



2025 ANNUAL CENTRAL STATES ACSM CONFERENCE



February 27-
28th, 2025

Fayetteville
Public
Library

401 W Mountain St.
Fayetteville, AR
72701

Table of Contents

Sponsors.....	2
Letter from the Past-President.....	6
Intended Audience.....	7
Meeting Objectives	7
Registration and Name Badges.....	7
ACSM Continuing Education Credits (CEC's)	7
NSCA Continuing Education Units (CEU's)	7
Wi-Fi	7
Session Rooms.....	7
Lactation Rooms	8
Parking.....	8
Conference Hotels	8
Future Annual Conferences	8
Conference Program and Schedule	9
Presenters Biographies	14
The Central States ACSM Board of Directors.....	37
Past Central States ACSM Presidents.....	38
The Central States ACSM Planning Committee	39

Platinum Sponsor



Gold Sponsors



Making Metabolic Measurement Easy



ARKANSAS STATE UNIVERSITY

Department of
**Health, Physical Education
& Sport Sciences**



UNIVERSITY OF
ARKANSAS

**College of Education
& Health Professions**

*Health, Human Performance,
& Recreation*



**OUACHITA
BAPTIST UNIVERSITY**

ACHE

SCHOOL OF
PHYSICAL THERAPY



Cleveland University
KANSAS CITY

Chiropractic and Health Sciences

Silver Sponsors



COSMED
The Metabolic Company

GARMIN®
HEALTH

XSENSOR
Intelligent Dynamic Sensing



HARDING
UNIVERSITY

MASTER OF SCIENCE
**CARDIAC FUNCTION &
INTERVENTIONAL
TECHNOLOGY**

CFIT



Bronze Sponsors



Letter from the Past-President

Dear Central States American College of Sports Medicine Annual Meeting Attendee,

It is my privilege to welcome you to the **2025 Central States American College of Sports Medicine Annual Meeting!** This event continues to be a dynamic gathering place for students, faculty, researchers, and professionals in exercise science and sports medicine, and I am honored to be part of it once again.

Our **student-centered focus** remains at the heart of this conference. Over the past several years, we have worked diligently to create an environment where students take center stage—not only as attendees but as active contributors and future leaders in the field. This year, we continue that mission with a **diverse lineup** of thematic posters, rapid-fire presentations, and research symposia, providing a platform for students and professionals alike to showcase their work, receive valuable feedback, and engage in meaningful discussions.

This sustained growth is a testament to the **vision and consistency** of our Planning Committee, which has worked diligently over the past few years to refine and expand our conference format. By embracing innovative session structures and ensuring high-impact learning experiences, we have seen increased engagement, stronger mentorship opportunities, and a richer academic exchange among our members. Our continued evolution reflects a commitment to fostering excellence and supporting the professional development of the next generation of scientists and practitioners in our field.

This year's meeting is a special one. Not only is it the **Chapter's 50th Anniversary**, but it is **on track to be our largest ever**, with anticipated attendance surpassing **300 participants**, many of whom are students. With two weeks still to go, we have already exceeded last year's total registrants - a testament to the growing energy within our chapter. This record-breaking participation reflects the dedication of our **professional members across the region**, whose mentorship and commitment to student engagement continue to drive the next generation of sports scientists forward. Thank you for your efforts in fostering this growth—we are excited for an incredible conference ahead!

A special thank you to our **conference sponsors**—your support is invaluable in making this event possible. Additionally, I extend my sincere appreciation to the **Planning Committee**, whose dedication has once again resulted in a conference filled with outstanding research, insightful discussions, and invaluable networking opportunities.

Thank you for being part of this event, and I hope you leave inspired, informed, and energized for another year of advancing our field.

Welcome to CSACSM 2025 - let's make it a great one!

Sincerely,

Derek A. Crawford, PhD
Derek A. Crawford, Ph.D. - CSACSM Past-President

Conference Information

Intended Audience

American College of Sports Medicine members, students, and professionals interested in the field of sports medicine and exercise science.

Meeting Objectives

The Central States Annual Meeting aims to provide attendees with a blend of research and clinical information. The meeting also provides opportunities for networking and socializing with colleagues from across the region. An integral part of the function of the Central States Chapter is getting students involved in their primary professional organization.

Registration and Name Badges

Online pre-registration is strongly encouraged. On-site registration is available. Name badges must be always worn by all attendees while in the conference center. Please, keep your badges with you and make sure they are visible.

Continuing Education Credits

ACSM Continuing Education Credits (CEC's)

The American College of Sports Medicine's Professional Education Committee certifies that this annual meeting meets the criteria for 11.0 credit hours of ACSM CEC's. Credit is awarded for these CEC's by attending the Central States Chapter ACSM Annual Meeting. The Central States ACSM is an approved provider of CEC's for the ACSM. A certificate documenting CEC's will be available via e-mail to attendees after the conference concludes.

NSCA Continuing Education Unit (CEU's)

We have applied to become a NSCA-certified CEU provider. We will have more information about the continuing credits after the conference. Please, check your email after the conference for more details.

Wi-Fi

Wi-Fi is available free of charge at the conference center. To connect to the Wi-Fi, look for available networks in the network settings on your device.

Session Rooms

The conference venue is the Fayetteville Public Library (FPL). The conference spaces span five (5) different areas within the FPL. The primary space is the **Event Center** which will host key events including, but not limited to Keynote Lecture, GSSI speaker, Poster Session and Quiz Bowl. The secondary rooms, the **Ziegler Room** and **Walker Community Room**, will host academic sessions as well. The **Teaching Kitchen** will host a cooking demonstration by the FPL in-house Chef once each day (check the schedule for times) and space will be limited. Finally, the **Pre-Function Space** will host our sponsors' and registration tables, refreshments throughout the day, and be where lunch is served.

Lactation Room

A lactation room is available onsite. Please see the Registration Desk for further instructions on how to access this space.

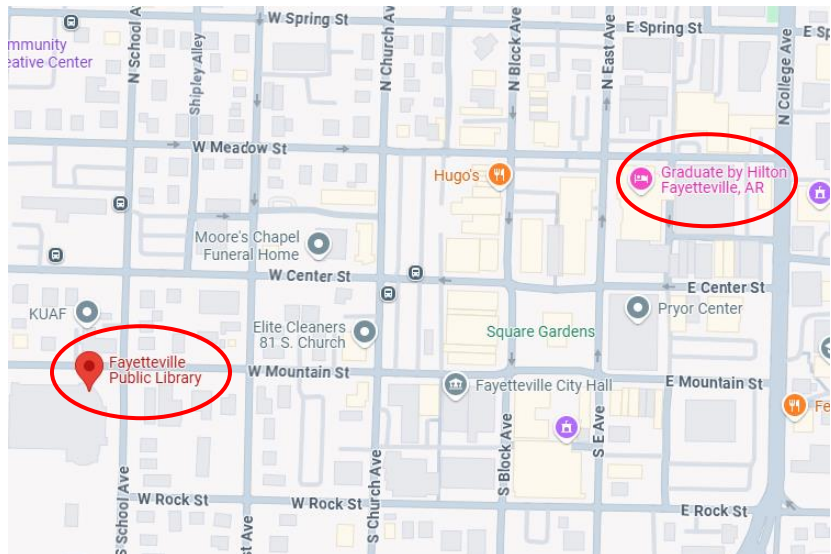
Conference Hotels

We have partnered with The Graduate by Hilton hotel located near the conference center to provide a discounted room rate for the 2025 CSACSM attendees. The address for the hotel is below along with an attached map for a visual representation of the hotel location.

