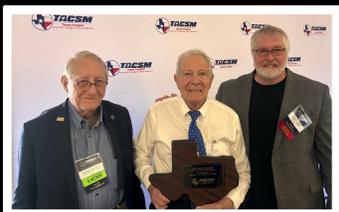
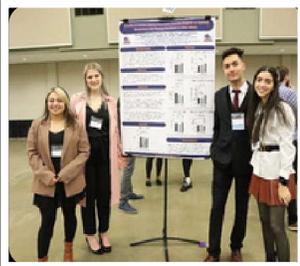


2026



TEXAS ACSM

ANNUAL MEETING PROGRAM



February 26-27, 2026
Waco Convention Center
Waco, Texas

Welcome Message



The 2026 Texas ACSM annual conference will be held Thursday, February 26 and Friday, February 27, at the Waco Convention Center located at 100 Washington Avenue in Waco, TX. We believe that we have assembled another exceptional group of speakers and feel that our final program is composed of diverse topics, encompassing areas of interest for all in attendance. Our vendor booths will again be open both days in Chisolm Hall. We encourage everyone to seek out and spend time visiting with our vendors during the meeting, as they each make significant contributions for our annual meetings. Parking continues to be free in Heritage Square surrounding the Waco Convention Center.

Thursday afternoon will feature both interesting and energizing topics from a variety of captivating speakers. We will “kick off” the meeting with the Student SRDA Presentations, which will continue the tradition with five-minute presentation rounds and a competition for additional monetary awards for first, second, and third place winners. Additionally, Registered Dietitian, Meredith Parmley, from the Memorial Hermann Sports Medicine Institute will present on relative energy deficiency in sport. Following this first concurrent session, we will have presentations from Dr. Andreas Stamatis from the University of Louisville discussing his work on mental toughness in sport and exercise along with a proposed tactical talk by Dr. Drew Gonzalez from Sam Houston State University and colleagues, who will discuss “Bringing Science to Station”. The next round of concurrent sessions will feature an invited scientific talk by Dr. Andy Galpin, Director of Human Performance Center at Parker University, and a proposed talk on environmental physiology and heat mitigation strategies from Dr. Yasuki Sekiguchi and colleagues from Texas Tech University. To conclude Thursday’s talks, our GSSI sponsored talk will cover hydration science. The concurrent session will be an invited talk on applied statistics and replicability in exercise science research by Dr. Aaron Caldwell from University of Arkansas for Medical Sciences. Thursday will conclude with the student poster session. The student poster finalist judging session will be from 5:30 to 6:30 p.m. Following the judging session, the TACSM student research poster session will be held from 6:30 to 7:30 p.m. and President’s Cup judging will take place on Friday morning. The TACSM Social and Sponsor Fair starts at 6:00 p.m. and will not disappoint with appetizers and limited complimentary beer and wine in Chisholm Hall.

Friday morning starts off with our 3rd Annual Women’s Breakfast – please be sure to RSVP. More information will be provided as we get closer to the meeting. The Women’s Breakfast provides an excellent opportunity to support women in the field and to meet and interact with several prominent women in exercise physiology and sport medicine. At 8:00 a.m., students will have a second opportunity to stand by their posters while the President’s Cup judging and a Graduate Student Fair take place. Dr. Sarah Little-Letsinger from the University of Texas will be giving the opening lecture of the day, and her talk will focus on “Modeling Human Physiology with Dirty Mice”. Concurrently, we will also have a student-focused career panel session with representation from 3-5 exercise science professionals working in various sectors. We will then have a concurrent session with the “Honor Award Lecture” by Dr. Tony Babb from UT Southwestern discussing his career and research in pulmonary physiology. Dr. Ayland Letsinger from the University of Texas will present on the neurobiology of physical activity motivation. This year’s “Raven Lecture” will be given by Dr. Nina Stachenfeld from Yale School of Medicine covering her work on sex hormones and cardiovascular physiology and helping investigators work with women in the lab. Lunch will be provided, followed by the always entertaining TACSM Student Bowl competition. Then, the TACSM Awards Ceremony will close the 2026 Annual Meeting.

