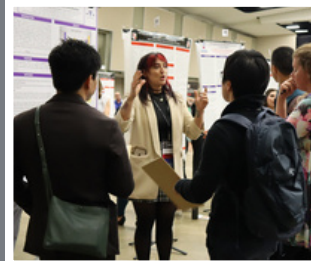
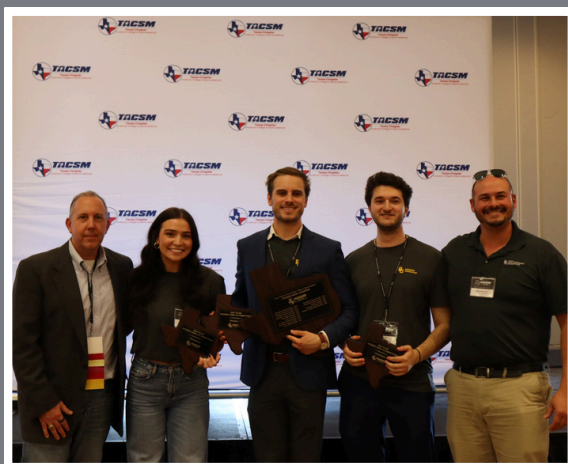
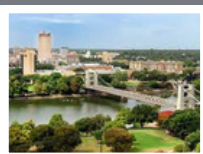
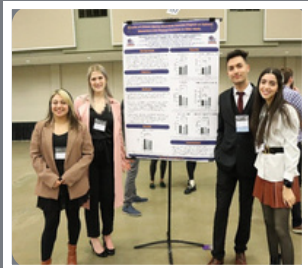




2025 TACSM ANNUAL MEETING PROGRAM



ACSM
Texas
Chapter

February 20-21, 2025
Waco Convention Center
Waco, Texas

ACSM
AMERICAN COLLEGE OF SPORTS MEDICINE

TEXAS ACSM 2025



Welcome Message

The 2025 Texas ACSM annual conference will be held Thursday, February 20th and Friday, February 21st at the Waco Convention Center. We have assembled another amazing group of speakers and feel that our final program is extremely well-rounded, providing “something for everyone” in attendance. We encourage everyone to seek out and spend time visiting with our vendors during the meeting, as they each make significant contributions to our annual meetings. Parking continues to be free in Heritage Square surrounding the Waco Convention Center.

Thursday afternoon will commence with registration open at 1:00 p.m. and our first round of concurrent sessions at 2:00 p.m. That will be followed by three more rounds of concurrent sessions held in the Brazos Ballroom, then things move into Chisholm Hall for the evening events and networking! Our poster presentation format will keep the same format as last year with student poster finalists standing by their posters from 5:30 to 6:30 p.m. as teams of judges make their way through the exhibit hall to determine who will move to the President’s Cup round. As we did last year, the top 3 in each poster category will move on! Following the judging session, the TACSM student research poster session will open from 6:30 to 7:30 p.m. for all poster presenters to showcase their research. The TACSM Social and Sponsor Fair also commence at 6:00 p.m. in Chisholm Hall to close out Day 1.

Friday starts off with another Women’s Breakfast (RSVP required) opens at 7:15 a.m., and the day will open in Chisholm Hall with a 2nd opportunity for students to stand by their posters during the President’s Cup judging round and a Graduate Student Fair. The meeting will then shift back to a focus on presentations with two rounds of talks that will lead into our Keynote Address, the Raven Lecture at 11:00 a.m. This year’s Raven Lecture will be given by Dr. Blake Rasmussen on Multi-Omic Signature of Physical Activity & Inactivity in Human Skeletal Muscle. Lunch will be provided and following that the always entertaining TACSM Student Bowl XVI competition will take place and will be immediately followed by the TACSM Awards Ceremony to close the 2025 Annual Meeting. Please stick around to cheer on the winners!

Joni Mettler, Ph.D., ATC, CSCS
2025 TACSM President and Program Chair
Texas State University

GENERAL INFO

CONFERENCE REGISTRATION

To register online, go to the Texas ACSM website (www.tacsm.org).

