

61st Annual Meeting

5th World Congress on Exercise is Medicine® and
World Congress on the Role of Inflammation
in Exercise, Health and Disease

PREVIEW PROGRAM



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

New This Year:
**World Congress on the Role
of Inflammation in Exercise,
Health and Disease**

See page 9 for more information



ACSM
Annual
Meeting



World Congress on
**Exercise
is Medicine®**



World Congress on
**The Role of Inflammation
in Exercise, Health
and Disease**

May 27-31, 2014 • Orange County Convention Center and the Rosen Centre Hotel
Orlando, Florida USA • www.acsmannualmeeting.org



Dear Friends and Colleagues:

On behalf of the Program Committee, I invite you to join us in Orlando, Florida for the 61st Annual Meeting, 5th World Congress on Exercise is Medicine® and World Congress on the Role of Inflammation in Exercise, Health and Disease. The Program Committee has organized an extraordinary array of original science and clinical sessions for the

2014 meetings. The Program Committee has added some enhancements to the Annual Meeting based on attendee feedback:

- Offering a World Congress on the Role of Inflammation in Exercise, Health and Disease. This launch of a new meeting-within-a-meeting will showcase each year a different basic science topic.
- A clinical sports medicine track, including CAQ review sessions and clinical case thematic poster sessions
- The continuation of a Graduate and Early Career Day preconference focused on the development of careers for graduate students and early career professionals.

You will find a program that emphasizes exceptionally strong scientific and clinical content across the breadth of interests among our membership that only ACSM can deliver.

Many social and networking events are scheduled throughout the meeting, allowing members and guests a chance to get acquainted or reacquainted. Unscheduled time remains during the lunch hour and in the evenings for meeting with colleagues, exercising without feeling like you are missing out on important learning opportunities, or taking in some of the wonderful opportunities for recreation and dining that Orlando has to offer.

Lastly—but not least—there are the prestigious Wolffe, Dill and President's Lectures (see page 4), which promise to be not-to-miss events. These scientists have been invited to showcase their outstanding contributions and insights on topics important to our membership.

Please make plans now to join us in Orlando to enjoy what promises to be one of the best ACSM meetings ever, celebrating ACSM's 60th anniversary!

Sincerely,

Carol Ewing Garber, Ph.D., FACS
2014 Program Committee Chair, ACSM President-elect

Schedule at-a Glance

Tuesday, May 27

- Registration Opens
- Graduate and Early Career Day Preconference
- World Congress on Exercise is Medicine® Keynote Session
- World Congress on Exercise is Medicine® Educational Sessions

Wednesday, May 28

- Joseph B. Wolffe Memorial Lecture
- Scientific/Clinical Sessions
- World Congress on the Role of Inflammation in Exercise, Health and Disease Symposia
- Exhibit Hall Opens
- Student Colloquium
- Interest Group Meetings
- Student Bowl

Thursday, May 29

- Josephine L. Rathbone Memorial Breakfast honoring ACSM's Women
- President's Lectures
- Scientific/Clinical Sessions
- World Congress on the Role of Inflammation in Exercise, Health and Disease Symposia
- Exhibit Hall Open
- Interest Group Meetings
- Basic Science Reception with Poster Presentations
- Clinical Reception with Poster Presentations
- Celebrating Diversity Reception (invitation only)
- Regional Chapter Events
- International Reception (invitation only)

Friday, May 30

- 14th Annual Gisolfi Fun Run
- D.B. Dill Historical Lecture
- Scientific/Clinical Sessions
- Exhibit Hall Open
- Student Meet the Expert Session
- New Fellow Reception (invitation only)
- Cocktail Reception and Awards Banquet

Saturday, May 31

- President's Lectures
- Scientific/Clinical Sessions

ACSM Thanks the 2014 Annual Meeting Supporters

The American College of Sports Medicine gratefully acknowledges the receipt of grants in support of our educational program currently from:

PREMIER



PRESENTING



SUSTAINING



One registration Three Fantastic Meetings!

