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issn

international society of sports nutrition™

**The 8th Annual ISSN
Conference and Expo:**

Supplements - An Important Training Tool

June 23rd - 25th, 2011



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Dear ISSN Conference and Expo Attendees,
I want to thank all of our loyal ISSN members and corporate sponsors for a successful 8th year for this amazing organization. Please introduce yourself to the new *President* (Dr. Lem Taylor), *Vice President* (Dr. Colin Wilborn) and *Student Rep* (Inna Dumova). I'm extremely proud of the smart and energetic individuals who have made this conference possible. Dr. Tim Ziegenfuss, Jennifer Hofheins, Maelu Fleck, Dr. Doug Kalman and Dr. Abbie Smith have done much of the heavy lifting. Also, the ISSN wishes to give special thanks to one of the key historic figures in the world of sports nutrition science, Dr. Roger Harris, for gracing us with his presence and stellar sports nutrition IQ. Please attend his Keynote Lecture. Furthermore, please do not hesitate to stop me or any of the ISSN Advisory Board members to give us feedback on how to make our 2012 conference in Clearwater Beach, FL even better. Enjoy Las Vegas. Avoid the slots, drink responsibly, hit the gym, and be nice to our speakers.

Regards,

Jose Antonio

Jose Antonio, Ph.D



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and active member of the NSCA, ISSN and ACSM and contributes to the current body of scientific literature, consumer magazines, scholastic books and sharing fitness and nutrition tips on The WeekendWorkout radio show (theweekendworkout.com). Of course it's important to know that Abbie practices what she preaches, as a former collegiate athlete, current fitness instructor and triathlete, she is constantly playing with her pre-, during, and post-workout supplement cocktails leaving her at the top of her mental and physical game.



Bob Sobel PhD is the Director of Technology & Innovation at FONA International. He directs technology and innovation efforts in the areas of: new and novel flavor encapsulation, delivery systems and taste modifying technology. He also is FONA International's Flavor University® Faculty Lead. He received a BS in chemistry from Northern Illinois University, his MA in educational leadership from Aurora University and his PhD in chemistry from Northern Illinois University.



Colin Wilborn PhD, FISSN, CSCS, ATC is currently an Assistant Professor of Exercise Science & Director of the Human Performance Lab, at the University of Mary Hardin-Baylor. Dr. Wilborn has published over 100 peer reviewed articles, abstracts, and book chapters on the effects of sport supplements and exercise on body composition, metabolism, and performance. Dr. Wilborn is a Fellow of the ISSN and currently serves as the Sports Supplementation and Drugs Section Editor for the Journal of Sports Science & Medicine.



Robert Wildman PhD, RD, LD, FISSN received his PhD from The Ohio State University, MS from Florida State University and BS from The University of Pittsburgh and is faculty at Texas State University in San Marcos, Texas. Rob is the author of several books including *Advanced Human Nutrition*, *Sports and Fitness Nutrition*, *The Nutritionist: Food, Nutrition and Optimal Health*, and *The Handbook of Nutraceuticals and Functional Foods*. He is a fellow of the ISSN and the creator of TheNutritionDr.com and nutrition expert on LifeScript.com. He is also a regular writer for Status Fitness Magazine and serves as an industry consultant as a principal at Demeter Consultants LLC. Twitter: TheNutritionDoc and email: rwildman@TheNutritionDr.com.



Darren Willoughby PhD, CSCS, FISSN holds BS and MEd degrees in Exercise Science from Tarleton State University and a PhD in Neuromuscular Physiology and Biochemistry with a sub-emphasis in Nutritional Biochemistry from Texas A&M University. He is a Fellow of the American College of Sports Medicine and International Society of Sport Nutrition (ISSN). He is also a

Past-President of the ISSN, and is a Certified Strength and Conditioning Specialist from the National Strength and Conditioning Association and a certified exercise and sport nutritionist from the ISSN. Dr. Willoughby is an internationally recognized scholar and one of the top leaders in the field where his primary research focuses on the molecular mechanisms regulating muscle hypertrophy and atrophy and the effectiveness and efficacy of nutritional supplements in helping to support muscle hypertrophy, attenuate atrophy, and improve exercise and sport performance. He is well published in scientific research journals such as the Journal of Strength and Conditioning Research, Medicine and Science in Sports and Exercise, Journal of Sport Science and Medicine, and the International Journal of Sports Medicine.



