

American Society of Exercise Physiologists
5th ASEP National Meeting

Schedule of Presentations

California State University - Sacramento
Sacramento, CA
April 4-5, 2003

Friday, April 4, 2003

8:00 – 8:15 am **ASEP President's Introduction & Welcome**
Richard B. Kreider
Baylor University

Professional Issues I

8:15 – 9:00 am **The Role of ASEP in the Professional Development of Exercise Physiology**
Tommy Boone
The College of St. Scholastica

9:00 – 9:30 am **ASEP Licensure Update**
Steve Jungbauer & Matt Wattles

9:30 – 10:00 am **The Teaching of Anatomical Kinesiology in Our Academic Programs: Is it Providing Students With the Knowledge They Really Need?**
Don Diboll
California State University at Bakersfield

10:00 – 10:15 am **Break – Sponsored by Pinnacle/Bodyonics LTD**

Research I

10:15 – 10:30 am **Validation of a One-Half Mile Steady-State Walk Test in College Students for Prediction of VO₂max**
Allyn Byars & Michael Greenwood
Hardin-Simmons University & Baylor University

10:30 – 10:45 am **A Comparison of Bioelectrical Impedance and Near-Infrared Interactance to Skinfold Measures in Determining Minimum Wrestling Weight in Collegiate Wrestlers**
Don Diboll & Jeffrey Moffit
California State University at Bakersfield

10:45 – 11:00 am **Reinvestigating the Optimal Length of VO₂ Max Testing**
Todd Astorino, Jeremy Rietschel, Peter Tam, Kris Taylor, Stephen Johnson, Thomas Freedman, & Cem Sakarya
Salisbury University

- 11:00 – 11:15 am** **The Oxygen Cost of Ventilation and Its Effect on the VO₂ Plateau**
D. Marks, R. Robergs, J. Nelson, C. Vella, J. Bell-Wilson, & M. Apkarian
The University of New Mexico
- 11:15 – 11:30 am** **Effect of Endurance and Resistance Training on Insulin Sensitivity in Nonobese, Older Women**
Eric Goulet, Eric Poehlman, & Isabelle Dionne
University of Sherbrooke and University of Montreal, CANADA
- 11:30 – 11:45 am** **Energy Balance During 24 Hours of Treadmill Running**
Jon K. Linderman & Lloyd L. Laubach
University of Dayton
- 11:45 – 12:00 pm** **Differences Between 20 km Time Trial Cycling Performance At Sea Level, 1,500 m, and 3,000 m**
R. Robergs, F. Wyatt, E. Faria, J. Siegler & J. McCarthy.
The University of New Mexico & Baylor University
- 12:00 – 12:15 pm** **Influence of Lower Limbs Fatigue Upon Swimming Performance**
Rodrigo Andrade, Aylton Figueira, & Flávio Lauro
University of São Caetano do Sul – IMES, Brazil

ASEP Luncheon **Sponsored by Pinnacle/Bodyonics LTD**

12:30 – 2:30 pm **Keynote Address** – Sponsored by the Center for Exercise, Nutrition & Preventive Health, Baylor University

The Relationship of Strength to Strength/Power Performance & Explosive Exercises
Mike Stone
US Olympic Training Center

Exercise Physiology I

- 2:30 – 3:15 pm** **What Limits VO₂ Max? What We Do and Don't Know**
Todd Astorino & Rob Robergs
Salisbury University & The University of New Mexico
- 3:15 – 4:00 pm** **Ventilatory and Gas Exchange Kinetics Before, During, and After Threshold**
Rob Robergs & Frank Wyatt
The University of New Mexico & Baylor University
- 4:00 – 4:15 pm** **Break – Sponsored by Pinnacle/Bodyonics LTD**
- 4:15 – 5:00 pm** **The Role of Biochemistry and Molecular Biology in Exercise Physiology**
Darryn Willoughby
Texas Christian University

Saturday April 5, 2003

Exercise Physiology II

8:00 – 9:00 am The Tour de France (1903-2003): A Physiological Approach to 100 Years of Cycling History
Conrad Earnest
The Cooper Institute

9:00 – 9:45 am The Ultraendurance Athlete: Challenges and Rewards from Studies in the Field
Jon K. Linderman & Lloyd L. Laubach
University of Dayton

9:45 – 10:00 am Break – Sponsored by Pinnacle/Bodyonics LTD

Research II

10:00 – 10:15 am Physiologic Effects of Caffeine on Cross-Country Runners
Larry Birnbaum & Jacob Herbst
The College of St. Scholastica

10:15 – 10:30 am Effect of Ibuprofen on Perceived DOMS and Reaction Time
T. Chad O'Connor, Matt Swift, & Dale R. Wagner
Vanguard University of Southern California

10:30 – 10:45 am Effects of Ribose Supplementation Prior to and Following Exercise on Performance and Metabolic Markers
Chad Kerksick, Brian Leutholtz, Rodney Bowden, Chris Rasmussen, Ronnie Muse, Jay Hanson, Mike Greenwood, Conrad Earnest, & R. Kreider
Baylor University

10:45 – 11:00 am Influence of Dietary-Induced Pre-Exercise Acidosis and Alkalosis on the Extent of Metabolic Acidosis and Recovery from Acidosis
J. Siegler
The University of New Mexico

Exercise Physiology III

11:00 – 11:45 am Exercise Programming for Special Populations: Recent Advances
Brian Leutholtz
Baylor University

11:45 – 1:15 pm ASEP Luncheon - Sponsored by Pinnacle/Bodyonics LTD

1:30 – 2:30 pm Sports Supplements – Past and Present
Jose Antonio
MET-Rx

- 2:30 – 3:30 pm** **Dietary Supplementation in Exercise and Sport: A Roundtable Discussion of Issues and Controversies**
R. Kreider, T. Boone, M. Greenwood, R. Robergs, & T. Ziegenfuss
Baylor University, College of St. Scholastica, The University of New Mexico,
& Pinnacle Institute of Health & Human Performance
- 3:30 – 3:45 pm** **Break – Sponsored by Pinnacle/Bodyonics LTD**
- Professional Issues II**
- 3:45 – 4:15 pm** **Ethical Thinking in Exercise Physiology: What is it and Why It Matters?**
Tommy Boone
The College of St. Scholastica
- 4:15 – 4:30** **Awards**
- Student Research Award**
 Sponsored by Worldwide Nutrition & MetRx
- 4:30 – 5:00 pm** **New President Address & Challenge**

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