We look forward to seeing you all in Waco this February!

Dustin Joubert, PhD, ACSM-EP
2026 TACSM President and Program Chair
University of Louisiana at Lafayette

CONFERENCE REGISTRATION

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

- Professional member: \$125.00
 - Non-member professional: \$160.00 (plus 1-year chapter membership)
 - Student member: \$45.00
 - Non-member student: \$60.00 (plus 1-year chapter membership)
- Early registration ends February 18th at which time rates will increase.

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.texas.acsm.org).**

HOTELS

•**See TACSM website for more info, room blocks are limited.**

Hilton Waco (connected to the meeting venue)

Courtyard Waco (directly across the street from the meeting venue)

Hotel Indigo Waco (downtown Waco close to the meeting venue)

Aloft Waco Downtown (downtown Waco, 5 blocks from meeting venue)

Thursday
February 26



1:00–6:30 PM **Registration & Badge Pickup**
♀ *Upper Lobby*

1:00–4:00 PM **Poster Setup**
♀ *Chisolm Hall*

1:30–7:30 PM **Vendor Booths Open**
♀ *Chisolm Hall*

2:00–2:45 PM **CONCURRENT SESSIONS**



INVITED SPORT NUTRITION TALK
Meredith Parmley, MS, RD, CSSD
Relative Energy Deficiency in Sport (REDs): Mechanisms, Manifestations, and Management
♀ *Brazos Ballroom North*



STUDENT PRESENTATIONS
2026 SRDA Presentation Finalists
Rapid Fire: The Student Research Grant Proposals Edition
♀ *Brazos Ballroom South*

2:55–3:40 PM **CONCURRENT SESSIONS**



INVITED SPORT PSYCHOLOGY TALK
Andreas Stamatis, PhD, ACSM-EP, FACSM
Mental Performance ≠ Mental Health: How Mental Toughness Fits in High-Performance Environments
♀ *Brazos Ballroom North*



PROPOSED TACTICAL TALK
Drew E. Gonzalez, PhD, SCCC, CISSN, CSCS,*D, TSAC-F,*D, EP-C
Michael Conner, DMSc, PA-C
Jacob Mota, PhD, NSCA-CSCS*D
Bringing Science to the Station: Evidence-Based, On-Shift Strategies to Optimize Health, Fitness, and Occupational Readiness
♀ *Brazos Ballroom South*



SPONSORED CAREER TALK
J. Fernando Triana, MD, FACC
Cardiologist
♀ *Bosque Theater*



3:50–4:35 PM **CONCURRENT SESSIONS**



INVITED PERFORMANCE TALK
Andy Galpin, PhD
Human Performance Tools, Technologies, and Tactics for the Future and Present
♀ *Brazos Ballroom North*



PROPOSED SCIENTIFIC TALK
Yasuki Sekiguchi, PhD, FACSM, CPSS, CSCS
Marcos Keefe, MS, CSCS
Ryan Dunn, MS
Innovative Heat Mitigation Strategies to Improve Health and Performance
♀ *Brazos Ballroom South*



4:45–5:30 PM **CONCURRENT SESSIONS**



INVITED APPLIED STATISTICS TALK
Aaron R. Caldwell, PhD, PStat
Addressing Concerns About Replication and Reproducibility in Sport and Exercise Science
♀ *Brazos Ballroom North*



GSSI LECTURE
Jon-Kyle Davis, PhD, CSCS
Hydration Science: The Physiology of Hydration and Fluid Balance and the Formulation of Fluid Replacement Solutions for Athletes
♀ *Brazos Ballroom South*

5:30–6:30 PM **Student Poster Finalist Judging Session**
Finalist must be at posters
♀ *Chisolm Hall*

6:30–7:30 PM **TACSM Student Research Poster Session**
All poster presenters
♀ *Chisolm Hall*

