

ACSM NORTHWEST

2025 Annual Meeting

Eastern Washington University • April 3 – 5, 2025



EXERCISE SCIENCE: FROM PATHOLOGY TO PERFORMANCE

PROGRAM HIGHLIGHTS

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2025 Annual Meeting

PRESIDENT'S WELCOME



It is my privilege to welcome you to the ACSM Northwest 2025 Annual Meeting. For the first time, we are hosting the meeting on the beautiful Cheney campus of Eastern Washington University and returning to Spokane County for the first time since 2002. We have built a meeting program that is filled with an array of excellent speakers, high quality research from students and professionals, and social events for all attendees.

This year, the Executive Board and Program Committee, have placed a focus on creating a diverse program that includes speakers who are in the earlier stages of their career and making exciting contributions to our field. As well as speakers that have paved the way for us with the pioneering research they have conducted over many years. Sessions include speakers from biomechanics, exercise physiology, clinical physiology, physical therapy, and nutrition. We hope that you will find there is something for everyone at this year's meeting.

We are excited to welcome our keynote speaker, Dr. George A. Brooks, FACSMT to this year's ACSM Northwest Annual Meeting. Dr. Brooks needs no introduction – he is a Professor of Integrative Biology at the University of California, Berkely and has dedicated his career to helping us understand the lactate shuttle and crossover concept. Dr. Brooks will be sharing his research on “Muscle and Whole-Body Lactate Kinetics: Organ-Organ, Cell-Cell, Intracellular, and Postprandial Lactate Shuttles.” We have several other excellent speakers sharing their knowledge with us over the course of the meeting. Dr. Tammy Ng from the University of Washington's Center for Sports Cardiology will share her work on pre-participation physical exams in youth athletes and Dr. Lex Gidley from the United States Olympic and Paralympic Committee will share her experiences from her journey from academics to athletics. Dr. Michael Deyhle will present his research focusing on the effects of exercise on inflammation, while Dr. Brittany Heintz Walters will discuss her work on visuomotor processing during aging. We also have a fantastic array of symposia and slide presentations, thematic presentation, President's Cup competition, and much more.

We hope you stick around to the end of the meeting as this year we will finish with the Student Knowledge Bowl. Hosted by our student representatives, this is the perfect way to wrap a fun- and education-filled meeting. The winning team will go on to represent the ACSM Northwest Chapter at the Annual Meeting in Atlanta, GA.

Finally, I want to take the time to thank our Executive Board for their service to our chapter, particularly in the lead up to this meeting. A special thank you goes to our Executive Director, Evan Hilberg for his behind-the-scenes work for our chapter. I also want to pay special thanks to our MAL-Research, Josh Bailey, for his efforts in organizing abstracts, symposia, clinical case sessions, and anything else we have thrown his way. Thank you to John Quindry for his work in securing sponsorship for the meeting, allowing us to keep costs low for members, to Ariel Aguiar Bonfim Cruz, who has worked tirelessly to help provide excellent opportunities for our student members, and Kristyne Wiegand for her endless support, wisdom, and energy in creating this program.

Thank you for joining us in Cheney, we hope you all have a great ACSM Northwest 2025 Annual Meeting!

Katie Taylor, PhD, FACSMT
ACSM Northwest President

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ACSM NORTHWEST

2025 Annual Meeting

PRECONFERENCE EVENT

Hosted by
Gonzaga University's Department of Human Physiology

Location: Health Science & Innovation Building

840 E Spokane Falls Boulevard, Spokane, WA 99202

Parking: Free parking available in the adjacent parking lot.



Attendance to the preconference is included in your Annual Meeting registration.

THANK YOU TO OUR EVENT SPONSORS

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Human Physiology



COLLEGE OF
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UW Medicine

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ACSM NORTHWEST

2025 Annual Meeting

PRECONFERENCE EVENT

4:00 – 4:30 pm

Welcome & Network

Welcome & Networking | Health Sciences Building Foyer

An opportunity to meet and chat with members from across the chapter. Light refreshments will be provided.

4:30 – 5:20 pm

Session A Room 206

Elevate Your Presentation

Joshua Bailey, PhD & John Quindry, PhD, FACSM

Is this your first time presenting at a conference? Are you unsure what to say when standing beside your poster? Perhaps you've done this before, but you feel it could have gone better. Learn from professionals on mastering the elevator speech and practice your poster presentation with your peers. Consider bringing a copy of your poster along with you.

Session B Room 207

ACSM – More Than Just A Meeting

Ariel Aguiar Bonfim Cruz, MS & Kristyne Wiegand, PhD

Ever wondered what ACSM is and how it serves you? Did you know there are a variety of student and travel grants? How about the networking opportunities? What about continuing education? For many of us, ACSM is the Annual Meeting – but it can be so much more. Learn from chapter leaders about how to get involved and make the most out of your ACSM membership.

Session C Room 208

Lean Into Leadership

Chris Cindric, MA

Is leadership the latest buzzword? Or is it a skill we can learn to develop to get the most out of our education and our careers? Join this session to learn how to build your leadership skill and get hands-on experience developing team cohesion and leadership practice.

Each session will last ~25 minutes with the opportunity to attend 2 sessions

ACSM NORTHWEST

2025 Annual Meeting

PRECONFERENCE EVENT

5:30 – 7:00 pm

Panel Discussion

An Evening with Team USA Paralympians

Panel Discussion with Lindi Marcusen, Taylor Swanson, & Dr. Lex Gidley

Join us for presentations Team USA and a panel discussion about experiences as Paralympian athletes & support staff representing Team USA in Paris 2024.

Lindi Marcusen | T63 Paralympian, 100m & Long Jump

Lindi is a Paralympic sprinter and long jumper whose journey began after surviving a catastrophic accident in 2017 that resulted in the loss of her right leg and a traumatic brain injury. A former high-level gymnast, Lindi turned to adaptive sports during her recovery, finding purpose and power through competition. Now a 5x national champion and American record holder, she represented the USA in the 2024 Paris Paralympics, proving that resilience and determination can redefine what's possible.



