

Greater New York Regional Chapter
GNYRC-ACSM 2016 SPRING MEETING



Saturday April 2, 2016
9:00 a.m. to 5:00 p.m.

Queens College
Rosenthal Library
65-30 Kissena Blvd, Flushing, NY.



8:15 – 9:00

Registration and Breakfast*
(Rosenthal Library Lobby)

Morning Lectures

Welcome-Mark Caselli, DPM, RPh, FACSM, President GNYRC-ACSM

Greeting-Martin G Klotz, PhD, Dean of Faculty, Division of
Mathematics and Natural Sciences, Queens College

Moderator-Ann Azzollini MS, Deputy Chair, Department of Family,
Nutrition, and Exercise Sciences, Queens College

- 9:15-10:00 **Cardiac Rehabilitation**-Murray Low, EdD, FACSM
10:00-10:45 **Exercise and the Cancer Survivor**-Kathryn Schmitz, PhD, MPH,
FACSM
10:45-11:45 **Exercise is Medicine: New Careers and Transformative
Opportunities for the Fitness Professional in the 21st Century**-
Robert Sallis, MD, FACSM; Walter Thompson, PhD, FACSM;
Adrian Hutber, PhD

11:45-1:00

Lunch

(Available for purchase)

President's Cup Poster Display/Review
(Lecture Hall Lobby)

Afternoon Lectures

Moderator-Mark Caselli, DPM, RPh, FACSM

- 1:00 – 1:45 **ACSM's Updated Recommendations for Exercise
Preparticipation Health Screening**-Carol Ewing Garber, PhD,
FACSM
1:45 – 2:45 **American Fitness Index**-Walter Thompson, PhD, FACSM
2:45 – 3:30 **New Trends in Career Development**-Neal Pire, MA, CSCS,
FACSM
3:30 – 5:00 **GNYRC Student Quiz Bowl**
Introduction-Mark A Caselli, DPM, RPh, FACSM
Emcee-Felicia D Stoler, DCN, MS, RD, FACSM

* Breakfast courtesy of the Queens College Family, Nutrition, and Exercise Sciences Club

Directions

For information on directions and transportation, please go to
www.qc.cuny.edu/directions. On campus parking will be provided free of charge.
Queens College Shuttle Bus will be available for transportation to and from Shuttle
Bus pick up locations near mass transit. For information on Queens College Shuttle
Bus, go to www.qc.cuny.edu/directions and follow "Shuttle" link (located under
"Getting to Campus").

IMPORTANT REMINDERS

- No advanced or on-line registration received after **March 28, 2016** will be accepted. If you miss the deadline, then you must register the day of the conference. NO EXCEPTIONS! * Tuition is non-refundable after **March 18, 2016**. 50% is refundable in writing prior this date.
- Advanced payments may be made at <http://www.acsmgreaterny.org> via credit card or checking account. Day-of payments may be made by check or credit card.
- You must attend the entire meeting to receive continuing education credits. No certificates or credits will be given after scheduled verification times.
- **ALL STUDENTS MUST BE FULL-TIME STATUS** and submit with registration form a copy of valid current student ID or a letter from faculty member indicating full-time status. If paying via credit card, please bring valid ID to meeting.

Credit Designation

Approval for 5 CEC units has been submitted to ACSM. ACSM-approved CEC's may qualify and fulfill continuing education requirements of other professional agencies including: NASM, NSCA, NATA, APTA, and ACE. Medical CME credits are NOT available. *ACSM does not charge any fees for conference CEC's. Attendees will receive a CEC form to keep for their records.

Statement of Need

The planning committee, based on examinations of various sources of needs assessment, determined that Sports Performance, Nutrition, Fitness and Post Rehabilitation Specialties are areas in which participants wished to discuss clinical topics in order to keep sports medicine professionals at their highest state of practice readiness.

Educational Objective

Concluding this educational offering, participants should be able to:

- Understand the biological, biomechanical and psychological bases for the changes that occur during and following exercise and how this impacts prevention and treatment of medical problems as well as general health conditions.
- Examine state-of-the-art basic science, applied science, and clinical information, which will increase their knowledge of exercise, fitness, health, and physical performance.
- Identify new approaches to problems in exercise science and sports medicine through interaction among scientists, exercise specialists, and clinicians

Acknowledgment of Commercial Support

The American College of Sports Medicine and the New York Chapter of the American College of Sports Medicine gratefully acknowledge unrestricted educational grants from: The Gatorade Sports Science Institute.



Disclosure of Faculty Relationships

It is the policy of the American College of Sports Medicine that the sponsor and faculty disclose any financial relationships they have with the manufacturer of products discussed in these activities as well as with the commercial supporters. In addition, faculty will disclose discussions of unlabeled or unapproved drugs in their presentations.

REGISTRATION

Please PRINT Clearly

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| Name | | | |
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| City/ST/Zip | | | |
| Institution/Business | | | |
| ACSM National Member # | | ACSM Fellow? | Y N |

| | TUITION | |
|----------------------------------|-----------------|---------------|
| Registered: | Advanced/Online | At Conference |
| Professional | | |
| GNYRC Member | \$50 | \$60 |
| Non-Member | \$85 | \$95 |
| Students | | |
| GNYRC Member | \$15 | \$25 |
| Non-Member | \$30 | \$40 |
| Optional Donation to GNYRC- ACSM | | |
| Total | | |

Non-Member tuition includes one year GNYRC membership
Advanced Tuition: You can pay via credit card or
checking account at <http://www.acsmgreaterny.org>

Credit card & checks (payable to GNYRC-ACSM)
accepted day of the meeting.

For questions or more information, contact Pat Davitt – 609-923-6147
PDavitt@mercy.edu

This educational activity is designed for: [Athletic Trainers](#), [Coaches](#), [Exercise Physiologists](#), [Exercise Specialists](#), [Fitness Professionals](#), [Physical Educators](#), [Physical Therapists](#), [Sports Conditioning Professionals](#), and all other [Sports Medicine Health Professionals](#). No special prerequisites are required to attend this educational activity.