

# EXPO

UC EXERCISE SCIENCE

PRESENTED BY:



# EVENT AGENDA

**28 MARCH 2024**

Tangeman University Center (4th Floor)

**09:00AM–  
03:30PM**

**08:30 AM**

Check-In

**09:00 AM**

Opening General Session

**10:15 AM**

Breakout Session 1

**11:15 AM**

Breakout Session 2

**12:00 PM**

Networking Lunch

**01:45 PM**

Breakout Session 3

**02:45 PM**

Breakout Session 4

EVENT  
UP

## 1A

### **Beyond the X's & O's: The Foundational Approach to Creating a Competitive Performance Program for a College Football Off-Season**

This session will provide insight into all things foundational to the success of an off-season program including performance team alignment, creating and implementing a cultural blueprint and standard, as well as explain a program-wide competitive and accountability based performance system. This lecture will detail the role of each specific performance area and how every individual's responsibilities play into the off-season programs success.  
**Chris Friend, MSpc, SCCC and Associate Director - UC Football Sports Performance**

## 1B

### **Mobility Training is Strength Training**

Participants of this session will learn the difference between flexibility and mobility. They will gain knowledge on how intent and effort are the determining factor of whether a biological adaptation occurs and what kind, rather than position or exercise selection. We will explore tissue specific training through bodyweight positions at varying intensities to drive different outcomes. Participants will learn how their internal training environment, paired with their central nervous system, allows for external expressions of strength, such as squats, deadlifts, clean and jerks, etc. Training the internal environment is training mobility, but it may not be considered strength training. This presentation and hands-on class will show that mobility training is strength training.  
**Sarah Buckley, CSCS, FRS: FRC, FRA, FRISISM and Owner - Prevail Strength x Movement**

## 1C

### **Story Telling: Your Journey with the Iron**

No matter what type of team you lead -- whether it's athletes, clients, employees, or peers -- this talk will focus on how to write a story that others want to follow. Together, we'll explore the questions of (a) Does your team know their story and future? and (b) Why should they go on this journey with you?  
**Adam Atallah, Director of Strength and Conditioning - Covington Catholic High School**

## 1D

### **Lightning Talks**

- Building Confidence through Exercise - **Emma Kalinowski - UC Exercise Science Student**
- Practical Programming Tips to Scale Your Personal Training - **Matt Kasee, MS, CSCS, CPT, PES - Owner, Trilogy Fitness Systems**
- Align & Design: Finding Power through Body Alignment and Unleashing Your Unique Gifts - **Megan Moreland, BS, CPT - M\_pire, LLC**

## 1E

### **Unlocking the Power of Play**

Discover the holistic impact of play on mental and emotional health with TN5! Join us for an energy-packed session of exploring how play enhances memory, sharpens problem-solving skills, nurtures empathy, and creates connection. Playfulness isn't just for kids—adults, too, can experience profound well-being through laughter and games. **Christine Browner, RN, OCPs, M.Ed. and Program Director - TN5**

## 1F

### **Elevating Performance and Recovery with Blood Flow Restriction**

During this interactive workshop we will be demonstrating Blood Flow Restriction Cuffs and how they can improve performance, even when patients are injured. This technique is often used in rehabilitation and strength training to enhance muscle growth and strength with lighter loads.  
**Dr. Jacqueline Sanders, PT, DPT, Certified Running Coach - Wave Physical Therapy**

## 1G

### **The Wim Hof Method - Breath-Work Session**

Attendees will learn about the Wim Hof Method -- which consists of breath-work, meditation, and cold exposure -- and the benefits of utilizing this practice. After a lecture session, attendees will be led through a breath work session where they can experience how the method is intended to be performed.  
**Ty Bentley - UC Exercise Science Student**

## 1H

### **Total Body Workout Featuring the 6 Main Movement Patterns**

Learn the why and how behind the design of "The Gulag" -- a group workout that incorporates different exercises for different movement patterns. Learn how to keep workout programs fresh and help clients/athletes work around pain by infusing variation. Session will include a sample of the workout.  
**Tim Weimer, NASM-CPT, PFPS, and Fitness Manager - Vision Fitness & MMA**  
**Anthony Ruscello, PT, DPT, and Jesse Mehring, PT, DPT - Superior Physiotherapy & Performance**

2A

## Necessity is the Mother of Invention: The Story of the Kettle Bar™

Many people think they would like to invent a product. Maybe even something that will make them a lot of money. In this presentation I will take the attendees through the actual process of what it looks like to invent a product and bring it to the market. In this session, we will be discussing: The Problem, The Experiment, The Prototype, The Testing, The Patenting, The Manufacturing, The Sales and Marketing.

**Merrill Hutchinson, M.Ed., NSCA-CPT, Inventor - The Kettle Bar™**

2B

## Mastering Gait Mechanics & Multi-Planar Movement

At Black Sheep Performance, we train everyone from a 9-year old soccer athlete, to Joe Burrow, to a 60 year old grandmother who wants to be able to play in the floor with her grandchildren -- and we train them all with the same core beliefs and movement principles. We'll focus on analyzing and improving gait mechanics for both athletic populations and general population clients, as well as the importance of training multi-planar movement and the technique behind how to train in different planes.

