

Rocky Mountain Chapter of the American  
College of Sport Medicine

# RMACSM

JUST FOR THE HEALTH  
OF IT: ONE BITE ONE  
STEP AT A TIME

APRIL 6-7, 2018  
UNIVERSITY OF COLORADO COLORADO SPRINGS  
DWIRE HALL  
1420 AUSTIN BLUFFS PARKWAY  
COLORADO SPRINGS, CO 80918

# WELCOME



*Margaret Harris, PhD MS HC  
President Elect*

The Rocky Mountain ACSM Governing Board welcomes you to Colorado Springs for the 2018 annual meeting! The theme this year is "Just for the Health of It: One Bite, One Step at a Time". We have an exciting lineup of speakers this year, featuring our Keynote, Dr. Brent Alvar, Professor of Kinesiology from Point Loma Nazarene University in San Diego, CA.

This year, our posters will be presented on Friday evening starting at 7pm, immediately after our speakers. Feel free to enjoy some hors d'oeuvres and socialize during the poster sessions. The top three undergraduate and graduate poster winners will present three minute talks on Saturday afternoon. The overall winners of both the undergraduate and graduate divisions will be decided based on their total poster and presentation scores.

During our breaks and lunch, feel free to stop by our student-run tables which have some fun activities for you. Our student bowl this year (open to undergraduate students) will take place after our first speaker on Saturday morning. Each student on the winning team will receive a stipend award to help cover the cost of attending the National Meeting, so be sure to get a team together!

Our meeting will conclude with a planning meeting for the future. We welcome all of you to participate and share your thoughts with us. We hope you enjoy our meeting this year. Thank you for your attendance and support of our local chapter.

## **CONTINUING EDUCATION**

RMACSM IS APPROVED BY ACSM TO PROVIDE 6.5  
CECS (CONTINUING EDUCATION CREDITS) FOR THIS  
CONFERENCE. PLEASE CLAIM ONLY THOSE HOURS  
THAT YOU ATTEND.

# SPEAKERS



**BRENT ALVAR,  
PHD CSCS\*D,  
RSCC\*D,FNSCA,  
FACSM**

**Dr. Brent Alvar is our Keynote Speaker.**

**Keynote Speech: Dose-Response of Resistance Training - A historical perspective**

This talk will take a look at the historical perspectives of resistance training as an element of the American College of Sports Medicine recommendations. Dr. Alvar will weave his own personal research journey into an exploration of an evidence-based approach to resistance training programming guidelines

**Saturday morning: Applications of Exercise Science in Tactical Fitness and Performance**

The field of exercise science continues to evolve and encompass differential opportunities for application of our guiding principles for differential occupations. This talk will explore various tactical populations and the importance of utilizing science to guide our professional practice when designing programs for differential occupations.

Dr. Alvar has a Ph.D. from Arizona State University (ASU). After graduation, he was hired as an Assistant Research Professor at ASU and had a joint appointment with Chandler-Gilbert Community College as a Residential Faculty member, Director of Sport Performance and Coordinator of the Human Performance Laboratory. He left to help build and oversee several graduate degrees, as well as the research program, for Rocky Mountain University of Health Profession.

Dr. Alvar's is currently a Professor of Kinesiology at Point Loma Nazarene University (PLNU) in San Diego California. His primary role at PLNU is overseeing the Master of Science in Kinesiology – Sport Performance concentration. He takes pride in working to help build the research culture of the department and mentoring future professionals/scholars in the Field. He is a Certified Strength and Conditioning Specialist with Distinction, Registered Strength and Conditioning Coach with Distinction and recognized as a Fellow of the American College of Sports Medicine and the National Strength and Conditioning Association.

Dr. Alvar's research focus is in the area of physical activity related to human performance, occupational preparedness (sports, firefighting and military) and health-related benefits from resistance training. He recently was a co-editor in the National Strength and Conditioning Associations textbook: Essentials of Tactical Strength and Conditioning (Human Kinetics publisher).



