

## **Registration**

To Register: Visit our website at [www.acsmgreaterny.org](http://www.acsmgreaterny.org) for easy, online registration.

Follow us on [Facebook](#), [Twitter](#) to get a 10% Conference Registration Fee Discount.

## **Tuition**

Non-member tuition fees include a one year GNYRC-ACSM membership.

	<b>Advanced/Online (Until 4/7)</b>	<b>At Conference</b>
<b>Professional</b>		
GNYRC Member	\$70	\$80
Non-Member	\$105	\$115
<b>Students</b>		
GNYRC Member	\$30	\$40
Non-Member	\$45	\$55
Optional Donation to GNYRC-ACSM		
<b>Checks Payable to GNYRC-ACSM</b>		
For information, email us at <a href="mailto:ACSMGreaterNY@gmail.com">ACSMGreaterNY@gmail.com</a>		

This educational activity is designed for: Athletic Trainers, Coaches, Exercise Physiologists, Exercise Specialists, Fitness and Wellness Professionals, Physical Educators, Physical Therapists, Sports Conditioning Professionals, and all other Allied Health Professionals. No special prerequisites are required to attend this educational activity.



## **GNYRC-ACSM 2018 ANNUAL SPRING MEETING**

April 14, 2018  
Queens College  
Rosenthal Library  
65-30 Kissena Blvd  
Flushing, NY

### **CONTACT US**

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# **Greater New York Regional Chapter GNYRC-ACSM 2018 ANNUAL SPRING MEETING**

**EXERCISE IS MEDICINE: LET'S  
GET PEOPLE MOVING**



**Saturday, April 14, 2018**

**Queens College**

**Rosenthal Library**

**65-30 Kissena Blvd**

**Flushing, NY**



# Description

## Credit Designation

Approval for 5 CEC units has been submitted to ACSM. ACSM-approved CEC's may qualify and fulfill continuing education requirements of other professional agencies including: NASM, NSCA, NATA, APTA, and ACE. Medical CME credits are NOT available. \*ACSM does not charge fees for conference CEC's. Attendees will receive a CEC form to keep for their records. Participants must attend the entire meeting to receive CEC's. No certificates given after scheduled verification times.

## Target Audience

The planning committee, based on examinations of various sources of needs assessment, determined that Sports Performance, Nutrition, Fitness and Post Rehabilitation Specialties are areas in which participants wished to discuss clinical topics in order to keep sports medicine professionals at their highest state of practice readiness. This educational activity is designed for: Athletic Trainers, Coaches, Exercise Physiologists, Exercise Specialists, Fitness Professionals, Physical Educators, Physical Therapists, Sports Conditioning Professionals, and all other Sports Medicine Professionals. No special prerequisites are required to attend this educational activity.

## Educational Objective

Concluding this educational offering, participants should be able to:

- Understand the biological, biomechanical, and psychological bases for the changes that occur during and following exercise and how this impacts prevention and treatment of medical problems as well as general health conditions.
- Examine state-of-the-art basic science, applied science, and clinical information, which will increase their knowledge of exercise, fitness, health, and physical performance.
- Identify new approaches to problems in exercise science and sports medicine through interaction among scientists, exercise specialists, and clinicians

## Directions to Campus

For information on directions and transportation, please go to [www.qc.cuny.edu/directions](http://www.qc.cuny.edu/directions). On campus parking will be provided free of charge. Queens College Shuttle Bus will be available for transportation to and from Shuttle Bus pick up locations near mass transit. For information on Queens College Shuttle Bus, visit the website above and follow "Shuttle" link (located under "Getting to Campus").

8:15am	<b>Breakfast and Registration/Check-in</b> (Rosenthal Library Lower Level)		
8:45-8:55am	<b>Welcome by President, GNYRC-ACSM: Patrick Davitt, PhD, CSCS</b>		
9:00-9:50am	<b>Towards the development of guidelines for reducing sedentary behavior: emerging evidence from population-based studies</b> <i>Keith Diaz, PhD</i>		
9:50-10:40m	<b>Featured Speaker: 2018 Physical Activity Guidelines for Americans</b> <i>Linda Pescatello, Ph.D, FACSM</i>		
10:40-11:40am	<b>Keynote Speaker: Using Aerobic and Resistance Exercise to Enhance Brain Function: Mediating Mechanisms</b> <i>William Kraemer, PhD, FACSM</i>		
11:40-1:00pm	<b>Lunch</b> (Available for purchase –Rosenthal Library Lobby) <b>President's Cup Poster Competition Display/Review</b> (Lecture Hall Lobby)		
1:00-1:50pm	<b>Pre-exercise Screening: Updates, Rationale and Cases</b> <i>Tedd Keating, PhD, ACSM-CEP, CSCS*D</i>	1:00-2:00pm (Fitzgerald Gym, 211A)	<b>Breakout Session</b> <b>Exercise is Medicine Ambassador Program</b> <i>Colleen Munoz, PhD</i>
1:50-2:35pm	<b>Fitness Professionals Are You Ignoring the Older Adult Market?</b> <i>Robert Steigerwald MA, RCEP, CET, EIM III</i>	2:00-2:45pm (Fitzgerald Gym, 210)	<b>Breakout Session</b> <b>HIIT Utilizing Bodyweight Exercises: Techniques, Cues, and Modifications for Client Success</b> <i>David Otey, BS, CSCS</i>
2:40-3:25pm	<b>Wearable Activity Monitors: A help or hindrance when promoting physical activity</b> <i>Ciaran Friel, MS, CSCS</i>	2:45-3:25pm (Fitzgerald Gym, 313)	<b>Breakout Session</b> <b>Incorporating Yoga Into Your Clients Workout: Exercises for Improved Balance, Core Strength, and Flexibility</b> <i>Lindsay Grobman, DPT</i>
3:30-5:00pm	<b>GNYRC Student Quiz Bowl</b> <b>Introduction-Mark A Caselli, DPM, FACSM</b> <b>Emcee-Felicia D Stoler, DCN, MS, RD, FACSM</b>		

