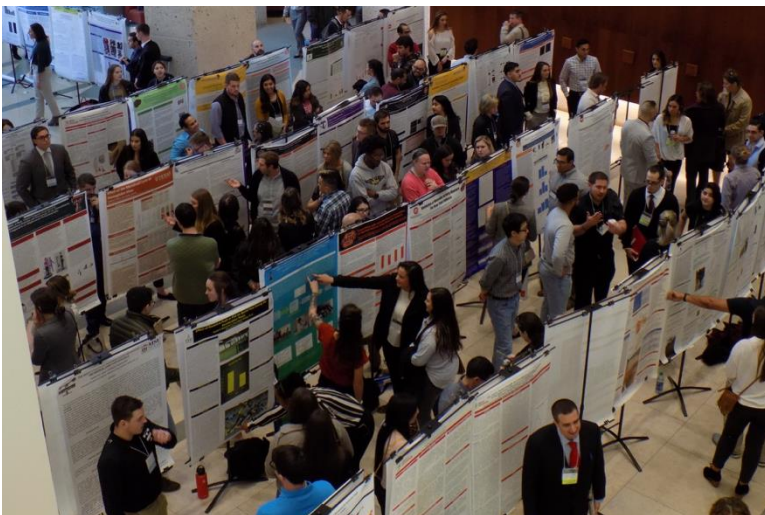
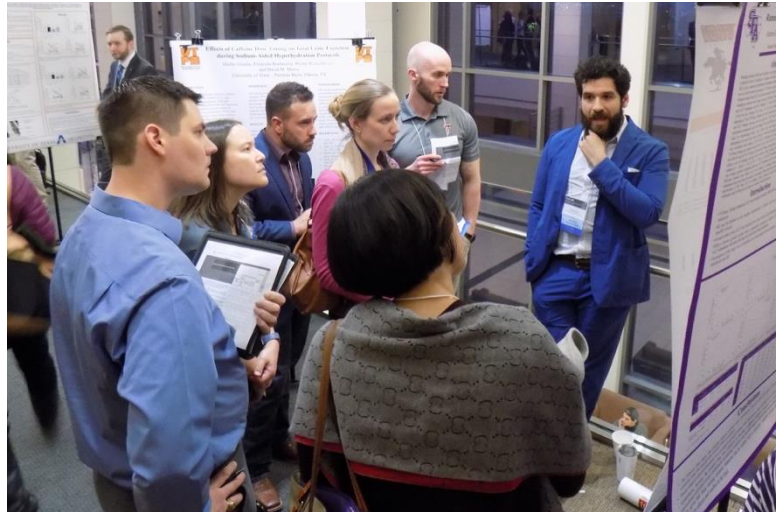


Texas Chapter American College of Sports Medicine



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

2022 TACSM Annual Meeting Program

February 24-February 25, 2022
Waco Convention Center
Waco, Texas

Welcome Message



The 2022 Texas ACSM annual conference will be held Thursday, February 24th and Friday, February 25th 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 Chisolm 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 will feature intuitive and stimulating topics with engaging speakers. We will start with the “New to Texas” tutorial lecture by Dr. Panos Koutakis from Baylor University. The 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 EXOS regarding athletic performance, followed by Dr. John Lawler from Texas A&M University regarding spaceflight sarcopenia. The Thursday afternoon clinical track presentations should be engaging and informative with Dr. Chris Miars from Southwest Sports Medicine discussing the use of musculoskeletal ultrasound in orthopedic diagnostics and treatment. Next, Physician Assistant Blaine French from the University of Mary Hardin-Baylor will discuss orthopedics from a physician assistant’s perspective. The clinical talks will conclude on Thursday with Dr. Jacob Brewer from Hardin-Simmons University discussing the neuroscience and neuroanatomy of pain and sports medicine. Our 2022 Past President talk will be one of our closing presentations on Day 1 with Dr. Matt Brothers from the University of Texas at Arlington.

