



**Student and Early Career Pre-Conference:
*Tips for Success in the Classroom, Clinic, Laboratory, and Beyond***

**Tuesday, May 28th, 2019
3:00pm – 6:00pm**

Keynote Presentation

Title: *Academic Career Planning: Lessons from the School of Hard Knocks*

Time: 3:00pm – 3:45pm

Room: 203

Scott K. Powers, Ph.D., Ed.D., FACSM

UAA Endowed Professor and Distinguished Professor

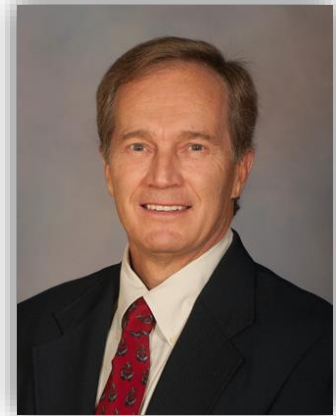
Dept. of Applied Physiology and Kinesiology

College of Health & Human Performance

University of Florida

Gainesville, FL

spowers@hhp.ufl.edu



Scott K. Powers, Ph.D., is a physiologist who specializes in investigating the effects of muscular exercise and inactivity on both cardiac and skeletal muscle. Specifically, Powers' research has focused upon exercise mediated changes in cardiac and skeletal muscle antioxidant systems and the role that these changes play in providing protection against ischemia-reperfusion injury. The current focus of the Powers' laboratory is to investigate the mechanisms responsible for respiratory muscle weakness in patients subjected to prolonged periods of mechanical ventilation. Powers' laboratory research has been funded by extramural grants from the National Institutes of Health, Florida Biomedical Research Program, American Heart Association-Florida, and American Lung Association-Florida.

In addition to conducting research, Powers is an enthusiastic teacher, having earned three University of Florida teaching awards. Moreover, he has co-authored four textbooks that are used in college exercise physiology courses.

In addition to teaching awards, Powers has received several academic honors including being elected President of the Southeastern chapter of the American College of Sports Medicine (1986) and Vice-President of the American College of Sports Medicine (1997-99). Furthermore, Powers was selected as the Southeastern American College of Sports Medicine Scholar in 1995 and he has earned a Career Enhancement Award from the American Physiological Society. He has served on grant review study sections for the National Institutes of Health, American Heart Association-Florida, and NASA. Powers also serves on numerous editorial boards for scholarly journals and is currently a senior editor for the *Journal of Physiology*.



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Research Careers Track

Title: *Research in Academia*

Time: 4:00pm – 4:25pm

Room: 203

Catrine Tudor-Locke, Ph.D., FACSM, FNAK

Professor

Associate Dean for Research & Administration

School of Public Health and Health Sciences

University of Massachusetts Amherst

Amherst, MA

ctudorlocke@umass.edu



I am a walking behavior researcher and am a recognized world leader in objective physical activity assessment and promotion, specifically focused on pedometer or accelerometer-determined ambulatory activity captured as steps/day across the lifespan. I am a trained program evaluator and adult educator focused on practical applications in objective monitoring measurement and intervention. I have also published on clinical vs. free-living gait analysis, including interpretation of cadence as a simple indicator of ambulatory patterns. I have also published work documenting the relationship between time spent in sedentary behavior and relatively low ambulatory activity, measured as steps/day.



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Research Careers Track

Title: *Research in Government*
Time: 4:30pm – 4:55pm
Room: 203

Robert W. Kenefick, Ph.D., FACSM
Deputy Division Chief and Altitude Group Leader
Thermal and Mountain Medicine Division
U.S. Army Research Institute of Environmental Medicine
Natick, MA
Robert.W.Kenefick.civ@mail.mil



