

**Central States Chapter  
of the  
American College of Sports Medicine  
Fall 2016 MEETING SCHEDULE**

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**Thursday, October 20<sup>th</sup>, 2016**

10:00-11:45	<b>Registration</b>	Reynold's Center Atrium
11:45-12:00	<b>Opening remarks</b> Michelle Gray, Past-President - CSCACSM	Auditorium
12:00-1:00	<b>Hydration for Health</b> Matthew Ganio, Stavros Kavouras, & Brendon McDermott University of Arkansas	Auditorium
1:00-1:15	<b>Break</b>	
1:15-2:00	<b>The Influence of Exercise-Induced Muscle Damage on Endurance Exercise Performance</b> Christopher D. Black University of Oklahoma	Auditorium
1:15-2:00	<b>Physical Activity and Self-Perceptions in Children: Not All times of Day are Equal</b> Erin Howie <sup>1</sup> , Phoebe Simpson <sup>2</sup> , Ashleigh Neil <sup>2</sup> , Sian Williams <sup>2</sup> , Sue Morris <sup>2</sup> , Leo Ng <sup>2</sup> <sup>1</sup> University of Arkansas; <sup>2</sup> Curtin University	Seminar A
2:00-2:45	<b>Quantification of Postural Sway in a Concussed Population Using a Smartphone Accelerometer</b> Dave P. Heller, Brittany Oppland, & Kelsi Rempe Rockhurst University; Des Moines University	Auditorium
2:00-2:45	<b>Energy Balance and Health: What do we know, what don't we know, and what should we know?</b> Robin Shook Children's Mercy Hospital	Seminar A
2:45-3:00	<b>Break</b>	
3:00-4:30	<b>Student Oral Presentations</b> <b>Undergraduate:</b> <b>Masters:</b> <b>Doctoral:</b>	Auditorium
4:30-5:30	<b>Student Poster Presentations Presentations</b>	Seminar A
5:30	<b>Quiz Bowl</b> Presider: Joe Pujol, FACSM Southeast Missouri State University	Auditorium

## Thursday, October 21<sup>st</sup>, 2016

8:30-8:45	<b>Opening remarks</b> Michelle Gray, Past-President - CSCACSM	Auditorium
8:45-9:45	<b>Special Topic on Physical Activity and Aging</b> Larissa Boyd, Jacilyn Olson, & Melissa Powers, University of Central Oklahoma	Auditorium
9:45-10:45	<b>Skeletal Muscle Wasting – An Update from Bench to Countermeasures</b> Nicholas P. Greene <sup>1</sup> , Tyrone A. Washington <sup>1</sup> , & Phillip Gallagher <sup>2</sup> <sup>1</sup> University of Arkansas; <sup>2</sup> University of Kansas	Auditorium
10:45-11:00	<b>Break</b>	
11:00-11:45	<b>Bridging the Gap: Easier Said than Done</b> Adam Bruenger University of Central Arkansas	Auditorium
11:45-1:30	<b>Lunch</b>	Auditorium
1:30-2:15	<b>Student Grant Award Presentations</b> <b>Doctoral:</b> Stephanie Kurti (Kansas State University) <b>Masters:</b> Natalie Janzen (Oklahoma University) <b>Doctoral #2:</b> Cory Butts (University of Arkansas)	Auditorium
2:15-3:00	<b>Professional Business Meeting</b> Scott Richmond, Lindenwood University	Auditorium
2:15-3:00	<b>Student Meeting</b> <b>What Does it Mean to Be a Certified Exercise Professional</b> Chris Todden	Seminar A
3:00-3:15	<b>Closing Remarks</b> Michelle Gray, Past-President - CSCACSM	Auditorium