s Leadership and Diversity Training Program Participants
• Introduction of the Translational Journal

**Psychology, Behavior and Neurobiology**

**Highlighted Symposium:** Physical Activity, Sports or Fitness: Fighting Fatness or Finding Enjoyment? The Youth Dilemma

• American Psychological Association Exchange Lecture
• Applying Cognitive Science to Enhance Learning in Exercise Science
• Conducting Randomized Controlled Trials in Exercise and Mental Health
• Perceptions of Fatigue in Exercise and Disease
• Physical Activity, Exercise, and Pain Sensitivity
• Physical Activity as a Treatment and Prevention of Sleep Problems
• Physical Literacy in Diverse Populations of Children and Youth: A Call to Action
• Promoting Physical Activity in Adolescents with Intellectual Disabilities
Skeletal Muscle, Bone and Connective Tissue

Highlighted Symposium: Controversial Exercise Applications to Disease Conditions
Joshua T. Selsby, Kenneth Wilund, Iraklis Pipinos

- Biomechanical and Biological Contributors to Bone Stress Injuries in Runners
- Blood Flow Restriction: Applying the Science to Sports Idols and Military Heroes
- Bone Health in the Adolescent Athlete
- Bone Turnover Markers: Utility and Responses to Exercise and Feeding
- Cell Signaling in Muscle and Tendon
- Exercise-induced Oxidative Stress: Cause and Consequences
- Mechanisms of Resistance Training-induced Muscular Hypertrophy in Humans
- Multisystem Impact of Estrogen-deficiency with Aging and Physical Activity
- New Insights into Exercise-induced Mitochondrial Adaptations
- Pericytes as Mediators of Skeletal Muscle Adaptation

Preconferences (free for all registrants)

Preconference and Networking Opportunity
Tuesday May 31, 3:00-7:00 p.m.

Graduate and Early Career Day
Hosted by the Student Affairs Committee and the SHI-Women, Sport & Physical Activity
See following page for more information.

Preconference
Tuesday May 31, 12:00-3:30 p.m. (prior to the PINES preconference)

Gatorade Sports Science Institute’s Sports Nutrition Preconference
GSSI brings together some of the leading sports nutrition experts, researchers and scientists to provide you with an afternoon of cutting edge research and insights. Visit the Annual Meeting website this fall for session details. www.acsmannualmeeting.org

Preconference
Tuesday afternoon, May 31

PINES Ten Questions, Ten Experts: Diet, Exercise & Appetite
Visit www.acsmannualmeeting.org for more information

Preconference
Tuesday afternoon, May 31

ACSM Media Training: Delivering Your Message
Visit www.acsmannualmeeting.org for more information

Abstract Deadline

Now accepting Scientific Abstract and Clinical Case submissions!
Please visit www.acsmannualmeeting.org to submit your abstract.
Deadline is November 2, 2015 11:59 p.m. PST.
Students – More for you in Boston!

**Tuesday**

**Graduate and Early Career Day Preconference**
The Graduate and Early Career Day Preconference 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 general session will be followed by breakout sessions.

These sessions will be in a discussion meeting setting. There will be sessions for graduate students, pre-doctorial students, international students, post-doctorial students and junior faculty as well as those interested in business careers. The purpose of this setting is to engage the participants in feeling comfortable asking questions, participating by adding their personal experiences and allowing other senior investigators attending the session to share their experiences.

These 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.

**Wednesday**

**Wednesday is “Student Day”**

**Student Colloquium**
This year’s colloquium will focus on careers outside academia.

**Get Moving! Student Campaign to Promote Activity**
Submit a video encouraging conference attendees to remain physically active at the meeting. You could win a free conference registration and $500. Visit www.acsmannualmeeting.org for more information.

**President’s Cup Poster Competition – New!**
Be a part of a new ACSM tradition. Graduate students are encouraged to present their research (poster or oral) at their regional chapter’s annual meeting. Each regional chapter will determine the top graduate student presentation. ACSM national office will provide the selected graduate student up to $1,200 travel allowance to attend the ACSM Annual Meeting in Boston in 2016, and free registration. Each regional President Cup winner will present their research in a poster format at the ACSM Annual Meeting Wednesday evening to compete for prizes!

Detailed rules will be sent to the executive boards of each ACSM regional chapter.
To see how to be involved in your regional chapter, go to www.acsm.org/membership/regional-chapters/find-a-regional-chapter.

**Student Bowl**
Cheer on your regional chapter at the 9th annual Student Bowl. In this popular event, students face off in a friendly, Jeopardy-style competition showcasing their sports medicine and exercise science knowledge.

**Friday**

**Meet the Experts**
Sign up when you register for the Annual Meeting. Space is limited. Be assured that this hour lunch/networking session with ACSM’s leaders will be an opportunity of a lifetime!

