



2024 Midwest Chapter of The American
College of Sports Medicine Annual Meeting

Short Program

Grand Rapids, Michigan



Thank You To Our Exhibitors

Sapphire Level



Cleveland University
KANSAS CITY

Chiropractic and Health Sciences

Platinum Level



MARQUETTE
UNIVERSITY

Graduate School

Gold Level



VO2
MASTER

Silver Level



Allen College
UnityPoint Health



BERTEC



Cincinnati
Children's®



COSMED
The Metabolic Company



INDIANA **WESLEYAN** UNIVERSITY



measure. analyze. innovate.



ST. CATHERINE
UNIVERSITY

UNIVERSITY OF **INDIANAPOLIS**
COLLEGE OF HEALTH SCIENCES

Bronze Level

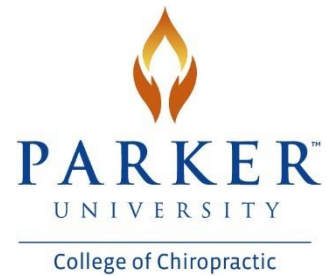




ACSM[®] Midwest Chapter

Thank You To Our Graduate Fair Members

Gold Level



Silver Level





ST. CLOUD STATE
UNIVERSITY



St. AMBROSE
UNIVERSITY
Master of Science in
Exercise Physiology



Continuing Education Credit (CEC)

ACSM CEC Certificate

Participant Name

Midwest Chapter of the American College of Sports Medicine

Provider Name

2024 Midwest Chapter of the American College of Sports Medicine
Annual Meeting (Grand Rapids, Michigan)

Course Title

Approved Provider Number: #650390

CECs: 12.0

Trent E. Cayot

Lead Program Administrator Signature





Board of Directors



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Past-President



Dr. Kevin Ballard, FACS
President



Dr. Kyle Timmerman, FACS
President-Elect



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Dr. Abby Peairs
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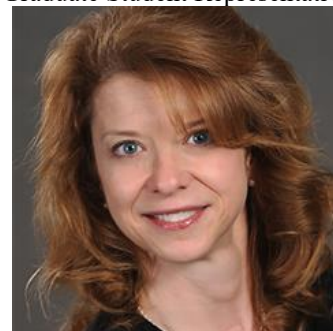
Balea Schumacher
Graduate Student Representative



Alex Bagg
Graduate Student Representative



Dr. Laura Richardson, FACS
CEPA Representative



Dr. Amy Jo Sutterleuty, FACS
Regional Chapter Representative



Dr. Helaine Alessio, FACSM
Chapter Historian



Dr. Katharine Currie
Member-At-Large, Year 3



Dr. Emily Van Wassenova
Member-At-Large, Year 3



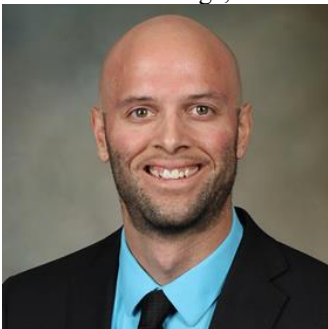
Dr. Jill Moschelli, FACSM
Member-At-Large, Year 3



Dr. Emily Post-Phillips
Member-At-Large, Year 2



Dr. Steven Elmer
Member-At-Large, Year 2



Dr. Andrew Jagim
Member-At-Large, Year 2



Dr. Avinash Chandran
Member-At-Large, Year 1



Dr. Megan Nelson
Member-At-Large, Year 1



Dr. Kayla Baker
Member-At-Large, Year 1



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Special Events

Wednesday (10/16)

2:00 pm – 3:30 pm	Board of Directors Meeting (Pearl)
5:30 pm – 7:30 pm	Registration (Center Concourse)
6:00 pm – 7:30 pm	Health Initiatives On Campus Showcase (Center Concourse)
7:30 pm – 10:00 pm	MWACSM Social (Imperial Ballroom)

Thursday (10/17)

