2019 Juniata College Sports Performance Conference
Speaker Presentation Objectives

*Leslie J. Bonci, MPH, RD, CSSD, LDN, owner of “Active Eating Advice-be Fit, Fed, Fearless”
   “Sports Nutrition for Injury Prevention and Rehabilitation”

Learning Objectives of Presentation:

1) Understand the Three healing processes occur after an injury:
   - Inflammation
   - Proliferation
   - Maturation
2) Know nutrition recommendations for:
   - Injury and Immobilization
   - Rehabilitation
3) Understand nutrition strategies that are conducive for improved athletic performance.

*Robert A. Panariello, MS, PT, ATC, CSCS, Professional Physical Therapy
   “Rehabilitation and Athletic Performance Enhancement Training of Hamstring Injuries”

PRESENTATION OBJECTIVES

1) Attendees will learn about common soft tissue injury in sports involving sprinting, cutting, and jumping
2) Attendees will understand rehabilitation of hamstring injuries, enabling the athlete’s optimal return to play.
3) Attendees will learn a systematic approach in rehabbing hamstring injury that are necessary for the prevention of hamstring injury and/or prevention of reoccurring hamstring injury.

*Tanya Williams MS, CSSD, RD, LDN, RYT-200, Clinical Dietitian, & Sports Nutrition Specialist
   “RED-S; Relative Energy Deficiency Syndrome”

PRESENTATION OBJECTIVES

1) Session attendees will learn about the components of RED-S
2) Session attendees will learn how RED-S is clinically diagnosed.
3) Sessions attendees will learn how to adjust training protocol after a student-athlete has been diagnosed.

4) Session attendees will learn the clinical resources available to them when dealing with a student-athlete with RED-s and the subsequent treatment protocol.

*Sasha Digges – MS Physical Therapy
“Blood Flow Restriction Training: The Science and Methodology”

Presentation Objectives
1. Attendees will learn how patients with strength deficits due to injury or surgery may return to function sooner when treated with BFRT.
2. Attendees will learn athletes can reduced recovery time when the athlete has appropriate BFRT administered and monitored throughout their rehabilitation program.
3. Attendees will learn protocol parameters, contraindications, precautions when using BFRT.

*Mike Craven - True Fitness Solutions - ISSA Personal Trainer Cert,
“What we are not doing to Prevent Heat Stroke”

Learning Outcomes:
1- Recognizing that heat, humidity, hydration, High Intensity work sessions and low Physical fitness (peak Vo2) are key factors for Heat Stroke.
2- How to Identify low to high heat tolerance though Peak Vo2 testing.
3- How to prepare to prevent Heat Stroke by using data of Peak Vo2 test results to build Aerobic Strength.
4- Recognizing and Implementing a proper Emergency Action Plan for Heat Stroke

*Dr. Savannah Bailey, DAT, LAT, ATC, CSCS, CES, CCT
“Negative Pressure Therapies”

PRESENTATION OBJECTIVES
1. Study pertinent history of cupping techniques:
2. Address mechanical methods behind the therapy:
3. Examine some of the therapeutic effects:
4. Discuss some of the current available evidence in the literature:
5. Consider the different types of cups and how material effects clinical use:
6. Observe different dry cupping techniques (via embedded video and in-person demonstration) such as:
7. Learn some appropriate clinical applications of dry cupping using both plastic and silicone cups.
*Frank Velasquez Jr. ATC, CSCS’R, Allegheny Health Network, Director Sports Performance  
“Scapular Strength Options for Improved Posture and Shoulder Care”

PRESENTATION OBJECTIVES
1) Session attendees will learn the exercises used to strengthen middle/lower traps, rhomboids and thoracic paraspinals.

2) Session attendees will learn to teach proper mechanics and technique of exercises that strengthen middle/lower traps, rhomboids and thoracic paraspinals.

3) Sessions attendees will learn how develop a training program that focuses on the correct exercise intensities and volumes that contribute to improved of posture, shoulder/elbow durability and enhanced performance in overhead athletes.

*Will Peveler, Ph.D., Liberty University Assistant Professor of Exercise Physiology  
“Strength and Conditioning for Combat Sports”

Learning outcomes:
1. Develop and understanding of the energy systems required to compete in combat sports.
2. Identify key areas of strength and conditioning requirements for performance and injury prevention.
3. Gain knowledge on how to effectively implement a periodization program that will optimize performance in a sport with no true off-season.
4. Identify the symptoms of overtraining.

*Tom Swaldi DPT, ATC, CSCS, Star Physical Therapy & Fitness  
“Temporomandibular Joint Dysfunction in the Athletic Population”

PRESENTATION OBJECTIVES
1) Session attendees will understand the correlation of the neck and head through by reviewing TMJ anatomy and biomechanics.

2) Session attendees will learn assessment and screening procedures for Temporomandibular Joint (TMJ) dysfunction.