6:00–8:30 PM **TACSM Social & Sponsor Fair**
♀ *Chisolm Hall*

Friday
February 27



- 7:15–11:30 AM **Registration & Badge Pickup**
♀ *Upper Lobby*
- 7:15–8:45 AM **Women’s Breakfast**
RSVP Required
♀ *McLennan Hall 209*
- 7:30–9:00 AM **Morning Coffee & Tea**
♀ *Chisolm Hall*
- 7:30 AM–1:30 PM **Vendor Booths Open**
♀ *Chisolm Hall*
- 8:00–9:00 AM **President’s Cup Judging & Graduate Student Fair**
All presenters invited to stand at posters
♀ *Chisolm Hall*
- 8:30–8:50 AM **TACSM Business Meeting**
♀ *Bosque Theater*
- 9:00–10:10 AM **Student Professional Development Forum: Career Panel Discussion**

Jorge Granados, PhD
Bridget Sopeña, MS
Justin De Los Santos, BS
♀ *Bosque Theater*
- 9:30–10:10 AM **INVITED SCIENTIFIC TALK**

Sarah Little-Letsinger, MS, PhD
Modeling Human Physiology with Dirty Mice
♀ *Brazos Ballroom*
- 10:15–10:55 AM **CONCURRENT SESSIONS**
- 
TACSM HONOR AWARD LECTURE
Tony G. Babb, PhD, FACSM, ATSF
Recipe for a Rewarding Career: Meaningful Relationships and Fundamental Questions
♀ *Brazos Ballroom*
- 
INVITED SCIENTIFIC TALK
Ayland Letsinger, PhD
Why We Move: Neurobiological Insights into Exercise Motivation
♀ *Bosque Theater*

11:00–11:50 AM **KEYNOTE ADDRESS**



THE RAVEN LECTURE

Nina Stachenfeld, PhD, FACSM

Considerations When Performing Studies of Vascular Control That Include Women
♀ *Brazos Ballroom*

11:50 AM–12:50 PM

Lunch Provided By TACSM

Student bowl participants eat first
♀ *Chisolm Hall*

12:15–12:45 PM

Student Bowl Teams, Scorekeepers, and Referees Check-In

Teams not checked-in by 12:45 will be disqualified
♀ *Brazos Ballroom*

1:00–2:45 PM



Texas Chapter

STUDENT BOWL XVII COMPETITION

Who will take home the title and win a trip to Salt Lake City?
♀ *Brazos Ballroom*

12:30–3:00 PM

Poster Breakdown

♀ *Chisolm Hall*

2:45–3:45 PM

TACSM Awards Ceremony

Election results, recognitions, Honor and Service Awards presentation, student award presentations, and transfer of Presidency.
♀ *Brazos Ballroom*

3:45 PM

ADJOURNMENT

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WE WOULD LIKE TO THANK NATIONAL ACSM AND GSSI FOR THE CONTINUED SUPPORT OF REGIONAL CHAPTERS!



**KEYNOTE
SPEAKER**

Nina Stachenfeld, PhD, FACSM

Senior Research Scientist, Department of Obstetrics, Gynecology and Reproductive Sciences, Yale School of Medicine

Nina Stachenfeld has dedicated her career to the study of how reproductive hormones impact the vascular system and the control of blood pressure in women. She received her Doctorate in Applied Physiology from Columbia University and her did her postdoctoral training at the John B. Pierce Laboratory, Yale School of Medicine. Her research focuses on the impact of estrogen and estrogen lowering treatments on vascular function in healthy women, in PCOS and endometriosis. She is studying the potential for artificial intelligence to improve diagnosis of endometriosis. Dr. Stachenfeld is the current chair of Women Faculty Forum at Yale University. She is currently collaborating with the Ludeman Family Center for Women's Health Research (University of Colorado) on a curriculum to teach sex differences and sex as a biological variable in research.