Jacob Wilson PhD is an assistant professor and researcher at the University of Tampa. He has conducted extensive research and produced a variety of publications on the effects of amino acids, their metabolites and resistance training on skeletal muscle tissue morphology (hypertrophy and sarcopenia), adipose tissue, strength, and function in young and aging populations.



Tim N. Ziegenfuss PhD, FISSN is the Chief Executive Officer of The Center for Applied Health Sciences and the Director of Scientific Affairs at Biotest Laboratories. "Dr. Z" is also the current President of the International Society of Sports Nutrition, a Certified Strength and Conditioning Specialist, and Chair of the Exercise Physiology and Sports Nutrition program at Huntington College of Health Sciences. As an expert in sports nutrition, his client list includes current and former Olympic Track and Field athletes, Professional Mixed Martial Arts fighters, NFL, MLB, NHL, high school and NCAA athletes, firefighters, police, Department of Homeland Security personnel, and the U.S. Military including the Army, Navy Seals, and Secret Service.



Earn your CEUs by attending the 8th Annual ISSN Conference and Expo!

ADA 15, ACE 7, NATA 15, NSCA 1.5, NASM 1.5, ISSN 1.5

Summary of Program

CISSN and ISSN-SNS Exam Schedule

Exhibit Hall Hours and Registration for Attendees:

Thursday, June 23rd

1:30PM - 3:00PM	CISSN/ISSN-SNS Review Session (Palo Verde A) Dr. Abbie Smith
3:00PM - 6:00PM	CISSN and ISSN-SNS Examination (Palo Verde A)
6:15PM - 8:00PM	Advisory Board Dinner (Pinon)


Friday, June 24th

8:00AM - 5:00PM	Attendee Registration
7:00AM - 10:00AM	Exhibit Hall Set Up (Acocia Rooms A-D) <i>Note: If you are presenting a poster, please put your posters up anytime the Exhibit Hall is open.</i>
10:00AM - 4:15PM	Exhibit Hall Open (Exhibitors can leave at 4:15PM; but must return for the 5:00PM Social)
2:00PM - 3:00PM	POSTER PRESENTATIONS in Exhibit Hall
5:00PM - 8:00PM	Happy Hour/Social in Exhibit Hall – Exhibit Hall

Saturday, June 25th

9:00AM - 11:00AM	Registration
11:00AM - 1:30PM	Exhibit Hall Open
1:30PM - 3:00PM	Exhibit Hall Breakdown