## Presenters

### Keith Diaz, PhD

Keith Diaz, is an Assistant Professor of Behavioral Medicine at Columbia University Medical Center at director of the Exercise Testing Laboratory at the Center for Behavioral Cardiovascular Health. He conducts laboratory- and observational-based research to elucidate the role of prolonged sedentary behavior in the pathogenesis of cardiovascular disease, with a specific focus of iteratively optimizing feasible, sustainable, and cost-effective guidelines for reducing prolonged sedentary behavior.

### Ciarán Friel, MS, CSCS

Ciarán Friel is a lecturer in the Kinesiology Department at Brooklyn College and is coming towards the end of his doctoral degree in Applied Physiology at Teachers College, Columbia University. Prior to joining Brooklyn College, he was the Medical Director at La Palestra Center for Preventative Medicine in NYC for almost 8 years, where he was involved in overseeing the training of a diverse client population. His research focus is on the intersection of technology, physical activity behavior and health and performance outcomes. His current study is investigating how the different characteristics of wearable activity monitor users influences their behaviors.

### Lindsay Grobman, PT, DPT, RYT, HHC

Lindsay is a physical therapist who has worked in an outpatient physical therapy setting for 14 years. Lindsay has been a yoga practitioner for 9 years and began teaching almost 5 years ago. Lindsay has a passion for using therapeutic yoga techniques with both her physical therapy patients and her private yoga clients to help heal the body from the inside out while connecting the mind and the body. In 2016, as her journey continued, she became a Holistic Health Coach. She supports and guides clients to achieve their goals. She is passionate in helping people heal from chronic pain, injury, improve diet as well as balance their overall health and lifestyle.

### Tedd Keating, PhD, ACSM-CEP, CSCS\*D

Tedd Keating, Associate Professor of exercise science at Manhattan College for 20 yrs and former GNYRC Chapter President and Treasurer. A CSCS and ACSM Certified Clinical Exercise Physiologist. Has additionally spent 11 yrs as a teaching associate for the Fitness Education Network, developing and presenting exam prep workshops and webinars for the ACSM Clinical Exercise Physiologist and Certified personal Trainer exams

### William Kraemer, PhD, FACSM—Keynote Speaker

Dr. Kraemer is currently a Professor of Kinesiology, in the Department of Human Sciences at Ohio State University. Dr. Kraemer's status in his field is made obvious by his 2013 Expertscape Award, which names him the nation's top expert in resistance training research. He is one of only a handful of researchers investigating resistance training for the entire body, including the cellular, biochemical and endocrinological levels. With a total of 38,916 citations on Harzing's Publish or Perish lists, his scholarly impact is impressive. He is a strength-testing consultant for both the National Institutes of Health (NIH) and the National Center for Health Statistics (NCHS).

### Colleen Munoz, Ph.D

Colleen completed her master's work in the Department of Kinesiology at California State University, Fullerton in 2010, and her doctoral work in the Department of Kinesiology at the University of Connecticut in 2014. She is currently an Assistant Professor in the Department of Health Sciences and Nursing at the University of Hartford and has published laboratory and field research in the areas of exercise, hydration, and stress physiology. In the New England Chapter of the ACSM, Dr. Muñoz is a member-at-large and serves as the Membership Committee Chair and Sponsorship Committee Co-Chair; she is also a member of the ACSM Exercise is Medicine Science Committee, and is a developer and Co-Chair of the Exercise is Medicine Ambassador Program.

### David Otey, B.S, CSCS

David is the 2015 Fitness Manager of the Year for Equinox and currently manages a staff of 65 Trainers and 750+ clients. Otey is a regular expert contributor to Muscle & Fitness, Men's Health, and Furthermore Magazines. Also featured in T-Nation, Men's Journal, and Women's Health, David is utilized for his expertise in Exercise Technique, Program Design, and general S&C education. On the academic side, Otey is a state and regional presenter for the NSCA and has written for NSCA's PT Quarterly on topics including Business Development and Exercise Technique.

### Linda Pescatello, Ph.D, FACSM—Featured Speaker

Dr. Linda S. Pescatello is a Distinguished Professor of Kinesiology at the University of Connecticut (UConn), Storrs. She holds joint appointments in the Departments of Allied Health Sciences, Nutritional Sciences, and Physiology and Neurobiology at UConn, and the Department of Community Medicine and Health Care at the UConn School of Medicine. Her research focuses on exercise prescription to optimize health benefits, particularly among adults with hypertension and overweight and obesity; and on genetic and clinical determinants of the response of health-related phenotypes to exercise, particularly blood pressure and muscle strength.

### Robert Steigerwald, MA, RCEP, CET, EIM III

Robert is an exercise physiologist with more than 20 years of varied experience in the health and fitness industry. Robert works to translate the ways in which fitness technologies and the science behind health, wellness, and disease prevention and management are just good business. Robert is currently working in cardiac rehab, personal training, and product education and development.