



ASEP National Conference Mount Union University, Alliance, Ohio. October 21-22, 2016.

Co-presented with the University of Mount Union Inter-Science Research Club

Schedule of Events

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

Friday, October 21

8am Opening Remarks Mr. Shane Paulson

8:30am Explanation of Theme and Itinerary Dr. Lonnie Lowery

Morning Session: Exercise Medicine-Applications to Mental Health

9:00-9:25am Psychophysiology: Considerations for the Practicing

Exercise Physiologist Mr. Patrick Ayres, EPC

9:30-9:55 Making Connections: Molecular Mechanisms of Mental

Health Dr. Keith R. Miller

10:00-10:25am Sports Nutrition and Exercise: Beneficial for Mental Health

in the General Population? Dr. Lonnie Lowery

10:30-10:55am Break-Coffee/Tea Snacks

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

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