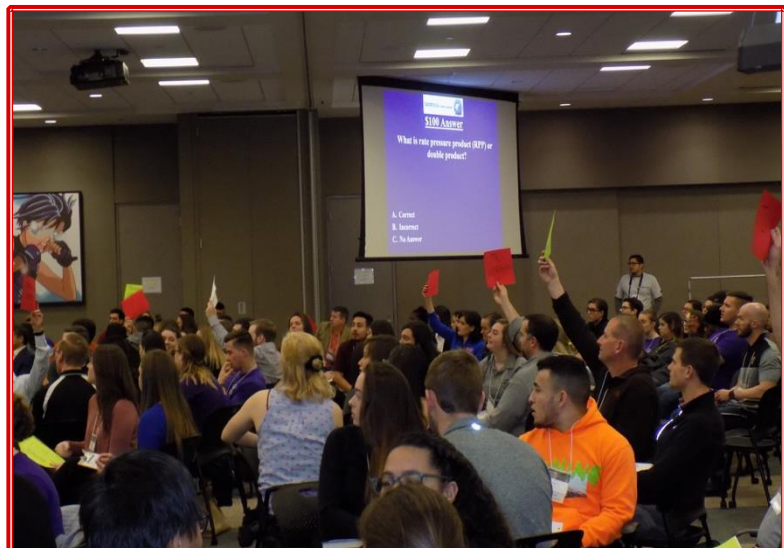
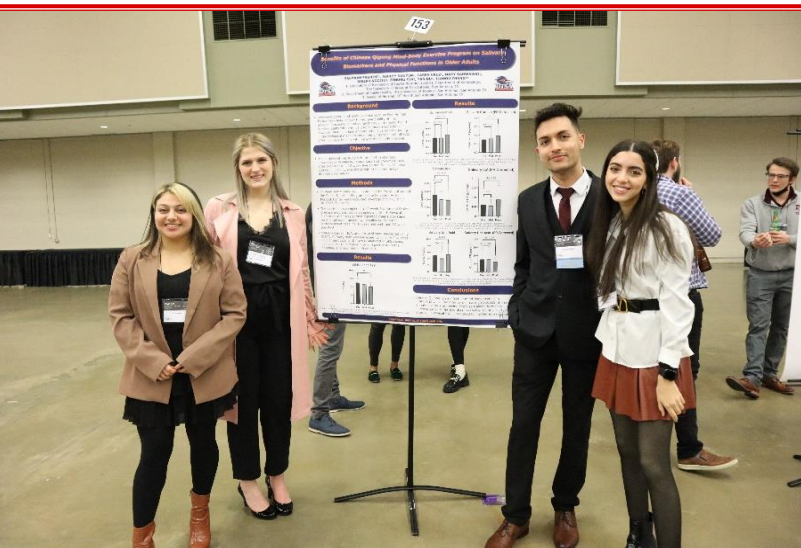




TACSM
Texas Chapter
American College of Sports Medicine



2023 TACSM Annual Meeting Program

February 23rd-24th

Waco Convention Center
Waco, Texas



TACSM
Texas Chapter
American College of Sports Medicine

www.tascsm.com



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

Welcome Message



The 2023 Texas ACSM annual conference will be held Thursday, February 23rd and Friday, February 24th at the Waco Convention Center located at 100 Washington Avenue in Waco, TX. We have acquired a wide variety of speakers this year in hopes of offering a “little bit of something” for everyone in attendance. Our vendor booths will be open both days in Chisholm Hall. We encourage everyone to spend some time with our vendors during the meeting, as they make significant provision for our annual meetings. 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 SRDA presentations, which 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. Edwin Davilla regarding diabetes and GLP-1/GIP agonists and roles in weight loss, followed by Dr. Joseph Pujol from Southeast Missouri State University discussing career growth and development at regional institutions and Dr. Scott Davis from Southern Methodist University will give our 2023 Past President talk. The Thursday afternoon concurrent sessions promise to be engaging and informative with Dr. Mark Faries from Texas A&M AgriLife Extension discussing perceptions, motivations, and regulation of exercise behaviors, as well as Dr. Phillip Bishop from the University of Alabama discussing academic productivity and time management techniques. To conclude Thursday's talks, Dr. Jon Davis from PepsiCo will discuss recovery for team sport athletes in regards to hydration. TACSM will host the 1st annual Women of Physiology panel talk to close presentations on Day 1.

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 Chisholm Hall. For those that are interested, there will be an informal meet and greet at Cricket's Grill & Draffhouse, which is within walking distance across from the Waco Convention Center following the completion of the social. Posters will remain up both days 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 always entertaining TACSM Student Bowl XIV competition. Tutorial lectures begin with our Honor Award recipient, Dr. Michael Reid from the University of Florida who will discuss physiologic stress in auto racing. Concurrently, we will have a clinical lecture by Dr. Lyssa Ochoa addressing primary interventions in regards to vascular surgery, amputations, and diabetes. This year's Raven Lecture will be given by Dr. Scott Smith and Dr. Tinker Murray honoring TACSM's founding father. After lunch, Dr. Loenneke from the University of Mississippi will be giving his talk regarding mechanisms of muscle growth and strength changes. Concurrently, Dr. Steve Crouse and Dr. Phil Bishop will be speaking on academic professionalism and matters of faith. Friday's tutorial lectures will conclude with Dr. Dustin Joubert from St. Edward's University discussing advancements in footwear and running performance. We will conclude with the awards ceremony from 3:00-4:00 p.m. as we close the 2023 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.

