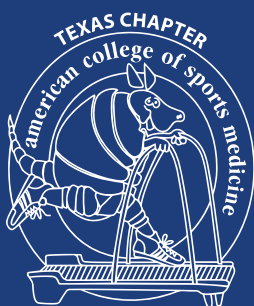


# Texas Chapter American College of Sports Medicine



## 2019 TACSM Annual Meeting Program

February 28-March 1, 2019  
Tarrant County College  
Trinity River Campus  
Fort Worth, Texas

# Welcome Message



The 2019 Texas ACSM annual conference will be held Thursday, February 28 and Friday, March 1, 2019 at Tarrant County College Trinity River Campus located at 300 Trinity Campus Circle in Fort Worth, Texas. We have both our clinical and science tracks again this year to provide more variety to the meeting. Our vendor booths will be open both days on the 4th floor. Please stop by and visit them early and stay late. Parking is free this year and there is a parking garage attached to the venue (with overflow close to the venue), so arrive early to get the best spots.

Thursday afternoon is packed with stimulating topics and dynamic speakers. We will start with a tutorial lecture by Mr. Francis Neric, ACSM Director of Certification, who will talk about updates to ACSM certifications and the career outlook for exercise physiology. SRDA presentations will take on a new format this year with five minute presentation rounds and competition for additional monies to be given to first, second, and third place winners. Additionally, we have Dr. Kerri Winters-Stone from Oregon Health and Science University who will talk about prescribing exercise for cancer survivors. The science track will conclude Thursday with concurrent sessions from Dr. Jim Fluckey and a professional lecture by Dr. Barry Franklin from William Beaumont Hospital who will talk about the ten top behavior skills of highly successful people. Dr. Franklin will also be the keynote speaker for the Raven Lecture given Friday, March 1 at 1:00 p.m..

The clinical track presentations stand to be equally engaging and begin Thursday at 2:45 p.m. with Dr. Bert Vargas from UT Southwestern followed by Bobby Lee, PT from Texas Health Sports Medicine who will present about the utility of VOMS to identify deficits after concussion. Friday concludes the clinical track presentations with a professional roundtable presentation at 10:30 AM from several experts in the fields of medicine, athletic training, physical therapy, nutrition, and sports psychology.

Poster set-up begins at 4:00 p.m. Thursday with viewing and judging from 5:30 to 7:30 p.m. The social starts at 6:00 p.m. and will not disappoint with finger foods and complimentary beer and wine on the main street patio of the gorgeous TCC campus. Please make sure to take your posters down this year at 7:30 p.m. and for those that are interested, there will be an informal meet and greet at the Flying Saucer Restaurant which is within walking distance from TCC in the heart of downtown Fort Worth!

Friday starts bright and early with the TACSM Student Bowl X competition! We will have complimentary continental breakfast available as well. Tutorial lectures begin with our Honor Award recipient, Dr. Bill Kohl from UT Health Science Center at Houston. After a lunch from the famous Joe T Garcia's in Fort Worth, the Gatorade Sports Science Institute Talk will be given by Dr. Nicholas Burd. Presentations will conclude with power packed, concurrent sessions by Dr. Shawn Arent from Rutgers University and Dr. Ben Levine from UT Southwestern. We will conclude with the awards ceremony at 3:50 p.m. as we close out the 2019 Annual Meeting.

Abstract and other meeting related deadlines as well as dates for registration have been posted so see the Texas ACSM website and download the meeting app. We look forward to seeing you all in the Spring!



Jenn Blevins-McNaughton  
2018-2019 President and Program Chair  
Texas ACSM

## Conference Registration

To register online, go to the Texas ACSM website ([www.tacsm.org](http://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.

## Hotels

- Residence Inn Fort Worth Cultural District  
\$164.00 USD/night, book by January 31, 2019
- TownePlace Suites Fort Worth Downtown  
\$109.00 USD/night, book by February 14, 2019
- Hampton Inn and Suites  
\$149.00 USD/night, book by January 29, 2019

Visit the "Annual Meeting" page at [www.tacsm.org](http://www.tacsm.org) for more information and reservation links.

