Sport and Exercise SIG One-Day Conference
Program Schedule, Friday October 28, 2011

8:00 - 9:00 a.m. **Breakfast and Registration**
(Breakfast, lunch, and snacks are provided by Pepperdine University Westside Conference Center)

9:00 - 9:15 a.m. **Welcome and Conference Goals**
Jennifer Harriger, PhD and Alan Duffy, MS
Co-Chairs of the AED Sport & Exercise Special Interest Group

9:15 - 10:30 a.m. **Keynote Address**

Winning with Coaches, Athletic Trainers, Administrators, and Athletes: Championing Partnerships to Prevent Eating Disorders and Improve the Health and Performance of Athletes
Carolyn Black Becker, PhD, FAED Professor, Department of Psychology, Trinity University, San Antonio, Texas, USA

10:30 - 11:00a.m. **Refreshment Break**

11:00a.m. - 12:00p.m. **Workshop Session I**

- Workshop A

The Prevalence of Eating Disorders in Young Elite Athletes is High – Is it Possible to Prevent?
Marianne Martinsen, MS and Jorunn Sundgot-Borgen, PhD, Norwegian School of Sports Sciences, Oslo, Norway

Prevention of eating disorders in young elite athletes is needed. Experiences and results from a randomized controlled intervention study including the total population of adolescent elite athletes (male and female) and their coaches will be presented.

- Workshop B Brief Oral Scientific Paper Presentations:

1. **The Factor Structure of the Eating Disorders Examination Questionnaire (EDE-Q) in College-Aged Men and Women at Different Levels of Sports Participation. What Can We Learn about the Salience of Symptoms in Males and in Athletes**
   Alison Darcy, PhD, Department of Child and Adolescent Psychiatry, Stanford University School of Medicine, Palo Alto, California, USA

2. **Self Objectification in Former Collegiate Athletes**
   Hannah L. Jackson, MPH, College of Public Health, University of Georgia, Athens, Georgia, USA

3. **Case Study of a Young Professional Ballerina**
   Melissa H Smith, PhD, Center for Change, Orem, Utah, USA

4. **Athletic Endeavors among Adolescents with Anorexia and Bulimia Nervosa**
   Zandre Labuschagne, BA, Department of Psychiatry and Behavioral Neuroscience, University of Chicago, Chicago, Illinois, USA

12:00 -1:30 p.m. Lunch

1:30 - 2:30 p.m. **Workshop Session II**

- Workshop A

The Healthy Body Image Project: An Educational Approach for Young Female Athletes
Roberta Sherman, PhD, FAED and Ron A. Thompson, PhD, FAED, Bloomington, Indiana, USA

This workshop will discuss the development of four DVDs as part of the Healthy Body Image Project, which was an educational initiative by the Medical Commission of the International Olympic Committee for the 2010 Youth Olympic Games. DVDs will be viewed and discussed.

- Workshop B

The WTA Tour Approach: Managing Athletes with Eating Issues
Page Love, MS, RD, CSSD, LD, President, Nutrifit, Sport, Therapy, Inc. and Consultant Dietitian, WTA, Atlanta, Georgia, USA

The Women's Tennis Association (WTA) Tour is taking a pro-active approach to the prevention and treatment of eating disorders which involves general and targeted education initiatives; an emphasis on early recognition and intervention, which is correlated to improved recovery rate and decrease in relapse rate in athletes; and a strong multi-disciplinary approach to treatment.

2:30 - 3:00 p.m. Refreshment Break

3:00 - 4:30 p.m. Closing Panel Discussion followed by remarks from Jennifer Harriger and Alan Duffy

You've Got to Know Your Limitations: The Use of Objective Measures and Special Rehabilitation to Advance Training and Avoid Injuries in Return to Sport for Athletes with Eating Disorders
Edward P. Tyson, MD, Private Practice; Christine Springer, PT OCS, Sports Center Austin; Heidi Armstrong, elite endurance mountain bike athlete, Austin, Texas, USA

Rehabilitation of athletes with EDs requires special attention to nutrition and careful advancement of exercise preferably using objective measures of exercise capacity, optimized biomechanics, and target tissue training. A case example of an elite cyclist who suffered a devastating knee injury but who returned to very high level of competition only through the use these methods will illustrate this method. A didactic presentation with each panel member speaking on different aspects of the presentation:
Dr. Tyson: Patient history, evaluation, plan of treatment
Christine Springer, PT: Assessment of physical limitations, philosophy of orthopedic rehabilitation, treatment progression
Heidi Armstrong: patient perspectives of treatment