May 29 - June 2, 2018
Minneapolis, Minnesota USA
#ACSM18
Stop by the GSSI Booth for 30-minute presentations from our experts:

**WEDNESDAY, MAY 30**

2:00 pm  
**Building a Protein Portfolio**  
Reid Reale, PhD, MDIET / GSSI

3:30 pm  
**First Taste:** Gatorade Soccer Formula  
Ian Rollo, PhD / GSSI

**THURSDAY, MAY 31**

10:00 am  
**Finding Balance:** Innovating for Endurance Athletes  
Matt Pahnke, PhD / GSSI

12:00 pm  
**First Taste:** Gatorade Soccer Formula  
Ian Rollo, PhD / GSSI

3:00 pm  
**Innovating for the Pro Locker Room:** ESSNTL  
Ryan Nuccio, MS, RD, CSSD, LDN / GSSI
Dear Friends,

On behalf of the Board of Trustees, I welcome you to the 65th Annual Meeting of the American College of Sports Medicine, 9th World Congress on Exercise is Medicine®, and World Congress on the Basic Science of Muscle Hypertrophy and Atrophy. These conferences include the latest innovative basic science, applied science and sports medicine, all presented by world-renowned experts.

Meetings that have a massive scope and exceptional quality are possible only with an excellent team, working under expert and passionate leadership. This week completes more than a year of thoughtful planning by ACSM President-elect Kathryn H. Schmitz, Ph.D., MPH, FACSM and the Program Committee, to whom we are all greatly indebted.

Serving as president of ACSM has been a great honor and privilege for me. I remain in awe of the incredible depth of talent, diversity of interest, and quality of programs that excel because of the leaders, volunteers and extraordinary members of ACSM. Together, we have accomplished much but our vision for the future is limitless. I am especially thankful for the work of the great ACSM staff, the unsung heroes who work behind the scenes to energize and maintain ACSM programs and provide exceptional guidance and support to our volunteer leaders and elected officers. I do want to thank in particular the ACSM CEO/Executive Vice President Jim Whitehead, who works tirelessly on many ACSM programs and projects. Please take a moment to thank staff members for their efforts sometime during your visit to Minneapolis. Finally, I encourage you to become involved in ACSM committees and programs—we need your expertise, your experience and your skills. Ask any member of the Board of Trustees or staff about ways that you can become more involved. We will be glad to offer you recommendations. Please consider becoming an ACSM Fellow which opens the door to more committees and greater involvement in your professional organization.

During this 65th Annual Meeting of ACSM, I hope that you will discover the latest developments in your field, explore novel ideas, visit the exhibits, expand your professional network and take time to visit beautiful Minneapolis!

Walter R. Thompson, Ph.D., FACSM
ACSM President, 2017-2018
Recognizing Excellence in Leadership

Special thanks go to the following ACSM members for their leadership in making the ACSM Annual Meeting possible.

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**Session and Social Locations**

Most educational sessions, registration, exhibits, poster sessions and interest group meetings take place in the Minneapolis Convention Center (note “CC-room” in listings in the Program). Specific room names appear in the Program—at-a-Glance, in the program detail and in the general information section. Exercise is Medicine® sessions, a few annual meeting sessions, social events and committee meetings are largely scheduled in the Hyatt Regency Minneapolis Hotel (noted “Hyatt-room” in listings in the Program). Signage through the building and the ACSM mobile app augments the information in the Program.
Download The ACSM Conferences and Meetings MOBILE APP!

Navigate the Annual Meeting like a pro with the ACSM Conferences and Meetings mobile app, powered by Core-apps.

With the ACSM mobile app, you can:

• Stay organized with up-to-the-minute exhibitor, speaker and event information
• Sync the app across all of your devices with multi-device sync
• Receive important real-time communications from ACSM
• Build a personalized schedule and bookmark exhibitors
• Locate sessions and exhibitors on the venue maps
• Find attendees and connect with your colleagues through friends function
• Stay in the know and join in on social media with #ACSM18
• Take notes
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Should you have any questions, please contact support@core-apps.com

Complimentary Wi-Fi

Hyatt Regency Minneapolis: guestrooms, 1st floor, lobby, 2nd floor above the lobby.
Minneapolis Convention Center: ground level through the lobby area.

Join the conversation

by following us on Twitter @ACSMnews #ACSM18
and tagging us on Instagram@ACSM1954 #ACSM18
General Attendee Information

**Hours**

**Registration**

Registration will be in Lobby B of the Minneapolis Convention Center

- **Tuesday, May 29**: 9:00 a.m.-8:00 p.m.
- **Wednesday, May 30**: 6:30 a.m.-6:00 p.m.
- **Thursday, May 31**: 7:30 a.m.-5:00 p.m.
- **Friday, June 1**: 7:30 a.m.-4:00 p.m.
- **Saturday, June 2**: 8:00-11:30 a.m.

**Speaker Services and Speaker Ready Room**

Room: CC-101E

- **Tuesday, May 29**: 1:00-6:00 p.m.
- **Wednesday, May 30**: 6:30 a.m.-5:00 p.m.
- **Thursday, May 31**: 6:30 a.m.-5:00 p.m.
- **Friday, June 1**: 6:30 a.m.-5:00 p.m.
- **Saturday, June 2**: 6:30-10:30 a.m.

Speaker ready room tools are available for you to preview your presentations. All presenters at the convention center must check-in at the Speaker Ready Room the day before your presentation. Your PowerPoint presentations will be uploaded onto a central server. Full instructions are located in the Speaker Ready Room.

**Fellow Lounge**

Located in Hall C, booth 114, and open to all ACSM Fellows:

- **Wednesday, May 30**: 1:30-5:00 p.m.
- **Thursday, May 31**: 9:30 a.m.-5:00 p.m.
- **Friday, June 1**: 9:30 a.m.-2:00 p.m.

**Interest Group Meetings**

Located in the Minneapolis Convention Center (see listing and locations on pages 8-9)

- **Wednesday, May 30**: 5:45-7:15 p.m.
- **Thursday, May 31**: 5:45-7:15 p.m.

**Attendee Resources and Meeting Information**

**ACSM Service Center**

Located in the ACSM registration area.

Opening Wednesday at 9:00 a.m. See signage in booth for hours.

ACSM’s 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.
**Poster Sessions**

Located in Hall B. Poster presenters may enter for placement of materials at 7:00 a.m. (for morning presenters) and 1:00 p.m. (for afternoon presenters). Morning presenters are asked to be conscientious of afternoon presenters by removing materials promptly by 12:30 p.m.

**Sports Medicine Fellow Research Abstract Posters**

Visit the poster hall on Thursday afternoon for the Sports Medicine Fellow Research Posters. These abstracts were submitted and accepted from those in an accredited sports medicine fellowship program. The posters will be on display from 1:00-6:00 p.m. and authors will be present from 3:30-5:00 p.m. (poster board #’s 273-281).

**Late-Breaking Abstract Posters**

Visit the poster hall on Saturday morning for the late-breaking poster presentations. These abstracts are novel, innovative, contemporary and highly significant scientific research. The posters will be on display from 7:30-11:00 a.m. and authors will be present from 9:30-11:00 a.m. (poster board #’s 235-275).

**Student Help Desk**

ACSM Student Affairs Committee members will staff the student help desk, located in the registration area. They are ready to answer your questions about the meeting.

**Student Lounge**

Located in the poster area, Hall B. Stop by to relax, read your program and mingle with other students.

**Name Badges**

Badges must be worn at all times to gain admission to the exhibit hall, poster sessions, educational sessions and ACSM social events. Your guests must purchase and wear badges as well (ALL exercise science/sports medicine professionals in attendance should be registered as regular attendees). Please hang on to your original badge! Replacement badges cost $10.

**Audio and Video Recordings of Sessions**

Audio recordings of sessions may be purchased from the Mobiltape Company, Inc. near registration, or by visiting www.mobiltape.com.

Video recordings of selected named lectures and highlighted sessions will be available late Summer on ACSM’s YouTube channel: ACSM1954.

**Photography/Video Recording**

**General Photography and Social Media Etiquette**

ACSM strives to create a participatory environment at its meetings that encourages learning and facilitates dialogue. Generally, taking photos, live-tweeting, and sharing ACSM Annual Meeting experiences on social media is welcomed. It is the attendee’s responsibility to avoid distraction to others by using devices in a sensible, respectful, and conscientious manner.