**EVAN JOHNSON,  
PHD**

**Dr. Evan Johnson is our Keynote Kick-Off Speaker.**

**Friday Afternoon: *Everyday Hydration, I Should Care?***

The term “hydration” is ubiquitous in the sports performance and general population. However, all uses of the term are not equivalent. This presentation will provide background for understanding the different ways in which “hydration” is related in the lay and scientific literature and why this matters! The second part of the presentation will cover Evan’s most recent research into the validation of measurement tools and scales that assist with the assessment of water intake. Also, the lecture will present new data which demonstrates how to determine if you have not consumed enough water and “exactly” what you can do about it.

Evan is in his third year as an assistant professor within the Division of Kinesiology and Health at the University of Wyoming. He received his Bachelors of Science from The George Washington University, both his M.A. and Ph.D. from the University of Connecticut, and most recently completed a post-doctoral appointment at the University of Arkansas. Within his graduate training he also spent time as a research assistant at the Naval Health Research Center assisting with warfighter readiness and thermoregulatory safety during training. Currently, his research focuses on the physiological effects of increased and decreased water intake, interventions to assist with exercise in the heat, as well as the individual and combined impacts of water intake, heat, and exercise intensity on renal function. His work in these areas has resulted in the publication of 39 peer reviewed journal articles and four book chapters since 2009. His teaching interests include the conveyance of physiological principles in stimulating ways with the appropriate use of new and old “technology”.



MARY MILES,  
PHD

Dr Miles is our Gatorade Sports Science Institute Speaker this year.

**Saturday Afternoon: Exercise, diet, and potential impacts of the gut microbiome on health**

Exercise and diet interact in complex ways to influence health. Much of that complexity stems from the unique composition of microbes inhabiting each human body. The impacts of these microbes on metabolism and physiological systems is a fascinating and emerging area of current research. This presentation will explore how exercise and diet modulate the gut microbiome, inflammation, and health. Funding for this presentation has been provided by the Gatorade Sports Science Institute (GSSI).

Mary Miles, PhD, is a professor in the Department of Health and Human Development at Montana State University. Her research focuses on how diet, exercise, and the gut microbiome influence inflammation and metabolic health. She is a fellow of the American College of Sports Medicine, an associate editor for the journal Applied Physiology, Nutrition, and Metabolism, author or co-author of over 40 articles and book chapters, and principal investigator of the Nutrition Research Laboratory at Montana State University.



*Dr. Miles is sponsored by the  
Gatorade Sports Science  
Institute*



**MARK  
PATTERSON,  
M. ED.**

**Dr. Mark Patterson is our Past President Speaker.**

**Saturday morning: Exercise After Diagnosis: One Step at a Time**

The science of exercise has changed dramatically over the decades. How we prescribe exercise has evolved to more exacting standards. The internet has been flooded with expert and not so expert commentary on the benefit of exercise for people of all sizes and conditions. We now know more about how exercise can benefit those with various chronic conditions and diseases and can be prescribed in more more complex ways. Despite all of these advancements is it really in our patients and clients best interest to lay down complicated, comprehensive programs that try to address multiple issues at the same time? This presentation will look at two people on the opposite ends of the physical fitness spectrum, quite different overall risk profiles, but yet both end up with complications of their hearts and how setting aside our guidelines, using common sense and in some cases going back to basics is the right thing to do.

Mark is a Registered Clinical Exercise Physiologist with Kaiser Permanente Colorado. He received his BS in Physical Education from the University of Central Missouri. He went on to earn his MEd in Exercise Physiology from the University of Virginia. In his career he has received numerous awards including the most recent Kaiser Permanente Legendary Service P.R.I.D.E. Award in 2017 and the Rocky Mountain Region of the American College of Sports Medicine Honor Award in 2015 among many others.