**Thank you Dr. Stachenfeld for
giving the 2026 Texas ACSM
Raven Lecture!**



SPEAKER BIOS

THURSDAY



Meredith Parmley, MS, RD, CSSD

Sports Dietitian - Memorial Hermann Rockets Sports Medicine Institute

Meredith Parmley, MS, RD, CSSD is a board certified sports dietitian based in Houston, TX with the Memorial Hermann Rockets Sports Medicine Institute (MHRSMI). She obtained her bachelors and masters degrees in Nutrition at the University of Houston, where she was a student-athlete on the cross-country and track teams. Meredith underwent a rigorous sports nutrition residency program in 2021 and has accumulated 5 years of experience within professional, collegiate, high school, and recreational sport settings. She currently holds contract roles with the Houston Dynamo (MLS), Savannah Bananas, Houston Christian University, and local high schools and running clubs.



Andreas Stamatis, PhD, ACSM-EP, FACSM

Associate Professor, Research Fellow, and Director - Health & Sport Sciences, College of Education & Human Development, University of Louisville Mental Performance Specialist - University of Louisville Health

Dr. Stamatis is a long-time ACSM member whose work centers on conceptualizing, measuring, and training mental toughness across performance contexts. Fun fact: he was introduced to ACSM via the Texas Chapter. Within ACSM, he has served in regional and national leadership, contributed to meeting programming, and written for ACSM outlets, helping translate mental performance research for clinicians, coaches, and athletes. At the University of Louisville, he collaborates with athletics and sports medicine in a Health & Performance model that embeds mental toughness training into daily practice. In this TACSM session, he will briefly clarify how mental performance differs from mental health, show where mental toughness fits within high-performance environments, and share practical, evidence-informed strategies that help individuals perform under pressure while protecting their well-being.



Drew E. Gonzalez, PhD, SCCC, CISSN, CSCS,*D, TSAC-F,*D, EP-C

**Assistant Professor - Sam Houston State University
Director - Occupational, Performance, and Nutrition Lab
Research Associate - Exercise & Sports Nutrition Lab, Texas A&M University**

Drew E. Gonzalez is an Assistant Professor in the Department of Kinesiology and directs the Occupational, Performance, and Nutrition Laboratory (OPNL) at Sam Houston State University. He is also a Research Associate at the Exercise and Sport Nutrition Laboratory at Texas A&M University. His research focuses on nutrition for tactical athletes, sport nutrition, and occupational health, with a particular emphasis on the needs of first responders. His work encompasses randomized controlled trials, field studies, and translational research aimed at enhancing health, readiness, and performance. Dr. Gonzalez has published over 50 peer-reviewed papers, 8 book chapters, and more than 110 conference abstracts. He is also actively involved in professional leadership roles with the NSCA and ACSM.



SPEAKER BIOS

THURSDAY



Michael Conner, DMSc, PA-C

CEO, Front Line Mobile Health, PLLC; Student, Faculty of Health Sciences and Medicine, Bond University, Gold Coast Australia

Mike Conner is CEO and Chief Research & Innovation Officer at Front Line Mobile Health, leading data-driven screening, research, and policy to improve firefighter and police health. He partners with U.S. and international universities and advises agencies across 200+ departments serving 15,000+ first responders. A retired Army officer and physician associate, he brings operational experience to public-safety health. Mike is pursuing a PhD with Bond University's Tactical Research Unit, studying how cardiorespiratory fitness relates to injury and disease in structural firefighters to inform standards and prevention. Outside work, he's a proud husband and father of six who stays active through lifting, outdoor training, and jiu-jitsu. When he can unwind he opts for science fiction and fantasy books.



Jacob Mota, PhD, NSCA-CSCS*D

Assistant Professor & Director - Neuromuscular and Occupational Performance Laboratory, Department of Kinesiology and Sports Medicine, Texas Tech University

Dr. Jacob A. Mota is an Assistant Professor in the Department of Kinesiology & Sport Management at Texas Tech University, where he directs the Neuromuscular & Occupational Performance Laboratory. His research focuses on neuromuscular physiology, injury risk, and performance optimization in physically demanding occupations such as firefighting and law enforcement. Dr. Mota's work integrates strength and conditioning principles with occupational health to improve readiness, resilience, and safety in tactical populations. He has extensively published in a variety of high-impact journals and mentors undergraduate, master's, and doctoral students in applied human performance research.



