

# 5th ANNUAL RUTGERS HUMAN PERFORMANCE CONFERENCE

Presented by the International Society of Sports Nutrition (ISSN)



## PRECONFERENCE CLINIC APRIL 20, 2019 10:00 AM – 3:00 PM

Located at the Rutgers Center for Health and Performance at 61 Dudley Road New Brunswick, NJ 08901

- Registration Begins**.....9:30 AM – 9:45 AM
- David Otey, CSCS**.....9:45 AM – 10:00 AM  
"Rotational Power for the Everyday Athlete"
- Tony Ricci, DSc, MS, CSCS, FISSN, CDN, CNS**.....11:20 AM – 12:40 PM  
**Daria Albers, 3x European Kickboxing Champion**  
"Fight Club: Integrating Combat Sport Conditioning Movements into your Training Program"
- LUNCH & NETWORKING**.....12:40 PM – 1:40 PM
- Andy Galpin, PhD, CSCS\*D, NSCA-CPT\*D, FNCSA**.....1:40 PM – 3:00 PM  
"Olympic Lifting Variations for Movement or Mobility Restrictions"

## MAIN CONFERENCE APRIL 21, 2018 8:00 AM – 5:00 PM

Located at the Rutgers Business School 100 Rockefeller Rd, Piscataway Township, NJ 08854

- Registration Begins**.....8:00 AM – 8:45 AM
- Shawn Arent, PhD, CSCS\*D, FACSM, FISSN**.....8:45 AM – 9:00 AM  
Welcome & Introduction
- AJ Neibel, PTA, CSCS, USAW, RKC**.....9:00 AM – 10:00 AM  
"Possibilities and Pitfalls: The Role of Sport Science in the NFL"
- Bradley C. Nindl, PhD, FACSM**.....10:00 AM – 11:00 AM  
"Optimizing Military Physical Performance: Science and Strategies to Bolster National Security and Military Readiness"
- Andy Galpin, PhD, CSCS\*D, NSCA-CPT\*D, FNCSA**.....11:00 AM – 12:00 PM  
"8 Big Nutrition Mistakes I've Made as a Scientist and Practitioner"
- LUNCH & NETWORKING** .....12:00 PM – 1:30 PM
- Darren Treasure, PhD**.....1:30 PM – 2:30 PM  
"Understanding the Mind of the Elite-Level Athlete"
- Brad Schoenfeld, PhD, CSCS\*D, CSPS\*D, FNCSA** .....2:30 PM – 3:30 PM  
"Manipulating Resistance Training Frequency to Maximize Muscular Adaptations: How Often Should You Train?"
- Rutgers Women's Soccer Coaching & Performance Staff** .....3:30 PM – 4:30 PM  
"From the Lab to the Field: How We Use Sport Science to Sustain Excellence"

|   | Registration by 3/31/2018 |                 |                     | Registration after 3/31/2018 |                 |                     |
|---|---------------------------|-----------------|---------------------|------------------------------|-----------------|---------------------|
|   | Clinic                    | Main Conference | Clinic + Conference | Clinic                       | Main Conference | Clinic + Conference |
| <b>ISSN Student Member:</b>                       | \$90.00                   | \$10.00         | \$90.00             | \$100.00                     | \$20.00         | \$100.00            |
| <b>Non-ISSN Student Member:</b>                   | \$90.00                   | \$40.00         | \$110.00            | \$100.00                     | \$50.00         | \$120.00            |
| <b>ISSN Professional Member/ Rutgers Faculty:</b> | \$90.00                   | \$95.00         | \$155.00            | \$100.00                     | \$115.00        | \$180.00            |
| <b>Non-Affiliates</b>                             | \$90.00                   | \$100.00        | \$160.00            | \$100.00                     | \$120.00        | \$185.00            |
| <b>Military and First-Responders:</b>             | \$90.00                   | \$90.00         | \$150.00            | \$100.00                     | \$110.00        | \$170.00            |

To register for the clinic or clinic + conference, please click [here](#)

To register for the conference only, please click [here](#)