

2026 Midwest ACSM Exercise is Medicine® Clinical Challenge

Translating Science into Everyday Practice
Exercise Oncology: Cancer Prevention and Supportive Care



Midwest Chapter



Overview

The Midwest ACSM Chapter invites undergraduate and graduate students to participate in the Exercise is Medicine® Clinical Challenge. The theme this year is **“Translating Science into Everyday Practice in Exercise Oncology”**. Students are tasked with identifying a recently published peer-reviewed journal article about exercise oncology (i.e., within the past 3 years) and creating a short video that promotes the importance of clinical exercise physiology for cancer prevention and supportive care. We are looking for creative videos that help translate research findings into actionable recommendations and exercise prescriptions for cancer patients and cancer survivors. The target audience for the video is the cancer patient and/or cancer survivor. The goal is to raise awareness and promote exercise as medicine for cancer prevention and supportive care, aligning with several national cancer awareness initiatives. In short, the video must:

- Highlight the critical role of physical activity and exercise in cancer prevention and supportive care.
- Translate complex research findings into actionable recommendations and exercise prescriptions that a cancer patient or cancer survivor can easily understand.
- Target the cancer patient or cancer survivor directly as the primary audience, showcasing exactly how they benefit from specialized exercise supervision.

Timeline

Here are several key dates to keep in mind

- Video submission periods ends October 9 (11:59 pm EDT)
- Voting opens October 12 and ends October 22 (11:59 pm EDT)
- Winners will be announced at the Midwest ACSM Meeting

Guidelines

All video submissions must meet the following guidelines which are outlined further in the [application form](#) (specific rubric criteria are included in the application form):

- 3 minutes or less in length
- An original video produced by students
- Accurately represent the values of Exercise is Medicine®
- Focus on physical activity and healthy lifestyle behaviors
- Incorporate evidence-based suggestions for physical activity (i.e., special considerations, safety recommendations)
- Avoid foul language, political content, violent content

Midwest ACSM reserves the right to deny applications that do not align with the guidelines or are inaccurate

The Prizes

Midwest ACSM will award prizes in two categories. A panel of judges from the Midwest ACSM Exercise is Medicine® and Clinical Education Committees will select the top three winners. The overall winner will receive a \$500 cash prize. Second and third place in this category will also receive cash prizes of \$250 and \$100. To be eligible for awards the student must attend the Midwest ACSM meeting. The public will also have a chance to vote via social media invitations to view videos on YouTube for the “Fan Favorite” winner. The designated Fan Favorite will receive \$150.

Travel Awards

Students who apply will also be eligible for a small travel award to partially offset costs with attending the Midwest ACSM Meeting.

Evidence-Based

Use at least one published (i.e., within the last 3 years) peer-reviewed exercise oncology-related research article and one other credible source like a website (ending in .gov, .edu, .org) to guide the video creation. The key is to provide information and guide the patient on where to find more helpful resources. A list of helpful peer-reviewed articles and credible websites is [available here](#).

How to Enter

Participating in the Exercise is Medicine® Clinical challenge is easy. Students can participate individually or as a group representing their school. To participate, follow these steps.

1. Fill out the [application form](#)
2. Upload your video titled “[School name] Exercise is Medicine® Clinical Challenge 2026”
3. Submit your application

Note: You will upload your video directly into the application form or provide a download link to a google drive/dropbox folder. DO NOT submit a link to a YouTube video.

How to Vote for the Fan Favorite

All video submissions will be uploaded to the Midwest ACSM YouTube channel.

1. Once voting opens, Midwest ACSM will change the status of all video submissions to “public” on YouTube. Midwest ACSM will email voting links to all individuals listed as the “contact” on the application.
2. Each like or “thumbs up” of the video within the YouTube platform will count as a vote. Negative or “thumbs down” will not count against a video’s votes.
3. The video with the most “likes” at the end of the voting period will be the “Fan Favorite” winner.

Promote your video

When the voting period begins, Midwest ACSM will send the voting link to you. At this time, you should share the link and encourage members of your campus community and beyond to vote for your video. You may do this in a variety of ways:

- Email the voting link to students, staff, faculty, exercise professionals, healthcare providers, patients/clients, ect.
- Post the link via social media and encourage your audience members to share it with their networks as well.
- Promote in a campus or community newspaper, newsletter, on calendar or through other media.

Contact

Contact Steven Elmer (sjelmer671@stkate.edu), or Laura Richardson (laurari@umich.edu), with questions about contest rules, eligibility, or to assist with video submission.

Support

The Midwest ACSM Exercise is Medicine® Clinical Challenge is made possible by the generous donation from the Kay and Craig Broeder Preventative Exercise and Nutrition is Medicine Cancer Fund. This fund supports student research and/or project awards that incorporate preventative exercise and nutritional strategies that improve the quality of life and survival rates of individuals living with cancer with preference given to addressing ovarian and prostate cancer.