June 24 Friday	Session A Basic Science	Session B Practical Application
Morning Session	Moderator Lem Taylor, PhD, FISSN	Moderator Doug Kalman PhD, RD, FISSN
8:10-9:00am	Adipokines – Your Body Fat is Alive! – <i>Tim Ziegenfuss PhD, FISSN</i>	Novel Nutritional Methods to Augment Anabolic Hormones in Healthy Males – <i>Doug Kalman PhD, RD, FISSN</i> and <i>Bruce Kneller</i> <i>Sponsored by Gaspari Nutrition</i>
9:00am-9:50am	Nutritional Approach to Reduce the Impact of Overtraining – <i>Colin Wilborn PhD, ATC, CSCS, FISSN</i>	Free Radicals, Antioxidant and Supplementation & Athletic Performance, Fitness and Health – <i>Robert Wildman PhD, RD, FISSN</i>
9:50am-10:40am	The Motor Unit: Unlock Your Mind to Understanding Resistance Training Effects and Adaptations – <i>William Kraemer PhD, FISSN</i>	Operation Lean and Mean – <i>Billy Beck CISSN</i>
10:40am-10:50am	Break Time	
10:50am-11:40pm	Energy Drinks: Analysis of the Ergogenic Value and Guidelines for Appropriate Use – <i>Richard Kreider PhD, FACSM, FISSN</i>	The Hero's Journey Into Fitness – <i>Lou Schuler CSCS</i>
11:40am-12:45pm	KEYNOTE LECTURE – Introduced by <i>Jose Antonio PhD</i> Metabolic Strategies to Increase Performance – <i>Roger Harris PhD, FISSN</i>	
12:45pm-2:00pm	 FREE Boxed Lunch Provided In the Exhibit Hall	
2:00pm-3:05pm	Go to Exhibit Hall and View Poster Presentations	
Afternoon Session	Moderator Rick Collins JD, CSCS, Esq	Moderator Marie Spano MS, RD, FISSN
3:05pm-4:15pm	Creatine and Protein/Amino Acid Roundtable Moderated by <i>Richard Kreider, PhD FISSN</i> – <i>Dan Gwartney MD, FISSN</i> – <i>Darryn Willoughby, PhD, FISSN</i> – <i>Roger Harris, PhD, FISSN</i>	Botanicals: Ancient Tradition, New Science and Practical Application – <i>Amanda McQuade Crawford BA,</i> <i>DipPhyto</i> and <i>Susan M. Kleiner PhD, RD</i>
4:15pm-5:05pm	Working With the Drug-Tested Athlete: Promises and Pitfalls for the Trainer and Nutritionist – Medical/Legal/ Nutritional Perspectives – Moderated by <i>Rick Collins JD, CSCS, Esq</i> – <i>Hector Lopez MD, CSCS, FAAPMR</i> – <i>Tim Ziegenfuss PhD, FISSN</i> – <i>Doug Kalman PhD, RD, FISSN</i>	Gatorade Sponsored Speaker TBD
5:00pm-8:00pm	Happy Hour Free Food and Drinks in Exhibit Hall	



Amanda McQuade Crawford BA, DipPhyto, MNIMN, MNZAMH, RH (AHG) is a Consultant Medical Herbalist for the natural product industry and the entertainment community based in Los Angeles. She serves on international committees dedicated to quality of information and herbal products, including the International Research Group for the Conservation of Medicinal Plants, the Advisory Board of the American Botanical Council, and the American Herbalists Guild. Because she knows good science is also a spiritual discipline, she is a member of the Union of Concerned Scientists, and the conservation group, United Plant Savers. Amanda speaks at conferences covering the broad field of integrative medicine. After years of private practice in Beverly Hills and Ojai, Amanda took a sabbatical abroad, supervising the student training clinic of a naturopathic college in New Zealand. Since returning to her native southern California she focuses on consulting and continuing education.



Mike T Nelson PhD, CSCS, MS has a BA in Natural Science, a MS in Mechanical Engineering (Biomechanics) from Michigan Tech and is currently a PhD Candidate in Exercise Science at the University of Minnesota. His research is focused on the area of "Metabolic Flexibility" teaching the body to use the right fuel source (fats or carbohydrates) at the right time during exercise. His main study looked at the impact of Monster energy drink on cardiometabolic parameters and ergogenic ability. He is scheduled to graduate in May 2011. Currently, Mike owns a private practice, Extreme Human Performance LLC (www.ExtremeHumanPerformance.com) in White Bear Lake MN working with athletes at various levels (recreational to professional) in a variety of sports utilizing movement and nutrition for peak performance. He is also an adjunct faculty teacher at Globe University and teaches the Advanced Biochemistry (Nutrition) course that he helped designed for The Movement LLC.



