



2026

**ACSM NORTHWEST  
ANNUAL MEETING  
PROGRAM**

University of Idaho | Moscow, ID | April 2 & 3, 2026

**Innovation Meets Application:  
*Building the Future of Exercise Science***

# Message from the President

On behalf of the Executive Board, I am honored to welcome you to the **ACSM Northwest Chapter 2026 Annual Meeting!** We are so excited to be hosting this year's meeting at the beautiful University of Idaho campus. This year's meeting is jam-packed with engaging speakers, new session formats, and, of course, a wide array of excellent research from student and professional members.

Our theme this year is "***Innovation Meets Application: Building the Future of Exercise Science***," which is reflected in the programming that we've put together. Our aim this year is to highlight all the ways that our field contributes to innovative, people-focused research and clinical work, and to reflect our goals to educate and empower the current and future leaders and educators within the fields of exercise science and kinesiology.

I know that this year's Annual Meeting will provide students and professionals alike with a wide array of knowledge, inspiration, and opportunities to learn and grow within your own area of interest. We have some exciting new sessions, including a **Career Pathways Panel** featuring experts who've built interesting and innovative careers in fitness, industry, and tech, and a **Meet the Experts Roundtable** session where students will have the opportunity to speak with professionals about their own personal journeys and experiences.

**Our keynote speaker this year, Dr. Joseph Ihm**, will be speaking about his own winding path that led him to his current role as a Professor of Clinical Practice at the University of Washington and the medical director of the Harborview Sports and Spine Clinic, and how his background in exercise science has shaped his career.

I truly hope you take opportunities to meet other students and professionals from all over the region while enjoying the experience of being immersed in the field among the many experts and innovators that comprise our regional membership.

I would also like to thank everyone who has helped bring this meeting to life – **our Sponsors**, the **ACSM Northwest Executive Board**, all our amazing **presenters**, and most of all – **you!** Thank you for engaging with our region in such meaningful ways.

Cheers to a wonderful Annual Meeting experience!



Kristyne Wiegand, PhD  
ACSM Northwest President



**ACSM**  
Northwest  
Chapter



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(Psy.D.)

**Gerontology**  
(M.S.)

**Anatomical Sciences**  
(D.A.S.)



# Attendee Information

## Location

The entirety of the meeting will be held on the second floor of the Pitman Center on the University of Idaho campus.

## Registration

*The registration desk will open at 7:30 AM and will be open for the majority of the conference.*

Pre-registered attendees should follow signs to pick up name badges upon arrival.

Online registration will remain available through April 3.

## Presenter Information

*For oral/slide presentations:*

- Rooms will have laptops if you would like to bring your presentation on a flash drive.
- There will be HDMI/USB-C cables available if you bring your own laptop.
- Please speak with us at the registration table upon arrival if you need additional A/V capabilities.

*Thematic presentations:*

- You have been assigned a poster number. There will be poster boards in the front of the **Vandal Ballroom**; please hang your poster when convenient, but before the start of your session.

*Free communication posters:*

- You have been assigned a poster number. Please locate your number in the **International Ballroom** & hang your poster ***no earlier than 5:25 PM.***

## Wifi

Network Name: AirVandalGuest  
Password: GoVandals!

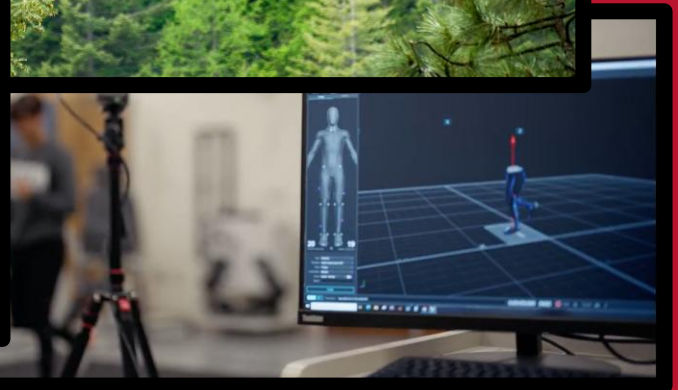
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# Agenda


Thursday, April 2<sup>nd</sup>

Time	Room	Session Type	Title
7:30 - 4:30	Second Floor Lobby		Registration and Badge Pickup <i>(coffee provided)</i>
8:30 - 9:00	International Ballroom	Opening Remarks	Innovation Meets Application: Building the Future of Exercise Science
9:00 - 9:50	International Ballroom	Keynote Lecture	Effect of Exercise and General Activity in Musculoskeletal Disorders
10:00 - 10:50	Borah Theater	Invited Lecture	Under Load: Training Muscle and Mind for Cognitive Control
	Vandal Ballroom	Thematic	Thematic Session 1: Biomechanics
11:00 - 11:50	Borah Theater	Symposium	Creatine in Women's Health: Bridging the Gap from Menstruation through Pregnancy to Menopause
	Vandal Ballroom	Thematic	Thematic Session 2: Physiology/Nutrition
12:00 - 12:50	International Ballroom	Meeting	Business Meeting; See Proposed Bylaws changes. <i>(lunch provided)</i>
1:00 - 1:50	Vandal Ballroom	Invited Lecture	Translating Exercise Science Through Community Testing
	Borah Theater	Symposium	Cardiovascular Health in Obesity: Early Effects of Anti-Obesity Medications
2:00 - 2:50	Vandal Ballroom	Event	Career Pathways Panel
	Borah Theater	Symposium	Motivation in Motion: Bridging Science and Real-World Application in Motivation of Exercise
3:00 - 3:50	Vandal Ballroom	Symposium	Optimizing Performance and Longevity in the Geriathlete: Assessment and Training Considerations
	Borah Theater	Event	President's Cup Competition
4:00 - 4:30	Pitman Center		Networking Break
4:30 - 5:30	Vandal Ballroom		Graduate Fair
5:30 - 7:00	International Ballroom		Poster Session and Social <i>(refreshments and light food provided)</i>

