

American Society of Exercise Physiologists

2009 ASEP National Conference Program

Midwestern State University

Wichita Falls, Texas

April 2, 3, and 4, 2009

Thursday Ligon Coliseum

5:00-9:00pm Registration

7:00-9:00pm Board of Directors Meeting

Friday Fain Fine Art Ampitheater (Registration Continues in Fain Fine Art Building)

8:00-8:15am Opening Remarks - Jesse Rogers, President, Midwestern State University

8:15-8:20 Introduction - Endurance Training and Performance

8:20-8:35 Rebecca Shafer, Appalachian State University

8:35-9:00 David Morris, Appalachian State University

9:00-9:15 Joey Gregg - Midwestern State University

9:20-9:25 Introduction - Legal and Theoretical Aspects

9:25-9:40 Tommy Boone, College of St. Scholastica

9:40-9:55 Joseph Warpela, College of St. Scholastica

9:55-10:10 Keri Kulik, Indiana University of Pennsylvania

10:10-10:25 Lon Kilgore, Midwestern State University

10:30-11:00 Catered Poster Session & Social

11:00-11:05 Introduction - Anaerobic Training and Performance

11:05-11:20 Christina Feldmann, Marquette University

11:20-11:35 Kaitlyn Waring, Pacific Institute for Sport Excellence

11:35-11:50 William Ebben, Marquette University

12:00-1:15 Lunch

1:15-1:25 Introduction - The CrossFit Phenomenon

1:25-2:15 Greg Glassman - Founder and CEO of CrossFit

2:15-3:05 CPT Brian Chontosh - United States Marine Corps

3:05-3:55 Mark Rippetoe - Author, Starting Strength and CrossFit strength consultant

4:00-5:00 CrossFit Round Table Discussion

5:00-6:00 Kary Mullis - Nobel Laureate

What if everything you knew about science was wrong?

6:15-8:00 Sponsored Banquet (Cash Bar) at Sikes Lake Center

Friday Posters Presentations (Presenter at Poster 10:30 to 11:00)
9:00 Friday to 11:00 Saturday

Anatomical Applications in Exercise

Stanley Mukundi - University of Houston-Clear Lake
Lon Kilgore - Midwestern State University
Tyler Vander Zanden - Marquette University

Physiological Adaptation in Exercise

B.M. Ziegler - Wichita State University
James Heimdal - University of Maryland-Eastern Shore
Alissa Donaldson - Midwestern State University
Chad Touchberry - University of Missouri-Kansas City
Svea Wannke - Midwestern State University

Bio-Behavioral Aspects of Exercise

Luke Garceau - Marquette University
Elise Brown - Midwestern State University

Clinical and Health Aspects of Exercise and Physical Activity

Christina Feldman - Marquette University
B. Lutsch - Marquette University
Larry Birnbaum - College of St. Scholastica
Kelly Brooks - Louisiana Tech University
Ryan Amick - Friends University

Saturday Fair Fine Art Ampitheater

8:00-8:05am Introduction - Physiology and the Bike

8:05-8:55 Clay Worthington, USA Cycling Sports Science Coach
8:55-9:45 Julien Baker, University of Glamorgan

9:45-10:15 Catered Poster Session and Social

10:15-11:05 Frank Wyatt, Midwestern State University
11:05-11:55 Boone Lecture - Lonnie Lowery, University of Dayton

12:00-2:00 Sponsored Luncheon in Commanche Suites (Clark Student Center)

12:45-1:45 Joe Friel - Author, Cyclists Training Bible

1:45-2:00 Adjournment