Tom Nikkola CSCS, CISSN is the Director of Nutrition and Weight Management at Life Time Fitness. In addition to overseeing the program, he also manages nutritional products, which includes 3rd party brands as well as the Life Time brand. Tom graduated from the College of St. Scholastica in Duluth, MN with a degree in pre-med Biology. He's been certified through the American Council on Exercise (Certified Personal Trainer), the National Academy of Sports Medicine (Certified Personal Trainer, Performance Enhancement Specialist), the National Strength and Conditioning Association (Certified Strength and Conditioning Coach), and the International Society of Sports Nutrition (Certified Sports Nutritionist). Tom has been with Life Time since 2001.



Michelle Riccardi MS, RD, CSSD is a Registered Dietitian and Board Certified Specialist in Sports Dietetics on the Performance Nutrition Team at Athletes' Performance in Phoenix, AZ. Originally from Cleveland, OH, Michelle served 8 years with the Cleveland Clinic's Department of Nutrition Therapy providing sports nutrition services to the NFL's Cleveland Browns, the NBA's Cleveland Cavaliers, and the WNBA's former team, the Cleveland Rockers. Currently in her 14th year of practice, Michelle's prior experience also includes laboratory research work with Case Western Reserve University's Department of Physiology & Biophysics and serving as an Adjunct Professor to exercise physiology, athletic training, and pre-physical therapy students. Michelle holds a Master of Science in Exercise Physiology from Case Western Reserve University's Department of Physiology & Biophysics; a Master of Science in Nutrition from Case Western University's Department of Nutrition; and a Bachelor of Science in Dietetics from Bowling Green State University.



David Sandler MS, CSCS*D, CCS, HFD, CPS, FISSN is President and Co-Founder of StrengthPro Inc. He has presented more than 230 lectures with organizations such as the NSCA, ACSM, AAHPERD, IFPA, SWIS, ECA and SCW Fitness. David has authored or co-authored five books: *Sports Power*, *Weight Training Fundamentals*, *The Resistance Band Workout Book*, *Plyo Power*, and *Strength Training Everyone*. He has also been the lead exercise and sports physiologist for more than 30 episodes of television for National Geographic's series *Fight Science*, *Super Strength*, the *Science of Steroids*, *Humanly Possible*, and the Emmy Award winning *Sport Science* series on Fox Sports Network. He is the Chairman of The Arnold Strength Training Summit at the Arnold Classic and is a consultant and member of the advisory board for *Muscle and Fitness* magazine and the *Performance Training Journal* of the NSCA. He is a former power-lifter and focuses his research in strength and power development. David is a current employee of the NSCA, www.nsca-lift.org; www.theippa.org.



Lou Schuler CSCS is a journalist and author whose books include, most recently, *The New Rules of Lifting for Abs* with Alwyn Cosgrove. A former fitness editor of *Men's Fitness* magazine and fitness director of *Men's Health*, he's contributed to a long list of magazines, including *Shape*, *Men's Journal*, *Better Homes & Gardens*, *Fit Pregnancy*, and *Women's Health*. I have no conflicts of interest, but I'm open to offers.



Abbie Smith PhD, CSCS, CISSN recently received her PhD from the University of Oklahoma. Abbie is heavily involved in the scientific community publishing research, presenting on various sports nutrition topics and serving on the advisory board for the International Society of Sports Nutrition (theissn.com). She is a young scientist



William J. Kraemer PhD, FISSN is a full professor in the Department of Kinesiology working in the *Human Performance Laboratory* at the University of Connecticut, Storrs, CT. He also holds an appointment as a full professor in the Department of Physiology and Neurobiology along with an appointment as a Professor of Medicine at the UCONN Health Center/School of Medicine. Dr. Kraemer is a past president of the *National Strength and Conditioning Association (NSCA)* and is Fellow in the *ISSN*, *NSCA Association*, and *American College of Sports Medicine*. He has published over 330 peer-reviewed scientific manuscripts in the scientific literature in the areas of exercise endocrinology, nutritional supplementation, strength training, sports medicine, and sports physiology.