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 and graduate student fair starts at 5:30 p.m. and will not disappoint with finger foods and complimentary beer and wine in Chisolm Hall. For those that are interested, there will be an informal meet and greet at Cricket's Grill & Drafthouse, which is within walking distance across from the Waco Convention Center. Posters will remain up both days this year for extended viewing but please remember to take your posters down Friday afternoon from 2:00 to 3:30 p.m.

Friday starts off with the exciting TACSM Student Bowl XIII competition. Tutorial lectures begin with our Honor Award recipient, Dr. Hiro Tanaka from the University of Texas who will discuss global and exotic research in the field of exercise physiology. There will also be a lecture by Francis Neric regarding ACSM certifications. After lunch, Dr. Arny Ferrando from the University of Arkansas Medical School will be giving this year’s Raven Lecture regarding protein homeostasis in the stress state. Dr. Jakob Vingren from the University of North Texas will follow discussing alcohol and exercise while Dr. Elisa Morales from the University of Texas Southwestern Medical School will be delivering our “Postdoctoral” lecture regarding the role of gut microbiota in regulating body weight. Friday’s tutorial lectures will conclude with Dr. Mike Roberts from Auburn University discussing viewing muscle hypertrophy through a magnifying glass, and we will welcome our first speaker from USA Weightlifting. We will conclude with the awards ceremony at 3:50 p.m. as we close the 2022 Annual Meeting.

Abstract and other meeting-related deadlines, as well as dates for registration have been posted on the Texas ACSM website (www.tacsm.org) where the meeting app can also be downloaded. We look forward to seeing you all in Waco this February.



Darryn Willoughby, Ph.D.
2021-2022 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 16th at which time rates will increase.

Hotels

- **See TACSM website for more info**
- Courtyard by Marriott
- Hotel Indigo
- Aloft Waco
- Hampton Inn & Suites South
- Hilton Waco
- Residence Inn

Visit the “Annual Meeting” page at www.tacsm.org for more meeting 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 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).

Program: Thursday, February 24, 2022



1:00-7:30 p.m.

Registration opens for on-site registration and name badge pick-up.
Room: Upper Lobby

Vendor booths open.
Room: Chisholm Hall

1:00-5:30 p.m.

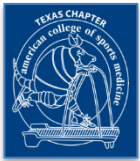
Poster set-up opens.
Posters remain up until Friday afternoon (2:00 p.m.).
Room: Chisholm Hall

2:00-2:45 p.m.

Concurrent Sessions



New to Texas Investigator Lecture
Panos Koutakis, PhD, FACS
Baylor University
Title: Using MicroRNAs in the Development of Therapeutic Treatments
Room: Brazos Ballroom A




SRDA Presentations
Rapid Fire
Title: Student SRDA Winner Presentations
Room: Brazos Ballroom B
Sponsored by  **HOLOGIC®**
The Science of Sure


2:55-3:40 p.m.

Concurrent Sessions



EXOS Sponsored Talk
Russell Orr, MEd, ATC, CSCS
EXOS VP of Performance Education at The Andrews Institute
Title: The Future of the Fitness Industry
Room: Brazos Ballroom A
Sponsored by 



Clinical Lecture
Chris Miars, DO
Baylor Scott & White Hillcrest/Southwest Sports Medicine
Title: Use of Musculoskeletal Ultrasound in Orthopedic Diagnostics and Treatment
Room: Brazos Ballroom B
Sponsored by 

3:50-4:35 p.m.



Concurrent Sessions

Tutorial Lecture
John Lawler, PhD
Texas A&M University
Title: Spaceflight Sarcopenia: Solutions in Redox Biology
Room: Brazos Ballroom A




Clinical Lecture
Blaine French, PA-C
University of Mary Hardin-Baylor
Title: Patellar Instability and Cartilage Restoration Procedures
Room: Brazos Ballroom B


4:45-5:30 p.m.



