

**American Society of Exercise Physiologists**

**6<sup>th</sup> Annual Meeting and Conference**  
**“Building Opportunities for an Emerging Profession”**

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**Radisson Hotel – City Centre**  
**Indianapolis, Indiana**

**April 1-3, 2004**

**Visit our website at [www.asep.org](http://www.asep.org)**



Dear Participant,

Over the past seven years, the American Society of Exercise Physiologists (ASEP) has worked to unify exercise physiologists and advance the profession. ASEP's rapid growth and success can be attributed to the large number of exercise physiologists who practice their profession with enthusiasm and professional commitment. It is a pleasure for me to announce the 6th Annual Meeting and Conference and to personally invite you to participate as a sponsor, presenter or attendee.

This conference will provide an opportunity for exercise physiologists to honor one of our professions great contributors, **Dr. David Costill**. Nearly every exercise physiologist has been influenced by Dr. Costill's research and publications. Dr. Costill will receive the Society's Lifetime Achievement Award.

The 6th Annual Meeting and Conference will be held in downtown Indianapolis. Indiana is home to ASEP's first affiliated state society, the Indiana Association of Exercise Physiologists, which has graciously agreed to plan and host the meeting. With their help, this meeting will undoubtedly be the largest and most highly attended ASEP meeting to date.

We look forward to your participation and seeing you in Indianapolis April 1-3, 2004.

Sincerely,

Steven Jungbauer, MA, MBA, FASEP, FAACVPR  
President - ASEP  
Board Certified Exercise Physiologist

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### Conference Contact Information

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[www.indianaep.org](http://www.indianaep.org)

## **Invitation to Participate**

The American Society of Exercise Physiologists (ASEP) is pleased to invite you to participate in the 6<sup>th</sup> Annual Meeting and Conference, “Building Opportunities for an Emerging Profession”, being held in Indianapolis, Indiana on April 1-3, 2004.

The conference is a 3-day event and will take place at the Radisson City Centre in downtown Indianapolis. In downtown Indianapolis you will find dynamic attractions, museums, theaters, shopping, restaurants and nightlife just steps away from the hotel. Other unique sites such as the NCAA Hall of Champions in White River State Park, Conesco Fieldhouse and many spring time activities are available to downtown Indianapolis. The hotel is located only eight miles away from the Indianapolis International Airport.

This invitational packet includes the following:

- Background information on the American Society of Exercise Physiologists
- Date Saver - Mark your calendars for April 1-3, 2004
- Call for Abstracts – Deadline December 15, 2003
- Call for Exhibits – Sign up early. Space is limited.
- Call for Advertisements - Showcase your products in the conference program
- Call for Sponsorship - Support the conference at a variety of funding levels and options
- Early Registration – Prior to February 15, 2004

## **Background Information**

ASEP is a national non-profit organization committed to the professional advancement of Exercise Physiologists. The society provides for national leadership and a forum for the exchange of information to stimulate discussion and collaboration among Exercise Physiologists active in all aspects of the profession. The society works to set up professional standards for exercise physiologists through ASEP approved curricula in universities and colleges throughout the United States. The purpose of the ASEP conference is to bring state-of-the-art information to professional Exercise Physiologists and students working in academic, healthcare, corporate, community and other exercise settings. Specifically, this conference will address “Building Opportunities for an Emerging Profession.”

## **Conference Objectives**

1. To enhance open communication of critical issues between Exercise Physiologists in an ongoing effort to bring unity and strength to the profession.
2. To provide continuing education to enhance and develop the profession of exercise physiology. This continuing education will highlight professional standards.
3. To disseminate state-of-the-art information related to exercise for professional Exercise Physiologists working in a variety of settings.

The American Society of Exercise Physiologists’ annual meeting will feature a one-day certification examination and a two-day conference. The two-day conference is scheduled to include 8 general lectures, 16 research presentations, 8 clinically based lectures, 2 roundtable discussions and a keynote address by a renowned Exercise Physiologist. In addition, Dr. David Costill will receive the ASEP Lifetime Achievement Award during the Friday evening Awards Dinner and Presentation.

## **Who Will Attend the Conference?**

All Exercise Physiologists are invited to participate, including:

- ? Professors
- ? Healthcare Exercise Physiologists
- ? Fitness Center Exercise Physiologists
- ? Corporate Exercise Physiologists
- ? Community Based Exercise Physiologists
- ? Personal Trainers
- ? Students

## **Certified Exercise Physiologist Examination**

The EPC examination is used by the ASEP Board of Certification to measure the academic and technical competence of exercise physiology candidates. To understand the importance of the examination as a prerequisite for the EPC certificate, one must recognize the significance of the certification. It is awarded to qualified candidates in accordance with the objectives of the American Society of Exercise Physiologists to professionalize exercise physiology. The certificate is a measure of academic knowledge and practical abilities and thus ensures the professional competence of individuals offering exercise physiology services to the public as professional Exercise Physiologists

The ASEP Board of Certification will offer the certification examination (EPC) on April 1 for interested Exercise Physiologists. The written examination (Part 1) will start at 8:00 a.m. and conclude at 12:00 p.m. The applied or practical examination (Part 2) will start at 1:00 p.m. and last approximately 3 to 4 hours.

