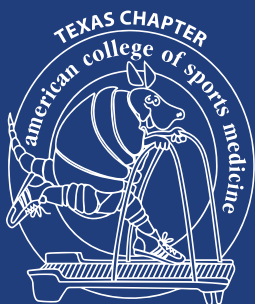
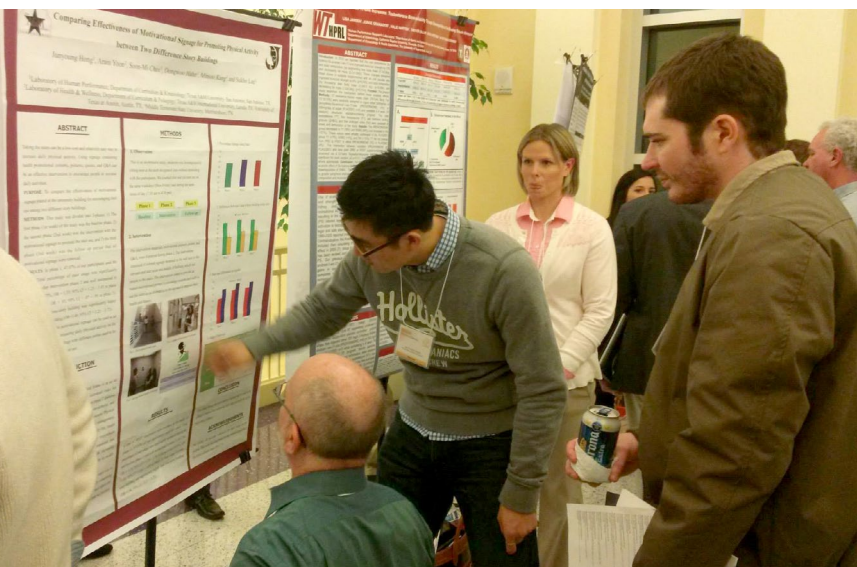


Texas Chapter American College of Sports Medicine



Annual Spring Conference

March 1-2, 2018
Thompson Conference Center
The University of Texas at Austin
Austin, Texas

Welcome Message



On behalf of the Texas ACSM Board of Directors, I am most pleased to extend to you a warm invitation to attend the annual scientific conference of the Texas chapter of the ACSM. We have assembled an outstanding program of scientific lectures that provide a wealth of information in diverse topical areas of sports medicine and exercise science. The annual meeting combines great scientific content with a tremendous opportunity for students to showcase their research and to earn awards. The program will be of interest to students, professional members, and clinicians. Highlighting our program this year are two international speakers. Dr. Martin Gibala from Canada will speak on high-intensity interval

training, and Dr. Andrew Jones from UK will present on the Nike's attempt to break the 2-hour barrier in marathon running. This year's Raven lecture will be delivered by Dr. Douglas Seals at the University of Colorado who will speak on vascular function and aging. Dr. Michael Joyner at Mayo Clinic will discuss exercise and the future of humans. Additionally, we are excited to welcome all of our invited Texas-based speakers who will cover a variety of topics. A list of speakers and topics includes Drs. Chad Rithorst (Exercise is Medicine® ambassador workshop), Molly Bray (use of genetics for exercise prescription), Audrey Stone (exercise and diabetes), and James Stray-Gunderson (blood flow restriction training).

The Texas ACSM has gained a rich tradition of fostering and enriching students' experience as we provide a substantial amount of funding and awards. On Thursday, graduate students who were selected as finalists for the Student Research Development Awards will present and compete for the awards in the form of grant funding. Concurrently, we have a panel discussion on future career directions for students who are interested in healthcare professions. Poster presentation sessions are filled with a variety of opportunities to win awards including undergraduate, Masters, and doctoral student poster awards, and the President's Cup. Many of the invited speakers have agreed to judge student poster applicants during the meeting. Friday morning starts with the exciting Student Bowl competition where undergraduate students from all over Texas will compete on their knowledge of sports medicine and exercise physiology for winning the Texas Student Bowl and the subsequent advancement to the national competition at the national ACSM meeting in June.

The scientific program will be complemented by superb social programs. We will have the traditional Texas ACSM social Thursday night. We will provide complementary kegs and wine to those who are in legal drinking ages. Friday lunch will feature Texas BBQ catered by Miller's Smokehouse in Belton. We have a great team working to make the conference a truly memorable one. I look forward to seeing you in Austin in March.

*Hirofumi Tanaka, Ph.D.
2017-2018 President and Program Chair
Texas ACSM*

Conference Registration

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

Professional member: \$75.00

Non-member professional: \$110.00
(plus 1 year chapter membership)

Student member: \$35.00

Non-member student: \$35.00

(plus 1 year chapter membership)

Early registration ends February 15 at which time rates will increase.

Hotel Accommodations

For a number of reasons, we have decided not to secure blocks of guest rooms. The attendees are advised to search in the travel websites including Expedia, Kayak, Hotwire, and Airbnb. A list of hotels that are close to the conference center is below.

