

SOUTHEAST AMERICAN COLLEGE OF SPORTS MEDICINE 2013 ANNUAL MEETING SCHEDULE (COMPLETE)

THURSDAY, February 14, 2013

- 12:00-2:00 **SEACSM EXECUTIVE BOARD MEETING (Board Room)**
- 1:00-6:00 **REGISTRATION (Main Lobby)**
- 4:00-9:00 **EXHIBITS (Prefunction Area)**
- 4:00-5:00 **Tutorial**
 T1 PERCEPTUAL RESPONSES: SCALE DEVELOPMENT, EXERCISE APPLICATIONS AND
 MEDIATING FACTORS
 J.M. Green, L.G. Killen, *University of North Alabama, Middle Tennessee State
 University*
 Chair: Eric Hall, PhD, *Elon University*
 (Crepe Myrtle)
- 4:00-5:30 **SYMPOSIUM**
 S1 THE FRESHMAN 15: FALLACIES, FINDINGS, FACTORS, AND FIXES
 B.M. Das, M.V. Fedewa, E.M. Evans. *University of Georgia*
 Chair: Sue Graves, PhD, *Florida Atlantic University*
 (Redbud A & B)
- S2 IMPROVING WELLNESS IN PEOPLE WITH DISABILITIES: PAST, PRESENT, AND
 FUTURE DIRECTIONS FOR ADAPTIVE FITNESS PROGRAMS
 K. McCully, FACSM, M. Erickson, H-J. Young, *University of Georgia, N. Evans,
 Shepherd Center, Atlanta, GA*
 Chair: Gregory Martel, PhD, *Coastal Carolina University*
 (Regency Ballrooms B & C)
- 4:00-5:30 **ORAL FREE COMMUNICATIONS I (O1-O6)**
 Athletic Care/Trauma/Rehabilitation, Fitness/Testing/Assessment
 Chair: Heather Webb, PhD, *Mississippi State University*
 (Regency Ballroom D)
- O1 4:00 EFFECT OF ARM COOLING ON PITCHING PERFORMANCE
 S. Bishop, G. Ryan, C. Katica, R. Herron, B. Elbon, and P. Bishop, *Dept. of Health
 and Human Performance, Texas A&M University-Commerce, Kinesiology Dept.,
 University of Alabama, University of Montana*
- O2 4:15 INVESTIGATION OF A NOVEL THERAPY FOR THE PREVENTION AND TREATMENT
 OF MUSCLE CRAMPS
 K.A. Zwetsloot, A. Goodman, E. Rabinowitz, J.J. Zwetsloot, M. Morton, and B. Bull
 Dept. of Health, Leisure, and Exercise Science, Appalachian State University
- O3 4:30 VALIDATION OF AN ACUTE ANKLE SPRAIN MOUSE MODEL
 E.A. Wikstrom, T. Hubbard-Turner, and M. Turner. *Dept. of Kinesiology, University
 of North Carolina at Charlotte*
- O4 4:45 CONCUSSION KNOWLEDGE AND ATTITUDE AMONGST COLLEGIATE ATHLETES
 T.A. Buckley, B.A. Munasky. *Dept. of Health and Kinesiology, Georgia Southern
 University*

- 05 5:00 PARENTAL KNOWLEDGE OF PHYSICAL ACTIVITY RECOMMENDATIONS AND THEIR ABILITY TO ASSES CHILD'S PHYSICAL ACTIVITY
J. I. Flynn, D.P., Coe, D.L., Thompson. *Dept. of Kinesiology, Recreation, and Sport Studies, University of Tennessee*
- 06 5:15 EFFECTS OF WARM-UP DURATION ON VO₂ KINEMATICS AND LACTATE DURING A CYCLING TIME TRIAL
J. A. Bunn, M. Magal, FACSM and L.C. Eschbach, *Campbell University, NC Wesleyan University, Valencell Technologies*
- 4:00-6:00 **STUDENT AWARD POSTER PRESENTATIONS
(D1-8, M1-8, UG1-8)**
Authors Present 4:30-6:00
Chair: Dave Pascoe, PhD, Auburn University
(Teal)
- D1 CASE REPORT: MITOCHONDRIAL RESPONSES AFTER ENDURANCE ELECTRICAL STIMULATION TRAINING IN PERSONS WITH SPINAL CORD INJURY
M.L. Erickson, T.E. Ryan, H. Young, and K.K. McCully, FACSM. *Kinesiology Department, University of Georgia*
- D2 OBJECTIVELY MEASURED TOTAL ACCELEROMETER COUNTS AND MVPA: RELATIONSHIP WITH BIOMARKERS USING 2003 – 2006 NHANES
D.L. Wolff, E.C. Fitzhugh, D.R. Bassett, J.R. Churilla. *Department of Kinesiology, Recreation & Sports Studies, University of Tennessee, Department of Clinical & Applied Movement Sciences, University of North Florida*
- D3 ELEVATED NADPH OXIDASE ACTIVITY LINKS ENDOTHELIAL DYSFUNCTION TO ROS IN OBESE HUMAN SKELETAL MUSCLE
J.D. La Favor, E.J. Anderson, and R.C. Hickner, FACSM. *Department of Kinesiology, East Carolina University*
- D4 CACHECTIC SKELETAL MUSCLE RESPONSE TO A NOVEL BOUT OF LOW FREQUENCY STIMULATION
M. Puppa and J. Carson. *Department of Exercise Science, University of South Carolina*
- D5 THE REPRODUCIBILITY OF 31P MRS AND NIRS METHODS TO EVALUATE SKELETAL MUSCLE MITOCHONDRIAL FUNCTION
T.E. Ryan, M.L. Erickson, S.N. Stoddard, J. Chavez, A. Verma, K.K. McCully FACSM. *University of Georgia, Biogen IDEC, Massachusetts*
- D6 EFFECT OF AN ACUTE BOUT OF MODERATE-INTENSITY AEROBIC EXERCISE ON NATURAL KILLER CELL COUNTS IN BREAST CANCER SURVIVORS
E.S. Evans, A.C. Hackney, FACSM, R.G. McMurray, FACSM, S.H. Randell, H.B. Muss, and C.L. Battaglini. *Departments of Exercise and Sport Science, Cell and Molecular Physiology, and Medicine, University of North Carolina at Chapel Hill*
- D7 TREADMILL RUNNING INFLUENCES POLYP BURDEN AND IMMUNE REGULATION IN THE ApcMin/+ MOUSE MODEL OF INTESTINAL TUMORIGENESIS
J.L. McClellan, J.L. Steiner, J.M. Davis, S.D. Day, R.T. Enos, U.P. Singh, E.A. Murphy. *University of South Carolina*

- D8 RAPAMYCIN EXACERBATES STRENGTH DEFICITS AFTER ECCENTRIC CONTRACTION-INDUCED SKELETAL MUSCLE INJURY
C.W. Baumann, N. Gahlot, R.G. Rogers, C.P. Ingalls, FACSM. *Department of Kinesiology and Health, Georgia State University*
- M1 LEFT VENTRICULAR HYPERTROPHY ACROSS THE LIFESPAN IN PHYSICALLY ACTIVE AND SEDENTARY MICE
S.B. Guderian, M.J. Turner, T.H. Turner. *Department of Kinesiology, University of North Carolina – Charlotte*
- M2 EXOGENOUS SUPPLEMENTATION OF MELATONIN DOES NOT AFFECT 20 MILE CYCLING TIME TRIAL PERFORMANCE
K.J. Brandenberger, C.P. Ingalls, J.C. Rupp, J.A. Doyle. *Department of Kinesiology and Health, Georgia State University*
- M3 GENDER DIFFERENCES IN HIGH SENSITIVITY C-REACTIVE PROTEIN AND SELF-REPORTED MUSCLE STRENGTHENING ACTIVITY AMONG U.S. ADULTS
M. R. Richardson, W. R. Boyer, J. R. Churilla. *Department of Clinical & Applied Movement Sciences, University of North Florida*
- M4 REPRODUCIBILITY OF SKELETAL MUSCLE OXIDATIVE FUNCTION USING NEAR-INFRARED SPECTROSCOPY
W. M. Southern, M. A. Reynolds, K. K. McCully, FACSM. *Department of Kinesiology, University of Georgia*
- M5 MINIMAL DETECTABLE CHANGE SCORES IN SCAPULA UPWARD ROTATION
R.L. Ingram, B.A. Munkasy, T.A. Buckley. *Department of Health and Kinesiology, Georgia Southern University*
- M6 THE EFFECT OF AD LIBITUM HYDRATION ON COGNITIVE FUNCTION FOLLOWING EXERCISE IN THE HEAT
M.T. Wittbrodt, C.C. Cheatham, R.A. Sherman, and Y. Liu. *Department of Human Performance and Health Ed., Western Michigan University*
- M7 THE RELATIONSHIP BETWEEN HEART RATE VARIABILITY AND SHOOTING PERFORMANCE IN A TACTICAL PISTOL QUALIFIER
A.G. Thompson, D.P. Swain FACSM, J.D. Branch FACSM, R.J. Spina FACSM, C.R. Grieco. *Department of Human Movement Sciences, Old Dominion University*
- M8 A COMPREHENSIVE AND COORDINATED APPROACH TO INCREASING CHILDREN'S PHYSICAL ACTIVITY IN AFTERSCHOOL PROGRAMS: A PILOT STUDY
M. Hughey, R. Ajja, R. Shah, F. Tilley, R.G. Weaver, D. Winnicka, C.A. Webster, A. Beighle, R.R. Pate, R.P. Saunders, M.W. Beets. *Department of Exercise Science, The University of South Carolina*
- U1 PHYSICAL ACTIVITY, EXECUTIVE FUNCTION, AND SCHOOL READINESS IN YOUNG CHILDREN
B.D. Wiseman, D.P. Coe, J.T. Fairbrother, J.I. Flynn, *Department of Kinesiology, Recreation, and Sport Studies, University of Tennessee*
- U2 THE RELATIONSHIP BETWEEN PERCEIVED FITNESS STATUS AND PHYSICAL ACTIVITY LEVEL
L.A. Zdziarski, E.A. Holbrook. *Department of Health and Human Performance, Roanoke College*