### **APPLY EARLY, SPACE IS LIMITED**

The Indianapolis ASEP meeting will be an official site for the Exercise Physiologist Certified (EPC) examination. Additional information, applications and study materials can be found on the national web site at:

**[www.asep.org](http://www.asep.org)**.

All completed files for the April 2004 exam should be sent to the ASEP National Office by March 1, 2004.

ASEP National Office  
c/o Tommy Boone  
The College of St. Scholastica  
1200 Kenwood Avenue  
Duluth, Minnesota 55811

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**7:30 – 8:00 a.m. Registration**

**8:00 – 8:05 a.m. Welcome, Matt Lehn, BS, MBA, EPC, Conference Chair**

**Exercise Physiology I**

**8:05 – 8:45 a.m. Cardiovascular Risk Factors**

Janet Wallace, PhD, FASCM, Indiana University

The prevalence of chronic diseases has reached epic proportion. Risk factor management is gaining wide acceptance in the treatment of these diseases. This lecture will discuss the state of modern chronic diseases, including atherosclerosis, hypertension, hyperlipidemia, diabetes, obesity and chronic obstructive lung disease. It will include a close look at lifestyle factors that influence chronic disease and provide a detailed look at the true impact of risk factor modification on chronic diseases.

**8:45 – 9:25 a.m. Muscle Fatigue in Persons with Multiple Sclerosis**

Alexander Ng, PhD, FACSM, Marquette University

The purpose of this talk is to describe what is currently known about muscle fatigue in persons with multiple sclerosis (MS). Multiple sclerosis is a central nervous system disease that can result in significant complaints of fatigue in many persons with MS. Muscle fatigue in MS can result from central or peripheral nervous system impairment. Cardiovascular alterations in MS could also affect muscle fatigue. It is likely that at least some of the peripheral alterations observed in MS may be secondary to muscle disuse or inactivity. Because inactivity or muscle disuse could contribute to muscle fatigue in persons with MS, a strong rationale for exercise or rehabilitation to maintain or increase physical activity is indicated. Such intervention could help to maintain health, independence and quality of life in persons with MS.

**9:25 – 10:05 a.m. Exercise and Cancer - The Nation's New Cardiac Rehab Program**

Eric Durak, MSc, Medical Health and Fitness, Santa Barbara, CA

Can exercise improve the odds for cancer survival? Will exercise become the new "cardiac rehab"? These two questions are rapidly becoming everyday nomenclature in the clinical exercise profession, as more than 200 cancer wellness programs now exist across the US. Clinically - exercise may stimulate the immune system, encourage weight loss, improve quality of life, and increase social interaction for patients. This is one reason they are so well accepted. Starting relationships with oncology and health care professionals is the best way to receive third party financial assistance to pay for such programs. This session will provide exact information from both aspects of delivering the highest quality wellness program for community cancer patients.

**10:05 – 10:30 a.m. Break**

**Professional I**

**10:30 – 11:15 a.m. ASEP and the Future of Exercise Physiology**

Steve Jungbauer, MA, MBA, EPC, FASEP, FAACVPR, President - ASEP  
Kosciusko Community Hospital, Warsaw, IN

Looking through the eyes of the "grassroots exercise physiologist," this lecture reviews some historical perspectives and milestones on the direction, barriers, successes and failures related to past, present, and future attempts to build exercise physiology as a profession. Special emphasis is placed on understanding the professional needs of exercise physiology, market and economic trend analysis, and the future direction of ASEP as it continues to gain substantial "working-class" support. In a simplistic form, the exercise physiologist should relate to where we have come from, where we are at, and where we need to go if grassroots exercise physiologists desire to redirect their current professional course through unification of the profession in an effort to improve career stability in a destabilized and hostile job market.

**11:15 – 11:45 a.m. The Licensing of Exercise Physiologists – From Dream to Reality**

Matt Wattles, MA, Goodwill Industries, Boise, ID

Over the past several decades, the unregulated use of the Exercise Physiologist's Scope of Practice has encouraged the proliferation of worthless credentialing for economic gain. These credentials, most without academic preparation, place the public at great risk when seeking fitness advice and exercise training from ill prepared "exercise specialists and fitness professionals" who hold themselves out to be Exercise Physiologists. Exercise Physiologists should be licensed because it regulates what services the professional provides and the standard of treatment the public will receive from the professional. The scope of practice of the Exercise Physiologists is distinguishable from other licensed and unlicensed professions and requires a high degree of skill, knowledge, and training.

