

ACSM ANNUAL MEETING On▶Demand

Sessions Listing

Tuesday, June 1, 2021

A Call to Action: The Need for Adult Post-Bariatric Surgery Exercise Recommendations

Active Transportation Advocacy for Health Equity and Climate during Covid-19

Advancing the Field of Clinical Exercise Physiology: The Clinical Revolution

American Psychological Association Exchange Lecture - The A.I.R. We Breathe: Advocacy, Inclusion, Representation and the Importance of Attending to Cultural Diversity in the World of Sport

CAQ Review Session (Part 1)

CAQ Review Session (Part 2)

Cardiac Preconditioning and Exercise-Induced (Mal)adaptations to Exercise: Clinical Implications

Creating Inclusive Environments in Exercise Science Education

Dietary Nitrate and Exercise in Clinical Populations

Evidence-based Office Concussion Physical Examination

Examination of the Knee

Exercise and Dementia: Current Evidence and Opportunities in Prevention and Treatment

Exercise Intensity Prescription for Health and Performance: How Close (or how Far) Are We from Getting it Right?

Exercise or Drugs: What is the Evidence?

High-Intensity Interval Training in Health and Disease: New Insights and Emerging Perspectives

Implementing Advanced Vision Research in a Modern Sports Medicine Team

Implementing and Evaluating the Physical Activity Vital Sign and Exercise is Medicine in 4 Healthcare Systems across the US

Lactate As A Signaling Molecule

Make America Fit Again: Completing the JFK Challenge

Management of Acute Sports-Related Finger, Hand and Wrist Injuries and Fractures

Mastering the Knee Exam for Clinicians in Training Utilizing Exam Checklist

Skin Wettedness in Thermoregulation

The Evaluation of the Spine in a Sports Medicine Back and Spine Clinic Practice Setting

The Immune Response to Exercise: Therapeutic Advances and Potential Mechanisms with Implications for Human Health Across the Lifespan

When Diabetes, Depression, and Cancer Collide: The Benefits that Physical Activity can Provide

Wednesday, June 2, 2021

ACSM/NASS Colloquium: Why Does My Arm Hurt and Tingle? Differentiating Cervical Radiculopathy From Other Causes

Assessment of Respiratory Muscle Work: Tools for Success

Beyond Carbs: The Role of Protein and Fat in the Promotion of Exercise Adaptation

Big Data or Small Data? Moving Toward a New Data Paradigm for Exercise Science

Breaking Down Silos: A Multi-Sectoral Perspective Toward Integrating Exercise into Clinical Care

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Can we Delay the Progression of the Signs of Parkinson's Disease? The Dose-Response SPARX3 Clinical Trial

Cancer: Tumor Progression

Capitol-ize on Career Development: A Fireside Chat with Health Professionals

Commemorating the Research Accomplishments of Dr. Henry Montoye and his 40+ years Studying Physical Activity and Health

Competing with Cancer: Athletes Share their Stories

Contemporary Management of Pediatric ACL Injuries: Individualizing Treatment by Patient Age and Gender

Critical Updates for the Exercise Professional: Updates to Academic Accreditation, Eligibility Requirements, and Legislation

Exercise and Medications in the Treatment of CVD Risk Factors

Exercise and Medications in the Treatment of the Metabolic Syndrome

Exercise and the Immune Response to Viral Infections: COVID-19 and Beyond

Exercise Conditioning Programmes for Cardio-Metabolic Health in People with Mobility-Related Disabilities

Exercise for Lower Extremity Osteoarthritis: A Translational Approach from Bench to Bedside

Exercise is Medicine in Oncology: From Vision to Reality

Exercise is Medicine: Use of Step Counts in the Promotion of Health and in the Treatment of Musculoskeletal Disorders

Exercise is Muscle Mitochondrial Medicine

Exercise Management of Cardiovascular Risk in Cancer Populations

Exercise Oncology Trials in the Time of COVID19: A Framework

Hiding in Plain Sight: Sexual Violence in Sport

How did we Get Here? The Impact of Systemic Racism on our Work

How do YOU Power Aerobic Exercise?

Identifying Physically Inactive Youth in the Clinical Setting: Vital Signs, Wearables and Future Directions

Impact of High Altitude Exposure on Metabolic Fuel Use during Aerobic Exercise

In Search of Longevity: METs versus MEDs

Integrating EIM into Health Care: Canadian Perspectives

Is there a Pattern to Help the Breathless Athlete?

Keeping Up with the Joneses: Examining Evidence Behind Popular Treatments

Mitochondrial Metabolic Control: Studies Using Experimental and Computational Model Approaches

Modern Statistical Approaches For Improved Analysis of Neuromechanical Data: Applications and Fundamental Principles

Move it! Exercise Prescription to Improve Health Outcomes in Diseased Populations

Neurodegenerative Disease I: Multiple Sclerosis and Parkinson's Disease

Neurodegenerative Disease II: Alzheimer's Disease and Dementia

New Findings on the Science of Pacing in Physical Activity and Sport Performance

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Physiology of Concussion: Implications for Diagnosis, Prognosis and Management

Prescribing Endurance Training From Physiological Tests

Rhabdomyolysis: Could this Athlete have a Metabolic Myopathy or Did they Just Push a Bit Too Hard?

