**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*