## Directions to the Conference

Trinity River Campus is located in downtown Fort Worth. The physical address for the location is 300 Trinity Campus Circle, Fort Worth, TX 76102.

The Trinity River Campus is located in the northwest corner of Belknap and Taylor streets in downtown Fort Worth, Texas. The visitor entrance to the Riverfront Campus parking garage is located at Belknap and Cherry streets. Parking is complimentary in the garage as space allows with overflow parking in an adjacent lot. Upon entering the garage, please let the parking staff know you are attending the Texas ACSM meeting.

For detailed driving directions to campus please visit the Texas ACSM website. [www.tacsm.org](http://www.tacsm.org).

# Program

## Thurs., February 28, 2019

1:00-5:00 p.m. Registration opens for on-site registration and name badge pickup  
*Room: Information Desk & Main Street*  
Vendor booth opens (4th Floor);

1:00-1:30 p.m. Abstract/poster award judges meeting  
*Room: Trinity Point Conference Rm*  
Water station – lite snack (4th Floor)

2:00-2:45 p.m.

### Concurrent sessions



**Tutorial Lecture**  
**Francis Neric, MS, MBA**  
*ACSM Director of Certification*  
Title: ACSM  
Certification: Career Outlook and Updates  
*Room: Action Suite ABC*

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SRDA presentations – new format rapid fire presentations  
*Room: Speed*

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2:55-3:40 p.m.

### Concurrent sessions



**Tutorial Lecture**  
**Kerri Winters-Stone, Ph.D.**  
*Oregon Health and Science University*  
Title: Prescribing Exercise for Frail Cancer Survivors; How do we do it?  
*Room: Action Suite ABC*



**Clinical Track**  
**Bert Vargas, M.D.**  
*UT Southwestern*  
Title: Concussions and mental health issues  
*Room: Speed*

4:00 p.m.

Poster set-up opens  
*Rooms: Rotunda Level and Third Floor*

3:50-4:35 p.m.

### Concurrent sessions



**Tutorial Lecture**  
**Stuart Lee, Ph.D.**  
*Cardiovascular and Vision Laboratory; KBRwyle Laboratories INC.*  
Title: An Accidental Rocket Scientist  
*Room: Action Suite ABC*



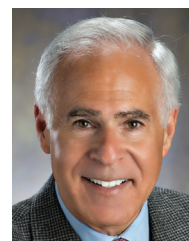
**Clinical Track**  
**Bobby Lee, PT**  
*Texas Health Sports Medicine*  
The Utility of the Vestibular Ocular Motor Screen (VOMS) to Identify Deficits after Concussion  
*Room: Speed*

4:45-5:30 p.m.

### Concurrent sessions



**Tutorial Lecture**  
**Past President Lecture**  
**Jim Fluckey, Ph.D.**  
*Texas A&M University*  
Title: Sarcopenia; What do we know and what's on the horizon?  
*Room: Action Suite ABC*



**Tutorial Lecture**  
**Barry Franklin, Ph.D.**  
*William Beaumont Hospital*  
Title: GPS for Success: 10 Behavior Skills of Highly Successful People  
*Room: Speed*

5:30-7:30 p.m.

