

**SOUTHWEST CHAPTER  
30<sup>th</sup> ANNUAL MEETING**

**AMERICAN COLLEGE OF SPORTS  
MEDICINE**



**SWACSM ANNUAL MEETING**

October 21-22, 2011

**Peppermill Resort Spa & Casino  
2707 South Virginia Street  
Reno, Nevada 89502**

Jointly sponsored by  
The American College of Sports Medicine (ACSM)  
and the  
Southwest Chapter of ACSM (SWACSM)  
**THE PROGRAM**

**FRIDAY, October 21, 2011**

**REGISTRATION  
Grand Ballroom Foyer**

**7:30 AM – 4:00 PM**

**CONCURRENT COLLOQUIA 8:30 AM – 9:30 AM**

**Interactive Gaming and ACSM Exercise Guidelines**

Tony Santo, Ph.D., Janet Dufek, Ph.D., Nicholas Klug, M.S.  
University of Nevada, Las Vegas, and California State University,  
San Bernardino

**The Myth of 110%: Limitations to Human Performance**

Bill Whiting, Ph.D., California State University, Northridge

**Lacrosse – New Look at an Old Sport**

John Mercer, Ph.D., University of Nevada, Las Vegas  
Jason Nielsen, M.D., Children's Bone & Spine Surgery,  
Henderson, NV

**GENERAL SESSION**

**9:45 AM – 11:45 AM**

**Southwest ACSM Recognition Award**

**DB DILL LECTURE**

**The American Fitness Index: It Takes a Community to  
Create an Active Society**

Barbara Ainsworth, Ph.D., FACSM, ACSM President  
Arizona State University

**LUNCH**

**11:45 AM – 1:15 PM**

## FRIDAY, October 21, 2011

### CONCURRENT COLLOQUIA 1:30 PM – 2:45 PM

#### **Exercise and Regulation of Appetite: Implications for Body Weight Control**

Todd Hogobian, Ph.D., California Polytechnic University, San Luis Obispo

#### **Skeletal Muscle Fatigue and Mitochondrial Activation During Repetitive Contractions in Isolated Myofibers**

Leo Nogueira, Ph.D., Paulo Grandra, Ph.D., Li Zuo, Ph.D.  
University of California, San Diego

#### **Fueling Athletes for Endurance**

Joe Dibble, RD, CSCS, Sierra Strength and Speed, Reno, NV

### CONCURRENT SYMPOSIA 3:00 PM – 4:30 PM

#### **The Relationship of Body Composition, Energy, and Impact Loading on Bone**

Moderator: Jeanne Nichols, Ph.D., San Diego State University

#### **The relationship between muscle density and bone density in prepubescent and pubescent girls**

Scott Going, Ph.D., University of Arizona

#### **The importance of impact loading on bone density across the life span**

Kara Witzke, Ph.D., California State University, San Marcos

#### **Does the load imparted on bone by dance differ in traditional and non-traditional dance training?**

Victoria Jaque, Ph.D., California State University, Northridge.

#### **Cycling: Pedal to the Metal?**

#### **Human Pedaling Data: Sometimes You Get What You Expect, Sometimes You Don't**

Jim Martin, Ph.D., University of Utah

#### **Musculoskeletal Modeling and Forward Dynamic Simulations of Pedaling**

Maury Hull, Ph.D., University of California, Davis

### STUDENT JEOPARDY COMPETITION 6:00 PM – 7:30 PM

### STUDENT RESEARCH COMPETITION 7:30 PM – 9:00 PM

Moderator: Linda Wilkin, Ph.D., California State University, San Bernardino

## FRIDAY, October 21, 2011

### POSTER PRESENTATIONS GRADUATE SCHOOL FAIR

4:30 PM – 7:00 PM

## SOCIAL EVENT

NO HOST WINE & CHEESE RECEPTION

## SATURDAY, October 22, 2011

### REGISTRATION

Grand Ballroom Foyer

7:30 AM – 11:00 AM

### CONCURRENT COLLOQUIA

8:00 AM – 9:15 AM

#### **Cardio + Resistance Training + H<sub>2</sub>O = Underwater Treadmill Running**

Matt Silvers, Ph.D., Eastern Washington University

#### **Alpine Ski Mechanics: Energy, Force, and Performance**

Gerry Smith, Ph.D., Utah State University

#### **Training Tips: Achy Knees and Hips Modifying the Exercise Prescription for OA - the Most Common Joint Disorder**

Robyn M. Stuhr, M.A., ACSM-RCEP, University of California San Diego Medical Center

## SATURDAY, October 22, 2011

**CONCURRENT COLLOQUIA**

**9:30 AM – 10:45 AM**

**Gatorade Sports Science Institute**

Robert Sallis, M.D., Kaiser Permanente

**Biomechanics of the Throwing Shoulder: Injury Prevention and Performance Enhancement Through Proper Pitching Mechanics**

Rafael Escarmilla, Ph.D., Andrews-Paulos Research and Education Institute

**GENERAL SESSION 11:00 AM – 12:30 PM**

**Business Meeting  
Student Awards  
HostSchool Presentation**

**FOUNDERS LECTURE**

**Does Skeletal Muscle Possess the Right Stuff to Enable Space Exploration?**

Ken Baldwin, Ph.D.  
University of California, Irvine

Annual meeting program subject to change

**Acknowledgements:**

We wish to acknowledge the following sponsors who provided educational grants for the conference:

**AmericanCollege of Sports Medicine  
Gatorade Sports Science Institute**

*The AmericanCollege of Sports Medicine's  
Professional Education Committeecertifies that the*

**Southwest Regional Chapter meets the criteria for official ACSM Approved Provider status.**

**Provider # 650394**

**HOTEL INFORMATION**

**Peppermill Resort Spa & Casino  
2707 South Virginia Street  
Reno, NV 89502**

Conference Room Rates:

Thursday \$69/night

Friday & Saturday \$99/night

For information and reservations, contact the hotel directly:

**Phone: 1-800-282-2444**

**Identify yourself with group code SSCACSM**

**The Cutoff Date for Southwest ACSM block of rooms is September 20, 2011.** Availability of rooms at the SWACSM group rate cannot be guaranteed after this date.

**ABSTRACT SUBMISSION**

**Deadline for abstract submission is 5:00 PM, PDT on September 16. Abstract submission guidelines are posted on the Southwest ACSM web page (swacsm.org). Direct submissions or questions to Dr. Linda Wilkin at lwilkin@csusb.edu.**

**ANNUAL MEETING REGISTRATION FORM**