- U3 RUNNERS UNDERESTIMATE SWEAT LOSSES IN TEMPERATE ENVIRONMENT RUN
M.C. Stevenson, J.B. Lowe, H.L. Berryman, B.A. Davis, A.D. Horton and E.K. O'Neal. *Department Health, Physical Education and Recreation, University of North Alabama*
- U4 THE EFFECTS OF CHOCOLATE SOYMILK ON RECOVERY IN RECREATIONALLY ACTIVE WOMEN
K. E. Chrismon, P. C. Miller, FACSM, S. Nepocatych, *Department of Exercise Science, Elon University*
- U5 COMPARISON OF HIP WORN AND WRIST WORN ACTIVITY MONITORS
T.F. Mahar and M.T. Mahar, FACSM. *Department of Kinesiology, East Carolina University*
- U6 THE EFFECT OF SHOD VERSUS BAREFOOT RUNNING ON LOWER LIMB MUSCLE ACTIVATION
L. Bauer and C. Inman, *Samford University*
- U7 SEX DIFFERENCES FOLLOWING FOUR WEEKS OF DISCONTINUOUS VERSUS CONTINUOUS EXERCISE IN CENTRAL PULSE WAVE VELOCITY
M.D. Parsons, M.J. Landram, A.C. Utter, S.R. McAnulty, C. Baldari, L. Guidetti, S.R. Collier. *Department of Health, Leisure, and Exercise Science, Appalachian State University*
- U8 THE EFFECTS OF EXERCISE AND DIETARY SUPPLEMENTATION ON AVASCULAR NECROSIS: A CASE STUDY
K. Thompson, E. Durland, S.R. Collier. *Department of Health, Leisure, and Exercise Science, Appalachian State University*
- 5:00-6:30
S3 **SYMPOSIUM**
CONTROL OF BLOOD FLOW DURING MUSCLE CONTRACTIONS
H.A. Kluess, L.B. Gladden, B.S. Ferguson, M.J. Rogatzki. *Department of Kinesiology, Auburn University*
Chair: Ronnie Evans, PhD, Virginia Commonwealth University
(Regency Ballrooms E & F)
- 5:30-6:30
T2 **TUTORIAL**
INCREASING YOUR N: STRATEGIES TO RECRUIT AND RETAIN PARTICIPANTS FOR YOUR RESEARCH PROJECTS
E.K. O'Neal and C.M. Laurent, *University of North Alabama, Bowling Green State University*
Chair: Brian Parr, PhD, University of South Carolina Aiken
(Crepe Myrtle)
- T3 GLENOHUMERAL JOINT MOTION INVOLVES THE WHOLE BODY, JUST ASK DARTFISH
W.H. Weimar, G.D. Oliver and J.H. Patel. *Department of Kinesiology, Auburn University*
Chair: Bill Barfield, PhD, College of Charleston
(Redbud C)

7:30-9:00 **KEYNOTE ADDRESS (Continental Ballroom)**
"The Genetic Underpinnings of Health Behaviors"
Molly Bray, Ph.D.
 Professor, Department of Epidemiology/Genetics
 Director, Heflin Center for Genomic Science Core Labs
 University of Alabama at Birmingham
 Presiding: Paul Davis, University of North Carolina at Greensboro,
 SEACSM President
 Speaker Introduction: Michael Turner, PhD, University of
 North Carolina at Charlotte

9:00-11:00 **SEACSM SOCIAL (Regency Ballrooms A, B, & C)**

FRIDAY, February 15, 2013

6:45-7:45 **WOMEN'S BREAKFAST (Registration Required)**
**"Honoring the Founders of the Women's Breakfast and Exploring
 New Opportunities"**
 Moderator: Judith Flohr, PhD, James Madison University
 Tiffany Esmat, PhD, Kennesaw State University
(Regency Ballrooms E & F)

8:00-5:00 **REGISTRATION (Main Lobby)**

8:00-6:00 **EXHIBITS (Prefunction Area)**

8:00-9:30 **SYMPOSIUM**
 S4 THE BENEFICIAL EFFECTS OF EXERCISE IN INDIVIDUALS WITH PARKINSON'S
 DISEASE
 T.A. Buckley, J.R. Nocera, C.J. Hass. *Department of Health and Kinesiology, Georgia
 Southern University, School of Medicine, Emory University, Department of Applied
 Physiology and Kinesiology, University of Florida*
 Chair: Lynn Panton, PhD, Florida State University
(Crepe Myrtle)

S5 **SYMPOSIUM**
 LONG TERM INTERDISCIPLINARY ATHLETE DEVELOPMENT AND MONITORING
 PROGRAMS
 C.J. MacDonald, J.A. Gentles, M.H. Stone. *Department of Exercise and Sport
 Sciences, East Tennessee State University*
 Chair: Will Lyerly, PhD, Coastal Carolina University
(Regency Ballrooms B & C)

8:00-9:00 **TUTORIAL (T4 & T5)**
 T4 HIGH INTENSITY INTERVAL TRAINING: FROM THE SURGEONS TABLE TO THE
 PLAYING FIELD
 R.H. Laird, D.J. Elmer, D.D. Pascoe. *Department of Kinesiology, Auburn University*
 Chair: Peter Magyari, PhD, University of North Florida
(Redbud A & B)

T5 SEVERE OBESITY: IS THERE A METABOLIC PHENOTYPE AND CAN EXERCISE
 HELP?
 J.A. Houmard, *East Carolina University*
 Chair: Allan Goldfarb, PhD, University of North Carolina at Greensboro
(Regency Ballroom A)

- 8:00-9:15 **ORAL FREE COMMUNICATIONS II**
 Body Composition/Energy Balance/Weight Control, Connective
 Tissue/Bone/Skeletal Muscle
 Chair: Laurie Wideman, PhD, University of North Carolina at Greensboro
(Regency Ballroom D)
- O7 8:00 EFFECTS OF BETAINE ON STRENGTH, BODY COMPOSITION, AND HOMOCYSTEINE
 THIOLACTONE
 J. M. Cholewa, V. Paolone, R. Wood, T. Matthews, *University of Kentucky*
- O8 8:15 ADIPOSITY INFLUENCES MUSCLE QUALITY ASSOCIATIONS WITH PHYSICAL
 FUNCTION IN OLDER ADULTS
 C.R. Straight, B.M. Das, D.L. Guest, C.L. Ward, R.J. Valentine, E.M. Evans,
 FACSM, *Dept. of Kinesiology, University of Georgia, University of Illinois*
- O9 8:30 ADIPOSITY IS NEGATIVELY ASSOCIATED WITH BODY IMAGE IN FRESHMAN
 STUDENTS
 M.V. Fedewa, B.M. Das, M.D. Schmidt, P.J. O'Connor, FACSM, E.M. Evans,
 FACSM, *University of Georgia*
- O10 8:45 A COMPARISON BETWEEN YOUNG WOMEN AND PRE-MENOPAUSAL WOMEN'S
 BONE MINERAL DENSITY
 S. Sanderson, M. Benton, *Dept. of Kinesiology and Physical Education, Dept. of
 Nursing, Valdosta State University*
- O11 9:00 POSTMENOPAUSAL WOMEN WHO EXERCISE ONE DAY A WEEK WILL IMPROVE
 BONE PARAMETERS SIMILAR TO THOSE WHO EXERCISE MORE FREQUENTLY
 K.C. Hamilton, G. Fisher, B. Kane and G.R. Hunter, *Dept. of Human Studies,
 University of Alabama, University of Alabama-Birmingham*
- 8:00-9:30 **POSTER PRESENTATION I (P1-P27)**
 Authors Present 8:00-9:00 AM.
 Athletic Care/Trauma/Rehabilitation, Biomechanics/Gait/Balance,
 Metabolism/Carbohydrate, Lipid, Protein, Endocrinology/Immunology,
 Environmental Physiology
 Chair: Chun-Jung Huang, PhD, Florida Atlantic University
(Teal)
- P1 CONCUSSION IMPAIRS SOME GAIT STEPPING CHARACTERISTICS WHEN
 COMPARED TO A HEALTHY GROUP
 T.G. Tapia-Lovler, B.A. Munkasy, T.A. Buckley *Department of Health and
 Kinesiology. Georgia Southern University*
- P2 LOWER-EXTREMITY MOBILITY & QUADRICEPS STRENGTH OF OLDER
 OVERWEIGHT ADULTS: BASELINE DATA FROM THE I'M FIT STUDY
 J.C. McNeill, A.P. Marsh. *Department of Health and Exercise Science, Wake Forest
 University*
- P3 BALANCE ABILITY AND FALL RISK IN FEMALE COLLEGIATE CHEERLEADERS AND
 CROSS COUNTRY RUNNERS
 G.F. Martel, C.M. Carroll, S.L. Taylor, S.L. Beam, G.W. Lyerly. *Department of
 Kinesiology. Coastal Carolina University*

- P4 THE EFFECT OF FATIGUE ON PLANTAR PRESSURE IN A COMPETITIVE COLLEGIATE SOCCER PLAYER
B.A. Gladish, J.A. Davis, PhD, *Elon University* Elon, M. E. Russell, MS, M. W. Krzyzewski *Human Performance Research Laboratory at Duke Medical Center*
- P5 IMPACTS ON MUSCLE ACTIVITY WHILE WALKING IN OCCUPATIONAL FOOTWEAR
H. Chander, J.C. Garner, C. Wade, D.E. Waddell, N.C. Dabbs, J. Lundahl & K. Childers. *Applied Biomechanics Laboratory, University of Mississippi*
- P6 A DESCRIPTION OF SEGMENTAL SPEEDS OF THE UPPER EXTREMITY IN THE YOUTH PITCHING: FASTBALL AND CHANGE-UP
S.A. Taylor, H.A. Plummer, G.D. Oliver, T.E. Holt, R. Johnson. *Department of Kinesiology, Auburn University*
- P7 FOOTWEAR AND CADENCE EFFECT ON SPATIOTEMPORAL GAIT PARAMETERS
B. Romer, J.W. Fox, J. M. Rehm, J.H. Patel, W.H. Weimar. *Department. of Kinesiology, Auburn University*
- P8 VERTICAL GROUND REACTION FORCE DURING FOUR LOADING CONDITIONS
J.W. Fox, J.H. Patel, B.H. Romer, J.M. Rehm, and W.H. Weimar. *Department of Kinesiology, Auburn University, Auburn*
- P9 FEMALE DIVISION 1 CROSS COUNTRY RUNNERS: IS BALANCE AN ISSUE?
S.L. Taylor, C.M. Carroll, S.L. Beam, G.W. Lysterly, G.F. Martel. *Department of Kinesiology. Coastal Carolina University*
- P10 ASSESSMENT OF BALANCE ABILITY AND FALL RISK IN FEMALE COLLEGIATE CHEERLEADERS
C.M. Carroll, S.L. Taylor, S.L. Beam, G.W. Lysterly, G.F. Martel. *Department of Kinesiology. Coastal Carolina University*
- P11 EFFECTS OF PREVIOUS LATERAL ANKLE SPRAIN ON BALANCE
A. Comer, M. Adams, A. Abernathy, and A. Knight. *Department of Kinesiology, Mississippi State University*
- P12 EFFECTS OF PREVIOUS LATERAL ANKLE SPRAIN ON ANKLE JOINT LAXITY
M. Adams, A. Abernathy, A. Comer, and A. Knight. *Department of Kinesiology, Mississippi State University*
- P13 EFFECTS OF PREVIOUS LATERAL ANKLE SPRAIN ON LANDING KINETICS AND DYNAMIC BALANCE
A. Abernathy, A. Comer, M. Adams, and A. Knight. *Department of Kinesiology, Mississippi State University*
- P14 COMPARISION OF THE EFFECTS OF ACCUMULATING 150 MINUTES OF MODERATE-INTENSTIY AEROBIC EXERCISE IN THREE VS EIGHT WEEKLY SESSIONS ON MARKERS OF GLUCOSE CONTROL IN PERSONS WITH TYPE 2 DIABETES MELLITUS
R. Buresh and S. Jones. *Department of Exercise Science and Sport Management, Kennesaw State University*