- Professional member: \$125.00
 - Non-member professional: \$160.00 (plus 1-year chapter membership)
 - Student member: \$45.00
 - Non-member student: \$45.00 (plus 1-year chapter membership)
- Early registration ends February 16th at which time rates will increase.

DIRECTIONS TO THE CONFERENCE

The Waco Convention Center is located in downtown Waco, TX. The physical address for the convention center is 100 Washington Avenue, Waco, TX 76701.

Attendees are asked to park in Heritage Square, a city block of surface parking located at 3rd Street and Austin Avenue, and bounded by 4th Street and Washington Avenue. Buses should be parked on this lot as well. Buses and vehicles taking more than one parking spot are not allowed in the parking lot facing Franklin Avenue.

For detailed driving directions, please visit the Texas ACSM website (www.tacsm.org).

HOTELS

- See TACSM website for more info, room blocks are limited.***

Hilton Waco (connected to the meeting venue)

Courtyard Waco (directly across the street from the meeting venue)

AC Hotel Waco (downtown Waco, brand new hotel)

Hotel Indigo Waco (downtown Waco close to the meeting venue)

Cambria Hotel (downtown Waco, brand new hotel north of Brazos River)

Residence Inn Waco (downtown Waco, 5 blocks from meeting venue)

2025 TEXAS ACSM PROGRAM



DAY 1

Thursday, February 20, 2025

1:00 – 7:30 P.M. REGISTRATION OPENS & NAME BADGE PICK-UP.

Room: Upper Lobby

1:00 – 8:30 P.M. VENDOR BOOTHS OPEN

Room: Chisholm Hall

1:00 – 4:00 P.M. POSTER SET-UP OPENS

Room: Chisholm Hall

2:00 – 2:45 P.M. CONCURRENT SESSIONS



INVITED APPLIED TALK

Stacy Cooper, Ph.D., FACSM

Yoga and Vascular Function: Novel Insights into an Ancient Practice

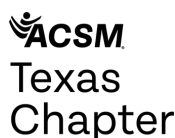
Room: Brazos Ballroom North

STUDENT PRESENTATIONS

2025 SRDA Presentation Finalists

Rapid Fire: The Student Research Grant Proposals Edition

Room: Brazos Ballroom South



2:55 – 3:40 P.M. CONCURRENT SESSIONS



INVITED SCIENTIFIC TALK

Milena Samora, Ph.D.

Neural Control of Circulation During Exercise: Uncovering the Challenges in Type 2 Diabetes

Room: Brazos Ballroom North



INVITED SCIENTIFIC TALK

Katherine Hansen, M.D.

From Surviving to Thriving: Fitness Training as Essential Medical Therapy for Congenital Heart Disease

Room: Brazos Ballroom South

3:50 – 4:35 P.M. CONCURRENT SESSIONS



INVITED CAREER TALK

Victor Convertino, Ph.D.

Exercise Science: Opportunities and Career Paths Abound!

Room: Brazos Ballroom North

INVITED SCIENTIFIC TALK

Jennifer Etnier, Ph.D.

The Potential Role of Physical Activity in the Prevention of Alzheimer's Disease

Room: Brazos Ballroom South



4:45 – 5:30 P.M. CONCURRENT SESSIONS

WOMEN IN EXERCISE SCIENCE TALK

Wendy Kohrt, Ph.D., FACSM

How I Became Interested in Exercise and Bone Health

Room: Brazos Ballroom North



GSSI LECTURE

Phil Agostinelli, PhD, CSCS, EP

An Update on Plant Proteins for Muscle Recovery

Room: Brazos Ballroom South



5:30 – 6:30 P.M. STUDENT FINALISTS POSTER JUDGING SESSION

Room: Chisholm Hall

Finalists required to be at poster

6:30 – 7:30 P.M. STUDENT RESEARCH POSTER SESSION (ALL PRESENTERS)

Room: Chisholm Hall

6:00 – 8:30 P.M. TACSM SOCIAL & SPONSOR FAIR

Room: Chisholm Hall

2025 TEXAS ACSM PROGRAM



DAY 2

Friday, February 21, 2025

7:15 – 11:30 A.M. REGISTRATION OPENS & NAME BADGE PICK-UP.