The Graduate by Hilton Fayetteville, AR

70 North East Ave.

Fayetteville, Arkansas 72701



Future Annual Conferences

Per the By-laws, CSACSM will hold an annual meeting in the Spring of each calendar year (e.g., early March) for its membership that includes social, scientific, and business activities.

The annual meeting occurs on a 3-city rotation in the following manner:

1. Kansas City area –2027/2030/2033, etc.
2. Fayetteville –2025/2028/2031, etc.
3. Tulsa/Broken Arrow area –2026/2029/2032, etc.

We look forward to seeing you in the Tulsa/Broken Arrow, OK area next year!

Detailed Conference Program and Schedule

Time	Location	February 27 th - Presentation Details
8:00-9:00 am	Zeigler Room	Executive Board Meeting (Executive Board Members and guests only)
8:30 am	Lobby	Registration Table is OPEN
9:00-9:15 am	Event Center	Opening Remarks – Past-President Crawford
9:15-10:15am	Event Center	Nutritional Considerations for Clinical Populations *Pincu – The Use of Ketogenic Diet in Individuals with Metabolic Dysfunction *Rosa-Caldwell – Muscle Health During Anorexia Nervosa, an Under-Investigated Moderator of Health and Quality of Life *Laurie – Using Food as Medicine to Combat Inflammation, Chronic Disease, and Improve Performance in Sport <i>Sponsored by Ouachita Baptist University</i>
	Walker Community Room	Female Athlete Thematic Posters *Sanders – Peak Match Running Demands in Collegiate Women’s Soccer and Lacross *Bean – Competitive Season-Long Changes in Countermovement Vertical Jump Force-Time Metrics in Female Soccer Players *Cintineo – Nutrition Knowledge and On-Field Performance in Women’s Collegiate Soccer Players *McDonald – Kinematic and Neuromuscular Measures During Drop Landings in Collegiate Volleyball Athletes
	Zeigler Room	Biomechanics of Injury *Throckmorton – The Influence of Prolonged Standing on Thorax and Pelvis Intersegmental Coordination During Gait *Su – The Effect of Arm Swings on Lower Limb Kinetics During Single-Leg Hopping *Redinger – Unfavorable Achilles Tendon Morphological Quality and Mechanics in Collegiate Army ROTC Cadets *Gu – Single-Leg Backward Hopping Imposes Greater Knee Demands Compared to Forward Hopping in ACLR Patients <i>Sponsored by XSENSOR</i>
Break 10:15-10:30am		
10:30-11:30am	Event Center	Rapid Fire *Montgomery – Cognitive Reappraisal Improves Performance and Mood in Eight-Minute Functional Threshold Power Test *Kipper – The Impact of Muscle Oxidative Capacity on Neuromuscular Recovery after Eccentric Damage *Urbina – Physical Performance in Low vs. High Cognition Among Older Adults at Risk for Alzheimer’s Disease

		<p>*High – Time Course of Mechanomyographic Amplitude Responses During Motor Unit Activation and Deactivation with Fatiguing Exercise</p> <p>*Perez – Renal Stress and Electrolyte Responses During the Boston Marathon</p>
	Walker Community Room	<p>Interventions for Obesity and Diabetes Prevention</p> <p>*Kezbers – Increase NEAT when you take a seat: the influence of non-exercise activity thermogenesis on sedentary activity and health</p> <p>*Gorczyca – Early Lessons Implementing the Diabetes Prevention Program in Rural Communities</p> <p><i>Sponsored by Cosmed</i></p>
	Zeigler Room	<p>Molecular Mechanisms of Muscle Metabolism</p> <p>*Schrems – Fibrosis in Autologous Repaired VML-Injured Skeletal Muscle is Not Mitigated by Short and Moderate Duration Aerobic Exercise Training</p> <p>*Ahmed & Shakeri – The Effect of Leucine Supplementation on Atrogenes in Aged Male Mice at the Onset of Muscle Regeneration</p> <p>*Rothacker – Effects of Anorexia Nervosa on Muscle Quality Following Long Term Recovery in Rats</p>
Lunch is provided in the Lobby / Event Center at 11:30-12:00 pm		
12:00-1:00 pm	Event Center	<p>KEYNOTE – Dr. A. Fry</p> <p>Sport Science – What exactly is it? How do you do it? (bring your lunch)</p>
1:00-2:15 pm	Event Center	<p>Outstanding Student Research Award Competition</p> <p><i>Sponsored by the University of Arkansas</i></p>
Break 2:15-2:30 pm		
2:15 - 3:15 pm	Teaching Kitchen	<p>Hands-on Cooking Class with Chef Amon Easley:</p> <p>Indonesian-inspired Gado Bowl</p> <p>* Space is limited * Sign Up is at Registration Desk</p>
2:30-3:30 pm	Event Center	<p>The Burden of Breathing and Exercise Tolerance</p> <p>With Hammer</p> <p><i>Sponsored by ParvoMedics</i></p>

		Vascular Response Modulators in Healthy and Clinical Populations *Kis – The Effect of Muscle Oxygenation on Neuromuscular Efficiency and Force Complexity *Bartsch – Influence of Arterial Stiffness on Cerebrovascular Response to Exercise in Individuals Post-Stroke *Garcia-Suarez – Pre-Ejection Period Detection and Reactivity During Non-Invasive Cardiovascular Autonomic Challenges <i>Sponsored by Harding University</i>
	Walker Community Room	Considerations for Maximizing Sport Performance *Cabarkapa – Maximizing 3-Point Basketball Shooting Accuracy: Markerless Motion Capture Analysis *Crawford – Evaluating Changes in, and Predictors of, Quality Starts among Professional Baseball Pitchers from 2015-2024 *Dietzel – Hex-Bar Deadlift as a Post Activation Performance Enhancement Warm-Up Strategy for Golf Club Head Speed *Yang – Differences in Shooting Kinematics Between Experienced and Non-Experienced Wheelchair Basketball Athletes
	Zeigler Room	Why Having Spring in Your Step is Important for Older Adults with Singh
		Exercise is Medicine with Pulley & Tapps
Break 3:30-3:45 pm		
3:45-5:45 pm	Event Center	Quiz Bowl <i>Sponsored by Cleveland University</i>
5:45-6:30 pm	Event Center	Networking Social <i>Sponsored by Arkansas State University</i>