3) Sessions attendees understand treatment specific for athletes with Temporomandibular Joint (TMJ) dysfunction
Andy Bosak, Ph.D., CSCS, HFS, Liberty University, Exercise Science Professor and Director of Exercise Science Master's Degree Program Liberty University

“Assessment and Strength training and Conditioning for Professional Firefighters”

PRESENTATION OBJECTIVES

1. Understand that physiological demands of firefighting and how to design training programs for these unique individuals.
2. Learn about the challenges and barriers to successfully conducting firefighter research studies and designing fitness programs for various types of firefighter positions.
3. Discover the various internship and career opportunities that exist with being an occupational performance specialist, exercise physiologist, and/or strength training and conditioning professional with the firefighter population.

Alan DeGennaro, MS, ATC, CSCS, Carnegie Mellon University Strength and Conditioning Coordinator

“Expanding the Strength-Aerobic Method: Implications for Health, Performance, and Injury Prevention”

PRESENTATION OBJECTIVES

Discuss the history of the strength-aerobic method and show:
1. Why it works
2. How it’s been used over the years

Kate Decker, CSCS, USAW & USATF Coach, FST Level 3 Medical Specialist

“Demonstrations of Active Release Technique and Fascial Stretch Therapy”

Presentation Objectives

1. Attendees will learn benefits of Active Release Techniques and Facial Stretch Therapy in providing rehabilitating for upper and lower body injuries.
2. Attendees will learn to design hands-on time restricted Active Release Techniques and Facial Stretch Therapy protocols for assisting injured athletes return to completion.
3. Attendees will be able to ask questions in regards to any portion of the presentation and be provided precise answers to their questions with the hope the attendee can take away information that will benefit their athletes training in a positive manner.
*Todd Burkey, MS, ATC - Youngstown State University, Athletic Trainer & Strength Coach
“RPR (Reflexive Performance Reset)”

Presentation Objectives
The intent of this presentation is to describe the methodology of using blood flow resistance including physiological changes that occur in the tissue, the physical changes in functioning movement and progression in the rehabilitative setting. This is not a complete course in BFR. This presentation is to increase the exposure of practitioners to BFR and possible ways to incorporate the technique in athletic therapy and training.

*Jerry Shreck, MS, ATC/L, NCSF-CPT, Bucknell University Strength
“Identifying Weak Links, Movement Pattern Awareness, & Corrective Exercise For Maximal Results and Reduction of Injuries”

Presentation Objectives
- Attendees will learn what to identify as a weakness or imbalance when evaluating their athletes movement patterns with weight and non-weighted.
- Session attendees will be presented with the presenter’s jump program which focuses on deceleration mechanics to maximize acceleration techniques which ultimately tries to train athletes to move better and reduce the likelihood of a knee injury.
- Attendees will be able to ask questions in regards to any portion of the presentation and be provided precise answers to their questions with the hope the attendee can take away information that will benefit their athletes training in a positive manner.

*Tony Decker, MS, CSCS, Coastal Carolina University Director of Strength & Conditioning
“Partial Movement Teaching Progressions for the Injured or Restricted Athlete”

Presentation Objectives
1. Attendees will learn teaching progressions utilized for full body exercises used for assisting injured athletes in returning to play.
2. Attendees will learn partial movement patterns and modified exercise applications that focuses on muscle weakness and/or imbalance that contribute to injury.
3. Attendees will obtain information from the presentation that will benefit in designing training routines that help their athletes train in a positive manner in order to return to play after injury.
*Timothy N. Harvey MS, ATC, Mercyhurst University, Assistant Professor in the Sports Medicine Department, Erie PA

“Pharmacology: How Common Medications act and interact with the body during Exercise”

Learning Objectives:
1. Audience will learn about how medications affect the body during exercise.
2. How medications are absorbed in the body, how long does it take for a pill to digest on an empty stomach.
3. Which drugs are absorbed in the stomach, and how long does it take for medicine to get out of your system.
4. Audience will learn potential negative risk of commonly taken Medications when exercising.

*Stuart Singer [ssinger@wellperformancecoach.com]

“The Core Psychological Principles of the Performance Environment”

Learning goals will include:
1. How mindset influences the sympathetic and parasympathetic nervous systems and how to manage each in order to positively impact performance.
2. The relationship between the Amygdala and Prefrontal Cortex in performance.
3. Why coaches have traditionally stayed away from entirely, or spent minimal time on the psychological pillar of performance.
4. Sound psychological principles that all coaches can use to effectively improve the performance environment they create, and teach their athletes these proven psychological strategies.

*Andy Bosak, Ph.D., CSCS, HFS, Liberty University, Exercise Science Professor and Director of Exercise Science Master's Degree Program Liberty University

“Assessment and Strength training and Conditioning for Professional Firefighter”

1. Understand that physiological demands of firefighting and how to design training programs for these unique individuals.
2. Learn about the challenges and barriers to successfully conducting firefighter research studies and designing fitness programs for various types of firefighter positions.
3. Discover the various internship and career opportunities that exist with being an occupational performance specialist, exercise physiologist, and/or strength training and conditioning professional with the firefighter population.