K. Suire

We are pleased to tell you that your abstract BODY COMPOSITION CHANGES ASSOCIATED WITH A STRUCTURED EXERCISE PROGRAM AMONG CHILDREN AND ADOLESCENTS has been accepted for presentation in a Thematic Poster Session at the Annual Meeting of the Southeast Chapter
of the American College of Sports Medicine being held at the Hyatt Regency Hotel in Greenville, SC on February 14-16, 2019.

Please remember a thematic poster session is presented in two parts. During the first part, approximately 30 minutes, the posters are available for viewing by attendees. During the second part, the author will briefly (5 minutes) present the poster and take questions from the audience during a moderator-led session.

See below for the date, time, and location of your Thematic Poster presentation. Please check the final program to make sure your room assignment has not changed.

Presentation day: Friday
Section Presentation: Thematic 3
Time Presentation: 2:30-4:00pm
Location: Think Tank
Number: TP 18

BODY COMPOSITION CHANGES ASSOCIATED WITH A STRUCTURED EXERCISE PROGRAM AMONG CHILDREN AND ADOLESCENTS
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Children and adolescents in the U.S. fail to meet physical activity guidelines and health consequences associated with inactivity, such as high body fat composition, continue to impact children. Targeting children for physical activity and fitness interventions have the potential to improve body composition; however, little is known on body composition changes during a fitness-based intervention. PURPOSE: Therefore, the purpose of this study was to determine changes in body composition for children participating in a fitness-based intervention. METHODS: 21 children (M age = 9.38 ± 3.82, M BMI = 21.0, M body fat percentage = 30.90) participated in an 8-week, structured fitness intervention consisting of 1 hour weekly sessions. Weekly sessions provided fitness opportunities in a fun, non-competitive environment with the purpose to elicit moderate-to-vigorous physical activity. Pre and Post testing using the iDXA was conducted to detail changes in body composition. RESULTS: Results from a paired samples t-test showed significant increases in the following body composition measures: Left Leg Lean Mass (t = -2.366, p = .028), Right Leg Lean Mass (t = -3.914, p = .001), Lean Mass Truck (t = -2.766, p = .012), Lean Mass Total ( t = -4.575, p <.001), Right Leg Bone Mass (t = -2.500, p = .021) and Bone Mass Total ( t = -3.826, p = .004). CONCLUSIONS: Participation in an 8-week fitness intervention showed positive body composition changes for children. These changes occurred with minimal intervention (1 hour per week). Future studies should determine the duration of the effect.
THIS STUDY WAS COMPLETED WITHOUT GRANTS OR FUNDING

The 2019 SEACSM Program Committee thanks you for your contribution to the program. We look forward to your presentation.

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