

## A Patient Case Approach to the Differential Diagnosis of Dizziness, (II, IV, V), Advanced

Tamara Valovich McLeod, PhD, ATC, FNATA, A.T. Still University

At the end of this session, attendees will be able to:

- Identify the common causes of dizziness among physically active individuals.
- Describe the clinical presentation for various conditions associated with dizziness.
- Differentiate diagnoses based on clinical presentation and assessment findings.
- Recommend specific treatment pathways for each differential diagnosis.

## Fueling for Performance and Recovery: A Multidisciplinary Approach, (I), Advanced

Ronald Franks, PhD, ATC, CES, University of Mississippi

Melinda Valliant, PhD, RD, LD, University of Mississippi

At the end of this session, attendees will be able to:

- Recognize the importance of sports nutrition as a means of performance enhancement and sport and injury recovery.
- Develop a basic understanding of the athletic trainer's role in performance and recovery nutritional intake.
- Apply contemporary informatics of sports nutrition to athlete performance and recovery.

## Facilitating Athlete Transition Experiences: Influential Factors and Strategies for Successful Transition Out of Sport Participation, (I, II, V), Essential

Samuel Walton, PhD, ATC, Virginia Commonwealth University

Melissa Kossman, PhD, LAT, ATC, University of Southern Mississippi

At the end of this session, attendees will be able to:

- Recognize the need to facilitate athlete transition experiences (FATE) in their own population.
- Identify barriers and facilitators impacting successful transition out of sport participation.
- Analyze how to FATE successfully within their own population.

## **Gut Health on Performance and Recovery, (I, IV), Advanced**

Dawn Weatherwax, RD, LD, ATC, Sports Nutrition 2Go

At the end of this session, attendees will be able to:

- Describe how many athletes don'tt consume enough fuel and how the quality of their food choices impact gut integrity.
- Discuss the prevalence of food allergies, intolerances and perceived adverse food reactions.
- Describe how nutritional imbalances and gut permeability impact sports injuries, repair processing speeds and reflexes.
- Explore how metabolic stress on the gut-immune-brain axis is impacted by exercise intensity.
- Discuss which tests and applicable nutrition techniques resist exposure to compromising gut health in athletes and active individuals.

## **Brain Function Demystified: Neural Mechanisms Underlying Functional Performance Capabilities, (I, II), (BCS-O: I), Essential**

Gary Wilkerson, EdD, LAT, ATC, University Of Tennessee at Chattanooga

At the end of this session, attendees will be able to:

- Explain the relevance of specific brain processes to an athlete's ability to respond rapidly and accurately to events occurring in a dynamically changing environment.
- Describe the functions of key brain networks that must be activated and coordinated to generate rapid and effective responses to potentially injurious scenarios.

- Describe the limitations and relative advantages of various approaches to the assessment and training of perceptual-motor efficiency.

## **Introduction to MSK Ultrasound: Lower Extremity, (II, IV), (BCS-O: I, II), Advanced**

Shawn Hanlon, PhD, ATC, CSCS, University of Colorado at Anschutz

At the end of this session, attendees will be able to:

- Describe the science, benefits, applications and limitations of diagnostic ultrasound.
- Recall common terminology used in ultrasound studies.
- Interpret ultrasound imaging to identify superficial muscles, nerve, tendon, ligament and vascular structures.

## **Pilates for Enhanced Foundational Movement, (I, IV), (BCS-O: I), Essential**

Leanne Higgins, EdD, ACSM PT, ACE Health Coach, ACAC Fitness Centers

At the end of this session, attendees will be able to:

- Define the underlying principles of Pilates.
- Summarize Pilates principles and techniques for injury prevention.
- Summarize Pilates principles and techniques in rehabilitation.
- Evaluate the evidence on the effectiveness of Pilates in sports medicine.

## **How To Turn Your Emergency Action Plan From Zero to Hero, (III, V), Essential**

Samantha Scarneo-Miller, PhD, LAT, ATC, West Virginia State University

At the end of this session, attendees will be able to:

- Describe the landscape of emergency action plans (EAPs), including being able to summarize the current literature on EAPs.

- Analyze their organization's EAP for the inclusion of best practices.

## **Advance Airway Management: Moving Beyond Basic Interventions and Their Integration Within Patient Management, (I, II, III, IV, V), (BCS-O: II), ADVANCED**

### **\*Blended Learning Lab\***

Ed Strapp, LAT, ATC, Sports Medicine Emergency Management

At the end of this session, attendees will be able to:

- Examine and discuss the current scientific guidelines and treatment recommendations regarding pre-hospital airway management of the injured athlete.
- Identify and discuss the current evidence for the use of and the interrelatedness of emergency airway management equipment in the pre-hospital setting.
- Compare and contrast the roles, characteristics and advantages/disadvantages for progression from basic to advanced airways in the pre-hospital setting.

## **Exploring the Shoulder Outside of the Textbook, (II, IV), (BCS-O: I, II), Advanced**

Aaron Struminger, PhD, LAT, ATC, Eastern Michigan University

At the end of this session, attendees will be able to:

- Describe the normal shoulder adaptations that occur in overhead athletes.
- Explain the benefits and risks of surgical repair after shoulder dislocation.
- Differentiate various shoulder exercises by muscle activation.

# **An Introduction to IVs: A Hands-On Workshop, (II, III, IV, V), Advanced**

Ellen Payne, PhD, LAT, ATC, Moravian University

At the end of this session, attendees will be able to:

- Review proper terminology as it relates to IV access in both emergent and non-emergent patients.
- Discuss the indications for IV access.
- Outline the required supplies for IV access and demonstrative proper setup of equipment to assist the physician or paramedic performing the procedure.