**11:45 – 12:45 p.m. Lunch provided compliments of ASEP**

## **Research I**

### **12:45 – 1:05 p.m. No Ergogenic Effect of Runner's Advantage Creatine Serum on Running Performance**

Todd Astorino, PhD, EPC, Salisbury University

No data has supported the use of creatine (Cr) in enhancing endurance performance; in fact, the majority of data state that Cr ingestion decreases endurance performance due to weight gain. However, a new creatine serum, Runner's Advantage™ (RA), has been marketed to increase running performance. Therefore, the primary aim of this study was to test this claim in young cross-country runners using a double-blind, randomized design.

### **1:05 – 1:25 p.m. Reliability and Validity of Diagnostic Ultrasound in Estimating Body Density**

James Laskin, PhD, PT, University of Montana

Due to technological advances, diagnostic ultrasound (DUS) may prove an effective method for the determination of adipose tissue thickness (ATT) and estimating body density (BD). This project was designed to determine the reliability and validity of using DUS-ATT measurements in estimating BD.

### **1:25 – 1:45 p.m. Using the Inversion Table to Improve Learning in the Undergraduate Exercise Physiology Curriculum**

Tommy Boone, PhD, MPH, FASEP, EPC, College of St. Scholastica

Educational research has demonstrated that the use of an inversion table in the classroom and/or laboratory enhances problem-solving skills and conceptual learning. With the ability to manipulate physiological responses to different body positions, students have the opportunity to compare the responses with rest and/or graded exercise and, therefore, enhance learning in the exercise physiology curriculum. The demonstration and hands-on learning also sets the stage for better understanding of manipulative-based activities in teaching exercise physiology concepts and ideas.

### **1:45 – 2:05 p.m. Central and Peripheral Components of Oxygen Consumption Improvement via Aerobic Training in Premenopausal Women**

Jesse Pittsley, MA, EPC, University of Kentucky

Previous research suggest post-menopausal women improve oxygen consumption through increases in oxygen extraction (OE) with no improvement in cardiac output (CO). The objective is examine the relationship between age and increase in CO and OE induced by aerobic training in premenopausal women.

### **2:05 – 2:25 p.m. Magnetic Resonance Techniques in Skeletal Muscle Research**

Lesley J. White, PhD, University of Florida

Magnetic resonance imaging (MRI) and magnetic resonance spectroscopy (MRS) have provided the medical and scientific community with powerful tools for medical diagnosis and research. Magnetic resonance imaging and spectroscopy are gaining recognition by exercise scientists because of the power and wide applicability of this technique to the noninvasive study of muscle anatomy and metabolism and the ability to compliment data generated through more traditional biopsy techniques.

### **2:25 – 2:45 p.m. Break**

## **Exercise Physiology II**

### **2:45 – 3:25 p.m. The Future of Diabetes Treatment: Is There Light at the End of the Tunnel?**

Joe Brozinick, PhD, Eli Lilly, Indianapolis, IN

Diabetes is a major health concern in the world today. This lecture will review current state of the art therapy for diabetes, and outline potential future therapeutics. The goal of the lecture will be to inform people on the nature of the problems associated with diabetes, and on the future of diabetes treatment.

### **3:25 – 4:05 p.m. Emerging Cardiovascular Risk Factors: Implications and Applications for the Exercise Physiologist.**

Pat Dunn, MA, MBA, Community Hospital, Munster, IN

Over the past several years there have been some new and very exciting developments in the area of cardiovascular risk and lipoprotein research. These developments have led to a new series of diagnostic laboratory and imaging tests that have applications to the health care provider. These new diagnostic tests, include LDL and HDL phenotyping, Lp(a), homocysteine, hs-CRP, coronary calcium imaging, carotid Intimal wall thickening, vasoreactivity, and the ankle brachial index. When applied correctly, these tests can significantly increase the sensitivity for predicting who is at high risk for a cardiovascular event and can give the health care provider information on the best treatment strategies, both medical and lifestyle modification. All of this information has a direct impact on strategies for exercise testing and prescription. This presentation will highlight the effects that exercise has on each of these new tests.

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**4:05 – 4:45 p.m. Heart Failure – New Diagnostic Techniques**  
Joe Warphea, MA, EPC, University of Minnesota

As heart disease continues to increase at an epidemic rate, so to does the demand for more accurate techniques to diagnose various conditions. Certainly, earlier and more conclusive identification of heart disease means earlier and possibly more effective intervention strategies. Heart failure is just one component of the multifaceted dilemma that is heart disease and is a particularly debilitating condition. This lecture will take a closer look at advanced imaging techniques and research that offer promise for increasing the accuracy of diagnoses related to heart failure.

