



AMERICAN SOCIETY OF EXERCISE PHYSIOLOGISTS

11th ASEP Annual National Conference

April 2 - 4, 2009

(Board of Directors meeting 4/2/08 – General Conference 4/3 and 4/08)

The **American Society of Exercise Physiologists** is pleased to announce the 11th Annual Conference to be held April 2 - 4, 2009 on the Midwestern State University campus in Wichita Falls, Texas.

The themes for this year's conference are "Challenging Convention" and "Making Fitness Functional". An exciting slate of guest speakers are scheduled to provide novel perspectives on science and fitness, the bread and butter of exercise physiology. This is a unique event as speakers include a theoretical talk from a Nobel Laureate, talks from the founder of the CrossFit system, a US military representative speaking on functional fitness development, and talks by two of the most recognized authors in the exercise industry. This is additional to several other noted exercise physiology professionals, both academic and practitioner, and the open scientific and professional sessions standard at ASEP conferences.

ASEP seeks to develop professional recognition of the field of exercise physiology and of its scholar and practitioner members. The Board of Directors, and the membership at large, are committed to unifying the profession by defining its bounds, establishing ethical standards, and developing meaningful professional credentials. This meeting will provide the opportunity for consideration of new information, new theory, and new directions to be considered simultaneously with the familiar traditional perspectives. ASEP invites exercise physiologists, exercise therapists, fitness trainers, and anyone else interested in the dynamic topic of exercise physiology to attend and participate in this open forum.

Sincerely,

Two handwritten signatures in black ink. The first signature, on the left, is 'Frank' and the second, on the right, is 'Lon'. They are written in a cursive, flowing style.

Frank Wyatt & Lon Kilgore
MSU Conference Organizers

Hotels

Closest Hotel - Less than one mile

Homewood Suites-Wichita Falls

www.homewoodsuites.com - (940) 691-4663

Also Close - Approximately two miles

Fairfield Inn-Wichita Falls

www.marriott.com - (940) 691-1066

Hampton Inn Wichita Falls-Sikes Senter Mall, TX

www.hamptoninn.com - (940) 692-1999

Approximately 5-7 miles

Holiday Inn Express Hotel & Suites Wichita Falls

www.hiexpress.com - (877) 863-4780

Travelodge Wichita Falls

www.travelodge.com - (940) 761-3400

La Quinta Inn-Wichita Falls Airport

www.lq.com - (940) 322-6971

Super 8 Wichita Falls

www.super8.com - (940) 322-8880

Quality Inn & Suites

www.wfqualityinnandsuites.com - (940) 322-2477

B&B's

Closest - Less than 2 miles

Harrison House Bed & Breakfast

www.hhbb.com - 2014 11th St, Wichita Falls - (940) 322-2299

Less than 10 miles

Kokopelli Bed & Breakfast

15886 FM 1954, Wichita Falls - (940) 696-0028

Less than 25 miles

The Spur Hotel

thespurhotel.com - 110 N Center St, Archer City - (940) 574-2501

Lonesome Dove Inn

lonesomedoveinn.com

225 W Main St, Archer City - (940) 574-2700



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Registration Form – Check or Money Order

Please visit the www.asep.org website to register with your credit card.

Thank you for registering for the **American Society of Exercise Physiologists 11th Annual Meeting**. Please take a moment to complete the Registration Form and send with payment to ASEP, 1200 Kenwood Ave., Duluth, MN 55811.

First Name _____ Last Name _____

Employer _____

Mailing Address _____

City _____ State _____ Zip Code _____

Telephone _____ Email _____

Education Background - PhD, EdD, MD, DPT, MS, BS, none (circle one)

Institution _____

City _____ State _____

Academic Major _____

Annual Meeting Registration Fee

Check One

ASEP Member – Full Conference	\$200	_____	
Non-Member – Full Conference	\$275	_____	(includes new membership)
Students – Full Conference	\$100	_____	
Individual Session Fee (Member & Non-member)	\$100	_____	Session _____ (Open, CrossFit, or Bike)

Friday dinner banquet with guest speaker Nobel Laureate Kary Mullis & Saturday luncheon with guest speaker Joel Friel ***included with full conference registration***. Individual session attendees can purchase tickets for either meal event for \$25 (each) (only in advance – prior to 3/1/2009).