Richard B. Kreider PhD, FISSN serves as Professor, Department Head, and Thomas A. and Joan Read Endowed Chair for Disadvantaged Youth in the Department of Health & Kinesiology at Texas A&M University. Dr. Kreider also directs the Exercise & Sport Nutrition Lab. Dr. Kreider has conducted numerous studies on nutrition and exercise and has published three books, more than 400 research articles and abstracts in scientific journals, and over 150 articles for health and fitness magazines. Dr. Kreider is a Fellow of the American College of Sport Medicine (ACSM); an active member of the National Strength and Conditioning Association (NSCA); a founding board member and Fellow of the International Society of Sports Nutrition; and, founding Editor-In-Chief of the *Journal of the International Society of Sports Nutrition*. Dr. Kreider has received over 12 million dollars in external funding to support research related to the role of exercise and nutrition on health, disease, rehabilitation, and performance.



Geoff Lecovin MS, DC, ND, LAC, CSCS, CISSN is a chiropractor, naturopathic physician and acupuncturist. He graduated from Los Angeles College of Chiropractic in 1990, earned a Masters in Nutrition from the University of Bridgeport in 1992, and then completed the naturopathic and acupuncture programs at Bastyr University in 1994. He holds additional certifications in exercise from the NSCA, NASM and ISSN.



Stephanie Lecovin MS, RD is a Certified Nutritionist and Registered Dietitian. She earned her Master's in Nutrition from Bastyr University in 2004 and became a Registered Dietitian in 2005. In her private practice, Nutrition House calls; Stephanie addresses nutritional concerns and goals through counseling, kitchen makeovers, food shopping tours and whole foods nutrition education.



Hector Lopez MD, CSCS, FAAPMR is a board certified specialist in physical medicine and rehabilitation. Dr. Lopez is recognized as an active researcher, speaker, author, and clinician who integrates the best available methods within nutrition, exercise science, sports and musculoskeletal medicine, endocrinology, and regenerative medicine to optimize patient recovery and function. Dr. Lopez is the founding partner and medical director of two facilities in NJ that focus on integrative rehabilitation medicine and human performance to treat patients and athletes with the full spectrum of orthopaedic injuries.



Lonnie Lowery PhD, RD is a Nutrition and Exercise Physiology professor of ten years, a licensed nutritionist and President of Nutrition, Exercise and Wellness (N.E.W.) Associates, LLC. He has written both academic and consumer friendly articles on sports nutrition and hosts www.IronRadio.org podcast with colleagues. His research focus has long been on dietary proteins and fats as they relate to sports nutrition. Dr. Lowery has also competed successfully in Tae Kwon Do, Kendo and bodybuilding.



Daniella Martin is the host of *Girl Meets Bug*, the insect cooking/travel show. She is passionate about teaching people that insects are fabulous food –in addition to being the most environmentally-efficient animal protein source on the planet! Her dream is to increase public awareness and acceptance of edible insects, with the ultimate goals of helping to solve world hunger, support indigenous people, and reduce pesticide use with this cheap, eco-friendly source of protein. To learn more, go to www.girlmeetsbug.com.



Fulvio Marzatico PhD received his degree in Biological Sciences from the University of Pavia, Italy. He specialized in Pharmacology and received the Research Chair in the Department of Science at the University of Pavia. Since 1992, he has taught Pharmacology, Nutrition & Dietetics in the Department of Experimental and Applied Biology. From 1999 to 2005, he taught in the Master's Degree program of Physiology and Pharmacology at the University of Pavia. Since 2001, he has taught Pharmacology and Toxicology Applied to the Sport for the Physical Activity and Sports Sciences Department at the University of Pavia. Since 2009, he has taught Clinical Nutrition and Dietetics in the Master's degree program at the University of Siena. He is a member of the Italian Society of Nutrition, Physical Activity and Wellness (SINSEB) and Italian Society of Pharmacology. He has published 105 articles in National and International Scientific Journals and presented at 70 Conference Proceedings.