May 27-31, 2014
Orlando, Florida



The ACSM Annual Meeting brings together more than 5,000 basic science, applied science, and clinical medicine professionals. You don't want to miss this meeting! New in 2014 is the World Congress on the Role of Inflammation in Exercise, Health and Disease, a basic science meeting with a focus on inflammation. The fifth World Congress on Exercise is Medicine® allows opportunities to learn how you can be a part of the Exercise is Medicine® Global Network and how the Global Network can help you in your daily life. You will be surrounded by colleagues and peers from around the globe.

Objectives

At the conclusion of the Annual Meeting, participants should be able to:

1. Evaluate the biological, biomechanical, psychological and behavioral changes accompanying exercise in both normal and pathological states.
2. Analyze state-of-the-art and innovative basic science, applied science, and clinical medicine in the areas of exercise, fitness, health, and physical performance.
3. Compare new approaches and perspectives concerning exercise science and sports medicine through interactive discussions with scientists and clinicians in related fields.
4. Recognize the importance of basic science research as it relates to diseases and conditions that exist due to physical inactivity.
5. Assess how physical activity research and practice can contribute to public health.

Clinically Specific Objectives:

6. Develop a treatment plan using current recommendations to prescribe effective exercise and physical activity plans to patients with different types of diabetes in order to improve glycemic control.
7. Formulate a plan to implement physical activity as a vital sign in order to increase physical activity assessment and counseling as a part of routine health care delivery.
8. Develop a plan for office-based physical activity promotion in order to effectively assess, prescribe, and refer patients for physical activity programs in the community in order to enhance health and prevent disease.
9. Determine a treatment plan for application of ultrasound guided injections in order to provide treatment for musculoskeletal disorders.
10. Evaluate appropriate diagnostic and treatment strategies for athletes with concussions in order to provide safe return to play recommendations.

Target Audience

ACSM members and professionals interested in the field of sports medicine and exercise science.

Earn Continuing Education Credits/ Continuing Medical Education Credits

- **Accreditation:** The American College of Sports Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.
- **AMA/PRA Credits:** The American College of Sports Medicine designates this live activity for a maximum of 29.25 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.
- **ACSM CECs:** The American College of Sports Medicine's Professional Education Committee certifies that this continuing education offering meets the criteria for a maximum of 29.25 hours of ACSM Continuing Education credit.
- **NATA – CEUs:** ACSM is recognized by the Board of Certification, Inc. to offer continuing education (CE) for Certified Athletic Trainers (ATs). 29.25 CEUs awarded.



Educational Highlights

The Joseph B. Wolffe Memorial Lecture



Move to Live! Should Couches
Be Sold With A Health Warning?
I-Min Lee, M.D., FACSM
Harvard Medical School
Boston, Massachusetts

The D.B. Dill Historical Lecture



Living High: A History of
High Altitude and Sports Medicine
Benjamin D. Levine, M.D., FACSM
Texas Health Presbyterian Hospital Dallas
Dallas, Texas

PRESIDENT'S LECTURES



Rockin' Physiology: Finding
Exercise Physiology Questions in
Uncommon Places
J. Timothy Lightfoot, Ph.D., FACSM
Texas A&M University
College Station, Texas



Fit for Your Life:
Exercise Comes of Age
Maria A. Fiatarone Singh, M.D.
University of Sydney
Sydney, NSW, Australia



Skeletal Muscle - It's More Than
Just the Hamstring Strain
Thomas M. Best, M.D., Ph.D., FACSM
The Ohio State University
Columbus, Ohio



Promoting Healthy Eating and
Physical Activity in Ethnically
Diverse Communities: Research
Challenges and Opportunities
Janice L. Thompson, Ph.D., FACSM
University of Birmingham
Birmingham, United Kingdom

NAMED LECTURES

Ralph S. Paffenbarger Tutorial Lecture



On Steps, Stairs, Sport and Sitting:
Impacts on Health Across
the Adult Lifespan
Wendy J. Brown, Ph.D., FACSM
University of Queensland
Brisbane QL, Australia

