Friday, September 13, 2013 | 1–5 p.m. (doors open at Noon)

I am thrilled to personally invite you and welcome you to the Wicked Good Sports Medicine Symposium convening here on the beautiful University of New England campus. Like the title alludes, we have enticing topics and seven extraordinary speakers to share their expertise to other scientists, practitioners and anyone interested in sports medicine, health and wellness. It will be a truly rewarding day! If you have any questions, you can contact me directly at lcarlson@une.edu. I am looking forward to seeing many of you again and to meeting many new faces as well.

Dr. Lara A. Carlson, FACSM, CSCS

Target Audience

All professionals, students, and anyone else interested in the field of sports medicine and exercise science. There is no registration fee associated with this symposium.
## Schedule

<table>
<thead>
<tr>
<th>Time</th>
<th>Speaker</th>
<th>Topic</th>
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<tbody>
<tr>
<td>12:55 p.m.</td>
<td><strong>Welcome!</strong></td>
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<tr>
<td>1 p.m.</td>
<td><strong>W. Larry Kenney,</strong> Ph.D., FACSM, Penn State University</td>
<td><em>Heat Related Deaths in Athletes</em></td>
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<tr>
<td>1:30 p.m.</td>
<td><strong>Michael S. Davis,</strong> DVM, Ph.D., Oklahoma State University</td>
<td><em>Metabolic Lessons from the World’s Best Endurance Athletes</em></td>
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<td>2 p.m.</td>
<td><strong>Christopher A. Toth,</strong> DPM,</td>
<td><em>Form Dictates Function</em></td>
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<td>The Medical Group of Southern Maine Medical Center and Goodall Hospitals, and Akari</td>
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<tr>
<td>2:30 p.m.</td>
<td><strong>BREAK</strong></td>
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<tr>
<td>2:45 p.m.</td>
<td><strong>Barry Braun,</strong> Ph.D., FACSM, University of Massachusetts Amherst</td>
<td><em>Interactions Between Pharmacology and Exercise to Prevent Type-2 Diabetes</em></td>
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<tr>
<td>3:15 p.m.</td>
<td><strong>Sean Walsh,</strong> Ph.D., Central Connecticut State University</td>
<td><em>Muscle Mass and Strength: Is it the “Gym” or my “Genes”?</em></td>
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<tr>
<td>3:45 p.m.</td>
<td><strong>BREAK</strong></td>
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<tr>
<td>4 p.m.</td>
<td><strong>Tamara King,</strong> Ph.D., University of New England</td>
<td><em>Moving Towards a Better Understanding of Advanced Osteoarthritis Pain</em></td>
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<tr>
<td>4:30 p.m.</td>
<td><strong>William J. Kraemer,</strong> Ph.D., FACSM, University of Connecticut</td>
<td><em>Resistance Training: Mythologies, Anecdotes, and Facts in the Search for Achieving Maximal Performance</em></td>
</tr>
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## Objectives

- To provide a forum for interaction between experts on various current sports medicine topics.
- Identify new approaches to problems in sports medicine through interactions with scientists and clinicians.
- To review and discuss scientific research related to the topics.

## Continuing Education Units

The University of New England is recognized by the Board of Certification, Inc., to offer continuing education for certified athletic trainers. Programs will constitute 4.5 CEUs. Attendance verification forms will be available. Program Level of Difficulty: Advanced. NSCA Certification Executive Council approved 0.4 CEU(s) for CSCS and NSCA–CPT certified individuals attending this event.
**W. Larry Kenney, PhD, FACSM**, received his Ph.D. in Physiology from Penn State in 1983. He has been a faculty member at Penn State since that time and is currently Professor of Physiology and Kinesiology at Noll Laboratory. His research involves human physiological responses to extreme conditions of exercise, heat and cold stresses, and dehydration, and the impact of aging and disease states on these responses. His research has been continuously funded by the National Institutes of Health (NIH) since 1983. Dr. Kenney, who received a Faculty Scholar medal from Penn State in 2001, has published over 200 journal articles and dozens of book chapters. He is co-author of Physiology of Sport and Exercise, a best-selling textbook in exercise physiology. In addition to his Penn State duties, Dr. Kenney has served as President of the American College of Sports Medicine (2003-04) and received the prestigious Citation Award from that organization in 2008. He also chaired the Gatorade Sports Science Institute for several years. He has been an expert witness in several high profile court cases involving athletes and others who have been injured or died from heat stroke, including former NFL player Kory Stringer.

**Michael S. Davis, DVM, PhD**, has been a licensed veterinarian for over 20 years, and a board certified specialist in the American College of Veterinary Internal Medicine since 1999. He is also a member of the inaugural class (2012) of board-certified specialists in American College of Veterinary Sports Medicine and Rehabilitation. He earned a PhD in physiology from Johns Hopkins University in 1999, and has been employed as a research physiologist and clinical expert in exercise physiology at Oklahoma State University since 1998, where he holds the John Oxley Endowed Chair in Equine Sports Medicine. Dr. Davis has been recognized as the Sigma Xi Young Investigator at OSU in 2004 and the Oscar Schalm Endowed Lecturer at the University of California-Davis in 2005, received the Pfizer Award for Research Excellence in 2005, and was named the first ACVIM Hero in Medicine in 2009 in recognition of his research to improve the health and well-being of animal athletes.