**Restrictions on Photography, Recording, or other Copying of Presentations and Data**

However, presenters of session and poster content may not wish to have their presentations or research photographed, recorded, or shared on Twitter, Facebook, or other social networks. Presenters will be asked to make an announcement before and during their presentations if such capturing and recording is allowed. If there is no announcement or other permission granted, attendees are asked to refrain from photography and recording. Since content may be at different points of journal submission or other formal processes, ACSM asks for compliance by all attendees with presenter desires regarding photography and social-media, whether allowed in whole or part or not at all.

**Press Contact**

Journalists in need of assistance should contact pbranks@acsm.org. Media credentials are available for pick-up in the registration area.

**We want your feedback**

Your assessment of the ACSM Annual Meeting is vitally important to the ACSM Program Committee as well as other decision and planning groups within the organization, including the Medical Education Committee.

All attendees have the opportunity to share feedback, through an efficient online process. Please look for this important e-mail inquiry following the meeting and take a moment to complete. Five participants will be randomly selected to receive complimentary registration to the 2019 Annual Meeting.

You can also rate each individual session through the mobile app. See page 5 for details on the mobile app.
Highlighted Events

Tuesday, May 29

Pre-conferences
(see the mobile app for more details)

Wednesday, May 30

**Let's Move - Body Weight Workout**

6:30-7:30 a.m.
Location: Basketball Court – inside the Hyatt Stay Fit Gym

Get the blood flowing and kick off the Annual Meeting with a little physical activity courtesy of this free group exercise workout led by Technogym. Limited space is available.

**Showcase Event**

20th U.S. Surgeon General VADM Jerome M. Adams, M.D., MPH

11:45 a.m.-12:45 p.m.
Room: CC-Ballroom B

Detailed information on page 13.

**Exhibit Hall Opening Reception**

5:00-6:00 p.m. (Hall opens at 1:30 p.m.)
Room: Hall C

Light refreshments provided.

**Student Colloquium**

5:30-6:30 p.m.
Room: Hyatt-Great Lakes C

This session is designed to show students the application and hiring process so that they understand what their job search will entail. Experts will present about proper materials (CV, cover letter), what a search committee looks like, industry HR, and salary negotiation.

- John Harvey Kindred, Colorado State University
- Barry Braun, FACSM, Colorado State University
- Monika Fleshner, University of Colorado-Boulder
- Jennifer Sacheck, FACSM, Tufts University

**Healthy Happy Hour – Walking Tour of Minneapolis**

Presented by:

adidas

5:30-7:30 p.m.
Meet at Service Center

Join fellow Annual Meeting attendees on a free 2-hour walking tour of downtown Minneapolis co-sponsored by adidas and the ACSM American Fitness Index. The tour gives you an opportunity to experience the culture and infrastructure that makes Minneapolis one of the fittest cities in the U.S. according to the ACSM American Fitness Index. Space is limited to the first 75 people. Pre-registration required. Check the Service Center starting at 5:00 p.m. (Wednesday) to see if there are any available slots remaining for this tour.

**Interest Group Meetings**

5:45-7:15 p.m.
Minneapolis Convention Center

Open to any ACSM member interested in focused discussion, activity, debate, and both formal and informal networking among members with similar interests. See Thursday listing for additional meetings. Please refer to the ACSM mobile app for updates.

- Aging.......................................................... Mezzanine M100 BC
- Cancer ......................................................... 102 ABEF
- Exercise Sciences Education ............... 101 CD
- Health, Fitness and Wellness Coaching ........................................ Mezzanine M 100 FG
- Medical and Wellness Issues in the Performing Arts............... 200 DE
- Medicine and Science of Team Sports ........................................ 200 ABC
- Military Sports Medicine ......................... 200 FG
- Pediatric Exercise Physiology ............... 205
- Physiological and Biological Mechanisms Underlying Health and Performance ................. Mezzanine M100 DE
- Psychobiology and Behavior ...................... 103
- Strength & Conditioning Specialties ......................... 101 FGH
11th Annual Student Bowl
7:30-9:00 p.m.
Room: Hyatt-Great Lakes A

Cheer on your regional chapter at the 11th Annual Student Bowl. 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.

Opening Gala – Celebrate with Your Colleagues!
9:00-11:00 p.m.
Room: Hyatt-NorthStar Ballroom

Live music from The New Standards and champagne toasts to commemorate the 65th Annual Meeting, 50th Anniversary of Medicine & Science in Sports & Exercise®, 10th Anniversary of the World Congress on Exercise is Medicine® and the 5th Anniversary of the Basic Science World Congress.

Thursday, May 31

Josephine L. Rathbone Memorial Breakfast Honoring ACSM’s Women
6:00-7:45 a.m.
Room: Hyatt-Great Lakes A

Enjoy fellowship during this complimentary annual breakfast. Tickets are limited, so be sure to pick yours up early at the registration counter. The featured speaker at the breakfast will be Janet Walberg Rankin, FACSM.

Showcase Event
Jackie Joyner-Kersee
11:45 a.m.-12:45 p.m.
Room: CC-Ballroom B

Detailed information on page 13.

President’s Cup Poster Competition
Regional winners post their abstract: 2:00-3:00 p.m.
Posters available for viewing: 3:00-4:00 p.m.
Judging: 4:00-5:00 p.m.
Winner announced: 5:15 p.m.
Room: CC-Hall B

Come and wish your regional chapter competitors luck toward winning the annual “president’s cup award.” Over the past several months, each regional chapter selected a student winner from their regional meeting who will have the opportunity to showcase their research at the ACSM Annual Meeting. The winning posters will be on public display where judges will have the opportunity to hear the students explain their research, ask questions and evaluate presentations. Judges will then announce the winners after the judging ends at 5:00 p.m.

Clinicians’ Reception with Poster Presentations
5:45-6:45 p.m.
Room: Hyatt- Lakeshore C

Gather with other clinicians for an informal reception, including high quality abstracts chosen for this special poster presentation. See presentation #’s 2021-2030. Light refreshments and cash bars are offered.

Basic Science Reception
5:45-7:15 p.m.
Room: CC-Auditorium Foyer

Gather for an informal reception and networking. Light refreshments and cash bars are offered.

Interest Group Meetings
5:45-7:15 p.m.
Minneapolis Convention Center

Open to any ACSM member interested in focused discussion, activity, debate, and both formal and informal networking among members with similar interests. See Wednesday’s listing for additional meetings. Please refer to the ACSM mobile app for updates.

Biomechanics ........................................ 102 ABEF
Bone and Osteoporosis
   Network Exchange ............................... 200 DE
Combat Sports ................................. 205
Endurance Athlete Medicine
   and Science ................................. 101 CD
Environmental and
   Occupational Physiology ................... 200 ABC
Epidemiology and Biostatistics .......... Mezzanine M100 FG
Minority Health and Research ............ 208
Noninvasive Physiological
   Measurement ................................. 200 FG
Nutrition ................................. 103
Pregnancy and Postpartum ................. Mezzanine M100 DE

International Reception
8:00-9:30 p.m.
Room: Hyatt–Great Lakes A

This social event honors international attendees and provides an opportunity to visit with colleagues from around the world. Invitations are required for the event and will be distributed at the registration desk.
Regional Chapter Socials
8:00-9:30 p.m.
Room: Hyatt-Nicollet Ballroom

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.

Current room assignments are:
- Mid-Atlantic Regional Chapter Reception Nicollet A-1
- Midwest Regional Chapter Reception Nicollet D-2
- New England Regional Chapter Reception Nicollet D-1
- Northland Regional Chapter Reception Nicollet D-3
- Southeast Regional Chapter Reception Nicollet A-3

Room assignments are subject to change. Please refer to the ACSM mobile app or to access a list of regional chapters holding offsite social events throughout the week.

Friday, June 1
6:00 a.m.

The Gisolfi 5k Fun Run, Walk and Roll returns for its 18th consecutive year, and expands to celebrate runners, walkers and rollers of all skill levels. Join 350+ participants on a scenic course along Minneapolis’ paved city park trails. Registration is onsite at the Minneapolis Convention Center in Exhibit Hall C. Free bus service will depart from the Hyatt Regency at 5:30 a.m.