John R. Sutton Clinical Lecture



Entitled to Compete. Destined to Tear
Her ACL. What We Know, What We
Don't Know & Where Do We Go?
Mary Lloyd Ireland, M.D., FACSM
UK Healthcare Sports Medicine
Lexington, Kentucky

Elsworth R. Buskirk Tutorial Lecture



VO2 Max: From Measurement to
Application in Performance, Fitness
and Disease Prevention
Edward T. Howley, Ph.D., FACSM
University of Tennessee
Knoxville, Tennessee

BASIC SCIENCE, APPLIED SCIENCE, CLINICAL AND INTEGRATIVE SESSIONS BY CATEGORY

Athlete Care and Clinical Medicine Highlighted Symposium

Diabetic Athletes in 2014: Off the Sideline and Into the Game

Sheri Colberg-Ochs, FACSM, Russell D. White, FACSM, Inigo San Millan, Gary Hall

- A Voice in the Wilderness - Non-Operative Approaches to Common Surgical Issues?
- ACSM/AMSSM: CAQ Review Session (Part I)
- ACSM/AMSSM: CAQ Review Session (Part II)
- ACSM/NASS Joint Lecture: Beyond Stingers/Burners: Causes of Upper Extremity Pain and Weakness in the Athlete
- Acupuncture
- Adaptive Sports Medicine
- Athletes and the Arts - Your Opportunity to Help Performing Artists
- American Orthopaedic Society for Sports Medicine Exchange Lecture: Who Needs a Hipscope?
- Approach to Skin and Nail Trauma in Athletes
- Basic Pediatric Gait and Alignment Analysis for the Sports Medicine Clinician
- Best Practices 2014: Improving Runner Safety and Reducing Adverse Outcomes
- Body Checking and Tackling in Youth Collision Sports: Point/Counterpoint
- Clinical Evaluation and Rehabilitation Principles in the Pediatric Athlete
- Dance Medicine
- Dealing With Exercise Respiratory Issues in Athletes
- Deaths in Wrestling - Challenges of Changing Sport Culture through Science and Policy
- Eating to Win in the Pool!
- EKG
- Elbow Ultrasound
- Electrodiagnostics Basics for the Sports Medicine Physician
- Evidence Based Return to Play Considerations After Reconstruction: A Case Based Approach
- Evidence Informed Sports Medicine: Demystifying and Demystifying the Role of Evidence
- Examination of the Injured Foot and Ankle
- Examination of the Knee
- Examination of the Shoulder
- Exercise Cardiomyopathy
- FAI in the Young Athlete: The Diagnosis and the Decision to Operate
- Functional Testing
- H&P to MRI- Shoulder
- Hip Exam
- Knee Examination of the Adult and Pediatric Athlete
- Knee Ultrasound
- Leadville 100, The Ultimate Ultra-Endurance Race: Where Attitude Meets Altitude
- Musculoskeletal Ultrasound: Does the Evidence Support its Widespread Use?
- NATA Foundation Medal for Distinguished Athletic Training Research - National Athletic Trainers' Association Exchange Lecture
- Office-Based Fracture Management with FRC
- Osteoarthritis: With So Many Position Stands, What Makes Sense?
- Osteopathic Evaluation and Treatment of Pelvis & Sacrum in Athletes with Back Pain
- Outcomes from the Team Physician Conference - Strength and Conditioning Revision
- Patient Reported Outcome Measures in Sports Medicine
- Pearls and Pitfalls in Pediatric Athlete Injuries: Conditions not to Miss
- Physical Exam of the Cervical Spine
- Physical Exam of the Lumbar Spine
- Reading MRIs of the Lumbar Spine
- Return to Play Decision Making After Concussion: Challenging Questions
- Roller Derby: the Sport, the Athletes, the Injuries
- Scapulorthoracic/Kinetic Chain
- Shoulder Ultrasound
- Social Media for Sports Medicine Clinicians: Are You Ready to Go Viral?
- Sonographic Anatomy and Pathology of the Hip
- Sports Cardiology: Screening Issues from the Cardiology World
- SSRIs to Stimulants: Challenges in Prescribing Psychoactive Medications to Athletes
- The Adolescent Female: Finding Balance in Activity, Nutrition, and Health Treatment of Common Joint Dislocations in Sports Medicine
- The Diagnosis and Management of Acute Hemarthrosis in Competitive and Recreational Athletes