Role of Exercise in Concussion Diagnosis and Treatment

Skeletal Myopathy in Heart Failure: Does Muscle Tell us Something's Wrong before the Heart Does?

Stroke / Cerebrovascular Disease

The Crossover Athlete: Historical and Ethical Considerations When Athletes with Impairments Compete with Able-Bodied Athletes

The Global Health and Economic Burden of Physical Inactivity

The Pediatric Athlete in the 21st Century From Injury to Prevention

The Role of Exercise during and after Childhood Cancer Treatment

The Weight of Gold: Challenging the Stigma Around Athlete Mental Health

What's New in the 11th Edition of ACSM's Guidelines for Exercise Testing and Prescription

"When East Meets West" Cutting-edge Sports Medicine in Asia

Zebras Within the Herd: When Nerve Pain Presents like a Musculoskeletal Complaint-Part 2

Thursday, June 3, 2021

50 Years: Sports Medicine Team Physician and the Anterior Cruciate Ligament

Active in the Heartland: Data and Strategies for Rural America

Basic/Translational Science of Regenerative Medicine and Rehabilitation for Musculoskeletal Use - Part 1

Basic/Translational Science of Regenerative Medicine and Rehabilitation for Musculoskeletal Use - Part 2

Black Lives Matter: Social Medicine for Sports Medicine Clinicians

Cardiovascular Aging and Remodeling

Culture and Physical Activity of Adults: The Need to Intertwine the Two

Effects of Exercise on Vascular Function: In Vivo and In Vitro Perspectives

Emergency Action Planning

Emerging Issues in Physical Activity during the Early Years (0 to 5 yrs.)

Environmental Pollution, Climate Change and Human Health

European College of Sport Science Exchange Lecture - Exercise and Health: Molecular Aspects

Exercise during the COVID-19 Pandemic: Perspectives from Public Health, Healthcare, and Exercise Science

Exercise is Medicine: Promoting Physical Activity for Older Adults in Multiple in Pandemic Times

Exercise to Increase Muscle Mass in Cancer Has Been Ineffective: Here's why and what we can do about it

Exercise-Drug Interaction: Metformin

Exertional Injuries: Overview, Prevention, Treatment and RTP for Heat Stroke, ECAST and Exertional Rhabdomyolysis

Exosomes and Skeletal Muscle Intercellular Communications

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From Hummingbirds to Humans: The Pleiotropic Roles of Beta-Alanine and Increased Carnosine for Exercise and Health

Innovations in Training-Induced Neuroplasticity: What can we Learn for Injury Prevention and Rehabilitation?

Journey to a Culture of Activity

Making It Happen: Evidence from Real Cancer Exercise Programs

Metabolic Disease

Molecular Discoveries from the NIH MoTrPAC Preclinical Exercise Projects

National Athletic Trainers' Association Exchange Lecture - Blood Biomarkers of Sport-Related Concussion

One-on-One, Exercise Program in Adolescent and Young Adult Cancer Survivors with a Personal Trainer (EPICS Train)

Parks and Recreation: An Untapped Solution to Youth Obesity and Physical Activity Disparities

Preparing for a Safe Olympic and Paralympic Games During COVID-19

Prevention Of Abuse and Harassment in Sport: How To Safeguard the Athletes' Mental and Physical Health

Regenerative Rehabilitation: Physical Medicine Meets Stem Cell Therapeutics

Responses to Environmental Challenges for Women

Scale-up, Implementation, and Adaptation: Opportunities for Exercise is Medicine in Dissemination and Implementation Science

Spinal Cord Management in Atypical Sports Scenarios

Standing up for Sports Nutrition in the Age of Scienciness

Strategy for Implementing Cardiorespiratory Fitness as a Routine Measure in Clinical Settings

The Aging Neuromuscular System and the Protective Effects of Physical Activity

The PaleoKetoVeganMacroFasting Diet: Stop the Madness!

The Role of Diet in Athlete Bone Health

Training Load Monitoring of Distance Runners: New Thoughts on an Old Problem

Tribute to Barbara Drinkwater, Ph.D., FACSM - The Female Athlete Triad and Her Contribution to Women's Health

Understanding Breathlessness During Exercise: Mechanisms and Consequences

Update on ACSM Pronouncements: New Processes and New Papers

Utilizing the Outdoors to Get People Active

Friday, June 4, 2021

ACSM Media Spokesperson Session: Crafting Your Message to Advocate for Change

Advocacy 101 for ACSM Members: Current Legislation and Best Practices

American Medical Society for Sports Medicine Exchange Lecture - Economics of Exercise

Born to Move: The Effect of Evolutionary Mismatch on Biomechanics and Musculoskeletal Health

Cannabis in 2021: What Does the Evidence Show

Cardiopulmonary Exercise Testing: Utility and Interpretation

Case Studies in Sports Nutrition

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Change is Afoot in the Management of Lateral Ankle Sprains and Chronic Ankle Instability!