**Patrick Coyne, Owner and Anna Hoots, B.S., CSCS - Black Sheep Performance**

2C

## Preventing, Managing, & Optimizing Bone Health through Updated Nutrition & Supplement Guidelines to Enhance Returning to Work, Life, and Sport

The health of the skeletal system is important for athletes young and old. Evidence shows that intense skeletal growth and development happens during childhood and adolescence. Later in life, the loss of bone tissue exceeds the rate of bone replacement. It, therefore, follows that lifelong bone health is dependent on maximizing peak bone mass during the critical periods of growth and maturation. Bone Health is typically addressed through nutrition and supplementation. This interactive lecture will examine evidence of the newest guidelines to positively impact bone health outcomes for all ages and enhancing returning to work, life and sport.

**Dawn Weatherwax, RD, LD, ATC, CSCS - Sports Nutrition 2Go & Dawn Weatherwax's Sports Nutrition Academy**

2D

## Lightning Talks

- Daily Exercise and its Effects on Wellbeing - **Ally Haverkamp, UC Exercise Science Student**
- Embracing the Burn: How Fitness Failures Fuel Entrepreneurial Success - **Katie Hake, RDN, LD, ACSM-CPT, GFI - Katie Hake Health & Fitness, LLC**
- Building Your Career in Fitness - **Ben Moushon, MBA, ACE-CPT - Orangetheory Educator**

2E

## Practical Considerations for Training the Performing Artist

In this interactive session, Instructors Holly and Dan Scheid will demonstrate insights from years of training both pediatric and adult performing artists. Concepts covered include but are not limited to, verbiage for training in the performing arts, special considerations for movement patterns in dance, year long periodization, cardiovascular considerations and more.

**Dan Scheid, PT, DPT, CSCS, CSPS & Holly Scheid, Owner - StageFit**

2F

## The Connection Between Exercise & Brain Health

We are all aging. It is a battle we will not win. What are we doing to slow down the aging process? When most of us answer that question, we focus only on the body. Learn protocols based on research that can increase the health of both your brain & body.

**Adam Ortman, B.S., NASM Master Trainer, Chief Exercise Science Officer - Activate Brain & Body**

2G

## An Introduction to Olympic Weightlifting

In this session, you'll gain an introduction to Olympic weightlifting, showcasing major lifts such as the snatch and the clean and jerk. We'll provide live demos, interactive mobility training, and you will learn how Oly lifting provides not only physical challenges but also opportunities for skill development and athletic growth. Whether you're a novice or an experienced lifter, join us to explore the potential of Olympic weightlifting to elevate your fitness journey to new heights.

**David Fairbanks, FRC, USAW-L2- Owner, Lion's Pride Weightlifting**

**Ty Bentley - UC Exercise Science Student**

12:00–1:30PM

# NETWORKING LUNCH



## LUNCH

Enjoy complimentary lunch with your classmates and our industry partners

1

## NETWORK

Visit our partner booths to learn about practicum and internship opportunities, job opportunities, and more!

2

## AWARDS

End-of-the-year student and community partner awards ceremony

3

## INTERACT

Resume reviews, photo booth, samples, and more!

4

## RAFFLE

Participate in the networking showcase and earn chances to win various prizes!

5

**EXPO**  
UC EXERCISE SCIENCE

## 3A

### Capturing and Analyzing Data for Sports Science Using the Hawkin Dynamics Force Plates

Technology used in sports science can provide meaningful data that can be analyzed and applied for several purposes, such as athlete monitoring and improving performance or rehabilitation outcomes. Participants will learn what insights force plates can provide, and will get a chance to see assessments and data collection in real time.

**Gabe Sanders, PhD and Jacob Wright, CSCS - UC Exercise Science**

**Stacie Skodinski, M.S., CSCS, SCCC, Associate AD - UC Sports Performance**

## 3B

### Realities of Gym Ownership

Ever considered owning your own gym? In this session, we will delve into the realities of establishing a top-tier strength and conditioning facility with a strong emphasis on community building.

**Kevin Kist, Owner - RTS Barbell**

## 3C

### Breaking Down Low Back Pain

In this session, we will discuss the real factors for client low back pain and how coaches and trainers can maximize results with their low back pain clients and athletes.

**Sam Brown, M.Ed., McGill Method Certified Practitioner and Owner - Practice Movement and Recovery**

## 3D

### Lightning Talks

- Improve Your Mental Health with just a Sauna and Cold Plunge - **Patrick Coyne, Owner - Contrast Studio**
- THE Hot Topic: Online Personal Training - **Tyler Yee, M.S., ACSM-CPT, Pn1 and Owner - Iron Insight Online Training**
- Fit4Business: The Journey from Student to Business Owner - **Josh Simmons, B.S., Owner - PT Plus Strength & Wellness**

## 3E

### Wellness without Obsession: an Intro to Intuitive Eating and Weight Inclusive Exercise

What if you could help clients change their habits and mindset around food for life? Learn all about the science behind a non-diet approach and creating exercise programming that is truly inclusive for ALL bodies and backgrounds.

