

The 19th Annual ISSN Conference and Expo

issn

Fort Lauderdale Beach FL

June 16-18, 2022

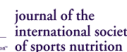
international society of sports nutrition®
The ISSN - Why Go Anywhere Else?™

Westin Fort Lauderdale Beach Resort

321 North Fort Lauderdale Beach Blvd.

Fort Lauderdale, FL USA 33304

EARN your CEUs too! NASM 13 CEUs, CDR 13, NSCA 1.3, ISSN 13, ACSM 6 CECs (tentative)



Thursday, June 16 - 10:45am - 4:45pm: Registration is open

Friday, June 17 - 7:00am - 3:00pm: Registration is open; 5:00pm – 7:00pm: Drinks and Poster Presentations

Saturday, June 18 - 8:00am – 12noon: Registration is open

Day 1: June 16 Thursday	Room: Las Olas Ballroom
12:15 pm - 12:25 pm	Welcome and Introduction Moderators: Chad Kersick PhD FISSN and Erik Bustillo MS RD FISSN
12:30 pm - 1:00 pm	The Science and Application of Fasted vs Fed Cardio for Fat Loss. Guillermo Escalante DSc FISSN
1:10 pm - 1:40 pm	NAD, Muscle and Athletic Performance: Current Research & Future Needs Mona Rosene MS RD Sponsored by Chromadex
1:50 pm - 2:20 pm	This Will Blow Your Mind: Creatine and Cognition Scott Forbes PhD
2:30 pm - 3:00 pm	Practical Applications for Fueling Today's Young Athletes Wendi Irlbeck MS RDN LD CISSN
20-min Break	
3:20 pm - 3:50 pm	Citicoline: A Potent Brain-health Nutrient and Nootropic Akihito Nishimura MS Sponsored by Kyowa Hakko
3:50 pm - 4:00 pm	Astaxanthin as a Dietary Tool for Exercise Training Karen Hecht PhD Sponsored by AstaReal
4:10 pm - 4:40 pm	The Science of Cannabidiol (CBD) Helena Yardley PhD
4:50 pm - 5:20 pm	A Tribute to Dr. Kevin Tipton's Work on Dietary Protein Arny Ferrando PhD FISSN

Day 2: June 17 Friday	Room: Las Olas Ballroom General Tutorials
	Moderator: Drew Gonzalez MS CISSN
8:10 am - 8:40 am	The Trouble with Men: Is Testosterone to Blame? Rick Collins Esq. FISSN, Jack Darkes PhD
8:40 am - 9:10 am	The Evolutionary Inertia of Weight Loss and Body Recomposition Kurt Escobar PhD
9:10 am - 9:20 am	noolVL - a Non-stimulant Nootropic Katie Emerson MS RD Sponsored by Nutrition 21
10-min Break	
	Original Investigations
	Moderator: Matthew Stratton PhD(c) CISSN
9:30am - 10:00am	How to Make a Winner: How Hormones and Experience Shape the Brain of the Victor Allie Holschbach PhD
10:00 am - 10:10am	Caffeine supplementation: What are the effects of CYP1A2 and ADORA2A genes, paraxanthine, and habitual caffeine consumption on resistance exercise and jumping performance Jason Cholewa PhD
10:10 am - 10:20 am	The Effects of Citrus Flavonoids on Exercise Performance: an RCT Yala Stevens PhD Sponsored by Bio Actor
10-min Break	
	Moderator: Cassie Evans MS RD CISSN
10:30 am - 11:00 am	Anthocyanin-Rich Supplementation: Potential for Sport and Exercise Nutrition Mark Willems PhD
11:00 am - 11:30 pm	The Dose-Response Effects of Arachidonic Acid on Primary Human Skeletal Myoblasts Brandon Roberts PhD
11:30 am - 12:00 pm	The Unique Ways in Which Bacillus Coagulans GBI-30, 6086 (BC30) May Aid in Health, Recovery, and Exercise Adaptations Chad Kerkick PhD FISSN Sponsored by Kerry
75-min Lunch Break 12:00 pm - 1:15 pm	Check out the hotel restaurants: Lona Cocina & Tequileria or Waves Bar & Grill 12:15 - 1:00 PM Attention All Students! A Roundtable on Grants and Funding Research Arny Ferrando PhD FISSN, Marcos Bamman, PhD, Tim Ziegenfuss PhD FISSN, Jeff Stout PhD FISSN Moderator: Brent Uken, MS, CISSN
	General Tutorials
	Moderator: Brent Uken MS CISSN
1:15 pm - 1:45pm	Serving Those Who Serve on the Thin Red Line Annette Zapp MA CISSN
1:45 pm - 2:15 pm	Dietary Practices and Supplement Use Among CrossFit Participants: Findings, Recommendations, and Future Directions Matt Brisebois PhD