- P15 TRAINING STATUS INFLUENCES RECOVERY ENERGY EXPENDITURE AFTER AN ACOUT BOUT OF RESISTANCE EXERCISE
M.J. Benton, PhD, FACSM and G.T. Waggener, PhD, *Valdosta State University, Valdosta, GA, University of West Florida*
- P16 HIGH INTENSITY INTERVAL TRAINING DOES NOT ALTER INSULIN SENSITIVITY IN YOUNG HEALTHY MALES
D.J. Oberlin, J. Smith, L. Wideman. *Department of Kinesiology, University of North Carolina at Greensboro*
- P17 COORDINATED UPREGULATION OF MITOCHONDRIAL GENES IN RESPONSE TO FATTY ACIDS IS DEPRESSED WITH SEVERE OBESITY
J.M. Maples, M.J. Hubal, J.J. Brault, T.M. Weber, 1.G. Dubis, L.A. Consit, and J.A. Houmard. *Department of Kinesiology, East Carolina University, Department of Integrative Systems Biology, Children's National Medical Center, Washington D.C., Department of Biomedical Sciences, Ohio University*
- P18 AROMATASE PROTEIN CONTENT IN GLUTEAL AND ABDOMINAL SUBCUTANEOUS ADIPOSE TISSUE IN PREMENOPAUSAL CAUCASIAN AND AFRICAN AMERICAN WOMEN
E.E. Cooper, K.M. Gavin and R.C. Hickner, *Kinesiology, East Carolina University*
- P19 RESPONSE OF TESTOSTERONE TO PROLONGED AEROBIC EXERCISE DURING DIFFERENT PHASES OF THE MENSTRUAL CYCLE
C. O'Leary, C. Lehman, K. Koltun, A. Smith-Ryan, and A.C. Hackney, FACSM. *Department of Exercise and Sport Science, UNC-CH*
- P20 IN VITRO LEPTIN EFFECTS ON INTERLEUKIN-6 PRODUCTION IN OBESE SUBJECTS, INDEPENDENT OF GLUCOCORTICOID SENSITIVITY
Liz S. Pittinger, Y. Shibata, E.O. Acevedo, R.L. Franco, T.L. Jones, and C.J. Huang. *Department of Exercise Science and Health Promotion, Florida Atlantic University*
- P21 INFLUENCE OF ESTROGEN ON CK AND IL-6 RESPONSE TO PROLONGED TREADMILL RUNNING IN ELITE FEMALE RUNNERS
A.L. Meyer, A.C. Hackney FACSM, J.B. Myers, and J.P. Mihalik, *Department of Exercise & Sport Science, University of North Carolina*
- P22 HEAT STRESS OF PERFORMING LIGHT ACTIVITY IN AN EXTREME HOT/HUMID ENVIRONMENT WEARING MILITARY PROTECTIVE GEAR
D.J. Elmer, R.H. Laird, M.D. Barberio, K.A. Lee, and D.D. Pascoe. *Department of Kinesiology, Auburn University*
- P23 EFFECT OF WEARING A COOLING VEST ON THERMOREGULATION AND INTERVAL RUN PERFORMANCE IN THE HEAT
G.S. Wimer, J.T. Good, W.H. Baird, B.L. Riemann. *Armstrong Atlantic State University, Savannah*
- P24 AMBIENT AIR COOLING FOR CONCEALED SOFT BODY ARMOR IN A HOT ENVIRONMENT
B. Elbon, G.A. Ryan, C.P. Katica, S.H. Bishop, R.L. Herron, A. Bosak', and P. Bishop, *University of Alabama, University of Montana – Western, Texas A&M University – Commerce, Armstrong Atlantic State University*

- P25 THE IMPACT OF PRE-COOLING THE UPPER BODY ON TIME TRIAL PACED CYCLING IN THE HEAT
R.L. Herron, C.P. Katica, S.H. Bishop, and J.E. Wingo, *University of Alabama, Texas A&M University – Commerce*
- P26 EFFECT OF HYPOXIC RECOVERY POST-EXERCISE ON BLOOD OXIDATIVE STRESS MARKERS
C. Ballmann, G. McGinnis, B. Peters, D. Slivka, J. Cuddy, W. Hales, C. Dumke, C., B. Ruby, J. Quindry, *Department of Kinesiology Auburn University, Department of Health and Human Performance, University of Montana*
- P27 EFFECTS OF EXERCISING AT A SIMULATED ALTITUDE ON ACCURACY
M.P. Saeler, A.H. Park, and J.E. Schoffstall, *Department of Health Professions, Liberty University*
- 9:30-9:45 **BREAK**
- 9:45-10:45 **ANDREW KOZAR ACSM PRESIDENTIAL ADDRESS**
"Facts and Fads of Nutrition for High Intensity Sport"
Janet Walberg Rankin, Ph.D., FACSM
Professor, Human Nutrition, Foods and Exercise
Associate Dean, Graduate School
Virginia Polytechnic Institute and State University
Chair: Dixie Thompson, PhD, University of Tennessee
(Continental Ballroom)
- 9:45-12:00 **POSTER PRESENTATION II (P28-P55)**
Authors Present 11:00-12:00
Body Composition/Energy Balance/Weight Control, Cardiovascular Physiology, Chronic Disease and Disability, Connective Tissue/Bone/Muscle, Motor Control
Chair: Brian Ferguson, Auburn University
(Teal)
- P28 MARKERS OF HYDRATION STATUS, CARDIOVASCULAR FUNCTION, AND PERFORMANCE IN OCEAN RESCUE EMPLOYEES
S.A. Harper, A.M. Jetton, M.J. Landram, T. Haines, S.R. Collier, Ph.D., FACSM, A.C. Utter Ph.D., M.P.H., FACSM, *Department of HLES, Appalachian State University*
- P29 EFFECTS OF ACUTE HYDRATION ON BODY COMPOSITION
A. MacCreery, K. Cappelletta, K. Hewitt, and N. Miller. *School of Health and Applied Human Sciences, University of North Carolina Wilmington*
- P30 OBESITY'S EFFECTS ON FUNCTIONALITY IN LONG TERM CARE REHAB SETTINGS
N. Gilbertson & M. Lockhart. *Department of Kinesiology, Shenandoah University*
- P31 ARE SCHOOL-BASED OBESITY INTERVENTIONS EFFECTIVE IN PRE-ADOLESCENT AND ADOLESCENT AFRICAN-AMERICAN CHILDREN?: A LITERATURE REVIEW
K. Webster, M.Ed., A. Mendoza, M.S., H. Stoops B.S., S. Alhassan, Ph.D., FACSM, & L.E. Robinson, Ph.D., *Auburn University, University of Massachusetts-Amherst*
- P32 EFFICACY OF WEIGHT-LOSS COMPETITION IN CHARLOTTE MECKLENBURG POLICE DEPARTMENT
E.A. Dyer, R.W. Boyce, G.R. Jones, E.L. Boone, SHAHS, *University of North Carolina Wilmington*

- P33 DIETARY AND EXERCISE PREFERENCES OF WOMEN UNDERGOING CHEMOTHERAPY FOR BREAST CANCER
M.S. Haynie, S. Yocke, S. Mihalko. *Department of Exercise Science, Wake Forest University*
- P34 EFFECT OF AN ACUTE ANKLE SPRAIN ON PHYSICAL ACTIVITY AND BODY WEIGHT
K. Correa, M.J. Turner, E.A. Wikstrom, T. Hubbard-Turner. *Department of Kinesiology, University of North Carolina at Charlotte*
- P35 THE COMBINATION OF GREEN TEA, CAFFEINE, CONJUGATED LINOLEIC ACID AND BRANCHED CHAIN AMINO ACIDS DO NOT CHANGE BODY COMPOSITION OR RESTING METABOLISM IN OVERWEIGHT AND OBESE INDIVIDUALS
S.R. Rawal, N.T. Fisher, D. Thomas, A.W. Kinsey, W.E. Eddy, M.L. Elam, M.M. Spicer, M.J. Ormsbee. *Department of Nutrition, Food and Exercise Science, Florida State University*
- P36 HEART RATE VARIABILITY IN EMERGENCY MEDICAL SERVICE PROVIDERS: STRESS RESPONSE TO A 12-HOUR SHIFT
R.L. Simmons, K.J. Kelleran, C.R. Grieco, M.B. Venner, D.P. Swain, Department of Human Movement Sciences, *Old Dominion University, Department of Health & Physical Education, Glenville State College*
- P37 PHYSICAL STRESS AND CARDIAC GENE EXPRESSION: INITIAL RESULTS
J. Hardy, A. Hamilton, C. Gibas, M. Moerdyk-Schauwecker, N. Steuerwald, Y. Huet, and R. Howden. *Department of Kinesiology, Department of Biology and Department of Bioinformatics, UNC at Charlotte, Carolinas Medical Center, Charlotte, NC*
- P38 EXERCISE TRAINING IN THE COLD DOES NOT INCREASE PHYSIOLOGICAL MARKERS OF STRESS IN RATS
L.A. Hixson, B. Feger, J.W. Starnes, FACSM. *University of North Carolina at Greensboro*
- P39 DIFFERENTIAL EFFECTS OF CONTINUOUS VERSUS DISCONTINUOUS AEROBIC EXERCISE ON OXYGEN UPTAKE AND AUGMENTATION INDEX IN YOUNG VERSUS OLDER
M.J. Landram, A.C. Utter, S.R. McAnulty, C. Baldari, L. Guidetti, S.R. Collier. *Department of Health, Leisure, and Exercise Science, Appalachian State University*
- P40 EFFECTS OF 20-WEEK EXERCISE TRAINING ON NON-INVASIVE MARKERS OF CARDIOVASCULAR HEALTH IN BREAST CANCER SURVIVORS
R.C. Mills, E.S. Evans, D.G. Groff, A.C. Hackney FACSM, and C.L. Battaglini, *Integrative Exercise Oncology Laboratory, Department of Exercise and Sport Science, University of North Carolina*
- P41 EXAMINATION OF BALANCE IN EARLY-STAGE FEMALE BREAST CANCER SURVIVORS WHO HAVE UNDERGONE CHEMOTHERAPY
C. Shatten, C.L. Battaglini, J.T. Blackburn, J. Register-Mihalik, and A.C. Hackney, FACSM. *Integrative Exercise Oncology Laboratory, Department of Exercise and Sport Science, University of North Carolina*