Dr. Robert Kenefick is the Deputy Chief of the Thermal and Mountain Medicine Division and the Altitude Work Group Leader at the U.S. Army Research Institute of Environmental Medicine. Dr. Kenefick completed his undergraduate and master's degree work at Southern Connecticut State University in 1990 and his doctoral work at the University of Connecticut in 1995. Dr. Kenefick then served as an Associate Professor of Exercise Science in the Department of Kinesiology at the University of New Hampshire for ten years. In 2005, Dr. Kenefick joined the Thermal and Mountain Medicine Division of the U.S. Army Research Institute of Environmental Medicine as a Principal Investigator. Dr. Kenefick's research has principally focused on fluid homeostasis and cardiovascular, thermoregulatory and performance responses to exercise and environmental stress. He serves as an Editorial Board member for the *The Journal of Applied Physiology, Medicine and Science in Sport and Exercise*, and is Associate Editor for *Wilderness & Environmental Medicine*. Dr. Kenefick has published over 100 peer-reviewed journal articles and textbook chapters. He has presented his research at numerous national and international conferences, and has served as the President of the New England Chapter of the American College of Sports Medicine and served on various committees for the American College of Sports Medicine, of which he is also a fellow.



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Exercise Professionals Careers Track

Title: *Non-Licensed Careers*

Time: 4:00pm – 4:25pm

Room: 202C

Robert J. Confessore, Ph.D., RCEP, CCEP, EP-C, EIM3, FACS

Clinical Exercise Physiologist
Kalispell Regional Medical Center
Summit Medical Fitness Center
Kalispell, MT
rconfessore@krmc.org



Dr. Confessore is a clinical exercise physiologist with 40 years of experience in the Exercise Science field. He began work at KRH SMFC in the fall of 2014. His previous position was lead clinical exercise physiologist of the University of Chicago Medicine's Personal Health and Prevention Program. Rob has held numerous professional positions including: Exercise Physiologist Cardio Fitness Corporation [New York City], Research Associate at Applied Research Associates [Fire, Police, Military Fitness] and Walter Reed Army Institute of Research; Professor/Program Coordinator Exercise Science within the NH Community College system; Founding Director Human Performance Laboratory Elliot Health System, Manchester NH; Senior Clinical Exercise Physiologist New England Heart Institute, Catholic Medical Center, Manchester NH. Dr. Confessore holds all ACSM Certifications within the clinical tract; is an ACSM Fellow; and Legislative Committee Chairman of the Clinical Exercise Physiology Association. He takes great pride in a professional life dedicated toward helping others improve their health and physical performance.

Michael J. Redd, Ph.D., CSCS

Director of Sports Science
University of Central Florida Department of Athletics
Orlando, FL
redd@ucf.edu



Michael Redd is currently a visiting instructor in the College of Health Professions and Sciences at the University of Central Florida. Most recently Michael has been appointed as the founding Director of Sport Science for the UCF Athletics Association. He received his PhD in Sport and Exercise Science from the University of Central Florida under Dr. Jeffrey Stout and Dr. David Fukuda. Michael's research focused on physiological and performance adaptations following various training modalities in athletes. His role as Director of Sport Science allows him to work with the university's strength and conditioning coaches in athlete monitoring as well as program design. Michael is currently working very closely with the Men's Soccer program developing appropriate monitoring protocols for use with the university's other sports teams. He has worked as an NSCA CSCS coach at both youth and collegiate levels for a number of years and continues to publish sport science related research in various peer-reviewed journals.

Nancy Belli, M.A., EP-C

Senior Wellness Director
Tampa Metropolitan Area YMCA
Tampa, FL
Nancy.Belli@TampaYMCA.Org