# Agenda


Friday, April 3<sup>rd</sup>

Time	Room	Session Type	Title
7:30 - 12:30	Second Floor Lobby		Registration and Badge Pickup <i>(coffee and pastries provided)</i>
9:00 - 11:00	International Ballroom	Event	Student Knowledge Bowl
	Borah Theater	Symposium	Injury Risk Factors and Prevention Strategies for Ironman Triathlons: The Athletes' Perspective
11:00 - 11:50	International Ballroom	Event - Student	Meet the Experts Roundtable
	Vandal Ballroom	Presentations	Professional Slide Presentations
12:00 - 12:30	International Ballroom	Meeting	Award Ceremony and Closing Remarks




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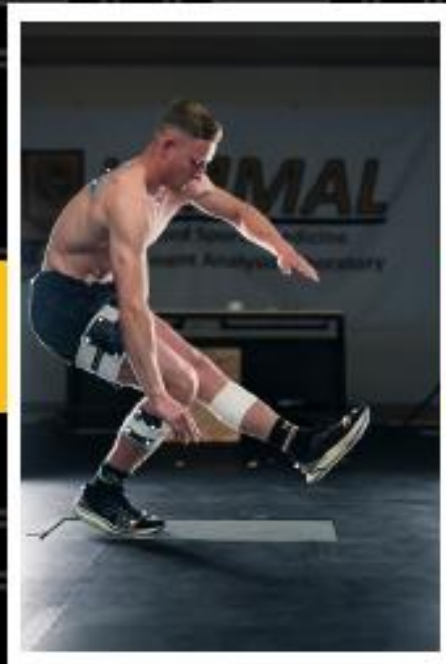
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Department of  
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# Meet Our Speakers

## Keynote Speaker: Dr. Joseph Ihm, MD, FACSM



Joe Ihm is a physician who is board certified in physical medicine and rehabilitation with a subspecialty board certification in sports medicine. He is a Professor of Clinical Practice at the University of Washington and the medical director of the Harborview Sports and Spine Clinic. He treats a wide variety of musculoskeletal disorders nonoperatively with an interest in spine disorders, tendinopathy, and osteoarthritis.

While he has been a physician for more than 20 years, he completed an undergraduate degree in exercise physiology and previously worked as a personal trainer for several years. In addition to serving as a Fellow with ACSM, Dr. Ihm is also involved with the ACSM Exercise Is Medicine campaign, with service to the EIM Clinical Practice Committee, EIM Program Planning Committee, and the EIM Governance Board.

## Invited Speaker: Tessa Koschel, PhD, CSCS

Dr. Tessa Koschel is a performance scientist, coach, and educator whose work lives at the intersection of physiology, psychology, and human potential. She holds a PhD in Interdisciplinary Health Sciences and spent more than a decade coaching collegiate track and field before moving into strength and conditioning and applied sport science. Today, her work focuses on translating emerging evidence into practical training systems that improve performance, resilience, and long-term health across the lifespan.

An international speaker and published author, Dr. Koschel is especially recognized for her work in perinatal athleticism, cognitive control under stress, and the design of training models that integrate physical and mental adaptation. She is known for making complex science usable, equipping coaches, clinicians, and athletes with tools that are both evidence-based and deeply human. Whether speaking on pregnancy and performance, mental resilience, or the future of applied sport science, Dr. Koschel brings intellectual depth, real-world coaching credibility, and a voice that challenges the field to think bigger.



*Hear from Dr. Koschel at her invited talk, "Under Load: Training Muscle and Mind for Cognitive Control" on Thursday at 11:00! She will also be on the Career Pathways Panel on Thursday at 2:00!*

# Meet Our Speakers

## Invited Speaker: Blake Densley, EdD, ACSM-EP



Dr. Blake Densley is a Clinical Assistant Professor of Exercise Science and Director of the Human Performance Laboratory (HPL) at Boise State University. He holds an EdD from Boise State University (cognate in Kinesiology), an MS in Exercise and Sport Science (Exercise Physiology) from the University of Utah, and is an ACSM Certified Exercise Physiologist.

In his role, Dr. Densley leads the HPL's mission to Explore, Evaluate, Educate, and Enhance human performance through integrated research, hands-on student training, and community education. The lab studies key physiological factors, delivers rigorous evidence-based testing, prepares students and practitioners through mentored lab experiences, and translates results into responsible, practical guidance for athletes, patients, and community members.

## Invited Speaker: Gabriella Bellissimo, PhD

Gabriella is passionate about making exercise practical, accessible, and impactful for diverse populations. She earned her PhD in Exercise Science from the University of New Mexico and previously spent three years working in weight-loss and cardiac rehabilitation clinics within the Beaumont Health System in Michigan. Gabriella has been involved in the fitness industry since her undergraduate years and holds ACSM certifications as an Exercise Physiologist and Certified Personal Trainer.

Her scholarship explores how exercise can be simplified and effectively implemented for individuals facing barriers to physical activity. As an educator at the College of Idaho, she is passionate about equipping students with hands-on, real-world skills and inspiring them to pursue meaningful careers in health, fitness, and clinical exercise science.



*Catch Dr. Densley & Dr. Bellissimo's talk "Translating Exercise Science Through Community Testing" on Thursday at 1:00!*

# Symposium Presenters

Thursday, April 2<sup>nd</sup> | 11:00 – 11:50 am

**Ann Frost, PhD | University of Idaho**

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

Ann Frost is a women's health researcher at the University of Idaho whose work focuses on midlife female health, metabolism, body composition and dietary behaviors shaping health across the lifespan. Her research integrates interdisciplinary, population-based, and translational approaches to advance dietary and exercise solutions that support women's health and quality of life.

Thursday, April 2<sup>nd</sup> | 1:00 – 1:50 pm

**Catherine Jarrett, PhD, RD | Washington State University**

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

Catherine Jarrett, PhD, RD is an Assistant Professor in the Department of Nutrition and Exercise Physiology at Washington State University, College of Medicine. She is a registered dietitian and holds a PhD in Exercise and Nutrition Science from Arizona State University. Prior to joining WSU, Dr. Jarrett completed a postdoctoral fellowship in vascular physiology and blood flow regulation at the University of Utah Vascular Research Laboratory within the VA Geriatric Research, Education, and Clinical Center. Her research focuses on the interaction between obesity, exercise, nutrition, and vascular health, with an emphasis on translational and clinically relevant outcomes.