Showcase Event
Competing with Cancer: Conversation with Gabriele Grunewald and Dr. Susan Helmrich
11:45 a.m.-12:45 p.m.
Room: CC-101G

Detailed information on page 13.

Industry Session
The Science of the Running Shoe
11:45 a.m.-12:45 p.m.
Room: CC-101AB
Detailed information on page 13.

ACSM Annual Business Meeting
11:45 a.m.
Room: CC-101CD

This meeting is your vehicle for an active voice in affecting the future of the College. Special note: voting is limited to ACSM Fellows, however; all members are encouraged to attend.

Meet the Expert Networking Session
12:00-12:45 p.m.
Room: Hyatt-Great Lakes C
SOLD OUT: Limited to 100 students.

Set yourself apart from your peers by attending the session that could change your career. Several of ACSM’s esteemed leaders have agreed to be a part of this hour lunch/networking session:
- Lawrence E. Armstrong, FACSM
- Jessica Berglund
- Martin Gibala
- L. Bruce Gladden, FACSM
- Carrie Jaworski, FACSM
- Andrew Youn

(CVs of experts will be available at the Student Help Desk in the ACSM Registration area prior to the event.)

Awards Banquet
7:00-10:00 p.m.
Room: Hyatt-Great Lakes A

Award recipients will be honored for their excellence and dedication to sports medicine and exercise science at the ACSM Awards Banquet. Join your colleagues in extending congratulations to this year’s Honor, Citation, New Investigator, Charles M. Tipton Student, Research Award Grantees, International Award, and the new ACSM Fellows. The acceptance speeches from Honor and Citation recipients truly mark a highlight of the banquet. The event begins with a reception at 7:00 p.m. You may purchase banquet tickets at the Registration desk through Thursday afternoon, May 31 at 2:00 p.m., on a first-come, first-served basis. The price per ticket is $90.
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www.biodex.com/sportsinjury
Showcase Events

VADM Jerome M. Adams, M.D., MPH

Wednesday, May 30, 11:45 a.m.-12:45 p.m., Room: CC-Ballroom B

VADM Jerome M. Adams, M.D., M.P.H., 20th U.S. Surgeon General. Dr. Adams’ motto as Surgeon General is “better health through better partnerships.” As Surgeon General, Dr. Adams is committed to maintaining strong relationships with the public health community and forging new partnerships. He has pledged to lead with science, facilitate locally led solutions to the nation’s most difficult health problems, and deliver higher quality healthcare at lower cost through patient and community engagement and better prevention. Join Dr. Adams as he discusses these issues and more during this showcase session.

Jackie Joyner-Kersee

Thursday, May 31, 11:45 a.m.-12:45 p.m., Room: CC-Ballroom B

Sports Illustrated’s greatest female athlete of the 20th century, Jackie will share her experiences and lessons learned as one of the most decorated and dominate Olympians in history. Enjoy engaging with Jackie in a question and answer session and learn how she discovered the many benefits of exercise and physical fitness outside of her track and field career. The session also will include an announcement of a new partnership between ACSM and the Jackie Joyner-Kersee Foundation’s Winning in Life Program.

Competing with Cancer: Conversation with Gabriele Grunewald and Dr. Susan Helmrich

Friday June 1, 11:45 a.m.-12:45 p.m., Room CC-101G

Gabriele “Gabe” Grunewald is a professional American middle-distance runner. Her career highlights include a 4th-place finish in the 2012 USA Olympic Trials and a USA Championship title in the indoor 3000-meters in 2014. Under the guidance of coach Dennis Barker, Gabriele aims to return to elite competition in 2018 with her sights set on the 2020 Olympics. She started a foundation (BraveLikeGabe.org) that includes a goal of empowering cancer patients to move their bodies.

Dr. Susan Helmrich completed her PhD from Berkeley with advisor Ralph Paffenbarger. She is a licensed Wellcoach and a master swimmer who competes nationally. Susan is also a DES daughter, a 3 time cancer survivor, and a passionate advocate for exercise among those affected by cancer.

Industry Session
The Science of the Running Shoe

Friday, June 1, 11:45 a.m.-12:45 p.m., Room: CC-101AB

Ever wonder what goes into the design and engineering (mechanical factors) of a running shoe? In this session, footwear industry experts will discuss their diverse philosophical approaches to running shoe development and the science underlying how their shoes are made.
Anne McTiernan, M.D., Ph.D., FACSM, is a cancer prevention researcher at the Fred Hutchinson Cancer Research Center in Seattle Washington. She is a full faculty member in the Division of Public Health Sciences, Program in Epidemiology, at the Hutchinson Center. She is also a Research Professor in the University of Washington Schools of Medicine (Medicine, Geriatrics) and Public Health (Epidemiology). Dr. McTiernan's research focuses on identifying ways to prevent new or recurrent cancer with physical activity, weight loss, and chemoprevention.

She received her Ph.D. in Epidemiology in 1982 from the University of Washington, and her M.D. from New York Medical College in 1985. She completed a residency in Internal Medicine from the University of Washington in 1992. Dr. McTiernan has published more than 400 scientific manuscripts in peer-reviewed medical journals. She was lead author of the book, Breast Fitness: An Optimal Exercise and Health Plan for Reducing Your Risk of Breast Cancer, St. Martin's Press, 2000. She was also editor of two academic volumes: Cancer Prevention and Management through Exercise and Weight Control, CRC Press LLL, 2005; and Physical Activity, Dietary Calorie Restriction, and Cancer (Energy Balance and Cancer), Springer, 2010. Most recently, she published a memoir, Starved: A Nutrition Doctor's Journey from Empty to Full, Central Recovery Press, 2016.

Dr. McTiernan was a member of the 2018 U.S. Physical Activity Guidelines Advisory Committee, where she served as a member of the Leadership Committee and chair of the Cancer Subcommittee. Her additional advisory committee work included the 2008 U.S. Physical Activity Guidelines Advisory Committee, the International Agency for Research on Cancer, the World Cancer Research Fund, Susan G. Komen Scientific Advisory Council, the American Cancer Society, and the Patient-Centered Outcomes Research Institute.


Overview of Her Presentation

More than 14 million individuals around the world develop cancer each year, and almost 9 million of them die of this disease. In the U.S., 4 in 10 persons will develop an invasive cancer in their lifetimes. Yet, research suggests that up to half of cancers could be prevented through lifestyle change. Over the past few decades, epidemiologic studies in millions of persons have shown that high levels of physical activity are associated with reduced risks for many cancers, including breast, colon, endometrium, kidney, bladder, esophagus, stomach, lung, and others. Moreover, individuals diagnosed with cancer can have improved prognoses if they are physically active. This talk will summarize the epidemiologic evidence as reviewed by the 2018 U.S. Physical Activity Guidelines Advisory Committee, describe potential mechanisms linking physical activity with cancer risk and prognosis, and propose needed avenues of research.
Dr. King is a recipient of the Outstanding Scientific Contributions in Health Psychology Award from the American Psychological Association. She was one of 10 U.S. scientists honored by the Association of American Medical Colleges (AAMC) in 2014 for outstanding research targeting health inequities. Her research on citizen science engagement to promote healthful living environments for all has been honored with an international excellence award. She has in addition received Stanford Medical School’s inaugural Faculty Community Engagement Award (2018) and the Society of Behavioral Medicine’s 2018 Research to Practice Award. Dr. King is an elected member of the Academy of Behavioral Medicine Research and Past President of the Society of Behavioral Medicine. She has served on a number of government taskforces in the U.S. and abroad, including membership on the U.S. Department of Health and Human Services’ Scientific Advisory Committee on National Health Promotion and Disease Prevention Objectives for 2020, and the Science Board of the President’s Council on Fitness, Sports and Nutrition. She has also chaired, with Dr. Ken Powell, the USDHHS 2018 Physical Activity Guidelines for Americans Advisory Committee.