Time	Location	February 28 th - Presentation Details
7:45-8:00 am	Event Center	Poster Presenters set stands and posters
8:00-9:15 am	Event Center	Opening Remarks – Past-President Crawford Poster Presentations (leave posters up)
9:15-10:00am	Walker Community Room	Female Athlete Triad vs REDs Debate With Anderson & Baker
	Zeigler Room	Training Optimization and Health Behavior Interventions *Kearney – Training Progressions (and Regressions) to Enhance Self-Efficacy in Clients *Forseth + Willis + Bodde – Accelerating Health Behavior Research <i>Sponsored by Garmin</i>
10:00-11:15am	Walker Community Center	Modulators of Fatigue Profiles Thematic Poster Presentations *Roth – Effects of Left Forearm Muscle Metaboreflex Activation on Right Vastus Lateralis Motor Unit Behavior *Hubbard – The Impact of Remote and Localized Knee Pain on Maximal Strength of Knee Extensors in College Aged Individuals *Honea – Neuromuscular Responses During Dynamic Resistance Exercise in the Extreme and Severe Intensity Domains *Richardson – Influence of the Cold Pressor Test on Pain Threshold, Motor Unit Characteristics, and Input Excitation *Trask – Inter-Set Occlusion Reduces Volume and Increases Fatigue without Affecting Acute Recovery *McLain – Workload Indexed Blood Pressure Response to Ramp Exercise Above and Below Critical Power *Huizinga – Cognitive Reappraisal Improves Daily Time to Exhaustion Cycling Performance
	Zeigler Room	Promoting quality of life in children and adults *Murphy – Resting Less: Associations Between Weight Status and Sleeping Behaviors Among Elementary School Children *Durfee – Long-Term Health-Related Quality of Life in Pediatric Patients that Received Clinical Profiles Informed Concussion Care *Deng – Empowering Afterschool Staff for Youth Physical Activity Promotion: Catalysts for Whole School, Whole Child, Whole Community Initiatives *Jett – Do Exercise is Medicine-On Campus Schools Promote health and Wellness for Employees? *Walker – Physical Activity, Sitting Time, and Perceived Stress Among University Employees <i>Sponsored by Southeast Missouri State University</i>

11:15-12 pm	Boxed Lunches provided in the Lobby / Event Center Poster Presenters - take down all posters and stands	
12:00-1:00 pm	Event Center	GSSI SPEAKER Justina Bonsignore – Back to Basics: Physiology of Sweat and Sweat Testing (bring your lunch)
1:00-2:00 pm	Event Center	Interventions for Healthy Aging Symposium *Smith – Skeletal Muscle Adaptations Following a Community-Based Resistance Training Program *Hayes – Evaluation of Changes in Functional Performance After a 6-Month Exercise Program for Older Adults *Medrano – Staying Strong: Enhancing Body Composition in Older Adults *Sharma – Three Neurocognitive Mobile Applications: Perception of Usability in Adults with and without Parkinson’s Disease <i>Sponsored by Arkansas College for Health Education – School of PT</i>
	Walker Community Room	Physiological Considerations for Sportswomen *Sunderland – Positional Variations in Physical and Physiological Profiles of Collegiate Women’s Ice Hockey Athletes *Rice – Influence of Menstrual Cycle Phase and Hormonal Contraceptive Use on Resistance Exercise Performance and Fatigue
	Zeigler Room	Strength Training Considerations for Performance *Johnson – Practice and Experience of Dynamic Periodization and Programming for Successful MMA Athletes *Cabarkapa – Building Better Athletes: Strength Training & Basketball Performance
	Teaching Kitchen	Hands-on Cooking Class with Chef Amon Easley: Indonesian-inspired Gado Bowl * Space is limited * Sign Up is at Registration Desk
Break 2:00–2:15 pm		
2:15-3:30 pm	Event Center	Student Research Grant Winner Presentations
3:30-4:00 pm	Event Center	Presentation of Awards, Chapter Updates, and Closing Remarks

Presenters Biographies

2025 CENTRAL STATES ACSM



DR. ANDREW FRY
KEY NOTE SPEAKER

 **ACSM**
Central States
Chapter

Andy Fry is a Professor in the Department of Health, Sport & Exercise Sciences at the University of Kansas, and the Director of the Jayhawk Athletic Performance Laboratory (JAPL). Prior to KU, he was a Professor at the University of Memphis, and Director of the Exercise Biochemistry Lab. He received degrees from Nebraska Wesleyan University, the University of Nebraska – Lincoln, and Penn State University, and did a post-doc in muscle physiology at Ohio University. Prior to grad school, Andy owned and operated a private fitness facility for seven years, and then worked at the national headquarters of the NSCA. Over the years, his research focus has included the study of resistance exercise and training prescription (including cellular, molecular & endocrine responses and adaptations), overtraining, and sport performance. He is the recent recipient of the NSCA Boyd Epley Lifetime Achievement Award. Andy has also served on the NSCA Board of Directors, served a term as the NSCA Vice President, served as chair of the Sport Science & Medical Committee for USA-Weightlifting, is a past-President of the Central States chapter of ACSM, and is currently a Fellow Emeritus of the NSCA. Collectively he has published or presented over 650 scientific articles and abstracts, written over 50 coaching articles, made over 140 invited presentations, and secured over \$5.6M in research funding. He is married to Dr. Mary Fry, a sport psychologist, and has two children, Jared (26) and Lindsey (24). In his spare time he enjoys watching his daughter perform on the professional theatrical stage, and his son coach and perform on the baseball diamond.

FEBRUARY 27TH, 2025

12:00 PM

Fayetteville Public Library
401 W. Mountatin St.
Fayetteville, AR 72701

GSSI Speaker

Justina Bonsignore, MS
Gatorade Sports Science Institute


Feb. 28th, 12 PM

Event Center

Back to Basics:
Physiology of
Sweat and Sweat Testing

Session Sponsored by:



 **ACSM**
Central States
Chapter





Megan Rosa-Caldwell, University of Arkansas

Dr. Megan Rosa-Caldwell graduated with a Bachelor of Science in Exercise Science and Chemistry from Baker University in 2014. Dr. Rosa-Caldwell then attended the University of Arkansas, graduating with a Masters in Kinesiology in 2016 and a PhD in Kinesiology in 2020. During her PhD studies, Dr. Rosa-Caldwell investigated musculoskeletal alterations across muscle pathologies and potential sex differences in response to muscle pathologies. Using pre-clinical models of bedrest, Dr. Rosa-Caldwell found females tend to experience disuse-associated muscle loss more compared to males. Following graduation, Dr. Rosa-Caldwell completed a Post-Doctoral Fellow position at Beth Israel Deaconess Medical Center/Harvard

Medical School funded through NASA where she studied the effects of partial gravity environments on possible sex differences in muscle loss. While at Beth Israel Deaconess Medical Center, Dr. Rosa-Caldwell began researching muscle loss during eating disorders such as anorexia nervosa. Currently, Dr. Rosa-Caldwell is an Assistant Professor of Exercise Science in the Department of Human Health, Performance, and Recreation at the University of Arkansas. Dr. Rosa-Caldwell's research investigates musculoskeletal alterations during anorexia nervosa. Dr. Rosa-Caldwell's team has developed a rodent model of anorexia nervosa that simulates the prolonged duration of anorexia nervosa and using this model, the team investigates how anorexia-induced muscle loss influences acute and long-term health. Dr. Rosa-Caldwell currently has over 45 publications in the field of muscle biology and is an active member of the American College of Sports Medicine and American Physiological Society.



