



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

Short Program

Grand Rapids, Michigan



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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)

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

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| 8:00 am – 8:50 am | A TUTORIAL FOR YOUR FIRST ULTRA-MARATHON:
FITNESS, FUEL, AND FOCUS
Stacie Humm, J. Derek Kingsley, FACSM (Grandview) |
| 8:00 am – 8:50 am | EXERCISE AS ANTI-AGING MEDICINE FOR CHRONIC
DISEASES: CANCER AND HIV
Alexis Ortiz, FACSM (Pearl) |
| 8:00 am – 8:50 am | LONGITUDINAL AEROBIC PERFORMANCE AND
LIFESTYLE BEHAVIOR ASSESSMENTS OF COLLEGIATE
ATHLETES
Devin Laurent, Emily Post (Heldane) |
| 9:00 am – 9:50 am | CLINICAL EXERCISE PHYSIOLOGY: OPPORTUNITIES AND
CONSIDERATIONS FOR AN EVOLVING FIELD
Garett Griffith, Cassandra Ledman (Grandview) |
| 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) |
| 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) |
| 10:00 am – 10:50 am | STRATEGIES FOR MOVING STUDENT RESEARCH
FORWARD AND EMBRACING CHALLENGES
Steven Elmer, John Durocher (Grandview) |

- 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 (Pearl)
- 10:00 am – 10:50 am BRAIN GAINS: TOP SUPPLEMENTS FOR COGNITIVE ENHANCEMENT AND BRAIN PHYSIOLOGY
Terence Moriarty (Heldane)
- 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)
- 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)



Thursday (10/17) Afternoon Presentations

Keynote Presentation & Lunch

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

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)

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

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)

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

4:30 pm – 5:20 pm APPLYING FOR ACSM FELLOWSHIP
J. Derek Kingsley, FACSM (Grandview)

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)



Friday (10/18) Morning Presentations

Professional Presentations

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

Keynote Presentation, Brunch, & Business/Award Meeting

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| 10:00 am – 12:00 pm | PERFORMANCE ENGINEERING: FROM BENCH SCIENCE TO BREAKING 2
Philip Friere Skiba, DO, PhD, FACSM |
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