Taylor Swanson | T37 Paralympian, 100, 200m, & Relay

Taylor is a Korean American adoptee having been adopted as a baby to an American family in Seattle, WA. She started sports at age 6 when she began playing soccer before switching to track when she started high school. After finding out that she had Cerebral Palsy, she moved to Spokane to train with Parasport Spokane. She competes as Cerebral Palsy short sprinter with international experience from competing at the Paris Paralympics to the World Para Athletic Championships. Beyond the track, Taylor has developed a passion for motivational speaking and hopes to bring awareness about Cerebral Palsy as a child growing up unaware that she had Cerebral Palsy.



Dr. Lex Gidley | USOPC Sports Medicine Data Scientist

Lex is the Sports Medicine Data Scientist in Performance Innovation for the USOPC. In this role she focuses on enhancing Team USA's health performance by overseeing the integration of medical and performance data for performance optimization. Collaborating with a wide range of stakeholders, Lex creates innovative systems and programs that support athletes' long-term development while helping to ensure their well-being. Additionally, Lex is the leader of the MOCAP lab in the Sports Medicine Department, which involves generating and analyzing reports on biomechanical data from elite Olympic and Paralympic athletes to inform Sports Medicine and Performance analysis focused on their health and performance.



ACSM NORTHWEST

2025 Annual Meeting

FRIDAY, APRIL 4

Badge pickup will be available all day in the Pence Union Building lobby. All attendees must have their registration badge to attend sessions.

8:50 – 9:00 am

Welcome & Opening Remarks

ACSM Northwest President, Katie Taylor, PhD, FACSM

Pence Union Building, Nysether Community Room

Welcome
Address

9:00 – 9:50 am

Plant Proteins for Exercise Recovery

Ryan Nuccio, MS, RD | Gatorade Sports Science Institute

Moderator: Katie Taylor, PhD, FACSM / PUB Nysether Community Room

Invited
Speaker

10:00 – 10:50 am

Towards a Better Understanding of Fat Oxidation

Charles Dumke, PhD, FACSM | University of Montana

Moderator: John Quindry, PhD, FACSM | Patterson Building, Room 126

Symposia
Session

Thematic Poster Presentations | Graduate Students

Presenter Information Provided on Pages 29 – 31.

Moderator: Joshua Bailey, PhD / Pence Union Building, Room 317/319

Student
Research



Check out the EWU EagleStore

Visit [the EWU EagleStore](#) and receive **20% off clothing and gifts** when wearing your registration badge!

ACSM NORTHWEST

2025 Annual Meeting

FRIDAY, APRIL 4

11:00 – 11:50 am

Visuomotor Processing in Aging: Insights and Pathways to Enhance Motor Function

Brittany Heintz Walters, PhD | Seattle University

Moderator: Kristyne Wiegand, PhD | Patterson Building, Room 126

**Invited
Speaker**

Oral Presentations | Professional Members

Presenter Information Provided on Pages 32 – 33.

Moderator: Lukas Krumpal, PhD | Patterson Building, Room 128

**Faculty
Research**

12:00 – 12:50 pm

Break for lunch.

**Local Dining Options and Recommendations
Page 41.**

1:00 – 1:50 pm

Muscle and Whole-Body Lactate Kinetics: Organ-Organ, Cell-Cell, Intracellular, and Postprandial Lactate Shuttles

George Brooks, PhD, FACSM | University of California at Berkeley

PUB Nysether Community Room

**Keynote
Speaker**



Need a little caffeine pick-me-up?

Visit [Thomas Hammer in the JFK Library](#) and show your registration badge for **\$1 off any drink!**

MOVEMENT SCIENCES



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& Dance
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✓	✗	✓
✓	✓	✓

ACSM NORTHWEST

2025 Annual Meeting

FRIDAY, APRIL 4

2:00 – 2:50 pm

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

David Clarke, PhD | Simon Fraser University

Moderator: Eddie Davila, MS / Patterson Building, Room 126

**Symposia
Session**

Thematic Poster Presentations | Undergraduate Students

Presenter Information Provided on Pages 29 – 31.

Moderators: Joshua Bailey, PhD & Ariel Aguiar Bonfim Cruz, MS

Pence Union Building, Room 317/319

**Student
Research**

3:00 – 3:50 pm

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

Michael Deyhle, PhD | University of New Mexico

Moderator: Matt Laye, PhD / Patterson Building, Room 126

**Invited
Speaker**

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

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

Moderators: Lukas Krumpl, PhD & Yazmean Inman, BS

Patterson Building, Room 128

**Symposia
Session**



Need wifi? Join EWUguest – no password required

ACSM NORTHWEST

2025 Annual Meeting

FRIDAY, APRIL 4

4:00 – 4:50 pm

President's Cup Competition | Graduate Students
Presenter Information Provided on Pages 27 – 28.

Moderator: Joshua Bailey, PhD & Ariel Aguiar Bonfim Cruz, MS
Patterson Building, Room 126

**Student
Research**

Oral Presentations | Professional Members
Presenter Information Provided on Pages 32 & 33.

Moderator: Matt Laye, PhD | Patterson Building, Room 128

**Faculty
Research**

5:00 – 8:00 pm

ACSM Northwest Graduate Program Fair
Represented Programs are Listed on Page 39.

Moderator: John Quindry, PhD, FACSM /PUB Nysether Community Room

**Graduate
Fair**

A Discussion with Dr. Rosemary Agostini for Interested Med Students

5:00 – 6:00 pm | Pence Union Building, Room 317/319

**Graduate
Fair**

6:00 – 8:00 pm

ACSM Northwest Poster Session & Social
Presenter Information & Board Numbers are Listed on Pages 34 – 38.

