

issn

international society of sports nutrition™

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Treat Yourself to the Best in Sports Nutrition!

June 16-18, 2005

2nd Annual ISSN Conference and Expo

1.5 CECs ACE

NATA Credits

1.5 CEUs NSCA

ADA Credits

Conference Location:

[Wyndham New Orleans at Canal Place](#)

100 Rue Iberville

New Orleans, Louisiana 70130

United States

Phone: 504-566-7006

For ISSN discount rates on the hotel, please make your reservations online at the link below:

<http://www.wyndham.com/groupevents/435InternationalSocietyofSportsNutrition/main.wnt>

Thursday – June 16th

- Review for the CISSN examination – Tim Ziegenfuss, Ph.D., Ron Mendel, Ph.D. – 9:00am-11:45am
- CISSN Examination - 1:00pm-4:00pm
- Body Composition One-Day Workshop and Exit Examination – Frank Katch, Ed.D., Victor Katch, Ed.D. – 9:00am-12:00; lunch 12noon-1:00pm; 1:00pm-4:00pm
- Conference Registration – 3:00pm-7:00pm
- Board Meeting – 5:00pm-8:30pm (dinner 5:00pm-6:00pm)

Network with the Best in the Business!

Thomas Aarts, M.B.A., Anthony Almada, MSci., Jose Antonio, Ph.D., Molly Beckers, M.S., RD, Eva Blomstrand, Ph.D., Rick Collins, Esq., Rebecca B. Costello, Ph.D., Jacques Décombaz, Lic. Sc., R. Nutr., Conrad Earnest, Ph.D., Joan Eckerson, Ph.D., Jeff Everson, Ph.D., Marc Gann, Esq., B. Sue Graves, Ed.D., Mike Greenwood, Ph.D., Dan Hamner, M.D., Steve Hertzler, Ph.D., Peter Horvath, Ph.D., Thomas Incledon, M.S., RD, John Ivy, Ph.D., Douglas Kalman, M.S., Frank Katch, Ed.D., Victor Katch, Ed.D., Susan Kleiner, Ph.D., RD, Richard Kreider, Ph.D., Donald K. Layman, Ph.D., Adam Locks, Ph.D., Jeff McBride, Ph.D., Ron Mendel, Ph.D., Masaru Ohtani, Ph.D., Christopher Scott, Ph.D., Bob Seebohar, M.S., RD, Rick Seip, Ph.D., Yoshiharu Shimomura, Ph.D., Jim Stoppani, Ph.D., Jeff Stout, Ph.D., H. Lee Sweeney, Ph.D., Stuart Trager, M.D., Jeff Volek, Ph.D., RD, Melvin H. Williams, Ph.D., Darryn Willoughby, Ph.D., Robert R. Wolfe, Ph.D., Monika M. Woolsey, M.S., RD., Tim Ziegenfuss, Ph.D.



Be great.

Friday Morning – June 17th

- Registration – 7:00am–4:00pm
- Exhibit Hall set up – 8:00am-10:00am
- Exhibit Hall hours – 8:00am-5:00pm; 5:00-7:00pm (Food and Beverages for Attendees and Exhibitors; A Great Networking Opportunity)

Introduction – Brief Remarks on the State of ISSN

- **8:45-9:00am** - Jose Antonio, Ph.D. (CEO) and Darryn Willoughby, Ph.D. (President – 2005-2007) **Opening Address**
- **9:00-9:45am** – Mel Williams, Ph.D. – Old Dominion University. **Sports Supplements: Past, Present, and Future.** ProfRunner@aol.com

Morning Session A- Moderator – Darryn Willoughby, Ph.D.

- **10:00-10:45am** – Conrad Earnest, Ph.D. Cooper Institute, Dallas. **The Tour De France: training and nutritional needs of the world's toughest endurance event.** cearnest@cooperinst.org
- **10:45-11:30am** – Peter Horvath, Ph.D. University of Buffalo. **High Fat Diets and Exercise Performance.** phorvath@buffalo.edu
- **11:30am-12:15pm** – Douglas Kalman, M.S., R.D. Miami Research Associates. **Ribose – A Potentially Underappreciated Source of Energy;** dkalman@sportsnutritionociety.org;

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Morning Session B – Moderator – Rick Kreider, Ph.D.

