NASPEM
NORTH AMERICAN SOCIETY FOR PEDIATRIC EXERCISE MEDICINE

Biennial Conference
Philadelphia, Pennsylvania
August 15 – 18, 2012

Photo courtesy of Philadelphia Convention and Visitors Bureau

On behalf of the NASPEM 2012 Planning Committee, it is my pleasure to welcome you to Philadelphia, Pennsylvania. This city offers excitement for all who visit with guaranteed opportunities to visit many of the historic sites that were the backbone of American history. Downtown Philadelphia is home to many historic sites including Independence Hall, the Franklin Institute, fine dining, shopping, and several museums.

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The Children's Hospital *of* Philadelphia®
Hope lives here.

Overview and Target Audience
The North American Society for Pediatric Exercise Medicine (NASPEM) meeting provides a unique setting by which physicians, pediatric specialists, other clinicians, students, and researchers collaborate, and share and discuss new trends in pediatric exercise medicine research and clinical practice in a non-threatening forum. Attendees include clinicians, students, and researchers from around the United States, Canada, and Europe.

Learning Objectives
Upon completion of the symposium, participants will be able to:

1. Discuss evidence supporting the relationship between physical activity and obesity and its implications for future health including physical activity interventions, programming, and development of multidisciplinary clinical obesity programs.

2. Discuss evidence-based translation of informatics and data harmonization in measurement and testing during exercise in children and adolescents.

3. Discuss the role of clinical exercise testing and exercise programming in children with chronic conditions.

Accreditation Statement
The Children's Hospital of Philadelphia is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

AMA Credit Designation Statement
The Children's Hospital of Philadelphia designates this live activity for a maximum of **13.5** *AMA PRA Category 1 Credit(s)* ™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Registration Fees
Registration fee includes housing and all meals

Professional NASPEM Member
Single Room- $1,350
Double Room- $1,150

Professional Non-NASPEM Member
Single Room- $1,450
Double Room- $1,250

Spouse/Guest
$600

Student/Trainee
Single Room- $1,000
Double Room- $900

1 day pass
$200
Check Aug 16th_____ Aug 17th _____ Aug 18th _____

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Scientific Program
Wednesday, August 15th, 2012

1:00 – 5:00PM	**Registration** *Lafayette Room*
2:00 – 4:00 PM	**NASPEM Board of Directors Meeting** *Meeting Room – TBD*
5:00 – 6:00PM	**Cocktail Hour** *ACE Lobby Atrium*
6:00 – 7:00PM	**Dinner** *ACE Dining Room*
7:00 – 7:10PM	**Welcome Remarks – Adam Baxter-Jones, PhD** *Lafayette Room*
7:10 – 8:00PM	**Welcome Lecture** ***Developmental Origins of Adult Disease*** *Patricia Nixon, PhD* *Associate Professor of Health & Exercise Science* *Associate Professor of Pediatrics* *Wake Forest University* *Lafayette Room*
8:00 – 11:00 PM	**Welcome Reception – *ACE Lobby Atrium*** *Registration will be available outside Lafayette Room*

Thursday, August 16th, 2012

7:00 – 9:30 AM	**Sit Down Breakfast & Registration** *ACE Dining Room*
8:00 – 8:10 AM	**Welcome Remarks – Michael G. McBride, PhD**
8:10 – 9:00 AM	**Featured Lecture** ***Paediatric Substrate Utilization*** *Keith Tolfrey, PhD (FBASES)* *Senior Lecturer Paediatric Exercise Physiology* *School of Sport, Exercise and Health Sciences* *Loughborough University,UK*
9:00 – 10:00 AM	**Abstract Session #1 (Theme – TBD, 4 Abstracts)** *Moderator: TBD*
10:00 – 10:30 AM	**Refreshment Break**

10:30 – 11:30 AM	**Abstract Session #2 (Theme – TBD, 4 Abstracts)** *Moderator: TBD*
11:30 – 1:00 PM	**Lunch** *ACE Dining Room*
1:00 PM – 1:15 PM	**Housekeeping – Michael G. McBride, PhD**
1:15 – 2:00 PM	**Featured Lecture** ***Run for your life: Exercise Effects on Brain Health, Cognition, and Achievement*** *Charles Hillman, PhD* *Professor* *Departments of Kinesiology & Community Health, Psychology, and Internal Medicine* *University of Illinois at Urbana-Champaign*
2:00 -3:00 PM	**Poster Session #1** Refreshment Break *Lafayette Room*
3:00 – 4:00 PM	**Debate #1 – *Peak VO_2 or VO_2max: That is the Question*** *Don Dengel, PhD* *Associate Professor, Kinesiology* *University of Minnesota* *Anthony Mahon, PhD* *Professor, Exercise Science* *Ball State University* *Washington A* **Debate #2 – *What is More Important for Child Health: Limited Sedentary Time or Moderate-to-Vigorous Physical Activity?*** *Karin Pfeiffer, PhD* *Assistant Professor, Exercise Science* *Michigan State University* *Dale Esliger, PhD* *Senior Lecturer* *School of Sport, Exercise, and Health Sciences* *Loughborough University, UK* *Washington A*
6:00 – 7:30 PM	**Dinner** *ACE Dining Room*
7:30 – TBD	**Student Mixer** *Location: Private Dining Area*

