New in 2018: Programming Focused on the Basic Science of Muscle Hypertrophy and Atrophy

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Highlighted Programming of Interest to Clinicians

Content current as of December 28, 2017
Science. Discovery. Answers.

With rich, diverse clinical programming, ACSM’s Annual Meeting offers learning opportunities for clinicians of all types and experience levels. Attendees may choose from more than 100 talks on clinically based topics, innovative hands-on workshops and case presentations spanning a wide range of diagnoses. These sessions feature clinicians and research scientists, which provides a robust learning experience and exchange of ideas that you can’t get anywhere else!

Be Sure to Attend These Highlighted Lectures

**The Joseph B. Wolffe Memorial Lecture**

Physical Activity for Cancer Prevention and Treatment: State of the Evidence
Anne McTiernan, M.D., Ph.D., FACSM
Fred Hutchinson Cancer Research Center
Wed., May 30, 8:00-9:15 a.m.

**The D.B. Dill Historical Lecture**

The History and Highlights of Physical Activity Behavior Change and Health Promotion
Abby C. King, Ph.D., FACSM
Stanford University School of Medicine
Fri., June 1, 8:00-9:15 a.m.

**President’s Lecture**

Paralympic Sports Medicine – Evolution of a Specialty
Nick Webborn, MBBS, FACSM
British Paralympic Association
Thur., May 31, 10:30-11:20 a.m.

**President’s Lecture**

68 is the New 43: Rebellious Rise of the Senior Olympics
Pamela M. Peeke, M.D., M.P.H., FACP, FACSM
University of Maryland School of Medicine
Thur., May 31, 10:30-11:20 a.m.

**John R. Sutton Clinical Lecture**

If I’d Known I Was Going to Live This Long, I’d Have Taken Better Care of Myself!
Robert J. Johnson, M.D., FACSM
University of Minnesota
Fri., June 1, 1:00-1:50 p.m.
### Clinical Themes and Programming of Interest to Clinicians

#### Mental Health and Psychology

**5/30 9:30-11:30 a.m.**  
Exercise is Medicine® Symposium: Exercise is Medicine for Mental Illness: Translating Evidence to Practice  
*Philip B. Ward, Jorn Heggelund, Katherine S. Hall, Felipe B. Schuch, Simon Rosenbaum*

**5/31 1:00-3:00 p.m.**  
Symposium: Harassment and Abuse: Safeguarding in Olympic and Paralympic Sport  
*Margo Mountjoy, FACSM, Jan Tolleneer, Yetta Tuakli-Wosornu, Andrea Carska-Sheppard*

**5/31 3:15-5:15 p.m.**  
Highlighted Symposium: Physical Exercise for Brain Health: Where Does HIIT Fit?  
*Melanie S. Poudevigne, FACSM, Jennifer Heisz, Barbara Fenesi, Michelle Ogrodnik*

**6/2 9:00-11:00 a.m.**  
Highlighted Symposium: Mental Health and Athletes: Select Clinical Psychological Issues in Athletes

**6/2 10:40-11:30 a.m.**  
American Psychological Association Exchange Lecture  
*Tracy Olrich*

### Updates on Concussion

**5/30 9:30-10:20 a.m.**  
Tutorial: An Update from the Berlin Concussion Consensus Statement: Practical Applications  
*Margot Putukian, FACSM, Kevin Guskiewicz, FACSM, Stanley A. Herring, FACSM*

**5/30 10:40-11:30 a.m.**  
Tutorial: Concussion and Subsequent Musculoskeletal Injury: Incidence and Mechanisms  
*Robert Lynall, David Howell*

**5/30 2:10-3:00 p.m.**  
Tutorial: Advances in Sport Concussion Research: Findings from the NCAA-DoD CARE Consortium  
*Steven P. Broglio, FACSM, Michael McCrea*

**5/30 3:15-4:05 p.m.**  
Tutorial: Monitoring Operator Health and Readiness: A Military Academic Partnership  
*Shawn F. Kane, FACSM, James H. Lynch, FACSM, Jason P. Mihalik*

**5/30 3:15-4:05 p.m.**  
Clinical Workshop–Hands On Demonstration: An Osteopathic Approach to Concussion  
*Sherrie L. Ballantine-Talmadge, Ann McNamara, Kate Dean*

**5/30 4:25-5:15 p.m.**  
Clinical Workshop–Hands On Demonstration: The Use of Neurocognitive Principles in Musculoskeletal and Concussion Injury Prevention and Rehabilitation  
*Daniel C. Herman, FACSM, Zach Sutton*
### Hot Topics