**Lifetime Achievement Award**

**6:30 – 7:15 p.m. Dinner**  
**7:15 – 7:30 p.m. ASEP Recognition**  
**7:30 – 8:00 p.m. Award Presentation, Dr. David Costill**

**Saturday, April 3, 2004**

**Exercise Physiology III**

**8:00 – 8:30 a.m. Why is an Understanding of Anatomy Important for Exercise Physiologists?**  
Tommy Boone, PhD, MPH, FASEP, EPC, College of St. Scholastica

While anatomy is an important course for certain academic majors, its role in exercise physiology is less understood. Part of the reason stems from the emphasis on exercise physiology research involving metabolic equipment and assessment of oxygen consumption and other physiological measures. In fact, many exercise physiologists are not prepared to teach anatomy and/or describe its application to fitness, athletics, and rehabilitation. More emphasis should be placed on anatomy, especially at the doctorate level. With increased information, the integration of anatomy and physiology should be easier for many different reasons.

**8:30 – 9:00 a.m. Functional Training for General Fitness**  
Don Diboll, PhD, EPC, California State University – Bakersfield

Functional training will be defined and explained, including fundamental concepts, training techniques, principles of training, and equipment. The rationale for using this type of training will then be addressed. Finally, the presentation will conclude with a discussion of the application of functional training to various populations.

**9:00 – 9:30 a.m. Overtraining and Nutritional Support**  
Lonnie Lowery, PhD, Kent State University

Although over-reaching is a common component of athletic programs, a larger-than-expected percentage of athletes experience staleness and/ or overtraining. This lecture covers the biological, psycho-physiological, anatomical, performance- and health-related aspects of overtraining – with a focus on recovery time frames and realistic expectations. As the greatest contributor to the athletic recovery process, nutrition will be addressed throughout. Programming suggestions and practical incorporation of recovery-tracking methodologies will be presented.

**9:30 – 10:00 a.m. Break**

**Research II**

**10:00 – 10:20 a.m. Evaluations of Fitness Characteristics of Collegiate Soccer Players Before and After a Pre-Season Strength and Conditioning Program**  
John Dargan, MA, EPC, College of St. Scholastica

The purpose of this study was to assess the effects of an unsupervised pre-season conditioning program on the fitness level of collegiate soccer players. The conditioning program had components of strength, speed, and agility as well as soccer specific drills.

**10:20 – 10:40 a.m. The Validity of Cadence Based Sub-Maximal Fitness Fields Test for Wheelchair Users**  
James Laskin, PhD, PT, University of Montana

Individuals with physical disabilities adopt a sedentary lifestyle and therefore are at risk for secondary chronic conditions. Valid exercise assessments are needed to provide an appropriate exercise prescription. The purpose of the pilot study was to design a valid sub-maximal field test for wheelchair users that is easy to administer, requires minimal equipment, and is time efficient.

**10:40 – 11:00 a.m. Physiologic Response to Hot Water Immersion**  
Larry Birnbaun, PhD, EPC, College of St. Scholastica

The purpose of this study was to evaluate the physiological responses to a 15 minute hot tub immersion at 39°C. Measurements were made while sitting in a chair for 15 minutes at room temperature, then during the 15 minutes of hot tub immersion. Oxygen consumption, cardiac output, heart rate, double product, systemic vascular resistance, and blood pressure

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responses were studied.

**Professional II**

**11:00 – 11:20 a.m. Developing State Associations**

Jason Young, MA, EPC, LAT, Lakeview Medical Center, Rice Lake, WI

This presentation will include a step by step approach to building a state association. In addition, it will include other important issues in respect to creating and sustaining a strong state association. There are many positive aspects into having a state organization, without one there can be no future for Board Certified Exercise Physiologists within that state. Please take a strong look at the state of your Exercise Physiology profession within your state.

**11:20 – 11:40 a.m. Board Certification for Exercise Physiologist**

Tommy Boone, PhD, MPH, FASEP, EPC, College of St. Scholastica

Attendees will be updated regarding the ASEP Board Certification for Exercise Physiologists (EPC). The update will include changes in the members of the Board of Certification and recommendation for sub-specialty certifications that fall under the "Exercise Physiologist Certified" status. Such specialty areas might include (a) general healthcare practitioner; (b) anatomy specialist; (c) health promotion entrepreneur; (d) educator; (e) research; (f) cardiac rehab; (g) exercise nutrition; (h) fitness development; and (i) gerontologist. Information about new sites to sit for the exam as well as the overall handling of the exam process and evaluators will be presented.

**11:40 – 12:00 p.m. ASEP Academic Accreditation**

Rob Robergs, PhD, FASEP, EPC, University of New Mexico

Academic accreditation is an important and essential component to any profession. The Accreditation Committee of ASEP desires to work with academic program to ensure that standards are met and graduating students are worthy of the title "exercise physiologist". Accreditation was established to develop academic standards, certify credibility, integrity and quality of academic programs that prepare students for professional work in exercise physiology. An update will be given on the progress of ASEP accreditation.

