

2024 ACSM NORTHWEST ANNUAL MEETING

Bruce Pitman Center
Moscow, ID

FEBRUARY
16TH-17TH, 2024



ACSM
NORTHWEST

CONFERENCE DIRECTORS AND MEETING LOCATION/PARKING

As conference directors, we would like to welcome you to the American College of Sports Medicine Northwest Chapter Annual Meeting at the University of Idaho! We are extremely excited about the speaker line-up and we hope you take the time to listen and engage with our speakers. We have a variety of talks and special events at this year's meeting, so please take some time to read through our schedule and conference abstracts when planning out your schedule. Don't forget to stop by our sponsor tables and engage with our awesome sponsors this year!



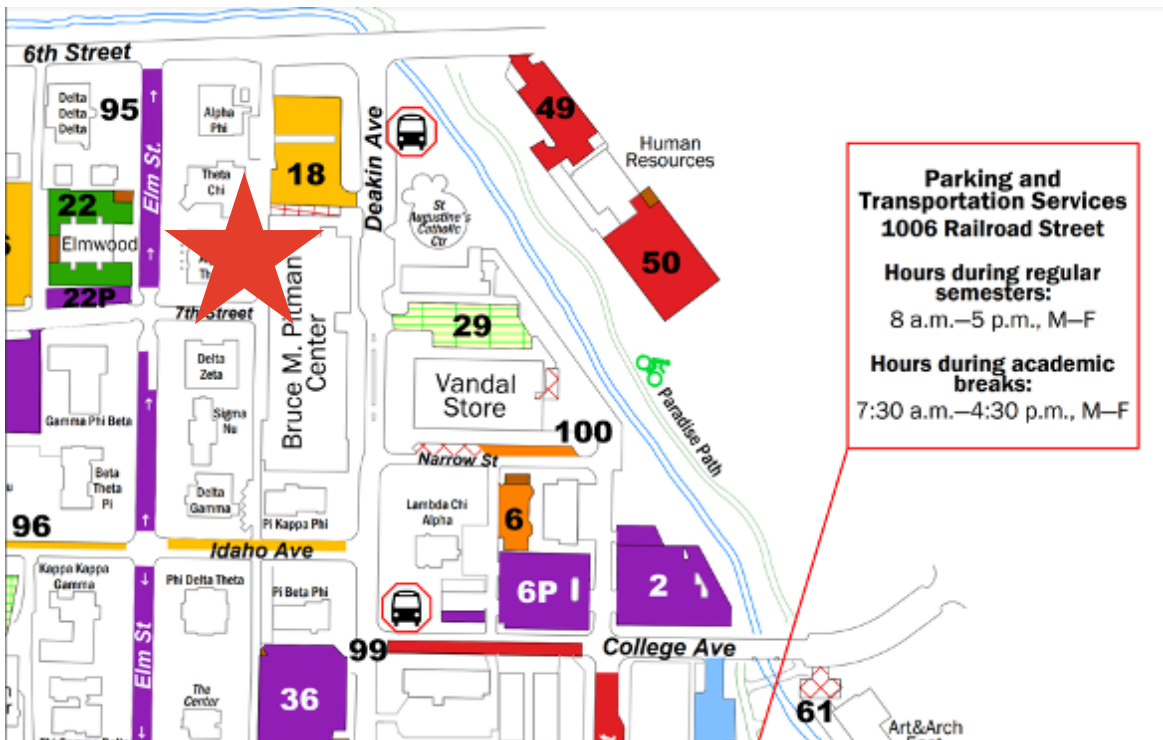
JOSHUA BAILEY, PHD, CSCS AND
ARIEL AGUIAR BONFIM CRUZ, MS, CISSN;



CONFERENCE DIRECTORS AND MEETING LOCATION/PARKING

Location: The ACSM NW meeting will be held on the University of Idaho's campus, in the Bruce Pitman Center. This is located within a 5-minute walk to downtown Moscow.

Parking: If you are driving to the conference, Day-Parking passes are available if you want to park on campus. Payment is only required on Friday. **Visitor parking passes are available for \$4. Closest parking lots would be Gold 18, Red 49 & 50, or Pay to Park in Lot 29.** Alternatively, limited parking may be available downtown Moscow.



