



World Congress on The Basic Science of Exercise, Circadian Rhythms and Sleep

May 28-June 1, 2019 • Orlando, Florida USA

This year's Basic Science World Congress focuses on biological and physiological mechanisms of exercise, circadian rhythms and sleep. The Basic Science World Congress is a unique opportunity to bring together interdisciplinary investigators for the most comprehensive meeting on this topic. This year's World Congress is chaired by Karyn Esser, Ph.D., FACSM, University of Florida.

Wednesday, May 29

A-58 - Symposium

Exercise Performance and Sleep

9:30-11:30 a.m.

Kenneth Wright, Benjamin J. Edwards, Saurabh S. Thosar, Michael Grandner, Charli Sargent

A-59 - Tutorial Lecture

Circadian Biology and the Molecular Clock: Terminology

9:30-10:20 a.m.

Karyn A. Esser, FACSM

B-71 - Keynote

Circadian Clock Genes and their Implications for Metabolism and Health

1:00-1:50 p.m.

Joseph S. Takahashi

B-72 - Symposium

Circadian Rhythms, Clocks and Metabolism

3:15-5:15 p.m.

Katja Lamia, Karen Gamble, Clara Peek, Juleen R. Zierath

B-73- Symposium

Does Sleep Promote Recovery in Athletes?

3:15-5:15 p.m.

Shawn Youngstedt, Marco Tulio de Mello, Rob Duffield

Thursday, May 30

C-49 - Free Communication/Poster

Circadian and Sleep Behavior in Adolescents

7:30 a.m.-12:30 p.m.

C-50 - Tutorial Lecture

Jet Lag and Major League Baseball

9:30-10:20 a.m.

Ravi Allada

D-70 – Free Communication/Poster

Circadian Rhythms in Health and Performance

1:00-6:00 p.m.

D-71 – Free Communication/Poster

Muscle, Movement and Sleep

1:00-6:00 p.m.

D-72 - Symposium

It's about Time: Timing of Exercise and Nutrition to Influence Circadian Biology

1:30-3:30 p.m.

Jonathan Little, FACSM, Evelyn B. Parr, Jill A. Kanaley, FACSM

D-73 – Symposium

Clocks, Insufficient Sleep and Muscle

3:45-5:45 p.m.

Kenneth Wright, Allison Brager, Jonathan Cedernaes, Josiane L. Broussard, David Bishop, FACSM

D-74 – Symposium

The Dynamic Relationships of Physical Activity and Sleep Quality with Cognitive Health

3:45-5:45 p.m.

Ryan S. Falck, Teresa Liu-Ambrose, Peter A. Hall, J. Carson Smith, FACSM, Kirk I. Erickson

Friday, May 31

E-48 – Free Communication/Poster

Sleep and Athletic Performance

7:30 a.m.-12:30 p.m.

E-49 - Tutorial Lecture

Timing is Everything: Chrono-Exercise and Nutrition

10:40-11:30 a.m.

John Hogenesch

F-67 – Free Communication/Poster

Sleep and Cardiometabolic Effect

1:00-6:00 p.m.

Basic Science Reception

Thurs., May 30, 6:00-7:00 p.m.

Gather for an informal reception and networking. Student winners of the basic science of exercise, circadian rhythms and sleep abstracts will be recognized during the event. Light refreshment and cash bar are offered.



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