

2018 National Academy of Kinesiology Program Schedule.

Theme: Physical Activity and Sedentary Behavior: Independent or Interrelated Public Health Issues?

The theme of this year's meeting explores two important public health issues: Promoting physical activity and reducing sedentary behavior across the lifespan. Expert speakers will address a number of hotly debated topics in the scientific literature and media related to these two independent or interrelated constructs. Topics to be explored include how best to define and measure physical activity and sedentary behavior, the nature of the relationship between the two constructs, the role of physical activity in attenuating the risks of sedentary behavior, and how best to promote higher levels of physical activity and reduce the type of sedentary behavior associated with negative health outcomes. New to this year's program will be the inclusion of a "TED" talks session in which our 2017 inductees will share innovative ideas, perspectives, and insights with attendees based on their scholarly and professional contributions to the discipline of Kinesiology.

Thursday 09-20-18

6:30 – 7:30 pm Human Kinetics Lecture

Ken Powell, M.D.; FACSM

Title: "Physical Activity: Cornucopia and Conundrums."

7:30 – 8:30 pm Reception (Guests are invited)

Friday 09-21-18

SESSION I

7:00 – 8:00 am New Fellow Breakfast with Emeritus Fellows and Executive Committee

8:00 – 10:00 am ***Measuring Physical Activity and Sedentary Behavior: Old and New Approaches***

8:00 – 8:30 am **David Bassett (#495)**

Title: "Step Counting and Health: Recent Advances and Future Directions."

8:30 – 9:00 am **Greg Welk (#532)**
Title: “Physical Activity and Sedentary Behavior in Youth: Insights from the Integration of Youth Activity Profile into the SWITCH intervention project.”

9:00 – 9:30 am **Catrine Tudor-Locke (#553)**
Title: “Towards a Comprehensive Step-Based Physical Activity Recommendation: Are We Ready?”

9:30 – 10:00 am Discussion

10:00 am REFRESHMENT BREAK

SESSION II

10:30 – 12:30 pm ***Interpersonal and Environmental Influences on Physical Activity and Sedentary Behavior***

10:30 – 11:00 am **Alan Smith (#522)**
Title: “Peers and Youth Physical Activity.”

11:00 – 11:30 am **Harold “Bill” Kohl (#468)**
Title: “Sedentary Behavior and Physical Activity: Independent, Co-Dependent, or Irrelevant?”

11:30 – 12:00 pm **Thelma Horn (#565)**
Title: Learning to Take Joy and Perceive Competence in Moving: Developmental and Socioenvironmental Perspectives.”

12:00 – 12:30 pm Discussion

12:30 pm LUNCH

SESSION III

1:30 – 3:30 pm ***Strategies for Promoting Physical Activity and Reducing Sedentary Behavior: Are We Moving the Needle at any Level of Inquiry?***

- 1:30 – 2:00 pm **Russell Pate (#310)**
Title: “Sedentary Behavior: Definitions, Measures and Health Impact.”
- 2:00 – 2:30 pm **Thomas McKenzie (#370)**
Title: “Physical Activity within School Contexts: The Bigger Bang Theory.”
- 2:30 – 3:00 pm **Glyn Roberts (#322)**
Title: “Motivational Strategies for Sustained Behaviour Change: The EuroFIT Project”.
- 3:00 – 3:30 pm DISCUSSION
- 3:30 PM REFRESHMENTS

SESSION IV

New Fellow “TED” Talks

In this session, each of the seven NAK fellows inducted in 2017 share innovative ideas, perspectives, and insights based on their respective scholarly and professional contributions to Kinesiology.

- 3:45 – 5:30 PM Susan Bloomfield (#566)
Jason Carter (#567)
Richard Kreider (#568)
Jacalyn Lund (#569)
Donna Pastore (#570)
Lori Ploutz-Snyder (#571)
Mark Williams (#572)

15-minute presentations with no questions

- 5:30 – 6:30 PM Wine & Cheese Social Hour
- 6:30 PM Dinner (On Own)

Saturday 09-22-18

SESSION V

8:00 – 10:00 am ***Sit Less and Move More: A Not-So-Simple Message***

8:00 – 8:30 am **Robert Motl, PhD**

Associate Director of Research for the UAB/Lakeshore
Research Collaborative and Professor
University of Alabama, Birmingham

Title: “Sitting in Multiple Sclerosis: Vilification or Targeting a
Major Problem?”

8:30 – 9:00 am

Jennifer Copeland, PhD

Associate Professor; Director, Active Healthy Aging Lab;
Department of Kinesiology & Physical Education
University of Lethbridge, Alberta, Canada.

Title: “Sitting is Not Really the New Smoking: Sedentary Time
Among Older Adults.”

9:00 – 9:30 am

**Kathleen Martin-Ginis (Int’l)
(C. Lynn Vendien Speaker)**

Title: “Spinal Cord Injury and Physical Activity: Lessons
Learned from the Lowest End of the Activity Spectrum.”

9:30 – 10:00 am

Discussion

10:30 am

REFRESHMENTS

SESSION IV

11:00 – 12:00 pm

***What’s Next? Using Current Knowledge to Inform Future
Research Directions in the Study of Physical Activity and
Sedentary Behavior.***

This final informal Q and A session will include a panel of
speakers sharing their thoughts on future research directions
in the study of physical activity and sedentary behavior.

12:00 pm

LUNCH

1:00 pm

BUSINESS MEETING

6:00 pm

Reception & Banquet