



2022 ISSN-TACSM Conference on Sports Science and Nutrition

Location: Campus of the University of Mary Hardin-Baylor (UMHB)

Building: Bawcom Student Union Building (3rd floor)

900 College Street, Belton, TX 76513

Schedule of Events:

- 8:50-9:00am Welcome and Introductions
Lem Taylor, PhD- UMHB- TACSM Executive Director, ISSN Past-President
Colin Wilborn, PhD- Executive Dean, Mayborn College of Health Sciences, UMHB, Past-Vice President of ISSN
- 9:00am-9:40am **Abbie Smith-Ryan PhD, FISSN**- University of North Carolina at Chapel Hill
Topic: *Nutrition and Supplementation for Women Across the Lifespan: Leveraging Science to Provide Application*
- 9:40am-10:20am **Darryn Willoughby PhD, FISSN**- UMHB. Past-President of ISSN
Topic: *Is There a "Muscle Full Effect" or are we just "Full of It?"*
- 10:20-10:40am Coffee Break
- 10:40-11:15am **Jose Antonio PhD**, Nova Southeastern University, ISSN CEO and Co-
Founder
Topic: *Brains and Brawn - Sports Science Above and Below the Neck*
- 11:15am-12:45pm **Lunch (please see below for local favorites restaurants)**
- 12:45-1:25pm **Michael Ormsbee PhD FISSN**, Florida State University
Topic: *Normal Weight Obesity: Can you be Skinny and Fat?*
- 1:25-2:05pm The Grand Finale –
Shawn Arent PhD FISSN, University of South Carolina. ISSN Past President
Topic: *From the Lab to the Field: Using Biomarkers to Enhance Training and Nutrition Programming*
- 2:05-3:00pm **Final Words –**
A Roundtable. Join us for a Q&A with all speakers.

HOSTED BY THE UMHB MAYBORN COLLEGE OF HEALTH SCIENCES



Speaker Biographies and Description of Talks

Abbie Smith-Ryan, PhD, CSCS*D, FNCSA, FACSM, FISSN



Description of Talk:

Growing evidence and innovation support the unique physiological and nutrient timing needs for women. Despite the need for more nutrition and exercise specific research in women, there is initial data and known physiological differences related to brain, respiration, bone, and muscle to support evidence-based education and dietary supplements for women. Additional considerations will be provided for macronutrient intake across the menstrual cycle, along with considerations for oral contraceptive use, transition to menopause, and pregnancy.

Biography:

Abbie E. Smith-Ryan is an Associate professor in the Department of Exercise and Sport Science, where she serves as the Director of the Applied Physiology Lab. She is also an adjunct associate professor in the Department of Nutrition and Allied Health Sciences. Her research interests center around exercise and nutrition interventions to modify various aspects of body composition, cardiovascular health, and metabolic function. She is an active researcher in the field of metabolism, sport nutrition and exercise performance, in both healthy and clinical populations, leading projects funded by the National Institutes of Health and International and National industry sponsored clinical trials. Dr. Smith-Ryan contributes to the current body of scientific literature with over 165 peer-reviewed manuscripts; a number of scholastic books and book chapters, and international/national presentations. She was recognized by the National Strength and Conditioning Association as the Nutrition Researcher of the Year (2013) and the Young Investigator of the Year (2015). She served at the liaison for Working on Women in Science at UNC from 2019-2021. Dr. Smith-Ryan has a passion for improving the health and quality of life of others through evidenced-based research.

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Darryn Willoughby, PhD, FISSN



Description of Talk:

Dr. Willoughby will discuss anabolic resistance and the concept of muscle having a threshold for the intracellular amino acid content. When it comes to protein intake and muscle protein synthesis, is more better or is there a discretionary protein intake for appropriate amino acid saturation in muscle?

Biography:

Dr. Willoughby holds B.S. and M.Ed. degrees in Physical Education from Tarleton State University and a Ph.D. in Exercise Physiology with sub-emphases in Nutritional Biochemistry and Molecular Biology from Texas A&M University. He also possesses a graduate certificate in Clinical Anatomy from Hardin-Simmons University. He is a Fellow of the American College of Sports Medicine (ACSM), International Society of Sport Nutrition (ISSN), American College of Nutrition (ACN), and American Society of Exercise Physiologists (ASEP). He is a Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association, a Certified Sports Nutritionist through ISSN, and a Certified Exercise Physiologist through ASEP. He is also a Past-President of the ISSN. He has also been presented with the Lifetime Achievement Award by the Society of Weight Training Injury Specialists.

At UMHB, Dr. Willoughby is a Professor of Anatomy and Physiology in the Physician Assistant (PA) Program where he teaches human gross anatomy and human physiology to the first-year medical students. He also teaches applied research and evidence-based research to the PA students. He is also a Professor of Exercise Physiology and Nutrition in the School of Exercise and Sport Science where he teaches undergraduate exercise physiology and graduate clinical exercise physiology and advanced exercise physiology, and is also involved in research in the Human Performance Laboratory. Presently he holds graduate faculty appointments at Baylor University, Texas A&M Health Science Center, Texas A&M University-Corpus Christi, and the University of Central Florida.

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Jose Antonio, PhD, FISSN



Description of Talk:

Jose Antonio will cover a variety of topics related to sports science and nutrition. These are original investigations from his research team at Nova Southeastern University. Story #1 – Genes or calories – and the winner is? Story #2 – Fight club – you gotta do what you gotta do. Story #3 – NFL and women: no, we are not talking football. Story #4 – Are men wimpy when it comes to pain? Story #5 – You can't fool evolution.