- AT&T Hotel and Conference
- Hotel Ella
- Hampton Inn and Suites Austin
- Courtyard Austin-University Area
- Embassy Suites Austin Central
- Best Western Plus Austin Central
- DoubleTree by Hilton Austin University Area
- DoubleTree Suites by Hilton Hotel Austin
- Guild Red River
- Days Inn Austin University Downtown

Directions to the Conference

The physical address of the Thompson Conference Center (TCC) is 2405 Robert Dedman Dr, Austin, TX 78712.

On IH-35, take the 32nd St. exit and turn west at the light. Travel west one block on 32nd St. to Red River. Turn left and travel south on Red River to the first light (26th/Dean Keeton). Proceed through the intersection and turn right into the first parking lot (Lot 40). The parking space in Lot 40 is complimentary but very limited. It is only available on a first-come, first-served basis. Additional paid parking is available nearby in Manor Garage (2017 Robert Dedman Dr.) or in San Jacinto Garage (2401 San Jacinto Blvd). The parking ticket can be validated by the TCC staff for \$6/day.

For more detailed information, please visit the Texas ACSM website www.tacsm.org

Program: Thursday, March 1, 2018

1:00 p.m. Registration opens for on-site registration and name badge pickup (Thompson lobby); Vendor booth opens (LBJ lobby); Poster set-up opens (Thompson 2.102, 2.110, 2.120)

1:00-1:30 p.m. Abstract/poster award judges meeting
Thompson 1.110

2:00-2:45 p.m.

Concurrent Sessions



Tutorial Lecture

Become an Exercise is Medicine® Ambassador: Exercise is Medicine® Ambassador Training Workshop

Chad Rethorst, Ph.D.

*University of Texas Southwestern Medical Center
LBJ Auditorium*

Sponsored by



Student Presentations

Student Research Development Award competitions and presentations
Thompson 1.110

2:55-3:40 p.m.

Concurrent Sessions



Tutorial Lecture

Can We Use Genetic Information to Personalize Exercise Prescription?

Molly Bray, Ph.D.

*The University of Texas at Austin
LBJ Auditorium*

Student Presentations

Student Research Development Award competitions and presentations
Thompson 1.110

3:50-4:35 p.m.

Concurrent Sessions



Tutorial Lecture

Exercising with Diabetes: Can Our Cardiovascular System Handle It?

Audrey Stone, Ph.D.

*The University of Texas at Austin
LBJ Auditorium*

Clinical Track

Clinical Career Options for Students: PT, MD, ATC, or Others

Brent Brotzman (surgeon), **Christie Powell** (PT), **Brian Farr** (educator), **Ashley Wagner** (AT), **Colby Thompson** (AT)
Thompson 1.110

4:45-5:30 p.m.

Concurrent Sessions



Past President Lecture

Blood Flow Restriction Training: Review of the State of the Art

James Stray-Gunderson, M.D.

*SG Performance Medicine Center
LBJ Auditorium*

Clinical Track

Sports-related Injury Scenarios and Evaluation Techniques: Knee Injury, Ankle Injury, Neck Injury, Shoulder Injury
Thompson 1.110

5:30-7:30 p.m.

Poster viewing/judging
Thompson 2.102, 2.110, 2.120

All the posters to be left in the rooms till lunch time on Friday

7:00 p.m.

Texas ACSM Social with finger foods and drinks
LBJ Plaza

Program: Friday, March 2, 2018

7:00 a.m.-12:00 p.m. On-site registration and name badge pick-up
LBJ Lobby

7:30-8:00 p.m. Student Bowl team/referee/scorekeeper check-in
LBJ Auditorium

Teams that are not checked in by 7:30 a.m. will be disqualified and will not be able to participate

8:00 a.m.-4:00 p.m. Vendor/Sponsor booth open
LBJ Lobby

8:00-10:15 a.m. **TACSM Student Bowl IX**



The Texas ACSM Student Bowl is a Jeopardy-style academic competition involving teams of undergraduate students from universities across the state answering questions from various aspects of exercise science and sports medicine.

LBJ Auditorium

10:30-11:15 a.m.



GSSI lecture

HIIT to Get Fit:
Physiological
Adaptations to Interval
Training in Health and
Disease

Martin Gibala, Ph.D.
McMaster University
LBJ Auditorium

Sponsored by



11:20-11:50 a.m. Texas ACSM Honor and Service Award presentations.
Business meeting and elections.
LBJ auditorium

12:00-1:00 p.m. Lunch with BBQ catering
LBJ Plaza

1:00-1:50 p.m.



Raven Lecture

Exercise and Other
Strategies for Healthy
Cardiovascular Aging
Douglas Seals
*University of Colorado
Boulder*
LBJ Auditorium

2:00-2:45 p.m.



Tutorial Lecture

Exercise and the Future
of Humans
Michael Joyner, M.D.
Mayo Clinic
LBJ Auditorium

2:55-3:40 p.m.



Tutorial Lecture

Breaking 2: Lessons
Learnt in the Attempt
to Run a Sub 2-hour
Marathon
Andrew Jones, Ph.D.
Exeter University
LBJ Auditorium

Sponsored by



3:50-4:40 p.m. Recognitions and student award presentations.
Transfer of presidency.
LBJ Auditorium

4:40 p.m.

Adjournment