Biomechanics and Neural Control of Movement

Highlighted Symposium

Mobile Monitoring of Biomechanics: Taking our Measures Outside of the Lab

- Assessment of Core Stability in the Laboratory, in the Clinic, and on the Field
- Gait Analysis in the Athlete
- How to Fix SI Joint Dysfunction: A Manual Therapy Approach

- Humans as Equations: Clinical Applications for Predicting Musculoskeletal Motion
- Identifying Individual Differences in Running Mechanics to Aid Injury Prevention
- Neuromechanical Effects of Anterior Knee Pain during Movement
- New Techniques for Vestibular Rehab in Concussion
- Post-Traumatic Knee Osteoarthritis: Structural, Biochemical, and Biomechanical Factors
- The Myth of Motor Unit Types
- The Relationship among Biomechanics, Pitch Counts, and Injury Risk in Youth Baseball
- Variability in Biomechanical Systems

Cardiovascular, Renal and Respiratory Physiology Highlighted Symposium

The Pulmonary Physiology of Exercise: Demands and Capacities - An Update

A. William Sheel, Francois Maltais

- Cardiopulmonary Exercise Testing (CPET) Case Study Interpretations
- Methodological Considerations for Microneurographic Recordings of Sympathetic Outflow in Humans
- Multifactorial Role for ATP in Skeletal Muscle Blood Flow during Exercise
- New Insights into the Regulation of Human Cerebral Blood Flow
- Sprinting Towards Changes in the Heart and Blood Vessels

Clinical Exercise Physiology Highlighted Symposium

Stress Testing: the Past, the Present, and the Future

Carl Foster, FACSM, John Myers, FACSM, Clinton Brawner, FACSM, Ross Arena, FACSM

- Cardiac Rehabilitation: The Past, the Present, and the Future
- Case Studies- CPX
- Evaluating the Risk in Exercise Testing and Training
- Exercise Prescription for Diabetes: Case Studies
- Exercise Training for Patients with Advanced Heart Failure Treated with a Ventricular Assist Device or a Total Artificial Heart
- Too Old to Exercise (in collaboration with section of Geriatric Cardiology, American College of Cardiology)

Environmental and Occupational Physiology Highlighted Symposium

Cellular Basis of Heat Stroke and Heat Injury

Thomas L. Clanton, David C. Clarke

- Cold Medicine - Lessons from Antarctica
- Felix Baumgartner: Barotrauma, Aerodynamics, and Physiology
- Hypohydration and Exercise Performance: New Data on the Effect of Mild Hypohydration
- Lessons in Heat Stroke from Saudi Arabia
- Recent Progress in the Understanding of Exertional Heat Stroke
- The Pulmonary System at Sea Level & at Altitude: Implications for the Exercising Human
- The Skin as a Model Circulation

Epidemiology and Biostatistics Highlighted Symposium

If You're Going to Talk the Talk, You've Got to Walk the Walk

- New Insights into Physical Activity and Cancer Prevention
- Obesity is NOT a Disease... or Is It?
- Health and Fitness App Use, Evaluation and Opportunities
- Towards Standardization of Physical Activity and Sedentary Behavior Measures from Wearable Accelerometers

Exercise is Medicine®

(see page 9 for more information)