June 25 Saturday

Session A Basic Science

Session B Practical Application

Early Morning Session

Moderator
Jacob Wilson PhD

Moderator
Michelle Adams, CISSN

8:10am-9:00am

Effect of Creatine Application Strategies on Muscle and Bone Biology
– Darren Candow PhD

Weight Management: More Than Just Calories In, Calories Out
– Tom Nikkola CISSN

9:00am-9:50am

The Obvious and Not So Obvious Benefits of Weight Training
– Steven J. Fleck PhD, FISSN

From the Sidelines to Center Stage: A Self Study on the Nutrition Methodology and Performance Training to Transform the Physique
– Michelle Riccardi MS, RD, CSSD

9:50am-10:00am

Break Time

Late Morning Session

Moderator
Abbie Smith, PhD, CISSN

Moderator
Kelly Kennedy, PhD, CISSN

10:00am-10:50am

Dietary Implications on Mechanisms of Age Related Muscle Loss: Roles of Protein, Amino Acids, & Antioxidants
– Jacob Wilson PhD

Sports Nutrition with RAW (Ranger Athlete Warrior Program)
– Travis Harvey PhD, CSCS and Nicholas Barringer MS, RD, CSCS, CSSD (Army Ranger)

10:50am-11:40am

The Spine-Tingling World of Beta-Alanine
– Abbie Smith PhD, CSCS, CISSN
Sponsored by VPX/Redline

Cops and Doughnuts
– Kelly Kennedy PhD, CISSN

11:40am-12:45pm

Lunch on your own

Early Afternoon Session

Moderator
David Sandler, MS, FISSN

Moderator
Manon Daoust

12:45pm-1:35pm

Emerging Data on High Protein Diets and Strength Athletes
– Lonnie Lowery PhD, RD

Maskers, Flavors, and Enhancers that Compliment Today's Top Functional Ingredients - Bob Sobel PhD

1:35pm-2:40pm

Special Seminar – Girl Meet Bug Bug Protein - Better than Whey? - Come join Daniella Martin for a bug cooking and eating demonstration! Audience participation is a must!

2:40pm-3:00pm

Ice Cream Break

Late Afternoon Session

Moderator
Tim Ziegenfuss, PhD, FISSN

Moderator
Inna Dumova

3:00pm-3:50pm

Zone Diet or Man's Diet: Nutrition for Soccer – Fabrizio Angelini MD
Nutritional Supplements for Soccer – Luca Gatteschi MD
Hydration, Vitamins, and Antioxidants for Soccer - Fulvio Marzatico PhD

What Sports Actually Need an 'Aerobic Base'
– David Sandler MS, CSCS, FISSN, FNCSA
Sponsored by the NSCA

3:50pm-4:40pm

Turning Down the Heat: The Effect of Diet and Nutritional Supplements on Inflammation and Repair
– Geoff Lecovin DC, ND, CSCS, CISSN and Stephanie Lecovin MS, RD

Metabolic Flexibility: Eat Like Sh\$\$, Look Like Gold?
– Mike T. Nelson PhD(c), CSCS, RKC



Fabrizio Angelini MD received his degree in Medicine and Surgery from the University of Pisa where he specialized in Endocrinology. He has worked in the Department of

Endocrinology at University of Pisa and has participated in numerous research studies in the field of obesity, polycystic ovary syndrome, and thyroid diseases. Notably, in 2006 Dr. Angelini was the chief endocrinology consultant for the Italian National Soccer Team that eventually captured the FIFA World Cup Championship. He is member of The American Association of Clinical Endocrinologist (AACE), Italian Association of Endocrinologist (AME), and Italian Endocrine Society (SIE). From 2005 to 2010 he was National Advisor of The Italian Society of Sport Nutrition (SIAS) and Editor in Chief of the European Journal of Health and Sport Nutrition. Since 2010, he is the National President of Italian Society of Sport Nutrition and Wellness (SINSeB) and Member of The Advisory Board of The International Society of Sport Nutrition.