- P42 IMPROVED CARDIOVASCULAR RISK PROFILE AS A MEASURE OF SUCCESS FOR OBESE ADOLESCENTS PARTICIPATING IN A WEIGHT MANAGEMENT PROGRAM
Z.V. Williams, R.K. Evans, M. Stern, R.L. Franco, E.P. Wickham. *T.E.E.N.S Program. Virginia Commonwealth University*
- P43 THERAPEUTIC ULTRASOUND AFFECTS MUSCLE SATELLITE CELL MYOGENIC PROGRAM AFTER MUSCLE INJURY IN HUMANS
D.C. Delgado-Diaz, B. Gordon, J.A. Carson, M.C. Kostek. *University of South Carolina, Universidad Industrial de Santander, Penn State, Milton S. Hershey Medical Center, PA., Duquesne University*
- P44 INFLUENCES OF HAMSTRING GEOMETRIC AND ARCHITECTURAL CHARACTERISTICS ON MUSCULOTENDINOUS STIFFNESS
D.N. Pamukoff, J.T. Blackburn. *Department of Exercise and Sport Science, The University of North Carolina at Chapel Hill, Chapel Hill*
- P45 RELATIONSHIP BETWEEN THE SARCOPENIC INDEX AND STRENGTH MEASUREMENTS IN BREAST CANCER SURVIVORS
T.A. Madzima, E. Simonavice, P-Y. Liu, J.Z. Ilich, J-S. Kim., M.J. Ormsbee, C.M. Prado, L.B. Panton, *Department of Nutrition, Food & Exercise Sciences, Florida State University*
- P46 THE EFFECT OF CACHEXIA SEVERITY AND RESISTANCE EXERCISE TRAINING ON SKELETAL MUSCLE MASS
J.P. Hardee, M.J. Puppa, A.A. Narsale, S. Gao, and J.A. Carson, FACSM. *Department of Exercise Science, University of South Carolina*
- P47 HIGH-FAT DIET INDUCED OBESITY INCREASES SERUM MYOSTATIN BUT DOES NOT ACCELERATE SKELETAL MUSCLE ATROPHY
S.L. Roseno and J.J. Brault. *Human Performance Lab, Department of Kinesiology, East Carolina University*
- P48 WHOLE BODY, LUMBAR AND HIP BONE MEASUREMENTS OF COMPETITIVE MALE CYCLISTS
C.D. Mojock, B.H. Arjmandi, J.S. Kim, M.J. Ormsbee, C.M. Prado, R.J. Contreras, L.B. Panton *Department of Nutrition, Food and Exercise Sciences, Department of Psychology, Florida State University*
- P49 THE EFFECT OF ACUTE AND REPEATED ECCENTRIC MUSCLE CONTRACTIONS ON CACHECTIC MUSCLE ANABOLIC SIGNALING IN THE FEMALE MOUSE
K.L. Hetzler, S. Sato, M.J. Puppa, S. Gao, and J.A. Carson. *Integrative Muscle Biology Lab, Department of Exercise Science, University of South Carolina*
- P50 EFFECTS OF ELECTRICAL STIMULATION INTENSITY ON NEAR-INFRARED SPECTROSCOPY MEASUREMENTS OF OXYGEN CONSUMPTION AND MITOCHONDRIAL CAPACITY
K.R. Talati, P.K. Dhillon, T.E. Ryan, K.K. McCully FACSM. *Department of Biological Sciences, Department of Kinesiology, University of Georgia*
- P51 THE EFFECT OF IL-6 LOSS ON INITIAL LADDER CLIMBING EXERCISE-INDUCED CHANGES IN STRENGTH AND MUSCLE MASS
A. Engel, K. Velazquez, A. Narsale, M. Puppa, J. Carson. *Department of Exercise Science, University of South Carolina*

- P52 THE PREVALENCE OF SEVERE OR SITE-SPECIFIC SARCOPENIA IN JAPANESE MEN AND WOMEN
T. Abe, M. Loftin. *Department of Health, Exercise Science & Recreation Management, University of Mississippi*
- P53 THERAPETIC ULTRASOUND ENHANCES MUSCULAR PERFORMANCE RECOVERY AFTER EXERCISE INDUCED MUSCLE DAMAGE
M.C. Kostek, D.C. Delgado-Diaz, S. Aaron, *University of South Carolina, Universidad Industrial de Santander, Duquesne University*
- P54 THE ROLE OF CENTRAL MODULATION ON THE STRETCH REFLEX OF THE PERONEUS LONGUS
C.J. Burcal and M.J. Lake. *School of Sports and Exercise Science, Liverpool John Moores University*
- P55 MOTOR PLANNING AND END-STATE COMFORT IN CHILDREN WITH AUTISM SPECTRUM DISORDERS
J.L. Simermeyer and C.J. Ketcham. *Department of Exercise Science, Elon University*
- 10:45-11:00 **BREAK**
- 11:00-12:30 **SYMPOSIUM**
S6 DEFINITION AND MEASUREMENT OF MUSCLE QUALITY IN OLDER ADULTS: SPANNING THE SPECTRUM FROM CLINICAL PRACTICE TO RESEARCH
A.E. O'Brien, PhD, C.R. Straight, MS. *Department of Kinesiology, University of Georgia*
Chair: Elizabeth Holbrook, PhD, Roanoke College
(Regency Ballroom B & C)
- 11:00-12:00 **TUTORIALS**
T6 EFFECTS OF BRISK WALKING ON CONDITIONS OF THE METABOLIC SYNDROME AND CARDIOVASCULAR DISEASE
L.J. Brandon, FACSM. *Department of Kinesiology & Health, Georgia State University*
Chair: James Churilla, PhD, MPH, University of North Florida
(Redbud A & B)
- T7 ENVIRONMENTAL INFLUENCES ON PHYSICAL ACTIVITY AT CHILD CARE SETTINGS
R.A. Battista and D.P. Coe, *Department of Health, Leisure and Exercise Science, Appalachian State University, Department of Kinesiology, Recreation, and Sport Studies, University of Tennessee*
Chair: Leah Robinson, PhD, Auburn University
(Regency Ballrooms E)
- T8 AUGUST KROGH: THE PHYSIOLOGIST'S PHYSIOLOGIST
D.R. Bassett Jr. and S. Scott. *Department of Kinesiology, Recreation, and Sport Studies, University of Tennessee*
Chair: Kevin McCully, PhD, University of Georgia
(Regency Ballroom A)
- 11:00-12:30 **ORAL FREE COMMUNICATIONS III**
Competitive Athletes, Nutrition and Exercise/Sports
Chair: Alan Utter, PhD, Appalachian State University
(Regency Ballroom D)

- O12 11:00 VIGOROUS PHYSICAL ACTIVITY MITIGATES THE ASSOCIATION BETWEEN SEDENTARY TIME AND CARDIORESPIRATORY FITNESS IN MIDDLE SCHOOL YOUTH
J.B. Moore, M.B. Beets, D.J. Barr-Anderson
Depts. of Health Promotion, Education, & Behavior, Exercise Science, and Epidemiology & Biostatistics, University of South Carolina
- O13 11:15 AWARENESS OF THE 2008 PHYSICAL ACTIVITY GUIDELINES FOR AMERICANS AMONG COLLEGE STUDENTS LIVING IN RESIDENCE HALLS
G. Frederick, E.C. Fitzhugh, D.L. Thompson, R. Hardin, D. Wolff.
Dept. of Kinesiology, Recreation, and Sport Studies, University of Tennessee
- O14 11:30 CAN THIRST ACCURATELY PREDICT HYDRATION STATUS IN DAILY LIFE?
M. Millard-Stafford, S. Espinoza, N.K. O'Dea, D.M. Wendland, J. Kressler, M.E. Buyckx, *Georgia Institute of Technology*
- O15 11:45 ASSESSMENT OF DIETARY BEHAVIORS, BODY COMPOSITION, AND CARDIOVASCULAR DISEASE RISK AMONG COLLEGE CLUB RUGBY TEAM
C.R. MacDougall, G. Balilionis, S. Nepocatychn. *Dept. of Exercise Science, Elon University*
- O16 12:00 EFFECT OF 2-WEEKS MILLED CHIA SEED SUPPLEMENTATION ON PERFORMANCE IN ENDURANCE ATHLETES
D.A. Dew, P.G. Krasen, D.C. Nieman, *Appalachian State University*
- O17 12:15 TIME COURSE OF HORMONAL RESPONSES WITH TWO DIFFERENT MODELS OF DAILY UNDULATING PERIODIZATION IN TRAINED POWERLIFTERS
M.C. Zourdos, M.J. Ormsbee, E. Jo, A.V. Khamoui, B.S. Park, S.R. Lee, L.B. Panton, FACSM, D.D. Thomas, E. Ward, R.J. Contreras, and J.S. Kim. *Florida Atlantic University, Florida State University*

12:00-1:15 **PAST PRESIDENT'S LUNCH (Regency Ballroom F)**

12:30-6:15 **CLINICAL TRACK (Crepe Myrtle)**
Current Concepts and Management of Cartilage Injuries of the Shoulder, Hip, and Knee

- 12:30-12:45 Welcome and Announcements
W. Franklin Sease, MD
- 12:45-1:15 Cartilage Basic Science
Brad Winter, MD
- 1:15-1:45 Evaluation of the Hip in the Active Patient
- 1:45-2:15 Shoulder Evaluation in the Overhead Athlete
Chuck Thigpen PhD, PT, ATC
- 2:15-2:30 Break