- Addressing the Social Determinants of Health in Childhood Obesity
- At the Crux of the (EIM) Matter: An Update on the Effectiveness of PA Counseling
- EIM Experiences in the UK
- EIM Goes Global: Educating Healthcare Professionals about Exercise Prescription
- EIM on Campus: History and Call to Action
- Exercise and the Aging Brain
- Exercise is Medicine® 101
- Exercise is Medicine®: A Field Guide for Physicians, Fitness Trainers, & Researchers
- Exercise is Medicine® in Children: Connecting Community & Clinical Practice
- Exercise is Medicine®: Implementation and Outcomes in a Medical Fitness Center
- Exercise is Medicine® on Campus: Examples of Innovative Implementation
- Group Health Walk & Talk with Your Health Care Team- The Power of Community Involvement

- Implementing Exercise is Medicine® through Clinical Exercise Physiologists
- Innovative Approaches to Prepare for Changing Content in ACSM and EIM Credentials
- LiVe Well: Lifestyle & Weight Management at Intermountain Healthcare
- Now or Later: Mid-Life Behavior and Later Life Health
- Obesity is now a Disease: Is the Best Treatment Exercise or Weight Loss
- Physical Activity Habits of Physicians & Medical Students
- Physical Activity for the Treatment of Depression
- Putting EIM into Practice Around the World
- The Affordable Care Act and Impact on Exercise is Medicine® in Underserved Populations
- Update on Integrating Exercise is Medicine® into Medical School Curricula: Opportunities and Challenges

Fitness Assessment, Exercise Training, and Performance of Athletes and Healthy People

Highlighted Symposium

Maximizing Exercise Performance across the Lifespan

Gregory D. Myer, FACSM, Jay R. Hoffman, FACSM, Hirofumi Tanaka, FACSM, David W. Russ

- Exploring the Crossfit Debate
- Physical Fitness Interventions for Low Back Pain in the Military
- Physiology of Middle- and Long-Distance Running: a UK Perspective
- SOCHI 2014: Sports Medicine Challenges, Strategies, and Solutions
- The 2-Hour Marathon & Human Performance
- The Power of Play: Influences on Motor Development, Physical Activity, and Sport
- Unique Case Studies: Olympic Champions and the Impact of Sport Science on Performance

Immunology/Genetics/Endocrinology

Highlighted Symposium

Is it because of my Genes that My Jeans Don't Fit?: Integrating the '-omics' to Understand the Control of Activity and Weight

Molly S. Bray, J. Timothy Lightfoot, FACSM, Mark A. Szarynski, Linda S. Pescatello, FACSM

- Applications of Microdialysis within Exercise Paradigms
- Are Hormones Really Performance Enhancers?
- Genomics and other OMICS and Elite Sport
- Molecules to Man: A Beginners Guide to the 'Omics' Universe

- The Chronobiology of Obesity and Metabolic Syndrome: Implications for 'Exercise is Medicine®.'

Metabolism and Nutrition

Highlighted Symposium

Fasting Related

- Continuous Glucose Monitoring in Exercise Science Research
- If Obesity is a "Disease" are there Effective Treatments?
- New Frontiers against Doping in Sport: Challenging the Omertà
- Novel Polygenic Animal Models for the Study of Physical Activity/Fitness and Disease
- One Pill Makes You Larger and One Pill Makes You Small...
- Periodizing Carbohydrate Availability for Adaptation and Performance
- Sarcopenic Obesity: A New Reality In The Aging Population. An Integrated Approach
- Sustainable Food Systems and Health Lifestyles: An Introduction
- The Science of Energy Balance: A Model for Weight Management Intervention
- Treating Obesity: Surgery, Exercise, or Both?
- Treatment of Low Energy Availability in Female Athletes

Physical Activity/Health Promotion Interventions

- A Surgeon General's Call to Action on Walking and Walkability - Process and Product
- Emerging Issues in Design and Measurement of Interventions with Diverse Populations
- European College of Sport Science Exchange Lecture - Active Earth
- Fitness on the Fly: Promoting Physical Activity in Airports
- How Fast is Enough? Can We Set Cadence (steps/min) Indices for Ambulatory Behavior
- Move to Learn! Physical Activity and Academic Achievement
- Physical Fitness and Bariatric Surgery: An Out-of-body Experience?
- Self-Responsibility or Nanny Knows Best? Worksites Change to Enhance PA
- Too Little Exercise, Too Much Sitting: Interventions for Multiethnic Populations
- Walk More, Sit Less, or Exercise- What is Important for Health
- Walkin' the Dog: Science and Practice of Dog Walking and Increased Physical Activity
- Yes, We Are Latinos. No, We Are Not The Same: Considering Cultural Differences
- Youth Fitness

