

## OBJECTIVES

- Discuss glucose homeostasis during exercise
- Discuss strategies to avoid glycemic problems
- Review macronutrients in athletic diet
- Discuss pre and post game meals
- Describe dietary misconceptions
- Define concussions and discuss the treatment of and current research on concussions
- Instruct on techniques of "Ground Based Lifts"
- Discuss benefits of dynamic and static stretching
- Discuss techniques in improving speed

## CREDITS

**Course Number:** CE22140510

Huntsville Hospital is a board approved provider of continuing nursing education in Alabama by the Alabama Board of Nursing. Our approval status is valid through December 12, 2013. Provider Number: ABNP0278.

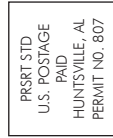
**Nursing/Physical Therapy Contact Hours:** 4.0

**Dietician Contact Hours:** 3.4

## UPCOMING EVENTS

August 7	Wound Conference
August 14	Pediatric Conference
August 21	Oncology Conference
Sept. 24	Psychiatric Conference
Sept. 30-Oct. 1	Breastfeeding/Perinatal Conference
October 15	Infection Disease Conference
November 5	Diabetes Conference
February 12, 2011	Rheumatology Conference
February 19	Cardiology Update
April 15	SACPR Conference

For further information about Huntsville Hospital classes, go to [www.huntsvillehospital.org](http://www.huntsvillehospital.org) or call 256.265.8025.



Huntsville Hospital - Corporate University  
P.O. Box 1167 - Huntsville, Alabama 35807



Huntsville Hospital's Wellness Center presents

# 2<sup>ND</sup> ANNUAL SPORTS MEDICINE CONFERENCE:

## *Overcoming Performance Obstacles*

*for physical therapists, exercise physiologists,  
athletic trainers, nurses, personal trainers,  
and any other healthcare professionals.*

Saturday, July 31, 2010

7:30 a.m. - 11:45 a.m.

*At the Dowdle Center in Huntsville, AL*



# AGENDA

Huntsville Hospital's Wellness Center is offering a one day continuing education on exercise and sports medicine on Saturday, July 31, 2010.

**Conference will be held at**  
**HUNTSVILLE HOSPITAL'S CORPORATE UNIVERSITY**  
**AT THE DOWDLE CENTER**  
**109 Governors Drive • Huntsville, AL • 256.265.8025**  
**(Corner of Gallatin St. & Governors Dr. )**

*Note: The parking lot is now relocated at the corner of Longwood Dr. and Harvard St.  
Visit [www.huntsvillehospital.org](http://www.huntsvillehospital.org) for a map indicating the location of the parking.*

7:30am–8:00am	Registration, Continental Breakfast & Exhibits
8:00am–8:10am	Welcome & Opening Comments Lyle Douglass, M.Ed. RCEP, CSCS
8:10am–9:00am	<u>Concussions and Second Impact Syndrome</u> Allen Walters, M.Ed., ATC
9:00am–9:50am	<u>Sports Nutrition: The Winning Edge</u> Anna Key, RD, LD
9:50am–10:00am	Break, Exhibits
10:00am–10:50am	<u>Maximizing Athletic Performance</u> Dallas Terrell, APFT, USAW
10:50am–11:40am	<u>Training and Competing with Diabetes</u> Lyle Douglass, M.Ed., RCEP, CSCS
11:40am–11:45am	Closing Comments & Evaluations

# SPEAKER INFORMATION

## Lyle Douglass, M.Ed., RCEP, CSCS

Mr. Douglass is a Clinical Exercise Physiologist with Huntsville Hospital Wellness Center. He has over 10 years experience working with a variety of high risk and athletic populations. He is also adjunct professor for the University of Alabama in Huntsville and Athens State University in Athens, Alabama.

## Anna Holland Key, RD, LD

Mrs. Key is a Registered Dietician for the Huntsville Hospital Wellness Centers in Huntsville, Alabama. She counsels for weight loss, gastric bypass, diabetes and other chronic nutritional needs.

## Dallas Terrell, APFT, USAW

Mr. Terrell is the head coach for strength and speed for D1-Sports Training in Huntsville, Alabama. He has been a competitive bodybuilder and was the World Bench Press Champion.

## Allen Walters, M.Ed., ATC

Mr. Walters is currently working as Athletic Trainer for the Huntsville Hospital SportsCenter in Huntsville, Alabama. Previously, he worked as Head Athletic Trainer for Shelby Baptist Sports Medicine Program in Pelham, Alabama.

### Attention Non-Employees of Huntsville Hospital:

You must bring your nursing license number to receive credit for attending. Please present your number at sign-in for the activity. The Alabama Board of Nursing now requires that approved providers submit records of contact hours along with your nursing license number.

# REGISTRATION

Registration deadline for the Sports Medicine Conference is Thursday, July 29, 2010. Partial credit not awarded. No refunds after July 31. Confirmation of registration is not automatically sent to participants; feel free to phone for confirmation.

\_\_\_\_\_  
First Name, Last Name (required)

\_\_\_\_\_  
ABN License Number (required if applicable)

\_\_\_\_\_  
Employee ID# (Huntsville Hospital Employee Only)

RN  RRT  PT  Others \_\_\_\_\_

\_\_\_\_\_  
Address

City State Zip

\_\_\_\_\_  
Phone and/or Email Address

Non-employee	\$50.00
Huntsville Hospital and Athens Limestone employee	\$40.00

### Method of Payment:

Check  Cash  Credit/Debit Card

\_\_\_\_\_  
Card # Exp. Date

\_\_\_\_\_  
Security Code Signature

### Mail registration form and payment to:

Huntsville Hospital • Corporate University  
P.O. Box 1167 • Huntsville, Alabama 35807

Checks payable to Huntsville Hospital, Corporate University

### For more information, please call 256.265.8025

*Please note: Conference seating is limited. Registrations are processed in the order in which they are received. Attire for the conference is casual. You may want to bring a light sweater or jacket to ensure your comfort in meeting rooms.*