<table>
<thead>
<tr>
<th>Date</th>
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<td>5/30</td>
<td>9:30-11:30 a.m.</td>
<td>Symposium: The Male Athlete Triad: Updates and Parallels with the Female Athlete</td>
<td>Michael Fredericson, FACSM, Aurelia Nattiv, FACSM, Meth Keflezighi, Mary Jane De Souza, FACSM, Madhu Misra, Adam Tenforde</td>
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<td>3:15-5:15 p.m.</td>
<td>Highlighted Symposium: The Science Behind Top Fitness Trends</td>
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<td>5/31</td>
<td>4:25-5:15 p.m.</td>
<td>Tutorial: What is the Obesity Paradox, and Where Do We Go from Here?</td>
<td>Steven D. Stovitz, FACSM</td>
</tr>
<tr>
<td>6/1</td>
<td>1:00-3:00 p.m.</td>
<td>Highlighted Symposium: Exercise is Regenerative Medicine: Leveraging Solutions from Within</td>
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<tr>
<td>6/1</td>
<td>2:10-3:00 p.m.</td>
<td>Tutorial: Too Tired to Perform: Sleep Deprivation and its Effect on Mood and Performance in the College Athlete</td>
<td>Delmas Bolin, FACSM</td>
</tr>
<tr>
<td>6/1</td>
<td>3:15-5:15 p.m.</td>
<td>Symposium: Evidence-Based Management of Acute Pain in Athletes and Active People</td>
<td>Stanley A. Herring, FACSM, Wayne Derman, Francis O’Connor, FACSM, Brett Stacey, Chester Buckenmaier</td>
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### Research and Biostatistics

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<tr>
<td>5/30</td>
<td>10:40-11:30 a.m.</td>
<td>Tutorial: How to Present Interesting, Informative and Readable Slides</td>
<td>James S. Skinner, FACSM</td>
</tr>
<tr>
<td>6/2</td>
<td>8:00-8:50 a.m.</td>
<td>Tutorial: Clinical Research Can Be for Everyone – Tips and Traps for Trainees</td>
<td>Daniel C. Herman, FACSM, Andrew Watson, Alison Brooks</td>
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### Professional Development and Practice Management

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<tr>
<td>5/29</td>
<td>4:25-5:15 p.m.</td>
<td>Exercise is Medicine® Colloquium: Exercise Science in Medical Education</td>
<td>Allison Bowersock, Jennifer L. Trilk, FACSM</td>
</tr>
<tr>
<td>5/31</td>
<td>1:00-1:50 p.m.</td>
<td>Tutorial: Harnessing Healthy Habits to Promote Sustained Behavior Change</td>
<td>Laura D. Ellingson, L. Alison Phillips</td>
</tr>
</tbody>
</table>
### Issues for the Team Physician

#### Pre-participation Evaluation/Periodic Health Assessment

**5/30 3:15-4:05 p.m.**  
Exercise is Medicine® Tutorial: Making Sense of the New ACSM Pre-participation Health Screening Recommendations  
*Linda Pescatello, FACSM*

**5/31 3:15-4:05 p.m.**  
Tutorial: The Pre-Participation Physical Examination of the Paralympic Athlete: What Every Sports Medicine Provider Should Know  
*Wayne Derman, Irfan M. Asif*

### Injury Prevention

**5/30 4:25-5:15 p.m.**  
Clinical Workshop—Hands On Demonstration: The Use of Neurocognitive Principles in Musculoskeletal and Concussion Injury Prevention and Rehabilitation  
*Daniel C. Herman, Zach Sutton*

**5/30 1:00-3:00 p.m.**  
Highlighted Symposium: The Past, Present and Future of ACL Injury Prevention: Biomechanics Screening and Neuromuscular Interventions that Work!  
*Kevin R. Ford, FACSM, Jeffrey B. Taylor, Nathaniel A. Bates, Timothy Hewett, FACSM*

**5/31 8:00-10:00 a.m.**  
Symposium: Evidence-Based Injury and Illness Prevention in Paralympic Sport  
*Wayne Derman, Nick Webborn, FACSM, Cheri Blauwet, Peter Van De Vliet*

**6/1 4:25-5:15 p.m.**  
Colloquium: Controversies in Anterior Cruciate Ligament Injury Prevention, Management and Rehabilitation  
*Daniel C. Herman, FACSM, Mark R. Hutchinson, FACSM, Timothy Hewett, FACSM, Darin A. Padua, Peter Gerbino, FACSM*

### Rehab

**6/1 4:25-5:15 p.m.**  
Colloquium: Controversies in Anterior Cruciate Ligament Injury Prevention, Management, and Rehabilitation  
*Daniel C. Herman, FACSM, Mark R. Hutchinson, FACSM, Timothy Hewett, FACSM, Darin A. Padua, Peter Gerbino, FACSM*

**6/2 8:00-8:50 a.m.**  
Clinical Workshop—Hands On Demonstration: Neural Control of Movement for the Treatment of Chronic Musculoskeletal Pain  
*Kelly Roberts Lane, FACSM*
## Clinical Decision Making and Return to Play

<table>
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</table>
| 5/31  | 1:00–3:00 p.m. | Symposium: Return to Play Issues for the Athlete with Known Cardiac Disease  
*Aaron L. Baggish, FACSM, Margot Putukian, FACSM, John DiFiori, FACSM, Mike Ackerman, Rachel Lampert* |