**All Week**

**Student Lounge**
There will be a special area in the convention center where students can gather. Look for signage on site so you can stop by, take a load off your feet, and meet fellow students, make new friends and read over your Annual Meeting materials.

**Student Volunteer Program**
If you are interested in cutting costs of your registration by dedicating at least four hours of time working for ACSM at the Annual Meeting, this program is for you! Contact kjpierce@acsm.org starting February 15, 2016 to receive more information and scheduling opportunities.

**Student Help Desk**
Representatives from the Student Affairs Committee will be there to help you navigate the exciting week of presentations and special events during the Annual Meeting

Stay tuned to the student section of the ACSM website to access the Advance Program for the list of speakers, topics and further details on these exciting events!

**Career Opportunities**
The onsite job boards are a popular attraction for new graduates and attendees searching for a job. Employers may post free job announcements on-site.
Registration Fee Table

<table>
<thead>
<tr>
<th>Current ACSM Members</th>
<th>Register by 3/16/16</th>
<th>Register by 4/20/16</th>
<th>Register by 5/18/16</th>
</tr>
</thead>
<tbody>
<tr>
<td>Professional or Fellow</td>
<td>$230</td>
<td>$265</td>
<td>$335</td>
</tr>
<tr>
<td>Single day rate</td>
<td>$150</td>
<td>$150</td>
<td>$150</td>
</tr>
<tr>
<td>Professional-in-Training</td>
<td>$205</td>
<td>$240</td>
<td>$310</td>
</tr>
<tr>
<td>Single day rate</td>
<td>$150</td>
<td>$150</td>
<td>$150</td>
</tr>
<tr>
<td>ACSM student members</td>
<td>$100</td>
<td>$110</td>
<td>$120</td>
</tr>
<tr>
<td>Single day/student rate</td>
<td>$45</td>
<td>$45</td>
<td>$45</td>
</tr>
<tr>
<td>ACSM Alliance members</td>
<td>$480</td>
<td>$515</td>
<td>$585</td>
</tr>
<tr>
<td>Single day rate</td>
<td>$185</td>
<td>$185</td>
<td>$185</td>
</tr>
<tr>
<td>ACSM Student Alliance members</td>
<td>$120</td>
<td>$135</td>
<td>$150</td>
</tr>
<tr>
<td>(student ID required)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Single day/Student Alliance rate</td>
<td>$75</td>
<td>$75</td>
<td>$75</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Join ACSM now! (first time members)</th>
</tr>
</thead>
<tbody>
<tr>
<td>(fee includes ACSM membership and meeting registration fees)</td>
</tr>
<tr>
<td>Professional</td>
</tr>
<tr>
<td>Professional-in-Training</td>
</tr>
<tr>
<td>Student</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Non-ACSM member</th>
</tr>
</thead>
<tbody>
<tr>
<td>Non-member Professional</td>
</tr>
<tr>
<td>Single day rate</td>
</tr>
<tr>
<td>Non-member Student (student ID required)</td>
</tr>
<tr>
<td>Single day/student rate</td>
</tr>
</tbody>
</table>

Preregistration ends 5/18/16. After this date, you must register onsite starting 5/31/16.

Housing

The Sheraton Boston is the headquarter hotel for the 63rd Annual Meeting. Guestrooms are also available at other nearby hotels at a variety of price points. All hotel reservations must be made through the ACSM Housing Bureau. Please visit www.acsmannualmeeting.org for hotel information and rate details, and to make your reservation today! The housing deadline is April 26, 2016. Reserve your room early to secure your preferred hotel.

Travel

ALTOUR is ACSM’s preferred travel agency and can assist with travel plans. Call 1-800-428-6186 to speak with an agent.

Become a supporter or exhibitor at the Annual Meeting!

Expose your company to thousands of ACSM members, either through 16.5 hours of face-time in the Exhibit Hall or by having your logo placed on conference materials and signage. For more information on exhibiting, contact Anne Krug at akrug@acsm.org. To learn about support opportunities, contact partnerships@acsm.org.
Mark Your Calendar for These Important Meeting Dates, Deadlines, and Discounts in 2016!

November 2, 2015          Abstract Submission Deadline
February 2016              Abstract Submitters Receive Accept/Reject Notifications
March 16, 2016             First Early Registration Deadline – Best Value for New ACSM Members
March 2016                  Advance Program becomes Available
April 20, 2016              Last Cut-Off for Discounted Registration
April 26, 2016              Housing Deadline
May 18, 2016                Pre-Registration Services End
May 31-June 4, 2016        63rd American College of Sports Medicine Annual Meeting, 7th World Congress on Exercise is Medicine® and World Congress on The Basic Science of Energy Balance
June 20, 2016              2017 Annual Meeting Proposals Due