



2025 Midwest Chapter of The American College of Sports Medicine Annual Meeting

Tentative Schedule

Grand Rapids, Michigan



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Special Events

Wednesday (10/15)

2:00 pm – 3:30 pm	Board of Directors Meeting (Pearl)
5:30 pm – 7:30 pm	Registration (Center Concourse)
6:00 pm – 7:30 pm	Health Initiatives On Campus Showcase (Center Concourse)
7:30 pm – 10:00 pm	MWACSM Social (Imperial Ballroom)

Thursday (10/16)

6:30 am	5K fun walk/run/roll (details TBD)
8:00 am – 12:00 pm	Registration (Center Concourse)
8:00 am – 12:00 pm	Graduate School Fair (Center Concourse)
8:00 am – 5:00 pm	Exhibitor Fair (Crown Foyer)
12:00 pm – 2:00 pm	Keynote Presentation and Lunch (Ambassador Ballroom)
2:00 pm – 3:30 pm	Badge Pick-Up (Center Concourse)
2:30 pm – 4:30 pm	Student Lounge (Berkey)
3:20 PM – 3:35 pm	Movement is Medicine Activity Break (Grandview, Pearl, and Haldane)
4:30 pm – 5:30 pm	Leadership & Mentoring Program Speed Mentoring Event (Berkey)
8:00 pm – 10:30 pm	Quiz Bowl (Ambassador Ballroom)

Friday (10/17)

10:00 am – 12:00 pm	Keynote Presentation, Brunch, and Business/Awards Meeting (Ambassador Ballroom)
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Thursday (10/16) Morning Sessions

Professional Presentations

8:00 am – 8:50 am	EXERCISE IS MEDICINE-ON CAMPUS: STRENGTHENING IMPACT THROUGH MENTORSHIP Cassandra Ledman, Whitney Morelli, FACSM (Grandview) <i>Moderator: TBD</i>
8:00 am – 8:50 am	EXERCISE ONCOLOGY: APPLYING EVIDENCE TO CLINICAL CARE Leah Luhring, FACSM (Pearl) <i>Moderator: Malloree Rice</i>
8:00 am – 8:50 am	HYBRID TRAINING: USING SCIENCE TO BE GOOD (NOT NECESSARILY GREAT) AT MULTIPLE ACTIVITIES Nicholas Mortensen (Haldane) <i>Moderator: TBD</i>
9:00 am – 9:50 am	CLINICIANS AS EDUCATIONAL INNOVATORS IN UNDERGRADUATE INSTITUTIONS Scott Fenstermacher (Grandview) <i>Moderator: TBD</i>
9:00 am – 9:50 am	THE IMPORTANCE OF DIAGNOSTIC AND THERAPEUTIC EXERCISE INTERVENTION FOR ATHLETIC PATIENTS FOLLOWING ACUTE CARDIOPULMONARY EVENT Brenna Geier, Mira Shekaran (Pearl) <i>Moderator: TBD</i>
9:00 am – 9:50 am	ANABOLIC RESISTANCE AND CARDIAC DYSFUNCTION FOLLOWING EXERCISE IN GROWTH-RESTRICTED MICE David Ferguson, FACSM (Haldane) <i>Moderator: TBD</i>

10:00 am – 10:50 am	<p>LEVERAGING AI TO ENHANCE CASE-BASED LEARNING AND SIMULATED PATIENT INTERACTIONS IN HEALTH SCIENCES EDUCATION</p> <p>Kyle Timmerman, FACSM, Jon Stavres (Grandview)</p> <p><i>Moderator: TBD</i></p>
10:00 am – 10:50 am	<p>STRENGTH IN MOTION: THE IMPACT OF KARATE ON INDIVIDUALS LIVING WITH PARKINSON'S DISEASE</p> <p>Terry Dibble (Pearl)</p> <p><i>Moderator: TBD</i></p>
10:00 am – 10:50 am	<p>MAKING WEIGHT THE RIGHT WAY: WEIGHT REDUCTION AND NUTRITION RECOMMENDATIONS FOR WRESTLERS</p> <p>Andrew Jagim (Haldane)</p> <p><i>Moderator: TBD</i></p>
11:00 am – 11:50 am	<p>LEVERAGING GENERATIVE AI TO CREATE OPEN EDUCATIONAL RESOURCES</p> <p>Matthew Kilgas (Grandview)</p> <p><i>Moderator: TBD</i></p>
11:00 am – 11:50 am	<p>DYSAUTONOMIA AND SPORTS-RELATED CONCUSSION</p> <p>Robert Baker, FACSM (Pearl)</p> <p><i>Moderator: TBD</i></p>

Student Presentations

9:00 am – 10:00 am	Poster Session #1 (Kendall)
10:00 am – 11:00 am	Poster Session #2 (Kendall)
11:00 am – 12:00 pm	<p>Oral Session #1 (Haldane)</p> <p><i>Moderator: TBD</i></p>



