

# HUFFINES DISCUSSION 5 //HD5

NOVEMBER 20, 2015

Presented By:



**HUFFINES INSTITUTE**  
TEXAS A & M UNIVERSITY



**EDUCATION  
& HUMAN DEVELOPMENT**  
TEXAS A & M UNIVERSITY

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## Program

- Welcome - Dr. Tim Lightfoot
- Speakers
- Break
- Speakers
- Closing - Dr. Tim Lightfoot

If you have questions for the speakers, please text your questions during their talk to 979-229-1969. Please give us your first name and first letter of your last name in your text. We will pick 1-3 questions for the speakers to respond to immediately after their talk.

## Special Thanks

Thank you to the following people for their efforts in making this event a success:

- Dr. Richard Kreider - Department Head, Health & Kinesiology
- Dr. Steve Riechman - Division Chair, Kinesiology
- Frank Thomas - Division Chair, Physical Education Activity Program
- Dr. Matt Walker - Division Chair, Sport Management
- Dr. Susan Ward - Division Chair, Health Education
- Dell Billings - Administrative Coordinator/Live Feed Producer
- Business Office staff (Mary Helen Coady, Donna Dunlap, Susan Richards, Bryan Frugé and Sabra Jasinski)
- Mike Tomchesson and the set moving crew
- All of our ushers and traffic control volunteers
- Huffines Institute Advisory Board
- Faith A. Lightfoot, StretchToLive.com
- Bryan/College Station Eagle (Kelly Brown, Linda Brinkman and Erika Liesman)
- TexAgs.com (Gabe Bock and Brandon Jones)
- Sam and Carol Enloe (Stage Dressers)
- Braly Morse and KAMU-TV
- Marc Chaloupka & staff of the Annenberg Conference Center
- Brazos Wellness Magazine (Lauren Rouse)
- Dr. Rhonda Rahn, Dr. Meagan Shipley and Dr. Hildi Nicksic, Casey Schumacher and Health Ambassadors (Chandni Jaggi, Mikaela Jones, Libby Van Houten, Taylor Matson and Erin Drinkwater)

# THANK YOU

## 2015 Satellite Sites

Thank you to the following satellite sites and associated individuals for their efforts to make this event a success:

Albion College	Seattle University
Arizona State University	Texas A&M University-Commerce
Belmont University	Texas A&M-Kingsville
California State University, Fullerton	Texas A&M-San Antonio
Dalhousie University	Truett-McConnell College
Drexel University	University of Maryland
Georgia Institute of Technology	University of North Carolina at Charlotte
Georgia State University	University of Oklahoma
Hardin-Simmons University	University of Tennessee at Chattanooga
Jefferson College of Health Sciences	University of Tennessee, Knoxville
Louisiana Tech University	University of Texas at Austin
Ohio Northern University	University of Texas at El Paso
Pfeiffer University	Virginia Commonwealth University
San Diego State University	Winston-Salem State University
Sam Houston State University	

## Welcome to Huffines Discussion 2015!

Part of our mission at the Huffines Institute is to connect sports scientists, practitioners and the public in conversations about sports medicine and human performance. While we do other things – like weekly podcasts – we believe the Huffines Discussion is a unique way to form these connections and we sincerely hope you enjoy this event.

We have recruited eight of the best speakers in our field, people who have big ideas, interesting perspectives and important things to say about sports, health and wellness. I hope that at the end of the Discussion, you'll be thinking and talking about what you heard today. If so, we've accomplished what we set out to do – make sports medicine and its larger importance a talking point amongst sports scientists, practitioners and the public.

Thanks again for being here. We're excited to bring this event back to the Brazos Valley and to the 30 satellite sites around the nation and world that are joining us today. We will continue to bring events to our network that helps connect people around the context of sports medicine. If this interests you, look at the back of this program to see how you can stay in touch with what we're doing in the Huffines Institute.

Stay active and stay healthy!

Dr. Tim Lightfoot  
Omar Smith Endowed Professor  
Director, Sydney and J.L. Huffines Institute for Sports Medicine and Human Performance  
huffines@hlkn.tamu.edu

P.S.: If you want to become a part of the Huffines Institute, check our website at "HuffinesInstitute.org" – there are many ways to become involved. Also, if you like today's presentations, catch our weekly podcasts, which are available on the website.

Co-Sponsored By



*The Omar Smith Endowment*



The Huffines Endowment

Staff of the Sydney and JL Huffines Institute for Sports Medicine and Human Performance



Front: Colleen McDaniel, Danielle Sanders, Heather Vellers

Back: Dr. John Thornton, Kenneth McIntyre, Ayland Letsinger, Dr. Tim Lightfoot

Right: Carlos Guevara



*Want to continue the conversation?*

*Go to:*

[http://groups.google.com/group/huffines\\_discussion](http://groups.google.com/group/huffines_discussion)



## **Dr. Claude Bouchard**

Pennington Biomedical Research Center

### **“Less Sitting or More Exercise or Higher Fitness?”**

Claude Bouchard is Professor and Director of the Human Genomics Laboratory at Pennington Biomedical Research Center in Baton Rouge, Louisiana. He holds the John W. Barton Sr. Endowed Chair in Genetics and Nutrition. His research deals with the genetics of adaptation to exercise

and nutritional challenges, as well as the genetics of obesity and its comorbidities.