Nancy Belli has over 30 years of experience in the fitness industry in a variety of roles. Currently, Nancy is the Senior Wellness Director for the South Tampa Family YMCA, where she oversees the Wellness Department, personal and small group training, group exercise, and Healthy Living programs, such as Pedaling for Parkinson's, Livestrong (cancer survivors), Enhance Fitness, (arthritis and fall prevention), and others. Prior to moving to Florida, Nancy worked in New York City for 30 years as a personal trainer and manager/director in corporate, commercial and not-for-profit settings. She is an educator and instructor with various organizations such as American Heart Association, American Red Cross, American Council on Exercise, and has created courses on special populations for Plus One Health Management. Nancy has been a content expert for magazines, ACSM resource manual(s), Department of Labor, and NYC Department for the Aging. She has been an Associate Editor and/or contributor for *ACSM's Certification Review* (ed 3 & ed 4) and *ACSM's Resources for the Group Exercise Instructor*. Nancy earned her Bachelor's degree in Physical Education and Athletic Training (concentration) from SUNY Cortland, and her Master's degree in Applied Physiology from the Teacher College of Columbia University.



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Exercise Professional Careers Track

Title: *Licensed Careers*

Time: 4:30pm – 4:55pm

Room: 202C

Manish Gupta, M.D., FAAOS

Medical Director, Sports & Orthopedic Center

Affiliate Faculty

Department of Exercise Science and Health Promotion

College of Education

Boca Raton, FL



Dr. Manish Gupta has an affiliate faculty appointment with the Department of Exercise Science and Health Promotion at Florida Atlantic University since 2010. As a Board Certified Orthopedic Surgeon, specializing in Sports Medicine & Reconstructive Surgery, Dr. Gupta has the unique and invaluable privilege of serving as the Official Orthopedic Surgeon of Florida Atlantic University's Athletic Department.

Dr. Gupta completed his advanced sports medicine and reconstruction training at Union Memorial Hospital in Baltimore, Maryland, where he served as the staff physician of the NFL's Baltimore Ravens, the Morgan State University football program, and the lacrosse team at John Hopkins University. His practice specializes in evaluating and treating sports related injuries through arthroscopic techniques in the shoulder, elbow, hip, knee, and ankle. Additionally, he offers unicondylar, computer-assisted and custom made knee replacements, and is one of the few surgeons conducting minimally invasive anterior approach hip replacements and hip arthroscopy for treatment of hip pain. Currently, Dr. Gupta is the Medical Director at Sports & Orthopedic Center in Boca Raton, FL.

Larry H. Collins, M.P.A.S., PA-C, ATC

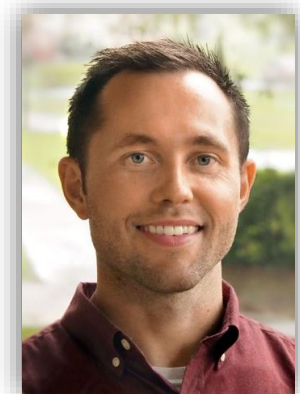
Assistant Professor, Physician Assistant Program
Department of Orthopaedics & Sports Medicine
USF Health, Morsani College of Medicine
Tampa, FL
lcollins@health.usf.edu



Larry Collins is the Associate Director of the USF Morsani College of Medicine Physician Assistant Program and an Assistant Professor in the Department of Orthopaedics and Sports Medicine. He has been practicing in Orthopaedics since graduating from the Yale University School of Medicine, Physician Associate Program in 1990. He is also a member of the Sports Medicine staff of the University of South Florida Athletics Department and works as an Athletic Trainer Injury Spotter for the National Football League. Larry has worked with the United States Olympic Training Program since 1998 including stints at the 1996 Summer Olympic Games in Atlanta, and at the 2008 Winter World University Games in Torino, Italy. He was named the Sports Medicine Person of the Year by the Athletic Trainers Association of Florida in 2004 and recognized as a Distinguished Fellow by the American Academy of Physician Assistants in 2007.

