



THE ARNOLD PERFORMANCE EDUCATION FORUM

Seminars and Speakers
2018

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COLLEGE of INNOVATION and PROFESSIONAL PROGRAMS



Event Schedule

	Friday	Rooms D180 – 181
8:00 a.m.	Mike Lane	<i>Optimizing performance through athlete tracking</i>
9:00 a.m.	Jordan Moon	<i>Body composition or metabolism?</i>
10:00 a.m.	Eric Serrano	Keynote Speaker <i>Myths about Fats</i>
11:00 a.m.	Rick Collins	<i>Fitness Law 101</i>
Noon	<i>Break</i>	<i>Break</i>
1:00 p.m.	Dustin Kaplan	<i>Designing a Functional Core Program</i>
2:00 p.m.	Chris Powell	<i>Maximizing Caloric Burn for Weight Loss</i>
3:00 p.m.	Round Table One	<i>The Physique Athlete</i>

	Saturday	Rooms D180 – 181
8:00 a.m.	Cynthia Miranda	<i>Rehabilitation: Where does it begin and where does it end.</i>
9:00 a.m.	Lacy Puttuck	<i>Protein selection for specific applications</i>
10:00 a.m.	<i>Learn and Burn!</i>	The Arnold Midway Labs Expo Stage
11:00 a.m.	Jim Stoppani	<i>Resistance bands and constant linear resistance</i>
Noon	<i>Break</i>	<i>Break</i>
1:00 p.m.	Leo Lozano	<i>Return to Play</i>
2:00 p.m.	Kortney Olson	<i>Motivational: Mental Health & Body Positivity</i>
3:00 p.m.	Round Table Two	<i>The Strength Athlete</i>



Rick Collins, Esq.
JD, CSCS, FISSN

Rick Collins is the foremost legal authority in the area of dietary supplement law, health/fitness law and anabolic steroid law. A renowned attorney with an active national law practice catering to clients in the bodybuilding, fitness and dietary supplement communities, Rick is the country's foremost legal authority in the area of performance enhancing drugs (PEDs) and supplements, having defended cases involving steroids, human growth hormone, peptides and other anabolic substances from coast to coast.

Lecture

Fitness Law 101

It's all too easy to be the target of a lawsuit. How can you protect yourself as a fitness professional? Rick will be providing attendees with important information about how to avoid being sued, and will also share his knowledge about the legalities of providing nutrition advice and the regulations surrounding dietary supplements and PEDs.



Dustin Kaplin
AT, LMT, RSCC, CSCS
NSCA Ohio State Chair

The founder of the Kaplan Institute of Performance Health, Dustin has an extensive background in sports medicine and rehabilitation, including as an Athletic Trainer, a licensed massage therapist, and a strength & conditioning coach. Besides benefiting the general public, his specific methodologies in sport-specific corrective exercise have improved numerous D1 athletes and sports programs.

Lecture

Designing a Functional Core Program

Many late night infomercials talk about developing a “strong core,” but what does that really mean? In this lecture, participants will be engaged in a hands-on presentation regarding functional core programming which will include rehabilitative stability core exercises up to advanced power core development. This presentation is beneficial for personal trainers, strength and conditioning coaches, athletic trainers, and the recreational weightlifter.



Michael Lane
PhD, CSCS

Dr. Lane is an associate professor and director of the exercise physiology at Eastern Kentucky University. His research is in the area of longitudinal athlete tracking and acute supplementation. Additionally, he coaches athletes in a variety of sports specifically working as a coach with cheerleading.

Lecture

Optimizing performance through athlete tracking

This lecture will cover tracking yourself and athletes in order to discover the most effective rate of return and results from a particular training methodology. In turn, this will help you learn when you need to change your training and when to keep things moving forward.



Leo Lozano
MS, CSCS, USAW, USATF

With more than a decade of experience, Leo's expertise lies with team sports, and he excels in strength and conditioning for track & field, baseball, volleyball, and the Olympic lifts. Leo earned two Bachelor of Science degrees from California State University, Long Beach - one in Exercise Science, and the other in Sport Psychology. He then attained his Master of Science degree in Kinesiology from the University of Nevada, Las Vegas (UNLV).