He has authored or coauthored more than 1100 scientific papers and has written or edited 35 books. He is a foreign member of the Royal Academy of Medicine of Belgium since 1996. In 1994, he became an Officer of the Order of Leopold II of Belgium, in 2001, a member of the Order of Canada, and in 2005, a Chevalier in the Ordre National du Quebec.

Dr. Bouchard received Honoris Causa Doctorates from the Katholieke Universiteit Leuven in 1998, from the University of South Carolina in 2009, from the University of Guelph and from Brock University in 2011, from the University of Ottawa in 2012, and from the University of Athens (Greece) and Laval University in 2015.

Early in his career, he was on the Kinesiology Faculty at Laval University, Quebec City, and he was made a Professor Emeritus, Faculty of Medicine, upon his retirement.

He is a Fellow of the American College of Sports Medicine, the American Society of Nutrition, the American Heart Association, the Obesity Society, and the American Association for the Advancement of Science.



## **Mr. Reggie Brown**

Former Linebacker, Texas A&M & NFL

### **“The Day My Earth Stood Still: From Injury to the Rest of my Life”**

Mr. Reggie Brown is a former football linebacker in the National Football League. He graduated from Reagan High School (Austin, Texas) in 1992, where he was chosen first team All Central Texas Linebacker, All District Team as linebacker and running back for both junior and senior

years. Reggie was the recipient of the Jackie Lyman award while at Reagan HS, equivalent to the team’s MVP.

Brown was awarded a full football scholarship to Texas A&M to play linebacker. During his time in College Station, Brown was selected to All Southwest Conference teams his junior and senior year.

He also won defensive MVP and the Aggie Heart Award, the MVP award for the team.

Brown was drafted as the seventeenth pick in the first round to the Detroit Lions, playing in the 1996 and 1997 seasons. In the final game of the '97 season, Brown suffered a career ending spinal cord injury. With the assistance of an emergency surgery, Brown injuries did not relegate him to a wheelchair.

Reggie came back to Texas A&M to complete his academic career. He graduated from the university with a degree in agricultural economics in 1999.

He currently resides in Houston, Texas with his wife Kerrie Patterson-Brown and two sons, Reggie and Michael.



## Dr. Anthony Hackney

University of North Carolina

### “Exercise: Too Much of a Good Thing?”

Dr. “Tony” Hackney is a full professor at the University of North Carolina – Chapel Hill in the Department of Exercise & Sport Science, with a joint appointment in the Department of Nutrition-School of Public Health and several adjunct appointments in the UNC School of Medicine. He also holds faculty

appointments in several universities in Latin America.

He has over 200 published research articles and book chapters, is a fellow in the American College of Sports Medicine and the National Academy of Kinesiology, and a member of the Physiological Society of Great Britain and the American Physiological Society. He is a three time recipient of Fulbright Scholar awards from the US Department of State, having served in Eastern Europe. He has also been awarded numerous teaching, service and research awards from UNC, as well as from universities overseas and international organizations; and to date, he has lectured and conducted research in 40 countries.

His research has concentrated on how physical, environmental, and emotional stress affects the hormonal responses of the endocrine system; in particular, focusing on dysfunctions and dysregulations that develop in the endocrine system from stress exposure, that ultimately can compromise physiological responses and adaptations. His work has been funded by many traditional US federal grant agencies as well as the United Nations, NATO, the US Agency for International Development, and the European Council.

In his leisure time he is a small animal farmer, an advocate for sustainable community supported agriculture programs and competes in master’s level track and field, with several national championships to his credit.



## Dr. Larry Kenney

Penn State University

### “Climate Change, Aging and Human Health”

Dr. W. Larry Kenney received his Ph.D. in Physiology in 1983. He has been a faculty member at Noll Laboratory, Penn State University, since that time and is currently the Marie Underhill Noll Chair in Human Performance as well as Professor of Physiology and Kinesiology.

His research involves human physiological responses to extreme conditions of exercise, heat and cold stresses, and dehydration, with a focus on the impact of aging and disease states on these responses.

Dr. Kenney received the prestigious Faculty Scholar medal from Penn State in 2001, as well as the College of Health and Human Development’s Pauline Schmitt Russell Distinguished Research Career Award and Evan G. and Helen G. Pattishall Outstanding Research Career Award.

He has published over 200 journal articles and dozens of book chapters. He is the lead author of Physiology of Sport and Exercise, a best-selling textbook in exercise physiology.

In addition to his Penn State duties, Dr. Kenney has served as President of the American College of Sports Medicine (2003-04) and received the Citation Award from that organization in 2008.

He is also active in the American Physiological Society.

He serves on the American Council on Exercise (ACE) Scientific Advisory Panel and chaired the Gatorade Sports Science Institute for several years.