**VALD HEALTH**

# Symposium Presenters

Thursday, April 2<sup>nd</sup> | 2:00 – 2:50 pm

**Steven Waite, PhD | Fresno State University**  
**Eli Lankford, PhD, FACSM | Fresno State University**  
**Chris Ludwig, EdD, ATC | Fresno State University**

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

Steven Waite, PhD is an Assistant Professor at California State University, Fresno. He earned his PhD in Health and Human Performance from Concordia University Chicago. Dr. Waite played collegiate soccer at Fresno Pacific University and maintains a strong personal and professional interest in endurance exercise. He is an avid marathon runner and focuses on the application of exercise science principles to real-world training and performance.

Eli Lankford, PhD, FACSM is an Associate Professor at California State University, Fresno. He earned his PhD in Exercise Physiology from Brigham Young University. Dr. Lankford has an extensive background in fitness product research and marketing, with interests in exercise motivation and alternative approaches to physical activity for health. He is a Fellow of The American College of Sports Medicine and a Past President of ACSM Northwest. Outside of academia, he enjoys outdoor recreation and non-traditional forms of physical activity.

Chris Ludwig, EdD, ATC is a licensed Athletic Trainer and educator who earned his Doctor of Education degree from the University of the Pacific. He is an active member of the National Athletic Trainers' Association (NATA), where he serves as a mentor on the Student Leadership Committee and previously served as an Ambassador for the NATA Research and Education Foundation.

Thursday, April 2<sup>nd</sup> | 3:00 – 3:50 pm

**Joel Sattgast, PT, DPT, OCS | Eastern Washington University**

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

Joel Sattgast is an assistant professor in the Doctor of Physical Therapy Program at Eastern Washington University and is a board certified Orthopaedic Clinical Specialist. He has extensive experience working within orthopaedics, as well as applied practice experiencing working with runners and endurance athletes along the injury-to-performance spectrum. He has coached elite age-group and semi-professional runners and triathletes across a variety of disciplines and distances for over a decade. His current research is investigating running performance, with an emphasis on clinical translation of laboratory data into clinical application for use with physical therapists, exercise physiologists, coaches, athletic trainers, and related healthcare practitioners.

# Symposium Presenters

Friday, April 3<sup>rd</sup> | 11:00 – 11:50 am

**Amanda Lamp, PhD | Washington State University**

**Thomas Gooding, PhD, ATC, CSCS | Washington State University**

*Injury Risk Factors and Prevention Strategies for Ironman Triathlons: The Athletes' Perspectives*

Dr. Lamp's research includes the intersection of sleep, physical activity and risk prevention/management. She has expertise in both qualitative and quantitative methods research.

Dr. Gooding is an athletic trainer with extensive experience in collegiate and professional sports settings whose research focuses on how sleep and physical activity influence health and performance outcomes.



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# Career Pathways Panel

Thursday, April 2<sup>nd</sup> | 2:00 – 2:50 pm



**Blake Densley, EdD, ACSM-EP**  
*Human Performance Lab, Boise State University*

Dr. R. Blake Densley is a Clinical Assistant Professor of Exercise Science and Director of the Human Performance Laboratory at Boise State University. He holds an EdD from Boise State University (Curriculum & Instruction; cognate in Kinesiology), an MS in Exercise & Sport Science (Exercise Physiology) from the University of Utah, and is an ACSM Certified Exercise Physiologist.

His career bridges applied sport science, community health programming, and higher education. During graduate training at the University of Utah, he worked as an Exercise Physiologist at University of Utah Health's PEAK Health and Fitness Clinic, leading performance testing for recreational through professional athletes (e.g., VO<sub>2</sub>max, lactate threshold, maximal power). He later served as faculty and department chair at The College of Idaho and now leads Boise State's lab operations and student training.

In addition to testing and teaching, he works directly with clients and athletes through coaching and physical training, translating exercise physiology principles into day-to-day programming, progression, and performance preparation.

**Alex Houston, PhD(c), MS, CPSS, CSCS**  
*OffTheField Sports Performance*



Alex Houston is the Director of Performance Systems and Coach Education at OffTheField in Boise, Idaho, and a sport scientist whose work sits at the intersection of coaching, research, and innovation. With experience spanning private sector and college sports performance, athlete monitoring, and applied sport science, he has built systems that help coaches and athletes better assess performance, guide training decisions, and improve outcomes over time. He is currently completing his PhD in Kinesiology and holds a master's degree in Exercise and Sport Science.

In addition to his work at OffTheField, Alex has helped establish a joint research partnership between the Idaho College of Osteopathic Medicine and OffTheField, helping bridge the gap between research and real-world performance in youth sport athletes. He has also consulted with Zepp Health, contributing evidence-based performance insights within the wearable technology space. Alex is the founder of MetrikosAMS, a developing athlete management and performance tracking platform, and The Output, a performance newsletter read by over 10,000 professionals worldwide.

Across coaching, research, technology, and education, Alex is driven by one goal: turning sport science into practical systems that help people perform at a higher level.

# Career Pathways Panel

Thursday, April 2<sup>nd</sup> | 2:00 – 2:50 pm



**Cordero Duvon Roche, Ph.D., CSCS, CPSS**  
*SPEED Lab, Sports Innovation Institute, UNLV*

Dr. Roche is a human performance/sports scientist and biomechanist who utilizes data to optimize performance, reduce injury risk, and enhance recovery. He is currently completing his postdoctoral fellowship serving as the S.P.E.E.D. Lab Coordinator at the University of Nevada, Las Vegas. In this role, he leads interdisciplinary research integrating biomechanics, physiology, and advanced analytics to study human movement and performance.

Dr. Roche's career spans collegiate and professional sports, military performance, and applied research. He has worked with tactical population such as the US Army, & MLB baseball organizations, using technologies like motion capture, force plates, and athlete monitoring systems to inform decision-making and player development. His background also includes coaching collegiate athletes, emphasizing readiness, resilience, and injury prevention.

With expertise in program design, research coordination, & performance analytics, Dr. Roche is passionate about translating complex data into actionable insights. His work reflects a non-traditional career path, demonstrating how innovation and interdisciplinary skills can create impactful opportunities in human performance and sports science.