Moderator: Joshua Bailey, PhD
Pence Union Building, Nysether Community Room

**Student
Research**

ACSM NORTHWEST

2025 Annual Meeting

SATURDAY, APRIL 5

9:00 – 9:50 am

Clinical Case Sessions | Professional Members

Climbing Towards Better Outcomes: A Case Study of Top-Rope Climbing for Parkinson's Disease

Joseph Roberts & John Wehrer, DPT | Eastern Washington University

Postural Orthostatic Tachycardia Syndrome and Hypermobile Ehlers-Danlos Syndrome: Type 4 Clinical Case Study

Jael Hudson & Smokey Fermin, DAT | Whitworth University

Moderator: Ken Ecker, PhD / Patterson Building, Room 126

**Clinical
Research**

Thematic Poster Presentations | Undergraduate Students

Presenter Information Provided on Pages 29 – 31.

Moderators: Joshua Bailey, PhD & Yazmean Inman, BS

Pence Union Building, Room 317/319

**Student
Research**

10:00 – 10:50 am

Every Step Counts Along the Journey

Lex Gidley, PhD | United States Olympic and Paralympic Committee

Moderator: Kristyne Wiegand, PhD / Patterson Building, Room 126

**Invited
Speaker**

Getting to the Heart of the Matter: The Role of EKGs in Sports Preparticipation Physical Examinations

Tamny Ng, MD | University of Washington

Moderator: Lukas Krumpal, PhD / Patterson Building, Room 128

**Invited
Speaker**

ACSM NORTHWEST

2025 Annual Meeting

SATURDAY, APRIL 5

11:00 – 11:50 am

Mitochondrial Structure & Function & the Course of Dietary Carbon Flow

George Brooks, PhD, FACSM | University of California at Berkeley

Patterson Building, Room 126 | Moderator: John Quindry, PhD FACSM

**Invited
Speaker**

AccessMETs – An Innovative Use of Outrigger Canoe Paddling to Promote Healthy Outcomes Across Populations

Simone Schmid¹, PhD & Dan Heil², PhD, FACSM |

¹University of Hawaii at Manoa; ²Montana State University

Patterson Building, Room 128 | Moderator: Ken Ecker, PhD

**Symposia
Session**

12:00 – 12:50 pm

Taco bar lunch is provided in the Pence Union Building, Nysether Community Room

1:00 – 2:20 pm

Student Knowledge Bowl

Hosts: Ariel Aguiar Bonfim Cruz, MS & Yazmean Inman, BS

PUB Nysether Community Room

**Student
Bowl**

2:30 – 3:30 pm

ACSM Northwest Business Meeting, Awards Ceremony, & Closing Remarks

Katie Taylor, PhD, FACSM | ACSM NW President

PUB Nysether Community Room

**Awards
Ceremony**



COLLEGE OF HEALTH SCIENCE & PUBLIC HEALTH

The College of Health Science & Public Health, based at Eastern Washington University's Spokane campus, prepares students for careers in the critical field of healthcare. Building on Eastern's strong tradition of health-related programs, we foster innovative research and offer a variety of degree options in high-demand health professions. Our college is home to several nationally accredited undergraduate and graduate programs, equipping students with the knowledge and skills to make a meaningful impact in their communities.

Undergraduate and Graduate Degree Offerings

- Athletic Training (MS)
- Communication Sciences and Disorders (BA, MS)
- Dental Hygiene (BS)
- Exercise Science (BS, MS)
- Health and Physical Education (BA)
- Healthcare Administration (BS)
- Lifestyle Medicine (BS)
- Nursing (BSN)
- Occupational Therapy (MOT)
- Physical Therapy (DPT)
- Public Health (MPH)
- Recreation Experience Management (BS)
- Regionally Initiatives in Dental Education (DMD)
- Wellness and Movement Sciences (MS)



Offering programs in
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CHSPH is home to several
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**200 health care
professionals graduate**
each year (more than 140 in
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2025 Annual Meeting

ELECTION INFORMATION

Have you voted?

Vote for your next Executive Board leaders on the website



Positions open for election:

President-Elect, National Student Rep, MAL Clinical, Regional Chapter Committee Rep

Consider running for a position next year

President-Elect, Regional Student Rep, MAL Fitness, Treasurer

AWARD WINNERS

Student Travel Award Winners

Kayla Craft, Pacific University

Daniel Smith, Washington State University

Noah Dooley, Washington State University

Student Research Award Winners

Kailei Eustis, Central Washington University

Karly Knudson, University of Idaho

SERVICE AWARD WINNER



Dr. Lex Gidley has served the ACSM Northwest chapter and its membership for more than a decade during her time as a faculty member in the Northwest region. Throughout her involvement, Dr. Gidley engaged many students in the activities of ACSM Northwest, particularly with Annual Meeting attendance. While navigating around the region, Dr. Gidley always brought students with her to ACSM Northwest. This includes student Brigham young University – Idaho, Western Oregon University, and Gonzaga University. Dr. Lex Gidley has also served as a Member-at-Large for Research, which involves a great amount of service and leadership to ACSM Northwest. This position involves the oversight of all Annual Meeting research activities and Dr. Gidley led new initiatives that have continued over many meetings. Dr. Gidley has also been instrumental in increasing the presence of biomechanics at ACSM Northwest over the past several years. Further, Dr. Gidley has shared her knowledge and research with our membership as an invited speaker to several Annual Meetings. Despite leaving the region to begin a position at the US Olympic and Paralympic Committee, Dr. Gidley remains a continued presence and support to the leadership of our chapter by serving as a presentation judge, abstract reviewer, and session moderator. We appreciate the hard work and leadership of Dr. Lex Gidley.

In recognition of her hard work, service, and leadership to the ACSM Northwest chapter, we are excited to present Dr. Lex Gidley with the 2025 Service Award.

Thank you, Dr. Gidley, and congratulations on this achievement.