Room: Upper Lobby

7:15 – 8:15 A.M. WOMEN'S BREAKFAST (RSVP REQUIRED)

Room: McLennan Hall 209

7:30 – 9:00 A.M. MORNING COFFEE and TEA

Room: Chisholm Hall

8:00 A.M. – 1:00 P.M. VENDOR BOOTHS OPEN

Room: Chisholm Hall

8:00 – 9:00 A.M. PLENARY SESSION

 **PRESIDENTS CUP JUDGING AND GRADUATE STUDENT FAIR (ALL PRESENTERS INVITED TO STAND AT THEIR POSTERS)**

Room: Chisholm Hall

9:00 – 9:20 A.M. TACSM BUSINESS MEETING

9:30 – 10:10 A.M. OPENING LECTURE

INVITED SCIENTIFIC TALK

Kathryn Schmitz, Ph.D., FACSM

Exercise Is Medicine in Oncology:
Implementing Based on Solid Evidence

Room: Brazos Ballroom



10:15 – 10:55 A.M. CONCURRENT SESSIONS

TACSM HONOR AWARD LECTURE

Richard Kreider, Ph.D., FACSM

Exercise and Nutrition Research in
Sports Medicine: Reflections and
Future Directions

Room: Brazos Ballroom



INVITED SCIENTIFIC TALK

Christopher Fry, Ph.D.

Satellite Cells as Effectors of
Muscle Adaptation to Exercise
and Rehabilitation

Room: Bosque Theater



11:00 – 11:50 A.M. KEYNOTE ADDRESS

THE RAVEN LECTURE

Blake Rasmussen, Ph.D.

Multi-Omic Signature of Physical
Activity & Inactivity in Human Skeletal
Muscle

Room: Brazos Ballroom



11:50 A.M. – 12:50 P.M. LUNCH PROVIDED BY TACSM

STUDENT BOWL PARTICIPANTS EAT FIRST TO MOVE TO CHECK IN

Room: Chisholm Hall

12:15 – 12:45 P.M. STUDENT BOWL TEAM, REFEREE, & SCOREKEEPER CHECK-IN

Teams that are not checked in by 12:45 p.m. will be disqualified.

Room: Brazos Ballroom

1:00 – 2:45 P.M. STUDENT BOWL XVI COMPETITION

 ***Who will take home the title and win a trip to Atlanta?***

Room: Brazos Ballroom

1:00 – 3:30 P.M. POSTER BREAK-DOWN

2:45 – 3:45 P.M. TACSM AWARDS CEREMONY

Election results, recognitions, Honor
and Service Awards presentation,
student award presentations, and
transfer of Presidency.

Room: Brazos Ballroom

3:45 P.M. ADJOURNMENT

2025 TEXAS ACSM SPONSORED TALKS



SESSION SPONSORED BY

THE HONOR AWARD LECTURE

Richard Kreider, Ph.D., FACSM

Exercise and Nutrition Research in Sports Medicine:
Reflections and Future Directions



MAYBORN COLLEGE OF
HEALTH SCIENCES
UNIVERSITY OF MARY HARDIN-BAYLOR

SESSION SPONSORED BY

THE RAVEN LECTURE

Blake Rasmussen, Ph.D., FACSM

Multi-Omic Signature of Physical Activity & Inactivity in Human
Skeletal Muscle



SESSION SPONSORED BY

STUDENT BOWL XV COMPETITION

Who will take home the title and win a trip to Boston?



SESSION SPONSORED BY

Vic Convertino, Ph.D., FACSM

Exercise Science: Opportunities and Career Paths
Abound!