Biography:

Dr. Antonio is Chief Executive Officer and Co-founder of the International Society of Sports Nutrition, an academic nonprofit dedicated to the science and application of sports nutrition and supplementation. In addition, he is the Co-founder and Vice President of the Society for Neurosports, an academic nonprofit with a focus on sports neuroscience. Dr. Antonio earned his PhD and completed a post-doctoral research fellowship at the University of Texas Southwestern Medical Center in Dallas. He has published over 100 peer-reviewed papers as well as 15 books. His current areas of research include: dietary supplements (e.g., creatine, protein, etc.), sports neuroscience and human performance. He is currently an Associate Professor at the Nova Southeastern University in Davie, Florida and serves on the Advisory Board of Forbes Health.

Twitter @JoseAntonioPhD

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Michael J. Ormsbee, PhD, FISSN, FACSM, CSCS*D



Description of Talk:

Can we be skinny and fat at the same time? How does this occur? This presentation will help the audience to conceptualize the concept of normal weight obesity (“skinny fat”) in the general population and amongst athletes. Body composition measurement and description tools such as DXA and Body Composition Index (BCI) will also be discussed in the context of normal weight obesity. Lastly, dietary intake and training will be discussed as countermeasures to normal weight obesity.

Biography:

Michael J. Ormsbee is a Professor and Graduate Program Director in the Department of Nutrition & Integrative Physiology, the Director of the Institute of Sports Sciences & Medicine at Florida State University, and an honorary research fellow at the University of KwaZulu-Natal in South Africa. He is also a Fellow of the American College of Sports Medicine, and the International Society of Sports Nutrition and is a Certified Strength & Conditioning Specialist through the National Strength & Conditioning Association. His research expertise involves the interaction of exercise training, nutrition, and supplementation to improve metabolism and achieve optimal body composition, human performance, and health in both athletic and clinical populations. Dr. Ormsbee was honored as the 2014 FSU Teacher of the Year, 2017 Nutrition Researcher of the Year (NSCA), 2018 FSU Graduate Student Mentor of the Year, 2020 FSU Distinguished Teacher of the Year, and the 2020 Sport Scientist of the Year (NSCA). His course, “Changing Body Composition Through Diet and Exercise” is available through The Great Courses.

Follow him @mikeormsbee

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Shawn Arent, PhD, CSCS*D, FISSN, FNAK, FACSM



Description of Talk:

From a basic and applied science standpoint, endocrine, biochemical, and nutritional markers have established utility for examining mechanisms underlying the effects of exercise and diet on health and performance. They play a fundamental role in helping us understand the cellular and systemic changes that take place and have, in many ways, formed a cornerstone of our ability to consider the role of exercise as medicine. Fortunately, the use of these measures is not limited to the laboratory. By incorporating assessment into exercise and dietary programs, individuals can quantify progress and changes in overall health, and help determine the effectiveness of training programs and recovery strategies in an effort to optimize performance. This presentation will focus on identifying assessment strategies including timing, chosen markers, and application of the results to enhance training and overall health. Particular attention will be paid to unique considerations for females, including athletes and active individuals.

Biography:

Shawn M. Arent is Professor and Chair of the Department of Exercise Science at the University of South Carolina in the Arnold School of Public Health. He is also the Director of the UofSC Sport Science Lab. His research focuses on the relationship between physical activity and stress and the implications for health, performance, and recovery. Dr. Arent is a Certified Strength and Conditioning Specialist with Distinction with the National Strength & Conditioning Association (NSCA), and a Fellow in the American College of Sports Medicine (ACSM), the International Society of Sports Nutrition (ISSN), and the National Academy of Kinesiology (NAK). He is also the immediate past-president of the ISSN. He was recognized as the 2017 Outstanding Sport Scientist of the Year by the NSCA, was awarded a Lifetime Service Recognition by the US Army 3-314th Field Artillery Thunder Battalion (the first such award given to a civilian), and he received the 2016 Directors Award for Scientific Excellence. He is also the immediate past-president of ISSN. He has received grant funding from the DoD, NIH, RWJF, and various industry sources. Additionally, he has worked with USSOCOM as well as teams and athletes in the NHL, MLB, NBA, NFL, the US Soccer Federation, and a number of teams at the youth, high school, and collegiate levels.



Symposium Meeting Information

Parking:

Here is an interactive map of campus <https://tour.umhb.edu/>. Campus parking is not restricted on Saturdays unless marked handicap or if there is a sign posted in an individual parking spot. Below are physical addresses for GPS purposes to two of the most accessible parking lots.

1102 King Street, Belton, TX 76513. *Red arrow below marks lot location and walking direction.*

902 King Street, Belton, TX 76513. *Blue arrow below marks lot location and walking direction.*

Building:

Symposium will be held in the Bawcom Student Union Building on the 3rd floor. Entrance to building is marked by yellow star through glass doors. Stairs are immediately in front of you and elevator to the right of the stairs when you enter.



Local attractions:

Below are some favorite places to eat around campus during our lunch break or if you are staying in town overnight.

Downtown Belton

[Millers BBQ](#)

[Narunya's Thai](#)

[Arusha Coffee & Tea \(and tacos\)](#)

[Oak Fire Pizza](#)

Temple restaurants

[Treno Pizzeria](#)

[Bird Creek Burger Co.](#)

[Megg's Café](#)

The resident dining facility on campus that is on the 1st floor of the building hosting the symposium is open for weekend brunch on Saturdays from 11am to 1:30pm.