

The 18th Annual ISSN Conference and Expo

issn

St. Petersburg FL 🌴

June 10-12, 2021

international society of sports nutrition™

The ISSN-Why Go Anywhere Else?™

Hilton St. Petersburg Bayfront, 333 1st Street South, St. Petersburg FL 33701

June 10 – 12, 2021

EARN your CEUs too! NASM 16 CEUs, CDR 16, NSCA 1.6, ISSN 16, ACSM 7 CECs



The OUTRIGHT Bar is the Official Nutrition Bar of ISSN-St. Petersburg

Registration

Thursday, June 10: 12noon - 4:00PM: Registration opens

Friday, June 11: 7:00AM - 3:00PM: Registration opens; 4:45pm – 6:00PM: Drinks and Poster Presentations

Saturday, June 12: 8:00AM – 12noon: Registration opens

Day 1: June 10	Room: Grand Bay Ballroom
	Welcome to the 18 th Annual Meeting Moderator: Chad Kerkick PhD FISSN
1:00pm-1:30pm	A registered dietitian's top pieces of advice for RDs and sport nutritionists Erik Bustillo MS RD CISSN
1:30pm-2:00pm	Nutrient timing: more than just macros Patrick Harty PhD(c)
2:30pm-3:00pm	Energy status of collegiate athletes: what they don't know might be hurting them Andrew Jagim PhD CISSN
15 min break	
3:15pm-3:45pm	Diet refeeds and diet breaks Guillermo Escalante DSc MBA CISSN
3:45pm-4:15pm	Gut health: how are athletes different and what role can probiotics play in performance and recovery Ralf Jager PhD FISSN
4:15pm-4:45pm	Viewing sports performance through the lens of evolutionary biology: winner-loser effects and why only runners get "high" Omar Tonsi Eldakar PhD
	Have a great evening and support the hotel restaurants please 😊

Day 2: June 11 Room: Grand Bay Ballroom	<u>Original Investigations Presented by the PI or Co-PI</u> Note: Friday's sessions are dedicated to scientists that do the critical work of conducting <i>original investigations</i>. They will be sharing their own data. Some of which you will see for the first time.
Morning Sessions	Moderator: Lacey Gould CISSN
9:00am-9:30am	Body composition assessment: lack of standardization can wreak havoc Grant Tinsley PhD CISSN
9:30am-10:00am	Effects of NSAIDs on muscle and bone: from cells to soldiers Brandon Roberts PhD
10:00am-10:30am	Comparison of basal whole-body protein kinetics and muscle protein synthesis between young and older adults Katie Hirsch PhD CISSN
30 min break	
Morning Sessions cont.	Moderator: Brent Uken MS CISSN
11:00am-11:30am	Immunological approach to reduce URTI symptoms in high intensity training: the function of paraprobiotics Shintaro Ichikawa PhD, Sponsored by KYOWA
11:30am-12:00pm	The acute effects of energy drink formulas on metabolism, autonomic response, and excess post-exercise oxygen consumption Nicolas Clark PhD(c)
Lunch 12:00pm-1:30pm	Lunch on your own (unless you are a student). We would recommend that students attend the Lunch and Learn Roundtable
Lunch and Learn for Students 12:00-12:45pm	Roundtable for STUDENTS ONLY (brown bag lunch served for you) Graduate School and Post-Doctoral Fellowships: Considerations and Goals Arny Ferrando PhD FISSN, Trisha VanDusseldorp PhD, Shawn Arent PhD FISSN Moderator: Brent Uken MS CISSN <i>This is for undergraduate and graduate students interested in pursuing a graduate degree or post-doctoral fellowship in the field of Exercise and Sport Science</i>
1:30pm-2:00pm	Announcements and Awards Master of Ceremonies: Douglas Kalman PhD RD FISSN, with Trisha VanDusseldorp PhD CISSN, and Rick Kreider PhD FISSN
Afternoon Sessions	Moderator: Hannah E. Cabre MS RDN
2:00pm-2:30pm	Fuel with fat, thrive on ketones: effects of a well-formulated ketogenic diet on body composition, mood, and satiety in women Catherine Saenz PhD RD
2:30pm-3:00pm	Workload and neurological performance in D1 anaerobic athletes Gabriel Sanders PhD CISSN
3:00pm-3:30pm	Rapid fat loss – How fast is too fast? Bill Campbell PhD FISSN and Alexander Brooks
30 min break	
4:00pm-4:50pm	Roger Harris Honorary Keynote Lecture The sports supplements revolution – through my lens Jeff Stout PhD FISSN Moderator: Trisha VanDusseldorp PhD CISSN Sponsored by the ISSN
5:00pm-6:00pm (Free drinks from 5:00pm-6:00pm)	Happy Hour and Poster Presentations – lead authors please be present at your poster. 

Day 3: June 12	Basic and Applied Science Room: Grand Bay Ballroom
Morning Sessions	Moderator: Veronica Mekhail CISSN
8:30am-9:00am	Carbohydrate recommendations for training John Eric Smith PhD
9:00am-9:30am	Plant-based proteins Chad Kerkick PhD FISSN
9:30am-10:00am	The nuance of skeletal muscle hypertrophy Michael Roberts PhD
30 min break	
Morning Sessions cont.	Moderator: Cassandra Evans CISSN
10:30am-11:00am	Early intervention: addressing athlete nutrition and disordered eating Melanie Boehmer MS RD CISSN
11:00am-11:30am	To fast or feast? That is the question Matthew Stratton PhD(c) CISSN
11:30-12:00pm	Mitigation of muscle loss in stressed physiology: military relevance David Church PhD
Lunch on your own 12:00pm-1:20pm	
1:20pm-1:50pm	ISSN's DATA BLITZ – Science at the Speed of Light You have 60 seconds to present original unpublished data . Moderator: Douglas Kalman PhD RD FISSN Judges: Tim Ziegenfuss PhD FISSN, Lia Jiannine PhD, Darryn Willoughby PhD FISSN
1:50pm-2:00pm	Announce the Winners of the Data Blitz
2:00pm-2:50pm	President's Lecture Protein homeostasis in the stress state Arny Ferrando PhD FISSN Moderated by: Trisha VanDusseldorp PhD Sponsored by the ISSN
10 min break	
	Mike Greenwood Memorial – Moderator Rick Kreider PhD Brief Communications – Original Investigations only 10 minute oral presentation - 5 min of Q & A
3:00pm-3:15pm	Betaine supplementation on fluid balance and thermoregulation in the heat Brandon Willingham PhD RD LD
3:15pm-3:30pm	Creatine and women Michaela Alesi MS
3:30pm-3:45pm	High intensity interval training vs. a high fat meal as tests of metabolic flexibility Alyssa Olenick MS CISSN
15 min break	We're at the bottom of the 9th inning. Bottom of the 7th if you prefer softball.
4:00pm-4:15pm	Does coffee consumption acutely hamper heart rate variability in habituated university students Hayley Maher

4:15pm-4:30pm	Energy drinks: all brain, no brawn? Cassandra Evans MS CISSN
4:30pm-4:45pm	Collagen peptides improve measures of physical function and pain in middle-aged active adults Shiloah Fuller PhD(c)
4:45pm - Closing Remarks	Trisha VanDusseldorp PhD CISSN, Chad Kerkick PhD FISSN, and Erik Bustillo MS RD CISSN

The 19th Annual ISSN Conference will be held on Fort Lauderdale Beach, Florida at the Westin Fort Lauderdale Beach Resort, June 16-18, 2022. Be there. Aloha.

