

# The 14<sup>th</sup> Annual ISSN Conference

Pointe Hilton Squaw Peak Resort  
7677 North 16<sup>th</sup> Street Phoenix Arizona USA 85020  
June 22-24, 2017

## *The Best Sports Nutrition Science Extravaganza*

**EARN your CEUs too!** NASM 16 CEUs, CDR 16, NSCA 1.6, ISSN 16, ACSM 7 CECs



### **SUMMARY OF PROGRAM:**

#### **Event and LOCATION**

1. Exhibit Hall – Vendors, Poster Presentations, Ice Cream Social – Mohave/Adobe/Arroyo/Kachina
2. General Session A – Research Track – Kiva
3. General Session B – Practical Application Track – Pueblo/Sonora
4. Attendee Registration – Anasazi Lobby

**EXHIBITORS** – Booth set-up Friday June 23, 2017 starting at 6am. Tear-down Saturday starting at 2:30pm

#### Thursday, June 22

- 12noon - 4:00PM: Attendee Registration – Anasazi Lobby
- 2:30PM - 5:30PM – Day 1 of the Conference – Kiva

#### Friday, June 23

- 7:30AM - 4:00PM: Day 2 of the Conference – Registration – Anasazi Lobby
- 9:00AM - 12:00PM: Exhibit Hall set up – Mohave/Adobe/Arroyo/Kachina
- 12:00PM - 4:00PM: Exhibit Hall Open - Mohave/Adobe/Arroyo/Kachina

- 5:30pm - 7:00PM: Drinks and hors d'oeuvres - Mohave/Adobe/Arroyo/Kachina
- **Note:** Poster Presenters – You can put your poster(s) up at any time once the poster boards have been placed in the Expo Hall.

#### Saturday, June 24

- 8:00AM – 12Noon: Day 3 of the Conference – Anasazi Lobby
- 12:00PM - 2:10PM: Exhibit Hall open
- Authors required to be by poster from 12:30pm-2pm
- 12:30PM - 2:00PM: POSTER PRESENTATIONS in the Exhibit Hall (Get Ice Cream too!)
- 2:10PM - 4:00PM: Exhibit Hall Breakdown

**Refund Policy for the Conference Registration:** THERE ARE NO REFUNDS

Day 1: Pre-Conference Symposium on <i>The Care and Feeding of Female Athletes</i> Thursday, June 22	KIVA
Afternoon Session	Moderator: Shawn Arent PhD
2:30-3:20PM	Jaci Van Heest PhD <i>Topic: Down the Rabbit Hole: The Energy and Performance Debate</i>
3:20-3:30PM	10 MIN BREAK
3:30-4:20PM	Sue Kleiner PhD RD FISSN <i>Topic: State of the Female Sports and Fitness Industry</i>
4:20-4:30PM	10 MIN BREAK
4:30-5:15PM	Athlete Panel: Tawnee Prazak MS, and Michelle Adams-Arent MPH CISSN <i>Topic: Why do we fall? So we can get back up. Real athletes. Real lessons. Real success</i>
5:15-5:30PM	Question & Answer with the Expert Panel

Day 2: Friday, June 23	KIVA Research Track A	PUEBLO/SONORA Practical Application Track B
MORNING SESSION	Moderator: Erik Bustillo RD CISSN	Moderator: Tobin Silver PhD
8:30AM - 9:20AM	Darren Candow PhD <i>Topic: Beyond the Athlete: Medical &amp; Clinical Applications of Creatine Supplementation on Aging Musculoskeletal Health'</i>	
9:20AM - 9:30AM	10 MIN BREAK	10 MIN BREAK
9:30AM - 10:20AM	Nanci Guest PhD (cand.) RD CSCS <i>Topic: Caffeine, Genetics and Athletic Performance</i>	Jacqueline Brasy PharmD <i>Topic: Promoting Training Gains and Recovery with Nutrition: Beneficial Effects Native Whey Protein</i> <b>Sponsored by Lactalis</b>
10:20AM - 10:30AM	10 MIN BREAK	10 MIN BREAK