Leo is a Certified Strength & Conditioning Specialist (CSCS) from the National Strength & Conditioning Association (NSCA), as well as a USA Track & Field Coach, and he achieved his Sports Performance Coach certification through USA Weightlifting (USAW) while attending the US Olympic Training Center in Colorado Springs, CO.

Leo has worked with multiple professional major league athletes, as well as with men's and women's sports teams from Division I universities, including track & field, football, soccer, basketball, and volleyball. Leo is also an adjunct professor at UNLV, teaching undergraduate Kinesiology Classes.

Lecture

Return to Play

An injured athlete's return to play does not begin right after the operating room, or even right after physical therapy. In this lecture, the role of the strength coach in rehab is explored, including working with the sports medicine team and developing a proper program to facilitate an athlete's recuperation while at the same time preparing the client for a proper return to the game.



Cynthia M. Miranda
MS, LAT, ATC

Cynthia is the Director of Sports Therapy at the *Dominate Your Game!* Performance Facility in Las Vegas. She is a Licensed Athletic Trainer (LAT) through the State of Nevada, as well as a Certified Athletic Trainer (ATC) with the National Athletic Trainers Association (NATA). Cynthia has also been a registered Cutman under the Nevada State Athletic Commission.

Cynthia received her Bachelor of Science degree in Athletic Training from the University of Nevada, Las Vegas, and attained her Master of Science degree in Exercise Science from Concordia University. In addition, Cynthia coordinates all of the sports medicine and therapy services for the clients at *Dominate Your Game!*, working with the facility's physicians, chiropractors, physical therapists, and massage therapists. This also includes providing services such as rehabilitation, special event athletic training, cutman for boxing/MMA events, etc.

Lecture

Rehabilitation: Where does it begin and where does it end?

This lecture will explore the on-going process of fully rehabilitating an athlete, from time of injury to return to play. Content will include transfer of care between physician, clinicians and coaches, and the impact a team approach will make on an athlete's performance.

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Jordan Moon
PhD, CSCS*D, EP-C

Dr. Moon is the Executive Director of Research and Education at Impedimed, a bioimpedance devices company which focuses on medical applications. He is also a faculty lecturer from the American Public University System, Concordia University, and the United States Sports Academy.

Dr. Moon received his Ph.D. in Exercise Physiology from The University of Oklahoma; he is a Certified Strength & Conditioning Specialist (CSCS) from the National Strength & Conditioning Association (NSCA), as well as a Certified Exercise Physiologist (EP-C) from the American College of Sports Medicine (ACSM).

Dr. Moon has trained athletes of all levels, including professionals in the Major Leagues, as well as college athletes and teams in addition to youth and fitness clients. He has presented at numerous scientific symposiums, including NSCA, ACSM, and the ISSN national conferences, and has published dozens of articles on human body composition, biochemistry, and nutrition. In addition, he has served as a reviewer for the NSCA and the European Society for Clinical Nutrition and Metabolism.

Lecture

Body composition or metabolism?

We've all heard about certain diet legends, such as adding more muscle to burn more fat. But is it really that simple? Dr. Moon will discuss the myths and the science behind body composition, metabolism, and the connection between them.

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Kortney Olson

Kortney knows what it's like to drag yourself up from the bottom, and she understands how important it is to turn trauma, pain and despair into power, strength and confidence. As part of her mission to empower women across the world, Kortney founded Kamp Konfidence, a prevention-based wellness experience camp for teenage girls aged 14-17. Kamp Konfidence taught girls to look beyond the messages hammered into them by society and develop self-love in a non-judgemental, fun and friendly environment. She then took these same principles and developed an international clothing line - *GRRRL*. It was the first clothing line to not use traditional sizing; rather the measurements of female athletes to guide women to the right fit.

Besides being an Australian Women's arm wrestling champion, Queensland state Brazilian jiu jitsu champion, 3 time international bodybuilding competitor, author, TV personality, certified personal trainer and Olympic lifting and crossfit coach, Kortney is a self-appointed "teenage whisperer," often taking time from her busy schedule to speak personally to kids struggling through puberty, bullying and the challenge of growing up in today's world. Kortney gives a no-holds barred tour into her darkest days so every woman, no matter what her story, can see there is hope on the other side.