\$25 _____ Lunch or _____ Dinner

Registrations received after March 1, 2009 will incur a \$150 late registration fee in addition to the standard registration fee.

Amount enclosed \$ _____

CALL FOR OPEN SCIENTIFIC & PROFESSIONAL ABSTRACTS

The 2009 ASEP National Conference committee is inviting submissions for presentation in the following areas:

Open Scientific Presentations - 15 minute oral presentations with 5 minute Q&A to follow
Aerobic Training and Performance (Category 1A)

Presentations in this category should represent ongoing or completed research dealing with Aerobic Exercise Physiological aspects of training and performance.

Anaerobic Training and Performance (Category 1B)

Presentations in this category should represent ongoing or completed research dealing with Anaerobic Exercise Physiological aspects of training and performance.

Open Professional Presentations - 15 minute oral presentations with 5 minute Q&A to follow
Professional Legal and Theoretical Issues in Exercise Physiology (Category 2)

Presentations in this category should represent emerging legal or legislative issues relevant to Exercise Physiology or represent a novel analysis of the theoretical underpinnings of Exercise Physiology.

Poster Presentations - 30 minute at-poster Q&A then 4 hour unmanned display
Anatomical Applications in Exercise (Category 3A)

Posters in this category should present data or concepts dealing with anatomical structures affecting the performance of exercise. Student posters are strongly encouraged.

Gross Physiological Adaptation in Exercise (Category 3B)

Posters in this category should present ongoing or completed research dealing with whole-body or systemic physiological adaptations to training. Student posters are strongly encouraged.

Cell and Molecular Adaptation in Exercise (Category 3C)

Posters in this category should represent ongoing or completed research dealing with cellular or molecular physiological adaptations to training. Student posters are strongly encouraged.

Submission Guidelines

Abstracts of oral and poster presentations should be 300 words or less. The entire abstract should be typed and submitted in Word document file format (.doc). The title and abstract (with no author or institution information included) should be typed on it's own page in a standard vertical format printable on a single 8 1/2 x 11 white sheet of paper with 1.0" left, right, top, and bottom margins (in 12 point Times New Roman font). On a second page in this document file the following information should be included:

- (1) Name and Credentials
- (2) Work Position/Title
- (3) Employer/ Address/City/Zip
- (4) Work Telephone
- (5) Exact Title of Abstract Submission
- (6) Category of presentation desired (from 1A, 1B, 2, 3A, 3B, 3C above).

If selected, abstracts will be printed in the official conference proceedings distributed to participants during registration. All presenters must register for the meeting.

Submissions must be e-mailed to Dr. Frank Wyatt (frank.wyatt@mwsu.edu) by noon February 16, 2009. Abstracts will be peer reviewed. Notification of acceptance will be sent via e-mail by February 27, 2009.



AMERICAN SOCIETY OF EXERCISE PHYSIOLOGISTS

11th ASEP Annual National Conference

April 2 - 4, 2009

Thursday Ligon Coliseum

April 2, 2009

5:00-9:00pm Registration Check-in

7:00-9:00pm Board of Directors Meeting

Friday Fain Fine Art Amphitheater

April 3, 2009

8:00-8:15 Welcoming Remarks - Jesse Rogers, President Midwestern State University

8:15-8:25 Introduction - Endurance Training and Performance

8:25-9:25 Open Session Speakers

9:25-9:35 Introduction - Legal and Theoretical Aspects

9:35-10:35 Open Session Speakers

10:35-11:05 Catered Poster Session - Anatomical Applications in Exercise Performance