Friday, August 17th, 2012

7:00 – 9:30 AM	**Sit Down Breakfast** *ACE Dining Room*
8:00 – 8:45 AM	**Oded Bar-Or Memorial Lecture** ***Physical Activity in Congenital Heart Disease: Beyond Competitive Sports*** *Stephen M. Paridon, MD* *Professor, Pediatrics* *Division of Cardiology* *The Children's Hospital of Philadelphia* *Lafayette Room* *Moderator: TBD*
9:00 – 10:00 AM	**Abstract Session #3 (Theme – Clinical Populations, 4 Abstracts**) *Moderator: TBD*
10:00 – 10:15 AM	**Refreshment Break**
10:15 – 10:30 AM	**Housekeeping – Michael G. McBride, PhD**
10:30 – 11:30 AM	**Clinical Lecture** ***Data Harmonization in Pediatric Exercise Research*** *Dan Cooper, M.D.* *Professor of Pediatrics* *Institute for Clinical Translational Science* *University of California, Irvine*
12:00 – 1:30 PM	**Lunch** *ACE Dining Room*
1:30 – 2:45 PM	**Ten Minute Rapid Fire, Latest Evidence (5 topics)** Moderator: TBD ***Exercise Restrictions in Congenital Heart Disease*** *Paul Stephens, MD* *Clinical Professor, Pediatrics* *Division of Cardiology* *The Children's Hospital of Philadelphia* ***Intensive Training in Youth Sports*** *Joey Eisenmann, PhD* *Senior Translational Epidemiologist* *Helen DeVos Children's Hospital*

Concussions in Sports
R.J. Elbin, PhD
Post-Doctoral Research Fellow
UPMC Sports Medicine Concussion Program
Department of Orthopaedic Surgery
University of Pittsburgh - School of Medicine

Incorporating Fitness into a Pediatric Weight Management Program
George Datto, MD
Clinical Director, Obesity Services
DuPont Hospital for Children

Juvenile Arthritis
Joyce Obeid, PhD
Post-Doctoral Fellow
McMaster University and McMaster Children's Hospital

3:00 – 4:00 PM — **Poster Session #2**
Lafayette Room

3:00 – 4:00 PM — **Refreshments**

4:00 – 5:00 PM — **Abstract Session #4** (**Theme - TBD**)
Moderator:TBD

6:00 PM – TBD — **Dinner-TBD**

Saturday, August 18th, 2012

7:00 – 9:30 AM — **Sit Down Breakfast**

8:00 – 8:45 AM — **Featured Lecture**
Beyond Physical Activity of Preschoolers: Fitness, Function, and Other "F" Words
Brian W. Timmons, PhD
Research Director and Clinical Development Lead
Child Health & Exercise Medicine Program
Assistant Professor, Department of Pediatrics
McMaster University and McMaster Children's Hospital

9:00 – 10:00 AM — **Abstract Session #5 (Theme – TBD, 4 Abstracts**)
Moderator:TBD

10:00 – 10:15AM — **Refreshment Break**

10:15 – 11:00 AM — **Poster Session #3 (3 minute presentations, Top Ten Abstracts)**

11:00 – 11:15 AM — **Presentation of the Student Excellence in Research award**

11:15 – 11:30 AM	**Presentation of PWP 2013**
11:30 – 11:45 AM	**NASPEM 2014**
11:45 - 12:00 PM	**Passing of the Gavel – Adam Baxter-Jones, PhD**
12:00 PM	**Adjournment**
12:00 – 1:00 PM	**Lunch**

Abstracts:

Abstracts will be accepted for both poster and oral presentations. **The abstract deadline is Friday, March 30th, 2012, at 5:00pm EST**. All abstract submissions must occur electronically with "NASPEM 2012 Abstract" in the *Subject* line of the e-mail. Please forward all submissions to Michael G. McBride, PhD using the following e-mail address: mcbride@email.chop.edu. Author notification via email will occur by **May 1st, 2012**.

Abstracts must conform to the following guidelines. Abstracts that are not in this format will not be reviewed by the Scientific Committee.

- Abstracts must not exceed 350 words (including Title and Authors)
- Abstracts must have the following 4 sections: Background, Methods, Results, and Discussion.
- Abstracts must be in 12 point Arial font.
- Include a cover sheet that includes the primary author's complete address, telephone number, and email address. Also**,** please indicate your preference for presentation: **Oral or Thematic Poster**.
- Please indicate eligibility for submission as a student for consideration of student awards for research (See below).
- The title and author's names, as well as institution and location must be on the top of the abstract as follows:

Effects of Yellow Submarine Travel on Oxygen Consumption
R. Starr, J. Lennon, P. McCartney, G. Harrison, Abbey Road, London, UK.

