

2015 GNYRC-ACSM Annual Meeting



NOVEMBER 7, 2015

Hospital for Special Surgery | Richard L. Menschel Education Center, 2nd Floor
535 East 70th Street | New York City

Reaching the Unreachable

Topics in Exercise Science, Wellness, and Sports Medicine

Program Chair: **Neal Pire, MA, CHC, EP-C, CSCS, FACSM**

	<p>Research Abstracts Moderator: Greg Raffiani Ongoing all day in St. Giles Conference Room</p>		
8:00 am	<p>Registration/Breakfast (Provided)[†] Richard L. Menschel Education Center (RLM)</p>		
8:30 am	<p>It Starts with a Smile—Using Hospitality and Excellence to Drive Program Participant Recruitment, Retention, and Engagement* Moderator: Neal Pire, MA, CHC, EP-C, CSCS, FACSM Ranawat Lecture Hall/Conference Room B, RLM</p> <p>Effective Ways to Integrate Pilates into Physical Rehabilitation Moderator: TBD Victoria Moran Conference Room A, RLM</p> <p>Start of Student Research Abstract Presentations in Sports Medicine Moderator: Greg Raffiani St. Giles Conference Room</p>		
9:30 am	<p>Group Exercise for the Deconditioned Market* Grace DeSimone, BA, CPT, CGEI, CGFI Ranawat Lecture Hall/Conference Room B, RLM</p> <p>Gait Analysis and the Kinetic Chain Moderator: TBD Matthew Pugliese, MS, DPT, OCS, MTC, Cert. MDT, SFMA Conference Room A, RLM</p>		
10:30 am	<p>Break[†]</p>		
10:45 am	<p>Nutrient Timing—The State of the Art (Panel Discussion)* Moderator: Neal Pire, MA, CHC, EP-C, CSCS, FACSM Shawn M. Arent, PhD, CSCS[®]D, FACSM Brad Schoenfeld, PhD, CSCS[®]D, CSPS-D, NSCA-CPT-D, FNSEA Ranawat Lecture Hall/Conference Rooms A & B, RLM</p>		
11:45 am	<p>Lunch (Provided)[†]</p>		
12:15 pm	<p>GNYRC-ACSM Business Meeting[†] St. Giles Conference Room</p>		
12:45 pm	<p>Keynote Presentation Activating Inactives: Motivating the Deconditioned, Sedentary Market Jordan D. Metz, MD</p>		
		2:00 pm	<p>Tips and Tools for Testing Fitness and Function in the Elderly* Moderator: Jason Machowsky, MS, RD, CSSD, CSCS Peter Ronai, MS, RCEP, CES, CSCS[®]D, FACSM Ranawat Lecture Hall/Conference Room B, RLM</p> <p>Habits—the Good, the Bad, and the Permanent—Making New Healthy Lifestyle Behaviors Stick Moderator: TBD Greg Chertok, MEd, CC-AASP Conference Room A, RLM</p> <p>Enhanced Manual Resistance and Cuing Techniques for the Fitness Professional Moderator: Tedd Keating, PhD, ACSM-CES, CSCS[®]D Michael Youssouff, MA, EP-C, MES Performance Training Center</p>
		3:00 pm	<p>Elder Fitness—Developing and Delivering a Fitness Program for the Elderly* Moderator: Jason Machowsky, MS, RD, CSSD, CSCS Nancy Belli, MA, EP-C Ranawat Lecture Hall/Conference Room B, RLM</p> <p>The Art of the Soundbite: How to Communicate Messages Effectively to Patients, Clients and Use Social Media to Build Your Brand Moderator: TBD Felicia D. Stoler, DCN, MS, RDN, FACSM Conference Room A, RLM</p> <p>Athletic Development Moderator: Tedd Keating, PhD, ACSM-CES, CSCS[®]D Phillip Bazzini, MS, CSCS Performance Training Center</p>
		4:00 pm	<p>Break[†]</p>
		4:15 pm	<p>Exercises for Cancer Wellness* Moderator: Jason Machowsky, MS, RD, CSSD, CSCS Will Smith, MS Ranawat Lecture Hall/Conference Room B, RLM</p> <p>A Demonstration of a Performance Bike Fit Moderator: Tedd Keating, PhD, ACSM-CES, CSCS[®]D Happy Freedman Andrew Kraszewski Performance Training Center</p>

[†] Not designated for credit.
Faculty and agenda subject to change.



***LIVE STREAMING** also available for talks located in the Ranawat Lecture Hall (RLM)



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WAYS TO REGISTER

Register and pay online at www.hss.edu/cme.

Register by mail using the registration form.

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Make check payable to:
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Mail registration form to:

Hospital for Special Surgery
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New York, NY 10021

Confirmations

All registered participants will receive a confirmation via email.

For More Information Please Contact

Education & Academic Affairs
Hospital for Special Surgery
Tel: **212.606.1057**

Email: professionaleducation@hss.edu

Parking & Accommodations

For information on parking and accommodations, please go to www.hss.edu/visitor-information.asp and view our Neighborhood Directory. Local accommodations are limited and early reservations are recommended.

Transportation

Airport: LaGuardia (LGA) is 8 miles northeast of the city. Kennedy International (JFK) is 15 miles southeast of the city. Newark International (EWR) is 16 miles southwest of the city.

Bus: M72, M31 stop at East 69th Street and York Avenue.

Subway: Nearest line is the 6 train stop at East 68th Street and Lexington Avenue.

Car (FDR Drive): Driving south, exit at 71st Street. Driving north, exit at 63rd Street. Continue on York Avenue.

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Registration Fees

Non-member price includes cost of annual membership to ACSM-GNYRC.

	EARLY BIRD RATE Closes 10/7 at 5 pm	REGULAR RATE After 10/7 at 5 pm
ACSM-GNYRC Professionals	\$125	\$150
Non-member Professionals	\$160	\$185
ACSM-GNYRC Member Students	\$35	\$50
Non-member Students	\$50	\$65
Online Streaming	\$50	\$70

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