Thursday (10/16) Afternoon Sessions

Keynote Presentation and Lunch

12:00 pm – 2:00 pm EXERTIONAL HEAT STROKE: A PUBLIC HEALTH CRISIS IN
A WARMING WORLD-EXPLORING CURRENT EFFORTS TO
MITIGATE THE RISKS
Douglas Casa, PhD, FACSM, ATC, FNAK, FNATA (Ambassador
Ballroom)

Professional Presentations

2:30 pm – 3:20 pm CARDINAL FIT: ELEVATING THE CURRICULUM WITH AN
INTEGRATED EXERCISE IS MEDICINE-ON CAMPUS
PROGRAM
Marilyn Skarbek (Grandview)
Moderator: TBD

2:30 pm – 3:20 pm FROM THE CLASSROOM TO CLINICAL IMPACT:
EXPLORING CEP CAREERS TODAY AND TOMORROW
Cassandra Ledman, Sandy Knecht, Malloree Rice (Pearl)
Moderator: TBD

2:30 pm – 3:20 pm RELATIVE ENERGY DEFICIENCY IN SPORT: CLINICAL
RECOGNITION, CONSEQUENCES, AND INTERVENTION
STRATEGIES
Jill Moschelli, FACSM (Haldane)
Moderator: TBD

3:20 pm – 3:35 pm MOVEMENT IS MEDICINE ACTIVITY BREAK
EIM-OC team members will lead the audience through some light
stretching, mindful breathing, and a few select qigong/yoga poses
(Grandview, Pearl, and Haldane)

3:40 pm – 4:30 pm	HACKING UP A LUNG? IMPACT OF AEROBIC EXERCISE ON IMMUNE FUNCTION Bradley Kendall, Brandon Dykstra, FACSM (Grandview) <i>Moderator: TBD</i>
3:40 pm – 4:30 pm	BUILDING BETTER MUSCLE: STRENGTH, SIZE, AND THE SCIENCE BEHIND MUSCLE QUALITY Dakota Deiwert, Youngjun Lee (Pearl) <i>Moderator: TBD</i>
3:40 pm – 4:30 pm	METABOLIC SYNERGY: HOW OBESITY & DIABETES FUEL CANCER - AND EXERCISE IS THE ANTIDOTE Craig Broeder, FACSM (Haldane) <i>Moderator: TBD</i>
4:40 pm – 5:30 pm	RESEARCH CAREERS AND OPPORTUNITIES IN CLINICAL EXERCISE PHYSIOLOGY Garett Griffith, FACSM, Laura Richardson, FACSM (Grandview) <i>Moderator: TBD</i>
4:40 pm – 5:30 pm	EXPLORING HEALTH BEHAVIORS AMONG COLLEGIATE ATHLETES Emily Van Wasshenova (Pearl) <i>Moderator: TBD</i>

Student Presentations

2:30 pm – 3:20 pm	Oral Session #2 (Haldane) <i>Moderator: TBD</i>
2:30 pm – 3:30 pm	Poster Session #3 (Kendall)
3:30 pm – 4:20 pm	Oral Session #3 (Haldane) <i>Moderator: TBD</i>
3:30 pm – 4:30 pm	Poster Session #4 (Kendall)



Friday (10/17) Morning Sessions

Professional Presentations

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| 8:00 am – 8:50 am | FIREFIGHTER READINESS: ANALYZING RECRUIT
TRAINING & SAFETY MEASURES
Dan Carl, FACSM, Alyson Saxton (Grandview)
<i>Moderator: TBD</i> |
| 8:00 am – 8:50 am | EXERCISE DURING PREGNANCY: INFLUENCE ON
MATERNAL AND CHILD HEALTH OUTCOMES
Alex Claiborne (Pearl)
<i>Moderator: TBD</i> |
| 9:00 am – 9:50 am | GROWING EVIDENCE: USING CLINICAL INSIGHTS TO
ADVANCE RESEARCH
Lucie Silver, Megan Holmes, Karin Pfeiffer, FACSM, Irene
McKenzie (Grandview)
<i>Moderator: TBD</i> |
| 9:00 am – 9:50 am | BEYOND MUSCLE: DIETARY PROTEIN AND
CARDIOMETABOLIC HEALTH IN ATHLETES
Christopher Kotarsky (Pearl)
<i>Moderator: TBD</i> |

Student Presentations

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|-------------------|--|
| 8:00 am – 8:50 am | Oral Session #4 (Haldane)
<i>Moderator: TBD</i> |
| 8:00 am – 9:00 am | Poster Session #5 (Kendall) |
| 9:00 am – 9:50 am | Oral Session #5 (Haldane)
<i>Moderator: TBD</i> |

9:00 am – 10:00 am Poster Session #6 (Kendall)

Keynote Presentation, Brunch, and Business/Award Meeting

10:00 am – 12:00 pm INTEGRATIVE OMICS: MOLECULAR DRIVERS OF
EXERCISE BENEFITS
Monica Hubal, PhD, FACSM (Ambassador Ballroom)