Fellow Case Presentations

- 2:30-2:50 Case 1
2:50-3:10 Case 2
3:10-3:30 Case 3

3:30-4:15	Labral Tears of the Shoulder Keith Lonergan, MD
4:15-5:00	Chondral Injuries of the Knee Doug Wyland, MD
5:00-5:15	Break
5:15-5:45	Diagnostic Musculoskeletal Ultrasound Kevin Burroughs, MD
5:45-6:30	Discussion
6:30-8:30	Reception (Redbud)
1:30-2:30	BASIC SCIENCE LECTURE "Aerobic Exercise in the Prevention and Treatment of Arterial Aging" Douglas R. Seals, Ph.D. College Professor of Distinction Department of Integrative Physiology University of Colorado Chair: Larry Durstine, PhD, University of South Carolina (Continental Ballroom)
2:30-2:45	BREAK
2:45-4:15 S7	SYMPOSIUM SPRINT INTERVAL TRAINING: A VIABLE ALTERNATIVE TO IMPROVE HEALTH AND FITNESS E.C. Freese, N.H. Gist, J.L. Trilk and K.J. Cureton, FACSM. <i>Department of Kinesiology, University of Georgia, School of Medicine, University of South Carolina</i> Chair: Andy Shanley, PhD, Appalachian State University (Regency Ballroom A)
2:45-4:15 T9	TUTORIAL WATER OR SPORTS DRINK DURING ENDURANCE EXERCISE. WHO'S KOOL AID ARE YOU DRINKING? W. S. Black. <i>Department of Kinesiology and Health Promotion, University of Kentucky</i> Chair: John Petrella, PhD, Samford University (Redbud A & B)
2:45-4:15	POSTER PRESENTATIONS III (P56-P84) Authors Present 2:45-3:45 Competitive Athletes, Epidemiology and Preventative Medicine, Exercise Evaluation/Clinical, Research Design and Statistics Chair: Amber Kinsey, Florida State University (Teal)
P56	EFFECT OF CHALK USE ON OPEN AND PINCH GRIP PULL-UPS N.T. Bacon ¹ , J. Wingo, M. Richardson, T. Pangallo, G. Ryan, and P. Bishop. <i>Sport Science Department, Belmont University, Department of Kinesiology, University of Alabama</i>

- P57 THE EFFECTS OF WHOLE-BODY VIBRATION ON VERTICAL JUMP HEIGHT AND PEAK POWER
N.C. Dabbs, H. Chander, J.A. Lundahl, C.R. Allen, & J.C. Garner, *Applied Biomechanics Laboratory, University of Mississippi*
- P58 FORCE PRODUCTION SYMMETRY IN NCAA DIVISION I SOCCER PLAYERS
C.A. Bailey, K. Sato, R.P. Alexander, C.Y. Chiang, H.S. Gray, S. Mizuguchi, & M.H. Stone. *Department of Exercise & Sport Science, East Tennessee State University*
- P59 A COMPARISON OF TWO DIFFERENT TREADMILL PROTOCOLS IN MEASURING MAXIMAL OXYGEN CONSUMPTION IN HIGHLY-TRAINED DISTANCE RUNNERS
R. A. Vanhoy, C.L. Battaglini, E.W. Shields, R.G. McMurray, FACSM. *Department of Exercise and Sport Science, University of North Carolina at Chapel Hill*
- P60 DIFFERENCES IN FACTOR ORGANIZATION BETWEEN MEASURES OF ISOMETRIC STRENGTH IN KEY DEADLIFT POSITIONS
G. K. Beckham, T. J. Suchomel, K. Sato, M. H. Stone *Center of Excellence for Sport Science and Coach Education, Department of Exercise and Sport Sciences, East Tennessee State University*
- P61 THE EFFECTS OF A 10 KM RUN AND 30 KM CYCLING TIME-TRIAL ON VENTILATORY THRESHOLD DURING THE FINAL RUNNING LEG OF AN ITU DUATHLON IN HIGHLY-TRAINED MULTI-SPORT ATHLETES
N. Berry, C.L. Battaglini, E. W. Shields, and A.C. Hackney FACSM. *Department of Exercise and Sport Science, University of North Carolina*
- P62 DETERMINING PHYSIOLOGICAL DEMANDS IN AN OPEN-SKILLED SPORT: A CASE STUDY INVESTIGATING WOMEN'S LACROSSE PRACTICE
A.J. Shreckhise, B. Frost, and MP Rearick. *Department of Health and Human Performance, Roanoke College*
- P63 MOUTHPIECE USE IMPROVES X-FACTOR IN COLLEGIATE GOLFERS
J.C. Tretera, D.P. Garner, T.P. Scheett, E.M. McDivitt, W.D. Dudgeon. *Department of Health, Exercise and Sport Science, The Citadel, Department of Health and Human Performance, College of Charleston*
- P64 ASSESSMENT OF THE EFFECTS OF CONTROLLED FREQUENCY BREATHING ON LACTATE LEVELS IN SWIMMING
M. Key. & J. Bunn, *Campbell University*
- P65 A TWENTY-YEAR EPIDEMIOLOGICAL ANALYSIS OF FITNESS AND CHOLESTEROL DATA TRENDS IN COLLEGE STUDENTS
M.A. Jones, M.S. Beyers, and S.N. Pearman, III. *Department of Health Sciences, Furman University*
- P66 EFFECT OF MEETING PHYSICAL ACTIVITY GUIDELINES AND BODY MASS INDEX ON FASTING PLASMA GLUCOSE LEVEL AMONG U.S. ADULTS
R. Conners, Y. Kim, N. Weatherby, J. Coons, and J. Caputo. *Department of Health and Human Performance, Middle Tennessee State University*

- P67 A SINGLE NUCLEOTIDE POLYMORPHISM (SNP) IN INSULIN-LIKE GROWTH FACTOR (IGF1) WAS ASSOCIATED WITH LEG STRENGTH IN AFRICAN AMERICAN WOMEN
X. He, G.R. Hunter, B.A.Gower, and J.R. Fernandez. *Departments of Nutrition Science, Human Studies, Biostatistics, University of Alabama at Birmingham*
- P68 FACTORS RELATED TO PARTNER INVOLVEMENT IN THE DEVELOPMENT OF THE U.S. NATIONAL PHYSICAL ACTIVITY PLAN
D. Bornstein, C. Carnoske, R. Tabak, J. Maddock, S. Hooker, K. Evenson, R. Pate. *University of South Carolina, Washington University, University of Hawaii, Arizona State University, University of North Carolina Chapel Hill*
- P69 AGREEMENT BETWEEN SELF-REPORTED AND OBJECTIVELY-MEASURED SITTING TIME AMONG COLLEGE FRESHMEN
J.M. Lucas, M.D. Schmidt, B.M. Das, E.M. Evans, FACSM. *Department of Kinesiology, University of Georgia*
- P70 REDUCING SEDENTARY BEHAVIOR IN A UNIVERSITY LIBRARY
H. Maeda and A. Quartiroli. *Department of Kinesiology, East Carolina University*
- P71 KIDS CAN BIKE! A PARKS AND RECREATION PROGRAM TO PROMOTE YOUTH CYCLING
J. Chandler, Dr. D. Bassett Jr, Dr. E. Fitzhugh, Dr. S. Waller, *University of Tennessee*
- P72 HEALTHY LIVING INTERVENTIONS IN A RESIDENTIAL GIRL SCOUT CAMP
S.B. Diehl, C.J. Ketcham, D.M. Duffy, *Elon University*
- P73 PHYSICAL ACTIVITY LEVELS OF 7TH AND 8TH GRADERS PARTICIPATING IN A STUDIO-BASED LEARNING SUMMER CAMP
K.D. Cooksey, M.E. Holmes, D. K. Brocato. *Department of Kinesiology, Department of Leadership and Foundations, Mississippi State University*
- P74 THE STRENGTH ASSESSMENT STUDY: UNDERSTANDING VARIABILITY IN MUSCULAR ENDURANCE IN OLDER ADULTS
G.J. Grosicki, A.P. Marsh. *Department of Health and Exercise Science, Wake Forest University*
- P75 THE EFFECT OF EXCESS BODY MASS ON EXCESS POST-EXERCISE OXYGEN CONSUMPTION AT PREFERRED WALKING PACE
C. Morris, M. Loftin, S. Owens, D. Waddell, and M. Bass. *Department of Health, Exercise Science, and Recreation Management, University of Mississippi*
- P76 THE IMPACT OF LOAD ON PERFORMANCE VARIABLES DURING POWER CLEAN VARIATIONS
T.J. Suchomel, G.K. Beckham, and G.A. Wright. *Center of Excellence for Sport Science and Coach Education, Department of Exercise and Sport Science, East Tennessee State University*
- P77 EXERCISE BLOOD PRESSURE IN ADOLESCENCE AND BLOOD PRESSURE FIVE YEARS LATER IN PERSONS BORN VERY LOW BIRTH WEIGHT
J.L. Crumpler, P.A. Nixon, L.K. Washburn. *Department of Health and Exercise Science and Pediatrics, Wake Forest University*

- P78 IMPORTANCE OF PHYSICAL ACTIVITY AND WEIGHT MANAGEMENT FOR BREAST CANCER SURVIVORS
S.E. Yocke, S.L. Mihalko, M.S. Haynie, E.G. Levine, G. Russell. *Department of Health and Exercise Science, Wake Forest University*
- P79 THE EFFECT OF CYCLING EXERCISE INTENSITY ON COGNITIVE FUNCTION UTILIZING A MODIFIED STROOP TEST
W.J. Perez, K.J. Kellernan, C.R. Grieco, A.G. Thompson, J.D. Branch, D.P. Swain. *Department of Human Movement Sciences, Old Dominion University, Department of Health and Physical Education, Glenville State College*
- P80 RELATIONSHIP BETWEEN PHYSICAL ACTIVITY AND BLOOD PRESSURE IN YOUNG ADULTS BORN WITH VERY LOW BIRTH WEIGHT
A. Wichterich, P.A. Nixon, J. Crumpler, L.K. Washburn. *Department of Health and Exercise Science and Pediatrics, Wake Forest University*
- P81 EMG ACTIVITY OF CLOSED KINETIC CHAIN AND OPEN KINETIC CHAIN EXERCISES
H. Shore, W. Nabors, A.P. Jung, FACSM, J.K. Petrella, FACSM, *Samford University*
- P82 STRENGTH DIFFERENCES BETWEEN DOMINANT AND NON-DOMINANT LEGS AND THE EFFECTS ON BALANCE IN ATHLETES VS NON-ATHLETES
J. McCulley, E. Westray, R.W. Hensarling, J.K. Petrella and A.P. Jung. *Department of Kinesiology and Nutrition Sciences, Samford University*
- P83 FOOD DESERTS: ENVIRONMENTAL ASSESSMENT OF FOOD RETAILERS IN ROCK HILL, SC
S. Igiozee and J.R. Wojcik. *Exercise Science Program, Winthrop University*
- P84 IMPROVING HUMAN ANATOMY AND PHYSIOLOGY GRADES WITH ELECTRONIC LEARNING
K.A. Young, R.W. Boyce, FACSM, B. Nixon, H. League, *University of North Carolina Wilmington, Pearson Education*
- 3:00-4:00 **TUTORIAL**
T10 A NEW TOOL TO ENHANCE EXERCISE PRESCRIPTION – THE FEELING SCALE
W.R. Bixby and E.E. Hall. *Department of Exercise Science, Elon University*
Chair: Danielle Wadsworth, PhD, Auburn University
(Regency Ballroom B & C)
- T11 GO THE DISTANCE: DEVELOP AN EXPERIENTIAL SPORTS PHYSIOLOGY AND MARATHON COURSE
L.K. Stewart and M.G. Flynn. *School of Kinesiology, Louisiana State University, Department of Health and Human Performance, College of Charleston*
Chair: Lee Franco, PhD, Virginia Commonwealth University
(Regency Ballrooms E & F)
- 3:00-4:15 **ORAL FREE COMMUNICATIONS IV**
Chronic Disease and Disability, Epidemiology & Preventative Medicine
Chair: Heidi Kluess, PhD, Auburn University
(Regency Ballroom D)

