

NORTHLAND ACSM REGION

SPRING NEWSLETTER

SPRING MEETING HIGHLIGHTS

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!



QUIZ BOWL WINNERS

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.

STUDENT REPRESENTATIVE

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.



ANNUAL MEETING

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.

Student & Early Career Pre-Conference

Tuesday, May 31 | 3:00-5:00 PM

Topic: Diversity, Equity and Inclusion in Sports Medicine & Exercise Science

Speakers:

Marquell Johnson, Ph.D., CSCS, CIFT, University of Wisconsin-Eau Claire
Olivia Alfuso, Ph.D., FACSM, University of Alabama
David Marquez, Ph.D., FACSM, University of Illinois at Chicago
Larry Kenney, Ph.D., FACSM, Penn State University
Nalah Coleman, M.D., FAAP, FACSM, Children's National

Registration available via the Annual Meeting registration form. Complimentary to attend.

Student Colloquium

Wednesday, June 1 | 5:30 PM

Topic: GPS for Success: Skills, Abilities, and Secrets of Superachievers

Speaker: Barry A. Franklin, Ph.D., FACSM, MAACP, FAHA

Moderator: Margaret Morrissey, MS

This presentation will focus on the 'foundational factors' underlying future career success, with specific reference to 10 critical behavioral skills. Complementary strategies will also be discussed.

President's Cup Competition

Wednesday, June 1 | 3:00-5:00 PM

The ACSM President's Cup competition provides an opportunity for students to display their research and compete against some of the top student researchers across the country. Competitors will present their work via a 5 minute talk followed by a Q&A with the judges. All meeting attendees are invited to support these promising researchers.

15th Annual Student Bowl

Wednesday, June 1 | 7:30 PM

Undergraduate teams from ACSM's Regional Chapters face off in a Jeopardy-style competition showcasing their sports medicine and exercise knowledge. Only one regional chapter will be crowned champion.

For more information about a regional bowl event near you, contact your local ACSM Regional Chapter. Visit the ACSM website for a list of Regional Chapters and contact information.

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>