If the primary author is a graduate or undergraduate student and would like to be considered for the Student Research Award, the student should indicate this on the cover sheet accompanying the abstract. To qualify for this award, the research must have been completed during a full-time graduate or undergraduate program and the student was responsible for carrying out the project (development of problem, data collection and analysis, writing the abstract, and preparing presentation).

ACE CONFERENCE CENTER

Lodging

The 2012 NASPEM conference will be hosted at the ACE Conference Center, Lafayette Hills, Pennsylvania. Located 5 miles outside Center City Philadelphia.

ACE Conference Center
800 Ridge Pike, Lafayette Hill, PA
(610) 825-8000
www.aceconferencecenter.com

Registration for each delegate and/or accompanying guest can be made online through the NASPEM website (www.naspem.org). The registration fees include conference registration, hotel accommodations, and all meals. There is no need to make arrangements through the hotel. All you need to do is make arrangements for travel to the conference venue.

Travel to Philadelphia

Via Philadelphia International Airport (PHL) using SEPTA Regional Rail system:
The hotel is approximately 10 miles from the Philadelphia International Airport. Regional rail services are provided at the airport and depart from the airport on the ½ hour. Taking the "Airport Line" to 30th Street Station (3rd stop) can access travel from the airport to the conference venue. At 30th Street Station, exit the train and board the next available "Norristown Train" to Miquon Station. The total round trip cost approximates $20.00. Rail tickets can be purchased at station kiosks or aboard the train. Miquon Station is approximately ½ mile from the ACE Conference Center. Upon arrival at Miquon Station, please call the Ace Conference Center and a shuttle will come and pick each delegate up for transportation to the venue.

Via Local Area Transportation:
From Philadelphia International Airport:

Exit the airport onto I-95 South. Proceed about 3 miles to I-476 North toward Plymouth Meeting.
Proceed on I-476 for 18 miles to Exit 18A for Conshohocken.
At the end of the ramp, turn right onto Ridge Pike.
Proceed for 3.2 miles to the seventh (7th) traffic light, and turn right at Manor Road.
Turn right at the ACE Conference Center entrance (200 yards).
Follow driveway past The ACE Club on your left to the first stop sign.
Proceed straight for meeting and banquet entrances OR
Turn left and then turn right for overnight check-in.

From the South:

Take I-95 North to I-476 North toward Plymouth Meeting.
Follow directions above, once on I-476.

From Center City Philadelphia:

Take I-76 West (Schuylkill Expressway) to I-476 North toward Plymouth Meeting.
Follow I-476 for 2.7 miles to Exit 18A for Conshohocken.
At the end of the ramp, turn right onto Ridge Pike.
Proceed for 3.2 miles to seventh (7th) traffic light, and turn right at Manor Road.
Turn right at the ACE Conference Center entrance (200 yards).
Follow driveway past The ACE Club on your left to the first stop sign.
Proceed straight for meeting and banquet entrances OR
Turn left and then turn right for overnight check-in.

From New Jersey:

Take either Ben Franklin or Walt Whitman Bridge to I-76 West (Schuylkill Expressway).
Proceed to I-476 Plymouth Meeting and follow directions above.

From Norristown Exit #333 Pennsylvania Turnpike I-276:

Take Exit 333 toward Norristown (0.5 miles).
Take ramp on your right after the toll booth toward Plymouth Meeting (.02 miles).
Turn slight right onto W. Germantown Pike heading east (1.8 miles).
Turn right at the third (3rd) traffic light onto Joshua Road (0.3 miles).
Turn left at the first (1st) traffic light onto Ridge Pike (0.3 miles).
Turn right at the third (3rd) traffic light onto Manor Road (1.5 miles).
Turn right at the ACE Conference Center entrance (200 yards).
Follow driveway past The ACE Club on your left to the first stop sign.
Proceed straight for meeting and banquet entrances OR
Turn left and then turn right for overnight check-in.

From the West:

Take the Pennsylvania Turnpike I-276 to Norristown Exit #333.
Follow directions from above for Norristown Exit #333.

From the North:

Take the Northeast Extension I-476 South to the East-West Turnpike I-276.
Follow I-276 West approximately 0.5 miles to Norristown Exit #333.
Follow directions from above for Norristown Exit #333.

From New York / North Jersey:

Take the New Jersey Turnpike South to Exit #6 for the Pennsylvania Turnpike I-276.
Follow I-276 West to Norristown Exit #333.
Follow directions from above for Norristown Exit #333.

Weather in Philadelphia, Pennsylvania

August temperatures range between 75°F (24°C), but there are some days where the temperature reaches 90+ degrees, so please bring comfortable summer clothes. Average humidity is 80%.

Updates and Further Information

Please continue to check the NASPEM website for updates and future announcements (www.NASPEM.org).