Overview of Her Presentation

From the earliest periods of human history, scholars have been aware of the importance of active lifestyles and daily movement in the promotion of health and well-being. Yet, across history, as technological advances grew, opportunities to be regularly active in daily life have dwindled. This presentation will focus on the development of the science of physical activity behavior change, and highlight the current trends that, arguably for the first time in modern human history, provide the opportunity to both study and significantly advance population-level physical activity promotion.
Exercise is Medicine® (EIM), a global health initiative managed by ACSM, aims to make physical activity assessment and promotion a standard in clinical care, connecting health care with evidence-based physical activity resources for people everywhere and of all abilities. Join us for the 9th World Congress on Exercise is Medicine® to learn cutting-edge science and practical applications of exercise to improve the health of patients.

EIM National Center Leaders Meeting

Tuesday, May 29, 9:00 a.m.-12:30 p.m.
Room: Hyatt-Skyway

EIM National Center Directors from around the world will gather together to share EIM program implementation success stories and discuss plans for continued development and growth. These leaders will also connect Wednesday (May 30) evening during the EIM International Social.

EIM Educational Sessions

May 29–30
Room: Hyatt Regency

Nico Pronk, Ph.D., M.A., FACSM, will highlight the relationships between physical activity and economic impact, organizational performance, individual performance, and community vitality during the Morris/Paffenbarger EIM Keynote Lecture “Context Matters for Physical Activity Promotion” on Tuesday, May 29 from 5:30-6:15 p.m.

The EIM Highlighted Symposium “The Role of Resistance Training in Disease Prevention and Treatment” on Wednesday, May 29 from 3:15-5:15 p.m. addresses the importance of resistance training in disease prevention and treatment. See the program-at-a-glance for a comprehensive list of sessions available during the 9th World Congress on Exercise is Medicine®.

EIM Ambassador Program Training Session

Wednesday, May 30, 12:00-1:30 p.m.
Room: Hyatt–Lake Calhoun

The Exercise is Medicine® Ambassador program equips the next generation of health professionals with resources to promote physical activity as a standard in health care. Participate in this training session to join our ambassador community and become the voice of EIM in your institution and local community.

2018 Exercise is Medicine on Campus Recognition Awards

Wednesday, May 30, 5:30-6:30 p.m.
Room: Hyatt-Nicollet Ballroom A

Exercise is Medicine® on Campus (EIMOC) encourages faculty, staff and students around the world to work together to improve the health and well-being of the campus community. This special award ceremony will honor 85 campuses for their efforts to promote physical activity as a vital sign.

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

American College of Sports Medicine 2018 Conference and Exhibit Guide
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.  
Room: CC-Auditorium Foyer  
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.
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Visit our booth # 815 to see the exciting first edition *ACSM’s Exercise Testing and Prescription* and learn about other titles from the American College of Sports Medicine!

Visit know.lww.com/ACSM_Home.html to learn more.

*2016 Journal Citation Reports (Clarivate Analytics, 2017)*
The Awards and Tributes Committee is pleased to announce the 2018 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, June 1 from 8:00-10:00 p.m.

### 2018 Citation Award Recipients

- **Lawrence E. Armstrong, Ph.D., FACSM**
  University of Connecticut
  Storrs, Connecticut

- **David R. Bassett, Jr., Ph.D., FACSM**
  The University of Tennessee
  Knoxville, Tennessee

- **Mary Jane De Souza, Ph.D., FACSM**
  The Pennsylvania State University
  University Park, Pennsylvania

- **Sandra J. Hoffmann, M.D., FACSM**
  Idaho State University
  Pocatello, Idaho

- **J. Timothy Lightfoot, Ph.D., FACSM**
  Texas A&M University
  College Station, Texas

- **Janet Walberg Rankin, Ph.D., FACSM**
  Virginia Tech
  Blacksburg, Virginia

- **William W. Dexter, M.D., FACSM**
  Maine Medical Center
  Portland, Maine

### 2018 Honor Award Recipient

Barbara Ainsworth, Ph.D., M.P.H., FACSM
Arizona State University
Phoenix, Arizona
NOTHING BUT NET
WHEN IT COMES TO

Data for Return-to-Sport Decisions

Technology for Sport Rehab Decisions

Gait Analysis

Injury Risk Assessment

Balance Rehabilitation

Visit Booth #218
### ACSM Research Awards

**Charles M. Tipton Student Award**
- **Kevin Crombie**
  - University of Wisconsin-Madison
  - A-52 – Endocannabinoid System Involvement in Exercise-Induced Enhancement of Fear Extinction in Mice

**New Investigator Award**
- **Keith Diaz**
  - Columbia University Medical Center
  - F-13 – Effects of Replacing Prolonged Sedentary Bouts with Short Sedentary Bouts or Physical Activity on Mortality

**Visiting Scholar Award**
- **Ulrike Mitchell**
  - Brigham Young University
  - Dr. Ulrike H. Mitchell will be visiting Dr. Daniel Belavý at the Institute of Physical Activity and Nutrition at Deakin University, in Melbourne, Australia. She will be collaborating on factors influencing the health of the intervertebral disc.

### Travel and Specialty Awards

**GSSI-ACSM Sport Nutrition Award**
- **J.D. Adams**
  - Mayo Clinic
  - C-45 – The Effect of Mild Hypohydration on Performance and Thermoregulation in Male Cyclists: A Blinded Study

**GSSI-ACSM Young Investigator Award**
- **Eric Williamson**
  - University of Toronto
  - F-35 – Higher Protein Intakes Enhance Whole Body Protein Metabolism and Exercise Performance in Endurance-Trained Males

**GSSI-ACSM Young Scholar Travel Award**
- **Robert Morton**
  - McMaster University
  - Mary Medysky
  - Oregon Health and Science University
  - Joshua Keller
  - University of Nebraska-Lincoln

**Gail E. Butterfield Nutrition Travel Award**
- **Andrew Holwerda**
  - Maastricht University
  - G-19 – Leucine-Enriched Protein Supplementation Does Not Augment Muscle Mass and Strength Gains During Resistance-Type Exercise Training in Older Males

**Camille Brightwell**
- **University of Texas**
  - F-35 – Aerobic Exercise Training Improves Myofibrillar Protein Synthesis, Capillarization, and Quadriceps Strength in Older Adults

**Dr. Priscilla M. Clarkson Undergraduate Travel Award**
- **Colleen J. Sands**
  - University of Massachusetts Amherst
  - A-47 – Does Music-Based Cadence Entrainment Alter Metabolic Intensity?

**Steven M. Horvath Travel Award**
- **Timothy Moore**
  - University of Southern California
  - B-11 – The Role of Dynamin-related Protein 1 (drp1) in the Adaptations to Exercise

**Zachary Kerr**
- **University of North Carolina at Chapel Hill**
  - A-21 – Concussion is Associated with Adverse Health Outcomes: A 15-Year Follow-Up of Former College Football Players

**Dr. Lisa S. Krivickas Clinician/Scholar Travel Award**
- **Jamie Kaplan**
  - Tulane University School of Medicine

**Michael L. Pollock Student Scholarship**
- **Nicole Gilbertson**
  - University of Virginia
  - B-68 – Low-Calorie Diet Plus Interval Exercise Training Improves Metabolic Flexibility and Insulin Sensitivity in Obese Women

**Dr. Jack Wilmore Legacy Travel Award**
- **Christopher Moore**
  - University of Massachusetts Amherst
  - F-05 – Revisiting the ACSM Metabolic Equation for Walking: Development of a Cadence (steps/min) Metabolic Equation

- **Anson Blanks (Basic Science)**
  - Virginia Commonwealth University
  - C-46 – Erk1/2 and Ccr2 Expression in Fit and Unfit Males

- **Jinhee Jeong (Applied Science)**
  - University of Illinois at Urbana-Champaign
  - D-73 – The Effect of Intradialytic Exercise Training on Cardiac and Arterial Health in Hemodialysis Patients
ACSM International Awards

Oded Bar-Or International Scholar Award

Tim Hardy
University of Leeds
ENGLAND

International Student Awards

Kenichiro Inoue
Ritsumeikan University
Japan
E-30 – Increased Serum Irisin Level by Aerobic Training is Involved on NO Production in Obese Rats

Kanako Takahashi
University of Tsukuba
Japan
E-40 – Evidence for Hypothalamic Regulation by AVP and CRH in Running-induced Stress Responses

Tracey Ollewagen
Stellenbosch University
South Africa
F-54 – The Effect of Nitric Oxide Donor Treatment on Skeletal Muscle Repair Following Contusion Injury in Rats

Athanasios Moustogiannis
University of Athens
Greece
D-75 – Effect of the In Vitro Mechanical Loading of Myotubes on their Myogenic Lineage Progression

Tamir Eisenstein
Tel Aviv University
Israel
F-11 – Functional Brain Plasticity Following Physical Training in Older Adults with Amnestic Mild Cognitive Impairment: A Neuroimaging Study?

