

The 17th Annual ISSN Conference and Expo Daytona Beach, Florida USA



Presented by:



Hilton Daytona Beach Oceanfront Resort, 100 North Atlantic Avenue, Daytona Beach, FL 32118, <https://www.daytonahilton.com/>

September 11-12, 2020

EARN your CEUs: NASM, CDR, NSCA, ISSN, ACSM



SUMMARY OF PROGRAM:

Thursday, Sept 10

- ✓ 3:00PM-5:00pm: Registration set-up in the PREFUNCTION AREA in front of the COQUINA BALLROOMS
- ✓ ISSN STAFF - office and storage - DOLPHIN

Friday, Sept 11

- ✓ 7:00AM - 3:00PM: Registration Kiosk Open
- ✓ 12:00PM - 4:00PM: Set up posters at PREFUNCTION AREA in front of the COQUINA BALLROOMS

Saturday, Sept 12

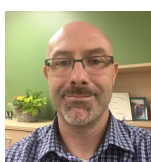
- ✓ 9:00AM - 1:00PM: Registration Kiosk Open

Day 1: Friday Sept 11 th	Coquina E-H
	Introduction and Moderation: Shawn Arent PhD FISSN
9:00am-9:45am	Jeff Stout PhD FISSN Nutritional Strategies to Improve the Competitive Advantage for Elite Youth Athletes
9:45am-10:30am	Tim Ziegenfuss PhD FISSN Non-traditional Dietary Supplements for Sports
10:30am-10:45am	Take a break and stretch
	Moderator: Douglas Kalman PhD RD FISSN
10:45am-11:30am	John Ivy PhD New Aspects of Nutrient Timing Sponsored by the ISSN
11:30am-1:00pm	Lunch on your own

	Moderator: Jackie Kaminski MS RD
1:00pm-1:45pm	David Bellar PhD Alpha Glycerylphosphoryl Choline (A-GPC) Sponsored by Chemi Nutra
1:45pm-2:30pm	Juan Carlos Santana MS CSCS Balls Out Training: Metabolic Training for Enhanced Performance
2:30pm-2:45pm	7th Inning Stretch
	Moderator: Shawn Arent PhD FISSN
2:45pm-3:30pm	Douglas Kalman PhD RD FISSN Navigating the Claims of Sports Nutrition: What's Fiction and What is Mere Puffery
3:30pm-4:30pm	<i>Dr Roger Harris Honorary Keynote</i> Speaker: John Ivy PhD Nitric Oxide: It Role in Retention and Development of Skeletal Muscle in Adults of Middle-age and Older Sponsored by the ISSN
4:30pm-5:30pm	Happy Hour & Poster Presentations in the PreFunction Area
Day 2: Saturday Sept 12th	Coquina E-H
	Moderator: Jonathan Mike PhD
9:00am-9:45am	David Sandler FISSN Tricks of the Trade: An Insider's Look at Developing the Perfect Product
9:45am-10:30am	Army Ferrando PhD FISSN Essential Amino Acid Control of Protein Turnover
10:30am-10:40am	Take a break and stretch
	Moderator: Jackie Kaminski MS RD
10:40am-11:20am	Kayla Thayer PhD Cognitive Behavioral Therapy in Athletics
11:20m-12:00pm	David Hooper PhD RED-S, the Triad and the Exercise Hypogonadal Male Condition: Similarities and Differences
12:00pm-1:20pm	Lunch on your own
	Moderator: Tony Ricci FISSN
1:20pm-2:00pm	Tony Ricci FISSN CNS Merging Mental Performance Training and Dietary Practices
2:00pm-2:40pm	Jocelyn Gray PhD Nutritional Strategies and Associated Eating Disorder Risk
2:40pm-2:50pm	Take a break and stretch
	Moderator: Erik Bustillo RD CISSN
2:50pm-3:20pm	Gene Bruno MS MHS RH(AHG) Ashwagandha for Sports Nutrition, Immunity,

	Sleep/Anxiety & Sexual Health Sponsored by KSM-66
3:20pm-3:50pm	Victoria Burgess PhD CISSN How I Paddled for 27 hours and 48 Minutes from Cuba to Key West
3:50pm-4:20pm	Erik Bustillo RD CISSN The 10 Pieces of Advice that All Sports Nutritionists & Dietitians Must Know
The End	Hasta La Vista ☺

SPEAKER BIOS



David Bellar PhD is a Professor and Chair in the Department of Kinesiology at the University of North Carolina at Charlotte. His doctoral degree was earned from Kent State University in 2009. His research interests include examining the effects of nutrition and supplements on human health and performance, and monitoring the health and wellness of athletes and performing artists. He is a fellow of the National Strength and Conditioning Association and the American College of Sports Medicine and the recipient of the Joe Vigil Sport Science award from USA Track and Field. Dr. Bellar is also a former NCAA Division I track and field coach, who directed the training of numerous All-American and All-Conference performers. dbellar@uncc.edu



Gene Bruno MS MHS RH(AHG) is a 40-year veteran of nutraceutical research and education; he is a Professor of Nutraceutical Science and Provost of Huntington University of Health Sciences. Prof. Bruno has presented and written extensively about nutraceutical research, including KSM-66 Ashwagandha. His articles appear in peer-review, trade, professional and consumer publications. He has also written books and textbook chapters on nutraceuticals and nutraceutical-related issues.