# Career Pathways Panel

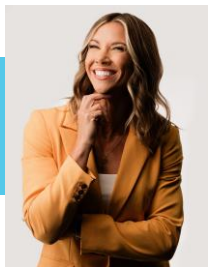
Thursday, April 2<sup>nd</sup> | 2:00 – 2:50 pm

## Holly Childers, M.S. Exercise Physiology, B.S. Business *MUV Fitness*



Master Personal Trainer (past ACSM Health & Fitness Instructor), International Health Coach, Published Author/Speaker/Health Educator, Entrepreneur/Small Business Owner, Fitness Director, Spa Director, Fitness Event Planner, Corporate Fitness Trainer, Director of Corporate Operations (Vietnam), Corporate Fitness Consultant (Indonesia), Director of Corporate Wellness (Current).

Holly has been in the fitness industry for 30 years. “I will always be passionate about promoting the benefits of healthy living. I love seeing someone enjoy a quality of life that they never thought possible! My career has allowed me the privilege to be a part of changing the lives of countless people around the world and to be an integral part of shaping the fitness industry into a trusted provider of health and wellness services. The energy at the gym encourages growth and becoming a healthier version of you...that’s what makes it my favorite place to be!”



## Tessa Koschel, PhD, CSCS *Fitness Therapy LLC*

*Full bio on page 8* | Dr. Tessa Koschel is a professor, coach, and consultant in the field of interdisciplinary health sciences. She has 18+ years of experience in the field spanning clinical research, applied physiology, behavior change, and high-stakes education. Dr. Koschel is the owner and founder of Fitness Therapy Coaching and Consulting, the Regional Coordinator for the NSCA Northwest region, and an adjunct professor at the University of Denver.



**BOISE STATE  
UNIVERSITY**

# Meet the Experts Roundtable

Friday, April 3<sup>rd</sup> | 11:00 – 11:50 am

## Joel Sattgast, PT, DPT

Joel Sattgast, PT, DPT, is an ABPTS board-certified Orthopedic Clinical Specialist and educator with expertise in orthopedics, sports and performance, and injury management in the elite endurance athlete. He earned his DPT from Creighton University and currently serves as an Assistant Professor at Eastern Washington University, where he directs the musculoskeletal and orthopedic curriculum and engages in translational laboratory-to-clinic research. Dr. Sattgast has been an invited speaker at national and regional conferences and maintains an active coaching roster of

Elite and age-group runners, cyclists, and triathletes nationally and internationally. A competitive endurance athlete himself, he enjoys life in the Inland Northwest with his wife and three children.

## Alexandra Myers, OTD, OTR/L

Alex Myers has spent her Occupational Therapy career working with adults across the continuum of care, from acute care to outpatient therapy. She specializes in treating patients experiencing neurological disorders and pelvic health conditions. In her teaching role within EWU's MOT program, she enjoys mentoring students, facilitating research, and developing programs within the Spokane community.

## Jayne Baker, DPT, AT, PT

Jayne earned a B.S. in Athletic Training from California State University, Fullerton, and began her career as a high school athletic trainer. She later completed a Doctor of Physical Therapy degree at Loma Linda University and worked in outpatient orthopedics while serving as an adjunct instructor for the MSAT program at Cal Baptist University. Since moving to Moscow, Idaho in 2013, Jayme has taught in the athletic training program at the University of Idaho, served as Director of Therapy Services in the ISMaRT Clinic, and is currently the Program Director for the athletic training programs.

## Smokey Fermin, DAT, LAT, ATC

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 go his 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. 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

Thursday, April 2<sup>nd</sup> | 3:00 – 3:50 pm

**Exercise Induced Lipid Mediators Change with Cottonseed Oil Supplementation**

*Shae Gurney, Montana State University*

**Characterizing Macronutrient Intake and Body Composition Profiles Among Premenopausal Females With Normal Weight Obesity**

*Jason Meyer, University of Idaho*

**Associations of Sedentary and Physical Activity Patterns with Total and Central Adiposity in Older Adults**

*Maximilian Antush, University of Idaho*

**Lifting the Weight Off Your Shoulders? Differences in Anxiety Levels Across Levels of Resistance Training**

*RJ Puckett, Eastern Washington University*

**Examination of Sex Differences in Running Economy Resiliency**

*Nathan Herde, Central Washington University*

**CurraNz**

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# Thematic Sessions

Thursday, April 2<sup>nd</sup> | 10:00 – 10:50 am

**POSTER #1 | DESIGN REFINEMENT AND EVALUATION OF A 3D-PRINTED SOFT-ROBOT FOR FINGER EXTENSOR REHABILITATION**

Max Anderson, Seattle University

**POSTER #2 | RELATIONSHIPS BETWEEN STATIC CHOPART JOINT POSTURE AND MEASUREMENTS OF THE MEDIAL LONGITUDINAL AND TRANSVERSE ARCHES**

Emilio Castaneda, Western Oregon University

**POSTER #3 | INFLUENCE OF TRAINING AND RUNNING EXPERIENCE ON TENDON MORPHOLOGY IN UNIMPAIRED COLLEGE-AGED ADULTS**

Esther Alvarez, Gonzaga University

**POSTER #4 | VARUS/VALGUS CHANGES WITH FATIGUE IN COLLEGIATE SOCCER PLAYERS**

Dado Cokic, Pacific University

**POSTER #5 | INVESTIGATING THE EFFECTS OF 40KM CYCLING POSITION ON RUN PERFORMANCE IN RECREATIONAL TRIATHLETES**

Malia Chipouras, University of Washington School of Medicine

Thursday, April 2<sup>nd</sup> | 11:00 – 11:50 am

**POSTER #1 | EFFECT OF 5-DAYS POST EXERCISE INFRARED SAUNA ON WILDLAND FIREFIGHTERS WEARING PROTECTIVE CLOTHING DURING EXERCISE**