**12:00 – 1:30 p.m. Lunch – not provided**

**(Indiana Association of Exercise Physiologists Business Meeting)**

**Roundtable Discussions**

**Choose one:**

**1:30 – 2:15 p.m. Licensure**

Moderators: Matt Wattles, Steve Jungbauer

The American Society of Exercise Physiologist is presently working with legislators to enact state licensure bills. This roundtable discussion will offer an opportunity for participants to offer their input in the process of licensure of exercise physiologists.

**1:30 – 2:15 p.m. New Trends in Research**

Moderators: Rob Robergs, Don Diboll

This discussion will offer an opportunity for participants to confer the many recent developments in the area of exercise physiology research, clinical studies, and new perspectives in exercise physiology.

**1:30 – 2:15 p.m. Growth of ASEP**

Moderators: Tommy Boone, Lonnie Lowery

This roundtable discussion will give participants the opportunity to discuss the recent success and growth of ASEP. Participants will have the chance to provide input and suggestions in the future direction of ASEP's vision is unify and professionalize exercise physiology.

**2:15 – 3:00 p.m. Roundtables Repeatd**

**3:00 – 3:15 p.m. Break**

**Keynote Address**

**3:15 – 4:15 p.m. Overfatness and Children**

Victor Katch Ed.D. Professor of Movement Science, Division of Kinesiology;  
Associate Professor of Pediatric Cardiology, School of Medicine, The University of Michigan

Rates of overfatness have increased in the past decade to alarming proportions. Estimates suggest between 40 and 60 percent of the U.S. adult population and perhaps 30 percent of children and adolescents are overfat. Coincident with the growing level of fatness are increases in the incidence of chronic diseases (type 2 diabetes, dyslipidemias, heart disease and different cancers.) This lecture will center on a discussion of the root causes of increased fatness in children and adults and the growing body of evidence linking physical inactivity, various nutritional practices and genetics as causative factors.

**4:15 – 4:30 p.m. Closing Remarks**

## **Call for Abstracts and Poster Presentations**

You are invited to submit abstracts for presentation by December 15, 2003.

### **Abstract Evaluation Criteria**

Abstracts will be evaluated by a committee and judged according to the following criteria:

- The presentation relates to the stated categories and supports the overall theme of the conference.
- Objectives are clear and well-presented.
- The work is based on appropriate, well researched and up-to-date scientific information.
- The work is relevant to the conference audience.
- The information can be applied and is useful to exercise professionals.
- The results or outcomes of the work are described in the abstract and are relevant to the Exercise Physiologist.

### **Responsibilities of Authors Whose Abstracts are Accepted**

At least one author of an accepted paper must attend the conference to make the presentation. Authors are responsible for providing a substitute presenter if the designated author is unable to be present and must notify conference management of the change prior to the conference.

Authors will be responsible for all expenses related to participation in the conference, including registration, transportation, lodging and meals.

Authors with accepted papers will be provided with instructions for their presentation options and will be expected to adhere to the requirements of the presentation.

**Abstract Deadline – December 15, 2003**

### **Instructions for Submission**

1. Complete one submission form for each abstract submitted. Send the submission form with one original and four copies of the abstract for review. Use a letter-quality printer with type dark enough for reproduction.
2. The abstract must be no more than 250 words on one sheet of 8.5"x11" paper and should provide a clear description of the program or research.
3. Type the title in bold. Do not include degrees or titles for the presenting author or other authors.
4. Double-space between the title of the abstract, and then again between the authors' names and the first line of the abstract. Single space the body of the abstract. Do not double-space between paragraphs. If acronyms or abbreviations are used, spell them out the first time you use them.
5. Set up the abstract using the following headings and sequence:
  - Abstract Title
  - Presenting Author
  - Other Authors
  - Objectives
  - Description of Intervention or Methods
  - Results or Outcomes
  - Conclusions and Potential Applications
6. Submission **MUST** be emailed or postmarked on or before December 15, 2003. Please do not fold. **FAXED SUBMISSIONS WILL NOT BE ACCEPTED.**
7. Include the biographical data form.
8. Attach the checklist to the front of each abstract submission.

### **For questions or to obtain submission forms, contact:**

Steven Jungbauer, MA, MBA, EPC, FAACVPR, FASEP  
American Society of Exercise Physiologist  
Phone: (574) 372-7674  
E-mail: sjungbauer@kch.com

### **Abstracts to be emailed to [sjungbauer@kch.com](mailto:sjungbauer@kch.com) or mailed to:**

Steve Jungbauer  
Kosciusko Community Hospital Health & Wellness Center  
1500 Provident Drive  
Warsaw, IN 46580

**Or go to the American Society of Exercise Physiologist website: [www.asep.org](http://www.asep.org).**

## Example of Abstract

Authors will be notified of acceptance by February 1, 2004.

### **Magnitude of the Heart Rate Threshold Is Not Explained by VO<sub>2</sub>max, the Lactate Threshold or Endurance Cycling Performance**

Robert A. Robergs, Daryl L. Parker, Roberto Quintana, Christopher C. Frankel.  
Center For Exercise and Applied Human Physiology  
The University of New Mexico, Albuquerque NM 87131-1258.