## Dr. Mindy Millard-Stafford

Georgia Institute of Technology

**“(When) Will Women Outperform Men in Sport?: Socio-biological Perspectives”**

Mindy Millard-Stafford, PhD, is Professor and Associate Chair in the School of Applied Physiology at Georgia Institute of Technology where she directs the Exercise Physiology Laboratory.

Drawing from her previous experience as a former athlete and collegiate swimming coach, her research has focused primarily on optimal strategies for athletes to effectively utilize training and nutrition to increase both performance and safety in challenging environments.

She has served on scientific review panels for the NCAA Competitive Safeguards and Medical Aspect of Sports Committee, Department of Defense Military Health, the Institute of Medicine and on the Editorial Boards for several journals including The International Journal of Sports Nutrition and Exercise Metabolism, and The International Journal of Sports Physiology and Performance.

Dr. Millard-Stafford is an active member of the National Academy of Kinesiology and is a past-president of the American College of Sports Medicine. She was the fifth woman and first mother to serve in that role.



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## Dr. Darrell Neuffer

East Carolina University

**“Electricity - The Elemental Principle of Life (Was Dr. Frankenstein Right?)”**

P. Darrell Neuffer is a native of Boston, Massachusetts, attended West Virginia Wesleyan College as an undergraduate, received a M.S. degree in Exercise Physiology from Ball State University (1986), a Ph.D. in Biochemistry from East Carolina University (93), and completed postdoctoral training in

Molecular Biology at the University of Texas Southwestern Medical Center (1993-1996).

From 1996-2006, he was an Assistant/Associate Professor with the John B. Piece Laboratory and the Department of Cellular and Molecular Physiology at Yale University.

During the early phase of his career, his laboratory investigated the basic mechanisms regulating metabolic gene expression in skeletal muscle, working closely for several years with the Copenhagen Muscle Research Center in Denmark.

Over time, the lab's research interest shifted to mitochondrial bioenergetics and the regulation of insulin sensitivity. In 2006, Dr. Neuffer returned to East Carolina University to continue his research on the primary underlying causes of obesity-induced diabetes. He is currently the Director of the East Carolina Diabetes and Obesity Institute and Professor in the Department of Physiology, Brody School of Medicine.

Dr. Neuffer's research has been funded continuously by the National Institutes of Health. He has published over 90 peer reviewed papers and book chapters, chaired/participated in numerous national/international grant review panels, and has been invited to present at more than 85 universities and national/international research conferences.



## Mr. Kevin Spencer

Illusionist and Researcher

### “Powerful Medicine: Simply Magic!”

Kevin Spencer is a Teaching Artist, Researcher, Speaker, Consultant, and Film Producer. He is also a world-renowned Illusionist with dozens of accolades to his credit. He and his wife, Cindy, were the recipients of the Merlin Award for International Magicians of the Year (2009)

and six-time recipients of Performing Arts Entertainer of the Year.

Most recently, the Milbourne Christopher Foundation honored them as Illusionists of the Year (2015) for their contributions to the art of magic.

Historically, artists have been at the forefront of social change. Spencer is a thought leader who believes strongly in the power of the arts to impact the realities in which we live, learn, work, and heal.

From childhood to adolescence and continuing through emerging adulthood and senior living, the arts play an important role in our development and the quality of our lives. Spencer is an advocate of art across the lifespan, empowering people of all ages and abilities.

He believes in creating inclusive communities where everyone experiences an authentic sense of belonging and no one – for any reason – is relegated to the margins.

Kevin is the founder of the HEALING OF MAGIC and HOCUS FOCUS programs and is widely considered the leading authority on the therapeutic use of magic tricks in special education and rehabilitation.

When he is not touring the world with his illusion production, he is engaged in research and continuing education.



## Dr. Janice L. Thompson

University of Birmingham, UK

### “Obesity Wars: Exercise vs. Diet”

Dr. Thompson is currently Professor of Public Health Nutrition and Exercise, Director of Research and Deputy Head of School in the School of Sport and Exercise Sciences at the University of Birmingham, UK. Janice’s research interests include working with high-risk groups in community-based settings to

examine the determinants of physical activity and healthy eating amongst individuals and families.

She applies these findings to the development, implementation, and evaluation of culturally-tailored interventions to reduce obesity, physical inactivity, and the subsequent risks for type 2 diabetes and cardiovascular disease.

Her research focuses on humans across their lifespan, with particular interests in applying mixed methods to enhance our ability to promote healthy and active ageing.

In 2008, Dr. Thompson was awarded a University of Bristol Engagement Award for her community-based research activities.

She is a Fellow and past Vice President of the American College of Sports Medicine (ACSM), a Scientific Committee member of the European College of Sport Science (ECSS), Associate Editor for the journal Public Health Nutrition, and has authored four nutrition textbooks in addition to more than 100 scientific publications.

In 2015, she was awarded the ACSM Citation Award in recognition of her significant contributions to research and scholarship, administrative and educational services in exercise science.