Yair Pincu, University of Oklahoma

Yair Pincu is an Assistant Professor in the Department of Health and Exercise Science (HES) at the University of Oklahoma. He received his Ph.D. in Exercise Physiology from the University of Illinois at Urbana-Champaign, where he explored the impact of diet-induced obesity and exercise on adipose-resident stem cells. Dr. Pincu then served as a post-doctoral fellow at Oklahoma Medical Research Foundation, where he studied mechanisms of tissue fibrosis. Dr. Pincu is the director of the Exercise Metabolism Lab. His primary research interests focus on the interaction between diet, exercise, and metabolic health. The Exercise Metabolism Lab explores how diet and exercise affect metabolic rate, substrate utilization, metabolic flexibility, and glycemia in individuals with and without metabolic dysfunction. Another focus of the lab is the potential role of exercise in improving weight loss and metabolic health of individuals living

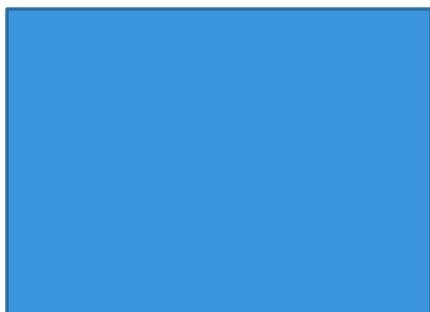
with obesity – particularly following bariatric surgery.



Erin Laurie, Baker University

Erin Laurie is a Registered and Licensed Dietitian Nutritionist and has held a variety of positions throughout her 26-year career. Most notably in the areas of public health nutrition, health promotion, and prevention of disease. Previous positions include Executive Director of Nutra-Net, consultant Registered Dietitian Nutritionist which included hands-on cooking classes for corporate wellness, and Assistant Director at the Franklin County Health Department. Currently Ms. Laurie is faculty in the Applied Health Sciences department at Baker University. Her current course load includes the following courses: Sports Nutrition, Human Nutrition, Advanced Nutrition (hands-on food prep class), Food and

Culture, Culinary and Nutritional Medicine (hands-on food prep is incorporated into the curriculum), Social and Behavioral Aspects, Group Exercise, Health Promotion and Policy, Public Health Communication and Literacy, and Global Health Issues. In addition to her teaching responsibilities, she serves as the Clinical Internship Coordinator. Erin received both her undergraduate and graduate degrees at Kansas State University.



Lauren Sanders, Lindenwood University

Lauren Sanders is a senior undergraduate student at Lindenwood University. She is currently studying Exercise Science, with the goal of attending graduate school to obtain her doctorate in physical therapy. Lauren has spent all four years playing college soccer, as well as working in a physical therapy clinic as a rehabilitation aide.



Caleb Bean, University of Kansas

Caleb Bean is a first-year master's student at the University of Kansas in the Jayhawk Athletic Performance Laboratory. Additionally, he currently serves as a senior performance assistant within the Jayhawk Performance youth strength and conditioning program. He received a B.S. in Exercise Science from the University of Nebraska at Kearney.



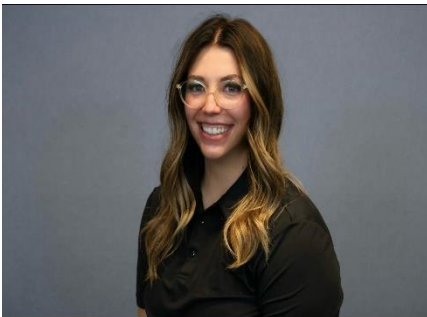
Harry Cintinio, Lindenwood University

Harry P. Cintineo, PhD, CSCS,*D is an assistant professor at Lindenwood University. His expertise is in the areas of strength and conditioning, sports science, and sports nutrition in traditional and tactical athletes. His primary research interests revolve around strategies and interventions to optimize health and human performance in athletic populations.



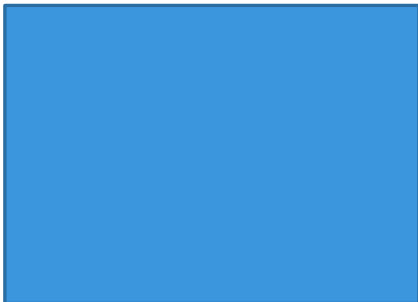
Samantha Throckmorton, University of Arkansas

Samantha Throckmorton is pursuing a degree in Biology at the University of Arkansas and compiling research under Dr. Kaitlin Gallagher in the Exercise Science Department. She plans to attend medical school after her undergraduate degree.



Cassandra McDonald, University of Kansas

Cassandra McDonald is a first-year doctoral student at the University of Kansas within the Jayhawk Athletic Performance Laboratory. She received her M.S. degree in Athletic Training the University of Nebraska at Kearney and her B.S. degree in Exercise Science from the University of Nebraska at Kearney. Additionally, she is a BOC certified athletic trainer and has aspirations to become a strength and conditioning coach and athletic trainer for combat sports.



Wanyan Su, University of Kansas

Wanyan Su received her Bachelor's and Master's degrees in Kinesiology from Shanghai University of Sport in China. She is now a first-year doctoral student at the University of Kansas under the guidance of Dr. Yu Song. Her primary research interests focus on lower limb biomechanics, aiming to better understand injury risk factors in physical activity and to support the rehabilitation process.



Allen Redinger, Oklahoma State University

Allen Redinger is a PhD(c) under Dr. Breanne Baker in the Musculoskeletal Adaptations to Aging and eXercise (MAAX) Laboratory at Oklahoma State University. His research focuses on the dynamic interaction of the skeletal, tendinous, and neuromuscular systems when elucidating injury risk and preventative strategies in tactical and athletic populations. He received his undergraduate degree in exercise science from Otterbein University, masters degree in physiology of exercise from Ohio University, and holds his CSCS from NSCA. He is the MAAX Laboratory coordinator and has served as a physiological consultant for the OSU Army ROTC since 2021. Redinger has presented at ACSM and NSCA conferences since 2021 and received the Doctoral Podium Research Award at the 2024 NSCA National Conference.



Tony Montgomery, Oklahoma State University

I am a PhD student at Oklahoma State University in the School of Kinesiology, Applied Health and Recreation. My primary research interest is how we can use psychological interventions to improve adherence and motivation to physical exercise and on the role the brain plays on fatiguing exercise tasks. I spent 4 years in the Marine Corps and 12 years as a strength coach. I have presented at CSASCM 2023, NSCA National Conference 2023, and two posters at the national ACSM Conference in 2023 and 2024.



Colin Kipper, Oklahoma State University

Colin earned his Bachelors of Science degree in Exercise and Sport Science from the University of Wisconsin-La Crosse in 2023. Currently, Colin is a graduate teaching assistant pursuing his Masters of Science in Applied Exercise Science at Oklahoma State University. In 2024, he was nominated for the Central States Outstanding Student Research Award and invited to give a oral presentation on sex differences in oxygenation profiles at the ACSM National Meeting.



Ray Urbina, University of Arkansas

Ray Urbina is a graduate teaching assistant at the University of Arkansas, where he enjoys guiding students in the use of exercise testing equipment and demonstrating its practical applications in the Exercise Science Lab Techniques course.