Brandon Shad
University of Birmingham
United Kingdom
D-09 – Impact of Short-term Sedentariness on Insulin Sensitivity and Week-to-Week Myofibrillar Protein Synthesis Rates in Physically Active Young Men

Federation of American Societies for Experimental Biology (FASEB)/Minority Access to Research Centers (MARC) Travel Awards

FASEB Diversity Resources Program has announced the travel award recipients for ACSM’s 65th Annual Meeting, 9th World Congress on Exercise is Medicine® and World Congress on the Basic Science of Muscle Hypertrophy and Atrophy. These awards promote the entry of students, post doctorates and scientists from underrepresented groups into the mainstream of the basic science community and to encourage the participation of young scientists at ACSM’s Annual Meeting. This year FASEB Diversity Resources Program conferred 11 awards totaling $12,000.

Aston McCullough, Columbia University
Nathan D’Amico, University of Arkansas
Arun Maharaj, Texas Tech University
Dorcas Copa, Memorial Hermann Ironman Institute
Sarah Deemer, University of Alabama at Birmingham
Todd Castleberry, Texas Women’s University
Lenard San Miguel, Queens College
Stephen Fischer, Texas Tech University
Jennifer Blankenship, University of Colorado
Lauren Samuels, University of Utah
Amarilys Romero-Reyes, University of Puerto Rico, Rio Piedras Campus
ACSM Foundation Research Grant Winners 2018-2019

ACSM Foundation Doctoral Student Research Grant

Matthew Babcock
University of Delaware

Miles Bartlett
University of Massachusetts Amherst

Erica Bell
East Carolina University

Sarah Burkart
University of Massachusetts Amherst

Erica Casto
University of Massachusetts Amherst

Daniel Corrigan
University of Delaware

Hope Davis
University of North Carolina at Chapel Hill

Douglass Diak
University of Arizona

Lyndsey DuBose
University of Iowa

Michael Garber
Emory University

Nicole Gilbertson
University of Virginia

Emily Heistion
University of Virginia

Ryan Hoiland
UBC Okanagan

Junyoung Hong
University of Houston

Dovin Kiernan
University of California, Davis

Harold Lee
Brown University

Jia Liu
University of Southern California

Ryan Martin
University of Toledo

Shawna McMillin
East Carolina University

Kamila Migdal
University of Delaware

William Pitt
University of Oregon

Elizabeth Schroeder
University of Illinois at Chicago

Emily Southmayd
Pennsylvania State University

Joseph Stock
University of Delaware

Katie Thralls
San Diego State University

Stephen Wolf
Pennsylvania State University

NASA Space Physiology Research Grant

Svyatoslav Dvoretsky
University of Illinois at Urbana

James Sackett
University of Buffalo

Paffenbarger-Blair Fund for Epidemiological Research on Physical Activity

Sylvia Badon
Kaiser Permanente Northern California

Research Endowment

Cory Baumann
University of Minnesota

Lance Bollinger
University of Kentucky

Katrin Dias
University of Texas Southwestern Medical Center

Wouter Hoogkamer
University of Colorado, Boulder

Jacyln Maher
University of North Carolina at Greensboro

Grant Norte
University of Toledo

Brandt Pence
University of Memphis

Nicole Vargas
University of Buffalo

Carl V. Gisolfi Memorial Fund

Christopher Chapman
University of Buffalo

Clinical Sports Medicine Endowment

Shawn Eagle
University of Pittsburgh

Dr. Raymond A. Weiss Research Endowments

Brianna Leitzelar
University of Wisconsin-Madison
Special Recognition to the Following Members

ACSM Legacy Members

The ACSM Board of Trustees approved “Legacy Members” in an effort to honor unique contributions of senior individuals who have contributed significantly to ACSM. This group consists of living past presidents, past Honor Award recipients, and past Wolfe Lecturers beginning 25 years after the end of the individuals’ presidency, award or lecture. A listing of the legacy members is below. Those legacy members in attendance at the ACSM Annual Meeting will be recognized during the opening of the D.B. Dill Historical Lecture on Friday morning.

Past Presidents
Robert C. Cantu, M.D., FACSM (1992-93)
Brian J. Sharkey, Ph.D., FACSM (1991-92)
Neil B. Oldridge, Ph.D., FACSM (1990-91)
Lyle J. Micheli, M.D., FACSM (1989-90)
Barbara L. Drinkwater, Ph.D., FACSM (1988-89)
Peter Raven, Ph.D., FACSM (1987-88)
John Bergfeld, M.D., FACSM (1984-85)
William L. Haskell, Ph.D., FACSM (1983-84)
Henry S. Miller, Jr., M.D., FACSM (1981-82)
David R. Lamb, Ph.D., FACSM (1980-81)
James S. Skinner, Ph.D., FACSM (1979-80)
David L. Costill, Ph.D., FACSM (1976-77)
Roy J. Shephard, Ph.D., FACSM (1975-76)
Charles M. Tipton, Ph.D., FACSM (1974-75)
Howard G. Knutgen, Ph.D., FACSM (1973-74)
John A. Faulkner, Ph.D., FACSM (1971-72)
Henry J. Montoye, Ph.D., FACSM (1962-63)

Past Wolfe Lecturers
Andrew Pipe, M.D., FACSM (1992)
Peter Cavanagh, Ph.D., FACSM (1987)
Jerome A. Dempsey, Ph.D., FACSM (1985)
Dirk Pette, Ph.D. (1984)
Frank Noyes, M.D. (1983)
George Bray, M.D. (1982)
William P. Castelli, M.D. (1981)
Loring B. Rowell, Ph.D. (1980)
Edward C. Percy, M.D. (1978)
Ejnar Eriksson, M.D., Ph.D. (1976)

Past Honor Awardees
John A. Faulkner, Ph.D., FACSM (1992)
John Holloszy, M.D., FACSM (1987)
Charles M. Tipton, Ph.D., FACSM (1986)

Lunch & Learn in the Expo Hall

Thursday, May 31
12:00-12:30 p.m.
Localized Treatment for Osteoarthritis Knee Pain with a Novel Intra-articular Formulation

Presenter: Dr. Jack Bert

Join us as presenter Jack Bert, M.D., describes the clinical data supporting approval for ZILRETTA® (triamcinolone acetonide extended-release injectable suspension) as an intra-articular treatment for Osteoarthritis of the Knee (OAK) pain.

First 50 attendees will receive a FREE $10 lunch voucher.

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- Sports Supplements and Ergonomic Aids
- Exercise and Nutrition Laboratory Techniques

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American College of Sports Medicine Annual Meeting

The American College of Sports Medicine (ACSM) is committed to providing a friendly, safe and welcoming environment for all participants of its ACSM Annual Meeting. We expect all attendees, media, speakers, volunteers, organizers, venue staff, guests and exhibitors to help us ensure a safe and positive conference experience for everyone.

To that end, the expectation is that all participants at the ACSM Annual Meeting abide by this code of conduct at all times and in all venues, including ancillary events and all social gatherings.

Expected behaviors for participants include:
• Exercising consideration and respect in speech and actions.
• Refraining from demeaning, discriminatory, harassing behavior and speech.
• Contributing to a positive and valuable experience for all participants.
• Being mindful of your surroundings and of fellow participants. Alert ACSM staff if you notice a dangerous situation, someone in distress or violations of this code of conduct.

Unacceptable behaviors include:
• Intentional and sustained disruption of scientific sessions or other events that negatively impacts the experience for other participants.
• Unwelcome and uninvited attention or contact.
• Physical assault (including unwelcome touch or other physical contact)
• Real or implied threat of physical harm.
• Real or implied threat of professional or financial damage or harm.

What To Do If You Witness or Experience Conduct That Violates the Code:

The ACSM staff can help participants contact convention center/hotel/venue security or local law enforcement, and otherwise assist those experiencing harassment or other violations of this code of conduct, to enable them to feel safe and to ensure a positive experience for the duration of the ACSM Annual Meeting. We value your attendance, and want to make your experience as productive and professionally stimulating as possible. For an immediate response to threatening actions or emergencies, never hesitate to call 911 or within Minneapolis Convention Center, the Public Safety Command Center at (612) 335-6040.