## Technology

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| 5/30  | 1:00–3:00 p.m. | Exercise is Medicine® Symposium: Sports Wellness: Future Directions for Medicine, Sleep and Digital Health  
*William O. Roberts, FACSM, Gordon Matheson, Cheri Mah, Anthony Luke, FACSM* |
| 5/31  | 9:10–10:00 a.m. | Colloquium: Tweet Science  
*Angela D. Smith, FACSM, Alex McDonald, Eric Rawson, FACSM* |

## Musculoskeletal Topics

### General

<table>
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<th>Date</th>
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| 5/31  | 8:00–8:50 a.m. | Clinical Workshop-Hands On Demonstration: Fundamental Musculoskeletal Ultrasound of the Shoulder and Elbow for Physicians and Non-Physicians  
*Jay Smith, Gerard Melanga, Mark Sakr* |

### Shoulder

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</table>
| 6/1   | 3:15–4:05 p.m. | Clinical Workshop-Hands On Demonstration: Shoulder Exam  
*Peter Gerbino* |
### Elbow, Hand Wrist

<table>
<thead>
<tr>
<th>Date</th>
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| 5/31  | 1:00-1:50 p.m.    | Tutorial: A “PFIT” Approach to Elbow UCL Injuries in Athletes: Integrating Prevention, Function, Imaging, and Treatment  
Mark R. Hutchinson, FACSM, Luga Podesta |
| 5/31  | 2:10-3:00 p.m.    | Clinical Workshop–Hands On Demonstration: Practical Sports Ultrasound of the Elbow  
Ashwin Babu, Adam Tenforde |

### Spine

<table>
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<tr>
<th>Date</th>
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</table>
| 6/2   | 10:10-11:00 a.m.  | Clinical Workshop–Hands On Demonstration: Hinge Theory: Low Back Pain and its Relationship to Shoulder and Hip Flexibility in the Performing Athlete  
Holly J. Benjamin, FACSM, Gina Pongetti Angeletti |

### Hip, Pelvis and Thigh

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| 5/30  | 1:00-1:50 p.m.    | Clinical Workshop–Hands On Demonstration: Pediatric and Adult Hip Examination  
Jeffrey M. Mjaanes, FACSM, Joshua Blomgren |
| 5/31  | 1:00-1:50 p.m.    | Clinical Workshop–Hands On Demonstration: Hip Ultrasound  
Jay Smith |
| 5/31  | 3:15-5:15 p.m.    | Symposium: Hamstring Injuries: New Thoughts on an Old Problem  
Thomas Best, FACSM, Bryan Heiderscheit, Bing Yu, Marc Sherry |

### Hamstring

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| 5/30  | 1:00-1:50 p.m.    | Clinical Workshop–Hands On Demonstration: Relating Physiology/Anatomy of the Hamstring Muscles to the Injuries Seen  
Geoffrey Verrall, Malachy McHugh, FACSM |
| 5/31  | 9:10-10:00 a.m.   | Tutorial: Hamstring Update: Osseotendinous and Myotendinous Junction Injuries  
Kentaro Onishi, Fabrisia Ambrosio, James H-C Wang |
| 6/1   | 4:25-5:15 p.m.    | Clinical Workshop–Hands On Demonstration: Hand/Wrist Exam  
William W. Dexter, FACSM, Heather Gillespie, FACSM |
| 5/30  | 2:10-3:00 p.m.    | Tutorial: Advances in Management of Hip Stress Fractures  
Adam S. Tenforde, Kathryn Ackerman, FACSM, Beng Yen |

### Elbow, Hand Wrist (continued)

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Thomas Best, FACSM, Bryan Heiderscheit, Bing Yu, Marc Sherry |
### Musculoskeletal Topics (continued)

#### Knee

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<td>Clinical Workshop–Hands On Demonstration: Intermediate/Advanced Musculoskeletal Ultrasound of the Knee and Ankle/Foot for Physicians and Non-Physicians</td>
<td>Jay Smith, Jacob Sellon</td>
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<td>5/31</td>
<td>4:25-5:15 p.m.</td>
<td>Clinical Workshop–Hands On Demonstration: Fundamental Musculoskeletal Ultrasound of the Knee and Ankle/Foot for Physicians and Non-Physicians</td>
<td>Jay Smith, Eugene Yousif Rob, Mederic M. Hall</td>
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<tr>
<td>6/2</td>
<td>8:00-8:50 a.m.</td>
<td>Clinical Workshop–Hands On Demonstration: Examination of the Knee</td>
<td>Scott A. Magnes, FACSM, Robert J. Johnson, FACSM</td>
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#### Foot and Ankle

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<td>6/1</td>
<td>9:30-10:20 a.m.</td>
<td>Tutorial: Foot Core: The Importance of Foot Intrinsic Muscle Strength for Runners</td>
<td>Kevin R. Vincent, FACSM, Irene S. Davis, FACSM</td>
</tr>
<tr>
<td>6/1</td>
<td>2:10-3:00 p.m.</td>
<td>Clinical Workshop–Hands On Demonstration: Examination of the Foot and Ankle: Diagnosis, Etiology, Treatment and When to Return to Play</td>
<td>Jeffrey A. Ross, FACSM</td>
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#### Tendons, Ligaments and Cartilage

