

The 20th Annual ISSN Conference

June 15-17, 2023

Westin Fort Lauderdale Beach Resort
321 North Fort Lauderdale Beach Blvd.
Fort Lauderdale, FL USA 33304

EARN your CEUs: NASM 14 CEUs, CDR 14, NSCA 1.4, ISSN 14, ACSM 14 CECs



Thursday, June 15 - 11:00 - 4:45pm: Registration is open

Friday, June 16 - 7:00am - 3:00pm: Registration is open; 5:00pm – 7:00pm: Drinks and Poster Presentations

Saturday, June 17 - 8:00am – 12noon: Registration is open

ISSN STAFF ONSITE – please direct any questions to these individuals

President of the ISSN – Trisha VanDusseldorp PhD FISSN (2020-2023)

Co-Vice President – Chad Kerkick PhD FISSN (2020-2023) and Erik Bustillo MS RD FISSN (2020-2023)

| Day 1: June 15 Thursday | Room: Las Olas Ballroom |
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| 12:15 pm - 12:25 pm | Welcome and Introduction Moderators: Chad Kerkick PhD FISSN and Erik Bustillo MS RD FISSN |
| 12:30 pm - 1:00 pm | Guillermo Escalante DSc FISSN Beyond aesthetics and performance: The potential risks of anabolic steroid abuse and strategies to mitigate them |
| 1:05 pm - 1:35 pm | Edwin Davila DO MS CISSN The Glucagon Like Peptide-1 (GLP-1) Agonists: their Role in Weight Reduction |
| 1:40 pm - 2:10 pm | Bridget Melton EdD CSCS CPT Improving First Responder Resilience with Lifestyle Strategies |
| 2:15 pm - 2:45 pm | Melanie Sulaver (Boehmer) MS, RD, CDN, CISSN Fueling for the Sport of Motherhood: The Postpartum Athlete |
| 15-min Break | |

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| 3:00 pm - 3:30 pm | Yuri Feito PhD & Erik Bustillo MS RD FISSN CF-OL1 Acute Responses to CrossFit™ Training and Nutritional Strategies for it |
| 3:35 - 3:55 pm | Katie Emerson MS RD LDN Formulating for Today's Active Nutrition User With a Science-backed Approach Sponsored by N21 |
| 4:00 pm - 4:30 pm | Juan Carlos Santana MS CSCS Re-setting the Human Will with Strength and Conditioning |
| 4:35 pm - 5:05 pm | Tim Ziegenfuss PhD FISSN In Memoriam: The contributions of Dr. Hector Lopez |

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| Day 2: June 16 Friday | Room: Las Olas Ballroom General Tutorials |
| | Moderator: Jonathan Mike PhD |
| 8:00 am - 8:30 am | Emily Werner PhD RD Nutrition Strategies to Maximize Mitochondrial Function and Athletic Performance |
| 8:40 am - 9:10 am | Scott Forbes PhD Frequently Asked Questions About Creatine Supplementation Answered with Science |
| 9:15 am - 9:45 am | Wendi Irlbeck MS RDN LD CISSN Body Recomposition. Practical strategies to help your clients and athletes lose fat and gain muscle! |
| 10-min Break | |
| | Original Investigations |
| | Moderator: Chad Kerkick PhD FISSN |
| 9:55 am - 10:25 am | Francesco Campa PhD Athletic Bioimpedance-based equations underestimate fat free mass components in elite soccer players: development and validation of new soccer-specific predictive models |
| 10:30 am - 11:00 am | Chad Kerkick PhD FISSN Examining the Impact of a Leucine Dipeptide on Stimulating Muscle Protein Synthesis and Promoting Resistance Training Adaptations |
| 11:05 am - 11:35 am | Dan Moore PhD Protein for active populations: What does science say you should eat? |
| 11:40 am - 12:10 pm | Samantha Brooks PhD Implications of Creatine Monohydrate Supplementation on Physical and Physiological Health of Untrained Premenopausal Females |
| 60-min Lunch Break 12:10 pm - 1:10 pm | Check out the hotel restaurants: Lona Cocina & Tequileria or Waves Bar & Grill 12:15 - 1:00 PM Post Doc/Graduate Student Round Table: Should you consider a post-doc? Arny Ferrando PhD FISSN, Mike Roberts PhD, David Church PhD |
| | General Tutorials |