- O18 3:00 THE ACUTE EFFECT OF SHORT-TERM BREATHING EXERCISES ON SYMPATHOVAGAL BALANCE IN TYPE 2 DIABETES
C.R. Grieco, S.R. Colberg, C.T. Somma, A.I. Vinik and A.G. Thompson
Dept. of Human Movement Sciences, Old Dominion University, School of Medical Laboratory and Radiation Sciences, Old Dominion University, Strelitz Diabetes Research institute, Norfolk, VA
- O19 3:15 EFFECTS OF RESISTANCE EXERCISE ON LIMB VOLUMES IN BREAST CANCER SURVIVORS WITH OR WITHOUT LYMPHEDEMA
E. Simonavice, P.Y. Liu, J.Z. Ilich, J.S. Kim, B. Arjmandi, L.B. Panton, *Georgia College, Dept. of Nutrition, Food & Exercise Sciences, Florida State University*
- O20 3:30 DISABILITY AWARENESS IN STUDENTS TAKING KINESIOLOGY CLASSES
H.J. Young, M.L. Erickson, M.A. McWhirter, A.D. Goode, and K.K. McCully, *FACSM. Kinesiology Dept., University of Georgia*
- O21 3:45 THE ACCURACY OF SIMULATED INDOOR TIME TRIALS USING A COMPUTRAINER AND GPS DATA
W.W. Peveler, *Northern Kentucky University*
- O22 4:00 VOLUME LOAD AND TRAINING INTENSITY WITH AND WITHOUT EXERCISE DISPLACEMENT
W.G. Hornsby, J.A. Gentles, J.A. Miller and M.H. Stone, *Dept. of Exercise and Sport Sciences, Center of Excellence for Sport Science and Coach Education, East Tennessee State University*
- 4:30-5:30 **STUDENT BOWL**
Moderator: Judith Flohr, James Madison University
(Continental Ballroom)
- 5:45-7:15 **SEACSM GRADUATE STUDENT FAIR (Regency Ballrooms A, B, & C)**

SATURDAY February 16, 2013

- 8:00-9:00 **REGISTRATION (Main Lobby)**
- 8:00-12:00 **EXHIBITS (Prefunction Area)**
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- 7:30-12:15 **CLINICAL TRACK PROGRAM (Crepe Myrtle)**
Current Concepts and Management of Cartilage Injuries of the Shoulder, Hip, and Knee
- 7:30-7:45 Welcome and Announcements
W. Franklin Sease, MD
- 7:45-8:45 MRI Imaging of Cartilage Injuries-Knee, Shoulder, Elbow
Jeff Wienke, MD
- 8:45-9:30 Hip FAI-Labral and Chondral Injuries
Jason Folk, MD
- Fellow Case Presentations
- 9:30-9:45 Case 4
- 9:45-10:00 Case 5
- 10:00-10:15 Case 6
- 10:15-10:30 Break

10:30-11:20 Ultrasound guided Injection Techniques
Kevin Burroughs, MD

Fellow Case Presentations

11:20-11:35 Case 7

11:35-11:50 Case 8

11:50-12:10 Case 9

12:10-12:15 Voting for Best Case Presentation & Closing Remarks

8:00-9:00 **TUTORIAL**

T12

NUTRITIONAL CONSIDERATIONS FOR EXERCISE IN HOT ENVIRONMENTS

D.M. Morris. *Department of Health Leisure & Exercise Science, Appalachian State University*

Chair: Mark Loftin, PhD, University of Mississippi

(Regency Ballroom A)

T13

BEYOND THE LECTURE: ACTIVE LEARNING IN EXERCISE SCIENCE

Y. Feito, B.B. Parr, K. Reich, *Kennesaw State University, University of South Carolina Aiken, High Point University*

Chair: Chris Harnish, PhD, Virginia Commonwealth University

(Regency Ballrooms E & F)

8:00-9:15 **ORAL FREE COMMUNICATIONS V**

Psychology/Psychiatry/Behavior

Chair: Wally Bixby, PhD, Elon University

(Redbud A & B)

O23 8:00 MOTIVATION FOR PARTICIPATING IN CORPORATE WELLNESS PROGRAMS

R.L. Hardin, R.A. Zakrajsek, and B.F. Powers, *Kinesiology, Recreation, and Sport Studies, University of Tennessee*

O24 8:15 TAILORED TEXT MESSAGING TO SUPPORT PHYSICAL ACTIVITY IN FEMALE UNDERGRADUATE STUDENTS

D.D. Wadsworth, N.M. Gell, and J. Carignan. *Dept. of Kinesiology, Auburn University*

O25 8:30 THE RELATIONSHIP BETWEEN EXECUTIVE FUNCTION, BODY COMPOSITION AND STRENGTH IN OLDER ADULTS: FITNESS OR FATNESS

T.A. Esmat, D.B. Mitchell, and J.R. McLester, FACSM. *Dept. of Exercise Science and Sport Management, Kennesaw State University*

O26 8:45 PHYSICAL ACTIVITY POSITIVELY AFFECTS PHYSICAL DIMENSIONS OF HEALTH RELATED QUALITY OF LIFE IN OLDER ADULTS

C.L. Ward, A.E. O'Brien, E.M. Evans, FACSM. *Dept. of Kinesiology, University of Georgia*

O27 9:00 INDIVIDUAL-AND SOCIAL-LEVEL CORRELATES OF ADOLESCENT PHYSICAL ACTIVITY

J.M. Garcia, J.R. Sirard, and D. Neumark-Sztainer, *University of Virginia*

8:00-9:45

POSTER PRESENTATION IV (P85-P116)

Authors present 8:00-9:00.

Fitness/Testing/Assessment

Chair: Douglas Oberlin, University of North Carolina at Greensboro
(Teal)

- P85 COMPARISON OF ARM ERGOMETRY MAXIMAL OXYGEN CONSUMPTION TO TREADMILL MAXIMAL OXYGEN CONSUMPTION IN FEMALES
C.M. DeWitt, S.O. Dunbar, C.R. Young, R.M. Bagnal, B.A. Gantt, and J.W. Craps. *Exercise Science, University of South Carolina Aiken*
- P86 EFFECTS OF GENDER AND STRETCHING ON ISOKINETIC FORCE OUTPUT
K.M. Eaton, S.B. Mitchell, M.M. Godwin, D.I. Gregg, J.E. Nalley, A.K. Sinka, E.A. Walker, T.J. Leszczak, and L.B. Mize. *Department of Health and Human Performance, Austin Peay State University, Auburn University*
- P87 DIFFERENCES BETWEEN TWO TYPES OF STRETCHING PROTOCOLS ON ISOKINETIC FORCE OUTPUT
A.K. Sinka, E.A. Walker, K.M. Eaton, M.M. Godwin, D.I. Gregg, S.B. Mitchell, J.E. Nalley, T.J. Leszczak and L.B. Mize. *Department of Health and Human Performance, Austin Peay State University, Auburn University*
- P88 IN-SCHOOL PHYSICAL ACTIVITY AMONGST FOURTH-GRADE STUDENTS IN NORTH MISSISSIPPI
N. van Blerk and S.G. Owens. *Department of Health, Exercise Science, and Recreation Management, University of Mississippi*
- P89 THE ACUTE EFFECT OF A PERFORMANCE MOUTHPIECE ON MEASURES OF STRENGTH & POWER
J. Lundahl, C.R. Allen, N.C. Dabbs, H. Chander, & J.C. Garner. *Applied Biomechanics Laboratory, University of Mississippi*
- P90 EFFECTS OF GENDER AND STRETCHING ON HAM/QUAD RATIOS IN COLLEGE-AGE ADULTS
D.I. Gregg, M.M. Godwin, K.M. Eaton, S.B. Mitchell, J.E. Nalley, A.K. Sinka, E.A. Walker, T.J. Leszczak, and L.B. Mize. *Department of Health and Human Performance, Austin Peay State University, Auburn University*
- P91 EVALUATION OF POWER IN CROSSFIT VS. WEIGHT TRAINED INDIVIDUALS
M.A. Schafer, S.W. Arnett, G. Sobrero, T.S. Lyons, J.W. Navalta, W.J. Stone, S.D. Bean, F.T. Esslinger, K. Esslinger. *Department of KRS, Western Kentucky University*
- P92 MUSCULAR ENDURANCE, AGILITY, AND FLEXIBILITY IN CROSSFIT VS. WEIGHT TRAINED INDIVIDUALS
W.J. Stone, M.A. Schafer, G. Sobrero, S.W. Arnett, T.S. Lyons, J.W. Navalta, S.D. Bean, F.T. Esslinger, K. Esslinger. *Department of KRS, Western Kentucky University, Department of Kin & Nutr, University of Nevada*
- P93 ASSESSMENT OF 1RM STRENGTH BETWEEN CROSSFIT AND RESISTANCE TRAINED INDIVIDUALS
S.W. Arnett, G. Sobrero, M.A. Schafer, T.S. Lyons, J.W. Navalta, W.J. Stone, S.D. Bean, F.T. Esslinger¹, & K. Esslinger. *Department of Kinesiology, Recreation, & Sport, Western Kentucky University, Department of Kinesiology & Nutrition, University of Nevada*