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<td>Highlighted Symposium: The Past, Present and Future of ACL Injury Prevention: Biomechanics Screening and Neuromuscular Interventions that Work!</td>
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<td>Colloquium: Controversies in Anterior Cruciate Ligament Injury Prevention, Management and Rehabilitation</td>
<td>Daniel C. Herman, FACSM, Mark R. Hutchinson, FACSM, Timothy Hewett, FACSM, Darin A. Padua, Peter Gerbino, FACSM</td>
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<td>6/1</td>
<td>9:30-10:20 a.m.</td>
<td>Tutorial: Understanding How Joint Injury, Neuromechanics, and Obesity Influence Development and Progression of Knee Osteoarthritis</td>
<td>Derek Pamukoff, Troy Blackburn, Brian Pietrosimone, FACSM</td>
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#### Bone

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<td>6/2</td>
<td>9:00-9:50 a.m.</td>
<td>Clinical Workshop–Hands On Demonstration: How are your DXA Skills? Common Pitfalls of DXA Interpretation in Young Athletes</td>
<td>Suzanne Hecht, FACSM, Amanda Weiss Kelly</td>
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## Diagnostic Imaging

### Ultrasound

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<td>5/31</td>
<td>9:10-10:00 a.m.</td>
<td>Clinical Workshop–Hands On Demonstration: Practical Sports Ultrasound of the Shoulder</td>
<td>Christine Eng, Steven Makovitch</td>
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<tr>
<td>5/31</td>
<td>1:00-1:50 p.m.</td>
<td>Clinical Workshop–Hands On Demonstration: Hip Ultrasound</td>
<td>Jay Smith</td>
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<td>Jay Smith, Eugene Yousik Roh, Mederic M. Hall</td>
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<td>6/1</td>
<td>10:40-11:30 a.m.</td>
<td>Clinical Workshop–Hands On Demonstration: Pediatric MSK Ultrasound: Diagnostic and Therapeutic Clinical Practical Applications</td>
<td>Andrea Stracciolini, FACSM, Pierre d’Hemecourt, FACSM</td>
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### General

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<td>5/30</td>
<td>2:10-3:00 p.m.</td>
<td>Clinical Workshop–Hands On Demonstration: MRI vs US of the Upper Extremity: A Time for Every Season</td>
<td>Mark R. Hutchinson, FACSM, Dustin Nabhan, Michael Bresler</td>
</tr>
<tr>
<td>6/1</td>
<td>9:30-10:20 a.m.</td>
<td>Colloquium: A Picture is Worth a Thousand Words, But Can Tell a Thousand Lies</td>
<td>Jim Macintyre, FACSM, Robert Johnson, FACSM</td>
</tr>
</tbody>
</table>
**Recent Advances in Cardiology**

**5/30 9:30-11:30 a.m.** Symposium: Exercise Training for Patients with Hypertrophic Cardiomyopathy: Time for a New Approach?  
*Benjamin D. Levine, FACSM, Martin S. Maron, Mark S. Link, Sharlene M. Day, Katrine A. Dias*

**5/31 2:10-3:00 p.m.** Tutorial: Cardiac Arrest in Sports: The Who, What, When, Where, and Why  
*Kimberly Harmon, FACSM, Irfan M. Asif*

**Doping**

**5/30 3:15-5:15 p.m.** Symposium: The Anti-Doping Movement: What’s New in Research and Administration  
*Stuart E. Willick, FACSM, Margo Mountjoy, FACSM, Travis Tygart, Daniel Eichner*

**Endocrine and Metabolism**

**5/30 9:30-10:20 a.m.** Tutorial: Butterflies, Chills and Weight Gain: Are We Forgetting about Iodine and Thyroid Function in Athletes?  
*D. Enette Larson-Meyer, FACSM*

**5/30 9:30-11:30 a.m.** Symposium: The Male Athlete Triad: Updates and Parallels with the Female Athlete  
*Michael Fredericson, FACSM, Aurelia Nattiv, FACSM, Meb Keflezighi, Mary Jane De Souza, FACSM, Madhu Misra, Adam Tenforde*

**5/31 1:00-3:00 p.m.** Highlighted Symposium: Hypoxic and Heat Therapy: A New Tool Box for Physicians, Physiotherapists and Coaches  
*Caroline Smith, Olivier Girard, Kazushige Goto, Christopher T. Minson, FACSM, Sebastien Racinais*

**6/1 2:10-3:00 p.m.** Colloquium: Periods, Performance, and the Pill – Effects of the Menstrual Cycle on Performance and Contraception Choices for the Modern Female Athlete  
*Kathryn E. Ackerman, FACSM, Georgie Bruinvels*

**Environmental Issues**

**5/31 1:00-3:00 p.m.** Symposium: Occupational Exposure to Hot Environments: Current Recommendations on Exposure Limits and Hydration Requirements  
*Glen P. Kenny, Thomas E. Bernard, Samuel N. Cheuvront, FACSM, Zachary J. Schlader*

