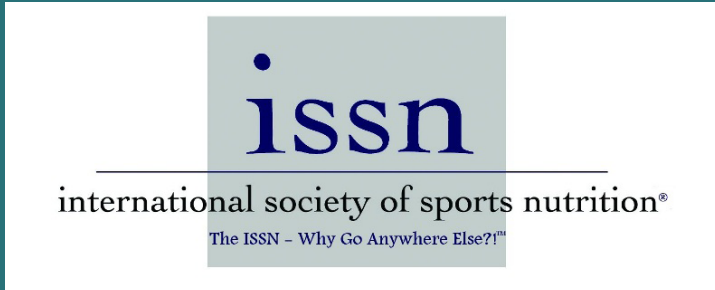


3RD ANNUAL ISSN SPORTS NUTRITION & ATHLETIC PERFORMANCE WORKSHOP AT COASTAL CAROLINA UNIVERSITY



Sat. April 14, 2018

Coastal Carolina University's Department of Kinesiology is proud to present the Sport Nutrition and Athletic Performance Workshop in conjunction with the International Society of Sports Nutrition. This workshop will address topics of interest to coaches, athletes, students, scientists, nutritionists, personal trainers, and strength & conditioning professionals.

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- 8:30 - 9:00am** Registration
 - 8:50 - 9:00am** Welcome and Introduction
 - 9:00 - 9:50am** **Cassandra Forsythe York, PhD, RD** - Stressed Athletic Amenorrhea: Why Anxious Female Athletes Lose Their Periods and What to Do About It
 - 10 - 10:50am** **Jakob Lauver PhD & Trent Cayot PhD** - Blood Flow Restriction Training: Evidence and Application
 - 11 - 11:50am** **Trisha VanDusseldorp PhD** - A Guide to Amino Acids and Exercise
 - 12 - 1:30pm** **Networking and Lunch**
 - 1:30 - 2:20pm** **Jose Antonio PhD** - Lies, Fries and Chicken Thighs: Demystifying the Effects of High Protein Supplementation
 - 2:30 - 3:20pm** **Pat Davidson PhD** - A Case Study of a Competitive Body Builder and Power Lifter: Tracking Practical Metrics to Optimize Outcomes
 - 3:30 - 4:20pm** **Jason Cholewa PhD** - Nutritional Strategies to Optimize Body Composition: From the Everyday Warrior to the Elite Athlete
 - 4:30 - 5:00pm** **Roundtable Discussion**

Register online at www.sportsnutritionssociety.org/Conferences.html

Saturday, April 14, 2018 in Johnson Auditorium 116 and Anteroom
Questions? Email JCholewa@coastal.edu

STRESSED ATHLETIC AMENORRHEA: WHY ANXIOUS FEMALE ATHLETES LOSE THEIR PERIODS AND WHAT TO DO ABOUT IT

Half of women who exercise regularly experience subtle menstrual disorders and nearly 30% have secondary amenorrhea. The complex of distorted eating, amenorrhea and osteoporosis is known as the female athlete triad, and increases the risk of injury and reduces performance. In this discussion, we look at the three different triad classes, and how the effect of these classes can be minimized through nutrition, cognitive behavioral therapy, and therapeutic exercise.

BLOOD FLOW RESTRICTION TRAINING: EVIDENCE AND APPLICATION

This presentation will introduce the concept of blood flow restriction (BFR) training and provide a brief overview of current scientific literature. Areas to be discussed include, mechanisms of action, BFR methodological practices, safety considerations, and the possible applications of BFR in healthy and clinical populations. The goal of this presentation is to provide participants with a general understanding of BFR training and how it may be implemented into practice.

A GUIDE TO AMINO ACIDS AND EXERCISE

Several physiological mechanisms that regulate human skeletal muscle mass have been elucidated. The interaction between amino acid feeding-induced changes in rates of muscle protein synthesis and breakdown dictate net muscle protein balance, and are important for both endurance and resistance training adaptation. This talk discusses how amino acid ingestion influences performance and recovery in both resistance and endurance training individuals.

LIES, FRIES AND CHICKEN THIGHS: DEMYSTIFYING THE EFFECTS OF HIGH PROTEIN SUPPLEMENTATION

In this super scintillating seminar, sports nutrition scientist Jose Antonio will edify the audience on the latest research on high protein consumption. Do high protein diets affect renal function? Does eating “too much protein” make you fatter than a hog at a Golden Corral buffet? If women eat a bucketful of protein will their bones get weaker than a paper plate on a rainy day? These questions and more will be addressed. Until then, enjoy a think juicy steak. Aloha.