<b>10:30AM - 11:20AM</b>	<b>Stefan M. Pasiakos PhD</b> <i>Topic: Performance Nutrition: Lessons Learned from Military Operations</i>	<b>Doug Kalman PhD RD FISSN</b> <i>Topic: Cognitive Sports Nutrition – Is the Brain a Forgotten “Muscle” for the Athlete?</i>
<b>11:20AM - 11:30AM</b>	<b>10 MIN BREAK</b>	<b>10 MIN BREAK</b>
<b>11:30AM - 12:20PM</b>	<b>Nathan Bryan PhD</b> <i>Topic: Dietary Nitrate and Nitrite: Risk Benefit Analysis for Human Health and Performance</i>	<b>Alan Aragon MS</b> <i>Topic: The Science and Application of Diets and Body Composition</i> <b>Sponsored by the ISSN</b>
<b>12:20PM – 2:20PM</b>	<b>FREE Bag Lunch Provided in the Exhibit Hall</b> 	
<b>AFTERNOON SESSION</b>	<b>Moderator: Kelley Vargo MSc CISSN</b>	<b>Moderator: Anya Ellerbroek CISSN</b>
<b>2:20PM - 3:10PM</b>	<b>Dave Sandler MS FISSN</b> <i>Topic: Role of Phosphatidic Acid on mTOR, Muscle, Strength, and More</i> <b>Sponsored by Chemi Nutra</b>	<b>Sohee Lee CISSN</b> <i>Topic: Dietary Habit Interventions for Long-term Weight Loss Maintenance</i>
<b>3:10 PM - 4:00PM</b>	<b>Darryn Willoughby PhD FISSN</b> <i>Topic: Role of L-Citrulline &amp; Glutathione as an Ergogenic Aid: Effects on Muscle Strength and Mass in Response to Resistance Training</i> <b>Sponsored by Kyowa Hakko</b>	<b>Felipe Donatto PhD</b> <i>Topic: Nutritional Strategies for the Athlete’s Immune System: Practical Applications</i>
<b>4:00pm-4:10pm</b>	<b>10 MIN BREAK</b>	
<b>4:10pm-5:10pm</b>	<b>Dr Roger Harris Honorary Keynote</b> <b>Glenn Gaesser PhD</b> <i>Topic: Carbohydrates, Performance &amp; Weight Loss: Is Low the Way to Go or the Way to Bonk?</i> <b>Sponsored by the ISSN</b>	
<b>5:10pm-5:30pm</b>	<b>The ISSN’s DATA BLITZ</b> <b>Moderator: Jose Antonio PhD</b> Each science geek gets 1 minute (that’s 10 seconds in dog years!) Lots of Science! So sit back and get your popcorn and beer ready. DATA BLITZERS in the following order: <i>Jose Antonio PhD, Darryn Willoughby PhD, Trisha Van Dusseldorp PhD, Paul Arciero PhD, Alan Walker, Shawn Arent PhD, Bill Campbell PhD, Tim Ziegenfuss PhD, Doug Kalman PhD RD, Corey Peacock PhD, Brad Schoenfeld PhD, Anya Ellerbroek, Arny Ferrando PhD, Chad Kersick PhD, Eric Trexler, Nanci Guest, Adam Gonzalez PhD, Guillermo Escalante PhD, Joseph Pelligrino, Bret Contreras PhD and Lia Jiannine PhD</i>	
<b>5:30pm-7:00pm</b>	<b>A Very Happy Hour in the Expo Hall – Free Drinks and Hors d’Oeuvres until 7pm</b>	

Day 3: Saturday, June 24	KIVA Research Track A	PUEBLO SONORO Practical Application Track B
MORNING SESSION	Moderator: Liza Scott MS RD CISSN	Moderator: Lia Jiannine PhD
9:00AM – 9:50AM	Paula Garcia PhD Topic: <i>Next Steps in Performance Nutrition</i> Sponsored by FrieslandCampina	Eric and Chris Martinez CISSN Title: <i>The New Era of Fitness</i>
9:50AM - 10:00AM	10 MIN BREAK	10 MIN BREAK
10:00AM - 10:50AM	Shawn Arent PhD FISSN Topic: <i>Physique vs. Sport Nutrition: Are They Contradictory?</i>	Steve Myers Topic: <i>Sports Nutrition Market Trends, Science, &amp; Innovation</i> Sponsored by Informa
10:50AM – 11:00AM	10 MIN BREAK	10 MIN BREAK
11:00AM - 11:50AM	Deborah Yurgelun-Todd PhD and Perry Renshaw MD PhD Topic: <i>Get Your Head in the Game: Citicoline's Impact on Brain Health, Focus and Concentration</i> Sponsored by Kyowa Hakko	Robert Taylor Jr. CSCS Topic: <i>Overload Training from Rookies to Veterans</i>
12:00PM - 2:00PM	View the Poster Presentations in the Exhibit Hall Authors must be present at their Posters!	Go to Exhibit Hall for Ice Cream
AFTERNOON SESSION	Moderator: Corey Peacock PhD CISSN	Moderator: Amey Corson, MS
2:00PM - 2:50PM	Tim Ziegenfuss PhD FISSN Topic: <i>Life Hacks to Maximize Muscle Protein Synthesis</i> Sponsored by Nutrition 21	John Gorman MA CPT Topic: <i>Taking Clients from Good to Great – Insights from a Professional Physique Coach</i>
2:50PM - 3:00PM	10 MIN BREAK	10 MIN BREAK
3:00PM - 3:50PM	Brad Schoenfeld PhD FNCSA Topic: <i>Muscle Growth Across the Strength-Endurance Continuum: Is There an Optimal Hypertrophy Rep Range?</i> Sponsored by the NSCA	
4:00PM – 5:00PM	President's Lecture & Grand Finale Bret Contreras PhD Topic: <i>The Art and Science of Advanced Training Methods</i> Sponsored by the ISSN	