Mark has been involved with American College of Sports Medicine and with the Clinical Exercise Physiology Association (CEPA) as the first continuing education chair. He has been president of the Rocky Mountain chapter of the ACSM and past Chair of the Registered Clinical Exercise Physiology Practice Board for ACSM. He has been a reviewer for multiple clinical exercise physiology texts, has co-authored a chapter in the 3rd Edition of Ehrman, Gordon, Visich and Keteyian Clinical Exercise Physiology book and is currently working on co-authoring chapters for two new ACSM text books on clinical exercise physiology and exercise testing and prescription .

## GRANT RECIPIENTS

**Grant recipients from the 2017 conference will present their work this year.**

**Clayton Swanson:** The effects of aging on cortical inhibition and gait coordination

**Felix Proessl:** The effects of tDCS on sustained isometric contractions of the knee extensors in Multiple Sclerosis

**Diba Mani:** Electrical nerve stimulation modulates force steadiness of the wrist extensor muscles in older adults, but not young adults

**Raj Trikha:** Squeezing is Pleasing: Upper Limb Circulatory Occlusion Promotes Cycling Performance in Normoxia and Hypoxia

# SCHEDULE

## April 6, 2018 - Friday

Check-in	4:15-5:00pm	Dwire Hall Atrium
Kick off: Dr. Evan Johnson	5:00-6:00pm	Dwire Hall Rm 121
Keynote: Dr. Brent Alvar	6:00-7:00pm	Dwire Hall Rm 121
Posters, Appetizers, Social	7:00-9:00pm	Dwire Hall Atrium

## April 7, 2018 - Saturday

Check-in and Breakfast	7:00-8:00am	Dwire Hall Atrium
Welcome	8:00-8:15am	Dwire Hall Rm 121
Keynote: Dr. Brent Alvar	8:15-9:15am	Dwire Hall Rm 121
Mid-morning Snack	9:15-9:30am	Dwire Hall Atrium
Student Bowl	9:30-10:30am	Dwire Hall Rm 121
Break	10:30-10:45am	Dwire Hall Atrium
Past President: Mark Patterson	10:45-11:45am	Dwire Hall Rm 121
Lunch	11:45-12:30pm	Dwire Hall Atrium
GSSI Speaker: Dr. Mary Miles	12:30-1:30pm	Dwire Hall Rm 121
Grant Recipient Presentations	1:30-2:15pm	Dwire Hall Rm 121
Activity and Mid Afternoon Break	2:15-2:45pm	Dwire Hall Atrium/Outside
Grant Recipient Talks	2:45-3:15pm	Dwire Hall Rm 121
Student Presentation Winners	3:15-3:30pm	Dwire Hall Rm 121
Member Feedback and Future Planning Meeting (All welcome)	3:30-4:00pm	Dwire Hall Rm 121
Board Meeting	4:00-4:30pm	Dwire Hall Rm 121

*The Mission of the Rocky Mountain Chapter of the American College of Sports Medicine is to advance and integrate scientific research to provide educational and practical applications of exercise science and sports medicine.*

# REGISTRATION

Register online at: <http://rmacsm.org/annualmeeting.html>

## Registration Rates until 3/12/18(Registration Includes Lunch)\*

Professional RMACSM Members- \$100

Professional Non-RMACSM Members- \$150

Professional New RMACSM Members- \$135 (Includes 1 year RMACSM membership)

Student RMACSM Members- \$40

Student Non-RMACSM Members- \$70

Student New RMACSM Members- \$55 (Includes 1 year RMACSM membership)

## Rates from 3/13/18 - 3/31/18 (Registration Includes Lunch)\*

Professional RMACSM Members- \$150

Professional Non-RMACSM Members- \$200

Professional New RMACSM Members- \$185 (Includes 1 year RMACSM membership)

Student RMACSM Members- \$55

Student Non-RMACSM Members- \$85

Student New RMACSM Members- \$70 (Includes 1 year RMACSM membership)

## Rates from 4/1/18 until 4/7/18 (Registration DOES NOT include Lunch)

Professional RMACSM Members- \$150

Professional Non-RMACSM Members- \$200

Professional New RMACSM Members- \$185 (Includes 1 year RMACSM membership)

