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Wicked Good Sports Medicine Symposium 2012 Program

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Presenters/Contributors

Lara Carlson, Daniel E. Lieberman, Samuel Headley, Stella L. Volpe, J. Timothy Lightfoot, Samuel N. Cheuvront, and David Epstein

Wicked Good Sports Medicine symposium

Friday, September 14, 2012 | 1–5 p.m. (doors open at Noon)

Welcome!

I am thrilled to personally invite you and welcome you to the **Wicked Good Sports Medicine Symposium** convening here on the beautiful University of New England campus. Like the title alludes, we have enticing topics and six extraordinary speakers to share their expertise to other scientists, practitioners and anyone interested in sports medicine, health and wellness. It will be a truly rewarding day! If you have any questions, you can contact me directly at lcarlson@une.edu. I am looking forward to seeing many of you again and to meeting many new faces as well.



Dr. Lara A. Carlson, FACSM, CSCS

Target Audience

All professionals, students, and anyone else interested in the field of sports medicine and exercise science. There is no registration fee associated with this symposium.



Schedule

Time	Speaker
1 p.m.	Daniel E. Lieberman , Ph.D., Harvard University <i>Why Exercise Really is Medicine (An Evolutionary Explanation)</i>
1:30 p.m.	Samuel Headley , Ph.D., RCEP, CSCS, FACSM, Springfield College <i>Exercise and Chronic Kidney Disease</i>
2 p.m.	Stella L. Volpe , Ph.D., RD, LDN, FACSM, Drexel University <i>Prevention of Weight Gain in a Large Portion Society</i>
2:30 p.m.	BREAK
3 p.m.	J. Timothy Lightfoot , Ph.D., RCEP, CES, FACSM, Texas A&M University <i>Can You Be Born a Couch Potato? The Genetics that Control Your Physical Activity</i>
3:30 p.m.	Samuel N. Cheuvront , Ph.D., RD, FACSM, United States Army Research Institute of Environmental Medicine <i>Answers to 10 Common Questions about Hydration</i>
4 p.m.	David Epstein , M.A., M.S., Sports Illustrated <i>Missing the Phenotypes for the Genotypes</i>
4:30 p.m.	Panel Discussion/Q&A

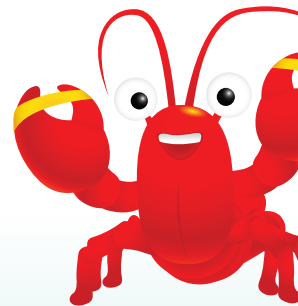
Objectives

- To provide a forum for interaction between experts on various current sports medicine topics.
- Identify new approaches to problems in sports medicine through interactions with scientists and clinicians.
- To review and discuss scientific research related to the topics.

Continuing Education Units



The University of New England is recognized by the Board of Certification, Inc., to offer continuing education for certified athletic trainers. Programs will constitute 4.5 CEUs. Attendance verification forms will be available. Program Level of Difficulty 2- Advanced.



Faculty



Daniel E. Lieberman, Ph.D., is Harvard College Professor and Chair of the Department of Human Evolutionary Biology at Harvard University; he is also a member of Department of Organismic and Evolutionary Biology. He was educated at Harvard (AB '86, Ph.D. '93) and Cambridge (M.Phil. '97). His research is on how and why the human body is the way it is, with particular foci on the origins of bipedalism, how humans became superlative endurance runners, and the evolution of the highly unusual human head. To address these questions, he combines experimental biomechanics and physiology, paleontology, and comparative anatomy. He teaches a variety of courses on human evolution, anatomy, and physiology and has published three books and more than 100 articles. His latest book is "The Evolution of the Human Head" (Harvard University Press, 2011). His work on barefoot running, which he also practices, has earned him the nickname "The Barefoot Professor."



Samuel Headley, Ph.D., RCEP, CSCS, FACSM, is a professor in the Exercise Science and Sport Studies Department at Springfield College. He is a Fellow of the American College of Sports Medicine (ACSM) and a Registered Clinical Exercise Physiologist (RCEP). He is also a member of the Clinical Exercise Physiology Association (CEPA) and the coordinator of the Clinical Exercise Physiology track at Springfield College, which is one of the few CAAHEP accredited clinical exercise physiology programs in the country. Dr. Headley's current research is focused on the effects of exercise training in persons with chronic kidney disease (CKD).



