



THE ARNOLD PERFORMANCE EDUCATION FORUM

Seminars and Speakers
2018



Michael Lane
PhD, CSCS

Dr. Lane is an associate professor and director of the exercise physiology at Eastern Kentucky University. His research is in the area of longitudinal athlete tracking and acute supplementation. Additionally, he coaches athletes in a variety of sports specifically working as a coach with cheerleading.

Lecture

Optimizing performance through athlete tracking

This lecture will cover tracking yourself and athletes in order to discover the most effective rate of return and results from a particular training methodology. In turn, this will help you learn when you need to change your training and when to keep things moving forward.



Leo Lozano
MS, CSCS, USAW, USATF

With more than a decade of experience, Leo's expertise lies with team sports, and he excels in strength and conditioning for track & field, baseball, volleyball, and the Olympic lifts. Leo earned two Bachelor of Science degrees from California State University, Long Beach - one in Exercise Science, and the other in Sport Psychology. He then attained his Master of Science degree in Kinesiology from the University of Nevada, Las Vegas (UNLV).

Leo is a Certified Strength & Conditioning Specialist (CSCS) from the National Strength & Conditioning Association (NSCA), as well as a USA Track & Field Coach, and he achieved his Sports Performance Coach certification through USA Weightlifting (USAW) while attending the US Olympic Training Center in Colorado Springs, CO.

Leo has worked with multiple professional major league athletes, as well as with men's and women's sports teams from Division I universities, including track & field, football, soccer, basketball, and volleyball. Leo is also an adjunct professor at the UNLV, teaching undergraduate Kinesiology Classes.



Cynthia M. Miranda
MS, LAT, ATC

Cynthia is the Director of Sports Therapy at the *Dominate Your Game!* Performance Facility in Las Vegas. She is a Licensed Athletic Trainer (LAT) through the State of Nevada, as well as a Certified Athletic Trainer (ATC) with the National Athletic Trainers Association (NATA). Cynthia has also been a registered Cutman under the Nevada State Athletic Commission.

Cynthia received her Bachelor of Science degree in Athletic Training from the University of Nevada, Las Vegas, and attained her Master of Science degree in Exercise Science from Concordia University. In addition, Cynthia coordinates all of the sports medicine and therapy services for the clients at *Dominate Your Game!*, working with the facility's physicians, chiropractors, physical therapists, and massage therapists. This also includes providing services such as rehabilitation, special event athletic training, cutman for boxing/MMA events, etc.

Lecture

Rehabilitation: Where does it begin and where does it end?

This lecture will explore the on-going process of fully rehabilitating an athlete, from time of injury to return to play. Content will include transfer of care between physician, clinicians and coaches, and the impact a team approach will make on an athlete's performance.



Jordan Moon
PhD, CSCS-D, EP-C

Dr. Moon is the Executive Director of Research and Education at Impedimed, a bioimpedance devices company which focuses on medical applications. He is also a faculty lecturer from the American Public University System, Concordia University, and the United States Sports Academy.

Dr. Moon received his Ph.D. in Exercise Physiology from The University of Oklahoma; he is a Certified Strength & Conditioning Specialist (CSCS) from the National Strength & Conditioning Association (NSCA), as well as a Certified Exercise Physiologist (EP-C) from the American College of Sports Medicine (ACSM).

Dr. Moon has trained athletes of all levels, including professionals in the Major Leagues, as well as college athletes and teams in addition to youth and fitness clients. He has presented at numerous scientific symposiums, including NSCA, ACSM, and the ISSN national conferences, and has published dozens of articles on human body composition, biochemistry, and nutrition. In addition, he has served as a reviewer for the NSCA and the European Society for Clinical Nutrition and Metabolism.

Lecture

Body composition or metabolism

We've all heard about certain diet legends, such as adding more muscle to burn more fat. But is it really that simple? Dr. Moon will discuss the myths and the science behind body composition, metabolism, and the connection between them.



