

15th Annual Muscle Health Awareness Day Program
Friday May 17, 2024
Muscle Health Research Centre (MHRC)
Life Science Building South Lobby and Room 103, York University

8:15 – 8:55 Registration, poster mounting, and light breakfast

Session 1: Skeletal Muscle, Cardiorespiratory and Cardiovascular Physiology (8:55-10:30)

Session Chair: Dr. Tara Haas, MHRC

8:55-9:00 – Dr. Christopher Perry, Director of the MHRC, York University
Welcome and Introduction

9:00-9:30 – Dr. Nicholas Dumont, Associate Professor, Université de Montréal
Underlying mechanisms of muscle stem cell myopathies and therapeutic avenues

9:30-10:00 – Dr. Daniel Keir, Assistant Professor, University of Western Ontario
Peripheral chemoreflex contributions to exercise hyperpnea: are they important?

10:00-10:30 – Dr. Robert Bentley, Assistant Professor, University of Toronto
Cardiovascular Contributions to Skeletal Muscle Oxygen Delivery

10:30 – 11:15 Poster Viewings and Break (Life Science Building South Lobby)

Session 2: Lived Experiences in Sport Participation and Athletic Rehabilitation for Older Adults
(11:15-12:10)

Session Chair: Dr. Michael Paris, MHRC

11:15-11:45 – Dr. Julia Creet, Professor, York University, Athlete and Filmmaker
The Aging Athlete

11:45-12:10 – Michael Modica, PhD Candidate, York University, Certified Athletic Therapist
Navigating the Roadblocks: Rehabilitation Strategies for Mature Athletes

12:10 – 2:00 Catered Lunch (Life Science Building South Lobby);

12:50-2:00 Poster Presentations

Session 3: CSEP- sponsored Exercise, Nutrition and Appetite Symposium (2:00-3:55)

Session Chair: Dr. Olasunkanmi Adegoke

2:00-2:15 – Zach Weston, CEO, Canadian Society for Exercise Physiology
Applied Exercise Science from the lab to the podium: Integrating foundational science for the exercise professional

2:15-2:45 – Dr. Tom Hazell, Associate Professor, Wilfrid Laurier University
Appetite (dys)regulation and exercise: implications for obesity

2:45-3:15 – Dr. Lora Giangregorio, Professor, Schlegel Research Chair in Mobility and Aging, University of Waterloo
New exercise guidelines and research on exercise for fracture prevention

3:15-3:45 – Dr. Andrea Josse, Associate Professor, York University
Whole-food dairy and exercise for musculoskeletal health: acute and chronic effects

3:45-3:55 – Poster Awards Presentation

3:55- 4:00- Concluding Remarks