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 a keynote lecture, tutorials, and 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. This year's World Congress is chaired by Stuart Phillips, Ph.D., FACSM, McMaster University.

Wednesday, May 30

Symposium
Atrophy in Disuse and Disease
9:30-11:30 a.m.
Sue Bodine, Paul L. Greenhaff, Luc JC van Loon, Esther Dupont-Versteegden

Symposium
Hypertrophy: The Intrinsic Molecular Variables
9:30-11:30 a.m.
Marcas M. Bamman, FACSM, Todd Trappe, FACSM, Troy Hornberger, Gustavo Nader

Symposium
Hypertrophy: The Extrinsic Variables
1:00-3:00 p.m.
Michael Roberts, Jeremy Loenneke, Brad J. Schoenfeld, James Steele

Symposium
Recovery from Injury and Damage: A Tissue Perspective
1:00-3:00 p.m.
Keith Baar, FACSM, Chad Carroll, Charlotte Peterson, Christopher Mendias

Symposium
Satellite Cells and their Role in the Hypertrophic and Atrophic Processes
3:15-5:15 p.m.
Gianni Parise, Michael De Lisio, Charlotte A. Peterson, Marni D. Boppart

Symposium
Supplements and Nutraceuticals to Promote Hypertrophy and Combat Atrophy
3:15-5:15 p.m.
Stuart M. Phillips, FACSM, Eric Rawson, FACSM, Bettina Mittendorfer

Thursday, May 31

Symposium
Anabolic Approaches to Blunt Muscle Atrophy During Catabolic Stress
8:00-10:00 a.m.
Stefan M. Pasiakos, FACSM, Micah Drummond, Elisabet Borsheim, Paul L. Greenhaff

Symposium
The Impact of Aging on Atrophic and Hypertrophic Responses
8:00-10:00 a.m.
Douglas Paddon-Jones, FACSM, Chris McGlory, Bettina Mittendorfer

Keynote
Muscular Molecular Messages for Mere Mortals and Gold Medal Athletes
1:00-1:50 p.m.
Marco Sandri

Tutorial Lecture
How Motor Units (Really) Work
2:10-3:00 p.m.
Jim R. Potvin

Tutorial Lecture
Muscle Protein Turnover in Human Skeletal Muscle
2:10-3:00 p.m.
Blake B. Rasmussen

Symposium
Autophagy and Skeletal Muscle Biology
3:15-5:15 p.m.
Vitor A. Lira, Scott K. Powers, FACSM, Jarrod A. Call, Marco Sandri

Symposium
What if Fixx and Cooper were Lifters? The Health Benefits of Resistance Exercise
3:15-5:15 p.m.
Stuart M. Phillips, FACSM, Robert E. Sallis, FACSM, Roger A. Fielding, Wendy Kohrt, FACSM, Maureen J. MacDonald, Steven N. Blair, FACSM

Basic Science Reception
Thurs., May 31, 5:45-7:15 p.m.
Gather for an informal reception and networking. Student winners of the basic science of muscle hypertrophy and atrophy abstracts will be recognized during this event. Light refreshments and cash bar are offered.

Late Breaking Abstract Submission
Be sure to submit your late breaking abstract!
Deadline is March 1, 2018 (opens Feb. 15). For more information visit: www.acsmannualmeeting.org/present