LIFETIME MEMBERSHIP AWARD



Dr. Charles "Chuck" Dumke has been a member of the ACSM Northwest chapter for many years. Dr. Dumke first served on the ACSM Northwest Executive Board in 2013 as Regional Chapter Committee Representative. His role included securing Annual Meeting sponsorship, writing grants to support Annual Meeting

activities, being a connection to ACSM National, as well as a significant among of Annual Meeting organization. Dr. Dumke could always be found by the podium at the Student Knowledge Bowl, in charge of the timer – he took his 3, 2, 1, countdown very seriously and only ever caused minor chaos with the laptop touchpad. In addition to his time on the board, Dr. Dumke has provided endless service as an abstract reviewer, student research and travel grant reviewer, session moderator, presentation judge, and more. Dr. Dumke may always be one of the first in the gym every morning at the Annual Meeting, but he was also one of the last to leave the conference center each night, ensuring everything was taken care of. Aside from his dedication to the leadership of the chapter, Dr. Dumke has introduced and brought many students to ACSM Northwest and its Annual Meeting. Dr. Dumke has brought students who have presented research, competed in the Student Knowledge Bowl, and held positions on the Executive Board. Dr. Dumke has also shared his significant array of research over the years of attendance to the ACSM Northwest Annual Meeting. Dr. Dumke's research interests include the understanding of fuel metabolism including his talk on understanding the role of fat oxidation at this year's meeting, and environmental physiology particularly with regards to wildland firefighters. Over the course of his career, Dr. Dumke has been cited more than 6,000 times across a diversity of significant research that extends knowledge within the field of exercise science.

In recognition of his longstanding service and leadership to the ACSM Northwest chapter, we are honored to present Dr. Dumke with the 2025 Lifetime Membership Award.

Thank you, Dr. Dumke, and congratulations on this achievement.

INVITED SPEAKER INFORMATION

KEYNOTE SPEAKER



Friday, April 4 | 1:00 – 1:50 pm | PUB NCR

Saturday, April 5 | 11:00 – 11:50 am | PAT 126

George Brooks, PhD, FACSM
University of California at Berkeley

George A. Brooks, Ph.D. is a Professor of Integrative Biology at the University of California, Berkeley. Dr. Brooks is a Fellow of the American Physiological Society, American College of Sports Medicine, and European College of Sports Science. From athletics and exercise and altitude physiology research George A. Brooks developed the Lactate Shuttle concept. Lactate shuttling has three functions; lactate is a fuel energy source, the main gluconeogenic precursor, and a signaling molecule with autocrine, paracrine and endocrine functions. Endurance training develops the capacities to produce, remove and utilize lactate as a fuel energy source. Lactate is favored as a fuel by working red muscle, heart, liver and brain. Moreover, from extant data related to the Hepatic Glycogen Paradox, it was possible to deduce that a Postprandial Lactate Shuttle plays a major role in dietary carbohydrate metabolism. As a result of new understanding lactate is used to provide metabolic support to endurance athletes and as an extracellular fluid replacement (e.g., dehydration, hypovolemia, hemorrhage), metabolic acidosis, heart failure, myocardial infarction, inflammation and Dengue. As well, lactate supplementation is being evaluated to treat traumatic brain injury and sepsis. A notable exception to lactate efficacy is cancer where lactate shuttling needs to be blocked. In his lecture Brooks will inform about Lactate Shuttle theory and encourage others to translate theory into practice.

VALD

INVITED SPEAKERS



Friday, April 4 | 9:00 – 9:50 am | PUB NCR

Ryan Nuccio, MS, RD Gatorade Sports Science Institute

Ryan Nuccio is an R&D Life Sciences Associate Principal Scientist with the Gatorade Sports Science Institute. His primary role involves supporting various innovation projects across multiple sport nutrition-oriented brands. He provides sports nutrition/scientific guidance on ingredients for future product propositions, evaluating ingredients for efficacy across a range of benefit territories, and providing feedback on product claims. His primary interests in the field of nutrition include the impact of functional foods and isolated dietary constituents on exercise performance, recovery, cognitive function, and health. Ryan received his BS in Food, Nutrition, and Dietetics from Illinois State University, completed a dietetic internship at Loyola University Chicago, and received his MS in Nutrition Education from Rosalind Franklin University.

A photograph of two men in a gym setting. One man is standing and leaning forward, while the other is kneeling and working on the man's leg. The background shows gym equipment and a bright, modern interior.

**Where practice
meets purpose.**

Athletic Training Programs

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INVITED SPEAKERS



Friday, April 4 | 11:00 – 11:50 am | PAT 126

Brittany Heintz Walters, PhD
Seattle University

Dr. Brittany Heintz Walters is an Assistant Professor of Neuromechanics and Acting Associate Chair in the Kinesiology Department at Seattle University. Her research explores the interplay between motor function, sensory integration, and cognitive processes, with a focus on the visuomotor system and aging populations. Using eye-tracking, electromyography, motion capture, and force sensors, she aims to identify factors underlying movement impairments and develop solutions to enhance motor function. Her research has been published in numerous journals, including the Journal of Neurophysiology and Experimental Brain Research, and featured in various presentations and interviews including the Journal of Neurophysiology Podcast series. Dr. Heintz Walters' work has been supported by the National Science Foundation and the American Society of Biomechanics, earning recognition through awards like the Seattle University Multidisciplinary Generative AI Research Award.



Friday, April 4 | 3:00 – 3:50 pm | PAT 126

Michael Deyhle, PhD
University of New Mexico

Dr. Deyhle earned his PhD from Brigham Young University in Provo Utah, where he studied inflammation and immune cell responses to exercise-induced skeletal muscle damage and adaptation. As a post-doctoral fellow at the University of Florida Myology Institute, Dr. Deyhle studied the cellular and molecular mechanisms of cancer-induced skeletal muscle atrophy (cancer cachexia), with a focus on the role of innate immune cells, chemokines and cytokines. Dr. Deyhle's current research focuses on the role of immunological factors and inflammation in exercise responses and in skeletal muscle pathology associated with cancer and other conditions.