Cole Jorgensen, Eastern Oregon University

**POSTER #2 | ASSOCIATIONS BETWEEN MENOPAUSAL STATUS, PHASE ANGLE, AND BODY COMPOSITION OUTCOMES**

Emily Roberts, University of Idaho

**POSTER #3 | CORTISOL AND ESTRADIOL RELATED TO FEMALES WITH NORMAL WEIGHT OBESITY**

Makenzie Osborne, University of Idaho

**POSTER #4 | SEDENTARY BEHAVIOR, BUT NOT SCREEN TIME, IS ASSOCIATED WITH ANXIETY AND DEPRESSION IN YOUNG ADULTS**

Sophia Eltrich, Eastern Washington University

*Don't forget to vote in the ACSM NW Board elections!*

# Professional Slide Presentations

Friday, April 3<sup>rd</sup> | 10:00 – 10:50 am

**PRESENTATION #1 | ENERGY EXPENDITURE OF SELECT CONSERVATION FARMING ACTIVITIES IN HAWAII USING ACCELEROMETRY-BASED WRIST MONITORS**

Daniel Heil, FACSM, Montana State University

**PRESENTATION #2 | RELATIONSHIPS BETWEEN SHANK POSITION AND MEASUREMENTS OF THE MEDIAL LONGITUDINAL AND TRANSVERSE ARCHES**

Dimitrios Athanasiadis, Western Oregon University

**PRESENTATION #4 | PILOT STUDY - EPIDEMIOLOGY OF INJURIES IN NATIONAL ASSOCIATION OF INTERCOLLEGIATE ATHLETICS: 2022-2025**

Jeremiah Lukers, Boise State University



WASHINGTON STATE UNIVERSITY  
**Kinesiology**

# Graduate Fair Programs

Thursday, April 2<sup>nd</sup> | 4:30 – 5:30 pm



# Poster Presentations

Thursday, April 2<sup>nd</sup> | 5:30 – 7:00 pm

- 1. ULTRASOUND-DERIVED LIVER COMPOSITION AND METABOLIC FLEXIBILITY UNDER EXERCISE STRESS**  
**R. Van Houten**, J.M. Dickinson, FACSM, S. Oppelt, A. Freire, K. Pritchett  
Central Washington University, Ellensburg, WA.
- 2. ASSESSING EFFECTIVENESS OF EXERGAMING COMPARED TO TRADITIONAL MODERATE-INTENSITY EXERCISE ON EXERCISE ENJOYMENT AND SELF EFFICACY**  
**J. Harmer**, A. Hill, K. Taylor, FACSM, K. Wiegand  
Eastern Washington University, Cheney, WA
- 3. WHY SITCOMS ARE BREAKING YOUR HEART: ASSOCIATIONS BETWEEN PROLONGED SEDENTARY BOUTS AND CARDIOVASCULAR HEALTH**  
**P. Wineinger**<sup>1</sup>, A.J. Aguiar Bonfim Cruz<sup>2</sup>, M.T. Antush<sup>2</sup>, L. Quinn<sup>2</sup>, C.A. Vella, FACSM<sup>2</sup>  
<sup>1</sup>WWAMI Medical Education, University of Washington, Seattle, WA; <sup>2</sup>University of Idaho, Moscow, ID
- 4. IMPACT OF POST-ACTIVATION POTENTIATION CONTRACTION TYPES ON JUMP DISTANCE AND HORIZONTAL FORCE PRODUCTION**  
**K. Weston**, C. Reyes  
Linfield University, McMinnville, OR
- 5. COMPETITIVE EXPERIENCE AND AGE: INDICATORS OF CARDIAC RISK DURING IRONMAN TRIATHLON COMPETITION**  
**J. Vinson**<sup>1</sup>, R. Edwards<sup>1</sup>, D. Smith<sup>1</sup>, E. Griffin<sup>2</sup>, A. Lamp<sup>2</sup>, C.P. Connolly, FACSM<sup>1</sup>  
<sup>1</sup>Washington State University, Pullman, WA; <sup>2</sup>Washington State Univ. Elson S. Floyd College of Medicine, Spokane, WA
- 6. VALIDITY AND RELIABILITY OF SUBJECTIVE AND OBJECTIVE DIAGNOSIS MEASURES FOR SPORTS-RELATED CONCUSSIONS: A REVIEW**  
**M. Wakefield**, Y. Gao  
Boise State University, Boise, ID
- 7. EFFECTS OF RESISTANCE TRAINING HISTORY AND ITS INFLUENCE ON STIFFNESS IN COLLEGIATE FEMALES**  
**E. Harrington**, S. Nungesser, S.E. Schlittler, J.P. Bailey,  
University of Idaho, Moscow, ID
- 8. PROXIMAL EFFECTS OF BLOOD FLOW RESTRICTION TRAINING IN INDIVIDUALS WITH MUSCULOSKELETAL DYSFUNCTION: A LITERATURE REVIEW**  
**K. Brooks**, A. Witzel, E. Ness, F. Mehjar  
Eastern Washington University, Cheney, WA
- 9. THE EFFECT OF WHOLE-BODY VIBRATION ON NEUROMUSCULAR AND NEUROCOGNITIVE REACTION TIME IN COLLEGIATE ATHLETES**  
**A. Berns**, G. Miller, S. Pietrok  
Linfield University, McMinnville, OR
- 10. VALIDITY OF WEARABLE TECHNOLOGY  $VO_{2MAX}$  ESTIMATES COMPARED TO LABORATORY GAS EXCHANGE MEASURES**  
**T. Salisbury**, K. Krasselt, C. Mann, M. Mong, G. Bellissimo, L. Li, A. Campitelli  
College of Idaho, Caldwell, ID
- 11. EFFECTS OF ANATOMICALLY-TARGETED STRETCHES ON VAGAL TONE ASSESSED BY HEART RATE VARIABILITY**  
**A. Gulley**, A. Goins, J. Hartvigsen, I. Taylor, W.M. Silvers  
Whitworth University, Spokane, WA