Captain Nick Barringer, MS, RD, LD, CSSD, CSCS is the Regimental Dietitian for the 75th Ranger Regiment. As a part of the Ranger Athlete Warrior (RAW) program, CPT Barringer serves as the primary nutrition and performance consultant to the Regimental command and over 3000

Rangers by developing, implementing, and managing comprehensive nutrition programs for all four Ranger Battalions.



Billy Beck III, MS, CISSN is the 2x winner of the MET-Rx World's Best Personal Trainer Contest and Personal Fitness Professional Magazine's Trainer of the Year. His client list includes pro athletes, movie stars and Fortune 500 executives.

He is the CEO of BB3 Personal Training &

Performance Center located in Weston, Florida. Meet him at BillyBeck.com. *Operation LEAN & Mean* explores real life case studies of Billy's clients and shows what happens when science is applied in the real world. You will learn the 3 Phase training, nutrition and supplementation protocol utilized to cut body fat in half in less than 90 days. You will also discover the 7 key differences between those who achieve physical greatness and those who fail time and time again. These 7 traits of successful clients were identified after reviewing over 500 client files from the last 15 years.



Dr. Darren Candow, PhD, CSEP-CEP is an Associate Professor in the Faculty of Kinesiology & Health Studies and the Gerontology Graduate Coordinator, Centre on Aging and Health, University of Regina. Dr. Candow supervises the Aging Muscle and Bone Health Laboratory, and serves on the editorial board for the Journal of

Aging and Physical Activity and the Journal of the International Society of Sports Nutrition.



Rick Collins, JD, CSCS is a principal in the law firm of Collins, McDonald & Gann, and serves as counsel to the ISSN and the International Federation of Bodybuilders. He is internationally recognized as a legal authority on performance-enhancing substances, and is also a magazine columnist and fitness author.



Steven J. Fleck PhD, FISSN is presently the Chair, Sport Science Department, The Colorado College, Colorado Springs, Colorado and formerly the Program Director of the Physical Conditioning Program for the U.S. Olympic Committee. Dr. Fleck's research interests

include physiological adaptations to resistance training and the application of research findings to optimize resistance training program design. His research interests are not limited to physiological adaptations and the training of athletes, but also include the general population and various disease states. During his career Dr. Fleck has designed programs for celebrities interested in general health and fitness, as well as Olympic athletes in a wide variety of sports. He has authored numerous peer reviewed research articles as well as numerous lay articles in the area of resistance training. Dr. Fleck has also authored several books concerning resistance training including: *Designing Resistance Training Programs*, *Strength Training for Young Athletes*, and *Optimizing Strength Training: Designing Nonlinear Periodization Workouts*. All of these books have been translated into several languages. His most recent book is an undergraduate text *Exercise Physiology Integrating Theory and Application*. He is a Fellow of both the American College of Sports Medicine and the National Strength and Conditioning Association. For his work he has been honored by receiving both the National Strength and Conditioning Association's Sports Scientist of the Year Award and the Lifetime Achievement Award of that organization.



Luca Gatteschi MD received his degree in Medicine and Surgery from the University of Florence, Italy. He specialized in Sports Medicine at the University of Chieti, Italy. He worked as a teacher assistant in the "Science of Nutrition Course" at the Physical Activity Science

Department at the University of Florence from 1998 to 2003. Since 1994, he has been the Coordinator of the Medical Section of the Technical Sector of Italian Football Federation, and he is one of the Teachers of the School of Technical Sector of FIGC: UEFA A and UEFA B coaching courses, and Physical Trainer courses. From 1998 to 2010 he served as the team doctors of Italian National Women Football Team (Under-19 and first team). He is also the team doctor of Italian Football Men National Team (first team) since 2008. He was a member of medical staff of Italian Football Men National Team winner of the 2006 World Cup, and the Doctor of Italian Football Team Women's Under-19 National Team winner of the 2008 European Championship. He is member

of the Italian Society of Nutrition, Physical Activity and Wellness (SINSEB), and of the American College of Sports Medicine.



