



# ESSI EXERCISE & SPORT SCIENCE INITIATIVE UNIVERSITY OF MICHIGAN

**Exercise & Sport Science Initiative Symposium**

**Thursday, November 14, 2019**

**8:00 am - 3:00 pm**

**Junge Family Champions Center, Ann Arbor, MI**

**Symposium Emcee: Geoff Burns, PhD Candidate**, Michigan Performance Research Laboratory, School of Kinesiology, University of Michigan

8:00-8:30 am

**Registration & Breakfast**

8:30-8:45 am

**Welcome & Opening Remarks**

- **Srijan Sen, MD, PhD** – Associate Vice President for Research - Health Sciences; Frances and Kenneth Eisenberg Professor of Depression and Neurosciences; Associate Professor of Psychiatry; Research Associate Professor, Molecular and Behavioral Neuroscience Institute, Medical School; and Adjunct Associate Professor of Psychology, College of Literature, Science, and the Arts, University of Michigan
- **Sami Rifat, MD** – Head Team Physician, Athletic Department; Staff Physician and Adjunct Clinical Assistant Professor of Family Medicine, Medical School, University of Michigan

8:45-9:30 am

**Panel Discussion: Female Athletes and Gender Equality**

**Moderated by Traci Carson, PhD Candidate** – Department of Epidemiology, School of Public Health

- **Angelique Chengelis, BA** – Sportswriter, Detroit News
- **Georgia Giblin, PhD** – Director of Performance Science, Detroit Tigers
- **Jennifer Klein, MA** – Head Coach, U-M Women's Soccer, Athletic Department, University of Michigan
- **Cindy Ofili, BEd** – Professional Runner for adidas; 2016 Olympic finalist for Great Britain

9:30-10:05 am

**Discussion: Variations in Sex Development Athletes in Women's Sports**

- **Sociological Issues from an Athlete's Perspective**
  - **Madeleine Pape, PhD** – Postdoctoral Fellow, Science in Human Culture program and Department of Sociology, Northwestern University



- **Medical and Scientific Issues**
  - **Richard Auchus, MD, PhD** – James A Shayman and Andrea S Kevrick Professor of Translational Medicine, Professor of Internal Medicine and Professor of Pharmacology, Medical School, University of Michigan
- **Legal and Societal Issues**
  - **Doriane Coleman, JD** – Professor of Law, Duke University School of Law

10:05-10:30 am

**Individual Talk: Scientific Updates on the Female Athlete Triad: New Lessons Learned**

- **Mary Jane De Souza, PhD** – Professor of Kinesiology and Physiology, College of Health and Human Development, Penn State University

10:30-10:40 am

**Break**

10:40-11:25 am

**Panel Discussion: Health and Wellness in the Middle-Aged and Aging Population**

**Moderated by John Bacon, MEd** – Writer (including NY Times Best Selling Author), Sports Commentator, and U-M Lecturer

- **Mary Blazek, MD** – Director, Geriatric Psychiatry Clinic; Associate Professor of Psychiatry, Medical School, University of Michigan
- **Vic Katch, EdD** – Professor Emeritus of Movement Science, School of Kinesiology, University of Michigan
- **Yeong Kwok, MD** – Assistant Professor of Internal Medicine, Medical School, University of Michigan
- **Michelle Segar, PhD** – Director, Sport, Health & Activity Research & Policy (SHARP) Center; Assistant Research Scientist, Institute for Research on Women and Gender, University of Michigan

11:25-11:40 am

**Individual Talk: Nutrition and Performance**

- **Kayla Lawson, MS, RD** – Performance Nutrition Fellow, Athletic Department, University of Michigan



11:40-11:55 am

**Individual Talk: The Influence of Parks, Playgrounds, and Neighborhood Environments on Facilitating Physical Activity**

- **Natalie Colabianchi, PhD** – Associate Professor of Applied Exercise Science, School of Kinesiology and Research Associate Professor, Survey Research Center, Institute for Social Research, University of Michigan

