



SPEAKERS

Dr. Bill Sands

“Wax On Wax Off: The Wisdom of Mr. Miyagi”

Training begins with a behavior change. Training is an investment, not a purchase. Thus, the transfer of training needs management. The predictability of training transfer in terms of existence, duration, magnitude, and durability is largely unknown. Different forms of conditioning are usually thrilled with evidence of only a few percent change in performance. Most experiments on skill training transfer are conducted at rest, violating aspects of the specificity principle on which transfer depends. Beware of circularity.

Dr. Michael Stone, Trader Flora, Shawn Wayland, and Wes Gawel

A brief overview of the S-E presentation will deal with the background and current state of knowledge concerning the S-E. It includes, discussion of methods of testing, Acute and Chronic (training) effects, Impact of: maximum strength level, training volume, training to failure and equating work. It will also include pilot study information carried out at ETSU. - Mike Stone

Findings on the Kinematic and Kinetic exercise responses of each end of the S-E (sets of 10 repetitions versus sets of 2) – Trader Flora

Findings on the metabolic exercise responses of each end of the S-E (sets of 10 repetitions versus sets of 2) – Shawn Wayland

Preliminary findings of the physiological and performance adaptations of training at each end of the S-E. each end of the S-E (sets of 10 repetitions versus sets of 2) –Wes Gawel

Dr. Alex Long

“Region specific skeletal muscle hypertrophy: Implications for strength-power athletes”

Empirical evidence of regional skeletal muscle hypertrophy will be presented and discussed with an emphasis on the role of exercise selection and movement characteristics. Biomechanical and functional implications associated with regional muscular growth patterns will be identified relative to the strength-power athlete. Recommendations for future research topics and resistance training program design will be provided for the researcher and practitioner, respectively.

Dr. Marco Duca

“Data-driven decision making in sports: the role of athletes’ monitoring and profiling”

This presentation explores how athlete monitoring and profiling, combined with advanced data analysis and visualization techniques, can improve decision-making in sports. Drawing from over 15 years of collected data, we integrate performance metrics and physiological information to create detailed profiles that inform training strategies, injury prevention, and performance optimization. This long-term data approach empowers coaches and sports professionals with the tools to make informed, evidence-based decisions that enhance athletic development and performance.