Victoria Burgess PhD CISSN is the first woman to Paddleboard from Cuba to Florida. By the time she reached Key West, she could hardly stand. The 34-year-old South Florida-based paddle athlete had spent the past 27 hours 48 minutes on a SUP, paddling from Havana Cuba, to Key West, FL. She is adjunct faculty at Nova Southeastern University and currently runs her own training business in Fort Pierce FL. Instagram: [aquaholicv](#)



Erik Bustillo CISSN (@ErikBustillo) is a Registered Dietitian who attended Florida International University and earned his B.S. in Dietetics & Nutrition and his M.S. in Applied Exercise Science with a concentration in Sports Nutrition from Concordia University Chicago. Additionally, Erik is a Certified Sports Nutritionist (CISSN) a Certified Strength Coach (NCSF-CSC), and a Certified Personal Trainer (NSCA). Erik has experience working with professional & collegiate athletes, weekend warriors, avid CrossFitters, and in an outpatient setting helping individuals with weight loss/gain as desired outcomes using motivational interviewing and seeing medical nutrition therapy patients. erikbustillo@gmail.com Instagram: erikbustillo



Arny Ferrando PhD FISSN is a Professor in the Department of Geriatrics at the University of Arkansas for Medical Sciences. He has been involved in human nutrition, metabolism, and physiology studies for more than 30 years. In particular, he has studied metabolic and outcome studies in aging populations. These studies have addressed metabolic responses to both nutritional and pharmacological interventions. In addition, many studies have investigated these modalities on strength and functional outcome measures. Inherent in these studies was the development of expertise in the techniques to include calculations, validation and interpretation. aferrando@uams.edu



Jocelyn Gray PhD is an Air Force veteran and recently completed her PhD in Psychology with emphasis on mental health considerations in prep strategies for physique athletes from Keiser University. She completed her Masters in Exercise and Nutrition Science from the University of Tampa where she is also an adjunct professor. Her research is focused on improving female competitor's training and nutrition strategies. jocelyngray@gmail.com



David Hooper PhD joined Jacksonville University as an assistant professor in 2017 following 2 years at Armstrong State University in Savannah, GA. Dr. Hooper is also the director of the Exercise Physiology Laboratory. He has authored or coauthored over 35 peer-reviewed publications and over 40 abstract presentations at regional, national and international conferences. While his interests are diverse, Dr. Hooper is particularly interested in the use of biomarkers to assess recovery from exercise bouts, as well as providing sport science support to athletes. In addition, he is interested in sport nutrition and strength and conditioning as a whole. dhooper4@ju.edu



John Ivy PhD is the Teresa Lozano Long Endowed Chair Emeritus at the University of Texas at Austin. He received his Ph.D. in Exercise Physiology from the University of Maryland, and trained in physiology and metabolism at Washington University School of Medicine as an NIH Post-Doctoral Fellow. He served on the faculty at the University of Texas for 31 years and as Chair of the Department of Kinesiology and Health Education for 13 years. During his years as chairman, his mentoring of faculty and personal demonstration of research excellence, helped the department rise in national rankings based on scholarly productivity and research funding to become one of the top Kinesiology and Health Education departments in the United States. Dr. Ivy is the author of more than 180 scientific papers, numerous book chapters, and four books on sports nutrition including the landmark *Nutrient Timing*, now published in four languages. His research has pioneered our understanding of muscle metabolism and how nutritional supplementation can improve exercise performance, recovery and training adaptation. johnivy@mail.utexas.edu



Douglas Kalman PhD RD FISSN has been involved in over 200 clinical trials and projects within the pharmaceutical, medical and nutrition fields.. He is also a Co-Editor of one journal (JISSN) and on the Editorial Board of three Scientific Journals. He is an Active Member and or Spokesperson with many organizations (ISSN, NSCA, APS, ACSM, etc.) and a co-founder of The International Society of Sports Nutrition (www.theissn.org). Dr. Kalman has edited four academic textbooks, contributed to more than five academic textbooks as well as two “popular press” books. He has been interviewed on various media outlets such as CBS Evening News, CNN, NBC, MSNBC, Discovery Channel plus others along with a host of radio shows. dougkalman@gmail.com Twitter: @dougkalmanphdrd



Tony Ricci FISSN is on the Advisory Board of the ISSN and the Society for NeuroSports. In addition, he is the CEO at Founder Acuity-High Performance Science & Psychology as well as an Assistant Professor at Long Island University. Tony serves on the Scientific Advisory Board of Dymatize Nutrition, holds State and Board Certifications as a Nutritionist, (CNS/CDN) certifications in Strength & Conditioning with the NSCA and NASM. Along with achieving black belts in several martial arts, he continues rigorous training in fight-sports and serves as the Sports Science Advisor for Team Serra-Longo MMA. tony@fightshape.net Instagram: [fightshape_ricci](https://www.instagram.com/fightshape_ricci)