11:55-12:50 pm

**Lunch and 2018 ESSI-funded Research Poster Session**

12:50-12:55 pm

**Individual Talk: Adaptive Sports at the University of Michigan**

- **Oluwaferanmi Okanlami, MD, MS** – Assistant Professor of Family Medicine (MDisability) and Physical Medicine & Rehabilitation; Director for Medical Student Programs, Office for Health Equity and Inclusion; Director of Adaptive Sports, Michigan Center for Human Athletic Medicine and Performance (MCHAMP), Michigan Medicine, University of Michigan

12:55-1:40 pm

**Panel Discussion: Inclusive Recreation**

**Moderated by Seong-Hee Yoon, BS, ATP** – Rehabilitation Engineer, Physical Medicine and Rehabilitation; University of Michigan Adaptive & Inclusive Sports Experience (UMAISE) Director of Technology and Innovation, University of Michigan

- **Cindy Housner, MS** – Executive Director and Founder, Great Lakes Adaptive Sports Association (GLASA)
- **Jeremy Marra, MS, AT, ATC** – Senior Associate Athletic Trainer, Athletic Department, University of Michigan
- **Ryan Martin, BS** – Vice President of Board of Directors, National Wheelchair Basketball Association; Founder, Ryan Martin Foundation; Inclusive Sports Advisor for the City University of New York Athletic Department; Former Professional Wheelchair Basketball Player
- **Dale Ulrich, PhD** – Professor, Applied Exercise Science and Movement Science; Director, Center on Physical Activity and Health in Pediatric Disabilities, School of Kinesiology, University of Michigan

1:40-2:25 pm

**Panel Discussion: Physical Activity in Children**

**Moderated by Philip Veliz, PhD** – Research Assistant Professor, Institute for Research on Women and Gender; Research Assistant Professor of Nursing, School of Nursing; Faculty Associate, Youth and Social Issues, Institute for Social Research; Associate Director,



Sport, Health & Activity Research & Policy Center, University of Michigan

- **Bethany Gaffka, PhD** – Associate Professor of Pediatrics (Pediatric Psychology), Medical School; Director of the Pediatric Weight Management Clinic, C.S. Mott Children’s Hospital, University of Michigan
- **Rebecca Hasson, PhD** – Associate Professor of Kinesiology, School of Kinesiology; Assistant Professor of Nutritional Sciences, School of Public Health, University of Michigan
- **Mark Riederer, MD** – Assistant Professor of Orthopaedic Surgery (Sports Medicine and Pediatrics), Medical School, University of Michigan
- **Susan Woolford, MD** – Associate Professor in the Child Health Evaluation and Research (CHEAR) unit in the Division of General Pediatrics; Medical Director of the Pediatric Comprehensive Weight Management Center, C. S. Mott Children’s Hospital, University of Michigan

2:25-2:35 pm

**Individual Talk: Understanding the Bidirectional Relationship Between Stress and Physical Activity**

- **Tiwa Ajibewa, PhD Candidate** – School of Kinesiology, University of Michigan

2:35-2:45 pm

**Individual Talk: Data Analytics in Youth Soccer**

- **Sigrid Olthof, PhD** – Postdoctoral Fellow, Exercise & Sport Science Initiative, University of Michigan

2:45-2:55 pm

**Individual Talk: Sestrins are Evolutionarily Conserved Mediators of Exercise Benefits**

- **Jun Hee Lee, PhD** – Associate Professor, Department of Molecular and Integrative Physiology, Institute of Gerontology, Medical School, University of Michigan

2:55-3:00 pm

**Final Remarks**

- **Ron Zernicke, PhD, DSc** – Director of the Exercise & Sport Science Initiative; Professor of Orthopaedic Surgery, Professor of Kinesiology, and Professor of Biomedical Engineering, University of Michigan