SESSION SPONSORED BY

TEXAS ACSM STUDENT RESEARCH POSTER SESSION



COLLEGE OF EDUCATION & HUMAN DEVELOPMENT
LAMAR UNIVERSITY
Department of Health & Kinesiology

SESSION SPONSORED BY

WOMEN IN EXERCISE SCIENCE TALK

Wendy Kohrt, Ph.D., FACSM

How I Became Interested in Exercise and Bone Health



SESSION SPONSORED BY

TEXAS ACSM SOCIAL & SPONSOR FAIR



2025 TACSM UNIVERSITY SPONSORS



2025 TACSM UNIVERSITY PARTNER SPONSOR



MAYBORN COLLEGE OF
HEALTH SCIENCES

UNIVERSITY OF MARY HARDIN-BAYLOR

PLATINUM LEVEL SPONSORS



COLLEGE OF EDUCATION & HUMAN DEVELOPMENT

LAMAR UNIVERSITY

Department of Health & Kinesiology



Department of Kinesiology

COLLEGE OF NURSING AND HEALTH INNOVATION

2025 TACSM UNIVERSITY SPONSORS



GOLD LEVEL SPONSORS



SILVER LEVEL SPONSORS



2025 TACSM CORPORATE SPONSORS



GOLD LEVEL SPONSORS



SILVER LEVEL SPONSORS



WE WOULD LIKE TO THANK NATIONAL ACSM AND GSSI
FOR THE CONTINUED SUPPORT OF REGIONAL CHAPTERS!



www.tascm.com



KEYNOTE SPEAKER

BLAKE RASMUSSEN, PH.D.

Professor & Chair of Department of Cellular & Integrative Physiology

Director, Center for Metabolic Health

Long School of Medicine

University of Texas Health Science Center at San Antonio

Dr. Rasmussen's lab has been funded by the NIH for the past 20 years in the areas of skeletal muscle biology, exercise physiology, aging, and protein metabolism. He recently moved to UT Health San Antonio as Professor & Chair of the Department of Cellular & Integrative Physiology and as the new Director of the Center for Metabolic Health. His research focuses on uncovering the basic mechanisms regulating muscle growth and loss in humans and mice and cellular metabolism across the lifespan. More recently his lab has focused on the multi-omic analyses of different tissues and the effects of exercise and disuse on mitochondrial dysfunction in skeletal muscle. He is currently the PI for the Texas site in the Molecular Transducers of Physical Activity Consortium (MoTrPAC).



***Thank you Dr. Rasmussen for
giving the 2025 Texas ACSM
Raven Lecture!***



TEXAS ACSM 2025



DAY 1 SPEAKER BIOS

Stacy D. Cooper, Ph.D., FACSM

Associate Professor, Texas State University, Department of Health and Human Performance

Dr. Stacy Cooper (formerly Hunter) is an associate professor and director of the Cardiovascular Physiology Laboratory in the Department of Health & Human Performance at Texas State University. Her research focuses on the effects of yoga and slow, deep breathing on vascular function, immune cell oxidative stress, and blood pressure in healthy and clinical populations as well as the effects of yoga performed in heated conditions on pressor responses and endothelial dysfunction in response to short-term high-sodium intake in Black adults. Dr. Cooper's research has received funding from the National Institutes of Health (NCCIH) and is she is also a fellow of the American College of Sports Medicine.



Milena Samora, Ph.D.

Assistant Professor, Texas State University, Department of Health and Human Performance

Dr. Samora is an Assistant Professor in the Department of Health and Human Performance at TXST. She earned her Ph.D. in Physical Education with focus on exercise physiology from the University of Brasília in Brazil, where she investigated sex differences in blood pressure regulation during exercise in healthy individuals. Her thesis was awarded as the best doctoral research within physical education and related fields, recognizing its originality, relevance, and significant scientific contribution to the discipline. She completed her postdoctoral training at University of Texas at Austin, where she explored the mechanisms underlying the abnormal cardiovascular responses to exercise in type 2 diabetic rats. With expertise in both human and animal research, Dr. Samora is dedicated to advancing our understanding of the neural control of circulation during exercise in both healthy and cardiovascular-related diseases.



Katherine Hansen, M.D.