Student RMACSM Members- \$55

Student Non-RMACSM Members- \$85

Student New RMACSM Members- \$70 (Includes 1 year RMACSM membership)

# HOTEL

## Hyatt Place Colorado Springs/Garden of the Gods

<https://coloradosprings.place.hyatt.com/en/hotel/home.html>

Discounted Rate: \$94 (Call by March 9 for best rate)

King and Double Beds

503 West Garden of the Gods Road

Colorado Springs, CO 80907

719-265-9385

\* You must reserve prior to March 9, 2018 to receive this rate. When you call, mention that you are associated with Rocky Mountain ACSM (RMACSM, and UCCS) or Margaret Harris

# DIRECTIONS

**UCCS, Dwire Hall 1420 Austin Bluffs Parkway, Colorado Springs, CO 80918**

UCCS MAP: <http://map.uccs.edu/> (Click on Central Campus and look for building "DWIR")

**From Hotel:** Make a right out of the hotel parking lot onto Garden of the Gods. Continue driving on this road (you will go under the highway). At Nevada, Garden of the Gods becomes Austin Bluffs Parkway. From here, you will make a left turn on Meadow Lane into the university (second left after the Wellness Center). Continue on traffic circle to the second exit. This will be easiest for Parking but you can park anywhere after 4 on Friday and all day Saturday.

**From I25 headed South:** Take the Nevada St Exit (right after Woodmen Rd Exit). At the bottom of the ramp, make a left, stay in the left lane. Make a left onto Austin Bluffs Parkway (right after the Costco University Village Plaza). You will make a left turn on Meadow Lane into the university (Second left after the Wellness Center). Continue on traffic Circle to the Second Exit. This will be easiest for parking but you can park anywhere after 4 on Friday and all day Saturday

**From I25 headed North:** Take the Garden of the Gods Exit and make a right off the ramp. Position yourself in the left lane. Once you reach Nevada, Garden of the Gods becomes Austin Bluffs Parkway. From here, you will make a left turn on Meadow Lane into the university (Second left after the Wellness Center). Continue on traffic circle to the second exit. This be easiest for parking but you can park anywhere after 3 on Friday and all day Saturday.

## **Need help?**

Please notify the chapter by March 10, 2017 if you need any type of special accommodations as a result of a disability. Requests are complied with based on ADA guidelines

## WANT A NICE PLACE TO WORK OUT?

**Stay active during the 2018 RMACSM at UCCS!**

**ALL** registered conference participants will receive FREE entrance to use the UCCS Gallogly Recreation and Wellness Center Friday 4/6 and Saturday 4/7! Just let the front desk know you are part of the conference (have an ID with you). Located on the northeast corner of Stanton Rd and Austin Bluffs Pkwy (see map). Park in the Alpine Garage. Don't miss the chance to use our state of the art recreation and wellness center. Get in a great workout with breathtaking views of Pikes Peak, join a group fitness class, go for a swim, or try the brand-new rock climbing wall! (<https://www.uccs.edu/recwellness/campus-rec> )

**Hours:** Friday 6:00 a.m.- 9:00 p.m., Saturday 10:00 a.m.-8:00 p.m. Check out the website for pool hours.

# THANKS TO OUR SPONSORS

*RMACSM would like to extend gratitude to the following for their support of our program and learning activities.*

*The American College of Sports Medicine supports us all year in many different ways—from updating our website, tracking membership, and providing financial support for grants and other programs. For example, the Past President Lecture honorarium is funded from a grant from the ACSM Foundation. Our Board of Directors put in many hours of planning each year. We thank them for providing guidance and support for the growth of our chapter.*



**AMERICAN COLLEGE**  
**of SPORTS MEDICINE**  
[www.acsm.org](http://www.acsm.org)



*Gatorade has been a long time supporter of RMACSM through a direct grant and through their Speaker's Bureau. Dr. Mary Mile's session at this conference was scheduled through the Gatorade Speaker's Bureau.*



Helen and Arthur E. Johnson  
Beth-El College of  
Nursing and Health Sciences

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