

ACSM Northwest 2026 Executive Board Elections

Candidates for President-Elect

Blake Densley, Ed.D



Dr. Blake Densley is a Clinical Associate Professor of Exercise Science and Director of the Human Performance Laboratory at Boise State University. Dr. Densley holds a BS in Exercise Science from Linfield University, an MS in Exercise and Sport Science (Exercise Physiology) from the University of Utah, and an EdD in Curriculum and Instruction with a cognate in Kinesiology from Boise State University. Dr. Densley is an ACSM Certified Exercise Physiologist and has maintained this credential since 2014. Dr. Densley's teaching and research focus on applied exercise physiology and exercise prescription, implementation science, and performance testing. Through the Human Performance Laboratory, he oversees testing for aerobic and anaerobic performance, metabolic efficiency, body composition, and a variety of other health

and performance metrics. Dr. Densley is most interested in what these data mean in practice and how they can be translated into clear strategies that help athletes, patients, and community members make informed decisions about training, performance, and health. Dr. Densley views his roles as scientist, educator, and practitioner as inseparable, and works to reflect that integration in the way he designs learning experiences and work alongside the individuals and communities they serve.

Describe your interest in the position and previous experience

I am interested in serving as President-Elect of ACSM Northwest because this chapter was instrumental in my growth as a professional, and I am eager to contribute intentionally to its future. As an undergraduate student at Linfield University, attending my first ACSM Northwest Annual Meeting showed me how the ideas I was learning in class connected to real questions, real data, and real people. Presenting posters and participating in the Student Knowledge Bowl each year gave me my first real sense of belonging in that community and showed me there was a place for my voice and work.

One moment from that first meeting still stands out. Hearing Dr. Jonathan Little's keynote on high-intensity interval training and type 2 diabetes, I was struck by how a well-designed study could change how we understand the role of exercise in chronic disease. It remains one of the most memorable presentations I have experienced as an audience member. That experience helped solidify my interest in an applied and academic career in exercise science and continues to shape how I mentor students and talk with them about their futures in the field.

In my current role at Boise State University, I lead the Human Performance Laboratory, where we blend student learning, applied sport science, and community service. Students do not simply observe; they help conduct tests, interpret results, and communicate findings with athletes and community members. Those experiences often grow into internships, employment, graduate assistantships, and conference presentations. I have seen students experience the same realization I had at my first ACSM Northwest meeting when they recognize that what they are learning can directly influence real people.

I also bring experience as a Department Chair at The College of Idaho and a sustained record of service and committee work. At Boise State University, I serve on our Exercise is Medicine committee, and at the national level I participate in ACSM's Science Communication Collective, working to communicate emerging research in accessible ways.

ACSM's mission to educate and empower professionals to advance the science and practice of health and human performance aligns closely with my values. As President-Elect, I would work to protect and amplify what first drew me to ACSM Northwest: a deeply student-centered culture, a strong bridge between research and practice, and a sense of community that invites curiosity and growth at every career stage.

Candidates for Treasurer

Katie Taylor, PhD FACSM



Dr. Katie Taylor is a Professor of Exercise Science at Eastern Washington University and the Program Director for the BS and MS in Exercise Science. Dr. Taylor received her PhD in Education with an emphasis in Exercise Physiology in 2016 from the University of Idaho. Dr. Taylor's research focuses on the roles of physical activity and sedentary behavior on gut inflammation and overall health, with a particular interest around the role of resistance training. Although I have my own research interests, throughout my career, my greatest passion has been the ability to share the research process with my students. Since joining EWU in 2016, I have supported more than 125 students in attending the ACSM Northwest Annual

Meeting with over 25 presentations – oral, thematic, and poster, and more than 20 student knowledge bowl teams. To me, the student experience is what ACSM Northwest is all about.

Describe your interest in the position and any previous experience

Having been part of the ACSM Northwest (ACSMNW) chapter for the last 14 years, I have come to appreciate the impact the chapter has on students and professionals. From my own experiences as a young doctoral student to now an established faculty member, ACSM has become my home, my community, and often times 'my why'. ACSM meetings are the parts of the academic calendar that fill the cup back up.