# Poster Presentations

Thursday, April 2<sup>nd</sup> | 5:30 – 7:00 pm

- 12. EFFECTS OF LOWER BODY MECHANICS DURING GENERAL ASSESSMENT BATTERY ON MAXIMAL PITCHING VELOCITY**  
L. Collett, S.E. Schlittler, H. Adetunji, J.P. Bailey  
University of Idaho, Moscow, ID
- 13. PSYCHOMETRIC ANALYSIS OF THE VETERANS RAND 12-ITEM HEALTH SURVEY IN PATIENTS UNDERGOING TOTAL HIP ARTHROPLASTY**  
A. Gussner<sup>1</sup>, K. Kazmierski<sup>1</sup>, R. Baker<sup>1,2</sup>, C. Gray<sup>3</sup>, A. Cady<sup>4</sup>; E. Miley<sup>5,6</sup>  
<sup>1</sup>WWAMI Medical Education Program, University of Idaho; <sup>2</sup>Idaho Office of Underserved and Rural Medical Research, University of Idaho; <sup>3</sup>Florida Orthopaedic Institute; <sup>4</sup>Kaiser Permanente; <sup>5</sup>Institute of Sports Sciences and Medicine, Florida State University; <sup>6</sup>Tallahassee Orthopedic Clinic
- 14. PRELIMINARY RESULTS OF ACUTE PHYSIOLOGICAL AND ENJOYMENT RESPONSES TO FOUR-MINUTE BODYWEIGHT VS TREADMILL INTERVAL TRAINING**  
S.G. Smith, B. Lowery, A. Horsley, L. Melo, A. Campitelli, L. Li, G. Bellissimo  
College of Idaho, Caldwell, ID
- 15. PROFESSIONAL VERSUS AMATEUR OUTCOMES OF ULTRA ENDURANCE TRIATHLETES: A 26-YEAR ANALYSIS OF DNF, INJURY, AND HOSPITALIZATION**  
H. Bailey, N. Wilson, D. Smith, C.P. Connolly, FACSM  
Washington State University, Pullman, WA
- 16. EFFECT OF COMBINED SERIAL CARBOHYDRATE MOUTH RINSING AND POST-ACTIVATION POTENTIATION WARM-UP ON PEAK ANAEROBIC POWER**  
C.A Davis, F.B Hoover, R.K Mahler, M.M Lockard  
Willamette University, Salem, OR
- 17. EFFECT OF TWO WARMUPS ON DEADLIFT AND COUNTERMOVEMENT JUMP PERFORMANCE: A POST ACTIVATION POTENTIATION STUDY**  
S.E. Schlittler, J. Hanchey, J.P. Bailey  
University of Idaho, Moscow, ID
- 18. THE INFLUENCE OF RECOVERY THROUGH HRV ON GOLF SHOT ACCURACY**  
J. Sangalang, C. Reyes  
Linfield University, McMinnville, OR
- 19. EFFECT OF A STUDENT-LED EXERCISE CLINIC ON CARDIOVASCULAR HEALTH AND FITNESS AMONG COMMUNITY VOLUNTEERS**  
R.E Ritter, E. Pitman, J. Larsen, J.L Ramos, C.L Jarrett  
Washington State University, Spokane, WA
- 20. DIFFERENCES IN PERCEIVED COMPETENCE AND FEELINGS TOWARD EXERCISE BETWEEN EXERGAMING AND MODERATE-INTENSITY EXERCISE**  
A. Hill, J. Harmer, K. Wiegand, K. Taylor, FACSM  
Eastern Washington University, Cheney, WA
- 21. RELATIONSHIPS BETWEEN THE STATIC FOREFOOT SUBSEGMENTS POSTURE AND THE MEDIAL LONGITUDINAL ANGLE**  
C.W. Bodily<sup>1</sup>, M.F. Norcross<sup>2</sup>, D. Athanasiadis<sup>1</sup>  
<sup>1</sup>Western Oregon University, Monmouth, OR; <sup>2</sup>Oregon State University, Corvallis, OR
- 22. ADIPOKINE AND INFLAMMATORY BIOMARKER DIFFERENCES BETWEEN NORMAL WEIGHT LEAN AND NORMAL WEIGHT OBESE PRE-MENOPAUSAL FEMALES**  
M. Stein, A. Frost, Y. Chen  
University of Idaho, Moscow

# Poster Presentations

Thursday, April 2<sup>nd</sup> | 5:30 – 7:00 pm

- 23. PROXIMAL MUSCULAR EFFECTS OF BLOOD FLOW RESTRICTION TRAINING IN HEALTHY ADULTS: A LITERATURE REVIEW**  
C. Larson, K. Brooks, K. Scarcello, F. Mehyar  
Eastern Washington University, Cheney, WA
- 24. EFFECTS OF ACUTE BEETROOT JUICE SUPPLEMENTATION ON ANAEROBIC VS AEROBIC COLLEGIATE ATHLETES IN HYPOXIC CONDITIONS**  
K. Barnett, A. O'Brien, G. Ricard, M. Campbell, M. Cosper, K. Child, E. King, D-H. Kim  
Gonzaga University, Spokane, WA
- 26. THE EFFECTS OF ECCENTRIC VERSUS ISOMETRIC EXERCISE ON BROAD JUMP PERFORMANCE IN NON-RESISTANCE-TRAINED MALES**  
B. Prock, H. Jay, L. Grumbly, K. Taylor, FACSM  
Eastern Washington University, Cheney, WA
- 27. MOVEMENT QUALITY, PHYSICAL ACTIVITY, AND NONSPECIFIC LOW BACK PAIN AMONG UNIVERSITY STAFF: A PRELIMINARY COMPARISON**  
A. Xiaerzhate, C. Connolly, FACSM  
Washington State University, Pullman, WA
- 28. COLD TEMPERATURE EFFECTS ON LACTATE AND GLUCOSE KINETICS DURING SUBMAXIMAL EXERCISE AND ACTIVE YOGA RECOVERY**  
R. van Dyken, M. Fuchs Townzen, I. Hines, J. Hines, E. Hodgins, N. Kavon, J. Crissey  
Gonzaga University, Spokane, WA
- 29. CHANGES IN SAGITTAL PLANE KINEMATICS DURING DUAL TASK WALKING**  
S. Gutmann, K. Wynes, E. Holmes, M. Jain, C. Mclaughlin, R. Puckett, K. Taylor, FACSM, K. Wiegand  
Eastern Washington University, Cheney, WA
- 30. THE EFFECT OF CREATINE AND EXERCISE ON INFORMATION PROCESSING ACROSS SEXES**  
D. Safranski, B. McBroom, E. Heafner, J. Reid, T. Smith, T. Marotta, M. Lewis  
Gonzaga University, Spokane, WA
- 31. BONE MINERAL DENSITY IN ADULTS WITH A HISTORY OF RESISTANCE TRAINING**  
A.C. Berrier, H. Rae, C.L. Dumke, FACSM  
University of Montana, Missoula, MT
- 32. GETTING A GRIP ON CELLULAR HEALTH: HANDGRIP STRENGTH AND PHASE ANGLE IN HEALTHY ADULTS**  
L. Quinn, A.J. Aguiar Bonfim Cruz, M.T. Antush, C.A. Vella, FACSM  
University of Idaho, Moscow, ID
- 33. THE INFLUENCE OF DUAL TASK WALKING ON FRONTAL PLANE KINEMATICS**  
K. Wynes, S. Gutmann, E. Holmes, M. Jain, C. Mclaughlin, R. Puckett, K. Taylor, FACSM, K. Wiegand  
Eastern Washington University, Cheney, WA
- 34. EXAMINING PERFORMANCE AMONG DUAL TASK TESTING USING DIFFERENT COGNITIVE TASKS IN CONCUSSION ASSESSMENT**  
N. Castañeda, C.N. Brown  
Oregon State University, Corvallis, OR
- 35. INFLUENCE OF FOOTSTRIKE PATTERN ON TENDON MORPHOLOGY IN UNIMPAIRED COLLEGE-AGED ADULTS**  
J. Allred, E. Alvarez, T. Brown, E. Crocker, A. Durant, C. Kaufman, M. Kissell, C. Kuykendall, M. Shinoda, S. von Lührte, A. Wells, C.J. Wutzke  
Gonzaga University, Spokane, WA