**Neurology**

**6/2 8:00-8:50 a.m.** Tutorial: Why is my Leg Weak and Numb? Differentiating Radiculopathy from Peripheral Neuropathy in the Athlete  
*Stanley A. Herring, FACSM*
## Nutrition, Hydration and Supplements

### 6/1 9:30-10:20 a.m.
- Tutorial: Food and Addiction: Energy Balance Implications
  
  *Lynn Cialdella-Kam*

### 6/1 1:00-1:50 p.m.
- Tutorial: The Untold Tale about Exercise and Pregnancy: What are They Eating?
  
  *Margie Davenport, Michelle Mottola, FACSM*

### 6/1 3:15-5:15 p.m.
- Highlighted Symposium: Impact of Nutrition on Immune System Recovery from Heavy Exertion
  
  *David C. Nieman, FACSM, Phillip Calder, Mohsen Meydani*

### 6/2 8:00-8:50 a.m.
- Tutorial: Relative Energy Deficiency in Sport (RED-S): Conundrums, Pitfalls and Solutions
  
  *Louise M. Burke, FACSM, Margo Mountjoy, FACSM*

### 6/2 9:00-11:00 a.m.
- Symposium: Dietary Supplements and Elite Athletes: An Update from the International Olympic Committee Consensus Meeting
  
  *Ronald Maughan, FACSM, D. Enette Larson-Meyer, FACSM, Louise M. Burke, FACSM, Peter Peeling, Romain Meeusen, FACSM*

## Oncology

### 5/30 4:25-5:15 p.m.
- Tutorial: Cancer’s in Remission: Now What?
  
  *Eric R. Helm, Adam Susmarski*

## Pulmonary

### 6/1 9:30-11:30 a.m.
- Highlighted Symposium: The Respiratory System in Heart Failure
  
  *Sophie Lalande, Bruce D. Johnson, Bryan Taylor, Troy J. Cross, Manda L. Keller-Ross, Norman Morris*

## Rheumatology

### 5/30 9:30-11:30 a.m.
- Exercise is Medicine® Symposium: Osteoarthritis as an Inflammatory Disease and its Modification by Physical Activity
  
  *William E. Kraus, FACSM, Mark Hochberg, Virginia B. Kraus, Kim M. Huffman*

### 6/1 9:30-10:20 a.m.
- Tutorial: Understanding how Joint Injury, Neuromechanics, and Obesity Influence Development and Progression of Knee Osteoarthritis
  
  *Derek Pamukoff, Troy Blackburn, Brian Pietrosimone, FACSM*
## Sport Specific Advances

### Running, Endurance, and Extreme Sports

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<tr>
<th>Date</th>
<th>Time</th>
<th>Event Description</th>
<th>Presenter(s)</th>
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<tbody>
<tr>
<td>5/30</td>
<td>4:25-5:15 p.m.</td>
<td>Tutorial: Covering Adventure Races and Other Events in the Wilderness/ATLS</td>
<td>Andrew JM Gregory, FACSM, John Batson, FACSM</td>
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<tr>
<td>6/1</td>
<td>9:30-10:20 a.m.</td>
<td>Tutorial: Foot Core: The Importance of Foot Intrinsic Muscle Strength for Runners</td>
<td>Kevin R. Vincent, FACSM, Irene S. Davis, FACSM</td>
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<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event Description</th>
<th>Presenter(s)</th>
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<tbody>
<tr>
<td>6/2</td>
<td>8:00-8:50 a.m.</td>
<td>Colloquium: Standup Paddle Boarding– New Sport, New Athletes and New Injuries</td>
<td>John P. Batson, FACSM</td>
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### Gymnastics

<table>
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<th>Date</th>
<th>Time</th>
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<th>Presenter(s)</th>
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</thead>
<tbody>
<tr>
<td>5/31</td>
<td>1:00-1:50 p.m.</td>
<td>Tutorial: Common Injuries in the Changing World of Gymnastics</td>
<td>Emily A. Stuart</td>
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### Performing Arts

<table>
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<tr>
<th>Date</th>
<th>Time</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>6/1</td>
<td>4:25-5:15 p.m.</td>
<td>Clinical Workshop–Hands On Demonstration: Care of the Professional Musician</td>
<td>Paul Schaefer, Melody Hrubes</td>
</tr>
<tr>
<td>6/2</td>
<td>10:10-11:00 a.m.</td>
<td>Clinical Workshop–Hands On Demonstration: Hinge Theory: Low Back Pain and its Relationship to Shoulder and Hip Flexibility in the Performing Athlete</td>
<td>Holly J. Benjamin, FACSM, Gina Pongetti Angeletti</td>
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### Rugby

<table>
<thead>
<tr>
<th>Date</th>
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### Hockey

<table>
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<tbody>
<tr>
<td>6/2</td>
<td>10:10-11:00 a.m.</td>
<td>Tutorial: Injury and Injury Reduction Strategies in the “State of Hockey”</td>
<td>William O. Roberts, FACSM, Robert Johnson, FACSM, Suzanne Hecht, FACSM</td>
</tr>
</tbody>
</table>
### Soccer