Furthermore, Kortney has been given the title of the "Woman with the world's deadliest thighs" by Stan Lee, creator of Marvel Comics, as a result of crushing watermelons with her legs!

Lecture:

Prepare to embark on an eye-opening journey as Kortney walks you through the trials and tribulations that even the 'watermelon crusher' has experienced over the years with the 'no-love all-hate' relationship she's had with her body since adolescence.

Kortney will help you create awareness around how and why people develop a negative relationship towards their body, how it impacts mental health, and how to start the journey to self love. You'll walk away feeling more than empowered, connected to a whole new world of hope, and go from viewing your body as a liability to seeing it as a watermelon-smashing asset!

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Michael S. Palmieri
MS, RSCC*D, CSCS, USAW, FISSAC

Michael is the Founder of *The Institute of Sport Science & Athletic Conditioning*, and the Director of Research & Performance at its *Dominate Your Game!* Facility. With his background and expertise in Human Performance Physics (Biomechanics) and a former competitive strength athlete, Michael has over two and a half decades of experience in the sport science industry.

Michael is currently pursuing his PhD in Human Performance at Concordia University, which is also where he attained his Master of Science degree in Exercise Science. His research interests lie in the application of biomechanical analysis of performance testing, and its application to need-specific program design. Michael is a Registered Strength and Conditioning Coach with Distinction (RSCC*D) and a Certified Strength & Conditioning Specialist (CSCS) from the National Strength & Conditioning Association (NSCA), as well as a Sports Performance Coach certification through USA Weightlifting (USAW), which he attained while attending the US Olympic Training Center in Colorado Springs, CO. He also holds Specialist certifications in Heavy Sports, Combat Sports, Tactical Athletes, Speed/Power, and Physique Athletes training

Michael has held several executive positions within the industry, including State Director for the NSCA, State Chair for the North American Strongman Corporation, and a judge for the International Natural Bodybuilding Association. He is also an adjunct professor in Exercise Science at a major university, and has operated in the capacity of Sport Science Consultant for several sport supplement and equipment companies. Furthermore, Michael is very involved with many research and application institutions, as well as with numerous sports teams, athletes, & franchises, and has presented multiple lectures around the country for various internationally recognized organizations.

Lecture

Beyond the black box

Performance testing used to be available only at universities. But with the advancements in technologies, equipment has become more portable, less expensive, and easier to use. But, is it always necessary or applicable? Learn about the practical applications of simple performance tests for you and your clients, if and when they should be used, and the equipment used to do them.



Chris Powell
MS, CSCS*D, USAW

Chris Powell has over 15 years in the health and fitness industry. In this time he has served as a high school and collegiate strength and conditioning director, a sports performance facility owner, a medical fitness director, and most recently a fitness manager at a hospital owned wellness center. Chris is also a Regional Director for the National Strength & Conditioning Association (NSCA).

Chris Powell received his Bachelors of Science from Butler University and his Masters of Science from Indiana University. He has spoken nationally and internationally on topics including speed enhancement, Olympic weightlifting, training to prevent injuries, and a handful of topics on personal training.

Lecture

Maximizing Caloric Burn for Weight Loss

Eat less... Train more. We've all heard it, but weight loss involves more than just dropping pounds: it's about losing fat and keeping hard-earned muscle. In this seminar you will learn how to maximize caloric burn while exercising, and be able to identify the most productive methods through interactive workout examples.



Lacy M. Puttuck
MS, LD, RDN, CISSN, CSCS, USAW

Lacy is the Director of Sports Nutrition at the *Dominate Your Game!* Performance Facility in Las Vegas. She is a Licensed Dietician (LD) through the State of Nevada, a Registered Dietician Nutritionist (RDN) through the Academy of Nutrition and Dietetics (AND), and a Certified Sport Nutritionist (CISSN) from the International Society of Sports Nutrition (ISSN). She is also a Certified Strength & Conditioning Specialist (CSCS) from the National Strength & Conditioning Association (NSCA), and achieved her Sports Performance Coach certification through USA Weightlifting (USAW) while attending the US Olympic Training Center in Colorado Springs, CO.