A CASE STUDY OF A COMPETITIVE BODY BUILDER AND POWER LIFTER: TRACKING PRACTICAL METRICS TO OPTIMIZE OUTCOMES

This presentation chronicles the training program design, performance, and measured adaptations of a 26 year old competitive body builder and power lifter undergoing a 16 week periodized resistance training endeavor. Training volume and intensity were measured and tracked across this design. Key variables measured related to body composition, weight room performance metrics, and nutritional intake will be discussed.

NUTRITIONAL STRATEGIES TO OPTIMIZE BODY COMPOSITION: FROM THE EVERYDAY WARRIOR TO THE ELITE ATHLETE

Reducing fat mass and/or increasing lean mass has been shown in numerous studies to positively impact jumping, sprinting, and change of direction, as well as overall quality and length of life. Dr. Cholewa will examine the implications of research examining dietary strategies to enhance body composition in fit populations. In addition, the concept of nutrition periodization and its application to the yearly training plan for strength and power athletes will be discussed.

MEET THE SPEAKERS



Cassandra Forsythe York, Ph.D., RD, CSCS

Cassandra York (formerly Forsythe) is an Assistant Professor in the Department of Exercise Science at Central Connecticut State University (CCSU). She holds her PhD in Kinesiology from UCONN and her MS in Nutrition and Metabolism from the University of Alberta, Canada. She has authored two nationally published books for women, "The New Rules of Lifting for Women" (2008, Avery), and "Women's Health Perfect Body Diet" (2008, Rodale).



Jakob Lauver, Ph.D.

Dr. Jakob D. Lauver received his PhD in exercise science from the University of Toledo and is currently an Assistant Professor in the Department of Kinesiology at Coastal Carolina University. Dr. Lauver's current research interests specifically related to blood flow restriction focuses on neuromuscular activation, microvascular oxygenation, and cardiovascular responses during aerobic based exercise with blood flow restriction.



Trent Cayot, Ph.D.

Dr. Trent Cayot received his BS and PhD in exercise science from the University of Toledo (Toledo, OH). While at Toledo, Dr. Cayot helped operate a sports performance program and a clinical exercise program. Currently, Dr. Cayot is an assistant professor of Kinesiology at the University of Indianapolis (Indianapolis, IN). Dr. Cayot's primary research interests include the application of strength and conditioning principles to improve human performance.



Pat Davidson, Ph.D.

Dr. Davidson is an independent trainer, consultant, author, and lecturer in NYC. Dr. Davidson is the former Director of Training Methodology and Continuing Education for Peak Performance, and former Professor of Exercise Science at Springfield College and Brooklyn College. Pat is also a former 175 lbs. strongman competitor who finished top 10 in the USA twice, competed in two World Championships, and finished top 10 in the world once. Pat is interested in all realms of human organism improvement, and is relentless in pursuing education.



Jose Antonio, Ph.D., CISSN, CSCS

Jose Antonio earned his PhD from the University of Texas Southwestern Medical Center. He is the CEO and co-founder of the ISSN and an Associate Professor and the Director of the Exercise and Sport Science program at Nova Southeastern University in Sunny South Florida. Dr. Antonio's research interests focus on the role of sports nutrition vis a vis athletic performance and body composition, and the role of training and nutrition in stand-up paddling (SUP) athletes.



Trisha VanDusseldorp, Ph.D., CISSN, CSCS

Dr. VanDusseldorp is the Vice President of the ISSN and an Assistant Professor of Exercise Science at Kennesaw State University. She received her MS in Human Performance from the University of Wisconsin - La Crosse, and a PhD in Exercise Physiology with a Nutrition emphasis from the University of New Mexico. Dr. VanDusseldorp is passionate about studying the cellular and molecular responses to nutritional interventions, and their relation to changes in performance and body composition.



