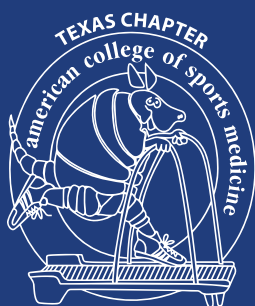
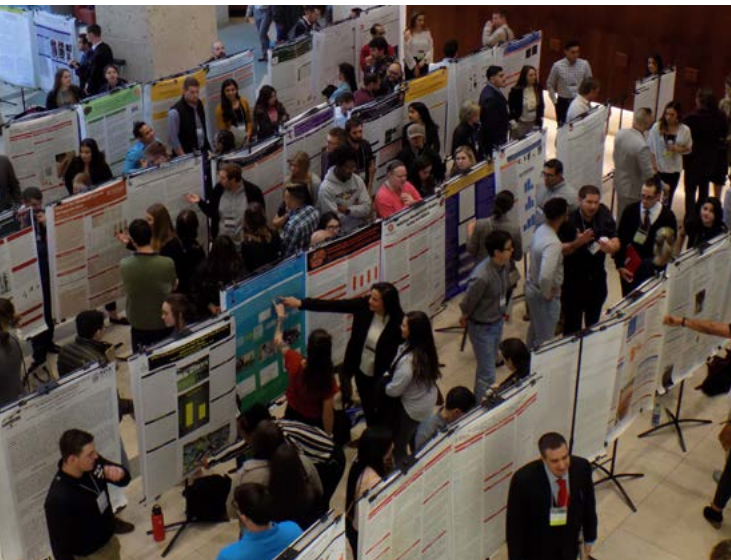


Texas Chapter American College of Sports Medicine



2020 TACSM Annual Meeting Program

February 20-21, 2020
Waco Convention Center
Waco, Texas

Welcome Message



The 2020 Texas ACSM annual conference will be held Thursday, February 20 and Friday, February 21 at the Waco Convention Center located at 100 Washington Avenue in Waco, TX. 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 in Chisholm Hall. Please stop by and visit them early and stay late. Parking is free this year in Heritage Square surrounding the Waco Convention Center.

Thursday afternoon is packed with stimulating topics and dynamic speakers. We will start with the "New to Texas"

tutorial lecture by Dr. Jody Greaney from the University of Texas at Arlington. SRDA presentations will continue with five-minute presentation rounds and competition for additional monies to be given to first, second, and third place winners. Additionally, we have presentations from Dr. Frank Dinunno, a National ACSM award winner from Colorado State University, followed by Dr. Grant Simmons from the Nike Sport Research Lab. The science track will conclude Thursday with concurrent sessions from Dr. Hiro Tanaka, past TACSM president, from the University of Texas at Austin and the Gatorade Sports Science Institute Talk given by Lisa Heaton.

The clinical track presentations stand to be equally engaging and begin Thursday at 2:55 p.m. with a professional roundtable presentation from several experts in the fields of medicine, athletic training, physical therapy, nutrition, and sports psychology followed by Dr. Sushmita Purkayastha from Southern Methodist University who will present about cerebral flow impairments following concussion. Dr. Stephen Singleton from Fort Worth Orthopedics concludes the clinical track presentations on Friday at 10:30 a.m.

Poster set-up begins Thursday from 1:00 to 4:00 p.m. 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 in Chisholm Hall. For those that are interested, there will be an informal meet and greet at Cricket's Grill & Draughthouse which is within walking distance across from the Waco Convention Center. Posters will remain up both days this year. Please make sure to take your posters down Friday from 2:00 to 4:30 p.m.

Friday starts bright and early with the TACSM Student Bowl XI competition. We will have complimentary continental breakfast available as well. Tutorial lectures begin with our Honor Award recipient, Dr. Stephen Crouse from Texas A&M University. After a lunch from Miller's Smokehouse, Dr. Paul Fadel will be giving this year's Raven Lecture followed by Dr. Ollie Jay from the University of Sydney presenting the inaugural TACSM International Scholar's Lecture. Presentations will conclude with power packed, concurrent sessions by Dr. Kenneth Clark from West Chester University and Dr. Christopher Hearon, Jr. from the Institute for Exercise & Environmental Medicine and UT Southwestern. We will conclude with the awards ceremony at 3:50 p.m. as we close out the 2020 Annual Meeting.

Abstract and other meeting related deadlines as well as dates for registration have been posted so see the Texas ACSM website (www.tacsm.org) and download the meeting app. We look forward to seeing you all this spring in Waco.

Scott L. Davis

Scott Davis
2019-2020 President and Program Chair

Conference Registration

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

Professional member: \$90.00

Non-member professional: \$125.00
(plus 1-year chapter membership)

Student member: \$35.00

Non-member student: \$35.00

(plus 1-year chapter membership)

Early registration ends February 12 at which time rates will increase.

Hotels

- Courtyard by Marriott \$145.00 USD/night
- Hilton Waco \$145.00 USD/night
- Holiday Inn Waco Northwest \$109.99 USD/night
- Homewood Suites by Hilton \$139.00 USD/night
- Quality Inn and Suites \$109.49 USD/night
- Residence Inn \$139.00 USD/night

Visit the "Annual Meeting" page at www.tacsm.org for more information and reservation links.

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 and Austin, and bounded by 4th St. and Washington Ave. 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)

Program

Thurs., February 20, 2020

- 1:00-5:00 p.m. Registration opens for on-site
Registration and name badge pickup
Vendor Booths open
Room: Chisholm Hall
- 1:00-4:00 p.m. Poster set-up opens. Posters remain up until
Friday afternoon (2:00 p.m.).
Room: Chisholm Hall
- 1:00-1:30 p.m. Abstract/poster award judges meeting
Room: DeCordova Room
- Water station – Lite snack
Room: Chisholm Hall

2:00-2:45 p.m.

