



Northland ACSM 2023 Annual Meeting

Schedule of Events and Presenters

Thursday, March 30, 2023 @ Sanford Center – Sanford Health

Time	Event	Presenter	Location
1:00	Onsite Registration		Moquist Hall
2:00	Welcome from Northland ACSM (NLACSM)	NLACSM President	Dakota Room
2:05	Welcome from Mayor of Sioux Falls	Mayor Paul TenHaken	Dakota Room
2:20	Leveraging Data and Devices for Fitness and Health	Greg Grandgeorge	Dakota Room
3:20	Student Oral Presentations	NLACSM Students	Dakota Room
4:00	“Wheying” the benefits of a new focus on protein: Dietary protein quality, quantity, and timing in relation to both resistance training and endurance with human studies emphasized.	Sherri Stastny	Dakota Room
5:00	Breakout Session 1: Educational Practices in Kinesiology (EPIK) - Opportunities for Publishing Pedagogy Research	Mary Stenson, Jenn Caputo, Samantha Johnson, Katie Spillios	Coyote Room
	Breakout Session 2: Corrective Exercise Programming: Fixing Postures vs. Reaching Fitness Goals	Justin Geijer	Dakota Room
	Breakout Session 3: DPT Evaluation and Rehabilitation of Athletic Injuries	Daniel Jensen	Lewis & Clark (upstairs)
6:00	Chapter Social	All attendees	Moquist Hall & Coyote Room
7:00	Dismiss for Evening		

Friday, March 31, 2023 @ Sanford Center – Sanford Health

Time	Event	Presenter	Location
8:15	Broken man to Ironman; Lessons in Resilience, Injury Recovery and Ironman	Greg Grandgeorge	Dakota Room
9:00	Student Oral Presentations	NLACSM Students	Moquist Hall
10:00	The Power of Exercise in Mental Wellness	Gretchen Hoffman	Dakota Room
11:00	Student Oral Presentations	NLACSM Students	Dakota Room
12:00	Lunch	All attendees	Coyote Room & East Bay
1:30	Health Coaching: Cultivating Lasting Change through Connection	Erika Jackson	Dakota Room
2:30	Graduate School Fair	All attendees	East Bay
3:30	Poster session	NLACSM Students	Moquist Hall



4:30	<i>KEYNOTE: Health and Wellbeing for All: The Positive Effects Achieved by Promoting Sport in Youth</i>	Karin Pfeiffer	Dakota Room
5:30	Presentation of Awards	All attendees	Dakota Room
5:40	Business Meeting	All attendees	Dakota Room
5:45	Quiz Bowl	All attendees	Dakota Room

Saturday, April 1, 2023 @ Elmen Center on Augustana University's Campus

Time	Event	Presenter	Location
8:00	Movement Based Group Activities to Improve Sports Performance	Jordan Soukup	Elmen Center at Augustana University
9:00	Upright versus Horizontal Weighted Squat Jumps: A comparison of Peak Force, Peak Power, Peak Velocity and Muscle Activity	Derek Ferley	Elmen Center at Augustana University
10:00	Three-Dimensional Motion Capture Without Markers – Cutting Edge Technology Advancing Clinical and Sport Performance Assessments	Colin Bond	Elmen Center at Augustana University
11:00	Gatorade Sports Science Institute - Update on Sport Supplements	Lisa Heaton	Elmen Center at Augustana University
12:00	Dismiss		

Locations:

Sanford Center Corporate Office
2301 East 60th St N, Sioux Falls, SD 57104

Elmen Center at Augustana University
2505 S Grange Ave, Sioux Falls, S.D. 57197