2:15 pm - 2:45 pm	I Like Big Recovery and I Cannot Lie: Sports Supplements You Can't Deny Jonathan Mike PhD
20-min Break	
3:05 pm - 3:45 pm	ISSN's Data Blitz 60 seconds to present original unpublished data! Moderator: Chris Algieri MS CISSN Judges: Jeff Stout PhD FISSN, Kelly Johnson PhD, Kurt Escobar PhD, Annette Zapp MA, Katie Hirsch PhD Winners will be announced on Saturday; you must be present to win your prize
3:55 pm - 4:50 pm	Roger Harris Honorary Keynote Address Andy Jones PhD The beet goes on: new discoveries in dietary nitrate and exercise performance Sponsored by the ISSN Moderator: Trisha VanDusseldorp PhD FISSN
5:00 pm - 7:00 pm	Location: Atlantic Ballroom Happy Hour and Poster Presentations – lead authors please be present at your poster. Cash prizes for best posters. Judges: Gerseli Angeli PhD, Victoria Burgess PhD CISSN, David Church PhD, Jason Curtis PhD, Kurt Escobar PhD, Scott Forbes PhD, Adam Gonzalez PhD, Lia Jiannine PhD CISSN, Kelly Johnson PhD, Susan Kleiner PhD RD FISSN, Jonathan Mike PhD, Tobin Silver PhD

Day 3: June 18 Saturday	Las Olas Ballroom
	Moderator: Trisha VanDusseldorp PhD FISSN
8:45 am - 9:15 am	Melvin Williams PhD Memorial Address on Ergogenic Aids This seminar will highlight the latest original research on a nutritional ergogenic aid. Citrulline and Resistance Exercise Performance Adam Gonzalez PhD CISSN
9:15 am - 10:10 am	President's Address Marcas Bamman PhD Convergence of Exercise Biology and Machine-Learning to Understand Response Heterogeneity sponsored by the ISSN
20-min Break	
	Original Investigation
	Moderator: Douglas Kalman PhD RD FISSN
10:30 am - 11:00 am	Warfighter Recovery Nutrition - Optimizing Protein Quantity, Quality, and Combat Ration Delivery Systems David Church PhD
	General Tutorial
11:10 am - 11:40 am	Polyphenols as Potential Ergogenic and Body Composition Modulators Lonnie Lowery PhD
11:50 am - 12:20 pm	ISSN Updates and Awards You must be present to win your prize! Trisha VanDusseldorp PhD FISSN, Rick Kreider PhD FISSN Douglas Kalman PhD RD FISSN
12:20 pm - 1:20 pm	Moderator: Jaime Tartar PhD FISSN and Allie Holschbach PhD

	Lunch Break on your own Special Session for Students: Post-Doc - What's it all about? 12:30 - 1:10 pm: Arny Ferrando PhD FISSN, Marcos Bamman PhD, Shawn Arent PhD FISSN, David Church, PhD
	Special Session: Women's Symposium Moderator: Hannah Cabre RD PhD Candidate
1:20 pm - 2:20 pm	The Inclusion of Women in Scientific Research: Methodological Considerations and Opportunities for Collaboration Katie Hirsch PhD CISSN & Abbie Smith-Ryan PhD FISSN
10-min Break	
	Moderator: Tony Ricci EdD FISSN
	General Tutorials
2:30 pm - 2:50 pm	Nutritional Considerations for Female Fighters During Fight Week Jackie Kaminski MS RD CISSN sponsored by the NASM
3:00 pm - 3:20 pm	Nutrition for Combat Athletes Charles Stull MS RD sponsored by UFC Performance Institute
10-min Break	
Brief Communications	Mike Greenwood PhD Memorial Sessions Moderator: Rick Kreider PhD FISSN (Original unpublished investigations only) – 10 min talks
3:30 pm - 3:40 pm	Chester Sokolowski PhD Candidate: The Relationship Among Binge Drinking, Musculoskeletal Composition, Physical Performance, and Metabolic Health in Young Adult Females <i>Florida State University</i>
3:45 pm - 3:55 pm	Hannah Cabre RD PhD Candidate: Hormonal Contraception, Strength, and Recovery <i>University of North Carolina - Chapel Hill</i>
4:00 pm - 4:10 pm	Drew Gonzalez PhD Student - Nutritional Strategies for Firefighters: What we know and what we don't <i>Texas A&M</i>
4:15 pm - 4:25 pm	Veronica Mekhail MS Student - The Effects of Pre-workout Supplementation on Measures of Alertness and Mood <i>Nova Southeastern University</i>
4:30 pm - 4:40 pm	Jeffery Heilesen PhD Student - Investigating the potential differential effects of eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) on recovery from exercise-induced muscle damage <i>Baylor University</i>
4:45 pm - 4:55pm	Katie Kennedy MS Student - Sex Differences in Skeletal Muscle Fatiguability <i>University of South Alabama</i>
Closing Remarks	Trisha VanDusseldorp PhD FISSN, Erik Bustillo MS RD FISSN, and Chad Kersick PhD FISSN