Daniel Gwartney MD, FISSN received his medical degree from the University Of Nebraska College Of Medicine, completing his residency training in anatomic and clinical pathology at the University of Missouri Hospitals & Clinics. A lifetime

athlete, he continued his passion in bodybuilding, achieving a 10th place world ranking in drug-free bodybuilding in 1998 at the age of 33. Featured prominently in the lay media for bodybuilding and fitness, he has had the opportunity to work with elite level athletes in matters relating to nutrition and dietary supplementation. He is widely published in the lay and professional media, currently serving as contributing editor for several leading fitness titles, as well as being a member of the editorial board of the JISSN. His current research interests are directed towards neuro-endocrine regulatory pathways and fatty acid amide signaling. Dr. Gwartney has established relationships with Chemi Nutra, as well as Labrada Nutrition, Inc.



Roger Harris PhD, FISSN received his PhD from the University of Wales, Aberystwyth, and has dedicated nearly four decades to research in exercise biochemistry. He holds the research chair in Sport and Exercise Science at the

University of Chichester in the UK where he continues to work on exercise metabolism and in particular on intracellular acid-base regulation. Much of this work is collaborative with the Korea National Sport University, Seoul, Korea. Dr. Harris performed some of the most important work in the field of creatine and beta-alanine metabolism and is considered one of the true pioneers of sports nutrition science.



Travis Harvey PhD, CSCS is the Director of Human Performance for the 75th Ranger Regiment. Previously an Assistant Professor at West Point, Dr. Harvey taught cadets and conducted research on musculoskeletal and neuromuscular function aspects of physical development and the nutritive implications for recovery and adaptation to physical activity.



Douglas S. Kalman PhD, RD, FISSN has been involved in over 100 clinical trials and projects within the pharmaceutical, medical and nutrition fields. He has published over 50 abstracts and more than 40 peer-reviewed manuscripts. He is also on the Editorial Board of three Scientific Journals. Dr. Kalman received his undergraduate degree from Florida State University, Master's Degree from Hunter College - City University of New York and Doctorate in exercise and nutritional biochemistry from

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Kelly Kennedy PhD, CISSN is one of the nation's leading experts in fitness training for police. In the last 12 years, she has worked with over 1,700 police recruits and officers, is certified with ACSM as a HF/I, NSCA as a CSCS, CISSN, Defensive Tactics Instructor, and earned a PhD in Educational Leadership from Lynn University.



Susan M. Kleiner PhD, RD, FACN, CNS, FISSN is an international columnist and renowned speaker on the subject of High Performance Nutrition, and has consulted with professional teams, Olympians and elite athletes in all sports. She is the president and owner of *High Performance Nutrition*, LLC, a consulting firm in Mercer Island, Washington, and a founding partner of Sol Elixirs, LLC. Dr. Kleiner has authored numerous academic chapters, articles and scientific manuscripts, and has penned 6 books, including *The Good Mood Diet* (Springboard Press, 2007), *POWER EATING, 3rd Edition* (Human Kinetics, 2007) and *The POWERFOOD Nutrition Plan* (Rodale Inc., 2006). Dr. Kleiner is a founder and fellow of the International Society for Sports Nutrition and a fellow of the American College of Nutrition. She is a member of the American College of Sports Medicine; The American Dietetic Association; The Sports, Cardiovascular and Wellness Nutritionists Practice Group; and The National Strength and Conditioning Association. Dr. Kleiner enjoys the great outdoors of the Pacific Northwest where she can ski, bike and swim all on the same day.



Bruce Kneller is the Senior Executive Officer at Gaspari Nutrition responsible for overseeing R&D, Regulatory Affairs, Materials Management and Product Production. His prior experience in the dietary supplement industry includes product formulation, materials sourcing & strategic management for companies such as Nutrex Research, Biotest Laboratories & PPL. A published author, Bruce served as medical editor for Dan Duchaine's legendary dieting handbook, "Bodyopus." Bruce is also a former staff columnist for several bodybuilding magazines, such as Muscle Media, Muscle Mag International and Muscular Development.