PLENARY SYMPOSIUM: Lessons from a Life in Science

Presenter: John M. Jakicic, PhD

The scientific exploration is a journey and not a destination. This requires a scientist to start with a focus and let that focus expand as their own science and the science of others influence the direction of the next inquisitive and relative questions to pursue with rigorous scientific methods. John M. Jakicic, PhD will share his scientific journey and its evolution that has resulted in a distinguished career focused on physical activity within the context of obesity and body weight regulation, that has also evolved to include inquiries in other aspects of health and chronic disease. This journey started with the basic application of exercise training within the context of obesity treatment; however, this has evolved to broader applications and understand that have influence clinical and public health guidelines and have resulted in novel approaches to enhance physical activity initiation and long–term engagement. This professional journey has integrated aspects of exercise physiology, public health and epidemiology, behavior adaptation, and the integration with medical therapies for the prevention and treatment of obesity and related chronic conditions. This has expanded to application with older adults and most recently implications for the prevention and treatment of cancer. Dr. Jakicic will share key aspects of his professional journey and the scientific inquiry and discoveries along this journey to demonstrate how this pathway can be a cornerstone for how early career scientists can navigate their own professional scientific journey to engage in impactful science that can positively impact individuals, communities, and have broader societal impact.