**Christopher A. Toth, DPM**, completed his undergraduate education at McGill University in Montreal, Canada. His medical education was continued at Temple University, and internship and surgical residency was performed at Cornell University Hospitals and at the Mount Sinai School of Medicine, both in New York City. He completed a subsequent fellowship in reconstructive foot and ankle surgery in Atlanta, and he is currently Board Certified in Foot Surgery. As a native of Budapest, Hungary, Dr. Toth brings an international perspective with additional specialized training from Iceland, Hungary, Canada, South Africa, Brazil, The Dominican Republic, Haiti, and England. Additionally, Dr. Toth has worked with Ballet New England as their company podiatric physician, and he serves as a clinical instructor of athletic training at the University of New England in Biddeford, Maine. Dr. Toth currently works as a podiatric surgeon for The Medical Group of Southern Maine Medical Center and Goodall Hospitals, and has lectured nationally and internationally on the topics of biomechanics, and foot and ankle surgery. Dr. Toth resides in Kennebunkport, Maine, and enjoys surfing, kite surfing, and playing blues upright bass and guitar.

**Barry Braun, PhD, FACSM**, received his Ph.D. in Nutrition from the University of California, Berkeley and did 4 years of post-doctoral work at the Stanford University Medical School. He is currently Associate Professor of Kinesiology and Director of the Energy Metabolism Laboratory at the University of Massachusetts Amherst. Dr. Braun’s research program is focused on optimizing the use of exercise to prevent and/or manage type 2 diabetes and the impact of activity and inactivity on hormonal regulation of appetite. Dr. Braun’s work is funded by governmental and private sources including the National Institutes of Health and the American Diabetes Association. He has published more than 75 peer-reviewed research articles in journals such as the American Journal of Physiology, Journal of Clinical Endocrinology and Metabolism and the Journal of Applied Physiology. He is a Fellow of the American College of Sports Medicine and past chairperson of their Nutrition Interest Group. He has received several awards for undergraduate teaching including the University Distinguished Teaching Award.

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**Tamara King, PhD**, is an Associate Professor at Central Connecticut State University (CCSU) in the Department of Physical Education and Human Performance. He is currently the President-Elect of the New England Chapter of the American College of Sports Medicine and has previously served as Vice President of Health for the Connecticut Association of Health, Physical Education, Recreation, and Dance. Dr. Walsh earned his B.S. in Physical Education from Eastern Connecticut State University, his M.A. in Exercise Science from The Ohio State University, and his Ph.D. in Kinesiology from the University of Maryland. His main area of research has been in Exercise Genomics with a focus specifically trying to further understand the genetic link to the inter-individual variation observed in muscle mass and strength amongst individuals. Dr. Walsh has served as a reviewer of the single most internationally read and referenced text in sports medicine, exercise science, and health and fitness; the Ninth Edition of ACSM’s Guidelines for Exercise Testing and Prescription. Additionally Dr. Walsh has received several teaching awards having twice received an Excellence in Teaching Award at CCSU as well as the Distinguished Teaching Assistant award at the University of Maryland.

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**William J. Kraemer, PhD, FACSM**, is a full professor in the Department of Kinesiology in the Neag School of Education working in the Human Performance Laboratory at the University of Connecticut, Storrs, CT. He also holds joint appointments as a full professor in the Department of Physiology and Neurobiology and as a Professor of Medicine at the UConn School of Medicine. Dr. Kraemer is a Fellow and past president of the National Strength and Conditioning Association (NSCA). He is the Past President of the New England Chapter of the American College of Sports Medicine. He has authored and co-authored over 400 peer-reviewed manuscripts in the scientific literature related to sports medicine, exercise endocrinology, and sport science. In addition, he has authored or co-authored 10 books in the areas of strength training and physiology. His recent book Exercise Physiology: Integrating Theory and Application was published in 2012. Dr. Kraemer was awarded the NSCA’s Lifetime Achievement Award in 1994. He was awarded the University of Connecticut’s Research Medal in 2005 and in 2009 the UConn Alumni Association’s “Research Excellence Award in Sciences” for UConn faculty.
We would like to thank the following individuals for their efforts in making this event a success:
Karl Carrigan—AV Technology and Production Specialist; Jeannine Owens—Graphic Designer; Jennie Aranovitch—Communications Assistant; Edward Bilsky—Vice President for Research and Scholarship - Office of Research and Scholarship; Christopher Rizzo—Clinical Assistant Professor and CEU coordinator for NATA

And to our sponsors for their generosity:

Directions to the University of New England, Harold Alfond Forum
Take the Maine Turnpike (I-95) to Exit 32 (Biddeford). After the tollbooth, turn left at the traffic light intersection onto Route 111 (Alfred Street). Staying in the right lane to the intersection of Route 1, take a left onto Route 1 from the right-hand lane, and then an immediate right as Rt. 111 branches off to the right. Then continue to the next traffic light. Turn right onto Route 9/208 (Pool Street). Follow Route 9/208 approximately 4 miles to the University of New England sign on your left. Continue Straight approximately .5 miles. Turn right into the parking area.