- **10:00-10:45am** - Jeffrey M. McBride, Ph.D. Appalachian State University. **Physiological and Biomechanical Adaptations to Power Training.** mcbridejm@appstate.edu; sponsored by the **National Strength and Conditioning Association.**
- **10:45-11:30am** – Lisa Firestone, M.D. – U.S. Air Force. **Physiological and Nutritional Considerations for Fighter Pilots and Astronauts.**
- **11:30-12:15pm** – Rebecca B. Costello, Ph.D. Office of Dietary Supplements/NIH. **How the NIH/ODS Supports the Scientific Investigation of Sports Supplements**
CostellB@OD.NIH.GOV

12:15-1:30pm – Visit Exhibit Hall; Food Served in Exhibit Hall

Friday Afternoon – June 17th

- Exhibit Hall - Meet the Speakers Networking Opportunity/Happy Hour; drinks and food compliments of ISSN – 5:00pm-7:00pm

Afternoon Session A – Moderator – Marie Spano, M.S., RD

- **1:30-2:15pm** – Jeff Volek, Ph.D., RD. University of Connecticut. **Ketogenic Diets.** jvolek@uconnvm.uconn.edu
- **2:15-3:00pm** – Marc Gann, Esq. **Food for Thought: Liability Issues Related To Nutritional Advice.** Collins, McDonald & Gann, P.C., One Old Country Road, Suite 250, Carle Place, NY 11514, USA. mgann@cmgesq.com
- **3:00-3:45pm** – Thomas Aarts. Nutrition Business Journal. **The Business Side of Sports Nutrition.** tom@nutritionbusiness.com

Afternoon Session B - Moderator – Robert R. Wolfe, Ph.D.

1:30-3:45pm – Mini-Symposium on Branched-Chain Amino Acids.



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- **1:30-1:50pm** - Yoshiharu Shimomura, Ph.D. Nagoya Institute of Technology, Shikumi College, Japan. **Branched-chain amino acids – effect on skeletal muscle protein synthesis, damage, and soreness.**
- **1:50-2:10pm** - Donald K. Layman, Ph.D. **Leucine as a Critical Regulator of Skeletal Muscle Metabolism Regulation of Muscle Protein Synthesis after Exercise.** Professor, Department of Food Science & Nutrition, University of Illinois, Urbana-Champaign, IL
- **2:10-2:30pm** - Robert R. Wolfe, Ph.D. **The interaction of exercise and amino acids in regulating muscle protein synthesis and breakdown.** Professor, Department of Surgery, University of Texas Medical Branch, and Department of Metabolism, Shriners Burn Institute, Galveston TX.
- **2:30-2:50pm** –Masaru Ohtani, Ph.D. **Nutritional effects of ingesting amino acids for athletes.** Professor, Department of Environmental Studies, Sports Sciences for Health & Activity, Tokyo University, 5-4-6 Kashiwanoha, Kashiwa-City, Chiba, 277-0882, Japan. **Nutritional effects of ingesting amino acids for athletes.**
- **2:50-3:10pm** –Eva Blomstrand, Ph.D. **Branched-chain amino acids and central fatigue.** Associate Professor, University College of Physical Education and Sports and Department of Physiology and Pharmacology, Karolinska Institute, Box 5626, 114 86 Stockholm.
- **3:10-3:20pm** - Kunio Torii, Ph.D. **Learned Preference for a Mixture of Branched-chain L-Amino Acids (BCAA) and Homeostatic Control of the Brain Serotonin Release in Exercising Rats.** Corporate Councilor, Institute of Life Sciences, Ajinomoto Co. Inc., 1-1 Suzuki-cho, Kawasaki-ku, Kawasaki, 210-8681, Japan
- **3:20-3:45pm** – Round Table Discussion of Amino Vital Sponsored Speakers

3:45-4:15pm – **Visit the Exhibit Hall; Don't forget to get signatures from each exhibitor on your ISSN drawing form. Winners of the drawing will be announced Saturday during the poster presentations.**

- **4:15-5:00pm** – **Academics, Industry, and the Media" - A Roundtable Discussion; Working in Academics versus Industry – Career Options for the Exercise and Sports Nutrition Professional**
 - **Moderator: Jeff Stout, Ph.D.**. Participants: Anthony Almada, MSci, Frank Katch, Ed.D., Victor Katch, Ed.D., John Ivy, Ph.D., Susan Kleiner Ph.D, RD, Jim Stoppani, Ph.D.
 - This session will be a Q & A format. Feel free to ask each roundtable member questions regarding the best (and worst) of working in academia and/or industry. Is there an ideal way of climbing the ranks of an academic or industry job? What are the different approaches in securing a job in each of these respective fields? If you had to do it 'all over again,' what would you do differently? These topics and more will be discussed.