Phillips R. Worts, M.S. LAT, ATC, CSCS

Clinical Research Manager, Tallahassee Orthopedic Clinic
Department of Nutrition, Food, and Exercise Sciences
Florida State University Institute of Sports Sciences and Medicine
The Florida State University
Tallahassee, FL
Phillip.Worts@tlhoc.com



Phillip Worts joined Tallahassee Orthopedic Clinic (TOC) in 2017 where he leads the Clinical Research Program. He and TOC providers collaborate with external investigators like Florida State University (FSU) students and faculty, to explore ways to improve patient care and clinical outcomes. Phillip received his B.S. degree in Health Science with an emphasis in Athletic Training from the University of Central Florida (UCF) in 2009. Following graduation, he worked in an outpatient orthopedic rehabilitation clinic and served as the assistant athletic trainer and Winter Park High School. He then completed his M.S. degree in Sport and Exercise Science at UCF in 2012 while working as an athletic trainer with the football and women's golf teams. Upon graduation, Phillip worked at the University of North Carolina - Charlotte (UNCC) with the men's soccer team. After working at UNCC, Phillip moved to Tallahassee to study Exercise Physiology at FSU. Phillip is currently a doctoral candidate in the Nutrition, Food, and Exercise Sciences department. His research interests are sport-related concussion, injury-induced atrophy, therapeutic exercise, and evidence-based medicine.



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Early Career Scientist Track

Title: *Office Hours with NIH Program Directors*

Time: 4:00pm – 4:55pm

Room: 204

Dana L. Wolff-Hughes, Ph.D.

Health Scientist Administrator (Program Officer)
Office of Behavioral and Social Sciences Research
National Institutes of Health
Email: dana.wolff@nih.gov



Dr. Wolff-Hughes is a Health Scientist Administrator for the Office of Behavioral and Social Sciences Research (OBSSR). In this role, her primary responsibility is to provide technical guidance and direction to research efforts related to the development and evaluation of behavioral and social outcomes using mobile and wireless health technology. Prior to joining OBSSR, Dr. Wolff-Hughes was a Cancer Research Training Award Fellow in the Science of Research Technology Branch at the National Cancer Institute. Dr. Wolff-Hughes earned her Ph.D. in Physical Activity Epidemiology and M.S. in Exercise Physiology from the University of Tennessee. She has expertise in mobile and wireless health technology, epidemiology, exercise physiology, survey methodology, and statistics. Dana's research focuses on improving methods for assessment and profiling of behavior from sensors and temporally linked contextual data, with an emphasis on the implications for chronic disease prevention and treatment. She is particularly interested in how the accuracy of physical activity measures influence the dose response relationships with chronic disease with a focus on methods to better interpret and understand data from activity monitors and wearable sensors.



Lanay M. Mudd, Ph.D., FACS

Training Officer
Program Director, Clinical Research Branch
National Center for Complementary and Integrative Health
Bethesda, MD 20892
lanay.mudd@nih.gov

Lanay M. Mudd, Ph.D., FACS, is the Training Officer for the National Center for Complementary Health (NCCIH), and is also a Program Director in the NCCIH Clinical Research Branch. Her grant portfolio centers on clinical studies of movement meditation, including yoga, tai chi, and qi gong, for a variety of conditions and populations. As the Training Officer, Dr. Mudd also oversees the training and career development programs at NCCIH and develops and maintains resources for students, postdoctoral trainees, and early-mid career faculty pursuing research careers. Dr. Mudd earned a dual-major doctoral degree in kinesiology and epidemiology, and completed postdoctoral training in perinatal epidemiology at Michigan State University. Prior to joining NCCIH, she was an assistant professor of kinesiology at Michigan State University, where her research investigated the health benefits of physical activity during pregnancy and the development of interventions to improve health behaviors among pregnant women.

Invited NIH Program Directors

Richard P. Troiano, Ph.D.

National Cancer Institute (NCI)

Lanay M. Mudd, Ph.D.

National Center for Complementary and Integrative Health (NCCIH)

Amanda Boyce, Ph.D.

National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS)

Lyndon Joseph, Ph.D.

National Institute on Aging (NIA)

Dana L. Wolff-Hughes, Ph.D.

Office of Behavioral and Social Sciences Research (OBSSR)

Rachel Ballard, Ph.D.

Office of Disease Prevention (ODP)