

Society for NeuroSports

from lab bench to weight bench

2022 Annual Conference Schedule: Friday 1/21/22 Hollywood Beach Marriott, Florida

Time	Speaker	Topic
9:30– 9:35am	Jaime Tartar, Ph.D. and Julius Thomas	Introduction and Welcome
Keynote Speaker		
9:35– 9:40am	Jonathan Banks, Ph.D.	Keynote Introduction
9:40– 10:40am	Amishi Jha, Ph.D.	Strengthening Attention with Mindfulness Training: Optimizing Performance and Well-Being for the Battlefield and the Playing Field
10:40– 10:55am	Break	
From Mice to Men: How Exercise Influences Biomarkers of Health Across Species		
10:55 – 11:20am	Shawn Arent, Ph.D. Session Chair	
11:20 – 11:40am	Lisa Robison, Ph.D.	
Roundtables		
11:40am– 12:30pm	Katie Dabrowski, DPT	Q&A Session with a DPT: Rehab, Performance, and How the Brain Impacts It
	Tony Ricci, Ed.D.	Motor Imagery in Sport: Imagination is Reality
	Michael Mannino, Ph.D.	The Neuroscience of Flow States
12:30 – 2:00pm	Lunch (on your own- lots of beach options!)	
Concussion Recovery: From the Sports Medicine Team to the Athlete		
2:00– 2:05pm	Lisa Lashley, Psy.D. Session Chair	Session Introduction
2:05 – 2:25pm	Chris Algieri, M.S.	Athlete Perspective: The Realities of Concussion Recovery
2:25– 2:45pm	Lisa Lashley, Psy.D.	The Internet Said My Concussion Would Recover in 7-10 Days: Why Haven't I?
2:45– 3:05pm	Roody Joseph, DPT	My Neck and Head Hurt, I'm Dizzy and Easy to Fatigue with Exercise: Physical Therapy and Concussion Recovery
3:05– 3:25pm	Amanda Nanasy, O.D.	More Than 20/20: How Vision Can be Integral in Concussion Recovery
3:25– 3:45pm	Alessandra Posey, D.O.	Musculoskeletal Considerations Post-Concussion
3:45– 4:00pm	Break	
4:00 – 5:00pm	Poster Session and Happy Hour	
5:00 – 6:00pm	Data Blitz: Science at the Speed of Light Hosted by Erik Bustillo, M.S.	

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2022 Annual Conference Schedule: Saturday 1/22/22 Hollywood Beach Marriott, Florida

Time	Speaker	Topic
Exercise: Neural and Peripheral Benefits		
9:15 – 10:15am	Henriette van Praag, Ph.D. Session Chair	Benefits of exercise for brain function: central and peripheral factors
	Karina Alvina, Ph.D.	The exercise derived myokine Irisin counteracts stress in a sex-dependent manner
10:15 – 10:25am	Break	
Work Your Heart, Get Around and Fuel Your Brain – A Brain Health Conversation		
10:25– 10:50am	Joyce Gomes-Osman, Ph.D., PT Danylo Cabral, PT Session Chairs	Neuroplasticity and It's Associations with Cardiovascular Function and Risk Factors, and Engagement in Exercise
10:50-11:10am	Aaron Heller, Ph.D.	Association Between Real-World Experiential Diversity (Using Geolocation) and Positive Effects in Hippocampal-Striatal Functional Connectivity
11:10-11:30 am	Sunui Escobar, Ph.D.	Mediterranean Diet and Brain Health
Roundtables		
11:30am– 12:30pm	Drew Gonzalez, M.S.	Next Gen: The Future of Sports Neuroscience
	Julius Thomas	Learning Mental Wellness
	Omar Eldakar, Ph.D.	Applying the Principles of Evolutionary Biology to Improve Sport Performance
12:30 – 2:00pm	Lunch (on your own- lots of beach options!)	
A Scientist, a Doctor, and a Lawyer Walk Into a Bar: Three Perspectives on the Use of Anabolic Steroids in Sports and in Life Sponsored by the (ISSN)		
2:00– 2:25pm	Jose Antonio, Ph.D. Session Chair	Androgen Use in Athletes: Why Androgens (AKA Anabolic Steroids) are Good for You
2:25– 2:45pm	Mitchell Matez, D.O.	Testosterone-Replacement Therapy in Men and Women: The Hidden Secret to Improving Quality of Life
2:45 – 3:05pm	Rick Collins, Esq.	Testosterone, Identity, and the Body
3:05 – 3:15pm	Break	
The Application of Sports Neuroscience		
3:15– 3:35pm	James Spencer, D.C.	The Bearded Balance Methodology: A Systemized Approach to Balance Training
3:35– 3:55pm	Annette Zapp, M.S.	411 to 911: Optimizing Firefighter Wellness
3:55 – 4:15pm	Mike Nelson, Ph.D.	Top 3 Lessons from Using Daily Heart Rate Variability: Over a Decade and 43,435 Measurements Later
4:15-4:35pm	Lindsay Shoop, MEd	Never Better Than Now
4:35 – 4:45pm	Conference Closing Remarks: Corey Peacock Ph.D. and Jose Antonio Ph.D.	