8:00 am – 12:00 pm	Registration (Center Concourse)
8:00 am – 12:00 pm	Graduate School Fair (Center Concourse)
8:00 am – 5:00 pm	Exhibitor Fair (Crown Foyer)
12:00 pm – 2:00 pm	Keynote Presentation & Lunch (Ambassador Ballroom)
2:00 pm – 3:30 pm	Badge Pick-Up (Center Concourse)
2:30 pm – 4:30 pm	Student Lounge (Berkey)
4:30 pm – 5:30 pm	Leadership & Mentoring Program Speed Dating Event (Berkey)
8:00 pm – 10:30 pm	Quiz Bowl (Ambassador Ballroom) Sponsored By Cleveland University – Kansas City



Cleveland University
KANSAS CITY

Chiropractic and Health Sciences

Friday (10/18)

10:00 am – 12:00 pm	Keynote Presentation, Brunch, & Business/Awards Meeting (Ambassador Ballroom)
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Thursday (10/17) Morning Presentations

Professional Presentations

- 8:00 am – 8:50 am A TUTORIAL FOR YOUR FIRST ULTRA-MARATHON:
FITNESS, FUEL, AND FOCUS
Stacie Humm, J. Derek Kingsley, FACSM (Grandview)
Moderator: Joshua Wooten
- 8:00 am – 8:50 am EXERCISE AS ANTI-AGING MEDICINE FOR CHRONIC
DISEASES: CANCER AND HIV
Alexis Ortiz, FACSM (Pearl)
Moderator: Adam Coughlin
- 8:00 am – 8:50 am LONGITUDINAL AEROBIC PERFORMANCE AND
LIFESTYLE BEHAVIOR ASSESSMENTS OF COLLEGIATE
ATHLETES
Devin Laurent, Emily Post (Heldane)
Moderator: Alex Montoye
- 9:00 am – 9:50 am CLINICAL EXERCISE PHYSIOLOGY: OPPORTUNITIES AND
CONSIDERATIONS FOR AN EVOLVING FIELD
Garett Griffith, Cassandra Ledman (Grandview)
Moderator: Sandy Knecht
- 9:00 am – 9:50 am NAVIGATING NEAR-INFRARED SPECTROSCOPY FOR
HANDS ON LEARNING: MUSCLE PERFUSION AND
METABOLISM
B. Ryan Davis, Edward Pelka, John McDaniel (Pearl)
Moderator: Kerrie Berends
- 9:00 am – 9:50 am ENHANCING OCCUPATIONAL READINESS AND HEALTH
OUTCOMES IN TACTICAL ATHLETES THROUGH
UNIVERSITY-COMMUNITY PARTNERSHIPS
Jacquelyn Zera, FACSM, Bridget Melton (Heldane)
Moderator: Matthew Feedback

- 10:00 am – 10:50 am TIPS AND TRICKS TO ENGAGE PHYSICAL ACTIVITY THROUGHOUT THE LIFESPAN. PROMOTING LIFELONG PHYSICAL ACTIVITY: STRATEGIES FOR ALL AGES
Judith A. Juvancic-Heltzel, Stephanie Davis-Dieringer (Grandview)
Moderator: Karin Pfeiffer
- 10:00 am – 10:50 am STRATEGIES FOR MOVING STUDENT RESEARCH FORWARD AND EMBRACING CHALLENGES
Steven Elmer, John Durocher (Pearl)
Moderator: Emily Post
- 10:00 am – 10:50 am BRAIN GAINS: TOP SUPPLEMENTS FOR COGNITIVE ENHANCEMENT AND BRAIN PHYSIOLOGY
Terence Moriarty (Heldane)
Moderator: Andrew Jagim
- 11:00 am – 11:50 am EXPLORING THE IMPACT OF USING WEARABLE MOVEMENT SENSORS IN COLLEGIATE SPORT: FROM RESEARCH TO PRACTICE AND REHABILITATION TO COMPETITION
Alexander Montoye, FACSM, Karin Pfeiffer, FACSM, Bill Burghardt, Matt Harkey (Grandview)
Moderator: Emily Post
- 11:00 am – 11:50 am DESIGNING EXERCISE INTERVENTIONS: THE IMPORTANCE OF EXPLORATORY, FLEXIBLE, AND ITERATIVE EARLY-STAGE RESEARCH
Kelley Strohacker, FACSM, Paula-Marie Ferrara, Cory Beaumont (Pearl)
Moderator: Ronald Otterstetter

Student Presentations

- 9:00 am – 10:00 am Poster Session #1 (Kendall)
- 10:00 am – 11:00 am Poster Session #2 (Kindall)
- 11:00 am – 12:00 pm Oral Session #1 (Heldane)
Moderator: Kerrie Berends