In addition to teaching, Ray assists and contributes to research in the Aging Lab under Dr. Gray. he has had the opportunity to be a lead project manager and oversee research progress and development. He has assisted in data collection and analyzing. He is currently working in the wet lab, carrying out experiments for further data analyses. His primary research interests lie in exploring the connections between cognitive and muscular health in older adults, with a focus on the relationship between these factors and Alzheimer's disease pathology.

.....



Yu Gu, University of Kansas

Yu Gu is a first-year doctoral student. She gave an oral presentation at the 13th National Sports Science Conference (Tianjin, China) and a poster presentation at the 22nd National Sports Biomechanics Academic Exchange Conference (Xi'an, China).

.....



Emma High, Oklahoma State University

Student seeking a Master's degree in Health and Human Performance at Oklahoma State University. Received Bachelors of Science in Applied Exercise Science from Oklahoma State University. Gained practical experience in the field of exercise science by working at the University of Arkansas as an Olympic Strength and Conditioning Intern and at a small Oklahoma high school as an Assistant Strength and Conditioning Instructor.



Rosie Perez, University of Arkansas

Rosie Perez graduated from Oklahoma State University with a Bachelor of Science in Applied Exercise Science and a Master of Science in Health and Human Performance. She is a Doctoral student at the University of Arkansas with an emphasis on Health, Sport, and Exercise Science and a graduate researcher in the Heat & Hydration Optimization Lab. Rosie's previous research had primarily investigated the physical and physiological characteristics of Army ROTC cadets, law enforcement, and firefighters. Her current research is on the hydration and thermoregulation of tactical athletes and females and treatment and prevention of heatstroke. She has previously presented at the Central States ACSM conference, the National Conference for NSCA, and the Warrior Research Center Tactical Athlete Summit.

.....



Eleanor Schrems, University of Arkansas

I am a 4th year PhD student at the University of Arkansas. My current research focus is in volumetric muscle mass loss, however I have extensive experience in the cachexia and the sarcopenic obesity field. I got my bachelors degree from the University of Arkansas and went straight into the PhD program. I previously presented an oral presentation at CACSM in 2022. Otherwise, most of my oral presentation experience comes from teaching and journal clubs. I have presented poster presentations at 6 conferences/symposiums. Throughout my PhD, the most extracurricular experience I have gotten other than research is teaching, which I have done every semester since spring 2023.

.....



Izzeldin Ahmed, University of Arkansas

Izzeldin "Izzo" Ahmed is a dual major graduate with a Bachelor of Science in Biology and a Bachelor of Arts in Chemistry from Arkansas State University. Passionate about becoming a research physician, Izzo has an extensive background in research, including published work on drug metabolism and medicinal compounds. He has presented at numerous scientific conferences and earned awards for his research contributions. Currently, Izzo serves as a Cultural Programming Coordinator at the Multicultural Center, where he continues his community-building work, and is also Masters student in Exercise Science, focusing on muscle regeneration and cancer cachexia.

.....



Sepideh Shakeri, University of Arkansas

My name is Sepideh Shakeri, and I hold a Bachelor of Science degree in Medical Laboratory Science Technology, awarded in 2013 and master degree in 2015. During my first year in college, I served as a research assistant at the Molecular Pathology and Cytogenetics Research Center, where my research focused on understanding the nature of cancer, particularly blood cancers, and developing advanced molecular tools for early diagnosis. I worked as a senior researcher at a cancer research center and as a supervisor in a medical laboratory. I have contributed significantly to the field, serving as the first author on eight peer-reviewed papers and a co-author on more than 30 publications.

.....



Emily Rothacker, University of Arkansas

My name is Emily Rothacker. I am an undergraduate honors student majoring in Exercise Science, set to graduate in May 2025. Over the past six months, I have been working in Dr. Rosa-Caldwell's lab, researching the effects of anorexia nervosa on physiological factors using a simulated animal model. For my honors thesis, I am specifically focusing on the effects of anorexia nervosa on muscle quality following a long-term recovery period. Through this work, I have had the opportunity to handle animals, operate the pQCT, and analyze data to advance my honors thesis project.

.....



Shane Hammer, Oklahoma State University

Dr. Shane Hammer is an Assistant Professor of Health and Human Performance at Oklahoma State University. Dr. Hammer's research focuses primarily on interactions between the nervous and cardiovascular systems during exercise with an emphasis on skeletal muscle blood flow and autonomic control of the circulation.

.....



Petra Kis, Oklahoma State University

Petra earned her Bachelors of Science degree in Sport and Exercise Science from University of Northern Colorado in 2021, and Masters of Science in Kinesiology from Georgia Sothern University in 2023. Currently, Petra is a graduate teaching and research assistant pursuing her PhD in Applied Exercise Science at Oklahoma State University. In 2022 and 2023, she was invited to give a poster presentation at the South East ACSM regional meeting in Greenville, SC as well as an oral presentation at the Central States ACSM regional

meeting in Kansas City, Mo. In 2023 and 2024, she was invited to give a poster presentation at the ACSM annual meeting in Denver, CO and Boston, MA.

.....



Bria Bartsch, University of Kansas Medical Center

Bria Bartsch is an ACSM certified exercise physiologist and licensed occupational therapist, pursuing her PhD in Rehabilitation Science at the University of Kansas Medical Center. Ms. Bartsch received her Bachelor's degree in Health and Exercise Science from The College of New Jersey in 2018. She then received her Master's degree in Occupational Therapy from Columbia University in 2020. As a PhD candidate, Ms. Bartsch's dissertation work focuses on the feasibility and preliminary efficacy of recumbent stepper high-intensity interval training in chronic stroke.

.....



Patricia Garcia-Suarez, University of Kansas

Biologist, Master in Life Sciences from the Ensenada Center for Scientific Research and Higher Education, Mexico. Former laboratory technician, lecturer, and scientific collaborator of the Sports Faculty at Autonomous University of Baja California.

I am currently a teaching assistant and 4th year doctoral student at the Department of Health, Sports and Exercise Sciences at the University of Kansas.

An active member of the American Research Network of Human Movement Sciences, whose main collaboration was being a guest lecturer on topics like metabolic regulation, novel data acquisition and processing of cardiovascular performance, and application of algorithm models and statistical analysis on North, Central, and South America.

.....



Dimitrije Cabarkapa, University of Kansas

Dr. Dimitrije Cabarkapa is an Associate Director of the Jayhawk Athletic Performance Laboratory at the University of Kansas. Over the last six years, he has published more than 85 peer-reviewed research articles and presented at multiple national and international conferences. Also, Dimitrije successfully established strong collaborative relationships with many well-recognized sports organizations and academic institutions across the world, including the USA, Europe, and Asia. Some of his current research projects are focused on examining biomechanical and neuromuscular performance characteristics of professional athletes, physiological responses during training and competition, and the implementation of innovative technology for athlete performance monitoring.

.....



Derek Crawford, University of Central Missouri

Derek Crawford is an Associate Professor of Exercise Science at the University of Central Missouri (UCM), where he combines his passion for Sports and Performance Science with strong collaborative relationships with the UCM Athletics teams and coaches.

.....