**Introduction:** The HRT is purported to represent the lactate threshold and therefore be an indicator of exercise performance (1-4). The intent of this study was to statistically explain the occurrence of HRT in subjects using absolute and relative indices of cardiovascular fitness. **Methods:** Twenty two subjects (11 males) of varying fitness first completed an incremental exercise test to VO<sub>2</sub>max on an electronically braked cycle ergometer. During the maximal exercise test blood lactate was measured each minute, and heart rate was measured every 15 s. Expired gas was collected continuously and analyzed every 30 seconds by an automated expired gas collection system. In another trial, subjects performed a 30 minute isokinetic cycling performance test (PERF). **Statistics:** Data for HRT, LT, and mean performance (PERF) were compared by separate one-way repeated measures ANOVA ( $p=0.05/3=0.0166$ ). Stepwise multiple regression analyses were used to explain the between subjects variability in the HRT (%VO<sub>2</sub>max, VO<sub>2</sub> (L/min)) and VO<sub>2</sub> (L/min) during PERF. Stepwise discriminant analysis was used to determine if any one factor or combination of factors could discern subjects with or without a HRT. The error for detecting a difference of 5% VO<sub>2</sub>max between the HRT and LT for the 22 subjects of this study was 0.3. **Results:** The heart rate profiles exhibited were exponential (n=1), linear (n=8), and sigmoidal (n=13). Subsequent assessment of the heart rate response to exercise resulted in a HRT in 13 of 22 subjects (59%). The mean values for blood lactate, HR, VO<sub>2</sub>, and %VO<sub>2</sub>max at the HRT, LT and PERF are presented in Figure 1. The only predictor to enter in the discriminant function analysis was %VO<sub>2</sub>max at the LT ( $p<0.01$ ), accounting for 32.38% of the variance with HRT categories, and classified groups correctly by 76.2 %. None of the variables, VO<sub>2</sub>max, %VO<sub>2</sub>max at LT, and hours exercised per week had a sufficient F to be entered into a multiple regression equation. **Discussion:** We hypothesized that the HRT would be related to, or be predicted by indices of cardiovascular endurance based upon previous findings (1-4). However, our results indicated that VO<sub>2</sub>max, LT, or hours trained per week were not related to HRT, and that for individuals who have a HRT, it occurs at a significantly higher intensity than the LT. We conclude that cardiorespiratory fitness is not related to the exercise intensity at the HRT. Further studies are needed to identify the physiological variables that explain or cause the HRT phenomenon. **References:** 1. Gledhill N. et al. *Med Sci Sports Exerc.* 26: 1116-1121, 1994. 2. Hofmann P. et al. *Int J Sports Med.* 15:232-237, 1994. 3. Pokan R. et al. *Eur J Appl Physiol.* 67: 385-388, 1993. 4. Pokan R. et al. *Eur J Appl Physiol.* 70: 175-179, 1995.

## Poster Session Guidelines

A poster is a display that uses text, graphs, tables, charts and illustrations to present highlights of a particular subject. It should be designed to catch the viewers attention, to quickly acquaint the viewer with the basis of the subject, and to make the viewer want to learn more.

Poster presentations provide an opportunity to acquaint the conference participants with the fundamentals of your program, special project or study analysis quickly and easily.

Each presenter will be assigned a display area with a surface of about 4' x 8'. Presenters must include a presentation title and authors in addition to the text, graphs, tables, charts and illustrations that make up the body of the presentation.

## **Abstract and Poster Session Submission Form**

### **Checklist for Abstract Submission**

To assure your abstract submission is complete, did you include the following?

\_\_\_\_\_ An original of the abstract and four (4) copies.

\_\_\_\_\_ A completed and signed biographical data form for each author.

The American Society of Exercise Physiologists must receive a completed abstract submission package post-marked no later than **December 15, 2003**.

### **If you have questions about the abstract submission process, please contact:**

Steven Jungbauer, MA, MBA, EPC, FAACVPR, FASEP

American Society of Exercise Physiologist

Phone: (574) 372-7674

E-mail: sjungbauer@kch.com

Or go to the American Society of Exercise Physiologist website: [www.asep.org](http://www.asep.org).

## **Biographical Data**

Please complete the form below and include with the abstract submission form. All information will be kept confidential.