INVITED SPEAKERS



Saturday, April 5 | 10:00 – 10:50 am | PAT 126

Lex Gidley, PhD
United States Olympic and Paralympic Committee

Dr. Lex Gidley is a data scientist and biomechanics expert with a PhD from the University of Massachusetts. She currently works for the U.S. Olympic and Paralympic Committee, where she focuses on generating real-world, data-supported insights from medical and performance data. She integrates scientific knowledge with practical experience, drawing on her diverse roles as a scientist, professor, coach, ski instructor, and EMT, to offer a holistic approach to improving the health, fitness, and athletic performance of Team USA.



Saturday, April 5 | 10:00 – 10:50 am | PAT 128

Tammy Ng, MD
University of Washington

Tammy Ng, MD was born and raised in the San Francisco Bay Area. She studied Neurobiology, Physiology, and Behavior at UC Davis, then moved to Philadelphia to complete medical school at Drexel University College of Medicine. After discovering how fun and gratifying it can be to care for children, she decided to pursue pediatrics and returned to UC Davis for her pediatric residency. As a pediatric resident, Dr. Ng developed an interest in pre-participating physical evaluations (PPE) and conduct research exploring challenges to implementing clinical guidelines for PPEs in youth sports. For this work, she was awarded a grant from the UC Davis Graduate Medical Education High Value Competition and has since presented her research at both regional and national conferences. During residency, Dr. Ng also volunteered with the Kyle J. Taylor Foundation and Project ADAM to provide free heart screenings for youth athletes in the Sacramento area. Since moving to Seattle for her sports medicine fellowship at the University of Washington, she has continued to volunteer at free heart screening events, now with the Nick of Time Foundation. She is a strong advocate for cardiac pre-participation screenings and has a special interest in pediatric sports and musculoskeletal medicine.

SYMPOSIA & CLINICAL SESSION SPEAKER INFORMATION

SYMPOSIA SPEAKERS



Friday, April 4 | 2:00 – 2:50 pm | PAT 126

David Clarke, PhD
Simon Fraser University

Dr. Dave Clarke is an Associate Professor in the Department of Biomedical Physiology and Kinesiology at Simon Fraser University in British Columbia, Canada. Dr. Clarke holds BSc and MSc degrees in kinesiology, while his PhD and postdoctoral training were in biological engineering. He directs the Laboratory for Quantitative Exercise Biology, the mission of which is to build predictive models of exercise-training adaptations to improve fundamental understanding and optimize exercise training programs for health, fitness, rehabilitation or performance goals. To achieve this mission, the lab pursues three primary lines of inquiry: exercise-responsive cell signaling networks, training load quantification from wearable technology data, and evidence-based exercise programming.

Saturday, April 4 | 11:00 – 11:50 am | PAT 128

Simone Schmid, PhD¹ & Dan Heil, PhD, FACSM²
¹University of Hawai'i at Mānoa; ²Montana State University



Simone Schmid, PhD, is a post-doctoral fellow for the Research Corporation of the University of Hawai'i at Mānoa. This is an innovative bridge position between the Hawai'i Department of Health, Chronic Disease Prevention and Health Promotion Division, Surveillance, Evaluation and Epidemiology Office, and the University of Hawai'i, Office of Public Health Studies. Dr. Schmid is also an Adjunct Assistant Professor, Social and Behavioral Health Sciences at Office of Public Health Studies, University of Hawai'i at Manoa and Principal Investigator of the AccessMETs project. All her training and career has been focused on chronic disease prevention via physical activity for people with and without disabilities.

Dan Heil, PhD, FACSM, is a Professor of applied Exercise Physiology at Montana State University-Bozeman, and author/co-author of nearly 200 published research articles and abstracts with a focus on determinants of energy expenditure and human performance.

SYMPOSIA SPEAKERS



Friday, April 4 | 10:00 – 10:50 am | PAT 126

Charles Dumke, PhD, FACSM
University of Montana

Dr. Dumke is a Professor of Exercise Physiology at the University of Montana. He has been involved in research spanning immunology, oxidative stress, endocrinology, dietary supplementation, fuel utilization, energy expenditure, and mitochondrial adaptations as they relate to health, environmental influences, and disease. Dr. Dumke has taught exercise physiology and sports nutrition for 25 years.

Friday, April 4 | 3:00 – 3:50 pm | PAT 128

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



Joel Sattgast is an Assistant Professor in the Doctor of Physical Therapy program and is a board-certified Orthopedic Clinical Specialist. He has extensive experience working with orthopedic and neuro trauma, as well as specialty experience working with runners and endurance athletes along the injury-to-performance spectrum. He has over a decade of experience coaching elite age-group and semi-professional runners and triathletes across a variety of disciplines and distances. His current research investigates running performance, emphasizing translation of laboratory science into clinical application for physical therapists, exercise physiologists, coaches, athletic trainers, and related clinicians.

John Wehrer is a Clinical Assistant Professor in the Doctor of Physical Therapy program and a board-certified Sports Clinical Specialist. Clinically, he's practiced in various regions throughout the west coast in sports and orthopedics while also developing continuing education content. He has extensive experience working with elite and amateur athletes in performance, rehabilitation, and consulting roles. Dr. Wehrer's specific clinical focus resides with lower and upper extremity post-operative rehabilitation, bridging the gap between rehabilitation and performance, and the management and training of endurance athletes. He most commonly treats endurance athletes and those undergoing ACL reconstruction and hip arthroscopy.

CLINICAL CASE SPEAKERS

Joseph Roberts, BS & John Wehrer, DPT | Eastern Washington University

Joseph Roberts is a Doctor of Physical Therapy student at EWU, class of 2026. He completed an adaptive climbing clinical experience at a local gym, assisting individuals with neurological disorders in indoor rock climbing. Beyond academics, Joseph has extensive experience guiding novice climbers and facilitating outdoor activities such as rock climbing and backpacking with local organizations. He currently volunteers with the upENDING Parkinson's chapter, a nonprofit offering guided rock climbing for individuals with Parkinson's disease. His experiences have fostered a passion for integrating recreational activities into physical rehabilitation. As a future physical therapist, Joseph is dedicated to improving the quality of life for individuals with neurological, musculoskeletal, and psychological challenges by encouraging new and engaging activities.