Friday Evening – June 17th

5:00-7:00pm - **Exhibit Hall Meet-and-Greet the Speakers/Happy Hour; Food and Beverages Compliments of ISSN**

Saturday Morning – June 18th

- Registration – 8:00am–10:00am
- Poster Presentations (Put them up 9am-12noon; presentations; 12noon-1:30pm).
- Exhibit Hall Hours – 8:00am-2:00pm
- Exhibit Hall Breakdown – 3:00pm.

Morning Session A – Moderator – Susan Kleiner, Ph.D.

- **9:00-9:45am** – Jacques Décombaz, Lic. Sc., R. Nutr. **The Response of Intramyocellular Lipids to Dietary Lipids and Exercise.** Nestlé Research Center, Nestec Ltd, CH-1000 Lausanne 26, Switzerland. Jacques.decombaz@rdls.nestle.com

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- **9:45-10:30am** – Bob Seebohar, MS, RD. www.atpcoaching.com. **Nutritional Periodization for Endurance Athletes.** bob@atpcoaching.com
- **10:30-11:15am** - Molly Beckers, M.S., RD. www.mollyrd.com. **Triple Threat - Applied Nutrition for the Endurance Triathlete.** mobecks16@yahoo.com
- **11:15-12noon** – Steve Hertzler, Ph.D. Ohio State University. **Glycemic Index and Athletic Performance.** shertzler@hec.ohio-state.edu

Morning Session B – Moderator – Mike Greenwood, Ph.D.

- **9:00-9:45am** – Christopher Scott, Ph.D., University of Southern Maine. **A Different View of Bionergetics – Misconceptions about Anaerobic Energy Expenditure.** cscott@usm.maine.edu
- **9:45-10:30am** - H. Lee Sweeney, Ph.D. University of Pennsylvania. **Gene Doping and the Regulation of Skeletal Muscle Hypertrophy.** lsweeney@mail.med.upenn.edu
- **10:30-11:15am** – Rick Seip, Ph.D. Cardiology, Hartford Hospital, Hartford, CT. **Genetics of Arm Muscle Size and Strength with 12 Weeks of Resistance Training in Men and Women.** Rseip@harthosp.org
- **11:15-12noon** - Joan Eckerson, Ph.D. Creighton University, Omaha NE. **Creatine Supplementation in Women.** eckerson@creighton.edu

12noon-1:30pm – Poster Presentations in Exhibit Hall


Winners of the drawing will be announced. You must be present to win your prize.

Saturday Afternoon – June 18th

Afternoon Session A – Moderator – Thomas Incledon, M.S., RD

- 1:30-2:15pm – B. Sue Graves, Ed.D. Florida Atlantic University. **The Signs of Muscle Dysmorphia and Body Dysmorphic Disorder.** sgraves@fau.edu
- 2:15-3:00pm – Adam Locks, Ph.D. University College Chichester. **The History and Sub-culture of Professional Bodybuilding in America.** A.Lock@ucc.ac.uk
- 3:00-3:45pm – Monika M. Woolsey, MS, RD. www.afterthediet.com. **Disordered Eating in Athletes.** monika@afterthediet.com
- 3:45-4:30pm – Dan Hamner, M.D. **Hyperbaric Chamber Treatment.** Danhamnermd@aol.com

Afternoon Session B – Moderator – Ron Mendel, Ph.D.

- 1:30-2:15pm – Lonnie Lowery, Ph.D., RD. Department of Nutrition, University of Akron, Akron, Ohio. **Protein and Overtraining.** lonman7@hotmail.com. sponsored by 
- 2:15-3:00pm – Rick Collins, Esq. – **Ephedra, Prohormones...What's Next – How the Federal Government Regulates the Dietary Supplement Industry.** rcollins@cmgesq.com
- 3:00-3:45pm – Stuart Trager, M.D., Atkins Nutritionals Inc., **The Atkins Diet Revisited.** <http://atkins.com/index.html>
- 3:45-4:30pm - **Athlete Keynote Speaker** – Bill Romanowski, former NFL football player

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Awards Presentation

- 4:30-5:00pm – **Winners of the Best Student Poster Presentations will be announced** – Darryn Willoughby, Ph.D., President of the ISSN will present the awards.