Concurrent Sessions



**New to Texas
Investigator Lecture**
**Jody L. Greaney, Ph.D.,
FACSM**
*University of Texas at
Arlington*
Title: Vascular
Dysfunction in Young
Adults with Depression:
Mechanisms and
Modifiers
*Room: McLennan Hall
208/209*

SRDA Presentations
Rapid Fire
Room: McLennan Hall 207

Sponsored by



2:55-3:40 p.m.

Concurrent Sessions



Tutorial Lecture
Frank A. Dinunno, Ph.D.
Colorado State University
Title: Novel Mechanisms
of Vascular Control in
Contracting Skeletal
Muscle of Humans
*Room: McLennan Hall
208/209*

3:50-4:35 p.m.

Clinical Track

Sports Medicine: Around the Horn
**Speakers: Corbett Boone, MD; Mike Sims,
ATC; Cassidy Keshvani, PAC; MPAS, Craig
Warner, PT, DPT, SCS**
Room: McLennan Hall 207

Sponsored by



Concurrent Sessions



Tutorial Lecture
Grant H. Simmons, Ph.D.
*Principal Researcher
Nike Sport Research Lab*
Title: Applied
Research in the NSRL:
Translation and
Application of Science in
Product Innovation
*Room: McLennan Hall
208/209*



Clinical Lecture
**Sushmita Purkayastha,
Ph.D.**
*Southern Methodist
University*
Title: Cerebral Blood
Flow Regulation
Following a Mild
Traumatic Brain Injury
*Room: McLennan Hall
207*

4:45-5:30 p.m.

Concurrent Sessions



**TASCM Past President
Lecture**
**Hiro Tanaka, Ph.D.,
FACSM**
*University of Texas at
Austin*
Title: Underappreciated
Mode of Exercise to
Reduce Mortality and
to Improve Vascular and
Sexual Functions
*Room: McLennan Hall
208/209*

Program

Thurs., February 20, 2020 *(continued)*



Tutorial Lecture **Lisa E. Heaton, MS, RD,** **CSSD**

Gatorade Sports Science Institute

Title: Navigating Nutrition and Athletic Performance Goals in Athletes with Unique Dietary Needs

Room: McLennan Hall 207

Sponsored by



5:30-7:30 p.m. TACSM Student Research Poster Session
View all 2020 Posters while enjoying the Social.

Room: Chisholm Hall

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

Room: Chisholm Hall

Sponsored by



8:30 p.m. Informal post meet/greet after the social at Cricket's Grill & Draughthouse (221 Mary Avenue, Waco, TX 76701)

8:00-10:15 a.m. Student Bowl XI Competition
Room: McLennan Hall 208/209

Sponsored by 2020 University Partner



8:00 a.m.-4:00 p.m. Vendor/Sponsor booths open
Room: Chisholm Hall

10:30-11:30 a.m. **Concurrent Sessions**

Presentation of TACSM Service Award and Honor Award Presentations

Room: McLennan Hall 208/209



TACSM Honor Award Lecture

Stephen F. Crouse, Ph.D.,
FACSM

Texas A&M University

Title: Lipoproteins to Football Players: An "It Just So Happened" Research Career

Room: McLennan Hall 208/209



Clinical Lecture

Steven B. Singleton, M.D.

Texas Health Resources

TCU Team Physician

Title: OrthoBiologics: Current Review

Room: McLennan Hall 207

Fri., February 21, 2020

7:00 a.m.-12:00 p.m. On-site registration and name badge pick-up
Room: Chisholm Hall

7:00-9:00 a.m. Coffee and continental breakfast
Room: Chisholm Hall

7:30-8:00 a.m. Student Bowl team/referee/scorekeeper check-in.
Room: McLennan Hall 207
Teams that are not checked in by 7:30 a.m. will be disqualified and will not be able to participate.

11:30-11:50 a.m. TACSM Business Meeting
Room: McLennan Hall 208/209

12:00-1:00 p.m. Lunch provided by Miller's Smokehouse
Room: Chisholm Hall



Program

1:00-1:50 p.m.



Raven Lecture
Paul J. Fadel, Ph.D., FACSM
University of Texas at Arlington
 Title: Sympathetic Vascular Transduction in Human Health and Disease
Room: McLennan Hall 208/209

Sponsored by



2:00-2:45 p.m.



TACSM International Scholar Lecture
Ollie Jay, Ph.D., FACSM
University of Sydney
 Title: Managing Extreme Heat Stress: From Elite Sport to Vulnerable Communities
Room: McLennan Hall 208/209

Sponsored by



2:55-3:40 p.m.

Concurrent Sessions



Tutorial Lecture
Kenneth P. Clark, Ph.D.
West Chester University
 Title: Building a Career in Applied Physiology and Biomechanics
Room: McLennan Hall 208/209



TACSM Postdoctoral Lecture
Christopher M. Hearon Jr, Ph.D.
UT Southwestern Medical Center
Institute for Exercise & Environmental Medicine
 Title: Exercise in Heart Failure: Can We Kick Start the Heart?
Room: McLennan Hall 207

2:00-4:30 p.m.

Poster break-down

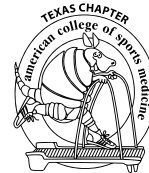
3:50-4:30 p.m.

Election results, recognitions, student award presentations, and transfer of Presidency
Room: McLennan Hall 208/209

4:30 p.m.

Adjournment

2020 TACSM Corporate Sponsors



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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 Department of Applied Physiology & Wellness staff at Southern Methodist University and the School of Exercise & Sport Science staff at the University of Mary Hardin-Baylor for the 2020 Annual Meeting!!

