6th Annual Rutgers Human Performance Conference
March 29th and 30th, 2019

Pre-Conference Clinic: March 29, 2019 10am-3pm
Located at the Institute for Food, Nutrition, Health (IFNH) Center for Health and Human Performance: 61 Dudley Rd., New Brunswick, 08901

Schedule
9:30am-10:00am  Registration
10:00am-11:20am  Jonathon Mike, PhD, CSCS*D, NSCA-CPT*D, USAW, NKT-1
   “Fundamentals of Squat Progressions and Variations”
11:20am-12:40pm  Traci McCarthy, DPT, CSCS, USAW
   Michelle Arent, MPH, CSCS, USAW, CISSN
   “Olympic Weightlifting: Exercise Progression and Movement Assessment”
12:40pm-1:40pm  Lunch & Networking
1:40pm-3:00pm  Zach Even-Esh, MA
   “A Developmental Approach to Training Athletes from Youth to Olympic Level”

*Limited tickets available for the hands-on preconference clinic!

Main Conference: March 30, 2019 8am-5pm
Located at the Rutgers Business School (Livingston Campus): 100 Rockafeller Rd., Piscataway Township, NJ 08854

Schedule
8:00am-8:45am  Registration
8:45am-9:00am  Shawn Arent, PhD, CSCS*D, FASCM, FISSN  “Welcome and Introduction”
9:00am-10:00am  Bob Alejo, CSCS
   “What Comes Around, Goes Around—The History and Progression of Strength Training”
10:00am-11:00pm  Arny Ferrando, PhD, FISSN
   “The Battle with Father Time: Nutritional Considerations”
11:00am-12 noon  Andy Fry, PhD, CSCS*D, FNSCA
   “You like Lotsa Caffeine?…So What?”
12 noon-1:30pm  Lunch & Networking
1:30pm-2:30pm  Eric Rawson, PhD, CSCS, FASCM
   “Dietary Supplements and the Elite Athlete”
2:30pm-3:30pm  Jose Antonio, PhD, FNSCA, FISSN, CSCS
   “Protein and the Fat Pants Gene”
3:30pm-4:30pm  Aaron Wellman (NY Giants), Josh Hingst (Philadelphia Eagles), Evan Marcus (Cleveland Browns)
   “NFL Strength Coaches Discussion: Lessons Learned and Current Trends”

Presented by the International Society of Sports Nutrition
Hosted by Dr. Shawn Arent & the Center for Health and Human Performance

Head to our website for registration and more details https://ifnh.rutgers.edu/centers/health-human-performance/

Questions? Contact us at rutgers.hpl@gmail.com