# Poster Presentations

Thursday, April 2<sup>nd</sup> | 5:30 – 7:00 pm

- 36. NOVEL DERIVATIVE-BASED APPROACH FOR VENTILATORY THRESHOLD DETECTION IN RECREATIONALLY ACTIVE FEMALE AND MALE COLLEGE STUDENTS**  
**E. Hodgins**, V. Haslem, J. Crissey  
Gonzaga University, Spokane, WA
- 38. THE INFLUENCE OF LIFESTYLE, PHYSICAL ACTIVITY LEVEL, AND ANTHROPOMETRIC FACTORS ON PLANTAR FASCIA THICKNESS**  
**B. Teixeira**, P. MacMichael, L. Krumpal  
Washington State University, Pullman, WA
- 39. EFFECT OF RESISTANCE TRAINING EXPERIENCE ON LOWER EXTREMITY LUNGE MECHANICS**  
**S.G. Nungesser**, S.E. Schlittler, J.P. Bailey  
University of Idaho, Moscow, ID
- 40. ASSOCIATIONS OF MODERATE-TO-PHYSICAL ACTIVITY, SEDENTARY BEHAVIORS, SCREEN TIME, AND SLEEP QUALITY IN YOUNG ADULTS**  
**K. Henderson**, R. Puckett, S. Eltrich, K. Malone, K. Wiegand, K. Taylor, FACSM  
Eastern Washington University, Cheney, WA
- 41. SLEEP DURATION AND ITS EFFECTS ON MEASURES OF ARTERIAL HEALTH**  
**W.C. Shook**, A.J. Aguiar Bonfim Cruz, M.T. Antush, L.M. Quinn, C.A. Vella, FACSM  
University of Idaho, Moscow, ID
- 42. STRENGTH-WEIGHT RATIO AND POWER TESTS' RELATIONSHIPS TO 50-YARD FREESTYLE SWIM TIMES**  
**A. Seale**, C. Reyes  
Linfield University, McMinnville, OR
- 43. DETERMINING THE EFFECT OF MUSIC TEMPO ON STATIONARY CYCLING CADENCE**  
**J. Stanislaw**, J. Watson, K. Taylor, FACSM, K. Wiegand  
Eastern Washington University, Cheney, WA
- 44. MYOCARDIAL AND PERIPHERAL TISSUE CONTRIBUTIONS TO THE DEPRESSION OF OXYGEN CONSUMPTION DURING THE DIVE RESPONSE**  
**N. Kavon**, D. B. Thorp  
Gonzaga University, Spokane, WA
- 45. DIFFERENCES IN BODY IMAGE ACROSS TERTILES OF PHYSICAL ACTIVITY AND RESISTANCE TRAINING IN YOUNG ADULTS**  
**K. Malone**, R. Puckett, K. Henderson, S. Eltrich, K. Wiegand, K. Taylor, FACSM  
Eastern Washington University, Cheney, WA
- 46. FUNCTIONAL MOVEMENT SCORES, AND NON-SPECIFIC LOWER BACK PAIN AMONG UNIVERSITY STAFF; A PRELIMINARY COMPARATIVE ANALYSIS**  
**B. Abalos**, J. Cervenka, A. Xiaerzhate, C. Connolly, FACSM  
Washington State University, Pullman, WA
- 47. DIETARY PERCEPTIONS BETWEEN HISPANICS AND NON-HISPANIC WHITES**  
**N. Khan**, F. Pena-Gomez, W. M. Silvers  
Whitworth University, Spokane, WA
- 48. DETERMINING METABOLIC EFFECTS AND PERCEIVED EFFORT OF VARYING DUAL-TASK WALKING CONDITIONS**  
**E. Holmes**, S. Guttman, K. Wynes, C. McLaughlin, M. Jain, R. Puckett, K. Wiegand, K. Taylor, FACSM  
Eastern Washington University, Cheney, WA