Dr. Wehrer is a Clinical Assistant Professor in the Doctor of Physical Therapy program at EWU. He currently coordinates the EWU Adaptive Climbing Program has previously served as one of the early clinical instructors for this program. You can read more about Dr. Wehrer's work on page 23.

Jael Hudson, BS & Smokey Fermin, DAT | Whitworth University

Jael Hudson is a Masters of Athletic Training student at Whitworth University graduating in May. She earned her Health Sciences undergraduate degree at Whitworth where her background as a championship level ballroom dancer sparked her interest in rehabilitation science and athletic training. Jael has clinical experience with collegiate and high school athletes and completed a clinical rotation traveling with a national drum corp, providing athletic training support. She is dedicated to performing arts medicine and raising awareness of its unique demands and care needs.

Dr. Smokey Fermin is an Associate Professor at Whitworth University's School of Health Science. He received his undergraduate degree from the University of California, Davis in political science but gained interest in rehab sciences while being part of an athletic training internship while at Davis. This led to him attending California Baptist University for his professional Master's in Athletic Training and then to the University of Idaho for his Doctor in Athletic Training. Dr. Fermin also earned a Master's in Business Administration with a concentration in Marketing from Washington State University, Pullman. Dr. Fermin's research focus is on the comparison of novel manual therapy to current practice standards, survey research, clinical decision-making, and healthcare access for underserved/underrepresented populations.

PRESIDENT'S CUP PRESENTATIONS

2025 Annual Meeting

PRESIDENT'S CUP

FRIDAY APRIL 4 | 4:00 – 4:50 pm | PAT Room 126

The President's Cup is a research competition held annually and is organized by ACSM and the Student Affairs Committee. Each regional chapter selects one student to represent their chapter in the President's Cup competition at the ACSM Annual Meeting.

Menstrual Cycle Phase Effects on Exercise Thermoregulation and Performance in the Heat

Kailei Eustis, Central Washington University

**Presenter
#1**

Relationship Between Perceived Limited and Respiratory Compensation Point in Recreational Runners

Aaron Seipel, Oregon State University

**Presenter
#2**

Associations Between Body Composition and Cognitive Function Among Female Adolescents

Maya Kobylanski, University of Idaho

**Presenter
#3**

Age-Related Differences in the Acute Effects of Muscle Fatigue on Stability

Katherine Hatch, Eastern Washington University

**Presenter
#4**

Impact of Aging on Diaphragm Thickness and Respiratory Function: Comparison with Peripheral Skeletal Muscle

Colton Hart, Central Washington University

**Presenter
#5**

ACSM NORTHWEST



2025 Annual Meeting

THEMATIC POSTER
PRESENTATIONS

2025 Annual Meeting

THEMATIC PRESENTATIONS

FRIDAY APRIL 4 | 10:00 – 10:50 am | PUB 317/319

Effect of In-Season Stress on Cognitive Abilities in Division III Women's Soccer Players

Rae Gerkling, Linfield University

Poster #1

Sedentary Behavior is Associated with Total and Central Adiposity in Older Adults

Maxx Antush, University of Idaho

Poster #2

Pain and Sleep Duration in People with Amyotrophic Lateral Sclerosis: A Pilot Study

Kyanna Bren, Eastern Washington University

Poster #3

Patterns of Daily Activity, Sleep, Diet, and Hormonal Fluctuations Among Premenopausal Women: A Two-Month Analysis

Ariel Aguiar Bonfim Cruz, University of Idaho

Poster #4

FRIDAY APRIL 4 | 2:00 – 2:50 pm | PUB 317/319

Effect of Post Running Hot Water Immersion on Wildland Firefighters Wearing Protective Clothing During Exercise

Nathan Marshall, Eastern Oregon University

Poster #1

Acute Heat Exposure Lowers Postprandial Glucose & Glycemic Variability of Healthy Male & Female College Students

Lily Osmond, Gonzaga University

Poster #2

The Acute Effects of Quadricep- and Hamstring-Isolated Exercises on Vertical Jump Performance

Silas Ng, Whitworth University

Poster #3

Kinetic Comparisons Across Reserve Office Training Corps Branches

Rafe Richardson, University of Idaho

Poster #4

ACSM NORTHWEST

2025 Annual Meeting

THEMATIC PRESENTATIONS

SATURDAY APRIL 5 | 9:00 – 9:50 am | PUB 317/319

Influence of Executive Function on Movement Function in People with Parkinson's Disease and Unimpaired Adults

Nick Hutchison, Gonzaga University

Poster #1

The Effect of Locomotor-Respiratory Coupling on Handgrip Muscle Strength and Endurance

Abigail Sorenson, Pacific University

Poster #2

Bilateral Differences in Shoulder Rotation with Unilateral Static Stretching Due to Cross-Education

Benyamin Meric, Eastern Washington University

Poster #3

Kinematic Evaluation of Two 3D-Printed Pneumatic Soft Robot Prototypes for Finger Extension Rehabilitation

Max Anderson, Seattle University

Poster #4

WILL YOU BE AT ACSM 2025 IN ATLANTA, GA?

