

Saturday, April 1, 2017

Health is Wealth: The Role of Exercise and Nutrition Across the Lifespan

| Time | Activity | Speaker |
|-------------------|--|---|
| 7:30am - 8:00am | Registration and Check In (Room Open for Poster Hanging) | |
| 8:00am - 8:15am | RMACSM Welcome Address | |
| 8:15am - 9:15am | Keynote Presentation: HIIT in Health and Disease Across the Lifespan | Larry Durstine, PhD |
| 9:15am - 9:30am | Break | Water, Coffee, Tea, and Trail Mix Provided |
| 9:30am - 10:30am | GSSI Lecture: Fueling Athletes | Kim Stein, PhD |
| 10:30am - 11:30am | Poster Session | |
| 11:30am - 12:30pm | Lunch (Board Meeting from 11:45-12:30pm) | Sandwiches, Fruit, Veggies and Popcorn/Chips Provided |
| 12:30pm - 1:30pm | Past President's Lecture: The importance of hemoglobin mass in defining hematological adaptations to exercise & altitude | William Byrnes, PhD |
| 1:30pm - 2:30pm | Invited Lecture: Gait and balance: neural mechanisms and markers of neuroplasticity | Brett Fling, PhD |
| 2:30pm - 2:45pm | Break | Water, Coffee, Tea and Fruit Provided |
| 2:45pm - 3:15pm | RMACSM Grants Keep the Pedals Turning | Jim Peterman |
| 3:15pm - 4:00pm | Last Year's Grant Presentations ((8 minutes per talk + 2 minutes for questions) | |
| 4:00pm - 4:30pm | Poster Presentation Winner 3 Minute Presentations | Top 3 Undergrad and Grad Posters Give 3 Minute "Thesis Talks" |
| 4:30pm - 4:45pm | Break | Water, Coffee, Tea, Fruit and Cookies Provided |
| 4:45pm - 5:45pm | Student Bowl | Nathan Ketelhut |
| 5:45pm - 6:00pm | Poster/3 Minute Talk Winner Announcement and Closing Comments | |
| 6:00pm - 6:30pm | Business Meeting | |