Lacy earned two Bachelor of Science degrees from the University of Nevada, Las Vegas (UNLV) - one in Nutrition, and the other in Kinesiology. She then attained her Master of Science degree in Exercise Science from Concordia University, where she is an adjunct professor, and developed their Master of Science Degree in Sports Nutrition.

A published researcher, Lacy has presented at multiple symposiums around the country for various nationally recognized organizations. In addition, she has consulted for the U.S. Air Force, the U.S. Space Program, and various sports programs and athletes, as well for several medical care facilities. Lacy has also been the Staff Dietician for a major sports magazine, as well as the Team Sports Dietician for numerous Pro Sport Teams and Sport Reality Shows.

Lecture

Protein selection for specific applications

The supposed benefits of various types of protein sources have been touted for some time. However, with the recent decision by the FDA regarding soy, how can you best fit particular proteins in your program? Learn the pros and cons, as well as the ifs and whens, of several types of protein supplementation.

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Eric Serrano
MD

Truly an expert of experts, Dr. Serrano is the expert the elite come to for guidance and information. Though he is a physician in Pataskala, Ohio, Dr. Serrano's areas of expertise include sports medicine, weight loss, nutritional supplements, and strength and conditioning, and he is considered one of the leading sports nutrition doctors in the country. Dr. Serrano consults and lectures at conferences world wide, and he has also formulated numerous nutritional supplements for some of the leading nutritional companies on the market.

Dr. Serrano has served on numerous scientific advisory boards, as well as a Professor of family practice medicine at the Ohio State University. He has consulted thousands of elite professional and amateur athletes from around the world, and also has even had a career as a record-breaking powerlifter.

Dr. Serrano received his MD from Kansas University. He received his Master of Science in Kinesiology and his Bachelor's of Science in Biology from Kansas State University.

Lecture

Myths about Fats

Over the last several decades, the media, public, and even science can't quite seem to settle on their views about lipids. As the pendulum swings between total hate to total love, what's the real story about this misunderstood macro nutrient? This lecture will discuss the truth and the lies, the good and the bad, and even the ugly, about fats.



Jim Stoppani
PhD

Jim Stoppani is one of the world's most recognized and trusted authorities on training, nutrition and dietary supplements. He received his doctorate in exercise physiology from the University of Connecticut (Storrs) and later did a research fellowship at Yale University's prestigious John B. Pierce Laboratory and Department of Cellular and Molecular Physiology.

As Senior Science Editor for Muscle & Fitness, FLEX, and Muscle & Fitness HERS magazines for over 10 years, as well as through his website JimStoppani.com, Dr. Stoppani has written thousands of articles on exercise, nutrition, supplements and health. As a published author, his book credits include the New York Times Bestseller LL Cool J's Platinum 360 Diet and Lifestyle and the acclaimed educational text Encyclopedia of Muscle & Strength. Dr. Stoppani has also been a personal nutrition and health consultant to such celebrities as Dwayne "The Rock" Johnson, Dr. Dre, LL Cool J and Mario Lopez.

In 2013, Dr. Stoppani launched JYM Supplement Science – a ground-breaking line of sports nutrition and physique-enhancing products.

Lecture

Resistance bands and constant linear resistance

Round Table Discussion One: Physique Sports

Have access to athletes from several different physique sports: Bodybuilding, bikini, physique, etc. Learn their training methodologies and nutrition strategies. At the same time, discover what they have in common, what's different, and what you can apply to you or your clients' programs.



Vinnie Galanti
IFBB: Pro Bodybuilding



Michael Lee
MuscleMania: Pro Men's Physique



Hasina Rhine
NPC: Bikini

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Round Table Discussion Two: Strength Sports

Have access to athletes from several different strength sports: Strongman, powerlifting, weightlifting, Highland Games, etc.. Learn their training methodologies and nutrition strategies. At the same time, discover what they have in common, what's different, and what you can apply to you or your clients' programs.



Steve Schmidt
Pro Strongman



Mandy Keefer
Scottish Highland Games

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