Join us for the ACSM Northwest Social at Dos Bocas on the Thursday Evening from 5:30 – 7:30 pm

DOS BOCAS

ACSM NORTHWEST



2025 Annual Meeting

PROFESSIONAL ORAL
PRESENTATIONS

2025 Annual Meeting

PROFESSIONAL ORAL PRESENTATIONS

FRIDAY APRIL 4 | 11:00 – 11:50 am | PAT 126

Comparison of Two Craniotomy Techniques

Justin Ulbright, Whitworth University

Presenter #1

Early Ambulation Using a Portable Treadmill for Patients in Intensive Care: A Proof-of-Concept Study

Jenny Jordan, Tufts University

Presenter #2

Aging Alters Macrophage & Cellular Senescence Response During Muscle Recovery from Immobilization

Chad Skiles, University of Utah

Presenter #3

Modeling Metabolic Syndrome Severity Using Android Fat Percentage

Anthony Campitelli, College of Idaho

Presenter #4

FRIDAY APRIL 4 | 4:00 – 4:50 pm | PAT 128

Measuring HRmax & VO₂peak with an On-Water Outrigger Canoeing Test Protocol: An AccessMETs Project

Dan Heil, Montana State University

Presenter #1

Metabolic Equivalents for Outrigger Canoe Paddling for Adults with Spinal Cord Injury: An AccessMETs Project

Simone Schmid, University of Hawai'i at Mānoa

Presenter #2

Biometric-Based Digital Coaching & Sport Performance in Division I Football Athletes

Christi Brewer, Eastern Washington University

Presenter #3

Instructional Self-Talk Meaningfully Impacts Lower Limb Kinematics in Runners – A Pilot Study

Joel Sattgast, Eastern Washington University

Presenter #4

POSTER PRESENTATIONS

FRIDAY, APRIL 4
6:00 – 8:00 PM

**PUB NYSETHER COMMUNITY
ROOM**

2025 Annual Meeting

Preliminary Study: Intra-Rater Reliability of Biering-Sorenson Test When Using Goniometer

Jack Albert, Eastern Washington University

Board #1

Associations of Daily Step Count and Step Rate with Quality of Life in Older Adults

Haley Sprague, University of Idaho

Board #2

Achilles Tendinopathy Prevention: An Evidence-Based Approach

Joshua Sargeant, Rocky Mountain

Board #3

Effect of Collagen Supplements on Hamstring Flexibility in Young Adults

Helen Luu, University of Portland

Board #4

Association of Calf Circumference with Blood Pressure and Heart Rate

Kayla Craft, Pacific University

Board #5

Portable Leg Press for Closed Kinetic Chain Exercises: Enhancing Strength for Patients in Intensive Care

Kean Suen, Eastern Washington University

Board #6

Effects of Hydration on Exercise-Induced Bronchoconstriction in the Cold in High-Ventilation Collegiate Athletes

Grace Fink, Gonzaga University

Board #7

Sleep Quality and Cardiopulmonary Functional Capacity in Outpatient Cardiac Rehabilitation

Carolina Pavlenko, University of Washington

Board #8

The Effects of Rapid and Slow Stretch-Shortening Cycle Movements on Perceived Soreness and Performance

Bree Hurajt, Eastern Washington University

Board #9

2025 Annual Meeting

Bidirectional Relationships Between Physical Activity and Affect: Evidence From Accelerometry and Ecological Momentary Assessment

Gabe MacAlevy, University of Idaho

Board #10

The Effect of Pea and Rice Protein Supplementation on Muscle Recovery

Sydney Dombrowik, Gonzaga University

Board #11

Cardiac Indicators During Half and Full Ironman Competition: A Comparative Analysis

Daniel Smith, Washington State University

Board #12

Race Segment Variability in Physiological Responses During Half Ironman Triathlon

Noah Dooley, Washington State University

Board #13

Affective Responses to Self-Selected and Moderate-Intensity Aerobic Exercise in Adults with Depressive Symptoms

Rheanna Anderson, University of Idaho

Board #14

To Play or Not To Play: Investigating the Effects of Auditory Stimuli During Running

Anna Tamblyn, Eastern Washington University

Board #15

Relationship Between Mindfulness, Pain, and Exercise Performance

Aletha Lassiter, Washington State University

Board #16

Effect of Student-Led Exercise Clinic on Cardiovascular Health and Fitness Among Community Volunteers

Liam Quinn, Washington State University

Board #17

Relationship Between Countermovement Jump Metrics and Concentric Deadlift Velocity in Collegiate Athletes

Alex Norling, Linfield University

Board #18

2025 Annual Meeting

Does Acute Ketosis Improve Finger Dexterity or Cognition in Hypoxic and Cold Conditions?

Amanda Murayama, Gonzaga University

Board #19

Relationship of Collegiate Softball Hitting Performance with Sensorimotor Abilities

Halliday Hubbard, Linfield University

Board #20

Profiling Kinetics and Kinematics of Collegiate Volleyball Players Based on Position Group and Division

Paige Richards, Linfield University

Board #21

The Influence of Ankle Torque Production on the Timed Up & Go in People with Parkinson's Disease

Garrett Urvater, Gonzaga University

Board #22

Assessing the Effect of Ankle Taping in Amateur Figure Skaters Performing a Dip

Rachel Driskell, University of Idaho

Board #23

Evaluating the Reliability and Accuracy of Three Sensor Prototypes for Enhancing Stair Mobility

Chloe Schmidt, Eastern Washington University

Board #24

Walking with Added Mass Potentially Increased Center of Mass Vertical Displacement in Non-Pregnant Women

LH Tan, Whitworth University

Board #25

Effects of Acute Low-Intensity Walking on Attentiveness in the Classroom

Marissa Bell, Whitworth University

Board #26

Assessing the Effects of Ankle Taping on Dorsiflexion and Stability in Figure Skaters

Laurel Coleman, University of Idaho

Board #27

2025 Annual Meeting

Bilateral Asymmetry in Stability and Mobility Measures of Recreational Endurance Runners

Nicole Jones, University of Idaho

Board #28

Exploring the Cognitive Benefits of Physical Activity in a Natural Environment

Karly Knudson, University of Idaho

Board #29

The Influence of An(Aerobic) Training on Ankle Proprioception, Ankle Laxity, Balance

Braeden Gee, Gonzaga University

Board #30

Effect of Figure Skates on Squat Kinematics in Amateur Figure Skaters

Tiana Lee, University of Idaho

Board #31

Instructional Self-Talk Meaningfully Impacts Lower Limb Kinematics in Runners – A Pilot Study