David Sandler MS FISSN has authored 6 books: *Sports Power*, *Weight Training Fundamentals*, *The Resistance Band Workout Book*, *Plyo Power*, and *Strength Training Everyone*, *Fundamental Weight Training* as well as having developed dozens of exercise videos including 3 coaching developmental videos titled *Plyometrics Training*, *Speed and Power Training*, and *Vertical Jump Training*. Sandler has been the lead exercise and sports physiologist for more than 40 episodes of television for National Geographic's series *Fight Science*, *Super Strength*, the *Science of Steroids*, and *Impossible Science*, and the Emmy Award winning *Sport Science* series on Fox Sports Network. In addition, Sandler was the Science Advisor and Sports Physiologist for *Jesse James is a Dead Man*, the series, with Spike TV.
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Juan Carlos Santana MS FNSCA founder of the Institute of Human Performance (IHP) in Boca Raton FL. His consulting clients and endorsement hail from the full spectrum of government agencies, educational institutions, college and professional sports teams, equipment manufactures, and fitness facilities. These include: Federal Bureau of Investigation, Quantico, VA; U.S. Armed Forces, Corry Station, Sarasota, FL; Boca Raton Police Department; Broward County (FL) Sheriff's Department; University of Miami; Florida Atlantic University; University of British Columbia; Columbia University, United States Tennis Association; Cincinnati Bengals; New England Patriots; Boston Red Sox; New York Yankees; Miami Marlins; New York Rangers and many more. As an inspiring and motivational speaker, Santana has been a featured speaker at over 300 major conferences in the fitness industry. He has authored over 60 DVDs and books in areas of fitness and performance enhancement. Instagram: ihpfit



Jeffrey Stout PhD FISSN is a professor and Founding Director for the School of Kinesiology and Physical Therapy in the College of Health Professions and Sciences. Before his current role, he served as the interim Dean for the College of Health Professions and Sciences (2018-2019) and Chair for the Department of Educational and Human Sciences (2017-2018). Stout earned his master's and doctoral degrees in Exercise Physiology from the University of Nebraska and has more than 25 years of university teaching experience. Throughout his career, Stout has co-authored more than 300 peer-reviewed publications, 300 national and international presentations, eight books and 12 book chapters focusing on nutrition, exercise performance and body composition in youth and older populations. Jeffrey.Stout@ucf.edu
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Kayla Thayer PhD is an Assistant Professor in the Department of Clinical and School Psychology at NSU's College of Psychology. She completed internship at the Boston VA where she provided mental health services for inpatient psychiatry, residential and outpatient alcohol and substance use treatment, and the PTSD clinic. Thayer was a postdoctoral resident at the Miami VA Medical Center where she provides psychological services to a diverse population of Veterans with psychiatric conditions and medical comorbidities. She has extensive experience in the treatment of mood, anxiety, psychosis, personality, and alcohol and substance use disorders. She is particularly interested in the treatment of OCD, panic, and PTSD.

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Tim Ziegenfuss PhD FISSN is an internationally recognized author, speaker, and researcher with expertise in exercise science, dietary supplements, nutrition, and sports performance; Dr. Tim Ziegenfuss is the Co-Founder and Chief Scientific Officer of the Center for Applied Health Sciences. He is a past President (2009-2011) and Fellow of the International Society of Sports Nutrition, a Certified Strength and Conditioning Specialist, and Chair of the Sports Nutrition and Exercise Science program at Huntington College of Health Sciences. Dr. Ziegenfuss earned a Bachelor of Science from Lock Haven University (Magna Cum Laude, Health Sciences), a Master of Science from Purdue University (Exercise Physiology), and a Doctorate from Kent State University (Exercise Physiology, cognates in Nutrition and Statistics).

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Acknowledgements

Many thanks to our Staff (Rick Buehn, Erik Bustillo and Anya Ellerbroek) and their Assistants (Paulina Czartoryski, Victoria Hollamon, Veronica Mekhail, Paige Napolitano, Haley Watters) for helping with this year's meeting. Unfortunately due to COVID-19, many of our original speakers, vendors and registrants could not make it to this year's conference. Nevertheless, the tireless and impressive work by our President, Dr. Shawn Arent and our Vice-President, Dr. Trisha VanDusseldorp, is highly appreciated and not forgotten. Trisha could not make it to the conference; however, Shawn was able to get on the Pony Express and ride his way on horseback through Georgia and then eventually Florida. Ok not really; he flew. But we are thrilled that he could make it and will serve as the official emcee of the event. This is his final year of a 3-year stint as ISSN President. Trisha VanDusseldorp PhD will assume the duties of ISSN President starting next year at the 18th Annual Conference at St Petersburg Florida.

**Join us at the 18th Annual ISSN Conference & Expo
June 17-19, 2021@ St. Petersburg Florida USA!**