Jason Cholewa, Ph.D., CSCS

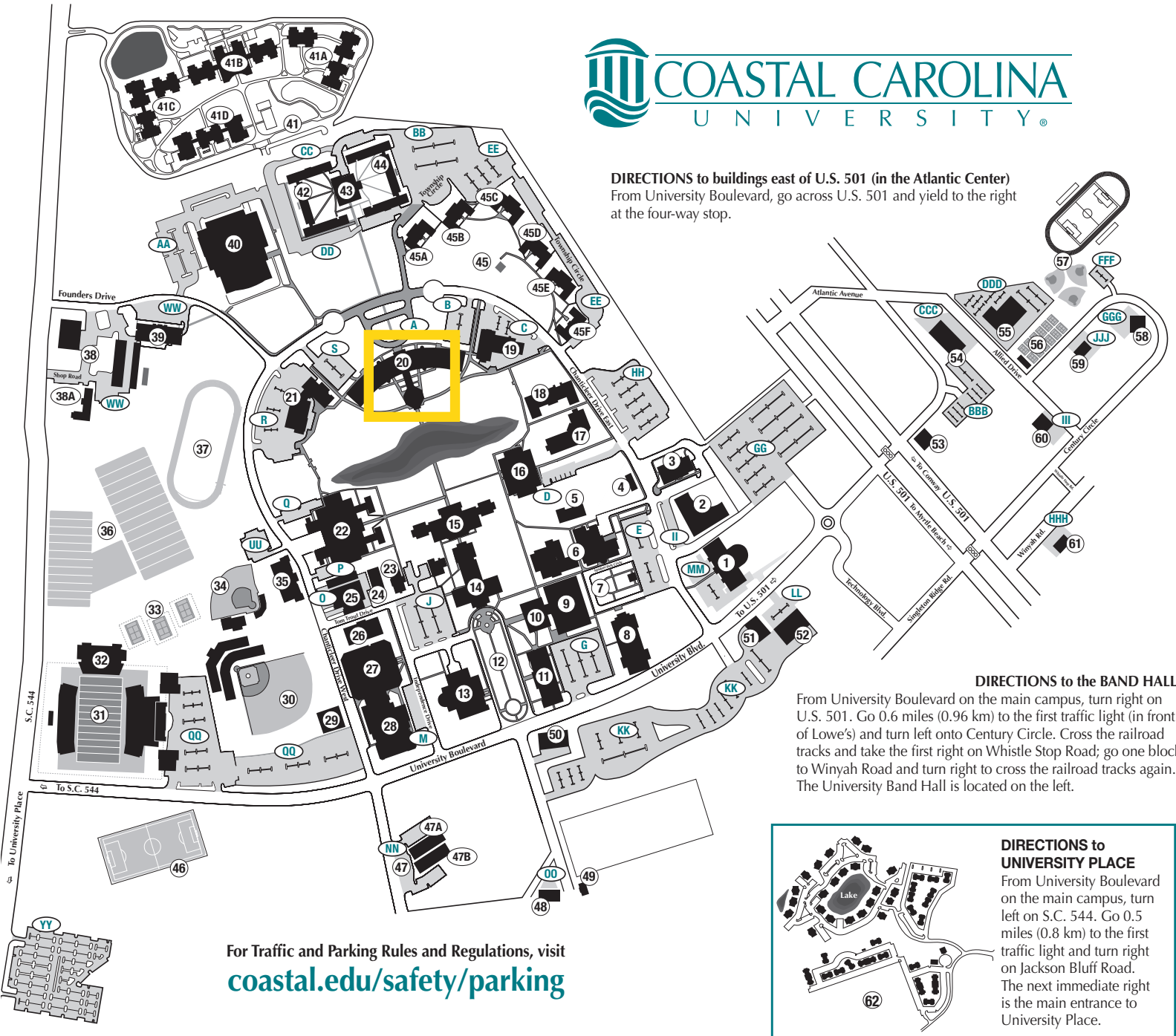
Dr. Cholewa received his Ph.D. from Springfield College. Dr. Cholewa is an Assistant Professor at Coastal Carolina University, and his ongoing research evaluates the use of nutrition and strength training interventions to enhance body composition and strength performance. In addition to his academic duties, Dr. Cholewa is the founder of Big Red Physical Performance, an online coaching service for physique and traditional athletes, and is an associate ISSN Journal Editor.

Register online at www.sportsnutritionssociety.org/Conferences.html

DIRECTIONS AND LODGING INFORMATION




DIRECTIONS to buildings east of U.S. 501 (in the Atlantic Center)
 From University Boulevard, go across U.S. 501 and yield to the right at the four-way stop.



For Traffic and Parking Rules and Regulations, visit coastal.edu/safety/parking

DIRECTIONS to the BAND HALL
 From University Boulevard on the main campus, turn right on U.S. 501. Go 0.6 miles (0.96 km) to the first traffic light (in front of Lowe's) and turn left onto Century Circle. Cross the railroad tracks and take the first right on Whistle Stop Road; go one block to Winyah Road and turn right to cross the railroad tracks again. The University Band Hall is located on the left.



DIRECTIONS to UNIVERSITY PLACE
 From University Boulevard on the main campus, turn left on S.C. 544. Go 0.5 miles (0.8 km) to the first traffic light and turn right on Jackson Bluff Road. The next immediate right is the main entrance to University Place.

Conference Address:

E. Craig Wall Building (#20 on the map)
 119 Chanticleer Dr E
 Conway, SC 29526

Campus Hotel:

Comfort Suites at the University
 2480 US Hwy 501 East
 Conway, SC, 29526, US

Beach Hotel:

Doubletree Myrtle Beach Oceanfront
 3200 S Ocean Blvd
 Myrtle Beach, SC 29577

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