2005 2nd Annual International Society of Sports Nutrition Conference and Expo

CONFERENCE REGISTRATION

Name (please print): _____ **/Date:** _____

Pre-Registration for the Conference before April 1, 2005. Circle the correct price below:

Professional, Affiliate, and Corporate Members

- \$135 (2-day rate)
- \$75 (1-day rate)

Student Members*

- \$65 (2-day rate)
- \$35 (1-day rate)

Non-members

- \$425 – (2-day rate)
- \$250 – (1-day rate)

Conference Rates When You Register after April 1, 2005:

Professional, Affiliate, and Corporate Members

- \$150 (2-day rate)
- \$90 (1-day rate)

Student Members*

- \$75 (2-day rate)
- \$45 (1-day rate)

Non-members

- \$450 – (2-day rate)
- \$300 – (1-day rate)

*Students may be asked to provide proof of current student status.

CISSN Examination

April 1, 2005 or prior

- ISSN Professional, Affiliate, and Corporate Members - \$249
- ISSN Student Members - \$199
- Non-Members - \$269

After April 1, 2005

- ISSN Professional, Affiliate, and Corporate Members - \$279
- ISSN Student Members - \$229
- Non-Members - \$299

CISSN Review Session*

April 1, 2005 or prior

- ISSN Professional, Affiliate, and Corporate Members - \$49
- ISSN Student members - \$29
- Non-Members - \$79

After April 1, 2005

- ISSN Professional, Affiliate, and Corporate Members - \$69
- ISSN Student members - \$39
- Non-Members - \$99

- CISSN Sports Nutrition Study Guide: Active Learning Workbook – Frank Katch, Ed.D and Victor Katch, Ed.D. - \$29.99
- \$7.00 for shipping and handling within the U.S.
- 14.00 for shipping and handling outside of the U.S.

Body Composition Workshop (includes Home Learning Module

<http://www.sportsnutritionociety.org/site/bccissn.php> (Note: The One-Day Workshop will be available at the ISSN Annual Conference and Expo June 16, 2005. The workshop begins at 9:00am and ends with an Exit Exam by 4:00pm. Dr. Frank Katch and Dr. Victor Katch will be the workshop instructors.)

- ISSN Professional, Affiliate, and Corporate Members - \$499
- ISSN Student members - \$399
- Non-members - \$529

Special Offer! – If you register to take CISSN examination or the BCC-ISSN (Body Composition Certification), you can attend

the conference for FREE! Please present receipt as proof of payment. Offer applies for the 2005 ISSN Conference only.

Page 2 of 2 of Registration Form

Please Fax or Mail Both Pages

Name: _____

Terminal Degree (PhD/MD/DO/DC, etc) _____

Address (Street/City/State/Country/Zip Code)

Email: _____ **Phone:** _____

ISSN Membership ID number: _____

What is your primary job responsibility?

- Academics (Professor, Post-Doc, Lab Tech, etc)
- Student
- Registered Dietitian
- Sports Nutritionist
- Exercise Physiologist
- Strength and Conditioning Professional
- Personal Trainer
- Industry (owner, manager, marketing, sales, etc)
- Other: _____

Payment Method (please check which applies)

Total = \$ _____

Check

Credit Card – circle one (Visa / Mastercard / American Express)

Credit Card # _____

Expiration Date _____

Name that appears on card _____

Signature _____

Pay via fax or mail to:

International Society of Sports Nutrition

Executive Director, Maelu Fleck

600 Pembroke Drive

Woodland Park, CO 80863

Phone: 1-866-472-4650

Fax: 1-719-687-5184

Refund Policy for the Conference Registration: *If you cancel on May 16th 2005 or earlier, you will receive a 50% refund; there will be no refunds after that. Furthermore, there will be no refunds for the CISSN Examination, CISSN Review Session, or the Body Composition Certification.*

For ISSN discount rates on the hotel, please make your reservations online at the link below:

<http://www.wyndham.com/groupevents/435InternationalSocietyofSportsNutrition/main.wnt>

Approximate cost of transportation to hotel - \$13 for a shuttle from airport to hotel; \$28 for a taxi from airport to hotel