3RD ANNUAL ISSN SPORTS NUTRITION & ATHLETIC PERFORMANCE WORKSHOP

AT COASTAL CAROLINA UNIVERSITY

issn
international society of sports nutrition®
The ISSN – Why Go Anywhere Else?!™

COASTAL CAROLINA UNIVERSITY

Sat. Sept. 29, 2018

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** - 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 **Jason Cholewa PhD** - Nutritional Strategies to Optimize Body Composition: From the Everyday Warrior to the Elite Athlete

3:30 - 4:20pm **Eric Trexler, PhD** - Evidence-Based Approaches to Preparation for Physique Sports

4:30 - 5:20pm **Greg Nuckols** - Getting Big to Get Strong? An Exploration of Hypertophy Training for Strength Athletes

5:30 - 6:00pm **Roundtable Discussion**

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

Saturday, Sept. 29, 2018 in Johnson Auditorium 116 and Anteroom

Questions? Email JCholewa@coastal.edu

PRESENTATION OVERVIEWS

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 thick juicy steak. Aloha.

EVIDENCE-BASED APPROACHES TO PREPARATION FOR PHYSIQUE SPORTS

Bodybuilding and other physique-based sports place unique physiological demands on competitors. While contest preparation methods in these sports have long been dictated by tradition, a great deal of bodybuilding research has been carried out in the past decade. This presentation discusses evidence-based recommendations to maximize physique enhancement while minimizing adverse health effects. Topics covered include adjustments to exercise training and dietary intake throughout contest preparation, as well as variables to monitor to facilitate a successful preparation process.

GETTING BIG TO GET STRONG? AN EXPLORATION OF HYPERTROPHY TRAINING FOR STRENGTH ATHLETES

The efficacy of hypertrophy training for the purpose of long-term strength development has been questioned in recent years. This talk will explore the relationship between hypertrophy and strength development, and strategies strength athletes can use to integrate hypertrophy-based training into a long-term program designed to maximize strength development.

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

Eric Trexler, PhD(c), CSCS*D, CISSN
Eric Trexler is a PhD candidate at UNC Chapel Hill, with a research focus on how exercise and nutrition affect performance and body composition. Eric is a professional natural bodybuilder with a background in powerlifting and strength coaching, and currently holds certifications in sports nutrition (CISSN) and strength and conditioning (CSCS). Eric completed his undergraduate degree at The Ohio State University, and his master's degree at UNC Chapel Hill. Eric serves as a reviewer for multiple academic journals and has published over thirty peer-reviewed research papers in exercise and nutrition.

Greg Nuckols
Greg Nuckols is currently pursuing his MA in exercise physiology at UNC-Chapel Hill. He is currently researching the effects of sex and menstrual cycle phase on resistance exercise performance and recovery. Greg coaches strength athletes, and has formerly held multiple all-time drug-free powerlifting world records.

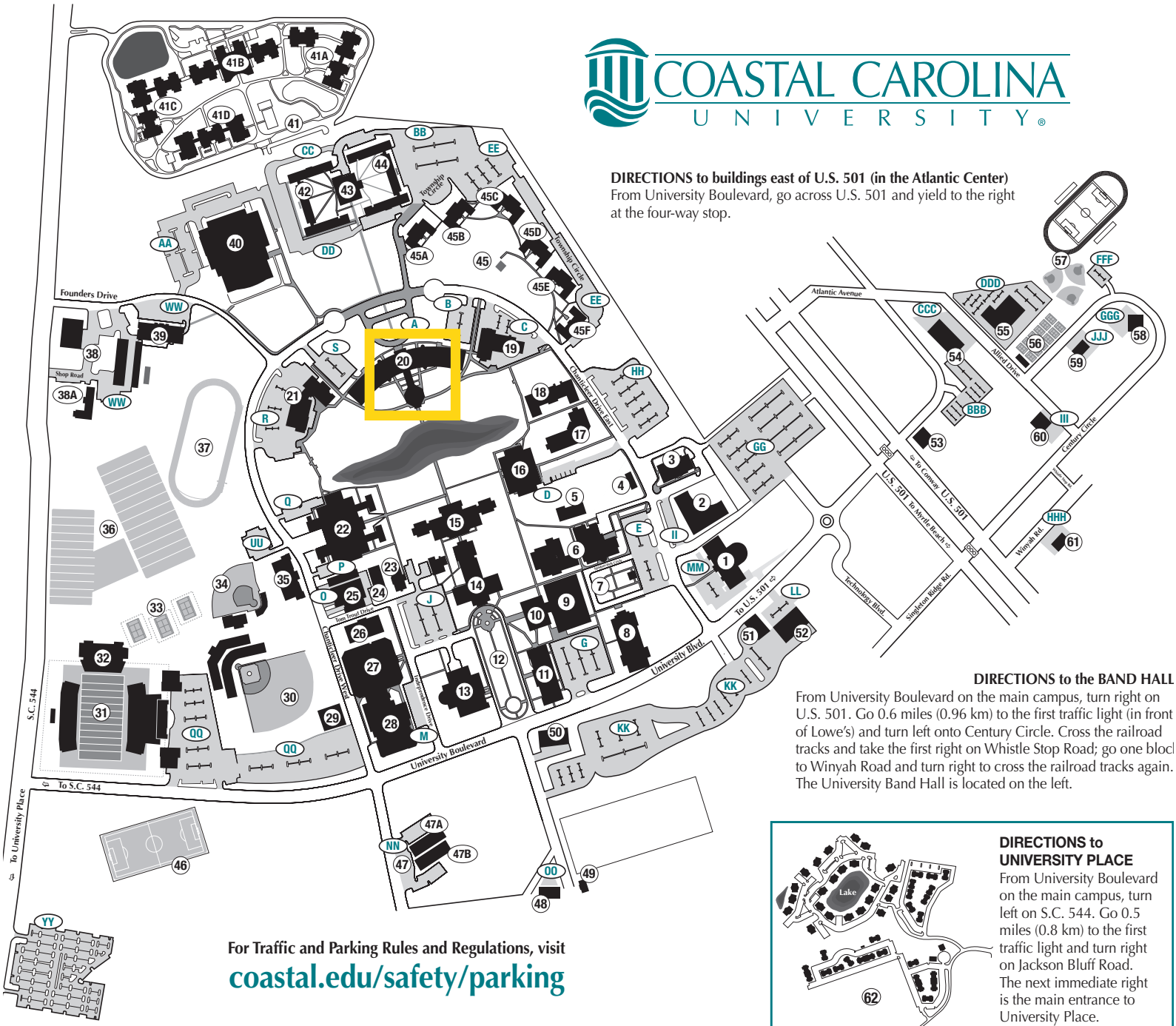
Jose Antonio, Ph.D., CISSN, CSCS Jose Antonio earned his PhD from the University of Texas Southwestern Medical Center. He is the CEO and co-founder of the ISSN and an Associate Professor and the Director of the Exercise and Sport Science program at Nova Southeastern University in Sunny South Florida. 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.sportsnutritionsociety.org/Conferences.html

DIRECTIONS AND LODGING INFORMATION



COASTAL CAROLINA UNIVERSITY®

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.

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 bloc 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.

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

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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