Professional Development/ Organizational Information

- Developing Your Scholarship of Teaching and Learning
- Online Teaching and Learning for the Exercise Sciences
- Publishing in *Medicine & Science in Sports & Exercise*® (MSSE)
- Remember, Science Is Fascinating: Communicating with Peers, Press, and the Public
- What is the Future for the Degreed Exercise Professional?

Psychology, Behavior, and Neurobiology

Highlighted Symposium

Beyond Belief: The Placebo Effect In Sports Science Research And Practice

Fabrizio Benedetti, Chris Beedie, Jake Lindheimer, Alan St Clair Gibson

- 60 years of ACSM Innovation: “Exercise and the Brain – the Past, Present and Future”
- American Psychological Association-Division of Exercise and Sport Exchange Lecture
- Does Sedentary Behavior Influence Mental Health?
- Effects of Physical Activity on Brain Function and Mental Health
- Exercise in the Treatment of Substance Use
- Multidimensional Aspects of Fatigue
- Psychological and Mental Distress: Understanding the Athlete’s Perspective
- Ratings of Pleasure-Displeasure as the Emerging Third Pillar of Exercise Prescription
- Stereotypes, Race, and Athletic Performance
- The Neurobiology of Exercise: Brain Health and Implications for Performance

Skeletal Muscle, Bone, and Connective Tissue

Highlighted Symposium

A Few Things Everyone Should Know About Epigenetics and Exercise Adaptations

Mark Hargreaves, FACSM, John Chatham, Susan Marsh, Juleen R. Zierath

- Beyond Calcium: Nutritional Modulators of the Bone Response to Exercise/Disuse
- Knee Osteoarthritis and Reconstruction
- Mitochondrial Function: 2010 and Beyond
- Physical Activity, Exercise, and Bone Health: Paying it Forward
- Powerhouse: Mitochondrial Structure, Exercise Function, and Training Response
- Sphingolipids and Skeletal Muscle
- The Energy Cost of Muscle Activity in Older Adults

World Congress on the Role of Inflammation in Exercise, Health and Disease

(see page 9 for more information)

- Aging and Cellular Senescence: Impact of Diet and Exercise
- Chronic Inflammation, Cytokines, and Physical Activity
- Environmental and Nutritional Extremes: Immune Function
- Exercise and Adipose Tissue in Health and Disease
- Exercise is Medicine®: Obesity, Inactivity and the Chronic Inflammatory State
- Inflammation and the Stem Cell
- Inflammatory Biomarkers: Link between Obesity and Cancer
- Inflammation, Immunity, and Disease
- NIH: Effective Grant Applications
- Regulation of Inflammation in Skeletal Muscle with Exercise
- Skeletal Muscle Stress, Inflammation, and Pathology
- Systemic Effects of Inflammation: Adipose, Nutrition, and Interventions

Submit an Abstract!

Abstract submissions are now being accepted!

Please visit www.acsmannualmeeting.org to submit your abstract.

Submission deadline: November 1, 2013 11:59 p.m. PST.

World Congress on the Role of Inflammation in Exercise, Health and Disease

There is much to be learned about how inflammation improves physiological function in some instances, yet contributes to dysfunction and disease in others. Attend this new World Congress and learn about the role of inflammation in the future of medicine and the prevention of injury and disease from the cell to the system.

Sessions will stimulate conversation on:

- Whether inflammation is the cause or cure for disease
- The potential of nutraceuticals and exercise as therapies to manipulate inflammatory signaling pathways
- How inflammation promotes adaptation

See page 8 for a complete listing of all World Congress on the Role of Inflammation in Exercise, Health and Disease sessions that will be held at this year's meeting.