- P94 EFFECTIVENESS OF THE LIFE IMPROVING FUNCTIONAL EXERCISE (LIFE) PROGRAM ON PHYSIOLOGICAL AND PERFORMANCE VARIABLES IN ELDERLY ADULTS
D.G. Falls, T.S. Lyons, M.A. Schafer, K.F. Durham. *Barren River District Health Department, Department of Kinesiology, Recreation, and Sport, Western Kentucky University*
- P95 COMPARISON OF AEROBIC AND ANAEROBIC POWER IN CROSSFIT AND RESISTANCE TRAINED INDIVIDUALS
G. Sobrero, M.A. Schafer, S.W. Arnett, T.S. Lyons, J.W. Navalta, W.J. Stone, S.D. Bean, F.T. Esslinger, K. Esslinger. *Department of KRS, Western Kentucky University, Department of Kin & Nutr, University of Nevada*
- P96 PULMONARY OXYGEN UPTAKE OFF-KINETICS AND FITNESS IN OBESE ADOLESCENTS
M. K. Bowen, R.L. Franco, R. Arena, H.L. Caslin, R.K. Evans, E.P. Wickham. *Health and Human Performance, Virginia Commonwealth University*
- P97 EFFECT OF A WEIGHTED VEST WARM-UP ON ATHLETIC PERFORMANCE IN COLLEGIATE ATHLETES
J. Wolford, S. Thompson, A.P. Jung, FACSM, J.K. Petrella, FACSM, *Samford University*
- P98 EFFECT OF AN ACUTE, DYNAMIC WARM-UP ON IMMEDIATE FLEXIBILITY AND THE ABILITY TO MAINTAIN FLEXIBILITY OVER TIME
R.L. Gahan, S.M. Brandon, J.K. Petrella and A.P. Jung. *Department of Kinesiology and Nutrition Science, Samford University*
- P99 EXERCISE INTENSITY IN COLLEGE STUDENTS PERFORMING WII JUST DANCE
K. Abraham, V.R. Elrod, *Transylvania University*
- P100 VALIDATION OF THE OMRON HJ-151 PEDOMETER DURING FREE-LIVING PHYSICAL ACTIVITY IN YOUTH
S. Ishikawa, J.D. Reece, RMD. Carter, RT. Conners, LL. Killen, M. Kang, FACSM, and D.W. Morgan, FACSM. *Center for Physical Activity and Health in Youth, Middle Tennessee State University*
- P101 THE EFFECT OF CHIROPRACTIC LUMBOSACRAL ADJUSTMENTS ON ISOKINETIC STRENGTH OF THE KNEE EXTENSORS AND FLEXORS
G. Sanders, S. Black, A. Nitz, R. Shapiro, B. Symons and J.W. Yates. *Department of Kinesiology and Health Promotion, University of Kentucky*
- P102 THE RELATIONSHIP BETWEEN HEART RATE VARIABILITY AND SHOOTING PERFORMANCE IN A TACTICAL PISTOL QUALIFIER
A.G. Thompson, D.P. Swain FACSM, J.D. Branch FACSM, R.J. Spina FACSM, C.R. Grieco. *Department of Human Movement Sciences, Old Dominion University*
- P103 PHYSICAL ACTIVITY AND FITNESS LEVELS OF HIGH SCHOOL STUDENTS PARTICIPATING IN A NOVEL PHYSICAL EDUCATION CLASS
A. Van Grinsven, and D.P. Coe, *Department of Kinesiology, Recreation, and Sport Studies, University of Tennessee*

- P104 AN EXAMINATION OF MAXIMAL AEROBIC CAPACITY ON A BIKE VERSUS A TREADMILL IN ACTIVE INDIVIDUALS
A.P. Schneider, C.N. Hultquist, M. Seidler, J.R. McLester. *Department of Exercise Science and Sport Management, Kennesaw State University*
- P105 CLASSIFICATION ACCURACY OF THE WRIST-WORN GENEA ACCELEROMETER DURING STRUCTURED ACTIVITY BOUTS
W.A. Welch, D.R. Bassett, FACSM, D.L. Thompson, FACSM, P.S. Freedson, FACSM, J.W. Staudenmayer, D. John, J.A. Steeves, S.A. Conger, T. Ceaser, C.A. Howe, J.E. Sasaki, and E.C. Fitzhugh. *Department of Kinesiology, Recreation, & Sport Studies, University of Tennessee, Department of Kinesiology, University of Massachusetts, Department of Mathematics, University of Massachusetts*
- P106 ASSESSMENT OF PHYSICAL ACTIVITY LEVELS OF ELEMENTARY SCHOOL STUDENTS PARTICIPATING IN THE MORNINGS IN MOTION PROGRAM
A.M. Howard, D.P. Coe, D.R. Bassett, D.L. Thompson. *Department of Kinesiology, Recreation, and Sport Studies, University of Tennessee*
- P107 RELIABILITY OF A SHORT, HIGH-INTENSITY EXERCISE TEST TO EXHAUSTION
R.K. Beloni and D.M. Morris. *Department of Health, Leisure, and Exercise Science, Appalachian State University*
- P108 EFFECTS OF A 12-WEEK JUST DANCE® TRAINING STUDY ON FITNESS AND HEALTH IN YOUNG ADULTS
T. Moore, J.C. Rupp, W.R. Thompson & L.J. Brandon. *Department of Kinesiology & Health, Georgia State University*
- P109 ELECTROMYORAPHC COMPARISON OF THE PVC PUSHUP AND THE PERFECT PUSHUP
T.L. Norman, J.E. Schoffstall, D.A. Titcomb, and J.M. Lease, *Department of Health Professions, Liberty University*
- P110 ELECTROMYOGRAPHIC COMPARISON OF THE PUSH-UP AND THE RING PUSH-UP
J.M. Lease, J.E. Schoffstall, D.A. Titcomb, and T.L. Norman, *Department of Health Professions, Liberty University*
- P111 THE EFFECTS OF MINIMALISTIC FOOTWEAR ON SPEED AND AGILITY
S. Jones, D. Cecchini, J. Eaton, H. Sutton, S. Magee, and J.E. Schoffstall, *Department of Health Professions, Liberty University*
- P112 INFLUENCE OF FITNESS ON CHILDREN'S PHYSICAL ACTIVITY ACROSS THE SEGMENTED SCHOOL DAY
M.H. Gralla. and B.L. Alderman. *University of South Carolina, Rutgers University*
- P113 ENERGY EXPENDITURE OF A HIGH INTENSITY CROSSFIT WORKOUT COMPARED TO A TRADITIONAL AEROBIC WORKOUT
L.M. Pulliam and M.J. McKenzie. *Department of Human Performance and Sport Sciences, Winston Salem State University*
- P114 NO INFLUENCE OF BAREFOOT RUNNING ON RUNNING ECONOMY
J.T. Repshas, M.M. Koehler, E.E. Hawkins, K.L. Hines and M.G. Flynn. *Department of Health and Human Performance, College of Charleston*

- P115 VARIABILITY IN RESISTANCE TRAINING REPETITIONS ACHIEVED AT SPECIFIC WORKLOADS BY GENDER
M. Anton, C. Johnson, C. Williams and P. Magyari. *Brooks College of Health, University of North Florida*
- P116 THE EFFECTS OF CROSSFIT ON FITNESS COMPARED TO TRADITIONAL SEPARATED CARDIORESPIRATORY AND RESISTANCE TRAINING
J.S. Smalley, P.Y. Van Dyke, J.K. Petrella, A.P. Jung. *Department of Kinesiology and Nutrition Science, Samford University*
- 9:00-10:15 **HENRY J. MONTOME SCHOLAR LECTURE**
"Moving Children: Research to Develop Healthy Lives"
Dianne Stanton Ward, EdD, FACSM
Professor Department of Nutrition
Director of Doctoral Program
Associate Director of the Diet, Physical Activity, and Body Composition Core of the Nutrition Obesity Research Center (NORC)
University of North Carolina at Chapel Hill
Chair: Dr. Russ Pate, University of South Carolina, Past SEACSM President, 1990 Montome Scholar
(Continental Ballroom)
- 10:15-10:30 **BREAK**
- 10:30-12:00 **SYMPOSIA**
S8 FACTORS IMPACTING STRETCH-SHORTNING CYCLE POTENTIATION AND RUNNING ECONOMY
G.R. Hunter, J.P. McCarthy. *University of Alabama at Birmingham*
Chair: Kevin Zwetsloot, PhD, Appalachian State University
(Regency Ballrooms B & C)
- S9 ACADEMIC MENTORING FOR CAREER DEVELOPMENT
A. Bosak, B. Riemann, and D.D. Pascoe. *Department of Health Sciences, Armstrong Atlantic State University, Department of Kinesiology, Auburn University*
Chair: Scott Owens, PhD, University of Mississippi
(Redbud A & B)
- 10:30-11:30 **TUTORIAL**
T14 TRIALS AND TRIBULATIONS OF A SPORTS DIETITIAN
A. Timberlake MS, RD, CSSD. *Sport Health Science Department, Life University*
Chair: Geoffrey Hudson, PhD, George Washington University
(Regency Ballrooms E & F)
- 10:30-12:00 **ORAL FREE COMMUNICATIONS VI**
O28-O33 Biomechanics/Gait/Balance, Exercise Evaluation
Chair: Wendi Weimar, Auburn University
(Regency Ballroom D)
- O28 10:30 EFFECTS OF SHOULDER FATIGUE ON SCAPULAR KINEMATICS IN PITCHERS
H.A. Plummer, G.D. Oliver, T.E. Holt. *Dept. of Kinesiology, Auburn University*
- O29 10:45 EFFECT OF FATIGUE ON ELBOW AND SHOULDER KINEMATICS IN YOUTH BASEBALL PITCHERS
T.E. Holt, H.A. Plummer, G.D. Oliver. *Dept. of Kinesiology, Auburn University*

- O30 11:00 HIP AND KNEE JOINT ANGLES AFFECT RECTUS FEMORIS HIP FLEXION TORQUE
M. Reid, D. Landin, and M. Thompson. *School of Kinesiology, Louisiana State University*
- O31 11:15 MUSCLE ACTIVATION TRIGGERS FOR GAIT TRANSITIONS IN UNILATERAL, TRANSTIBIAL AMPUTEES
T.L. Norman, T.K. Evans, and Y-H. Chang, *School of Applied Physiology, Georgia Institute of Technology*
- O32 11:30 ACCURACY OF PHYSICAL ACTIVITY MONITORS IN PERSONS WITH CLASS III OBESITY
M.G. Browning, D.R. Bassett, Jr., D.L. Thompson, E.C. Fitzhugh, and G.C. Petty. *Dept. of Kinesiology, Recreation, and Sport Studies, University of Tennessee*
- O33 11:45 ELEVATED CIRCULATING TNF- α IN OLDER WOMEN WITH NO GAINS IN LEAN MUSCLE MASS FOLLOWING 16-WEEKS OF EXERCISE TRAINING
G. Fisher, J.P. McCarthy, C. S. Bickel and Gary R. Hunter
Dept. of Human Studies, and Dept. of Physical Therapy, University of Alabama at Birmingham
- 10:15-12:00 **POSTER PRESENTATION V (P117-P148)**
Authors Present 10:15-11:15
Growth, Development & Aging, Psychology/Psychiatry/Behavior, Research Design and Statistics, Cellular Regulatory Mechanisms
Chair: Katie Bowen, Virginia Commonwealth University
(Teal)
- P117 THE ACUTE EFFECTS OF DEADLIFTING AND DEADLIFTING WITH RESISTANCE BANDS ON VERTICAL JUMP
J. Lowes, B. Lewellyn, A. Bradley, F. Bah, J. Ferguson, and J. Schoffstall
Department of Health Professions, Liberty University
- P118 THE EFFECTS OF STRETCHING ON VERTICAL JUMP
D. Titcomb, B. Nelson, K. Dahl, M. Dorholt, S. DeCeglie, P. Kelly, and J. Schoffstall,
Department of Health Professions, Liberty University
- P119 CORRELATES OF SCHOOL-DAY PHYSICAL ACTIVITY OF YOUNG CHILDREN
S. W. Logan, L.E. Robinson, K. Palmer. *University of Delaware, Auburn University*
- P120 NUTRITION AND PHYSICAL ACTIVITY PRACTICES AND POLICIES IN RURAL AREA CHILD CARE CENTERS
H. Oakley and R. Battista. *Appalachian State University*
- P121 THE EFFECT OF PHYTOECDYSTEROID TREATMENT ON NOTCH AND WNT SIGNALING IN AGED SKELETAL MUSCLE
S.T. Arthur, K.A. Zwetsloot, M.M. Lawrence, D.C. Nieman, M.A. Lila, M. Grace, I.D. Cooley, C. Worley, A. Gross, R.A. Shanely. *University of North Carolina-Charlotte, Dept of Kinesiology, Laboratory of Systems Physiology, Charlotte, NC, Appalachian State University, Health, Leisure, Exercise Science, Human Performance Laboratory, NC Research Campus, Kannapolis, NC, Plants for Human Health Inst, NC State University, NC Research Campus*
- P122 EFFECT OF LOW VOLUME AEROBIC EXERCISE ON EXECUTIVE FUNCTION IN OLDER ADULTS
K. Grater and J. Davis, *Department of Exercise Science, Elon University*

