

2026 Annual Meeting Program at a Glance

THURSDAY APRIL 2

7:00 - 4:30

Registration

8:30 - 9:00

Opening Remarks

9:00 - 9:50

Keynote Speaker
Dr. Joseph Ihm, MD, FACSM

Concurrent Sessions

10:00 - 10:50

Invited Speaker

Tessa Koschel, PhD, CSCS
Under Load: Training Muscle and Mind for Cognitive Control

**Thematic Session
#1**

11:00 - 11:50

Symposium

*Creatine in Women's Health: Bridging the Gap from
Menstruation through Pregnancy to Menopause*

**Thematic Session
#2**

12:00 - 12:50

Lunch and Business Meeting

Lunch provided by ACSM NW

Concurrent Sessions

1:00 - 1:50

Speaker Series

*Translating Exercise Science
Through Community Testing*

Symposium

*Cardiovascular Health in Obesity: Early Effects of
Anti-Obesity Medications*

2:00 - 2:50

**Career Pathways
Panel**

Symposium

*Motivation in Motion: Bridging Science and Real-
World Application in Motivation of Exercise*

3:00 - 3:50

**President's Cup
Competition**

Symposium

*Optimizing Performance and Longevity in the
Geriatric: Assessment and Training Considerations*

4:00 - 4:30

Networking Break

4:30 - 5:30

Graduate Program Fair

5:30 - 7:00

Poster Session & Social
Refreshments provided by ACSM NW



FRIDAY APRIL 3

7:00 - 4:30

Registration

Coffee & Pastries provided by ACSM NW

9:00 - 11:00

Student Knowledge Bowl

Concurrent Sessions

11:00 - 11:50

Meet the Experts Roundtable

Symposium

Injury risk factors and prevention strategies for Ironman triathlons: The athletes' perspective

Professional Slide Presentations

12:00 - 12:30

Award Ceremony & Closing Remarks

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We look forward to seeing you on
April 2 & 3 at the University of Idaho!