### **Title of Abstract** \_\_\_\_\_

### **Name of Presenting Author** \_\_\_\_\_

*Please use the name of the author who will present if the abstract is accepted.  
All correspondence will be sent to this person.*

### **Title** \_\_\_\_\_

### **Organization** \_\_\_\_\_

### **Address** \_\_\_\_\_

### **City** \_\_\_\_\_

### **State** \_\_\_\_\_

### **ZIP Code** \_\_\_\_\_

### **Daytime Telephone** \_\_\_\_\_

### **Fax** \_\_\_\_\_

### **E-mail** \_\_\_\_\_

### **Education (include basic preparation through highest degree held)**

Degree/Year

Institution, City, State

Major Area of Study

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### **Professional experience (areas of expertise and publications pertinent to this educational activity)**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Signature \_\_\_\_\_

Telephone \_\_\_\_\_

E-mail \_\_\_\_\_

## **Conference Exhibit Information**

The exhibit area will be in a high traffic area of the conference. The continental breakfast, lunch and refreshment breaks will be held in the exhibit area to give exhibitors maximum exposure to conference attendees. Exhibit space is limited; please register early. Space will be assigned on a first come, first served basis.

### **Exhibit Hours**

The exhibit floor will open at 7:30 a.m. on Friday, April 2, and close at 5:00 p.m. It will be open again on Saturday, April 3, from 7:30 a.m. to 5:00 p.m. As a courtesy to the registrants and your fellow exhibitors, conference planners request strict adherence to the opening and closing hours.

### **Booth Description**

Booth size is approximately 6' x 10'. Booth space will include one eight foot skirted table and two side chairs.

### **Installation/Dismantling**

Exhibitor set-up will be Thursday, April 1, from 5 p.m. to 9 p.m. The exhibit hall is scheduled to close at 5:30 p.m. on Saturday, April 3. Dismantling will begin after that time.

### **Security**

The exhibit area will be locked after conference hours. If additional security is needed, the exhibitor must obtain services at his/her own expense.

### **Booth Assignment**

Exhibit space will be assigned based on receipt of registration form with payment. All registrations will be confirmed with a booth number. Conference planners reserve the right to make assignments or reassignments as necessary.

### **Advance Shipments**

The hotel must be notified in advance and any consignments shipped to the hotel should include the following information on the package: "Attention: Catering/Banquet", along with your organizations name and arrival date. Storage rental fees may be imposed if the items are delivered prior to 72 hours before the scheduled function or the volume or bulk is considered excessive as determined by the hotel.

### **Liability and Insurance**

Every reasonable precaution will be taken to protect the exhibitor's property. However, neither the conference planners nor agents will have responsibility or liability for the exhibitor's property, owned or rented, his person, or that of his employees or agents, from personal injury, theft or any other causes. Exhibitors are advised to carry floater insurance to cover exhibit material and public liability for injury to the person and property of others.

## Exhibit/Sponsorship/Advertising Contract

In accordance with the rules and regulations covering the exhibit to be held in connection with the American Society of Exercise Physiologist 6<sup>th</sup> Annual Meeting and Conference, the undersigned hereby makes application for sponsorship, advertisement and/or exhibit space. This agreement is subject to all of the terms and conditions stated in the prospectus and made a part thereof. The undersigned agrees to accept assignment of space by conference planners and to pay the space rental on or before **March 1, 2004**. If payment is not received by deadline, conference planners reserve the right to cancel the assignment and re-assign the space. Please submit camera ready ad copy by **February 1, 2004**.

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ ZIP Code \_\_\_\_\_  
Telephone \_\_\_\_\_ Fax \_\_\_\_\_  
Name of Authorized Person's E-mail \_\_\_\_\_

### Sponsorship Reservation

Gold Level Sponsor (\$2,000) 4 people, booth, full page ad, link on asep.org  
Silver Level Sponsor (\$1,500) 3 people, booth, 1/2 page ad, link on asep.org  
Bronze Level Sponsor (\$1,000) 2 people and booth, link on asep.org



### Additional Conference Participation Opportunities

- Underwrite a Speaker - Sponsor a Give Away

Please specify: \_\_\_\_\_

Organization Name: \_\_\_\_\_

Please provide a brief description of your organization and a summary of your products and/or services.

### Company representative attending conference

Name \_\_\_\_\_ Title \_\_\_\_\_

### Please note, sponsoring organizations receive additional representative registrations:

Only pre-registered representatives will have name badges. Please list the names of the additional representatives.

- 1) \_\_\_\_\_ 2) \_\_\_\_\_  
3) \_\_\_\_\_ 4) \_\_\_\_\_

### Sponsorship (Select One)

\_\_Gold \_\_ Silver \_\_Bronze \$ \_\_\_\_\_

### Advertising

Full Page \$250 \$ \_\_\_\_\_

Half Page \$150 \$ \_\_\_\_\_

**TOTAL AMOUNT** \$ \_\_\_\_\_

### Exhibits

Booth and Full Page Ad (\$700) \$ \_\_\_\_\_

Booth (\$500) \$ \_\_\_\_\_

Will your organization need the following hookups?