Parker Dietzel, Saginaw Valley State University

Parker Dietzel is an undergraduate student at Saginaw Valley State University, pursuing a Bachelor of Science in Exercise Science. He has a strong interest in golf-based sports medicine, combining his academic focus with a background as a collegiate golfer and golf professional. Parker is currently an intern at the Golf Research, Innovation and Performance Center at Oklahoma State University, where he contributes to advancing the understanding of performance in golf athletes.

.....



Nathan Anderson, Oral Roberts University

Nathan Anderson is a senior at Oral Roberts University pursuing a Bachelor of Science in Computer Science with a minor in Mathematics. Nathan is known for his exceptional academic dedication and leadership in his field. His research examines the impact of physical activity and healthy lifestyles on college students, emphasizing the connection between wellness and success. Nathan's coursework includes advanced topics like Big Data, Automata Theory, and Compiler Design, highlighting his expertise in computational theory and practical applications. His academic excellence and multidisciplinary focus position him as a promising contributor to the technology and health

sciences fields.



Coleman Honea, Oklahoma State University

Coleman Honea is a current graduate research and teaching assistant at Oklahoma State University, where he finishing his MS degree in Health and Human Performance. He is ACSM-CPT, NSCA-CSCS, and USA-W L1 certified and actively trains/coaches clients and teams of all ages. He has previously presented research at ACSM regional conferences and NSCA national conferences. He is excited to share cutting edge research looking at fatigue and physiological

responses to exercise.



Lyric Richardson, Oklahoma State University

Lyric Richardson is a third year PhD student Oklahoma State University and works part-time at Stillwater Medical Center as a Physical Therapy Technician assisting Occupational and Physical Therapists with patients ranging from intensive care to joint replacement care. She received her Undergraduate and Masters Degree at Tarleton State University and has presented at multiple ACSM conferences as a graduate student including: Texas ACSM, Central States ACSM, and the National ACSM conference in 2023 and 2024.



Bryson Trask, Oklahoma State University

Bryson Trask is a first year masters student at Oklahoma State University, after completing his undergraduate degree also at Oklahoma State University. During his undergraduate program Bryson was a research assistant and has podium presented at national level conferences. He also works as a personal trainer holding an ACSM-CPT certification and is a track and field coach for the discus and shotput.



Collen McLain, Oklahoma State University

Collen McLain is a second year masters student at Oklahoma State University. He is currently studying the blood pressure response post severe intensity exercise. He has his bachelors of science from Washburn University.



Parker Huizinga, Oklahoma State University

Major: Human Nutrition/ Pre-Medical Sciences (Presidents Honor Roll- Fall 2022, Spring 2023, Fall 2023, and Spring 2024) Certifications: IRB certified, HIPPA, UKbiobank
Work Experience: -Shadowship (Dr. William K. Montgomery M.D.)
- Orthopedic Associates of Dallas -Frisco, Texas
-July 2023-December 2023
Baylor Scott and White Surgery Center at the Star and
Baylor Scott and White Hospital McKinney
Undergraduate Research Assistant
- Stillwater -March 2023 – Present -Under the mentorship of Dr. Winyoo Chohanadisai LASSO Tutor- Chemistry, Algebra, and Nutrition -Stillwater, Oklahoma -March 2023-November 2023



Christopher Murphy, University of Arkansas Fayetteville

Christopher Murphy has earned MS Degrees in Sport Psychology and Sports Management before beginning his PhD studies in Health, Sport and Exercise Science at the University of Arkansas, Fayetteville. He has accumulated considerable experience working with youth as a career soccer coach for over 15 years. He now combines his professional background with emerging research in physical activity. He is guided by the belief that, if provided the proper tools, young people have the potential to transcend countless barriers.

.....



Kori Durfee, University of Arkansas

Kori J. Durfee, MA is a third-year doctoral student in the Office for Sport Concussion Research at the University of Arkansas. Kori completed her bachelor's degree in exercise science at the University of Sioux Falls and a master's degree in kinesiology and sports management from the University of South Dakota. Prior to pursuing her PhD, she was a brain health research intern at Sanford Sport Science Institute where she assisted in studies that examined the effects of repetitive head impact exposures on brain health in youth football and mixed martial arts athletes. Kori's current research interest focuses on the application of digital health strategies to better understand the psychological effects of concussion in adolescent and adult

populations.

.....



Anqi Deng, University of Arkansas

Dr. Anqi Deng is currently an Assistant Professor of Exercise Science at the University of Arkansas. She earned her doctoral degree from the University of North Carolina at Greensboro and previously served as a postdoctoral research fellow and Research Assistant Professor at the University of South Carolina. Dr. Deng has presented her research at over 20 national conferences.

.....



Kristin Jett, University of Arkansas

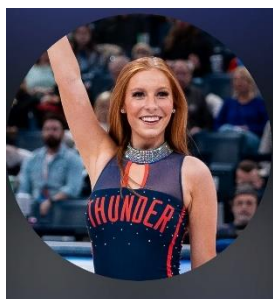
Kristin Jett is a Ph.D. student in Exercise Science in the Department of Health, Human Performance and Recreation in the College of Education and Health Professions at the University of Arkansas. She also earned her Bachelor of Science in Exercise Science from the University of Arkansas and is a Certified Exercise Physiologist through the ACSM. She is the graduate assistant for the UofA Exercise Science Research Center and the graduate representative for the ACSM Exercise is Medicine-On Campus committee. Her research interests include workplace physical activity and wellness interventions and their feasibility and implementation. She also serves as the graduate advisor for Exercise is Medicine at the UofA to promote physical activity to all

campus members and the local community.



Regan Walker, University of Central Oklahoma

Regan Walker is a senior currently pursuing her bachelor's degree in kinesiology; exercise fitness management at the University of Central Oklahoma. She works for Valir Physical Therapy as a PT Technician and for the Center for Active Living and Learning (CALL) as a part time admin and fitness instructor. Regan has presented at UCO Symposium, Central States ACSM, National ACSM, and National Conference on Undergraduate Research.



Regan Smith, Oklahoma State University

Regan Smith is an undergraduate student at Oklahoma State University majoring in Applied Exercise Science. After completion of her bachelor's, she plans to attend physician assistant school. Smith has participated in data collection under Dr. Breanne Baker in the Musculoskeletal Adaptation to Aging and eXercise (MAAX) Laboratory at Oklahoma State University, where she has assisted with older adult functional testing and data acquisition.



Trisha Hayes, University of Kansas

Trisha Hayes graduated from Nebraska Wesleyan University with her bachelor's degree in athletic training and a minor in coaching. She is a certified and licensed athletic trainer for the University of Kansas Health System in their youth sports medicine department. Trisha is currently a master's student and graduate teaching assistant at the University of Kansas in the Department of Health, Sport, and Exercise Science. She has experience presenting at conferences such as the Mid-America Athletic Trainers' Association annual conference and the Nebraska Wesleyan Spring

Symposium. Topics presented include elbow dislocations with medial epicondyle fractures and ankle syndesmosis sprain case studies, as well as Lee Silverman Voice Treatment BIG Therapy for Parkinson's disease.



