Northland’s spring meeting was virtually hosted by Concordia University, St Paul Minnesota on Friday April 8th. We were lucky to have a variety of high-quality presentations that were educational and insightful. All four presenters had a large and talkative group for their live question and answer section. Cal Dietz caught the attention of future strength and conditioning coaches during his presentation about the GOAT performance drill. Rob Gray provided insight on the ecological approach to skill, sparking questions on coaching tactics and athletic development. Hannah provided information on weight bias and stigma and provided suggestions on how we as professionals can combat them. Wesley Lefferts offered new perspectives on mechanisms behind exercise is medicine. In our afternoon session, our sessions offered practical information students and professionals can implement in their pursuits. Recordings of the presentations can be found on the Northland ACSM website.

Overall, our spring chapter meeting was jam packed with distinguished members of the exercise science community. Thanks again to everyone who helped make this meeting successful!

My name is Katherine Curtis, and I am a senior at Winona State University in Winona, Minnesota. I am majoring in exercise science and minoring in psychology and nutrition. My professional aspirations include performing research and teaching. I am excited to represent an amazing group of students and I look forward to being a part of Northland chapter’s development.

Congratulations to students of University of Mary on becoming the Northland region’s quiz bowl winners! They will represent the Northland region at the Annual Student Bowl during the annual meeting in San Diego, California on June 1st.

ACSM 2022 annual meeting will be held in San Diego, California from May 31st – June 4th. Registration is currently open.

If you are a student attending the meeting I highly suggest attending the following events.

Important Links:
Northland Chapter Website:https://www.acsm.org/membership/regional-chapters/acsm-chapters/northland
ACSM home page https://www.acsm.org/
ACSM Annual Meeting Registration https://www.acsm.org/annual-meeting/registration