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| | Moderator: Arny Ferrando PhD FISSN |
| 1:15 pm - 1:45pm | Arny Ferrando PhD FISSN Hormonal Dysregulation and Muscle |
| 1:50 pm - 2:20 pm | Matthew Stratton PhD CISSN CSCS EP Time for Gainz: Does Training Time Matter? |
| 2:25 pm - 2:55 pm | Kurt Escobar PhD Autophagy, exercise, and nutrition: why focusing on mechanisms in training is a mistake |
| 20-min Break | |
| 3:15 pm - 3:50 pm | ISSN's Data Blitz 60 seconds to present original unpublished data! Moderator: Chad Kerkick PhD FISSN Judges: Victoria Burgess PhD, Erica Goldstein PhD, Lia Jiannine PhD Winners will be announced on Saturday. |
| 4:00 pm - 4:50 pm | The Hultman-Harris Keynote Address TBD Sponsored by the ISSN Moderator: Trisha VanDusseldorp PhD FISSN |
| 5:00 pm - 7:00 pm | Location: Atlantic Ballroom Happy Hour and Poster Presentations Lead authors please be present at your poster Judges: David Church PhD, Jonathan Mike PhD, Tobin Silver PhD, Scott Forbes PhD, Jeff Stout PhD FISSN, Matthew Stratton PhD, Kurt Escobar PhD, Tim Ziegenfuss PhD FISSN |

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| Day 3: June 17 Saturday | Las Olas Ballroom |
| | Moderator: Trisha VanDusseldorp PhD FISSN |
| 8:15 am - 8:45 am | Melvin Williams PhD Memorial Address on Ergogenic Aids Seminar will highlight the latest original research on a nutritional ergogenic aid. Jeremy Townsend PhD On the Rhodiola to Improved Performance – An Adaptogen to Keep an Eye On |
| 8:50 am - 9:30 am | President's Address TBD sponsored by the ISSN |
| 5-min Break | |
| | Original Investigation |
| | Moderator: Matthew Stratton PhD CISSN |
| 9:35 am - 10:05 am | David Church PhD Is it possible to get the same response as beef from an impossible burger? |
| 10:10 am - 10:40 am | Tracey Clissold PhD Bone Health: A Focus on Jump Landings and Nutrition for Women and Athletes |
| 10:45 am - 11:15 am | Annette Zapp MA CISSN and Andrew Jagim PhD Bringing Sport Science to the Firefighting Profession: Where Research Meets Application |
| | General Tutorial |
| 11:20 am - 11:50 am | Stacy Sims PhD Nutrition Considerations for Female Athletes Across the Lifespan |

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| 11:55 am - 12:25 pm | Salma Fathalla & Katie Emerson RD LDN Title: TBD |
| 12:30 pm - 1:10 pm | Lunch Break on your own |
| 1:15 pm - 1:45 pm | ISSN Updates and Awards - You must be present to win your prize. Trisha VanDusseldorp PhD FISSN, Rick Kreider PhD FISSN Douglas Kalman PhD RD FISSN |
| | Moderator: Guillermo Escalante DSc FISSN |
| 1:50 pm - 2:20 pm | David Sandler MS Bridging the Gap: An Insider's Look at the Supplement Industry |
| 2:25 pm - 2:55 pm | Mike T. Nelson PhD Primer on Psychedelics as a "New" Therapy- Are Psychedelic Supplements Next? |
| 3:00 pm - 3:30 pm | Dawn Anderson PhD Control Issues with Coffee Research |
| 10-min Break | |
| Brief Communications | Mike Greenwood PhD Memorial Sessions Moderator: Rick Kreider PhD FISSN (Original unpublished investigations only) – 10 min talks |
| 3:40 pm - 3:50 pm | Protein Overfeeding and The Fat Mass and Obesity-Associated Gene Cassandra Evans MS RD CISSN |
| 3:55 pm - 4:05 pm | Motor Unit Adaptations to Resistance Training to Failure vs. Non-Failure in Previously Trained Adults Jonathan Beausejour MS CSCS |
| 4:10 pm - 4:20 pm | The Effects of Caffeinated vs. Non-Caffeinated Thermogenic Supplement on Resting Energy Expenditure Kworweinski Lafontant MS |
| 4:25 pm - 4:35 pm | Astaxanthin Supplementation and Oxidative Stress Drew Gonzalez MS CISSN |
| 4:40 pm - 4:50 pm | Probiotics Supplementation on Gut Amino Acid Absorption Christine Florez MS CISSN |
| 4:55 pm - 5:05 pm | Do You Get the Jitters From Energy Drinks? Jose Rojas MS CISSN |
| Closing Remarks | Trisha VanDusseldorp PhD FISSN, Erik Bustillo MS RD FISSN, and Chad Kerkick PhD FISSN |

Note: **if you need a certificate of attendance for CEU purposes, please email Anya Ellerbroek MPH CISSN at anyaeller@gmail.com**



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