Stella Lucia Volpe, Ph.D., RD, LDN, FACSM, is Professor and Department Chair of Nutrition Sciences at Drexel University. She is also Co-Director of their newly established Center for Integrated Nutrition and Performance and Chair of the President's Council for Fitness, Sports and Nutrition. She is a nutritionist and exercise physiologist who has built a program of research focusing on three interrelated areas that traverse the lifespan: 1) obesity and diabetes prevention via mineral supplementation, 2) weight management through diet, exercise and educational programs, and 3) environmental change leading to weight management. Dr. Volpe is conducting a randomized controlled trial on the effect of magnesium supplementation on the prevention of the metabolic syndrome. She has also become interested in studying the effects of the human-animal Interaction on weight loss and health in children and older adults. Prior to beginning her faculty appointment at Drexel University, Dr. Volpe was faculty at the University of Pennsylvania, and the University of Massachusetts-Amherst. Dr. Volpe is both a Certified Clinical Exercise Specialist (American College of Sports Medicine [ACSM]), and a Registered Dietitian as well as a Fellow of the ACSM.



J. Timothy Lightfoot, Ph.D., RCEP, CES, FACSM, is currently the Omar Smith Endowed Professor of Kinesiology and the Director of the Sydney and JL Huffines Institute for Sports Medicine and Human Performance at Texas A&M University. Following completion of his doctorate from the University of Tennessee, Dr. Lightfoot completed a research consultantship with NASA at Kennedy Space Center in the Biomedical Laboratory and then a three-year National Institute of Health (NIH) postdoctoral research fellowship in the Division of Physiology at Johns Hopkins University. Dr. Lightfoot has published over 50 scientific, peer-reviewed articles on the genetics of daily physical activity and exercise endurance, as well as the physiological response to high-G exposure and hemorrhage and has been funded by the NIH to conduct research on the genetics of physical activity. His lab also has a unique interest in the physiological responses of motorsports athletes to the race environment. His research has been featured in numerous general media outlets including the Los Angeles Times, Time.com, National Public Radio, "The Rush Limbaugh Show," CNN, the NBC "Today Show," MSNBC, "Charlotte Talks" radio show, Revista Epoca (a Brazilian weekly magazine), and on Australian National Radio. Dr. Lightfoot is a Fellow of the American College of Sports Medicine (ACSM), an ACSM Certified Exercise Specialist, a Registered Clinical Exercise Physiologist, a past-President of the Southeast Regional Chapter of the ACSM, and a past member of the Board of Trustees for the ACSM.



Samuel N. Cheuvront, Ph.D., R.D., FACSM, is a Research Physiologist in the Thermal and Mountain Medicine Division at the U.S. Army Research Institute of Environmental Medicine (USARIEM), Natick, MA. His research includes the broad study of nutritional and environmental factors influencing human work performance. Specific aspects of his research include the study of human fluid needs, hydration assessment, heat stress mitigation, thermoregulation, ergogenic aids, and physiological modeling. Over the past decade, he has published more than 90 peer-reviewed papers and book chapters on these subjects. Dr. Cheuvront is a long-time member and Fellow of the American College of Sports Medicine (ACSM). He is also a member of the American Physiological Society (APS).



David Epstein, M.A., M.S., is a senior writer at Sports Illustrated, where he is an investigative reporter and covers sports science and medicine as well as Olympic sports. He previously covered higher education policy (including both science research funding issues and NCAA policy) at Inside Higher Ed and, before that, he was the overnight crime reporter at the New York Daily News. His writing on sports science and medicine has won several national awards, including a National Headliners Award for work on brain trauma in sports, a Luce Award for an investigation of the dietary supplement industry, and most recently—for a package of stories on pain, painkiller addiction, and anticipatory skill in sports—he was a finalist for the Livingston Award for the top works of journalism in the country by authors under age 35. Prior to journalism, David was a graduate student studying geology. He worked in the Sonoran Desert, on a ship in the Pacific, and in the Lower Arctic Tundra. As an 800-meter runner, he competed at U.S. Nationals in 2003. He is currently at work on a book about genetics and sports performance.

Thank You

We would like to thank the following individuals for their efforts in making this event a success:

Karl Carrigan—AV Technology and Production Specialist; Jeannine Owens—Graphic Designer; Jennie Aranovitch—Communications Assistant; Kim Hatch—Facilities Management; Catie-An Cardner—Office of Research and Scholarship; Christopher Rizzo—Clinical Assistant Professor and CEU coordinator for NATA; Dr. Timothy Ford—Dean of Graduate Studies and Interim Dean of the Westbrook College of Health Professions

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Directions to the University of New England

Take the Maine Turnpike (I-95) to Exit 32 (Biddeford). After the tollbooth, turn left at the traffic light intersection onto Route 111 (Alfred Street). Staying in the right lane to the intersection of Route 1, take a left onto Route 1 from the right-hand lane, and then an immediate right as Rt. 111 branches off to the right. Then continue to the next traffic light. Turn right onto Route 9/208 (Pool Street). Follow Route 9/208 approximately 4 miles to the University of New England sign on your left. Turn left at the sign to enter the campus.



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