Need to notify staff of a violation or file a complaint? Please call or text (317) 296-5615. All reports will be confidential.

Consequences of Unacceptable Behavior

Unacceptable behavior from any participant at the ACSM Annual Meeting, including attendees, sponsors, exhibitors, contractors, volunteer leaders, vendors and/or venue staff, will not be tolerated. Anyone asked to stop unacceptable behavior is expected to comply immediately.

If a participant engages in unacceptable behavior, ACSM staff may take any action they deem appropriate, including removal from the ACSM Annual Meeting, without refund, and/or barring from future ACSM meetings. Egregious violations will result in more severe sanctions, including the possibility of reporting to local law enforcement.
40th Anniversary Lecturers
Fred L. Allman, Jr. ................................. 1994
George A. Brooks .................................. 1996
David L. Costill ................................. 1997
William P. Morgan .................................. 2000
Richard C. Nelson .................................. 2001
Ralph S. Paffenbarger, Jr. ...................... 2002
Allan J. Ryan ........................................ 2003
Nanette K. Wenger .............................. 2004

Morris/Paffenbarger
EIM Keynote Lecturers
Mai-Lis Hellenius .............................. 2017
Michael Pratt ................................. 2016

EIM Keynoters
James O. Hill ................................... 2015
Marco Pahor ................................... 2014
William Bird ........................................ 2016
Carl Lavie ....................................... 2013
Andrew Pipe .................................. 2012
Willem van Mechelen ....................... 2011
George C. Halvorson .......................... 2010
Karim Khan ................................. 2011
Bente Klarlund Pedersen .................... 2010

Basic Science World Congress Keynote
Kirk Erickson (Exercise and the Brain) ... 2017
Marc J. Poulin (Exercise and the Brain) .... 2016
Henriette van Praag (Exercise and the Brain) 2017
John Blundell (Energy Balance) .......... 2016
Claude Bouchard (Energy Balance) ......... 2015
Roger M. Enoka (Exercise Fatigue) ........ 2015
Michael J. Joyner (Exercise Fatigue) ...... 2015
Michael B. Reid (Exercise Fatigue) ...... 2014
Ji-Young Lee (Inflammation) ...... 2014

Gollnick Tutorial Lecturers
Kenneth M. Baldwin ............................. 2007
David A. Hood ................................. 2006
George A. Brooks .............................. 2005
M. Harold Laughlin ......................... 2004
Russell L. Moore ............................... 2004
Laurie J. Goodyear ............................ 2003
Jerome A. Dempsey ............................ 2002
Peter Hochachka .............................. 2001
Robert B. Armstrong ....................... 2000
Bengt Saltin .................................... 1999
Dick Pette ........................................ 1998
V. Reggie Edgerton .............................. 1997
Norman R. Alpert .............................. 1995
Brian R. Duling ................................. 1994
Frank W. Booth ............................... 1993

Cureton Tutorial Lecturers
Sharon A. Plovan ......................... 2004
Patty S. Freedson .......................... 2003
R. James Barnard ......................... 2002
James S. Skinner ......................... 2001
Russell R. Pate ........................... 2000
Paul M. Ribisl ............................... 1999
Steven N. Blair ............................. 1998
Charles B. Corbin ............................ 1997
Kirk J. Cureton .............................. 1996
William L. Haskell ..................... 1995

Pollock Tutorial Lecturers
James E. Graves ......................... 2010
Neil B. Oldridge ......................... 2009
Barry A. Franklin ....................... 2008
No lecture presented ..................... 2007
Paul M. Ribisl ............................... 2006
Randy W. Braith .......................... 2005
Victor Froelicher ....................... 2004
William L. Haskell .................... 2003
James S. Skinner ....................... 2002
Carl Foster .................................... 2001
Jack H. Wilmore ...................... 2000

Gisolfi Tutorial Lecturers
Kevin Kregel .................................. 2011
Nina Stachenfeld ......................... 2010
Michal Horowitz .......................... 2009
W. Larry Kenney ......................... 2008
Craig Crandall .......................... 2007
Alan Kim Johnson ..................... 2006
Robert Murray .......................... 2005
Bodil Nielsen Johannsen .......... 2004
Ronald J. Maughan ................. 2003
Michael N. Sawka .................... 2002

John R. Sutton Clinical Lecturers
Thomas Best .............................. 2017
Paul D. Thompson ...................... 2016
Martin P. Schwelling .......... 2015
Mary Lloyd Ireland .................. 2014
Lyle J. Micheli ......................... 2013
Francis G. O’Connor ................ 2012
Roodal Bahr .............................. 2011
William O. Roberts ................. 2010
Karim Khan .............................. 2009
W. Ben Kibler .............................. 2008
Stanley A. Herring .................... 2007
Benjamin D. Levine .................... 2006

Gollnick Tutorial Lecturers
Kenneth M. Baldwin .......................... 2007
David A. Hood ............................... 2006
George A. Brooks ............................ 2005
M. Harold Laughlin .................. 2004
Russell L. Moore ......................... 2003
Laurie J. Goodyear .................... 2002
Jerome A. Dempsey .................. 2001
Peter Hochachka ....................... 2000
Robert B. Armstrong ............ 1999
Bengt Saltin .............................. 1998
Dick Pette ................................. 1997
V. Reggie Edgerton .................... 1996
Norman R. Alpert ...................... 1995
Brian R. Duling ......................... 1994
Frank W. Booth ......................... 1993

D E I M Keynote Lecturers
Mai-Lis Hellenius ......................... 2017
Michael Pratt .............................. 2016

Buskirk Tutorial Lecturers
Mark Hargreaves ...................... 2017
Cynthia M. Beall ....................... 2016
George Havenith ..................... 2015
Edward T. Howley ...................... 2014
Jerome Dempsey ...................... 2013
Barry Franklin ......................... 2012

Honor Award Recipients
Peter B. Raven .......................... 2017
Arthur S. Leon ............................. 2016
William O. Roberts ................. 2015
James Skinner ............................ 2014
Robert Malina .............................. 2013
Russell Pate .............................. 2012
Kenneth Baldwin .................... 2011
Frank W. Booth ......................... 2010
Barry A. Franklin ..................... 2009
Henry Montoye .......................... 2008
George A. Brooks .................... 2007
Jack H. Wilmore ...................... 2006
Priscilla M. Clarkson ............. 2005
Jerome A. Dempsey ................. 2004
Steven N. Blair .......................... 2003
Claus Bouchard ....................... 2002
Roy J. Shephard ...................... 2001
William L. Haskell .................. 2000
Britton Chance .......................... 1999
Russell F. Warren .................... 1998
Loring B. Rowell ..................... 1997
Barbara L. Drinkwater ............ 1996
Carl V. Gisolfi ......................... 1995
Ralph S. Paffenbarger, Jr. ......... 1994
David L. Costill ....................... 1993
John A. Faulkner ...................... 1992
Martti J. Karvonen .................... 1991
Bengt Saltin .............................. 1990
Philip D. Gollnick .................... 1989
Jere H. Mitchell ....................... 1988
John O. Holloszy ...................... 1987
Charles M. Tipton ..................... 1986
Jerome Morris ......................... 1985
Elsworth R. Buskirk .................. 1984
Robert A. Bruce ....................... 1983
L.G.C.E. Pugh ............................. 1982
Erik Holhuw-Christensen ........... 1981
Henry L. Taylor ....................... 1980
Erling Asmussen ...................... 1979
Leonard A. Larson .................. 1978
D. Bruce Dill ......................... 1977
Albert R. Behnke ....................... 1976
Franklin Henry ....................... 1975
Ernst Simonson ....................... 1974
Per-Olof Åstrand ...................... 1973
Bruno Balke .............................. 1972
Peter V. Karpovich .................. 1971
Albert S. Hyman ..................... 1970
Thomas K. Cureton, Jr. ............. 1969
Grover W. Mueller .................. 1968
Sid Robinson ............................. 1967
Don O’Donohue ......................... 1966
Arthur H Steinhaus .................. 1965
Percy M. Dawson ...................... 1964
D. Bruce Dill ......................... 1963
Joseph B. Wolfe ....................... 1958