**Katie Hake, RDN, LD, ACSM-CPT, GFI and Owner - Katie Hake Health & Fitness, LLC**

## 3F

### Specialty Workout Sampler

- Exploring 3 Styles of Group Strength Training - **Danielle Alexander, B.S., NASM-CPT and Owner - Redemptive Fitness**
- Barre - Low-impact workout combining the elements of dance, Pilates, and weight training - **Rikki Puckett, GFI and Owner - Neighborhood Barre Covington**

## 3G

### Applying the Conjugate Method to General Population and Mobility Training

This presentation provides a short history of strength training, how best practices have been established, and how the conjugate method can be utilized to train multiple facets of fitness simultaneously. This model is compatible with general population training because of its efficiency, but is often overlooked because it is heavily associated with strength sports and athletic training. Participants will learn the Max Effort Method, the Dynamic Effort Method, the Repetition Method to Failure and the Repetition Method not to failure. They will learn how to apply these different stimuli to different training parameters, such as lifting weights to gain strength and muscle or to internal environments, such as connective tissue and joints. Leave with an understanding of the methods, examples of the means, and the circumstances when each can be applied.

**Sarah Buckley, CSCS, FRS: FRC, FRA, FRISISM and Owner - Prevail Strength x Movement**

**Audrey Wiemers, ACE-CPT - UC Exercise Science Student**

## 3H

### Adapted Strength & Conditioning

This session will introduce the concept of adaptive strength and conditioning for youth and adults with primary physical impairment. IRON CORE Adapted Strength and Conditioning, in its fifth season, will share its model and demonstrate how it meets the needs and abilities of high and lower functioning participants.

**Renee Loftspring, PT, M.Ed., EdD and Co-Founder - IRON CORE Adapted Strength & Conditioning**

4A

## Resistance Training for Youth Athletes

The American Academy of Pediatrics recommends muscle strengthening exercises 2x/week for adolescents. This session will go over programming considerations while dispelling common myths associated with youth resistance training.

**Derek Miles, DPT - Barbell Medicine**

4B

## Breathing for Performance

In this interactive workshop, you'll understand the adaptations, limitations, and power that lies in the use and awareness of your breath as a variable in life and performance. We'll focus on waking up the nervous system, hypoventilation and vision incorporation into training, mobility and activation for the respiratory system, timing and tactics of breath protocols, and down-regulation post performance.

**Brian Peters, Performance Coach and Founder - Breathing for Performance**

4C

## GPP & Prehab Implementation

A quick overview into how to implement the General Physical Preparedness (GPP) phase into annual periodization, which lays the groundwork for athletic development. In this interactive session, we will also discuss prehab movements to mitigate risk of injury and decrease return-to-play (RTP) time.

**Trenton Smart, M.S., CSCS, SCCC, USAW, FRC, BRIDGE, and Director of Strength & Conditioning - Mason High School**

4D

## Lightning Talks

- From Personal Trainer to Studio Owner - **Kyle Hotz, B.S. - Owner, Higher Heights Fitness (Cleveland, OH)**
- Fit for Success: A Legal Insight into Fitness Liabilities for Upcoming Graduates - **DJ Wittekind, MS - Owner, Queen City Kettlebell & Ryan Shiverdecker, JD - Shiverdecker Law**
- The Various Job Opportunities in Exercise Science - **Kelly Powers, M.Ed., Master Strength & Conditioning Coach, YogaFit - Saint Ursula Academy Athletic Director**

4E

## Dietary Supplements: The Role of the Sports Dietitian and the Performance Team

Dietary supplementation is a \$40+ billion-dollar industry with widespread use among athletes, but how much do we know about dietary supplements? How safe or effective are they? What are the rules and regulations of dietary supplements? What is my scope of practice as a practitioner? This session will dive into safety and regulation, prevalence in athletes, the role of the sports dietitian, the role of the entire performance team, and more surrounding dietary supplements.

**Dillon Frees, MS, RD, LD, CSCS, CPT and Director - UC Performance Nutrition**

4F

## Specialty Workout Sampler

- Cardio & Body Weight Strength Combo - **Erica Boyd, Owner and Instructor - Jazzercise Milford**
- Mat Pilates - **Sam J. - Certified Master Trainer, BodyAlive**

4G

## Build-A-Bench Workshop

Bench press technique deep dive in optimizing leverages, full body recruitment, cueing, and increasing your 1 rep max. Designed to be interactive with audience examples and form assessments. We will also cover bench-builder accessory movements, programming, accommodating resistance, and appropriate set/rep ranges.

**Amber Hansen, M.S., Elite Powerlifter, Coach - The Dirty Gym (Dayton, OH)**

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