Poster viewing/judging  
*Rooms: 2nd Floor Mezzanine/ Rotunda*

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# Program

## Thurs., February 28, 2019 *(continued)*

6:00-8:30 p.m. TACSM Social  
Finger foods and complimentary beer/wine to enjoy while viewing posters.  
Room: Main Street Patio

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Chiropractic College

7:30 p.m. Posters should be taken down at 7:30 p.m. Informal post meet and greet for those that are interested. We will be meeting up after the social at Flying Saucer Restaurant on 111 E 3rd St, Fort Worth, TX 76102

## Fri., March 1, 2019

7:00 a.m.-12:00 p.m. On-site registration and name badge pick-up  
Room: Information Desk Main Street

7:00-9:00 a.m. Coffee and continental breakfast  
Room: 4th Floor hallway by elevators

7:30-8:00 a.m. Student Bowl team/referee/scorekeeper check-in.  
Room: Action Suite A  
Teams that are not checked in by 7:30 a.m. will be disqualified and will not be able to participate

8:00-10:15 a.m. Student Bowl X competition  
Room: Action Suite ABC

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8:00 a.m.-4:00 p.m. Vendor/Sponsor booth open  
Room: 4th Floor

10:30-11:30 a.m.

### Concurrent sessions

Presentation of TACSM Service Award and Honor Award Presentations  
Room: Action Suite ABC



#### Tutorial Lecture

Texas ACSM Honor Award Presentation –  
**Harold W. (Bill) Kohl, III, Ph.D.**

*UT Health Science Center at Houston; School of Public Health, UT Austin*

From Performance to Pandemic: Evolutions of Physical Inactivity as a Public Health Problem  
Room: Action Suite ABC

### Clinical Track

**Michele Kirk M.D., David Gable, MS; ATC; LAT; Brooke Helms, MA; RDN; CSSD, Matthew S. Johnson, Ph.D.; CMPC, Joseph Hannon, PT, Ph.D.**

Sports Medicine Professions: How Can You Be Involved?

Room: Energy Auditorium

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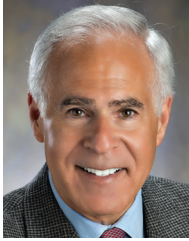


11:30-11:50 a.m. TACSM Business Meeting & Announcement of Election Results  
Room: Action Suite ABC

12:00-1:00 p.m. Lunch provided by Joe T. Garcia's  
Room: Main Street Patio

# Program

1:00-1:50 p.m.



**Raven Lecture**  
**Barry Franklin, Ph.D.**  
*William Beaumont  
Hospital, Royal Oak, MI*  
Extreme Exercise and  
Cardiovascular Health:  
Changing Paradigms and  
Perceptions  
*Room: Action Suite ABC*  
*(Simulcast in Energy)*

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**SAMSUNG**

2:00-2:45 p.m.



**Highlighted Tutorial Lecture**  
**Gatorade Sports  
Science Institute Talk**  
**Nicholas Burd, Ph.D.**  
*University of Illinois at  
Urbana-Champaign*  
Adopting a food first  
approach to optimize  
protein intakes for  
athletes and other  
physically active adults  
*Room: Action Suite ABC*  
*(Simulcast in Energy)*

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2:55-3:40 p.m.

## Concurrent sessions



**Tutorial Lecture**  
**Shawn Arent, Ph.D.**  
*Rutgers University*  
Title: The PaleoKeto  
VeganMacroFasting  
Diet: Stop the Madness!!  
*Room: Action Suite ABC*

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**PALMER**  
College of Chiropractic



**Tutorial Lecture**  
**Ben Levine, M.D.**  
*University of Texas  
Southwestern, IEEM*  
Title: The Athlete's  
Heart: Friend or Foe  
*Room: Energy Auditorium*

Sponsored by



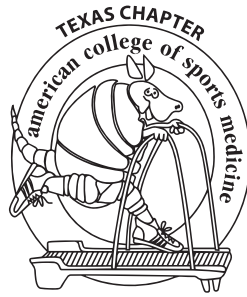
3:50-4:30 p.m.

Recognitions, student award presentations,  
and transfer of Presidency.  
*Room: Action Suite ABC*

4:30 p.m.

Adjournment

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**We would like to thank National ACSM and GSSI  
for the continued support of regional chapters!**



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**Thank you for all the support provided by the School of Kinesiology staff at Tarleton State University for the 2019 Annual Meeting!!**