Thursday (10/17) Afternoon Presentations

Keynote Presentation & Lunch

12:00 pm – 2:00 pm SEX DIFFERENCES IN ATHLETIC PERFORMANCE
Sandra Hunter, PhD, FACSM (Ambassador Ballroom)

Professional Presentations

2:30 pm – 3:20 pm ACTIVITY, INJURY, AND LIFE COURSE HEALTH IN
WOMEN: INTEGRATED PERSPECTIVES FROM INJURY
EPIDEMIOLOGY AND AGING STUDIES
Avinash Chandran, FACSM, Adrian Boltz,
Jillian Baker (Grandview)
Moderator: Cassandra Ledman

2:30 pm – 3:20 pm STUDENT PERCEPTIONS OF COMMUNITY-BASED
SERVICE LEARNING IN AN UNDERGRADUATE EXERCISE
SCIENCE PROGRAM
Katherine Spillios (Pearl)
Moderator: Emily Van Wasshenova

3:30 pm – 4:20 pm BLOOD LACTATE: FRIEND, FOE, OR FUEL? IMPROVING
OUR UNDERSTANDING OF A MISUNDERSTOOD
SUBSTANCE
Brian Rider, FACSM, Alexander Montoye, FACSM,
Scott Conger, FACSM (Grandview)
Moderator: Jeremy Steeves

3:30 pm – 4:20 pm GAINING BACK TRUST: THE ROLE OF SCIENCE
COMMUNICATION
Kevin Gries (Pearl)
Moderator: Garrett Griffith

4:30 pm – 5:20 pm

APPLYING FOR ACSM FELLOWSHIP
J. Derek Kingsley, FACSM (Grandview)
Moderator: Garrett Griffith

4:30 pm – 5:20 pm

GRAPPLE LIKE A GIRL BUT DON'T MAKE WEIGHT LIKE A
BOY: HEALTH & SAFETY CONCERNS IN FEMALE
WRESTLERS
Andrew R. Jagim, Jill Moschelli, FACSM,
Lisa M. Woodroffe (Pearl)
Moderator: Kayla Baker

Student Presentations

2:30 pm – 3:20 pm

Oral Session #2 (Heldane)
Moderator: Elise Brown

2:30 pm – 3:30 pm

Poster Session #3 (Kendall)

3:30 pm – 4:20 pm

Oral Session #3 (Heldane)
Moderator: Judith A. Juvancic-Heltzel

3:30 pm – 4:30 pm

Poster Session #4 (Kendall)



Friday (10/18) Morning Presentations

Professional Presentations

- 8:00 am – 8:50 am METABOLIC COST OF HUMAN LOCOMOTION: A HISTORICAL REVIEW AND FUTURE CONSIDERATIONS
Kyle Wehmanen, Steven Elmer (Grandview)
Moderator: Whitney Morelli
- 8:00 am – 8:50 am SPORTS NUTRITION KNOWLEDGE IN DIII ATHLETES
Kerrie Berends, Michael Wierenga, Madeline Frens (Pearl)
Moderator: Carol Weideman
- 9:00 am – 9:50 am USING BIOMECHANICS IN THE CLINICAL SETTING FOR GORILLAS, CHIMPANZEES, MONKEYS
Antony George (Grandview)
Moderator: Emily Van Wasshenova
- 9:00 am – 9:50 am THE FUTURE OF FITNESS: A GIG ECONOMY CAREER
Thomas Cieslak (Pearl)
Moderator: Amy Morgan

Student Presentations

- 8:00 am – 8:50 am Oral Session #4 (Heldane)
Moderator: Sandy Knecht
- 8:00 am – 9:00 am Poster Session #5 (Kendall)
- 9:00 am – 9:50 am Oral Session #5 (Heldane)
Moderator: Ronald Otterstetter
- 9:00 am – 10:00 am Poster Session #6 (Kendall)

Keynote Presentation, Brunch, & Business/Award Meeting

10:00 am – 12:00 pm

PERFORMANCE ENGINEERING: FROM BENCH SCIENCE
TO BREAKING 2

Philip Friere Skiba, DO, PhD, FACSM (Ambassador Ballroom)