



Name	School	Title	Poster #
Zachary Pandorf	Augustana University	Ischemic Preconditioning on Swimming Performance: An Exploration into Practical Application	1
Adam Bradley	North Dakota State University	Popliteal Blood Flow With Hands-free Crutches Compared to Conventional Lower Extremity Injury Mobility Devices	2
Katherine Curtis	Michigan State University	Longitudinal Effect of Athlete Workload on Countermovement Jump Characteristics	3
Korie Riely	University of Mary	Effects of Cardiovascular vs. Concurrent Cardiovascular and Resistance Training Among Individuals with Obesity	4
Hannah Kiernan	Northern State University	A Correlational Study Between Parent Perception of Play and Motor Development in Early Childhood	5
Ella Kelm	Minnesota State University, Mankato	Physical Activity Impact on Mental Health, Well-being, and Academics Among Students and Student-Athletes	6
Juliana Kuzniar	Iowa State University	Satisfaction With a Resistance Exercise Training Pilot Intervention Among Adults With Depression	7
Kyra Nichols	Concordia College	Association Between Hamstring and Low-Back Flexibility and Sprint Speed	8
Megan Axberg	University of Minnesota-Duluth	Quantifying Metabolic Demand of Different Positions in Women's College Lacrosse	9
Colten Brand	Augustana University	Correlations Between Subjective and Objective Wellness Measures: An Observational Study with Cross Country Runners	10
Jill Treacy	Corcordia University, St. Paul	Improved Shoulder Flexion in Elderly Women Following an 8-week Daily Foam Roller Exercise PProgram	11
Alyssa Horton	University of Wisconsin Eau-Claire	The Cardiorespiratory Response While Nordic Walking vs. Regular Walking Among Middle-Aged to Older Adults	12
Sophia Sullivan Almquist	College of St. Benedict & St. John's University	Impact of Physical Activity Levels on College Student Depression, Anxiety, and Stress	13
Holly Nohra	University of Minnesota-Duluth	Percieved Barriers to Physical Activity Over Time in College Alumni	14
Gregory Coapstick	South Dakota State University	Nutrient Intake and Anaerobic Performance of Preseason Male Division I Collegiate Wrestlers	15

Marriann Senftner	University of Mary	Hemodynamic Response and Predictors of Prone Forearm Plank Performance in Healthy Adults	16
Dylan Adams	University of Wisconsin Eau-Claire	Impact of Caffeine Combined with Resistance Training on Post-Exercise Arterial Stiffness in Habitual Caffeine Consumers	17
Samantha Nielsen	Southwest Minnesota State University	Acute Effects of Dynamic Stretching on Vertical Jump and Flexibility in Female High School Gymnasts	18
Gracey Brink	Augustana University	Torso Training and Exit Velocity in Collegiate Softball Athletes	19
Janell Howard	Augsburg University	Hip Kinematics of Female College-aged Dancers	20
Lauren Dueland	College of St. Benedict & St. John's University	Effects of a Short-term Mindfulness Meditation on a Battery of Muscular Fitness in Active College Individuals	21
Chase Jacobs	Northern State University	Hip Range of Motion is Related to Arm Biomechanics During the Javelin Throw	22
Madison Klimek	University of Minnesota-Crookston	The Impact of Health Condition and Community Exercise on Motivators and Barriers to Exercise Among Older Adults	23
Jenna Helms	Northern State University	Sports Specialization and Burnout Among Team and Individual Sports	24
Mia Salas	Augustana University	Comparing Perceived vs. Actual Diets of Collegiate Female Endurance Runners	25
Simran Patel	Iowa State University	Associations of Sedentary Time with IL-6 and Depression in Those with Chronic Low Back Pain	26
Sean Owens	Iowa State University	Examining Alertness and Rehydration Levels After Exercise in Extreme Heat with Electrolyte Drinks	27
Jasmine Schaller	Northern State University	Training Workload Differs Between Football Position	28
Arunadee Fernando	Iowa State University	Associations Between Activity and Exercise-Induced Changes in Endocannabinoids in Adults with Chronic Low Back Pain	29
Autumn Wilkinson	Augustana University	The Effectiveness of a Warmup for Preventing Injuries in Youth Sports; A Systematic Review	30
Kyle Collins	North Dakota State University	Force-Time Curve Analysis of the Ballistic Push-up	31
Megan Scheffe	Southwest Minnesota State University	Relationship Between Sleep and Academic Performance	32
Grant Mrozek	University of Minnesota-Duluth	The Systematic Review of Motivational Interviewing Skills to Increase Physical Activity, Health, and Well-being	33
Abygail Phipps	Augustana University	The Differences in Coefficient of Restitution Between Various Basketball Court Surfaces	34