Over the years, ACSM has become an important component of my identity as a professional from my first ACSMNW Annual Meeting in 2013 to becoming a Fellow in 2024. In 2013, I was proud to be elected as National Student Representative. Since then, my service to ACSMNW has included two terms as National Student Representative (2013-2017), as Member-at-Large Research (2017-2020), as the Student Representative to the ACSM Board of Trustees (2017-2020), and as President of ACSMNW (2023-2026).

During my previous board positions, I have initiated and engaged with a number of different activities including establishing the Student Travel and Research Awards, a mentorship lunch, and the hosting of the 2025 Annual Meeting. I have also volunteered as a session moderator, abstract reviewer, presentation judge, and abstract coordinator. I have also served on the Annual Meeting, Student Award, and Symposia Review Committees. At the National level I have been a member of ACSM's Student Knowledge Bowl, Strategic Planning, Membership, and Student Affairs Committees.

I would be excited to continue my service to the chapter and its membership. As Treasurer, I want to continue the chapter's efforts in providing opportunities for professional development and engagement. As the financial climates have changed, it is important to be fiscally responsible as a chapter but also allow for investment in our membership. I would develop new initiatives to support student and professional engagement. This could include drafting a 5-year plan for Student Awards in partnership with our Student Representatives, looking at ways to increase engagement. Additionally, I would work with our Regional Chapter Committee Representative in securing high-quality sponsors to support our Annual Meeting to keep costs

low for our membership, while also providing valuable opportunities for sponsors. Lastly, I would work to support our Presidents and Annual Meeting Directors in hosting a strong meeting for all our members. In closing, it would be an honor to continue my service with ACSMNW as the Treasurer to continue to progress our chapter to be the best chapter for our members.

Candidates for Regional Student Representative

Eleni Holmes



Eleni Holmes is currently pursuing a Bachelor of Science in Exercise Science (Pre-Physical Therapy) at Eastern Washington University, following prior study at the University of Victoria and Camosun College. My academic interests focus on exercise physiology, neurology, and the role of physical activity in adolescents. I am currently conducting research examining the metabolic effects of varying dual-task conditions, exploring how simultaneous cognitive and motor demands influence energy expenditure, which will be presented at the 2026 ACSM Northwest Annual Meeting. This work reflects my broader interest in how movement impacts rehabilitation and physical activity participation. My long-term goal is to earn a DPT degree and practice as a Neurologic Clinical Specialist, who integrates evidence-based science into rehabilitation.

Describe your interest in the position and any previous experience

I am interested in serving as the Regional Student Representative for the ACSM Northwest Chapter, as I believe student engagement is critical to the advancement of exercise science and the development of future clinicians and researchers, like myself. I learned about ACSM through my mentor, Dr. Katie Taylor. Dr. Taylor exemplifies the leader I hope to become in this field. Her strong support and unwavering loyalty to ACSM and the members within the organization opened my mind to a community that I too, could be a part of. ACSM plays a central role in promoting evidence-based exercise science, interdisciplinary collaboration, and professional development within the field. Serving in this position would allow me to help strengthen connections between students and the broader sport medicine community, while encouraging greater student participation in ACSM initiatives. As an individual redefining my academic and professional identity, I understand the importance of mentorship and finding community within the field.

As a student in exercise science with a pre-physical therapy focus, my academic interests center on exercise physiology, neurology, and the role of physical activity in adolescents. Conducting research for the ACSM Poster Session has strengthened my experience in research methodology, data collection, and scientific communication while reinforcing the importance of collaboration and knowledge sharing between colleagues; mentors, professors, and peers alike. Beyond my academic experience, I bring more than a decade of leadership skills managing complex organizations and cross-functional teams across North America. These positions required coordinating diverse teams, managing large-scale projects, and analyzing performance metrics, and implementing structured improvement initiatives. These experiences developed strong skills in communication, organization, and program coordination that translate well to supporting student engagement and chapter activities. I have experience facilitating meetings, coordinating training initiatives, and developing structured programs designed to improve participation and performance within organizations.

As the Regional Student Representative, I would be committed to strengthening student involvement by helping promote chapter activities, supporting student networking opportunities, assisting with Annual Meeting planning, and contributing to the preparation and success of student events such as the Student Knowledge Bowl. I am particularly motivated by opportunities to connect students with mentorship, research exposure, and professional development opportunities that help prepare them for careers in exercise science, rehabilitation, and sports medicine. ACSM has provided the opportunity for me to connect with a community that I already feel part of, and I would love to recreate that feeling for many students to come.