



2017 Central States ACSM Conference Schedule

Monday, Oct 23		
Time	Topic (Spellmann, room 4080)	Topic (Fitness Center)
7:30-9:00	Registration	
9:00-9:15	Welcome	
9:15-10:00	Brianne Guilford (Southern Illinois University-Edwardsville) "Chewing the Fat": The Effects of Diet and Exercise on Diabetic Neuropathy	Mitch Schwartzman (Lindenwood University, Athletic Performance) "Unilateral Lower Body Training: Rationale and Methodology"
10:00-10:45	Jackie Limberg (University of Missouri) "Neural control of blood flow during exercise in human obesity"	Aaron Sciascia (Eastern Kentucky University, Athletic Training) "The evaluation and rehabilitation of scapular dyskinesis"
10:45-11:00	Break	Break
11:00-11:45	Mike Lane (Eastern Kentucky University) "Partner based training and loads encountered in their performance"	Eric Renaghan (St. Louis Blues) "Use of Force Plates and Power Assessment for Performance"
11:45-12:30	Terse Zidon (University of Missouri) "Effects of Exercise and Estrogen on Adipose Tissue Metabolic Health"	
12:30-1:30	Lunch on your own	
1:30-2:15	Student research Grant <i>Presentations</i> Undergraduate – E. Lind, Lindenwood University Master's – L. Shrum, Southeast Missouri State University Doctorate – M. Rosa-Caldwell University of Arkansas	
2:15-3:30	Student research Awards Undergraduate – A. Boushard, Lindenwood University; S. Ramey, University of Arkansas Master's – P. Harty, Lindenwood University; S. Mohler, University of Arkansas Doctorate – C. Butts, University of Arkansas; R. Perry, University of Arkansas	
3:30-4:00	Break	
4:00-5:30	Poster sessions	
5:30-7:00	Quiz Bowl	

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Tuesday, Oct 24		
Time	Topic (Spellmann, room 4080)	Topic (Fitness Center)
8:00-8:15	Welcome	
8:15-9:00	Chaya Gopalan (Southern Illinois University-Edwardsville) "Flipped Teaching Research"	Matt Nicholson (Chiropractic) "Cultivating Movement"
9:00-9:45	Riley Galloway (Missouri State University) "Elementary In-School Physical Activity and Its Relation to State Recommendations" Jacob Gdovin (Missouri State University) "Footwear & Performance"	Travis Pelletier (Lindenwood University, Athletic Performance) "Plyometric Testing and Progressions: Bridging the Gap Between Training and Competition"
9:45-10:00	Break	Break
10:00-10:45	Andrew Jagim (Lindenwood University) "Metabolic needs of athletes; perception vs reality"	Ryan DeGeeter (Washington University School of Medicine, Physical Therapy) "Training Tips to Improve Lower Extremity Mechanics with Sport-Related Movement"
10:45-11:30	Derek Crawford (Pittsburg State University) & Katie Heinrich (Kansas State University) "The Role of High-Intensity Functional Training for Chronic Health Conditions"	Michael Reese (Lindenwood University, Athletic Performance) "Training Rotational Patterns in Athletes"
11:30-11:45	Break	
11:45-1:30	Lunch & keynote speaker: Kerri Morgan, PhD, OT "Health and Exercise for People with Mobility Disabilities"	
1:30-2:30	Student meeting (room 4105) – Chris Todden (Baker University) Professional business meeting (room 4080) – Jason Wagganar	
2:30-3:00	Closing remarks	

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