# Poster Presentations

Thursday, April 2<sup>nd</sup> | 5:30 – 7:00 pm

- 49. MUSCULOSKELETAL AND DERMATOLOGIC INJURIES AMONG WORLD CHAMPIONSHIP IRONMAN-DISTANCE TRIATHLETES**  
**C.P Schmidt**, H. Bailey, C. Connolly, FACSM  
Washington State University, Pullman, WA
- 50. PREVALENCE OF LOW ENERGY AVAILABILITY IN TRIATHLETES AND ASSOCIATIONS WITH INJURY AND PERFORMANCE**  
**A.J. Aguiar Bonfim Cruz**<sup>1</sup>; C.A. Vella, FACSM<sup>1</sup>; C. Phout<sup>2</sup>; C.L. Ward-Ritacco, FACSM<sup>3</sup>; P.W. Scruggs<sup>1</sup>; L. Quinn<sup>1</sup>; C.P. Connolly, FACSM<sup>2</sup>  
<sup>1</sup>College of Education, Health, & Human Sciences, University of Idaho, Moscow, ID; <sup>2</sup>College of Education, Sport, & Human Sciences, Washington State University, Pullman, WA; <sup>3</sup>College of Health Sciences, The University of Rhode Island, Kingston, RI
- 51. EXPLORING THE ENERGY COST OF STEADY-STATE MOTORIZED TREADMILL CLIMBING BETWEEN MALES AND FEMALES**  
**D. Melton**, T. Bushman, T.A. Chun, M. Lund, D.P. Heil FACSM  
Montana State University, Bozeman, MT
- 52. EFFECTS OF MUSIC TEMPO ON MUSCULAR ENDURANCE PERFORMANCE, HEART RATE, AND PERCEIVED EXERTION**  
**T. Rose**, S. Morris, T. Hofheins, N. Beers, W. M. Silvers  
Whitworth University, Spokane, WA
- 53. EVALUATION OF ONLINE PRIMARY CILIARY DYSKINESIA HEALTH INFORMATION REGARDING PHYSICAL ACTIVITY RECOMMENDATIONS, QUALITY, AND CREDIBILITY**  
**E. Grant**<sup>1</sup>, M. Goutaki<sup>2</sup>, V. Gkatzou<sup>2</sup>, D. Brett<sup>1</sup>, L. Perueque<sup>3</sup>, F. Skinner<sup>1</sup>, K. Eustis<sup>1</sup>, M. Elkins<sup>4</sup>, H. McNeill<sup>1</sup>, D. Santini<sup>1</sup>, S. Brinkman<sup>1</sup>, M. Biglin<sup>1</sup>, L. Kelly<sup>3</sup>, L. Siqueira<sup>3</sup>, J. M. Dickinson, FACSM<sup>1</sup>, A. P. Freire<sup>1,3</sup>  
<sup>1</sup>Central Washington University, USA; <sup>2</sup>University of Bern, Switzerland; <sup>3</sup>São Paulo State University, São Paulo, Brazil; <sup>4</sup>University of Sydney, Sydney, Australia
- 54. HIGH-GLYCEMIC MEAL POSTPRANDIAL METABOLISM ACROSS MENSTRUAL CYCLE PHASES IN RECREATIONALLY ACTIVE WOMEN**  
**J. Romano**, S. Lester, C. Fisher, A. Wassermann, L. Cali, J. Crissey  
Gonzaga University, Spokane, WA
- 56. THE EFFECTS OF CARBOHYDRATE INGESTION ON COMPRESSION-ONLY CARDIOPULMONARY RESUSCITATION PERFORMANCE**  
**S. Breaker**, A. Lyon, B. Whited, P. Wiltse, A. Silva, K. Taylor, FACSM  
Eastern Washington University, Cheney, WA
- 57. HAND-EYE COORDINATION AND REACTION TIME POSITIONAL DIFFERENCES IN BASEBALL AND SOCCER MALE ATHLETES**  
**K. Adachi**, C. Reyes  
Linfield University, McMinnville, OR
- 58. ANALYZING THE EFFECTS OF MUSIC TEMPO AND CYCLING FAMILIARITY ON PERCEIVED EXERTION IN STATIONARY CYCLING**  
**J. Watson**, J. Stanislaw, K. Taylor, FACSM, K. Wiegand  
Eastern Washington University, Cheney, WA
- 59. RACE FORMAT AND INCIDENCE OF MEDICAL ENCOUNTERS DURING THE IRONMAN WORLD CHAMPIONSHIP: A RETROSPECTIVE ANALYSIS**  
**J. Williamson**, D. Smith, R. Edwards, H. Bailey, C.P. Connolly, FACSM  
Washington State University, Pullman, WA

# Poster Presentations

Thursday, April 2<sup>nd</sup> | 5:30 – 7:00 pm

- 60. EFFECTIVENESS OF PELVIC FLOOR MOBILE APPLICATION ON SYMPTOM SEVERITY IN WOMEN EXPERIENCING PELVIC FLOOR DYSFUNCTION**  
L. Arceo<sup>1</sup>, H. Chambers<sup>1</sup>, A. Horstketter<sup>1</sup>, C. Nguyen<sup>1</sup>, S. Robinson<sup>1</sup>, A. Myers<sup>1,2</sup>  
<sup>1</sup>Eastern Washington University, Cheney, WA; <sup>2</sup>Lake City Physical Therapy, Spokane, WA
- 61. RELATIONSHIP BETWEEN MINDFULNESS, PAIN, AND EXERCISE PERFORMANCE**  
A.L. Lassiter, S. Ulrich-French  
Washington State University, Pullman, WA
- 62. INVESTIGATING THE IMPACT OF KRAV MAGA ON MOTOR AND AFFECTIVE SKILL DEVELOPMENT IN YOUNG CHILDREN**  
A.M. Richards, L.B. Ransdell, FACSM, L.J. Petranek, Y. Gao, L.D. Domingo, K.J. Smith  
Boise State University, Boise, ID
- 63. THE PROPOSED EFFECT OF FOLIC ACID ON THE INFLAMMATORY RESPONSE IN FIREFIGHTERS**  
T. Finn, K. Bogle, A. Payne, D. Spear, S. Stewart, M. Lewis  
Gonzaga University, Spokane, WA
- 64. RUNNING RELATED INJURY IN A COLLEGIATE RUNNER – MULTIDOMAIN ASSESSMENT TO GUIDE SAFE RETURN-TO-RUN**  
J. Sattgast, H. Carver, J. Grant, J. Heil, P. Lester, S. Schow, B. Schultz  
Eastern Washington University, Spokane, WA

