

Northland ACSM Fall Meeting Program

October 3-4, 2019 at Winona State University

Exercise is Medicine on Campus Leadership Summit

Thursday October 3, 2019		
Time	Topic	Speaker/s
12:00-1:00	Registration	
1:00-1:05	Welcome	Erin White
1:05-1:30	EIMOC- Motivation and Leadership Talk	LaKisha Nickens-Gaither
1:30-2:30	EIMOC	LaKisha Nickens-Gaither
2:30-3:15	Team Building Exercise	
3:15-4: 45	Sign up for Meet the Experts, Gilly's Time, EIMOC Networking, and Graduate School Fair	
4:45-5:00	Business Meeting	
5:00-6:30	College Quiz Bowl	
7:00	High Tea (Professional members only) at Boathouse Winona (2 Johnson Street)	

This or That in Exercise Training

Friday October 4, 2019		
Time	Topic	Speaker/s
8:00-9:00	This or That: Ketogenic Diet (Kate) or Intermittent Fasting (Rose)	Kate Zeratsky RDN, LD & Rose Prissel MS, RDN, LD (Mayo Clinic)
9:00-10:00	This or That: Functional Movement Screening (FMS) (Wes) or Dynamic Warmup Movement Analysis (DWMA) (Jake)	Wes Emmert ATC, CSCS & Jake Hesse MS, ATC, ATR, CSCS (Olmsted Medical Center Sports Medicine and Athletic Performance Center)
10:00-11:00	This or That: High-Intensity Interval Training (Kim) or Continuous Training (Carl)	Carl Foster PhD & Kim Radtke PhD (Professors in Exercise and Sport Science at the University of Wisconsin La Crosse)
11:00-12:00	Meet the Experts	See below
12:00-12:30	Optional tour of Athletic Training labs at WSU	Brian Zeller PhD

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Meet the Experts

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Expert	Research Interests	Certifications
Kate Zeratsky	<ul style="list-style-type: none"> Ways to reduce barriers and improve diet quality Weight management 	<ul style="list-style-type: none"> Registered Dietician
Rose Prissel	<ul style="list-style-type: none"> Weight management for adults and pediatrics Sports Nutrition 	<ul style="list-style-type: none"> Registered Dietician Former Sports Nutrition Former Diabetes Educator
Wes Emmert	<p>Sport Performance</p> <ul style="list-style-type: none"> Strength and conditioning with teams and one-on-one training 	<ul style="list-style-type: none"> Retired AT Certified Strength and Conditioning Specialist (CSCS) Functional Movement Level II
Jake Hesse	<p>Sport Performance</p> <ul style="list-style-type: none"> Movement Strength training Injury prevention and identification Throwing mechanics 	<ul style="list-style-type: none"> ATC CSCS Reflexive Performance Reset (RPRI) Functional Movement System Level II Emergency Medical Technician (EMT) Firefighter
Carl Foster	<p>Clinical Exercise Science</p> <ul style="list-style-type: none"> Speed skating pacing strategies and starting techniques Sport enhancement Ratings of Perceived Exertion 	<ul style="list-style-type: none"> ACSM Program Director
Kim Radtke	<p>Clinical Exercise Science</p> <ul style="list-style-type: none"> Effects of Diabetes Prevention Program on Cardiovascular Disease Risk factors Normative Reference Values for 6 Minute Walk Assessment 	<ul style="list-style-type: none"> Certified Cardiac Rehabilitation Professional ACSM Registered Clinical Physiologist Certified Lifestyle Coach
Erika Tollefson	Health Management Associate Consultant	<ul style="list-style-type: none"> Mental Health First Aid Instructor Lifestyle Coach
Mitchi Lee	Exercise Physiologist	<ul style="list-style-type: none"> Health Coach Cancer Exercise Motivational Interviewing
Nikki German	Athletic Trainer	<ul style="list-style-type: none"> Graston Technique
Travis Kramolis	Rehabilitation Services Manager	<ul style="list-style-type: none"> Master of Physical Therapy
Ryan White	Marketing Yourself	<ul style="list-style-type: none"> Marketing PhD