Concurrent Sessions

TASCM Past President Lecture
Matthew Brothers, PhD
University of Texas at Arlington
Title: Mechanisms of Elevated Cardiovascular Disease Risk in African American Individuals: Impaired Vascular Function and Potential Therapeutic Modalities
Room: Brazos Ballroom A
Sponsored by 



Clinical Lecture
Jacob Brewer, DPT, PhD
Hardin-Simmons University
Title: The Neuroscience and Neuroanatomy of Pain for Sports Medicine: A Review and the New
Room: Brazos Ballroom B
Sponsored by 

5:30-7:30 p.m.

TACSM Student Research Poster Session
View all 2022 Posters while enjoying the Social.
Room: Chisholm Hall

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

5:30-8:30 p.m.



TACSM Social & Graduate Fair
Finger foods and complimentary beer/wine to enjoy while viewing posters and interact with university vendors for students pursuing graduate/professional programs.
Room: Chisholm Hall
Sponsored by  **DELSYS**

8:30 p.m.

Informal meet and greet after the social at Cricket's Grill & Drafthouse (221 Mary Avenue, Waco, TX 76701)

Program: Friday, February 25, 2022



7:00 -11:30 a.m. **On-site registration and name badge pick-up**

Room: Upper Lobby

7:00-9:00 a.m. **Coffee and continental breakfast**

Room: Chisholm Hall

8:00 a.m.-4:00 p.m. **Vendor/Sponsor booths open**

Room: Chisholm Hall

8:00-8:20 a.m. **TACSM Business Meeting**

Room: Brazos Ballroom

8:30-9:20 a.m. **Concurrent Sessions**

Presentation of TACSM Honor Award at the conclusion of the lecture.



TACSM Honor Award Lecture

Hiro Tanaka, PhD, FACS

University of Texas

Title: Global and Exotic Research in Exercise Physiology Beyond the Border

Room: Brazos Ballroom

Sponsored by



ACSM Sponsored Talk

Francis Neric

American College of Sports Medicine

Title: ACSM Certifications: Defining an Exercise Profession and How to Succeed in the Exercise Profession

Room: McLennan Hall

Sponsored by



9:30-10:00 a.m. **Student Bowl team/referee/scorekeeper check-in**

Room: Brazos Ballroom

Teams that are not checked in by 9:30 a.m. will be disqualified.

10:00-11:50 a.m. **Student Bowl XIII Competition**

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

Room: Brazos Ballroom

Sponsored by



12:00-1:00 p.m. **Lunch provided by George's**

Room: Chisholm Hall



1:00-1:50 p.m.



Raven Lecture

Army Ferrando, PhD

University of Arkansas Medical School

Title: Protein Homeostasis in the Stress State

Room: Brazos Ballroom

Sponsored by



2:00-2:45 p.m.



Concurrent Sessions

Tutorial Lecture

Jakob Vingren, PhD, FACS

University of North Texas

Title: Alcohol and Exercise

Room: Brazos Ballroom

Sponsored by



TACSM Postdoctoral Lecture

Elisa Morales, PhD

UT-Health

Title: Role of the Gut Microbiota Regulating Body Weight

Room: McLennan Hall

Sponsored by



2:55-3:40 p.m.



Concurrent Sessions

Tutorial Lecture

Mike Roberts, PhD

Auburn University

Title: Viewing Muscle Hypertrophy Through a Magnifying Glass

Room: Brazos Ballroom

Sponsored by



USAW Sponsored Talk

Mike Gattone

Senior Director of Performance and Coach Education at USA Weightlifting

Title: Biomechanics and Physiology of the Olympic Lifts: Why They are Good Tools for Your Toolbox

Room: McLennan Hall

Sponsored by



2:00-3:30 p.m.

Poster break-down

3:45-4:30 p.m.

TACSM Awards Ceremony

Election results, recognitions, student award presentations, and transfer of Presidency

Room: Brazos Ballroom

4:30 p.m.

Adjournment

Thank you to all of our sponsors!



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