**5/31 2:10-3:00 p.m.** Tutorial: The Science of Soccer: Integrating Training, Monitoring, and Nutritional Strategies to Optimize Performance  
*Shawn M. Arent, FACSM, Mark Russell*

### Yoga

**5/31 2:10-3:00 p.m.** Tutorial: Yoga: A Mind-Body Approach to Physical Activity and Health  
*Sally A. Sherman*

### Olympic and Paralympics

**5/31 8:00-10:00 a.m.** Symposium: Evidence-Based Injury and Illness Prevention in Paralympic Sport  
*Wayne Derman, Nick Webborn, FACSM, Cheri Blauwet, Peter Van De Vliet*

**5/31 1:00-3:00 p.m.** Symposium: Harassment and Abuse: Safeguarding in Olympic and Paralympic Sport  
*Margo Moum Joy, FACSM, Jan Tolleneer, Yetsa Tuakli-Wosornu, Andrea Carska-Sheppard*

**5/31 3:15-4:05 p.m.** Tutorial: The Pre-Participation Physical Examination of the Paralympic Athlete: What Every Sports Medicine Provider Should Know  
*Wayne Derman, Irfan M. Asif*

**5/31 4:25-5:15 p.m.** Tutorial: The Paralympic Team Physician: Preparing Your Team for Travel  
*Nick Webborn, FACSM, Monica Rho*

### Special Populations

#### Pediatric Athlete

**5/29 3:15-5:15 p.m.** Exercise is Medicine® Symposium: Let’s Play! Operationalization of Active Play for EIM Pediatrics  
*Felipe Lobelo, Natalie D. Muth, Jonathan A. Mitchell, Daniel K. Halvorsen, Kelly Roberts Lane, FACSM*

**5/31 9:10-10:00 a.m.** Tutorial: Get Outside: Understanding the Importance of Outdoor Physical Activity for Children and Youth  
*Rebecca A. Battista, FACSM, Shannon R. Siegel, FACSM*

**5/31 1:00-1:50 p.m.** American Academy of Pediatrics Exchange Lecture: High-Intensity Interval Exercise to Improve Child Health Outcomes: High Intensity, High Impact?  
*Nicholas M. Edwards*

**5/31 2:10-3:00 p.m.** Tutorial: Bio-Banding in Youth Sports: Potential Applications  
*Alan D. Rogol, FACSM, Robert Malina, FACSM*

**6/1 9:30-10:20 a.m.** Clinical Workshop-Hands On Demonstration: Pediatric and Adult Hip Examination  
*Jeffrey M. Mjaanes, FACSM, Joshua Blomgren*

**6/1 10:40-11:30 a.m.** Clinical Workshop-Hands On Demonstration: Pediatric MSK Ultrasound: Diagnostic and Therapeutic Clinical Practical Applications  
*Andrea Stracciolini, FACSM, Pierre d’Hemecourt, FACSM*
### Special Populations (continued)

<table>
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<tr>
<th>Event</th>
<th>Date</th>
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<tr>
<td><strong>Special Olympics and Disabled Athlete</strong></td>
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</tbody>
</table>
| 6/1 3:15-5:15 p.m. | | | Symposium: Optimizing Function and Performance after Lower Limb Amputation  
*Elizabeth Russell Esposito, Kenton Kaufman, Andrew Hansen, Alena Grabowski* |

| **The Female Athlete** | | | |  
| 6/1 1:00-1:50 p.m. | | | Tutorial: The Untold Tale about Exercise and Pregnancy: What are They Eating?  
*Margie Davenport, Michelle Mottola, FACSM* |
| 6/1 2:10-3:00 p.m. | | | Colloquium: Periods, Performance, and the Pill – Effects of the Menstrual Cycle on Performance and Contraception Choices for the Modern Female Athlete  
*Kathryn E. Ackerman, FACSM, Georgie Bruinvels* |

| **The Geriatric Athlete** | | | |  
| 5/31 3:15-5:15 p.m. | | | Symposium: Beyond MVPA: The Role of Reducing Sedentary Time and Promoting Light Intensity Physical Activity in Older Adults  
*David M. Buchner, FACSM, I-Min Lee, FACSM, Andrea Z. LaCroix, John Belletiere, Marcia L. Stefanick* |
| 6/1 3:15-5:15 p.m. | | | Symposium: The Role of Exercise in Understanding and Treating Chronic Multisymptom Illnesses  
*Dane B. Cook, FACSM, Benjamin H. Natelson, Aaron J. Stegner, Michael J. Falvo, Glenn Wylie* |

| **Exercise is Life** | | | |  
| 5/30 3:15-5:15 p.m. | | | Symposium: ACSM/SMC Co-Sponsored Symposium: Dissemination and Implementation of Evidence-based Physical Activity and Lifestyle Interventions  
*David E. Goodrich, David Chambers, Samantha Harden, Denise Campbell-Scherer, Cynthia Castro-Sweet* |

| **Activity and Lifestyle Medicine** | | | |  
| 5/31 9:10-10:00 a.m. | | | Exercise is Medicine® Tutorial: Exercise is Medicine! Why are People Not Buying into the Prescription? Making Lifestyle PA a Reality in Peoples’ Daily Lives  
*Felicia Cavallini, Angela Kolen* |
| 5/31 3:15-4:05 p.m. | | | Tutorial: Beyond Exercise: Moving from Activity Interventions to Comprehensive Risk Reduction and Disease Prevention  
*Barry A. Franklin, FACSM* |
### Sitting is the New Smoking