- P123 DIFFERENTIAL EFFECTS OF CONTINUOUS VERSUS DISCONTINUOUS AEROBIC EXERCISE ON HEMODYNAMICS
M. Clarke, M.J. Landram, A.C. Utter, S.R. McAnulty, C. Baldari, L. Guidetti, S.R. Collier. *Department of Health, Leisure, and Exercise Science, Appalachian State University*
- P124 THE EFFECT OF MUSIC AS A MOTIVATIONAL TOOL ON ISOKINETIC CONCENTRIC PERFORMANCE IN ADULT MALES AND FEMALES
M.M. Godwin, R.M. Hopson, C.K. Newman, and T.J. Leszczak. *Health and Human Performance Department, Austin Peay State University, Department of Kinesiology, Auburn University*
- P125 PSYCHOLOGICAL PREDICTORS OF COMPENSATORY RESPONSES TO A STRUCTURED EXERCISE PROGRAM
R.M. Acitelli, A.D. Gipson, E.M. Evans, P.J. O'Connor, M.D. Schmidt. *Department of Kinesiology, University of Georgia*
- P126 ATTITUDES TOWARD OBESITY AMONG UNDERGRADUATE EXERCISE SCIENCE MAJORS AND NON-MAJORS
D. Melton, K. Smith, T.K. Dail, and B. Swearingin. *Human Performance & Leisure Studies Department, North Carolina A&T State University*
- P127 THE EFFECT OF EXERCISE ON MECHANICAL PRESSURE PAIN THRESHOLD IN THE PRESENCE AND ABSENCE OF DELAYED-ONSET MUSCLE SORENESS
B.K. Tynes, A.R. Gonglach, D.E. Waddell, M. Loftin, and C.D. Black. *Department of Health, Exercise Science, and Recreation Management, University of Mississippi*
- P128 EXAMINING QUALITY OF LIFE AND HEALTH SATISFACTION FACTORS OF A MID-SOUTH UNIVERSITY POPULATION
T.S. Lyons, F.W. Gibson, J.C. Jackson, G. Sobrero Evans, S.W. Arnett, M.A. Schafer. *Department of Kinesiology, Recreation, and Sport, Western Kentucky University, Department of Student Affairs, University of Alabama*
- P129 CHILDREN'S ENJOYMENT OF PHYSICAL ACTIVITY AND PREFERENCE FOR THREE DIFFERENT SOCIAL CONDITIONS
G.J. Sanders, C.A. Peacock, M.L. Williamson, K. Wilson, A. Carnes, J.E. Barkley. *Northern Kentucky University, Nova Southeastern University, Kent State University*
- P130 FITNESS AND HR REACTIVITY TO MENTAL STRESS: IMPACT OF OBESITY
H. Caslin, M.K. Bowen, K. An, E.O. Acevedo, R.L. Franco. *Health and Human Performance, Virginia Commonwealth University*
- P131 FITNESS, FATNESS, AND DEPRESSION
K. Becofsky, X. Sui, D.C. Lee, and S.N. Blair. *Department of Exercise Science and Epidemiology/Biostatistics, University of South Carolina*
- P132 THE EFFECT OF SUBMAXIMAL ISOMETRIC EXERCISE TO FATIGUE ON MECHANICAL PRESSURE PAIN THRESHOLD IN THE FINGER
A.R. Gonglach, B.K. Tynes, D.E. Waddell, M. Loftin, and C.D. Black. *Department of Health, Exercise Science, and Recreation Management, University of Mississippi*

- P133 EXERCISE AND DIET INTERVENTION MAY IMPROVE STRESS CONTROL OVER EXERCISE OR DIET ALONE IN POSTMENOPAUSAL WOMEN
E.S. Edwards, L.E. Eidemiller, C.J. Womack, FACSM and J.A. Flohr, FACSM.
Department of Kinesiology, Morrison Bruce Center, James Madison University
- P134 ETHNIC DIFFERENCES IN THE CONSISTENCY OF ACCURACY OF PERCEIVED EXERTION
S.K. Sweatt, J. Roy, P.C. Chandler-Laney, G. Fisher, D. Brock, G.R. Hunter,
University of Alabama at Birmingham, University of Vermont
- P135 DOSE RESPONSE OF CLASSROOM EXERCISE BREAKS AND EDUCATIONAL OUTCOMES
E.K. Howie, R.R. Pate, *University of South Carolina*
- P136 RELATIONSHIP BETWEEN TEAM EFFICACY AND TEAM PERFORMANCE IN HIGH SCHOOL VOLLEYBALL PLAYERS
L. Shelley, J.R. Wojcik, C. Bowers, J. Marr. *Department of Physical Education, Sport & Human Performance, Winthrop University*
- P137 DIETARY INTAKE, BODY COMPOSITION AND FITNESS AMONG COLLEGE FEMALE ATHLETES DURING IN- AND OFF-SEASON
M. Hughes, C. Dicostanzo, K. Szabo, G. Balilionis, S. Nepocaty. *Department of Exercise Science, Elon University*
- P138 PHYSICAL ACTIVITY AND HEALTHY EATING ENVIRONMENTAL AUDIT TOOLS IN CHILD AND YOUTH CARE SETTINGS: A SYSTEMATIC REVIEW
R. Ajja, J. Chandler, M. W. Beets. *Department of Exercise Science, University of South Carolina*
- P139 NUTRIENT INTAKE OF FEMALE COLLEGIATE TRACK AND FIELD ATHLETES
Crotts, L.M., Battista, R.A., and Benson, M.J. *Appalachian State University, University of Wisconsin – La Crosse*
- P140 COMMON NUTRITION MISCONCEPTIONS AMONGST NCAA STUDENT-ATHLETES
A.E. Marshall, T.A. Buckley. *Nutritional Feats, LLC, Statesboro, GA. and Department of Health and Kinesiology, Georgia Southern University*
- P141 EFFECTS OF 75 VERSUS 150% FLUID REPLACEMENT ON SUBSEQUENT MORNING HYDRATION STATUS AND 10-KM RUNNING PERFORMANCE
B.A. Davis, L.K. Thigpen, J.H. Hornsby, M.C. Stevenson, P.L. Riethmaier, J.M. Green, E.K. O’Neal. *Department of Health, Physical Education and Recreation, University of North Alabama, Department of Health and Human Performance, Middle Tennessee State University, Department of Kinesiology, University of Alabama, Department Human Movement Sciences, Old Dominion University*
- P142 THE EFFECT OF ACUTE BEETROOT JUICE SUPPLEMENTATION ON MUSCLE FATIGUE IN KNEE EXTENSOR EXERCISE
S.Y. Lee, M. G. Abel, T. B. Symons, D. T. Thomas, J.W. Yates. *Department of Kinesiology and Health Promotion, Department of Clinical Sciences, University of Kentucky*

- P143 EXOGENOUS SUPPLEMENTATION OF MELATONIN DOES NOT AFFECT 20 MILE CYCLING TIME TRIAL PERFORMANCE
K.J. Brandenberger, C.P. Ingalls, J.C. Rupp, J.A. Doyle. *Department of Kinesiology and Health, Georgia State University*
- P144 24-H FLUID BALANCE FOLLOWING A 1 H RUN IN COLLEGE AGE RUNNERS
C.R. Caufield, M.K. Cook, L.K. Thigpen, L.K. Greenhill and E.K. O'Neal.
Department of Health, Physical Education and Recreation, University of North Alabama
- P145 VARARIABILITY OF GLUTATHIONE IN WHOLE BLOOD FROM DAY TO DAY
M. McGuirk, R.S. Garten, A.H. Goldfarb, FACSM, *Kinesiology Department, University of North Carolina at Greensboro*
- P146 THE RELATIONSHIP BETWEEN CHILDREN'S ENVIRONMENTAL ACCESS TO PHYSICAL ACTIVITY OPPORTUNITIES AND PHYSICAL ACTIVITY LEVELS TO WEIGHT STATUS
C.M. Daly, D.D. Wadsworth, L.E. Robinson, A. Girard, *Auburn University, Auburn, Alabama*
- P147 CONDUIT ARTERY ADAPTATIONS TO TRAINING IN NOVICE MARATHON RUNNERS
N. Hafner, N. Luden, C. Greever, E. Albert, C. Womack, & M. Todd, *James Madison University, Harrisonburg, VA*
- P148 ASSOCIATION BETWEEN SERUM - SALIVARY CORTISOL RESPONSES TO VARYING INTENSITIES OF EXERCISE IN ENDURANCE-TRAINED MALES
J.M. Allen, C. Pearson, M.D. VanBruggen, C.L. Battaglini and A.C. Hackney, *Department of Exercise and Sport Science, University of North Carolina at Chapel Hill*
- 12:00-2:00 **SEACSM LUNCHEON AND LECTURE**
"Stalking the 2 Hour Marathon?"
Michael J. Joyner, M.D.
Professor of Anesthesiology
Deputy Director for Research at the Mayo Clinic
Mayo Clinic
Presiding: Paul Davis, PhD, University of North Carolina at Greensboro,
SEACSM President
Speaker Introduction: Ed Acevedo, PhD, Virginia Commonwealth University,
SEACSM President-Elect
(Continental Ballroom)

**Tickets must be purchased by 5:00 PM on Friday.*
- 2:00-4:00 **SEACSM EXECUTIVE BOARD MEETING (Board Room)**