Pediatric and Exercise Cardiologist, Director of Exercise and Sports Cardiology, Children's Medical Center, Assistant Professor of Pediatrics, UT Southwestern

Katherine Hansen is an Assistant Professor of Pediatric Cardiology at UT Southwestern and serves as the Director of the Exercise and Sports Cardiology Program at Children's Medical Center in Dallas. She leads the exercise laboratory and exercise cardiology clinic, is part of the Anomalous Coronary Artery and Dysautonomia programs, and founded and runs the Cardiac Fitness Program, cardiac rehabilitation for children with congenital heart disease. A former elite athlete and Stanford University graduate in Human Biology and Religious Studies, she completed medical school at UC San Diego, followed by pediatric residency and pediatric cardiology fellowship at Stanford, culminating in the first dedicated exercise cardiology senior fellowship at Boston Children's Hospital. Katie is dedicated to improving the physical and psychosocial fitness of children and young adults with congenital heart disease. By integrating multidisciplinary care, patient and provider education, research, advanced diagnostics, and innovative approaches to exercise counseling and training, Katie aims to contribute to the growth of exercise cardiology to become an essential pillar of pediatric cardiology.



TEXAS ACSM 2025



DAY 1 SPEAKER BIOS

Vic Convertino, Ph.D., FACSM

Senior Scientist for the US Army Medical Research & Development Command

Dr. Vic Convertino is the Senior Scientist for Combat Casualty Care, and Director of the Battlefield Health & Trauma Center for Human Integrated Physiology at the U.S. Army Institute of Surgical Research at Fort Sam Houston, Texas. Trained in Exercise Science, he received baccalaureate degrees in Mathematics and Physical Education at the California State University at San Jose, a master's degree in Exercise Science, and a Ph.D. degree in Physiology at the University of California at Davis. His professional career includes positions at NASA's Ames Research Center, the Stanford University School of Medicine, the University of Arizona, NASA's Kennedy Space Center, and the U.S. Air Force Research Laboratory before assuming his present position. Dr. Convertino holds adjunct professor positions on the faculties of several universities.



Jenny Etnier, Ph.D.

Distinguished Professor & Chair, Department of Kinesiology, School of Health and Human Science, University of North Carolina Greensboro

Dr. Jenny Etnier, Julia Taylor Morton Distinguished Professor and Chair, Department of Kinesiology, UNCG, received degrees from the University of Tennessee, UNC-Chapel Hill, and Arizona State University. She has received over \$3.8 million in external funding and is currently conducting an NIH-supported study on the effects of physical activity on cognitive performance, blood-based biomarkers, and cerebral structure and function of adults with a family history of Alzheimer's disease. Jenny has received awards for teaching (UNCG Alumni Teaching Excellence Award), graduate student mentoring (UNCG Graduate School Outstanding Faculty Mentor Award), service (Department of Kinesiology HUMARTS Award), and Advising (UNCG Advising Excellence Award). She is a fellow of the National Academy of Kinesiology and consistently ranked in the top 2% of scientists (Stanford University List, 2021-2024). She has also written books for athletes and coaches to promote a positive youth sport experience (Bring Your 'A' Game; For the Love of the Game).



DAY 1 SPEAKER BIOS

Wendy M. Kohrt, Ph.D.

*Distinguished Professor of Medicine, Division of Geriatric Medicine
Nancy Anschutz Chair in Women's Health Research, University of
Colorado – Anschutz Medical Campus*

Wendy M Kohrt, PhD, is a Distinguished Professor of Medicine in the Division of Geriatric Medicine and the Nancy Anschutz Chair in Women's Health Research at the University of Colorado Anschutz Medical Campus. She is the Director of Research for Geriatric Medicine, Associate Director of the Ludeman Family Center for Women's Health Research, Director of the Energy Balance Assessment Core for the Colorado Nutrition and Obesity Research Center (NORC), and Associate Director of the Colorado Clinical and Translational Sciences Institute (CCTSI). Her research is focused on metabolic actions of estrogens and novel factors that influence the musculoskeletal adaptations to exercise. She has received continuous funding from the NIH as a principal investigator since 1991 and has more than 280 research publications.