Andy Galpin, PhD

Executive Director, Human Performance Center, Parker University

Andy Galpin is a tenured full Professor at Parker University and is the Executive Director of the Human Performance Center. He is a Human Performance scientist with a PhD in Human Bioenergetics and over 100 peer-reviewed publications and presentations. Dr. Galpin has worked with elite athletes (including All-Star, All-Pro, MVP, Cy Young, Olympic Gold medalists, Major winners, World champions, etc.) across the UFC, MLB, NBA, PGA, NFL, Boxing, Olympics, and Military/Special Forces, and more. He is also a Co-founder of Vitality Blueprint, Absolute Rest, BioMolecular Athlete, and RAPID Health & Performance.



SPEAKER BIOS

THURSDAY



Yasuki Sekiguchi, PhD, FACSM, CPSS, CSCS

Assistant Professor, Director of Sports Performance Lab, Department of Kinesiology & Sport Management, Texas Tech University

Dr. Yasuki Sekiguchi is an Assistant Professor and Director of the Sports Performance Lab at the Department of Kinesiology and Sport Management, Texas Tech University. He received his bachelor's degree at Kobe University in Japan, master's degree at the University of Arkansas, and PhD and post-doctoral fellow at the University of Connecticut in exercise science. His area of expertise is enhancing thermoregulatory response (i.e., heat acclimation, heat acclimatization, cooling), optimizing hydration status and fluid balance, athlete training load and recovery monitoring, sleep monitoring, and wearable technology validation to improve exercise performance and overall health. He has managed and completed many research studies and published peer-reviewed manuscripts in those areas. His current research are supported by federal, corporate, and non-profit organization grants. He also has been working with youth to professional and Olympic athletes as a sports scientist and strength and conditioning coach. His expertise in sports science has been instrumental in applied sports settings. He is a Performance and Sports Scientist (CPSS) and a certified strength and conditioning specialist (CSCS) from National Strength and Conditioning Association (NSCA). Enhancing exercise performance and recovery with practically applicable and widely accessible methods based on science is a broad aim of his Sports Performance Lab at Texas Tech University.



Marcos Keefe, MS, CSCS

PhD Candidate - Sports Performance Laboratory, Department of Kinesiology and Sport Management, Texas Tech University

Marcos Keefe is a 4th-year PhD Candidate in Exercise Physiology at Texas Tech University. Under the mentorship of Dr. Yasuki Sekiguchi, Marcos' research focuses on environmental exercise physiology, with particular emphasis on thermoregulation, heat acclimation, and their effects on exercise performance and recovery. He is especially dedicated to translating findings into practical applications, thereby bridging the gap between physiological mechanisms and ergogenic strategies that enhance health and performance. During his PhD, Marcos has secured multiple funding mechanisms through ACSM and Texas ACSM, which has supported his ability to conduct meaningful research. Looking forward, Marcos is aiming to stay in academia and continue progressing thermal physiology research while simultaneously mentoring the future generation of researchers and students.



Ryan Dunn, M.S.

Ph.D. Candidate - Sports Performance Laboratory, School of Kinesiology & Sport Management, Texas Tech University

Ryan Dunn is a Ph.D. candidate in Exercise Physiology at Texas Tech University, working within the Sports Performance Laboratory. He is originally from the United Kingdom, where he attained a master's degree in Exercise Physiology at Loughborough University and an honors degree in Sport & Exercise Science at Robert Gordon University. His current research interests include optimizing heat mitigation and hydration strategies, nutritional interventions to enhance performance and health aspects under heat stress, in addition to investigating sex-differences in responses to exertional-heat exposure.



