

# ACSM NORTHWEST

## 2025 Annual Meeting



**Exercise Science:** From  
Pathology to Performance

**PROGRAM  
AT A GLANCE**

*Schedule subject to change*

# ACSM Northwest 2025 Annual Meeting

## Program At A Glance

Eastern Washington University, Cheney, WA

### Exercise Science: From Pathology to Performance

#### PRECONFERENCE EVENT

APRIL 3

4:00 – 4:30 pm

Welcome & Networking | Health Sciences Building Foyer

4:30 – 5:20 pm

#### Student-Focused Breakout Sessions

Session A: Elevate Your Presentation

Session B: ACSM – More Than Just A Meeting

Session C: Lean Into Leadership

5:30 – 7:00 pm

#### An Evening with Team USA Paralympians

Join us for a panel discussion with Paralympians - Lindi Marcusen and Taylor Swanson, and USOPC data scientist, Dr. Lex Gidley

The ACSM Northwest Preconference is included in meeting registration.

It will be hosted at Gonzaga University's Health Science & Innovation Building.

840 E. Spokane Falls Blvd, Spokane, WA 99202 | Free parking available in the adjacent parking lot

#### THANK YOU TO OUR EVENT SPONSORS



Human Physiology



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Exercise Science: From Pathology to Performance



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ANNUAL MEETING

APRIL 4

Symposium | Modeling How Muscles Grow: Towards Mechanism-Based Optimization of Muscular Hypertrophy Through Resistance Training & Nutrition

David Clarke, PhD | Simon Fraser University

2:00 – 2:50 pm

Student Research | Thematic Poster Presentations

Undergraduate Student Presentations

2:00 – 2:50 pm

Invited Speaker | Exercise-Induced Regulation of Toll-Like Receptor 4: Novel Insights into Anti-Inflammatory and Anti-Catabolic Responses

Michael Deyhle, PhD | University of New Mexico

3:00 – 3:50 pm

Symposium | From Strength to Speed: Plyometric & Strength Training for Endurance Athletes

Joel Sattgast, DPT, & John Wehrer, DPT  
Eastern Washington University

3:00 – 3:50 pm

Student Research | President’s Cup Competition

Graduate Student Oral Presentations

4:00 – 4:50 pm

Faculty Research | Slide Presentations

Faculty Research Presentations

4:00 – 4:50 pm

ACSM Northwest Graduate Program Fair

Visit with local Masters and Doctoral-level programs

5:00 – 8:00 pm

ACSM Northwest Poster Session

Join us for appetizers & drinks social alongside the poster session

6:00 – 8:00 pm

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### ANNUAL MEETING

APRIL 5

**Faculty Research | Clinical Case Session**  
Faculty Clinical Research Presentations

9:00 – 9:50 am

**Student Research | Thematic Poster Presentations**  
Undergraduate Student Presentations

9:00 – 9:50 am

**Invited Speaker | Every Step Counts Along the Journey**  
Lex Gidley, PhD | United States Olympic & Paralympic Committee

10:00 – 10:50 am

**Invited Speaker | Getting to the Heart of the Matter: The Role of EKGs in Sports Preparticipation Physical Examinations**  
Tammy Ng, MD | University of Washington

10:00 – 10:50 am

**Invited Speaker | Mitochondrial Structure & Function & the Course of Dietary Carbon Flow**  
George Brooks, PhD, FACSM | University of California at Berkeley

11:00 – 11:50 am

**Symposium | AccessMETs – An Innovative Use of Outrigger Canoe Paddling to Promote Healthy Outcomes Across Populations**  
Simone Schmid, PhD<sup>1</sup>, & Dan Heil, PhD, FACSM<sup>2</sup>  
<sup>1</sup>University of Hawaii at Manoa; <sup>2</sup>Montana State University

11:00 – 11:50 am

**Lunch Break**  
A taco bar will be provided in the Pence Union Building

12:00 – 12:50 pm

**Student Knowledge Bowl**  
The annual exercise science-focused jeopardy competition

1:00 – 2:20 pm

**ACSM Northwest Business Meeting, Awards Ceremony, & Closing Remarks**

2:30 – 3:30 pm

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