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
</table>
| 5/31 | 8:00-8:50 a.m. | Tutorial: Implications of Sedentary Behavior for Physical Activity Guidelines: Interactions and Research Gaps  
*Peter T. Katzmarzyk, FACSM, William E. Kraus, FACSM* |
*John Thyfault, FACSM, Jorn Heggelund, Katherine S. Hall, Felipe B. Schuch, Simon Rosenbaum* |

### Exercise for Health, Prevention, and Treatment of Chronic Disease

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
</table>
| 5/30 | 9:30-10:20 a.m. | Exercise is Medicine® Tutorial: Exercise Medicine for Cancer Management  
*Robert U. Newton, Daniel A. Galvao* |
| 5/30 | 9:30-11:30 a.m. | Exercise is Medicine® Symposium: Exercise is Medicine for Mental Illness: Translating Evidence to Practice  
*Philip B. Ward, Jorn Heggelund, Katherine S. Hall, Felipe B. Schuch, Simon Rosenbaum* |
| 5/30 | 9:30-11:30 a.m. | Exercise is Medicine® Symposium: Osteoarthritis as an Inflammatory Disease and its Modification by Physical Activity  
*William E. Kraus, FACSM, Mark Hochberg, Virginia B. Kraus, Kim M. Huffman* |
| 5/30 | 10:40-11:30 a.m. | Exercise is Medicine® Tutorial: Exercise in Cardio-Oncology: The Relationship between Exercise and Cancer Treatment-Related Cardiotoxicity  
*Amy A. Kirkham, Mark J. F. Haykowsky* |
| 5/30 | 4:25-5:15 p.m. | Exercise is Medicine® Tutorial: Protective Effects of Physical Activity and Fitness on Metabolic Disease, Obesity and Cardiovascular Disease  
*Timothy S. Church, Carl J. Lavie* |
| 5/30 | 2:10-3:00 p.m. | Exercise is Medicine® Colloquium: Exercise and Cancer Care: A Review of Guidelines for Cancer Patients, Identifying Areas of Need and Advancing Best Practices  
*Lynn Gerber, Samman Shahpar* |
| 6/1 | 9:30-11:30 a.m. | Symposium: Exercise for Cancer Survivors in the Real World: Translating Research to Practice  
*Kathryn H. Schmitz, FACSM, Amy A. Kirkham, Laurien M. Buffart, Joachim Wiskemann, Anna M. Campbell* |
| 6/1 | 1:00-3:00 p.m. | Symposium: Impact of Exercise in Patients with Hematological Cancers  
*Claudio Battaglini, FACSM, William Allen Wood, Mary Jarden, Joachim Wiskemann, Eileen Hacker* |
| 6/1 | 3:15-4:05 p.m. | Tutorial: The Role of Exercise in Lung Cancer Patients  
*Joachim Wiskemann, Elisabeth Edwardsen, Morten Quist* |
| 6/1 | 3:15-5:15 p.m. | Symposium: The Role of Exercise in Understanding and Treating Chronic Multisymptom Illnesses  
*Dane B. Cook, FACSM, Benjamin H. Natelson, Aaron J. Stegner, Michael J. Falvo, Glenn Wylie* |
| 6/1 | 4:25-5:15 p.m. | Tutorial: Prescribing Exercise for Frail Cancer Survivors: How Do We Do It?  
*Kerri Winters-Stone, FACSM, Friederike Rosenberger* |

American College of Sports Medicine 2018 Clinician’s Guide
Exercise is Life (continued)

World Congress on Exercise is Medicine®

The 9th World Congress on Exercise is Medicine® has multiple sessions focused on the role of exercise in patient care. Sessions are Tuesday through Thursday, and encompass topics such as pediatrics, aging, and implementation of exercise into your clinical practice. You can claim CME credit for all EIM sessions.

World Congress on The Basic Science of Muscle Hypertrophy and Atrophy

This year’s ACSM World Congress will focus on the intrinsic and extrinsic variables that regulate skeletal muscle hypertrophy and atrophy. The World Congress is a unique opportunity to bring together interdisciplinary investigators for the most comprehensive meeting ever held on this topic. The program will include keynote lectures, tutorials, symposia, and highlighted symposia from leading experts in the field with an emphasis on how exercise brings about skeletal muscle atrophy and hypertrophy and how these changes may relate to chronic disease. There is no additional charge to attend these sessions.