*(Additional charges apply)*

\_\_\_Electrical \_\_\_Phone \_\_\_Internet

### Please mail payment and contract to:

Megan Lukenbill  
1540 Provident Drive  
Warsaw, IN 46580

Make checks payable to: **ASEP**

### If you have questions please contact:

Megan Martin at 574-372-7638 or  
e-mail: mlukenbill@kch.com  
Additional Information can be found at [www.asep.org](http://www.asep.org)

Signature \_\_\_\_\_ Title \_\_\_\_\_

American Society of Exercise Physiologists Acceptance - Pursuant to the terms and conditions set forth in this contract on \_\_\_\_\_, 200\_\_, the American Society of Exercise Physiologists hereby releases Exhibit Display(s) Number(s) and/or advertising space for the 6<sup>th</sup> Annual Meeting and Conference at a total cost of \$\_\_\_\_\_. Payment for the total cost of assigned space must be received by **March 1, 2004**.

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## **Airport Information**

The hotel is located 8 miles away from the Indianapolis International Airport.

## **Driving Directions**

### **From Indianapolis International Airport**

Take 70 East to the Illinois street exit (one way). Go about 7 blocks to Ohio Street and turn right. The hotel will be on the right.

### **65 South from Chicago, IL:**

Take 65 South to the Meridian Street exit. Go down the ramp to the second stoplight, (Meridian Street). Turn right. Go to Ohio Street and turn right. The hotel will be on the left.

### **65 North:**

Take 65 North to the Market Street exit. Take Market Street exit to College Avenue. Turn right on College Avenue and go to Ohio Street. Turn left on Ohio and go about 4 blocks to Meridian Street. The hotel will be just past Meridian Street on the left.

### **69 South from Fort Wayne, IN:**

Take 69 South to 465 South to 70 West. Take 70 West to the Ohio Street exit. Go down the ramp and continue about 6 blocks to Meridian Street. The hotel will be just past Meridian Street on the left.

### **74 West from Cincinnati, OH:**

Take 74 West to 465 South to 65 North. Take 65 North to the Market Street exit. Take Market Street exit to College Avenue. Turn right on College Avenue and go to Ohio Street. Turn left onto Ohio Street and go about 4 blocks to Meridian Street. The hotel will be just past Meridian Street on the left.

### **74 East from Champagne, IL:**

Take 74 East to 465 South to 70 East. Take 70 East to the Illinois Street exit (one way). Go about 7 blocks to Ohio Street and turn right. The hotel will be on the right.

### **31 North:**

Take 31 North to 70 East to the Illinois Street exit (one way). Go about 7 blocks to Ohio Street and turn right. The hotel will be on the right.

### **37 North:**

Take 37 North to 465 South to 65 North. Take 65 North to the Market Street exit. Take Market Street exit to College Avenue and turn right. Go to Ohio Street and turn left. Go about 4 blocks to Meridian Street. The hotel will be just past Meridian Street on the left.

### **70 West from Columbus, OH:**

Take 70 West to the Ohio Street exit. Go down the ramp onto Ohio Street and continue east about 6 blocks to Meridian Street. The hotel will be just past Meridian Street on the left.

### **70 East from Terre Haute, IN:**

Take 70 East to the Illinois Street exit (one way). Go about 7 blocks to Ohio Street and turn right. The hotel will be on the right.



*American Society of Exercise Physiologists  
6th Annual Meeting and Conference—April 1-3, 2004*

**Registration Form**



1. Please note the following instructions for completing your registration form.
2. TYPE or PRINT CLEARLY the following information, as it should appear on your name badge. This form must be completed in its entirety in order for your registration to be processed.
3. Carefully review the registration fees. The deadline for early registration is February 15, 2004.
4. This registration form and payment must be postmarked **February 15, 2004** to ensure the early registration rate of \$200. The full registration rate of \$250 will be in effect from **February 16, 2004**, until **March 26, 2004**. If faxing this form prior to issuing payment, the registration fee MUST be received within the given time frames to ensure the early or full rate.
5. Please note the cancellation policy described elsewhere in this brochure. **NO REFUNDS ARE AVAILABLE AFTER March 15, 2004. THERE ARE NO EXCEPTIONS!**

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP Code \_\_\_\_\_

Telephone \_\_\_\_\_ Fax \_\_\_\_\_

Email \_\_\_\_\_

**May we include your name and address as it appears on this registration form in the conference program?**            ? Yes            ? No

**Will you attend the Awards Dinner honoring Dr. David Costill? (Reservations Required)**  
   ? Yes            ? No

		<u>Early Registration</u>	<u>After February 16, 2004</u>
<b>Registration:</b>	Professional	\$200	\$250
	Student	\$50	\$75
	Non-Members	\$250	\$300

*The program distributed at the conference includes the names and addresses of each conference registrant.*

Register online at [www.asep.org](http://www.asep.org) or mail this registration form to:  
Matt Lehn, MBA, Lutheran Hospital, 7950 West Jefferson, Fort Wayne, Indiana, 46840.

# American Society of Exercise Physiologists

The College of St. Scholastica  
1200 Kenwood Avenue  
Duluth, Minnesota 55811



The Professional Organization of Exercise Physiologists