Bryan Medrano, Oklahoma State University

Bryan Medrano is an undergraduate student at Oklahoma State University majoring in Applied Exercise Science with a concentration in Strength and Conditioning and a minor in Spanish. After completion of his bachelor's, he plans to attend the College of Allied Health in Norman, Oklahoma to complete his Doctor of Physical Therapy (DPT). Medrano has participated in data collection under Dr. Breanne Baker in the Musculoskeletal Adaptation to Aging and eExercise (MAAX) Laboratory at Oklahoma State University, where he has assisted with older adult functional testing and data acquisition.



Charvi Sharma, Wichita State University

Charvi Sharma is a Master's student in Exercise Science at Wichita State University (WSU) and aspiring to be a licensed Physical Therapist. She is a graduate research assistant in the Human Performance Laboratory at WSU under Dr. Heidi Bell and Dr. Chris Proppe. Her research is focused on examining the usability of Neurocognitive assessment tools for Parkinson's patients and the benefits of blood flow restriction during exercise.



Kyle Sunderland, Lindenwood University

Dr. Kyle Sunderland is an Associate Professor of Exercise Science at Lindenwood University. He earned both his Bachelor's and Master's degrees in Kinesiology from Fresno State University and holds a Ph.D. in Exercise Physiology from the University of Oklahoma. Dr. Sunderland is certified by the National Strength and Conditioning Association as a Certified Strength and Conditioning Specialist (CSCS) and Certified Performance and Sport Scientist (CPSS). With extensive experience presenting at regional and national conferences, he has contributed significantly to the field through his research and professional engagement. Dr. Sunderland mentors student research projects, many of which are showcased at the Central States American College of Sports Medicine annual meetings.



Emma Rice, Oklahoma State University

Emma Rice graduated from the University of Science and Arts of Oklahoma with a Bachelor of Science in biology. She played college soccer and, after, pursued a career in coaching where she coached at the youth, high school, and collegiate level. Her experience as an athlete and coach has directly led to her desire to be in the exercise, health, and longevity world. She hopes that her research will one day positively contribute to the world of training and athletics.



Anna Gorczyca, University of Kansas Medical Center

Dr. Anna M. Gorczyca, Ph.D., is a Research Assistant Professor in the Division of Physical Activity and Weight Management at the University of Kansas Medical Center. Dr. Gorczyca earned a master's degree in exercise physiology at Adelphi University in 2011 and a PhD in epidemiology from Indiana University in 2016. She completed a postdoctoral fellowship at the University of Kansas Medical Center in 2018 focused on weight management implementation in rural communities. is an epidemiologist and her research focuses on the implementation of physical activity and weight management interventions for the prevention of chronic disease (cardiovascular disease, diabetes, dementia, etc.) in rural and other underserved populations.

.....



Gerit Wagner, University of Kansas Medical Center

Gerit Wagner, MPH, RDN, LD (They/Them) is a registered dietitian nutritionist and clinical research assistant at The University of Kansas Medical Center. In addition to counseling patients in an outpatient weight management setting, they assist with research aimed to reduce the prevalence of chronic conditions such as type 2 diabetes in rural Kansas settings. Gerit's background also focuses on the environmental and structural factors that influence participation in federal programs such as the National School Lunch Program and the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC).

.....



Annie Rice, university of Kansas Medical Center

Anna Rice works as a clinical research coordinator at the University of Kansas Medical Center. Anna received a M.S. in Kinesiology from the University of Central Missouri and began working for KUMC's Division of Physical Activity and Weight Management in January 2019. She is an ACSM certified Autism Exercise Specialist. Her professional background includes the coordination of multiple NIH-funded weight loss and physical activity trials, focusing on special populations such as adolescents and young adults with intellectual and developmental disabilities, as well as adults with mobility related disabilities.



Bethany Forseth, KU Medical Center

Dr. Bethany Forseth, Ph.D., is an Assistant Professor in the Department of Physical Therapy, Rehabilitation Science, and Athletic Training at KU Medical Center. Dr. Forseth is the director of the Behaviors for Family Health Lab. Her research leverages healthy lifestyle behaviors to improve cardiometabolic health (e.g., obesity, type 2 diabetes) in individuals across the lifespan. In her work, Dr. Forseth is interested in ensuring the interventions developed to support health behaviors are optimally designed for participants and for dissemination by community partners. She earned a master's degree in clinical exercise physiology from the University of Tennessee-Knoxville in 2014. After completing a doctorate in health sciences from the University of Wisconsin-Milwaukee in 2019, she held a postdoctoral fellowship position in pediatric obesity in the Department of Pediatrics at KU Medical Center from 2020 to 2023.

.....



Erik Willis, University of North Carolina-Chapel Hill

Dr. Erik Willis is an Associate Research Scientist at the University of North Carolina-Chapel Hill's Center for Health Promotion and Disease Prevention. In this role, he leads both the Community Health and Wellness Resource Team and the Observation for Wellness and Learning Lab, with expertise in physical activity, nutrition, weight management, and biostatistics. Dr. Willis holds a master's and doctorate degrees in Exercise Physiology from the University of Pittsburgh and the University of Kansas, respectively, in addition to a Master of Public Health from Yale University. Dr. Willis completed a postdoctoral fellowship at the National Cancer Institute prior to joining the University of North Carolina-Chapel Hill

.....



Amy E Bodde, University of Kansas Medical Center

Dr. Bodde is a Research Assistant Professor in the Department of Internal Medicine at University of Kansas Medical Center. She is a health promotion researcher with expertise in physical activity for children and adults with intellectual and developmental disabilities and their caregivers. Dr. Bodde received her master's degree in public health from the University of Kansas Medical Center, and her doctorate degree in Health Behavior from Indiana University where she also completed her postdoctoral fellowship. She completed a second fellowship at the Mayo Clinic in Minnesota

.....



Dr. Tina Pulley, Northwest Missouri State University

Dr. Tina Pulley is an assistant professor at Northwest Missouri State University. Academic degrees include a Doctor of Education for Health Professions, Master of Science in Kinesiology and a Bachelor of Science in Recreation and Wellness. A certified exercise professional since 1993, a few certifications include ACSM EIM, American College of Lifestyle Medicine, National Academy of Sports Medicine PES, CES, BCS and PT, National Strength and Conditioning Association CSCS, American Fitness Aerobic Association GFI, and WellCoaches Certified Health & Wellness Coach. In her early career, she worked as an entrepreneur developing and teaching credential processes for fitness and wellness professionals, researching health promotion/human movement dynamics, developing and implementing kinesiology and leadership curriculum

into communities, universities, corporations, healthcare facilities, and churches. Prior to Exercise is Medicine era, she worked in the field with practicing medical doctors implementing exercise and wellness coaching for patients. As credentialing processes moved practical certifications to academia, her passion for the industry led her back to school with a hope to continue shaping the industry through academia. Since then, she has been teaching, developing programs and curriculum in higher education for the last 11 years. She serves as committee chair American College of Sports Medicine Central States Exercise is Medicine and has led two different universities to earn Gold level campus. She is active in presenting at conferences, teaching CEUs within the world of fitness, wellness and coaching, researching human movement and motivation. She regularly presents at international, national and regional conferences as well as local community and campus events in Maryville and Kansas City Metro. This year, she was an invited keynote speaker at University Santos Tomas, Manila, Philippines at International Organization Health, Sport and Kinesiology, Poster Session Presenter at CS ACSM Conference 2024, Conference Speaker at Applied Sport Management Association Conference and National Conference Panelist at National Association for Kinesiology in Higher Education 2024.