Eric Jones, Ph.D.
2022-2023 President and Program Chair

Conference Registration

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

- Professional member: \$125.00
- Non-member professional: \$160.00 (plus 1-year chapter membership)
- Student member: \$45.00
- Non-member student: \$45.00 (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 23, 2023



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

1:00-4:00 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

Tutorial Lecture

Dr. Edwin Davila, DO

Texas Institute for Graduate Medical Education and Research

Title: GLP-1/GIP Agonists: Mechanisms of action to evidence on these diabetes agents. Are they the next "game changer" in weight-loss?
Room: Brazos Ballroom A



Student Research Development Award Presentations

2023 SRDA Presentation Finalists

Title: Student Research Grant Finalist, Rapid Fire Session

Room: Brazos Ballroom B

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American University
of the Caribbean
School of Medicine



ROSS UNIVERSITY
SCHOOL OF MEDICINE

2:55-3:40 p.m.

Concurrent Sessions



TACSM Past-President Lecture

Dr. Scott Davis, PhD

Southern Methodist University

Title: Autonomic Dysfunction in Multiple Sclerosis: Implications on Thermoregulatory Function

Room: Brazos Ballroom A



Tutorial Lecture

Dr. Joseph Pujol, PhD

Southeast Missouri State University

Title: Career Growth and Development at Regional Institutions

Room: Brazos Ballroom B

3:50-4:35 p.m.



Concurrent Sessions

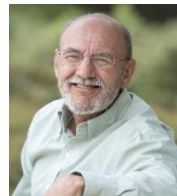
Tutorial Lecture

Dr. Mark Faries, PhD

Texas A&M Agrilife Extension Service

Title: Exercise Sucks: Understanding Perceptions, Motivation, and Regulation of Exercise Behavior

Room: Brazos Ballroom A



Tutorial Lecture

Dr. Phillip Bishop, EdD

University of Alabama

Title: Managing Yourself: Academic Productivity and Time Management

Room: Brazos Ballroom B

4:45-5:30 p.m.

Concurrent Sessions

Roundtable Panel Lecture

Christine Florez; Dr. Isabella Balcells, DPT; Dr. Elisa Marroquin, PhD; Dr. Elizabeth Protas, PhD; Dr. Wendi Stewart, DHSc, PA-C

Title: Empowerment Round Table: Women in Science
Room: Brazos Ballroom A

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MAYBORN COLLEGE OF
HEALTH SCIENCES

UNIVERSITY OF MARY HARDIN-BAYLOR



GSSI Lecture

Dr. Jon Davis, PhD

Pepsico

Title: Recovery for Team Sport Athletes: Lessons From the Field
Room: Brazos Ballroom B

Sponsored by



5:30-7:30 p.m.

TACSM Student Research Poster Session

View all 2023 Posters while enjoying the Social.

Room: Chisholm Hall

Sponsored by



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

5:30-9:00 p.m.

TACSM Social & Graduate Fair

Finger foods (Starts at 5:30) and complimentary beer/wine (bar opens 6pm) to enjoy while viewing posters and interact with university vendors for students pursuing graduate/professional programs.

Room: Chisholm Hall

Sponsored by



PARKER
UNIVERSITY

9:00 p.m.

Informal meet and greet after the social at **Cricket's Grill & Drafthouse.**

Program: Friday, February 24, 2023



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

7:30-8:00 a.m. **Student Bowl team/referee/scorekeeper check-in**

Room: Brazos Ballroom

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

8:00-9:45 a.m. **Student Bowl XIV Competition**

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

Room: Brazos Ballroom

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

Room: Chisholm Hall

10:00-10:50 a.m.

Concurrent Sessions

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



TACSM Honor Award Lecture

Dr. Michael Reid, PhD, FACSM

University of Florida

Title: Physiologic Stress in Auto Racing

Room: Brazos Ballroom

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TEXAS A&M UNIVERSITY
COMMERCE



Clinical Lecture

Dr. Lyssa Ochoa, MD, FSVS, FACS

San Antonio Vascular and Endovascular Clinic

Title: Peripheral Arterial Disease: An Opportunity to Unify Multidisciplinary Care

Room: Bosque Theater

11:00-11:50 a.m.

Raven Lecture

Dr. Scott Smith, PhD

Dr. Tinker Murray, PhD, FACSM

UT Southwestern Univ. / Texas State Univ.

Title: A Celebration of Dr. Peter B. Raven; The Man Behind the Raven Lecture

Room: Brazos Ballroom

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TEXAS A&M
UNIVERSITY
KINGSVILLE
HEALTH AND KINESIOLOGY

12:00-12:50 p.m.

Lunch provided by

Room: Chisholm Hall



Sponsored by Barry University

12:15-12:45 p.m.

TACSM Business Meeting

Room: Brazos Ballroom

1:00-1:50 p.m.



Concurrent Sessions

Tutorial Lecture

Dr. Jeremy Loenneke, PhD, FACSM

University of Mississippi

Title: Is Muscle Growth Really a Mechanism for Changes in Strength?

Room: Brazos Ballroom



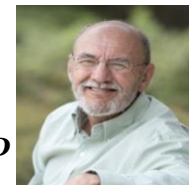
Tutorial Lecture

Dr. Steven Crouse, PhD, FACSM

Texas A&M University

Dr. Phil Bishop, EdD

University of Alabama



Title: Leaving a Legacy that Lasts!

Room: Bosque Theater

Sponsored by



2:00-2:50 p.m.

Tutorial Lecture

Dr. Dustin Joubert, PhD

St. Edwards University

Title: Super Shoes – How Recent Footwear Advancements Have Revolutionized Running Performance

Room: Brazos Ballroom



2:00-3:30 p.m.

Poster break-down

3:00-4:00 p.m.

TACSM Awards Ceremony

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

Room: Brazos Ballroom

4:00 p.m.

Adjournment



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

