Physical Activity across the Lifespan

Conference Highlights

8:00 – 8:30 am  Registration and Continental Breakfast

8:15 am  Welcome

8:30 – 10:30 am  Plenary Session: Promoting Physical Activity and Understanding its Benefits

- "National Exercise Clinical Trials Network"  
  Marcas Bamman, PhD, University of Alabama, Birmingham
- "Need to Lose Weight? Should You Exercise Too?"  
  Stephen P. Messier, PhD, Wake Forest University
- "Challenging Current Concepts of Treadmill Training for Neurological Patients"  
  Lumy Sawaki, MD, PhD, University of Kentucky
- "Injury Mitigation and Performance Optimization Strategies for the Elite Tactical Athlete: The Special Forces Operator"  
  Scott M. Lephart, PhD, University of Kentucky

10:45 – 11:45 am  Breakout Sessions

- Physical Activity in Children
- Physical Activity in Chronic Disease
- Community Leadership Institute of Kentucky (CLIK)

12:00 – 1:30 pm  Lunch and Keynote

- "Physical Inactivity as a Disease and How Much Exercise is Needed to Prevent it"  
  William E. Kraus, MD  
  Professor of Medicine, Biomedical Engineering, and Nursing, Duke University

1:45 – 3:15 pm  College- and Center-specific Research Days

1:45 – 3:15 pm  CCTS Scholar Presentations

3:30 – 5:30 pm  Poster Session and Afternoon Tea

For the full agenda, please visit the CCTS website:
ccts.uky.edu/ccts/2015_CCTS_Spring_Conference

DEADLINES:
- Mentor Award Nominations due: February 25, 2015
- Abstract Submissions due: March 4, 2015
- Conference Registrations due: March 18, 2015

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