Keynote Lecture

Macrophage Diversity and Polarization in the Regulation of Inflammation

*Alberto Mantovani, M.D.
University of Milan
Milan, Italy*

Build A Healthier World at the 5th World Congress on Exercise is Medicine®

Exercise is Medicine® strives to make physical activity an integral part of health care around the globe. Exercise is Medicine® has built the global infrastructure to support a global network for physical activity in health care and the program is now a growing global initiative. Now that Exercise is Medicine® is established, it is time to take action. As ambassadors for Exercise is Medicine, whether scientists, health care providers, researchers, fitness professionals or students, everyone plays a critical role in the Exercise is Medicine® initiative.

This year, learn how you can be a part of the Exercise is Medicine Global Network and how the Global Network can help you. Come together with colleagues and peers from around the globe and learn how to utilize the Exercise is Medicine® initiative and network in your daily life.

Programming will include practical information on how to develop your local network and how to utilize the existing network in your business and profession. Whether you are a nurse, physician, or exercise physiologist, from Colombia, Singapore, or Germany, join colleagues and build your global network!

See page 6 for a complete listing of all Exercise is Medicine® sessions that will be held at this year's meeting.

Keynote Lecture



Physical Activity to Prevent Major Mobility Disability: The Primary Results of the LIFE Study

*Marco Pahor, M.D.
University of Florida
Gainesville, Florida*

Keynote Lecture



Industrialising Physical Activity: Time to Act Big

*William Bird, M.D.
Intelligent Health
United Kingdom*

Preconferences

**Preconference and Networking Opportunity –
Tuesday, May 27, 3:00-7:00 p.m.**

Graduate and Early Career Day

The Graduate and Early Career Day is focused on the development of careers for graduate students and early career professionals. The session promotes networking and mentorship between early-career members and senior investigators for scientific outreach and career building. The general session will be followed by breakout sessions.

These sessions will be in a discussion meeting setting (20-30 people). There will be sessions for graduate students, pre-doctoral students, international students, post-doctoral students, and junior faculty as well as those interested in business careers. The purpose of this setting is to engage the participants to feel comfortable asking questions and adding their personal experiences, and allowing other senior investigators attending the session to share their experiences.

These sessions are open to all attendees but will be specifically targeted to graduate and early-career participants. The Graduate and Early Career Day requires no advance registration and attendance is free as part of the ACSM registration.

Preconference - Tuesday afternoon, May 27 The Future of Sports Nutrition

Visit the Annual Meeting website in late fall for session details
www.acsmannualmeeting.org

Presented by:



Preconference - Tuesday afternoon, May 27, followed by the PINES reception PINES 10 Questions, 10 Experts: Superfoods and Phytochemicals for Sports Performance

Athletes are always looking for the next superfood or phytochemical to enhance sports performance, improve recovery, body composition, or resilience to illness and injury. Are there special food chemicals or nutrients that can help athletes go higher, faster, or stronger?

Moderators: Louise Burke, FACSM and Nanna Meyer, FACSM

Speakers: Keith Baar, FACSM, Roger Harris, Adrian Hodgson, Andrew Jones, FACSM, Dan Moore, David Nieman, FACSM, Scott Powers, FACSM, Ashley Smuder, Lawrence Spriet, FACSM, and Emma Stevenson

Register today at www.acsmannualmeeting.org. Preregistration ends 5/14/14.

If you do not have access to a computer, contact dhamilton@acsm.org or 317-637-9200 x 141.