Chronic Exertional Compartment Syndrome: Unravelling the Diagnostic and Treatment Enigma

Considerations for Inclusion of Transgender Athletes in Competitive Sport

Dermatology Potpourii

Dry Needling

Eligibility of Individuals with a Difference of Sex Development (DSD) in Elite Female Sports

Evidence Based Prevention of Illness Associated with Long-haul Travel in Elite Athletes: "Sorting the Wheat from the Chaff"

Examination of the Foot and Ankle

Exercise Recommendations for Cancer Patients with Bone Metastases from International Expert Consensus Panel: How they were Developed and How to use Them

Harnessing Placebo and Avoiding Nocebo in Sports and Exercise: Novel Understanding of the Neurobiological Mechanisms of Placebo and Nocebo Effects

Helping Athletes Cope with New Realities

Hip-related Pain: Where are We Now? An Update from the 1st International Hip Pain Research Network Consensus Meeting

IOC Consensus Statement on Injury and Illness Surveillance: How to Apply this Framework to your Clinical Skill Set

Leadership Matters - An Outlier's Accidental Journey from Coach to PI to Chancellor

Let's Talk Patellofemoral Problems

Let's Talk Shoulder - Part 1

Let's Talk Shoulder - Part 2

Leveraging Electronic and Mobile Health Technology to Promote Physical Activity among Racial/Ethnic Minorities

Macronutrients and Muscle Protein Turnover During Weight Loss

Merging Implementation Science and Health Equity Research to Eliminate Youth Physical Activity Disparities

Military Human Performance Optimization and Injury Prevention: International Perspectives

Novel Dietary Approaches to Appetite Regulation, Health, and Performance

Now is the Time to Take Care of Our Deep-seated Problem

Overcoming Disparities in Physical Activity: We Need to Dig Deeper

Overuse Injuries in Cycling: Recognition and Management

Physical Activity among People with Disabilities: Lost in Translation

Physical Activity and Diet: Optimizing Combination Care in Cancer Control

Sex Matters in Performance: The Female of the Species is Stronger than the Male

Skeletal Muscle Fiber Phenotype in Obesity: Can it be Modified by Exercise to the Extent that Impacts Disease?

Stepping into a New Decade: Healthy People 2030 Directions for Physical Activity, Health, and Well-Being for the Nation

The Aging Athletes Knee: How to Keep Grandma Running on her own Knees

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The Art and Science of a Bike Fit

The Compatibility of Endurance and Strength Training:
Old Myths, New Science and Practical Applications

The Implications of COVID-19 on Cardiac Rehabilitation:
The Need to Accelerate Provision of Non-Traditional
Approaches

To Drink or not to Drink: A Drop of Facts in an Ocean of
Opinions

Training is Over-Now What? Practical Management
Pearls for the Trainee in Musculoskeletal and Sports
Medicine

WAVE Ripples for Change: Sport Nutrition as a 'Carrot'
to Promote Healthy Eating/Life-long PA to Active
Youths

Saturday, June 5, 2021

2011-2014 Accelerometer-Derived Physical Activity
Estimates of U.S. Children and Adults

4th Trimester [postnatal training]: When and how to
Return?

About the Sequence of Prevention, Ankle Injuries and
Beyond

American Orthopaedic Society for Sports Medicine
Exchange Lecture - Hip Arthroscopy in the Athlete in
2021

Bringing Everyone Back to the Game: The Importance
of Youth Sports Post-COVID-19

Carbs, Calories, or Quality? What Matters Most for
Weight Control

Cardiac Function: Beyond Cardiac Output and VO₂max

COVID-19: Implications for Physical Activity, Health
Disparities and Health Equity

Friends and Enemies of Physiological Resilience under
Extreme Conditions

Impact of Lifestyle Modification and Sex on Endothelial
Function and Arterial Stiffness

Meniscus Update: New Research Models and Clinical
Pearls

NIH Training and Career Development Funding
Opportunities for Students and Early Career
Investigators

Performing a Medically Based Gait Analysis for
Runners: Applying Methods to Sample Patients

Sports Medicine Considerations for the Equestrian
Athlete

Stress Testing in the COVID Era

Team Physician Consensus Conference Update

The Genetic Control of Physical Activity: From
Molecules to Application

The Importance of Energy Flux for Body Weight
Regulation

The Intersection of Optimizing Human Health,
Performance and Longevity: Clinical Sports Nutrition

The Value of Movement Assessment Technology in the
Clinic and Real World: Application to Running Injuries
and ACL Rehabilitation

To 3-D Scan or Plaster Cast: That is the Question

Update on Exertional Leg Pain in the Athlete

Your Emotional Brain: Neuroplasticity, Injury-Related
Fear, and Traumatic Knee Injury

Youth Running: An Evidence Based Approach to
Preventing Injury