11:05-11:15 Introduction - Anaerobic Training and Performance

11:15-12:15 Open Session Speakers

12:15-1:15 Lunch

1:15-1:25 Introduction - The CrossFit Phenomenon

1:25-2:25 Greg Glassman - Founder and CEO of CrossFit

2:25-3:05 Speaker - Military Applications of CrossFit

3:05-3:45 Mark Rippetoe - Author, *Starting Strength* and CrossFit strength consultant

3:45-4:15 Catered Poster Session - Gross Physiological Applications in Fitness

4:15-5:00 CrossFit Round Table Discussion

Commanche Suites

5:15-7:00 Sponsored Banquet

5:45-6:45 Kary Mullis - Nobel Laureate - What if everything you knew about science was wrong?

Saturday Fain Fine Art Amphitheater

April 4, 2009

8:00-9:00 Boone Lecture - Lonnie Lowery

9:00-9:15 Introduction - Physiology and the Bike

9:15-10:00 Clay Worthington, USA Cycling Sports Science Coach

10:00-10:45 Julien Baker, University of Glamorgan

10:45-11:15 Catered Poster Session - Cell and Molecular Physiological Applications in Fitness

11:15-12:00 Frank Wyatt, Midwestern State University

Commanche Suites

12:15-2:00 Sponsored Luncheon

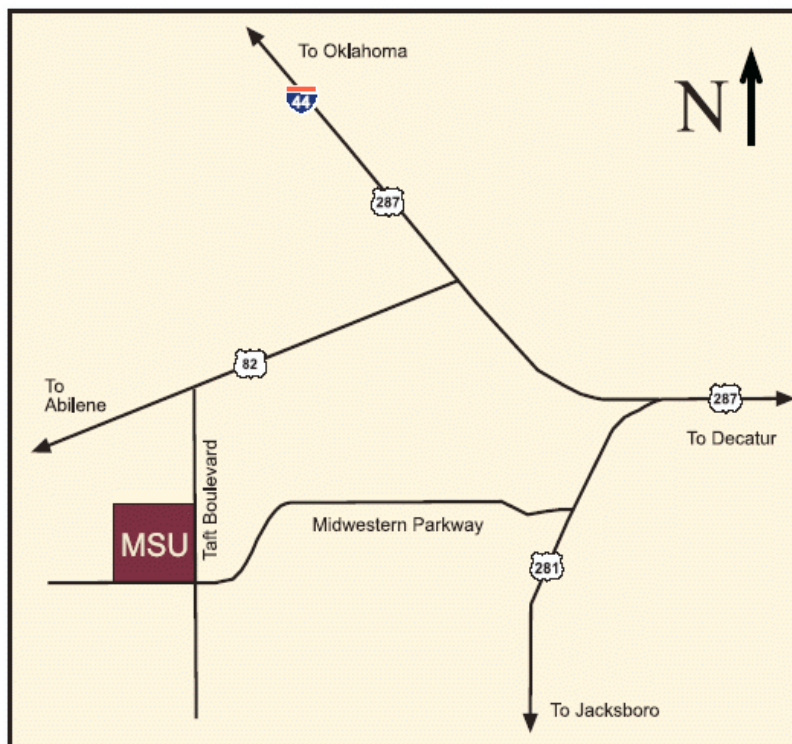
12:45-1:45 Joe Friel - Author, *Cyclists Training Bible*