SPEAKER BIOS

THURSDAY



J. Fernando Triana, MD, FACC

Cardiologist, Methodist Cardiology Clinic of San Antonio

Dr. J. Fernando Triana is an established cardiologist practicing with the Cardiology Clinic of San Antonio for over 30 years. Throughout his career, he has proven to be a leader and visionary who prioritizes patient care while maintaining physician wellbeing. He demonstrates his leadership skills daily through his roles as a full-time clinician at the Cardiology Clinic of San Antonio (CCSA), the Medical Director for Methodist Healthcare System's Cardiac-Vascular-Pulmonary Thoracic Service Line, and Methodist Healthcare System's Cardio-Hospitalist Program. He is a National Physician Director of Cardiovascular Disease Section for HCA Healthcare in Nashville. Dr. Triana is committed to higher education and training the next generation of Cardiologists. To further medical education for aspiring physicians, Dr. Triana has held positions as an Adjunct Clinical Research Faculty member at the University of the Incarnate Word, an Adjunct Professor in the Department of Medicine at the University of Texas San Antonio, as a Faculty Associate at the Department of Kinesiology, Health, and Nutrition at the University of Texas San Antonio, and as a Co-Director of the Cardiac Catheterization Laboratory at UT Southwestern Medical Center's Veterans Administration Hospital in Dallas, Texas. Currently, he belongs to the Board of Governors at the Tulane School of Medicine.



Aaron R. Caldwell, PhD, PStat

Assistant Professor, Department of Biostatistics, Institute for Community Health Innovation, Fay W. Boozman College of Public Health, University of Arkansas for Medical Sciences Northwest

Aaron R. Caldwell earned his Ph.D. in Health, Sport, & Exercise Science from the University of Arkansas and holds a graduate certificate in Statistics and Research Methods. He serves as Associate Editor for Statistics at the Journal of Science and Medicine in Sport and is the author and maintainer of three widely-used statistical R packages: Superpower, SimplyAgree, and TOSTER. Previously, he served as a Research Physiologist at the U.S. Army Research Institute of Environmental Medicine. His current research provides statistical support for community health initiatives at UAMS, focusing on maternal health and diabetes self-management. Dr. Caldwell's broader research interests include statistical methods for treatment response heterogeneity, power analysis, and improving transparency in sports and exercise science research.



JK Davis, PhD, CSCS*D

Associate Principal Scientist, Gatorade Sports Science Institute

JK Davis is an Associate Principal Scientist at the GSSI lab in Frisco, TX, where he leads the Performance Monitoring Program within the Elite Athlete Service Program. He also leads the GSSI Industrial Athlete Program, helping manage service and research with frontline workers. Before joining GSSI, he served as an Assistant Professor at the University of Montevallo and Texas A&M University-Commerce, teaching nutrition, applied physiology, and clinical physiology. His research has focused on thermoregulation, hydration, caffeine, and recovery. Originally from Hopkinsville, Kentucky, JK earned his Bachelor's and Master's degrees in Exercise Science from Western Kentucky University and his PhD in Human Performance from the University of Alabama. He holds certifications from NSCA (CSCS) and ACSM.



SPEAKER BIOS

FRIDAY



Sarah Little-Letsinger, MS, PhD

Assistant Professor & Director – Translational Osteoimmunology Lab, Dept. of Kinesiology and Health Education, University of Texas at Austin

Sarah Little-Letsinger is an Assistant Professor and the Director of the Translational Osteoimmunology Lab at the University of Texas at Austin. Dr. Little-Letsinger received a BS in Human Nutrition, Foods, and Exercise at Virginia Tech in 2015 and a MS (2017) and PhD (2020) in Exercise Physiology from Texas A&M University. She completed postdoctoral fellowships in Endocrinology & Metabolism at UNC Chapel Hill and Evolutionary Anthropology at Duke University. Dr. Little-Letsinger's lab studies the integrative function and evolution of the skeletal, immune, and reproductive systems – or the osteoimmune-reproductive axis – with the goal of understanding why modern humans uniquely experience spontaneous fractures. Her work leverages the novel dirty mouse model to redefine osteoporosis pathogenesis under the premise that osteoporosis is an immune-mediated disease.