Paffenbarger Tutorial Lecturers
Peter T. Katzmarzyk .................. 2015
Wendy J. Brown ....................... 2014
Rainer Raasraa .......................... 2013
Steven N. Blair ....................... 2012
Kenneth Powell ....................... 2011
Adrian Bauman ....................... 2010
I-Min Lee ................................. 2009
## Citation Award Recipients

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*Note: The list above includes the names of the Citation Award Recipients from 1964 to 2017.*
Citation Award Recipients (continued)

Bruno Balke ............................................. 1963
Lucian Brouha
Richard C. Schneider
Louis F. Bishop ........................................... 1962
United States Astronauts:
Scott Carpenter
Gordon Cooper
John Glenn
Virgil Grissom
Walter Schirra
Alan Shepard
Donald Slayton
Warren R. Johnson .................................... 1961
Augustus Thoendike
John B. Kelley, Sr. ........................................ 1959
Grover W. Mueller
Charles H. McClory ..................................... 1958
Seward C. Staley

New Investigator Award Recipients

Thijs Eijsvogels ........................................... 2017
Jonathan Mitchell
Mary Beth Brown ............................................. 2016
Jonathan P. Little
Summer B. Cook ............................................ 2015
Joel D. Trinity
Jared Dickinson .......................................... 2014
Nathan Jenkins
Matthew P. Buman ....................................... 2013
Michael LaFontaine
Darren Casey ............................................... 2012
Dick Thijsen
Wataru Aoi .................................................. 2011
Parco M. Siu
Brian C. Clark ............................................. 2010
Kevin S. Heffernan
Brad J. Behnke ............................................. 2009
Ole Kemi
Brian K. McFarlin ......................................... 2008
Kei Sakamoto
Ulf Ekelund ................................................... 2007
Ulrik Wisloff
Kevin Monahan ............................................. 2006
Stuart Warden
Shigehiko Ogoh .......................................... 2005
Stephen M. Roth
Dane B. Cook ................................................. 2004
Casey Kindig
Peter Katzmarzky ......................................... 2003
Jian Cui
Christopher T. Minson .................................... 2002
Bradley C. Nindl
Tuomo Rankinen .......................................... 2001
Shawn D. Youngstedt
David A. MacLean ........................................ 2000
Steven J. Swap
Hifofumi Tanaka .......................................... 1999
Marius Locke ............................................... 1999
J. Kevin Shoemaker
Douglas K. Bowles ....................................... 1998
Jeffrey A. Woods
Craig G. Crandall ........................................... 1997
Donald R. Dengel
Michael D. Delp .......................................... 1996
Andrew W. Gardner
Flemming Dela ............................................. 1995
Don W. Morgan
Yoshiharu Yamamoto
Jacob E. Friedman ....................................... 1994
Mark Hargreaves
Erik John Henrikse
Laurie J. Goodyear ......................................... 1993
Joseph A. Housman
Louis A. Almekinders .................................... 1992
Andrew R. Coggan
J. Michael Overton
Jean-Aime Simoneau
James C. Agre ............................................. 1991
Mark D. Grabiner
George A.C. Murrell
Jean-Pierre Despres .................................... 1990
Abram Katz
David A. Flood ............................................ 1989
Eric T. Pochman
David H. Wasserman
Bente Kiens ................................................. 1988
Michael Kjaer
W. Larry Kenney .......................................... 1987
Russell L. Moore
Timothy I. Musch ........................................ 1986
Dennis I. Goldberg ....................................... 1985
Gary A. Klug
Douglas R. Seals
Robert G. Kochran ....................................... 1984
Erik A. Richter
William S. Barnes ....................................... 1983
James M. Hagberg
Bruce J. Martin
Benjamin F. Timson
Vitor A. Convertino ...................................... 1982
Joseph W. Starnes
Timothy P. White ........................................ 1981
Francois Peronnet
Steven F. Lewis ............................................ 1980
Edward J. Zambraski

Charles M. Tipton Student Research Award

Katherine Hayes .......................................... 2017
Joshua Smith
David A. Holdsworth .................................... 2016
Melissa A. Linden
Rebecca M. Kappus ...................................... 2015
Kurt J. Sollanek
Marlou Dirks ............................................... 2014
Alia Yasen
Jerome Durussel .......................................... 2013
Rachael K. Nelson
Daniel Gagnon ............................................. 2012
Sean Newsom
Nicholas A. Burd .......................................... 2011
Bruno Tesini Roseguini ................................ 2010
Colin Young ............................................... 2009
Beth A. Parker ............................................. 2008
Karen Leman ................................................. 2007
Simon Schenk ............................................. 2006
Parco M. Siu ............................................... 2005
Brett J. Wong ................................................. 2004
Lesley Lawrenson ........................................ 2003
Ronald M. Ichiamal ...................................... 2002
Theodore W. Zeder
Ronald G. Bolster .......................................... 2001
Alice Jane Yee ............................................. 2000
Brian E. Miller .............................................. 1999
Keith Baar

Visiting Scholar Award Recipients

Matthew Seeley ............................................ 2017
Kristin Campbell ........................................... 2015
Ryan Russell ............................................... 2014
Mark Olfert ............................................... 2011
Moh H. Malek .............................................. 2010
Minoru Shirahara ........................................ 2009
David Bishop ............................................... 2008
D. Walter Wray ........................................... 2007
Shigehiko Ogoh ............................................. 2006
Richard M. Lovering ..................................... 2005
Thad E. Wilson .............................................. 2004
Fernando Rodriguez ...................................... 2003
John P. Mattson ............................................ 2001
J. David Symons .......................................... 2000
Jeffrey J. Zachwieja ...................................... 1999
Lynda B. Ransdell ........................................ 1998
Jeffrey T. Potts ............................................. 1997
Ross E. Andersen .......................................... 1995
Craig G. Crandall
Richard M. McAllister
Serge vonDuvillard ........................................ 1994
Mitchell H. Whaley
Jon W. Williamson
Susan A. Bloomfield ...................................... 1993
Jeanmarie R. Burke
William F. Beehue ........................................ 1992
Steven T. McCaw
Gregory R. Adams ......................................... 1991
Michael C. Hogan
William M. Sherman
G. Stephen Morris ......................................... 1990
P. Timothy Wall
Philip S. Clifford .......................................... 1989
J. Richard Coast
Scott K. Powers ............................................. 1987
Vitor A. Convertino ....................................... 1986
Douglas R. Seals
Gary A. Dudley ............................................. 1983
Michael N. Sawka ......................................... 1982

Oded Bar-Or International Scholars

Veronique Richard (USA) .................................. 2017
Paolo Adami (Italy) ........................................ 2016
Linda Ernsiten (Norway) ................................... 2015
Bruno Roseguini (Brazil) .................................. 2014
Wondimu Dirosibachew Haile (Ethiopia) ............. 2013
Erik Hanson (Australia) ................................... 2012
Ilkka Heinonen (Finland) ................................ 2011
Klaus Gebel (Australia) .................................... 2010
Dick H. Thijsen (UK) ....................................... 2009
Mark Black (UK) ............................................. 2008
Gal Dubnov-Raz (Israel) .................................. 2007
Cara Weisbrod (Australia) ................................ 2006
Natalie Middleton (UK) .................................... 2005
Phillip Watson (UK) ........................................ 2004
Fernando Rodriguez (Spain) ............................ 2003
Anna Toldy (Hungary) ..................................... 2002
Ewa Szczepanowska (Poland) ......................... 2001

American College of Sports Medicine 2018 Conference and Exhibit Guide
International Clinical Scholars

- Martin Schwelilus ........................................... 2017
- Amit Reches (Israel) ........................................... 2016
- Ramona Ritzmann (Germany) .............................. 2015
- Marianne Martinsen (Norway) .............................. 2014
- Campbell MacGregor (Australia) .......................... 2013
- Jorunn Sundgot-Borgen (Norway) .......................... 2012

RAFA-PANA Scholar Award

- Robinson Ramirez Valez .................................. 2012
- Fernando Laño ................................................. 2011