1:45-2:00 Adjournment

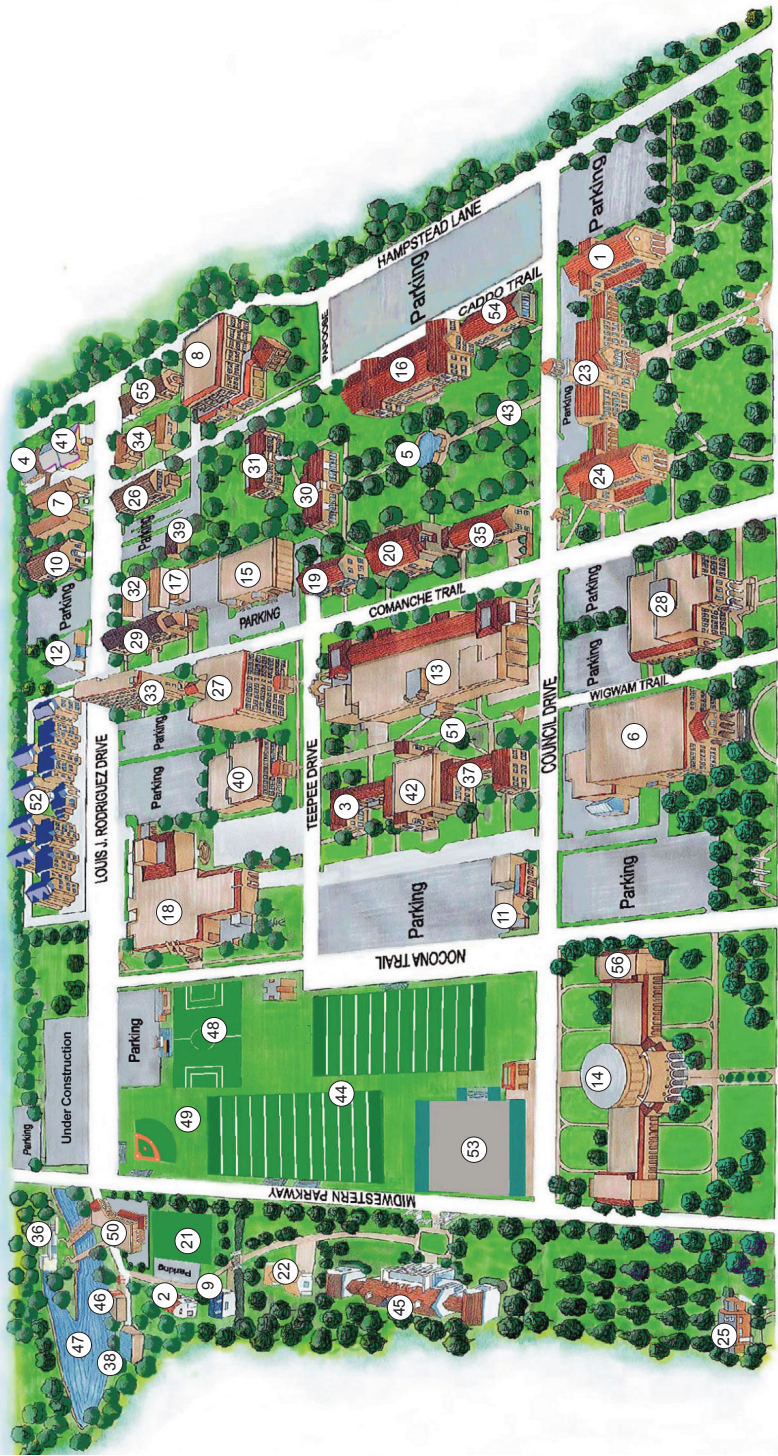
Registration check-in will be conducted in the Fain Fine Art Amphitheater foyer throughout the day on the 3rd and 4th.

Transportation to Wichita Falls and Midwestern State University

Wichita Falls is easily accessible from either the Dallas-Fort Worth or Oklahoma City Will Rogers International Airports. Both airports offer connecting flights via American Eagle to Wichita Falls. Both airports are also within a two-hour drive of Wichita Falls and Midwestern State University.



