

ISSN Rapid Fire Science

Note: CEUs will be available for NASM, AFAA, ISSN, NSCA, CDR

ZOOM meeting information will be emailed to all registrants a week or two prior to the virtual event.

Date: March 23, 2024, Saturday – 12 noon until 4:25 pm; All times are East Coast USA



12:00-12:25 pm - [Shawn Arent PhD_FISSN](#) - Key biomarkers to support athletic recovery. BIO: Dr Arent is a Professor and Chair of the Department of Exercise Science Arnold School of Public Health at the University of South Carolina.



12:25-12:50 pm -[Eric Trexler PhD](#) - Fueling the energy cost of exercise; is there an "exercise energy compensation?" Duke University. BIO: Dr Trexler is a Post-Doc in the Herman Pontzer's Laboratory at Duke University.



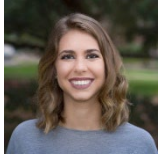
12:50-1:15 pm - [Charles Stull MS RD](#) - The dietary demands of MMA fighters; sure, they're grumpy when they diet. The Ultimate Fight Championship Performance Institute. BIO: Mr. Stull is the Director of Nutrition at the UFC Performance Institute in Las Vegas.



1:15-1:40 pm - [Ralf Jager PhD FISSN](#) - How to make friends with probiotics: the gut's secret network. BIO: Ralf Jager is a principal in the scientific consulting firm Increvo LLC.



1:40-2:05 pm -[Erica Goldstein PhD RD CISSN](#) - Super stamina: a carb-protein mix to rekindle the athletic prowess of the masters athlete. Stetson University. BIO: Dr Goldstein is an Assistant Professor at Stetson University, Deland Florida.



2:05-2:30 pm - [Hannah Cabre PhD RDN CISSN](#) - The effects of oral contraceptives and hormonal intrauterine devices on strength and recovery across the menstrual cycle phases. BIO: Dr Cabre is a Post-Doc at Pennington Biomedical Research Center.



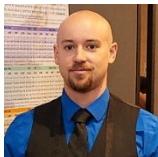
2:30-2:55 pm - [Shiloah Kviatkovsky PhD CISSN](#) - Collagen - the secret ingredient to joint health? Dr. Kviatkovsky is a Post-Doc at the University of Arkansas for Medical Sciences.



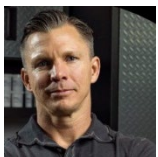
2:55-3:20 pm - [Sofia Cienfuegos PhD](#) - Effects of 4- and 6-h time-restricted feeding in adults with obesity. BIO: Dr Cienfuegos is a Clinical Assistant Professor in Kinesiology and Nutrition at the University of Illinois at Chicago.



3:20-3:45 pm - [Omar Eldakar PhD](#) - It's hard to gain muscle and lose fat - blame evolution and your refrigerator. BIO: Dr. Eldakar is a Professor of Biology at Nova Southeastern University.



3:45-4:00 pm - [Matthew Stratton PhD CISSN](#) - How does breakfast impact your performance? Lessons from and for intermittent fasting. University of South Alabama. BIO: Dr. Stratton is an Assistant Professor at the University of South Alabama.



4:00pm-4:25pm - [Chris Lockwood PhD](#) - Adulteration in dietary supplements: much ado about nothing? BIO: Dr Lockwood works with Nutrabolt, The Human Performance Company.