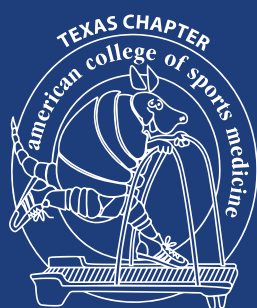


Texas Chapter American College of Sports Medicine



**AMERICAN COLLEGE
of SPORTS MEDICINE**
LEADING THE WAY

2021 TACSM Annual Meeting Program

February 25-26, 2021

Asynchronous Content Available
February 15 – March 15, 2021

Welcome Message

Greetings! We are excited to announce that the 2021 TACSM Annual Meeting will occur on Thursday and Friday, February 25 and 26 in a virtual format utilizing the ForagerOne Meeting platform called Symposium (see link below for additional information). This year's program features an exciting blend of synchronous and asynchronous talks from diverse research and clinical backgrounds, as well as guest speaker roundtables.

The synchronous and asynchronous talks will be delivered in a 30-minute format. Asynchronous talks will be available to all attendees on February 15 to March 15. All meeting participants will have access to the talks during that time. There will not be any uniquely dedicated question and answer sessions following each talk; however, there will be three separate, 45-minute synchronous guest speaker roundtables. Two of those roundtables will be a combination of synchronous and asynchronous speakers.

On Thursday morning, we have three exciting synchronous talks scheduled covering a diverse range of research / clinical topics. Following a short lunch break will be our first question and answer guest speaker round table with a mix of synchronous and asynchronous speakers. Thursday afternoon will then finish with the exciting Student Bowl XII competition, which will also be delivered in a synchronous format.

Friday morning will begin. This will be followed by our two Keynote Speaker sessions: The 2021 ACSM Honor Award Lecture will be presented by Blake Rasmussen, Ph.D., University of Texas Medical Branch, Galveston, TX. The 2021 Raven Lecture will be delivered by Nisha Charkoudian, Ph.D. from the United States Army Research Institute of Environmental Medicine. These talks will be followed by a synchronous joint guest speaker round table with our two Keynote speakers. The afternoon session will consist of the synchronous judging of the finalists for the President's Cup and the New to Texas Investigator Lecture, also in a synchronous format, which will be followed by another synchronous question and answer guest speaker round table with a combination of synchronous and asynchronous speakers. The meeting will conclude with the election results, awards ceremony and transfer of the Presidency in a synchronous format which will include the recognition of the 2021 TACSM Service Award recipient: Susan Bloomfield, Ph.D., Research Professor, Department of Health & Kinesiology, College of Education & Human Development, Texas A&M University.

Abstract and other meeting-related deadlines, as well as dates for registration have been posted. Visit the Texas ACSM website at www.tacsm.org and download the meeting app.

We look forward to seeing you all this spring in a new, virtual format.

R. Matthew Brothers
2020-2021 President and Program Chair

Conference Registration

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

- Professional member registration ONLY: \$40.00
- Non-member professional: \$125.00 (plus 1-year chapter membership)
- Student member registration ONLY: \$10.00
- Student member registration & 1-Year TACSM membership: \$25
- Non-member student: \$35.00 (plus 1-year chapter membership)

Assessing the Online Virtual Meeting Platform

- View instructions to navigate the Symposium Virtual meeting platform and optimize your meeting experience at <http://symposium.foragerone.com/tacsm21>, which will be available on February 15.

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

Thursday, February 25

- 9:50-10:00 a.m. **Welcome Message from the President**
Format: Synchronous
R. Matthew Brothers, Ph.D., University of Texas at Arlington
- 10:00-10:30 a.m. **Research Presentation**
Format: Synchronous
Austin Robinson, Ph.D., Auburn University
Title: More than Just Blood Pressure: The Effects of Salt on Cardiorenal Function
Sponsored by Stephen F. Austin State University
- 10:45-11:15 a.m. **Research Presentation – TACSM Postdoctoral Lecture**
Format: Synchronous
Heather Allaway, Ph.D., Texas A&M University
Title: Women's Health in the Athletic World: Understanding the Fundamentals of Recovery from the Athlete Triad
Sponsored by Texas State University
- 11:30-12:00 p.m. **Research Presentation**
Format: Synchronous
Jaume Padilla, Ph.D., University of Missouri
Title: Endothelial Consequences of Inactivity and Insulin Resistance
Sponsored by Texas Christian University
- 12:00-12:30 p.m. Lunch Break
- 12:45-1:30 p.m. **Guest Speaker Roundtable**
Format: Synchronous
Combination of Thursday's synchronous speakers and asynchronous speakers
- 1:45-3:45 p.m. **Student Bowl XII Competition**
Format: Synchronous
Teams from across the state compete in the academic sports medicine competition to see who goes on to National!
Sponsored by University of Mary Hardin-Baylor



