



Schedule of Events

Friday, October 21

Morning Session: Exercise Medicine-Applications to Mental Health

11:00-11:25am The Relationship between Strength Training, Body Composition and Mental Health

Mr. Korey VanWyk

11:30-11:55am Professionalism: A Practitioner's Perspective

Mr. Shane Paulson, EPC

12:00-2:00pm Lunch or Workout, Research Club Raffle, Baskets, Donations

Afternoon Session: Exercise Medicine-Applications to Mental Health (contd)

2:00-2:25pm Endurance Training/Repetitive Motion and Psychological Well Being: Hemispheric Function and Outcome

Dr. Frank B. Wyatt, EPC

2:30-2:55pm	Round Table Discussion on Exercise Medicine: Applications to Mental Health	TBA
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3:00pm **Adjourn**

Saturday, October 22

"Exercise Medicine: Applications to Mental and Physical Well Being"

8:00-8:25am Explanation of the Day's Itinerary Dr. Lonnie Lowery

8:30-8:55am Heart Rate Variability Indicates

Myocardial Adaptation **Dr. Frank B. Wyatt, EPC**

9:00-9:25am Cardiorespiratory Effects of Kettlebell

Sport Snatch Exercise **Dr. Jeremy C. Fransen**

9:30-9:55am Meta-analysis of No-Carb Diets Mr. Dalton Smith

10:00-10:25am Muscle Glycogen in Competitive

Cyclists during Sojourn to Altitude Ms. Hannah Ross

10:30-10:55am Contribution of Muscle Saturation of Oxygen (SmO₂) Data to Exercise Prescription and Training

Mr. Aresio B. Souza

11:00am	Closing Remarks	Mr. Shane Paulson, EPC
11:15	Lunch or Workout, Research Club Raffle, Baskets, Donations	