Phil Agostinelli, Ph.D., CSCS, EP

*Senior Scientist, Gatorade Sports Science Institute, PepsiCo Global
R&D, Bradenton FL, USA*

Phil is a senior scientist at the Gatorade Sports Science Institute's satellite laboratory at IMG academy in Bradenton FL. His research interests include thermoregulation, hydration, human performance and recovery for sport and occupational athletes. Phil earned his bachelor's degree from Slippery Rock University. He pursued his master's degree at the University of Pittsburgh while working as a teaching assistant, strength coach, and personal trainer. After which, Phil worked for the Neuromuscular Research Laboratory at the University of Pittsburgh as a research assistant and program manager for projects related to occupational stress and strength and conditioning for women in ground combat roles. He then obtained a doctorate degree in kinesiology at Auburn University, researching occupational stress, readiness, and wearable technology in firefighters and military.



DAY 2 SPEAKER BIOS

Kathryn H. Schmitz, Ph.D., M.P.H., FACSM, FSBM, FTOS, FNAK, FSEM

Professor in the division of Hematology and Oncology at the University of Pittsburgh School of Medicine. Director of the Moving Through Cancer Exercise Oncology Program for the UPMC Hillman Cancer Center

Kathryn H Schmitz is currently serving as the Interim Director of the UPMC Hillman Cancer Center. She is a Professor in the division of Hematology and Oncology at the University of Pittsburgh School of Medicine. She also serves as the Associate Director of Population Science and Director of the Moving Through Cancer Exercise Oncology Program at Hillman Cancer Center. Her research on resistance exercise and breast cancer related lymphedema was translated into a physical therapy delivered program called 'Strength After Breast Cancer' that is available in over 1000 locations across the US and beyond. Dr. Schmitz founded the Moving Through Cancer initiative of the American College of Sports Medicine, with the goal of making exercise standard of care in oncology by 2029. She wrote a book to raise awareness about exercise for cancer patients and survivors entitled 'Moving Through Cancer'. She is the winner of numerous awards and is a past president of the ACSM.



Richard Kreider, Ph.D., FACSM, FISSN, FACN, FNAK

Professor & Director, Exercise & Sport Nutrition Lab, Director, Human Clinical Core, Department of Kinesiology and Sports Management Texas A&M University

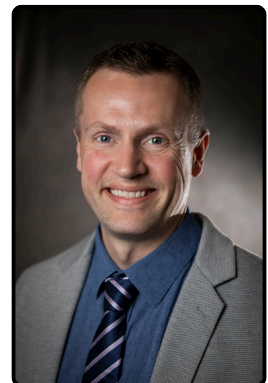
Dr. Kreider serves as Professor and Director of the Exercise & Sport Nutrition Lab and Director of the Human Clinical Core at Texas A&M University. He has conducted numerous studies on the role of exercise and nutrition on health, performance, disease and rehabilitation. He has published 12 books, over 300 peer-reviewed articles and book chapters, and has mentored over 70 doctoral students. Dr. Kreider is listed as a 2024 Stanford top 2% cited scholar and Scilit top cited scholar for the number of highly cited publications from 2013 – 2023. He has received over \$30 million in internal and external funding to support his work from private, foundation, and federal funding sources.



Chris Fry, Ph.D.

Associate Professor, College of Health Sciences, Associate Director, Center for Muscle Biology, University of Kentucky

Dr. Christopher Fry is a tenured Associate Professor in the Department of Athletic Training and Clinical Nutrition at the University of Kentucky, and he serves as the Associate Director of the Center for Muscle Biology. Dr. Fry's research focuses on elucidating the molecular effectors of skeletal muscle adaptation. Over the course of his career, Dr. Fry has created a focused research program that bridges targeted mechanistic approaches to clinical translation. Specifically, he seeks to enhance the regenerative and regrowth capacity of skeletal muscle when it is compromised following an acute musculoskeletal injury with the purpose to support patient recovery. Outside of science, he has competed as an amateur bodybuilder and enjoys working out, traveling, cooking and spending time with his wife and son.



TEXAS ACSM SOCIAL MEDIA



Facebook



Instagram



x (Twitter)

**TAG US THROUGHOUT THE MEETING AT THESE
HANDLES ABOVE AND USE #TACSM2025 IN
ALL POSTS!!**