Clinical Highlights

Highlighted Symposium
Mental Health and Athletes: Select Clinical Psychological Issues in Athletes
Sat., June 2, 9:00-11:00 a.m.

Clinicians’ Reception with Poster Presentations
Thurs., May 31, 5:45-6:45 p.m.

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

John R. Sutton Clinical Lecture
If I’d Known I Was Going to Live This Long, I’d Have Taken Better Care of Myself!
Fri., June 1, 1:00-1:50 p.m.

Robert J. Johnson, M.D., FACSM
University of Minnesota

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Community Health

5/29 1:00-1:50 p.m.  Exercise is Medicine® Tutorial: Exercise is Medicine: The Development of the Pediatric Exercise Medicine Network
Tim Takken, Brian W. Timmons

5/29 1:00-3:00 p.m.  Exercise is Medicine® Symposium: EIM in Action in Diverse and Underserved Communities: Lessons Learned and Resources for the Next Decade of EIM
Pamela G. Bowen, Molly B. Conroy, FACSM, , Jonathan Miller, Amber L. Vermeesch, Jennifer West

5/31 8:00-8:50 a.m.  Tutorial: Increasing Physical Activity through Built Environment Approaches: What’s New from the Community Guide?
Gregory W. Heath, FACSM, David P. Hopkins

5/31 8:00-8:50 a.m.  Exercise is Medicine® Colloquium: How to Create a “Fit City”? Strategies Learned from Minneapolis-St. Paul
Steven D. Stovitz, FACSM

5/31 9:10-10:00 a.m.  Exercise is Medicine® Tutorial: Bridging the Great Divide: Using Guidelines to Link Health Care and Communities
John D. Omura, Elizabeth A. Joy, FACSM

5/31 3:15-5:15 p.m.  Symposium: Moving Towards a Healthier, More Active Community: Lessons Learned from the DPP and Its Community Translation Efforts
Andrea Kriska, FACSM, Bonny Rockette-Wagner, Molly Conroy, FACSM
Housing and Registration

### Meeting Hotels

ACSM has reserved blocks of rooms at several hotels near the Minneapolis Convention Center. Reserve online at www.acsmannualmeeting.org or call (888) 665-1367 (US Toll-free) or (801) 505-5258 (International). Rooms are available on a first-come, first-served basis until April 27, 2018, or until the block sells out, whichever comes first. The Hyatt Regency Minneapolis is the headquarter hotel. Visit www.acsmannualmeeting.org for more hotel information.

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<th>Hotels</th>
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<td>Hyatt Regency Minneapolis</td>
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<td>$213</td>
<td>$238</td>
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<td>(Headquarter Hotel)</td>
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<td>Hilton Minneapolis</td>
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<tr>
<td>Holiday Inn Express Hotel &amp; Suites</td>
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<td>$186</td>
<td>$218</td>
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<tr>
<td>Downtown Convention Center</td>
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<td>Minneapolis Marriott City Center</td>
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<td>Millennium Hotel Minneapolis</td>
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### Registration Fees

Current ACSM Members

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<th>Membership Type</th>
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<th>Register by 4/19/18</th>
<th>Register by 5/22/18</th>
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<tbody>
<tr>
<td>Professional, Fellow</td>
<td>$230</td>
<td>$265</td>
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<td>Professional-in-Training</td>
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<td>Single day rate</td>
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<td>ACSM student members</td>
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<tr>
<td>ACSM Alliance members</td>
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<td>Single day rate</td>
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Join ACSM now! (first time members)

<table>
<thead>
<tr>
<th>Membership Type</th>
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<th>Register by 4/19/18</th>
<th>Register by 5/22/18</th>
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<td>Professional</td>
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<td>Professional-in-Training</td>
<td>$360</td>
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<td>Student</td>
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Non-ACSM member

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Cancellation policy: Cancellations will be accepted if sent in writing to the ACSM National Center and postmarked or e-mailed to meeting@acsm.org by April 19, 2018. A service charge of $50 will be applied to all cancellations. Refunds will not be issued for cancellations made after April 19, 2018.

Travel: For assistance in making travel arrangements to Minneapolis, consider using ACSM's preferred travel agency, ALTOUR. To explore your travel options, email indycorp@altour.com
Mark Your Calendar for These Meeting Dates, Deadlines, and Discounts!

February 2018  
Abstract Submitters Receive Accept/Reject Notifications

March 15, 2018  
First Early Registration Deadline – Best Value for New ACSM Members

March 2018  
Advance Program Becomes Available

March 1, 2018  
Sports Medicine Fellow Resources Abstract Deadline and Late-Breaking Abstract Deadline

April 19, 2018  
Second Discount Registration Deadline

April 27, 2018  
Housing Deadline

May 22, 2018  
Last Cut-off for Discounted Registration and Pre-registration Services End

May 29-June 2, 2018  
65th American College of Sports Medicine Annual Meeting,  
9th World Congress on Exercise is Medicine® and  
World Congress on the Basic Science of Muscle Hypertrophy and Atrophy

June 20, 2018  
2019 Annual Meeting Session Proposals Due