Joel Sattgast, Eastern Washington University

Board #32



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GRAD FAIR PROGRAMS



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WASHINGTON UNIVERSITY



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Department of
Movement Sciences



WASHINGTON STATE
UNIVERSITY

HEALTH SCIENCES
SPOKANE



WHITWORTH
UNIVERSITY



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MONTANA

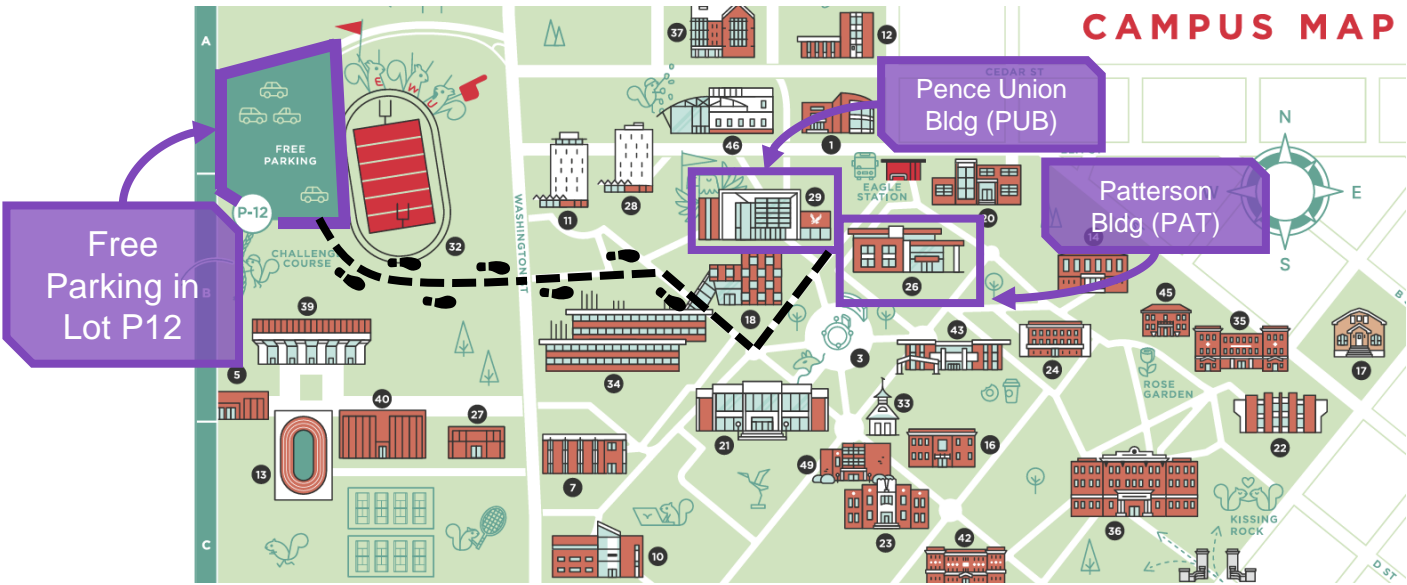


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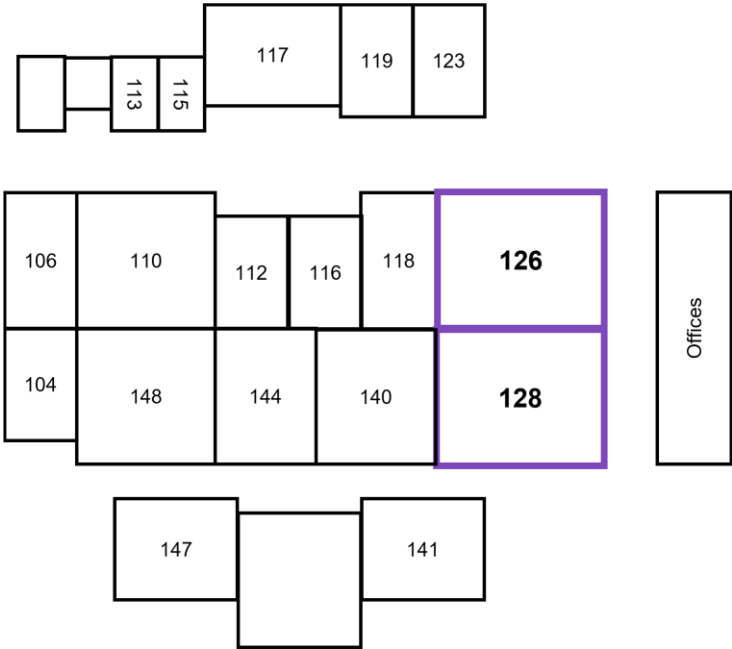
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2025 Annual Meeting

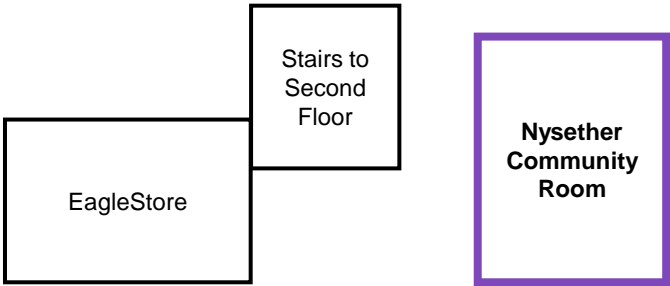
SITE INFORMATION | PARKING



PATTERSON FIRST FLOOR



PENCE UNION BUILDING



ACSM NORTHWEST

2025 Annual Meeting

DINING OPTIONS

ON-CAMPUS



Pence Union Building
Second Floor



Pence Union Building
First Floor



Pence Union Building
Second Floor



Tawanka Building
First Floor



JFK Library
First Floor

OFF-CAMPUS - CHENEY



West Plains Roasters
108 College Ave

10 – 15 min 



Bene's
24 W 1st Street

15 – 20 min 



The Mason Jar
101 F Street

10 – 15 min 

There are also a variety of fast-food options as well as places more suited to sit-down eating