Michael S. Palmieri
MS, RSCC*D, CSCS, USAW, FISSAC

Michael is the Founder of *The Institute of Sport Science & Athletic Conditioning*, and the Director of Research & Performance at its *Dominate Your Game!* Training Facility. With his background and expertise in Biomechanics and a former competitive strength athlete, Michael has over two and a half decades of experience in the sport science industry.

Michael is currently pursuing his PhD in Human Performance at Concordia University, which is also where he attained his Master of Science degree in Exercise Science. His research interests lie in the application of biomechanical analysis of performance testing, and its application to need-specific program design. Michael is a Registered Strength and Conditioning Coach with Distinction (RSCC*D) and a Certified Strength & Conditioning Specialist (CSCS) from the National Strength & Conditioning Association (NSCA), as well as a Sports Performance Coach certification through USA Weightlifting (USAW), which he attained while attending the US Olympic Training Center in Colorado Springs, CO. He also holds Specialist certifications in Heavy Sports, Combat Sports, Tactical Athletes, Speed/Power, and Physique Athletes training

Michael has held several executive positions within the industry, including State Director for the NSCA, State Chair for the North American Strongman Corporation, a judge for the International Natural Bodybuilding Association, an adjunct professor in Exercise Science at a major university, and has operated in the capacity of Sport Science Consultant for several sport supplement companies. Furthermore, Michael is very involved with many research and application institutions, as well as with numerous sports teams, athletes, & franchises, and has presented multiple lectures around the country for various internationally recognized organizations.

Lecture

Beyond the black box

Performance testing used to be available at universities. But with the advancements in technologies, equipment has become more portable, less expensive, and easier to use. But, is it always necessary or applicable? Learn about the practical applications of simple performance tests for you and your clients, if and when they should be used, and the equipment used for them.



Lacy M. Puttuck
MS, LD, RDN, CISSN, CSCS, USAW

Lacy is the Director of Sports Nutrition at the *Dominate Your Game!* Performance Facility in Las Vegas. She is a Licensed Dietician (LD) through the State of Nevada, a Registered Dietician Nutritionist (RDN) through the Academy of Nutrition and Dietetics (AND), and a Certified Sport Nutritionist (CISSN) from the International Society of Sports Nutrition (ISSN). She is also a Certified Strength & Conditioning Specialist (CSCS) from the National Strength & Conditioning Association (NSCA), and achieved her Sports Performance Coach certification through USA Weightlifting (USAW) while attending the US Olympic Training Center in Colorado Springs, CO.

Lacy earned two Bachelor of Science degrees from the University of Nevada, Las Vegas (UNLV) - one in Nutrition, and the other in Kinesiology. She then attained her Master of Science degree in Exercise Science from Concordia University, where she is an adjunct professor, and developed their Master of Science Degree in Sports Nutrition.

A published researcher, Lacy has presented at multiple symposiums around the country for various nationally recognized organizations. In addition, she has consulted for the U.S. Air Force, the U.S. Space Program, and various sports programs and athletes, as well for several medical care facilities. Lacy has also been the Staff Dietician for a major sports magazine, as well as the Team Sports Dietician for numerous Pro Sport Teams and Sport Reality Shows.

Lecture

Is there is no joy in soy?

The supposed benefits of soy have been touted for some time – from heart health, to a vegan protein source. However, with the recent decision by the FDA, does soy still have a place in the athlete’s diet? Learn the pros and cons, as well as the ifs and whens, of soy supplementation.

Round Table Discussion One: Strength Sports

Have access to athletes from four different strength sports: Strongman, powerlifting, weightlifting, and Highland Games. Learn their training methodologies and nutrition strategies. At the same time, discover what they have in common, what's different, and what you can apply to you or your clients' programs.

Round Table Discussion Two: Physique Sports

Have access to athletes from four different physique sports: Bodybuilding, figure, bikini, and physique. Learn their training methodologies and nutrition strategies. At the same time, discover what they have in common, what's different, and what you can apply to you or your clients' programs.