International Student Awards

- E. Calaine Inglis .............................................. 2017
- Anna Jackson
- Peta Forsyth
- Andrew Holwenda ........................................... 2016
- Gemma Lyall
- Anna Pedrinollia
- Alis Bonsignore ................................................ 2015
- Yi-Yuan Lin
- Michael Williams-Bell
- Ryoko Kawakami ............................................. 2014
- Oliver Klassen
- Lilion Roberts
- Elina Engberg .................................................. 2013
- Tim Snijders
- Martin Tan
- Astrid Balemans .............................................. 2012
- Deena Campbell
- Regula Furrer

ACSM Past Presidents

- Walter R. Thompson ........................................ 2017-2018
- Elizabeth A. Joy ............................................. 2016-2017
- Lawrence E. Armstrong ................................. 2015-2016
- Carol Ewing Garber ........................................ 2014-2015
- William W. Dexter ........................................ 2013-2014
- Janet Walberg Rankin ................................ 2012-2013
- Barbara E. Ainsworth ................................ 2011-2012
- Thomas Best .................................................... 2010-2011
- James M. Pivarnik ........................................... 2009-2010
- Melinda Millard-Stafford ................................ 2008-2009
- Robert E. Sallis .............................................. 2007-2008
- J. Larry Durstine ............................................. 2006-2007
- Carl Foster ...................................................... 2005-2006
- William O. Roberts ........................................ 2004-2005
- W. Larry Kenney ............................................. 2003-2004
- Edward T. Howley .......................................... 2002-2003
- Angela D. Smith ............................................. 2001-2002
- Priscilla A. Clarkson ...................................... 2000-2001
- Barry A. Franklin ............................................ 1999-2000
- Paul D. Thompson .......................................... 1998-1999
- Charlotte A. Tate ........................................... 1997-1998
- Steven N. Blair .............................................. 1996-1997
- Steven P. Van Camp ...................................... 1995-1996
- Timothy P. White .......................................... 1994-1995
- Russell R. Pate ............................................ 1993-1994
- Brian J. Sharkey ............................................. 1991-1992
- Neil B. Oldridge .............................................. 1990-1991
- Lyle J. Micheli ................................................. 1989-1990

ACSM Founders

- Louis F. Bishop
- Clifford Brownell
- Albert Hyman
- Ernst Jokl
- Peter Karpovich
- Leonard Larson
- Grover Mueller
- Neilos Nilson
- Josephine Rathbone
- Arthur Steinhaus
- Joseph B. Wolfe
IN RETHINKING SUPPORT, WE RETHOUGHT EVERYTHING.
TRANSCEND 5
Listed on the following pages are the companies, universities, agencies, and organizations participating in the 2018 ACSM Annual Meeting Exposition Hall. In addition to making time for your favorites, please plan to visit our new exhibitors as well.

**Exhibit Hall Hours**

Exhibits are located in Hall C

**Wednesday, May 30**
1:30-6:00 p.m. Exhibits open (reception 5:00-6:00 p.m.)

**Thursday, May 31**
9:30 a.m.–5:00 p.m. Exhibits open

**Friday, June 1**
9:30 a.m.–2:00 p.m. Exhibits open

**Index of Exhibitors (Alphabetical) as of April 10, 2018**

Exhibitors on this page who are ACSM sponsors are listed in boldface. Their listing in the exhibit guide also is highlighted with a shaded green box.

* = Donors to the Student Bowl

<table>
<thead>
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<th>Exhibitor</th>
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<td>419</td>
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<td>417</td>
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<td>Tekscan</td>
<td>218</td>
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<td><strong>209</strong></td>
</tr>
<tr>
<td>Twin Cities Orthopedics*</td>
<td>518</td>
</tr>
<tr>
<td>University of St. Augustine for Health Sciences</td>
<td>827</td>
</tr>
<tr>
<td><strong>University of Tampa</strong></td>
<td><strong>726</strong></td>
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<td>608</td>
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<td>Valt Performance</td>
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<td>511</td>
</tr>
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<td>824</td>
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<td><strong>815</strong></td>
</tr>
<tr>
<td>Woodway</td>
<td>407</td>
</tr>
</tbody>
</table>
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<table>
<thead>
<tr>
<th>Booth #</th>
<th>Exhibitor</th>
</tr>
</thead>
<tbody>
<tr>
<td>115</td>
<td>Delsys</td>
</tr>
<tr>
<td>117</td>
<td>Ferring</td>
</tr>
<tr>
<td>127</td>
<td>Mayo Clinic</td>
</tr>
<tr>
<td>201</td>
<td>Activinsights Ltd</td>
</tr>
<tr>
<td>203</td>
<td>Logan University</td>
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<td>ISS</td>
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<td>315</td>
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<td>Routledge</td>
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<td>North Dakota State University</td>
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<td>Creative Health Products*</td>
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902 | Vyair
903 | AEI TECHNOLOGIES
914 | Lode B.V.
915 | Kistler Instrument
917 | Functional Movement Systems
918 | Nova Biomedical
919 | Artinis Medical Systems BV
920 | Point Loma Nazarene University
921 | KORR
922 | Gisolfi 5K Fun Run, Walk and Roll (fueled by Gatorade)
923 | College of Graduate Health Studies at A.T. Still University
924 | MuscleSound
925 | NormaTrc
1000 | ParvoMedics Inc*
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1003 | Journal of Athletic Training
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<tr>
<td>Email: <a href="mailto:sales@actigraphcorp.com">sales@actigraphcorp.com</a></td>
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<tr>
<td>Cambridge, PE28 0LF United Kingdom</td>
<td>Thousand Oaks, CA 91320 United States</td>
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<tr>
<td>Email: <a href="mailto:stephanies@activinsights.co.uk">stephanies@activinsights.co.uk</a></td>
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<td>Email: <a href="mailto:info.na.@adinstruments.com">info.na.@adinstruments.com</a></td>
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<tr>
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</tr>
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<tbody>
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<td>Germantown, MD 20874</td>
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<thead>
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<tr>
<td>Leipzig, DE 4356 Germany</td>
<td>Concord, CA 94520</td>
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<td>Email: <a href="mailto:sales@cortex-medical.com">sales@cortex-medical.com</a></td>
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<tr>
<td>Duluth, MN 55811</td>
<td>Chicago, IL 60606</td>
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Athlete Care and Clinical Medicine
Evidence-Based Consensus
Recommendations Regarding Selected Issues in Youth Contact and Collision Sports

Biomechanics and Neural Control of Movement
Make No Bones About It: Bone Loading in Relation to Bone Stress Injuries

Cardiovascular, Renal and Respiratory Physiology
Normal Response to Exercise, Separating the Wheat from the Chaff

Clinical Exercise Physiology
Lost in Translation: Promoting Physical Activity vs Physical Fitness?

Environmental and Occupational Physiology
Novel Approaches and Insights in Hydration Research: Mechanisms, Measurement and Performance

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Exercise is Medicine
Influence of Physical Activity, Sports and Exercise Programs on Autistic Spectrum Disorders

Fitness Assessment, Exercise Training, and Performance of Athletes and Healthy People
You’re Doing it Wrong! Training and Nutrition for Physique vs. Function

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HYDRATION FOR HEALTH ACADEMY:
historical perspectives and emerging evidence of the importance of hydration beyond performance

**Chairman:** Stavros Kavouras, Ph.D., FACSM, F.E.C.S.S.,
University of Arkansas, USA.

**Module 1: Historical perspectives and hydration biomarkers**
- History and evolution of hydration science
  Lawrence Armstrong, Ph.D., FACSM,
  University of Connecticut, USA.
- Hydration beyond performance: so what?
  Erica Perrier, Ph.D., C.S.C.S., Danone Nutricia Research, France.
- Fluid Intake patterns worldwide
  Isabelle Guelinckx, Ph.D., R.D., Danone Nutricia Research, France.

**Module 2: Hydration beyond performance**
- Mechanisms for dehydration-associated kidney disease
  Richard Johnson, M.D., University of Colorado, USA.
- Combined dehydration, exercise and environmental heat stress
  increase lipid peroxidation and DNA damage
  Colleen Muñoz, Ph.D., University of Hartford, USA.
- High Intensity Exercise, cardiac output & renal injury
  Evan Johnson, Ph.D., University of Wyoming, USA.

Food and beverages will be served.

May 29th • 4:00-7:00PM • Room 102-EF • Minneapolis Convention Center, USA