

BI 199 Anatomy, Physiology & Weight Training
Thematic Poster Presentation Schedule
Spring 2015

Tuesday, May 19, 2015

Orthopedic Sports Medicine

Micah Beauchane, *Whiplash*

Parker Belan, *Football risks & safety precautions*

Eric Blum, *Achilles tendon ruptures*

Jason Fritz, *Quadriceps tendon rupture & repair*

Joseph Liebersbach, *Shin splints*

Georgia Orgain, *The female athlete triad*

Kent Rivera-Di Lucio, *Most common basketball injuries*

Mekenna Smith, *Traditional Chinese Medicine & Dysarthria*

Tuesday, May 26, 2015

Nutrition & Supplementation

John Fellman, *Protein & muscle growth*

Conor Nehl, *Pre- or post-workout protein supplementation for maximum results*

Baili Keeton, *Creatine*

Brian Rodriguez, *Paleo diet*

Brianna Roysdon, *Benefits of chia seeds*

Jack Sanders, *Creatine supplementation in athletes*

Michelle Simonds, *High-caffeine energy drinks*

Tuesday, June 2, 2015

Training Programs

Britney Buddrius, *Flexibility*

Austin Hicks, *High-intensity interval training (HIIT)*

Doug Higashi, *Testosterone derivatives*

Nicholas Jahahn, *Perfecting the fencer's lunge*

Skyler Russert, *Plyometric workouts*

Cece Wehrley, *Turmeric anti-inflammatory & analgesic properties*

Nicholas Maier, *Saturated vs. unsaturated fats*