Current ACSM Members

(dues must be current at time of meeting)

	Register by 3/19/14	Register by 4/23/14	Register by 5/14/14
Professional, Fellow, or Professional-in-Training	\$205	\$240	\$310
Single day rate	\$150	\$150	\$150
ACSM student members	\$100	\$110	\$120
Single day/student rate	\$ 45	\$ 45	\$ 45
ACSM Alliance members	\$445	\$480	\$550
Single day rate	\$185	\$185	\$185
ACSM Student Alliance members (student ID required)	\$120	\$135	\$150
Single day/Student Alliance rate	\$ 75	\$ 75	\$ 75

Join ACSM now! (first time members)

(fee includes ACSM membership and meeting registration fees)

Professional	\$435	\$470	\$540
Professional-in-Training	\$360	\$395	\$465
Student	\$110	\$120	\$130

Non-ACSM Member

Non-member Professional	\$445	\$480	\$550
Single day rate	\$185	\$185	\$185
Non-member Student (student ID required)	\$120	\$135	\$150
Single day/student rate	\$ 75	\$ 75	\$ 75

Housing

The Rosen Centre is the headquarter hotel for the Annual Meeting. Rooms are also available at several other nearby hotels at a variety of price points. All hotel reservations must be made through the ACSM Housing Bureau. Please visit www.acsmannualmeeting.org for hotel and rate details, and to make a reservation. The housing deadline is April 21, 2014. Reserve your room early to secure your preferred hotel.

Travel

ALTOUR is ACSM's preferred travel agency and can assist with travel plans. Call 800-428-6186 to speak with an agent.

Become a supporter or exhibitor at the Annual Meeting!

Expose your company to thousands of ACSM members, either through 16½ hours of face-time in the Exhibit Hall or by having your logo placed on conference materials and signage. For more information on exhibiting, contact Anne Krug at akrug@acsm.org. To learn about support opportunities, contact Paul Giese at pgiese@acsm.org.

Students – More for You in Orlando!

- **Student Lounge:** There will be a special area in the convention center where students can gather. Look for signage on site, so you can stop by, take a load off, and meet fellow students, make new friends, and read over your Annual Meeting materials. We will be showcasing the Physical Activity contest winner. Stay tuned to the website and emails for more details this fall!

- **Student Colloquium:** Continuing in the same format as years passed, we have invited professionals to speak to the needs of undergraduates. This will include: Health Fitness Instructors, internships, fellowships (research/academia), and student perspective and will highlight success stories on securing grants from their perspective. Stay tuned to the student section of the ACSM website and the Advance Program for the list of speakers and expertise.
- **Student Physical Activity Contest:** Again in 2014, Dr. Steve Blair will be sponsoring this exciting contest. Be thinking of ways attendees can be active! You could win \$1,000. Application deadline and guidelines will be available later this fall at: www.acsmannualmeeting.org
- **Student Volunteer Program:** If you are interested in cutting costs of your registration by dedicating at least four hours of time working for ACSM, this program is for you! Contact kjpierce@acsm.org starting February 15, 2014 to be sent information and scheduling options.

These student opportunities, along with our popular meet the experts session, 7th Annual Student Bowl, and help desk will be detailed in the coming months so you can schedule your time in Orlando.

Career Opportunities

- **On-site Job Boards:** This is a popular attraction for new graduates and attendees searching for a job. Employers may post free job announcements on-site.
- **Access Online Job Postings:** Post your resume online or access job/internship/fellowship postings during the meeting.



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

401 WEST MICHIGAN STREET
INDIANAPOLIS, IN 46202-3233
HOURS: 8 a.m.-5:00 p.m.
PHONE: 317-637-9200 • FAX: 317-634-7817

Mark Your Calendar for These Important Meeting Dates, Deadlines, and Discounts in 2014!

November 1	Abstract Submission Deadline
February	Abstract Submitters Receive Accept/Reject Notifications
March 19	First Early Registration Deadline-Best Value for New ACSM Members (see page 11 for details)
March	ACSM Annual Meeting and World Congress on Exercise is Medicine Advance Program Available
April 23	Last Cut-off for Discounted Registration
April 28	Cut-off for Hotel Reservations
May 14	Preregistration Services End
May 27-31	ACSM's 61st Annual Meeting, 5th World Congress on Exercise is Medicine®, and World Congress on the Role of Inflammation in Exercise, Health and Disease
June 20	2015 Annual Meeting Session Proposals Due