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BRUCE PITMAN CENTER

The ACSM NW Conference will be held in the Bruce Pitman Center, 2nd floor. We will have talks and events in the International Ballroom, Borah Lounge, and Vandal Ballroom. There is limited lounge seating available in the Chiefs Lounge area. Registration will be located at the top of the stairs.



RESULTS@HAND (CONFERENCE PHONE APP)

We are very excited to announce our entire program, submitted abstracts, and program materials are available on our official conference phone app, Results@Hand.

To download the app, search “Events App” in your app store (orange calendar with green background). Once you download the app, find our conference, and sign in. By the beginning of the conference, you should receive an email to download the app.

If you have not received this information by Friday, please stop by the registration desk.



SCHEDULE AT A GLANCE

Friday, February 16, 2024	
7:15 - 8:15 am	Yoga with Sierra Location: Vandal Ballroom
8:30 - 9:00 am	Registration & Coffee Location: Chiefs Lounge
9:00 - 9:10 am	Welcome Address Location: International Ballroom
9:10 - 10:00 am	Keynote Address #1: Physiology and biomechanics of adaptive athletes using running-specific leg prostheses Alena Grabowski, PhD University of Colorado, Boulder Location: International Ballroom
10:00 - 10:45 am	Symposia: Exploring the benefits of body weight interval training across divers demographics Category: Fitness Presenter(s): Gabriella Bellissimo Location: Borah Theater
	Symposia: Using electroencephalography to advance the understanding of physical activity behavior and links to mental health Category: Research Presenter(s): C.J. Brush, Marlene Bacelar, Juliana Parma Location: Vandal Ballroom
11:00 - 11:45 am	GSSI Presentation: Back to Basics - Physiology of sweat and sweat testing Presenter(s): James Merritt Location: International Ballroom
	President's Cup Oral Presentations #1 Location: Borah Theater
11:45 - 1:30 pm	Lunch - On your own
1:30 - 2:15 pm	Symposia: Navigating obesity medications - A guide for fitness professionals Category: Clinical Presenter(s): Janet Peterson, Ariel Aguilar Bonfim Cruz Location: Borah Theater
	Symposia: Biomechanics and performance implications of using running specific leg prostheses Category: Research Presenter(s): Janet Zhang-Lea, Polly Schaps Location: Vandal Ballroom
2:30 - 3:15 pm	President's Cup Oral Presentations #2 Location: Borah Theater
	Invited Lecture: Exercise Therapy and Programming for Special Populations Presenter: James Scott Location: Vandal Ballroom
3:30 - 4:15 pm	Symposia: Multidisciplinary clinical treatment programming Category: Clinical Presenter(s): Jesse Shaw Location: Borah Theater
	Symposia: Fascia - Foundational concepts and training applications in athletic populations Category: Research Presenter(s): Sarah Schlittler, Jerrod Lee Location: Vandal Ballroom
5:00-7:30 pm	Social Poster Session Graduate School Fair Location: International Ballroom

SCHEDULE AT A GLANCE

Saturday, February 17, 2024	
7:15 - 7:45 am	Show me the Money: Navigating ACSM NW Student Grants Location: International Ballroom
8:00 - 9:15 am	Student Knowledge Bowl Location: International Ballroom
9:30 - 10:15 am	Symposia: <i>Prophylomechanics vs mechanotherapy of the plantar fascia: exploring strength training for injury prevention purposes</i> Category: Clinical Presenter(s): Lukas Krumpl Location: Borah Theater
	Symposia: <i>What to do with all the BS? Navigating the path to your future career</i> Category: Other Presenter(s): Kristyne Wiegand, Katie Taylor, Kailyn Gunning Location: Vandal Ballroom
10:30 - 11:15 pm	Hands on Athletic Training Session Title: <i>Tight hamstrings? What if stretching isn't always the answer?</i> Presenters: Jayme Baker, Sydney Leverette Location: Vandal Ballroom
	Thematic Poster Session #1 Location: Vandal Ballroom (back)
11:30 - 12:15 pm	Keynote Address #2: <i>Trials and Tribulations</i> Alena Grabowski, PhD University of Colorado, Boulder Location: International Ballroom
12:15 - 1:30 pm	Lunch - Provided
1:30 - 2:15 pm	Thematic Poster Session #2 Location: International Ballroom (back-east)
	Thematic Poster Session #3 Location: International Ballroom (back-west)
2:30 - 3:15 pm	Symposia: <i>Artificial intelligence in exercise: detection of respiratory limitations to exercise using deep machine learning</i> Category: Research Presenter(s): Hans HaverKamp Location: Borah Theater
	Symposia: <i>Why can I run - Evidence-informed assessment to guide return-to-run decision making</i> Category: Clinical Presenter(s): Joel Sattgast Location: Vandal Ballroom
3:15 - 4:00 pm	Closing, Awards, & Business meeting Location: International Ballroom

