



**CENTER FOR HEALTH & HUMAN
PERFORMANCE**

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 Rockefeller 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