Poster sessions will be viewable during the entirety of the conference through the Symposium Virtual meeting platform at <http://symposium.foragerone.com/tacsm21>

Friday, February 26

TACSM Honor Award Lecture

- 10:00-10:50 a.m. **Presentation of TACSM Honor Award**
Format: Synchronous
Blake Rasmussen, Ph.D., University of Texas Medical Branch
Title: Central Role of mTORC1 Signaling in Exercise-induced Muscle Growth and Aging
Sponsored by University of Texas at Arlington



Raven Lecture

- 11:00-11:50 a.m. **Presentation of the Raven Lecture**
Nisha Charkoudian, Ph.D., USARIEM
Format: Synchronous
Title: Sympathetic Control of Body Temperature and Blood Pressure: Responses to Heat, Cold and High Altitude
Sponsored by Texas A&M University-Kingsville



- 11:50-12:15 p.m. **Keynote Speaker Roundtable**
Format: Synchronous
Dr. Rasmussen and Dr. Charkoudian
Sponsored by Midwestern State University



- 12:15-12:45 p.m. Lunch Break / Business Meeting Q&A

- 12:45-1:15 p.m. **President's Cup Finalist Judging**
Format: Synchronous
Poster finalists from each category compete to see who goes to National!
Sponsored by Hologic



- 1:30-2:00 p.m. **Research Presentation: New to Texas Investigator Lecture**
Format: Synchronous
Sarah Deemer, Ph.D., University of North Texas
Title: Ketones: A Modern Cinderella Story
Sponsored by AMTI Force and Motion



- 2:15-3:00 p.m. **Guest Speaker Roundtable**
Format: Synchronous
Combination of Friday synchronous and asynchronous speakers

- 3:00-3:30 p.m. **Election Results, Recognitions, Student Award Presentations and Transfer of Presidency**
Format: Synchronous

- 3:45 p.m. **Adjournment**

Asynchronous Research / Business Presentations

These talks will be pre-recorded and available online to all meeting registrants two weeks prior to the meeting start date. They will remain available for two weeks following the meeting. All asynchronous speakers will be available during the Guest Speaker Roundtables, which will be held on Thursday, February 25 and Friday, February 26 in a synchronous format.

Speakers below will participate in the following Guest Speaker Roundtable:

Synchronous: Thursday 12:45-1:30 p.m.

Research Presentation

Format: Asynchronous

Speaker: *Abbie Smith-Ryan, Ph.D., University of North Carolina at Chapel Hill*

Title: Physiological Considerations for Males and Females in Exercise and Nutrition Research

Research Presentation

Format: Asynchronous

Speaker: *Anna Stanhewicz, Ph.D., University of Iowa*

Title: Interventional Targets for Improved Cardiovascular Health Span after Preeclampsia

Speakers below will participate in the following Guest Speaker Roundtable:

Synchronous: Friday 2:15-3:00 p.m.

Research Presentation

Format: Asynchronous

Speaker: *Brandon McDermott, Ph.D., Arkansas University*

Title: Hydration, Heat Strain and Renal Health: Considerations for Short- and Long-term Consequences

Research Presentation

Format: Asynchronous

Speaker: *Grant Tinsley, Ph.D., Texas Tech University*

Title: Body Composition Assessment: Underlying Assumptions and Practical Recommendations for Improved Estimation

Sponsored by COSMED USA, Inc.



Research Presentation

Format: Asynchronous

Speaker: *Xiangli Gu, Ph.D., University of Texas at Arlington*

Title: Childhood Obesity and Cognitive Health: Exploring Behavioral and Psychosocial Mechanisms

Research Presentation

Format: Asynchronous

Speaker: *Ryan Nuccio, M.S., Gatorade Sports Science Institute*

Title: Food-based Options to Supplement for Exercise Performance

Sponsored by Gatorade Sports Science Institute



Research Presentations – Student Research Development Awards (SRDA) Winners

Format: Asynchronous – Rapid Fire Presentations

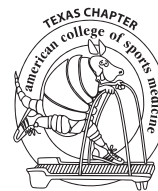
TBD - SRDA Winners

Business Meeting

Format: Asynchronous with a synchronous Q&A session during lunch on Friday (12:15-12:45 p.m.)

Lem Taylor, Ph.D., University of Mary Hardin-Baylor / TACSM Executive Director

***Note: All synchronous and asynchronous scheduling and content are subject to change.**



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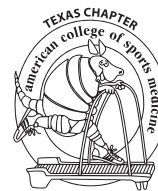


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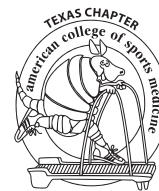
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Thank you for all the support provided by the Department of Kinesiology staff at the University of Texas at Arlington and the School of Exercise & Sport Science staff at the University of Mary Hardin-Baylor for the 2021 Annual Meeting!!



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