Tony G. Babb, PhD, FACSM, ATSF

**Professor, Division of Pulmonary and Critical Care Medicine, Department of Internal Medicine University of Texas Southwestern Medical Center at Dallas
Cardiopulmonary Laboratory Director, Institute for Exercise and Environmental Medicine at Texas Health Dallas
Effie and Wofford Cain Chair in Cardiopulmonary Research Susan Lay Atwell Chair for Pulmonary Research**

Tony G. Babb, Ph.D. is a Professor of Internal Medicine at UT Southwestern Medical Center. He serves as the director of the Cardiopulmonary Laboratory at the Institute for Exercise and Environmental Medicine at Texas Health Dallas. He has established a reputation for his work in respiratory exercise physiology as it pertains to pulmonary disease, normal aging, obesity, mechanical ventilatory limitations to exercise, dyspnea on exertion, and clinical cardiopulmonary exercise testing. Furthermore, he has been funded by grants from AHA, ALA, NIA, and NHLBI as well as through private funding sources and clinical trials. Dr. Babb received his B.S. from WKU, his M.S. from the Univ. of IL, and his Ph.D. from PSU. He did his postdoctoral training at the Mayo Clinic Thoracic Diseases Research Unit.



Ayland Letsinger, PhD

Assistant Professor & Director – Physical Activity Motivation Laboratory, Department of Kinesiology and Health Education, The University of Texas at Austin

Dr. Ayland Letsinger is an Assistant Professor in Kinesiology and Health Education at UT Austin. He completed his Ph.D. in Exercise Physiology at Texas A&M under Dr. Tim Lightfoot and a postdoctoral fellowship at the NIH in Neurobiology. His research explores the neurobiological regulation of physical activity motivation with an aim to identify interventions—behavioral, nutritional, and pharmaceutical—that enhance the pleasure of movement and promote long-term activity participation. Dr. Letsinger has been an active member of ACSM for 10 years and has most recently served as chair for the Strategic Health Initiative on Aging.



SPEAKER BIOS

FRIDAY



Jorge Granados, PhD

Associate Medical Science Liaison–Medical Affairs, Global Medical Office for Fresenius Medical Care

Dr. Jorge Granados earned his Ph.D. in Exercise Physiology from Texas A&M University and completed two postdoctoral fellowships at UT Southwestern, where he conducted research in pulmonary physiology and cancer cachexia. He transitioned into industry as a Clinical Trial Manager in the cardiovascular, renal, and metabolic space before moving into the Medical Science Liaison (MSL) role. As an MSL, he has supported clinicians in nephrology, renal genetics, and organ transplantation across pharmaceuticals, medical devices, and diagnostics through evidence-based scientific exchange and the generation of meaningful clinical insights that impact patient care. He also co-hosts Physiology Unraveled, a podcast that explores human physiology and highlights diverse career paths beyond academia.



Bridget Sopeña, MS

Principal Physiology Researcher, Brooks Running

Bridget Sopeña is an exercise physiologist and sports scientist specializing in elite athlete monitoring and product innovation. She spent nearly a decade at the Gatorade Sports Science Institute, where she conducted applied research and elite athlete servicing focused on biomarker and nutritional physiology, athlete recovery, and performance. She now serves as a Principal Physiology Researcher on the Run Research team at Brooks Running, where she kicked off and oversees Brooks' physiology research program. She also works closely with their elite sponsored athletes to improve runner performance and support product innovation through advanced physiological assessment and evidence-based athlete insights.



Justin De Los Santos, BS

Exercise Physiologist, On Duty Health

Justin De Los Santos is an Exercise Physiologist with On Duty Health, where he provides evidence-based fitness assessment and health education to support the readiness and resilience of first responders. In this role, Justin works closely with a multidisciplinary team which includes an Advanced Practitioner and Ultrasound technician. With a BS Kinesiology- Exercise Science he is passionate about helping individuals improve performance, prevent injuries, and maintain long-term health through evidence-based practices.

SOCIAL MEDIA



Follow Texas ACSM on the social media platforms linked below.



Tag **#TACSM2026** in your posts from the meeting!