Monday November 9, 2020

10:00 a.m. Welcome
Scott Trappe, PhD, Conference Chair
Ball State Univ.

10:15 a.m. – 12:15 p.m. Symposium 1
Scientific Contributions of John Holloszy
Chair: John Kirwan, PhD
Pennington Biomedical Research Center

Amira Klip, PhD
Hospital for Sick Children
When GLUT4 ‘arrived’ in muscle

Juleen Zierath, PhD
Karolinska Institute
Exercise as “medicine” to enhance insulin sensitivity and metabolism in type 2 diabetes: Inspired by John O. Holloszy

Katsuhiko Funai, PhD
Univ. of Utah
Biogenesis of Mitochondrial Membranes

Jacob Haus, PhD
Univ. of Michigan
Calcium and Caloric Restriction: New perspectives on old ideas for the treatment of diabetes

Session Q & A - Live

12:15 p.m. – 12:45 p.m. Break

12:45 p.m. – 1:45 p.m. Workshop 1
Navigating the NIH for Young Investigators & Grant Writing
Facilitators: Lyndon Joseph, PhD, NIA and Amanda Boyce, PhD NIAMS

1:45 p.m. – 2:15 p.m. Break
2:15 p.m. – 4:15 p.m. **Symposium 2:**
*Mission to mars: Astronaut health & exercise*
Chairs: Jessica Scott, PhD, Memorial Sloan Kettering Cancer Center and Lori Ploutz-Snyder, PhD, Univ. of Michigan

Lori Ploutz-Snyder, PhD
Univ. of Michigan
Overview of multisystem deconditioning

Jessica Scott, PhD
Memorial Sloan Kettering Cancer Center
Exercise to mitigate multisystem deconditioning: the NASA 70-day bed rest study

Scott Smith, PhD
National Aeronautics and Space Administration (NASA)
Nutritional countermeasures to mitigate multisystem deconditioning

Michael Fossum (Astronaut)
Texas A&M University at Galveston
Exercise and nutrition in space: The astronaut perspective

**Session Q & A - Live**

---

**Tuesday November 10, 2020**

10:00 a.m. – 10:05 a.m. **Daily Welcome**
TBD

10:05 a.m. – 11:00 a.m. **Keynote Address 1**
*August Krogh, Nobel Laureate: 100 Year Anniversary Celebration*
Michael Kjaer, MD, DMSc
Univ. of Copenhagen

11:00 a.m. – 12:00 p.m. **Workshop 2**
*Career Paths & Diversity in Science*
Facilitator(s): TBD

12:00 p.m. – 12:30 p.m. Break

12:30 p.m. – 2:30 p.m. **Symposium 3**
*Exercise & Organ Crosstalk*
Chair: Bente Klarlund Pedersen, MD, DMSc
Rigshospitalet Hospital & Univ. of Copenhagen

Henriette Van Praag, PhD
Florida Atlantic Univ.
Muscle-brain cross-talk

As of 9.3.2020
David Wright, PhD  
Univ. of Guelph  
Exercise-induced browning of white adipose tissue

Mark Febbraio, PhD  
Monash Univ.  
Role of extracellular vesicles in tissue cross talk during exercise

Cora Weigert, PhD  
Univ. of Tuebingen  
Hepatokines-a novel group of exercise factors

Session Q & A - Live

2:30 p.m. – 2:45 p.m. Break

2:45 p.m. – 4:15 p.m. Formal Poster Session

**Wednesday November 11, 2020**

10:00 a.m. – 10:05 a.m. Daily Welcome  
TBD

10:05 a.m. – 11:00 a.m. Keynote Address 2  
AV Hill, Nobel Laureate: 100 Year Anniversary Celebration  
David Bassett, PhD  
Univ. of Tennessee

11:00 a.m. – 1:00 p.m. (4) Concurrent Trainee Presentations

1:00 p.m. – 1:30 p.m. Break

1:30 p.m. – 3:15 p.m. Formal Poster Session

3:30 p.m. – 5:30 p.m. Quiz Bowl

**Thursday November 12, 2020**

10:00 a.m. – 10:05 a.m. Daily Welcome  
TBD

10:05 a.m. – 12:00 p.m. Symposium 4  
Homeostasis & adaptation of tendons to exercise  
Chair: Peter Magnusson, DMS  
Institute of Sports Medicine Copenhagen
Karl Kadler, PhD
The Univ. of Manchester
The role of the circadian clock in exercising tendons

Michael Kjaer, MD, DMSc
Univ. of Copenhagen
Cellular and molecular responses to exercise and inactivity in human tendons

Stephanie Dakin, PhD
Univ. of Oxford
Exercise induced inflammation in tendon

Chris Mendias, PhD
The Hospital for Special Surgery
Regulation of extracellular matrix tendon tissue in response to resistance training

Session Q & A - Live

12:00 p.m. – 12:15 p.m. Break

12:15 p.m. – 1:15 p.m. Workshop 3
Team Science
Facilitator(s): TBD

1:15 p.m. – 1:45 p.m. Break

1:45 p.m. – 3:45 p.m. Symposium 5
Testosterone, Health & Performance
Chair: Matthew Fedoruk, PhD
United States Anti-Doping Agency (USADA)

Daniel Eichner, PhD (tentative)
Sports Medicine Research & Testing Laboratory
Testosterone and androgen abuse in sport - Evolution and challenges in detection

Stefan Pasiakos, PhD
Military Nutrition Division, US Army Research Institute of Environmental Medicine
Testosterone supplementation, energy deficit and performance

Angelica Lindén Hirschberg, MD, PhD (tentative)
Karolinska Institute
Testosterone, females and athletic response - current research and controversy

As of 9.3.2020
Al Matsumoto, MD (tentative)
Univ. of Washington
Testosterone and Sport - medical need or anti-aging fad?

Session Q & A - Live

Friday November 13, 2020

10:00 a.m. – 10:05 a.m.  Daily Welcome
TBD

10:05 a.m. – 12:00 p.m.  Symposium 6
Molecular Transducers of Physical Activity Consortium (MoTrPAC)
Session Chair: Sue Bodine, PhD, Univ. of Iowa

Sue Bodine, PhD
Univ. of Iowa
Overview of preclinical animal study protocol and results of training studies

Marcas Bamman, PhD
Univ. of Alabama Birmingham
Overview and update of MoTrPAC clinical studies

Malene Lindholm, PhD
Stanford Univ.
Integrative multi-omic analysis in MoTrPAC

Bret Goodpaster, PhD (tentative)
AdventHealth Research Institute
Moving the exercise biology field beyond MoTrPAC

MoTrPAC Panel Discussion with Speakers, NIH Officials and Audience

Session Q & A - Live

12:00 p.m. – 12:15 p.m.  Break

12:15 p.m. – 1:15 p.m.  Workshop 4
Social Media
Facilitator: Stacy Brooks, American Physiological Society

1:15 p.m. – 2:00 p.m.  Awards & Closing Remarks