



<p>8:50am-9:00am</p>	<p>Welcome and Introduction</p> <p>Lem Taylor PhD FISSN and Past-President of the ISSN</p>
<p>9:00am-9:40am</p>	<p>Abbie Smith-Ryan PhD FISSN - University of North Carolina at Chapel Hill North Carolina - Topic: <i>Nutrition and Supplementation for Women Across the Lifespan: Leveraging Science to Provide Application</i></p> <p>Description: 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.</p> <p>Abbie Smith-Ryan's BIO.</p>
<p>9:40am-10:20am</p>	<p>Darryn Willoughby PhD FISSN, University of Mary Hardin-Baylor at Belton Texas, Past-President of ISSN - Topic: <i>Is There a "Muscle Full Effect" or are we just "Full of It?"</i></p> <p>Description: 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?</p> <p>Darryn Willoughby's BIO</p>

<p>20 min coffee break</p>	
<p>10:40am-11:10am</p>	<p>Jose Antonio PhD, Nova Southeastern University at Davie Florida, CEO and Co-Founder of the ISSN - Topic: <i>Brains and Brawn - Sports Nutrition Above and Below the Neck</i></p> <p>Description: 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.</p> <p>BIO: Jose Antonio PhD is the CEO and Co-Founder of the ISSN</p>
<p>Lunch 11:10am-12:45pm</p>	<p>Lunch and Networking</p> 
<p>12:45pm-1:25pm</p>	<p>Michael Ormsbee PhD FISSN, Florida State University at Tallahassee Florida - Topic: <i>Normal Weight Obesity: Can you be Skinny and Fat?</i></p> <p>Michael Ormsbee's BIO</p>



<p>1:25pm-2:05pm</p>	<p>The Grand Finale - Shawn Arent PhD FISSN, University of South Carolina at Columbia SC and Past President of the ISSN - <i>From the Lab to the Field: Using Biomarkers to Enhance Training and Nutrition Programming</i></p> <p><u>Shawn Arent's BIO</u></p>
<p>2:05pm-until the final bell</p>	<p>Final Words – A Roundtable</p> 