SPEAKER BIOS

KEYNOTE PRESENTER: ALENA GRABOWSKI



Alena Grabowski, Ph.D. is a VA Research Health Scientist in Denver and an Associate Professor in the Department of Integrative Physiology at the University of Colorado Boulder. She conducts basic and clinical human research and directs the Applied Biomechanics Lab. Her primary areas of research expertise incorporate human biomechanics, physiology, and mechatronics. Her research goals are to further understand and characterize human movement to implement mechanical devices that assist and/or enhance locomotion. Specifically, she conducts research on human walking, running, hopping, jumping, bicycling, and sprinting, and investigates the biomechanical and physiological effects of mechanical devices such as lower limb prostheses, orthoses, exoskeletons, weight support systems, and sports equipment on people with and without physical disabilities.

INVITED LECTURER: JAMES D. SCOTT

James D. Scott MS, ACSM CPT, AIT, CF-LW1, USAW-LW1., is an Exercise Therapist (ET) working at Pushing Boundaries, a local Paralysis Therapy Center and non-profit organization in Washington State with a team of highly trained ET's devoted toward increasing exercise, health, and hope for people with paralysis. James specializes in rehabilitation exercise through Neuromuscular Reeducation and a variety of highly technological intensive therapy techniques. These consisting of Galileo Training Devices, Hocoma Lokomat robotic orthosis gait therapy, Integrated Functional Electrical Stimulation, Ekso Bionics Indego exoskeleton gait training, alongside a plethora of other therapeutic exercise modalities. Specifically, Scott and the Pushing Boundaries team train clientele and Adaptive Athletes with varying levels of reduced functional ability specific to Traumatic Brain Injury, Stroke, Spinal Cord Injury, Multiple Sclerosis, Cerebral Palsy, and much more. James brings Functional Fitness training principles to individuals of all levels of cognitive and physical functioning. His experience as an Exercise Therapist and coaching Adaptive athletes, Functional Fitness, Olympic Weightlifting, CrossFit, and Personal Training fuels his drive to ensure people's health, wellness, and fitness are consistently increasing. James is an enthusiastic therapist who brings forth fun, exciting, and ultimately extremely challenging therapy to all those in need.



RESTAURANTS

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 = > 0.5 MILES FROM THE BRUCE M. PITMAN CENTER

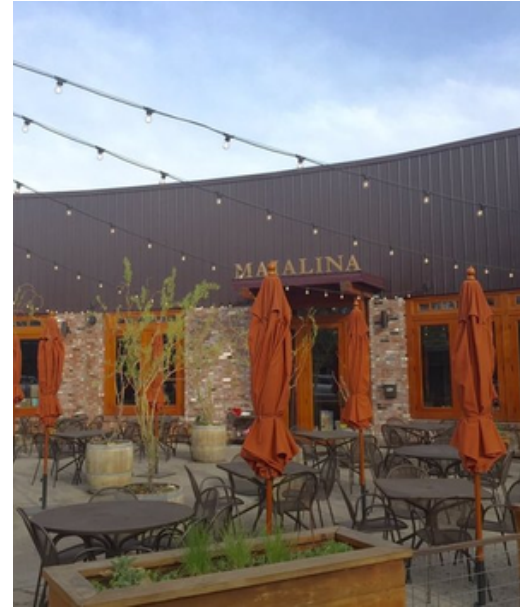
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ALL LOCATED IN THE ISUB ON UI CAMPUS

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QDOBA
EINSTEIN'S BAGELS
ACE SUSHI

CHECK HOURS FOR DINING ON SATURDAY

