

For information on submitting Research Grant applications and Abstracts, click on the Student Awards tab on the RMACSM.org website.

# Rocky Mountain Chapter— American College of Sports Medicine

**RMACSM Annual Meeting Brochure**

**March 27-28, 2015**

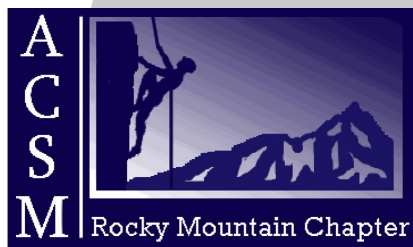
**Marriott Springhill Suites**

**1190 Auraria Parkway, Denver, Colorado 80204**

**Phone: 303-705-7300**

**Toll Free: 888-236-2427**

A limited number of rooms are being held at the rate of \$129/room. Call now to make reservations—to receive the special rate, let them know you are with RMACSM.

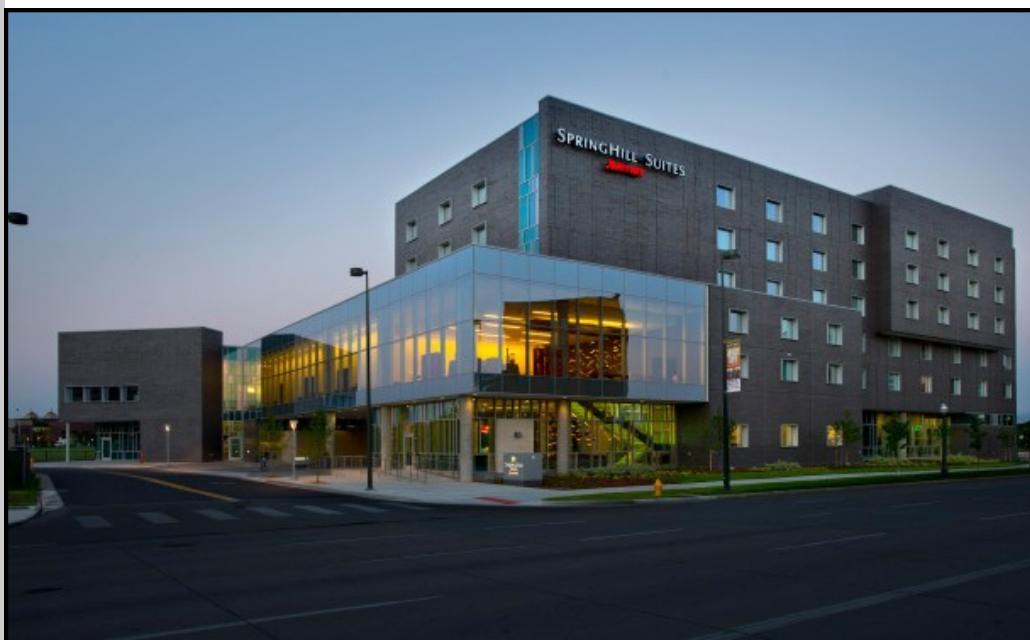


Students who want to volunteer at the meeting should contact: Rose Steen at [rjsteen2009@gmail.com](mailto:rjsteen2009@gmail.com)

To Register: visit the RMACSM.org website or register at the door.

To join ACSM: [Acsm.org](http://Acsm.org)—click on Join ACSM

7.5 CEU credits will be granted to those attending



## Registration Fees:

**Professional ACSM Members: \$80.00**

**Professional Non-ACSM: \$130.00**

**Student ACSM Members: \$40.00**

**Student Non-ACSM: \$60.00**

## Schedule of Events

### Friday, March 27th

11:00 AM—1:00 PM	Registration	
1:00 PM—1:15 PM	Welcome and Introduction of the Board	Enette Larsen and Melissa Benton
1:15 PM—2:15 PM	<b>Keynote: “Dysfunctional Muscle in Aging, Obesity, and Neuromotor Disabilities: Unraveling Cause from Consequence”</b> by Mark D Peterson, PhD, University of Michigan	
2:15 PM—3:15 PM	<b>Gatorade Lecture: “Small Changes, Big Rewards: Strategic Communication for Physical Activity”</b> by Dixie Stanforth, PhD, University of Texas—Austin	
3:15 PM—3:30 PM	Break	
3:30 PM—4:20 PM	<b>2014 Grant Winner Presentations</b>	
4:30 PM—6:30 PM	Opening Reception and Poster Judging (Students remain by their posters as follows: Odd numbers from 4:30—5:30 PM, Even number posters from 5:30—6:30 PM)	
6:45 PM	<b>RMACSM Dinner get-togethers—complete information at registration</b>	

### Saturday, March 28th

6:45 AM—7:45 AM	<b>Physical Activity Session—(optional) with Mike Brown, MED—Your Movement Health! Boulder, CO—come dressed to exercise!</b>	
8:00 AM—8:30 AM	RMACSM Business Meeting	Board Members
8:30 AM—8:45 AM	Announcements and Introduction of New Board Members and Poster Winners	
8:45 AM—9:45 AM	<b>ACSM Certification: “The Basics” (speakers TBA)</b>	
9:45 AM—10:45 AM	<b>Fellow’s Lecture: “Muscle Activation and Health: Avoiding the Dangers of Too Much Sitting”</b> by William Byrnes, PhD, University of Colorado at Boulder	
10:45 AM—11:00 AM	Break	
11:00 AM—Noon	<b>Past President’s Lecture: “Physiologic Response to Exercise Training Among Cancer Survivors”</b> by Scott Drum, PhD, Northern Michigan University	
Noon—12:45 PM	Box Lunches and presentation by <b>Tim Behrens, PhD, CHES, FACSM University of Colorado “ACSM Fellowship Opportunities”</b>	

#### Track #1

#### Track #2

1:00 PM—1:40 PM	<b>“Implications of a Vegan Diet for Athletic Performance”</b> by Andrea Gorman, PhD, RD, Rocky Mountain University of Health Professions	<b>“Optimizing Design of the Exercise Drug for Cardiometabolic Health”</b> by Barry Braun, PhD, Colorado State University
1:45 PM—2:25 PM	<b>“Stability, Mobility and Movement Training for Law Enforcement Officers”</b> by Jay Dawes, PhD University of Colorado at Colorado Springs	<b>“Capsaicin Fuels a Fire in Fat: A Novel Approach to Counteract Obesity”</b> by Baskaran Thyagarajan, PhD, University of Wyoming
2:30 PM—3:10 PM	<b>“Exercise Therapy for Peripheral Artery Disease”</b> by Mark Patterson, MEd, RCEP Kaiser Permanente of Colorado	<b>“Use of Skeletal Muscle Ultrasound to Measure Skeletal Muscle Glycogen”</b> by Inigo San Millan, PhD, University of Colorado at Denver
3:10 PM—3:30 PM	Break	
3:30 PM—4:00 PM	Student Bowl	
4:00 PM—4:30 PM	Winning Student Poster Presentations	
4:30 PM	Closing Remarks and Farewell	