MIDWESTERN STATE UNIVERSITY



- 22 Sikes Cottage
- 23 Hardin Administration Building (HA)
Akin Auditorium (Hardin North) (HA)
Associate Vice President for Student Affairs
Business Office
Continuing Education
Dean of Graduate Studies
Donor Services
Extended Education
Human Resources
Institutional Research
Internal Auditor
International Services
Payroll
President
Provost
Public Information and Marketing
Vice President for Administration and Finance
Vice President for Institutional Effectiveness
and Enrollment Management
Vice President for University Advancement
and Student Affairs
Webmaster
24 Hardin South (HS)
Admissions
Toll Free
Career Management Center
Financial Aid
Registrar
Testing
Upward Bound
Veterans Affairs
25 Honors House (residence house) (HH)
26 Instrumental Music Hall (band hall) (IM)
27 Killingsworth Hall (residence hall) (KH)
28 Library (Moffett) (LJ)
Honors Program Office
29 Marchman Hall (MH)
30 Martin Hall (MA-Temporarily Closed until 2008)
31 McCoy Engineering Hall (MT)
Engineering, McCoy School of
Manufacturing Engineering Technology
Mechanical Engineering
32 McCullough Hall (MC)
33 McCullough-Trigg Hall (residence hall) (MT)
34 McCata Hall (MG)
Academic Support Center
35 Memorial Building (MM)
Information Systems
Telecommunications
36 Museum, WF Museum of Art at MSU (MS)
37 O'Donohoe Hall (OD)
Prothro-Yeager College of Humanities
and Social Sciences
History
International Studies
Political Science
Psychology
Sociology
38 Outdoor Recreation Center (OR)
39 Paint Shop (PS)
40 Pierce Hall (residence hall) (PH)
41 Police Department, University (PD)
42 Prothro-Yeager Hall (PY)
43 Quadrangle (Q)
44 Recreational Sports Fields (RS)
45 Sikes House (president's home) (SH)
46 Sikes Lake Center (SL)
47 Sikes Lake and Jogging Track (SL)
48 Soccer Field (SF)
49 Softball Field (SB)
50 Student Health & Wellness Center (Under Construction)
51 Sunwatcher Plaza (SU)
52 Sunwatcher Village (residence living) (SV)
53 Tennis Courts (TC)
54 University Press (UP)
Credit Union
Print Shop
55 Vision Health Center (VI)
56 Wellness Center (WC)

Area Code (940) • Prefix (397)

- 1 Akin Auditorium (Hardin North) (HA)
4121
- 2 Alumni Center (AL)
4400
- 3 Bea Wood Hall (BW)
4300
Applied Arts and Sciences (BAAS)
English
Foreign Languages
Housing and Residence Life
Humanities
International Education (Studies Abroad)
Philosophy
4 Biology House (residence house) (BI)
5 Boin Fountain (BF)
6 Boin Hall (BO)
4163
4251
4163
4251
4253
4702
4250
Biological Sciences
College of Sciences and Mathematics
Computer Science
Geosciences
Environmental Science
General Science
Geosciences
Mathematics
Physics
7 Bridwell Courts (residence living) (BC)
4411
4251
8 Bridwell Hall (BH)
College of Health Sciences and Human Services
Dental Hygiene
Nursing, Wilson School of
Radiologic Sciences
Respiratory Care
**Social Work
9 Carriage House (CH)
4145
4217
10 Catholic Student Center (CA)
4128
11 Central Plant (CP)
4202
12 Church of Christ Student Center (CC)
4520
13 Clark Student Center (CS)
4203
4225
4500
Armark Dining Services
Barnes and Noble Bookstore
Cheerleaders
Clark Student Atrium
Clark Student Center Information Center
Counseling Center
Dean of Students
Disability Support Services
Mesquite Dining Room
Post Office
Recreation Room
Student Development and Orientation
Student Government
Student Government
University Food Court
University Programming Board
Wu-Kun Yearbook
9 Dillard College of Business Administration Building during Martin Hall renovations.
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* Temporarily housed in Dillard College of Business Administration Building during Martin Hall renovations.
** Temporarily housed in Bridwell Hall during Martin Hall renovations.