Dr. Tyler Tapps, Northwest Missouri State University

Dr. Tyler Tapps is Assistant Vice President, Health and Wellbeing at Northwest Missouri State University. Dr. Tapps graduated from Northwest with a BS in Corporate Wellness and MS in Recreation. He also received his Ph.D. in Health, Leisure and Human Services from Oklahoma State University. He has a diverse work experience in the higher education sector. Currently, Dr. Tapps is Vice President of Health and Wellbeing encompassing NW Wellness Center to include health and counseling services for students. Previously, Tyler served for 5 years as the Assistant Director for the School of Health Science and Wellness. He was also on the President's strategic planning team as a fellow for institutional strategic planning for three years. Prior to that he was the Director of Profession-based learning and worked as and Executive Director of OTRAC, a recreation contract assistance center. Tyler was also a tenured Associate Professor serving 11 years in the classroom. Tyler's administrative and teaching experience has left a lasting impact. His grant writing and operations classes designed and developed the 3.1 mile Bearcat trail loop that exists on Northwest's campus. Also, in his profession-based learning roles, Tyler's work helped to grow dual credit hours by 500%. As Assistant Director, Tyler created new programs and classes that helped to increase enrollment and credit hour generation. As Executive Director, Tyler's contacts helped to provide recreation research programs for more than 4,000 people in the Northern Oklahoma region.



Krista Kezbers, University of Oklahoma – Health Sciences Center

Dr. Krista Kezbers is currently the Senior Program Manager & Research Professional at the TSET Health Promotion Research Center within the Stephenson Cancer Center at the University of Oklahoma Health Sciences. Dr. Kezbers is a diplomate for the American College of Lifestyle Medicine, a certified ACSM Exercise is Medicine Professional, and an ACSM Certified Personal Trainer. Dr. Kezbers is currently the President-elect on the ACSM – Central States Executive Board. Her current research interests are: 1) studying the intersection between the pillars of Lifestyle Medicine (sleep, physical activity, nutrition, social connection, avoidance of risky substances, and stress management) and health conditions (e.g., thyroid disease, cancer, diabetes, overweight/obesity); 2) how Daylight Saving Time influences health behaviors; and 3) developing passive physical activity interventions during periods of sedentary activity (e.g., while working or in waiting rooms). Dr. Kezbers is passionate about helping individuals make small, manageable, incremental changes to improve their health. She also strives to connect individuals and groups together to increase support and motivation to achieve shared health goals.



Monica Kearney, Southeast Missouri State University

I am passionate about the pleiotropic effects of exercise in disease prevention and treatment and in training every person – particularly those who might be considered special populations - with an athlete-mentality, and these themes have guided my research. The incredible teaching and research mentors I've had throughout my career have heavily influenced

my pedagogical and scholarly interests, as well as my drive to be a lifelong learner. After graduating from Southeast Missouri State University with both B.S. and M.S. degrees, I earned my doctorate from the University of Missouri, Columbia, in 2015 and worked as a Postdoctoral Research Fellow in the Department of Medicine at Washington University in St. Louis from 2015-2018. I joined the faculty at Southeast Missouri State University (SEMO) in 2018 and currently serve as Unit Coordinator for our undergraduate exercise science program. I am certified as a Strength and Conditioning Specialist (CSCS) through the National Strength and Conditioning Association and have worked as a certified personal trainer and group exercise instructor, as well as in corporate fitness and wellness, designing and implementing employee fitness and wellness programming. My experience working in my field gives me insight into the career needs, challenges, and opportunities our students can expect, as well as the community needs our students can help meet. Since joining the faculty at SEMO, I have implemented a student-centered approach to teaching and scholarship; I believe in the importance of constant evolution as a teacher and scholar and strive to integrate this with the growth of my students, the University, and our community.

The Central States ACSM Board of Directors

Derek Crawford, Past-President

Erin Holt, President

Krista Kezbers, President-Elect

Monica Kearney, Secretary

Reed Handlery, Arkansas State Representative

Loree Weir, Kansas State Representative

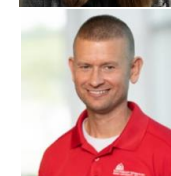
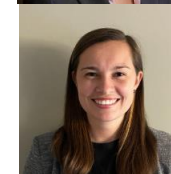
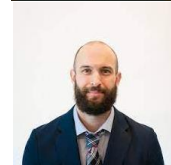
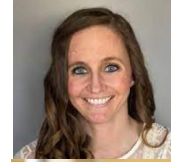
Kelli Teson, Missouri State Representative

Zachary Pope, Oklahoma State Representative

Michelle Gray, Regional Chapter Representative

Bria Bartsch, Graduate Student Representative

Jason Wagganer, Executive Director



Past Central States ACSM Presidents

Year	Name	University/Organization
2003-2004	Rich Sabath	Children's Mercy Hospital
2004-2005	Michael Rogers	Wichita State University
2005-2006	Joe Pujol	Southeast Missouri State University
2006-2007	Barbara Bushman	Missouri State University
2007-2008	Kenneth Turley	Harding University
2008-2009	Steve Sayers	University of Missouri
2009-2010	Phil Gallagher	University of Kansas
2010-2011	Greg Kandt	Fort Hays State University
2011-2012	John Thyfault	University of Missouri
2012-2013	Steve Burns	University of Central Missouri
2013-2014	Andrew Fry	University of Kansas
2014-2015	Mike Godard	University of Central Missouri
2015-2016	Michelle Gray	University of Arkansas
2016-2017	Scott Richmond	Lindenwood University
2017-2018	Jason Wagganer	Southeast Missouri State University
2018-2019	Adam Bruenger	University of Central Arkansas
2019-2020	Chris Todden	Cleveland University
2020-2021	Matthew Ganio	University of Arkansas
2021-2022	Terry Dewitt	Ouachita Baptist University
2022-2023	Veronika Pribyslavska	Arkansas State University
2023-2024	Derek Crawford	University of Central Missouri
2024-2025	Erin Holt	Avila University

2025 Central States ACSM Planning Committee

Bree Baker

Veronika Pribyslavska

Amanda Szabo-Reed

Erin Holt

Krista Kezbers

Gegory Kandt

Erin Blocker

Jason Wagganer

All,

I wanted to take a moment to express my sincere gratitude for all the hard work and dedication you put into making this year's CSACSM meeting possible. The time, effort, and expertise that went into programming, reviewing, planning, and executing this event did not go unnoticed, and I truly appreciate your commitment to advancing the field.

Bree and Veronika, your leadership and contributions were instrumental in ensuring a successful and impactful experience for everyone involved. From coordinating logistics to overseeing abstract reviews and facilitating engaging programming, your efforts have created an environment that fosters learning, collaboration, and professional growth.

The work of the entire planning committee is invaluable, and it's because of your collective dedication that CSACSM continues to be a meaningful and enriching event for students, professionals, and researchers alike. Thank you again for all that you do to support the academic and professional community. I look forward to future meetings and continuing to engage with such a passionate and committed group.

Sincerely,

Derek