



**AMERICAN COLLEGE  
of SPORTS MEDICINE®**  
**Central States Chapter**



# 2024 Annual Central States ACSM Conference

**March 7-8, 2024**

**Children's Mercy  
Research Institute**

**E 23rd Street & Locust Street  
Kansas City, MO 64108**

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

It is my pleasure to welcome you to the 2024 Central States American College of Sports Medicine (CSACSM) Annual Meeting! We are excited to have you join for this year's conference that brings together professionals, researchers, students, and enthusiasts in the field of exercise science and sports medicine.

Firstly, I would like to express my gratitude to the Children's Mercy Kansas City for their generous sponsorship of the venue, the Children's Mercy Research Institute, making this event possible and we are grateful for their support. A special acknowledgment is due to Jane Almond, whose dedicated efforts and collaboration with the CSACSM planning committee have been instrumental in organizing this conference. Furthermore, I would like to express my gratitude to all the sponsors whose generous donations are crucial in supporting the event and the chapter. You can find the sponsors' logos on the previous few pages with clickable images that will take you to each sponsor's website.

We are excited to announce Dr. John Jakicic, FACSM, as our keynote speaker, who will be sharing his knowledge and expertise in the area of physical activity on the management of chronic diseases. Additionally, Ms. Lisa Heaton, our GSSI speaker, will share insights into the latest advancements in sports nutrition in regard to plant-based protein and its effect on the skeletal muscle.

This year's conference schedule promises to be exciting and varied, featuring a wide range of topics that cater to diverse audience and interests. Our aim is to provide a platform for meaningful discussions, knowledge sharing, and networking opportunities that will leave a lasting impact on all participants. We are also excited to highlight our future professionals, so please join us to celebrate the contributions and achievements of our students within the chapter.

Please, find the enclosed conference information within this packet, containing details about the conference venue, parking, conference program and schedule, the speaker's biographies, and more.

To conclude my letter, I would like to thank the 2024 CSACSM planning committee for their hard work and dedication in organizing the conference. I truly mean it when I say this conference would not have been possible without the collaborative efforts of the committee members. Thank you!

We hope you have an enjoyable experience as you engage with the latest research, connect with peers, and contribute to the exciting discussions that will unfold over the course of this event.

Sincerely,

*Veronika Scudamore*

Veronika Scudamore, Ph.D.  
CS-ACSM 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 worn by all attendees at all times 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 and select cmh-guest.

### Session Rooms

The conference venue is the Children's Mercy Research Institute, spanning three floors: Lobby level, Garden level, and First floor. The Lobby level is situated at the lowest point (L), followed by the Garden level (G) above it, and the First floor (1) is located above the Garden level. The session rooms and their locations are: the auditorium (L), the garden level (G), and the conference rooms 1, 2, and 3 (1). Refer to the attached maps for an overview of the layout, providing detailed information on room locations for the conference sessions.

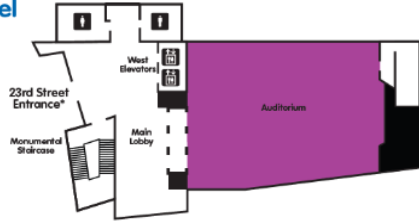
### Lactation Room

A lactation room is available on the first floor. See the map below for the location. If you need an additional lactation room, please find a member of the planning committee for more information.

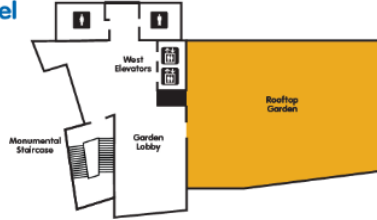


# Children's Mercy Research Institute Map Guide

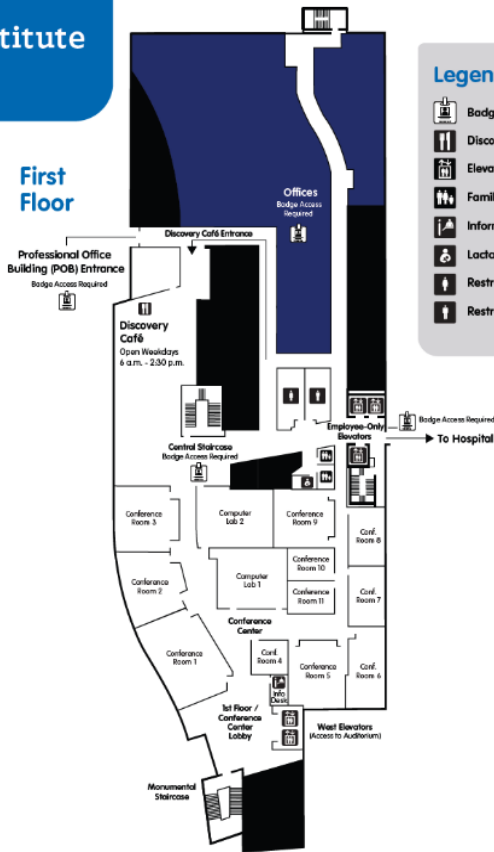
## Lobby Level



## Garden Level



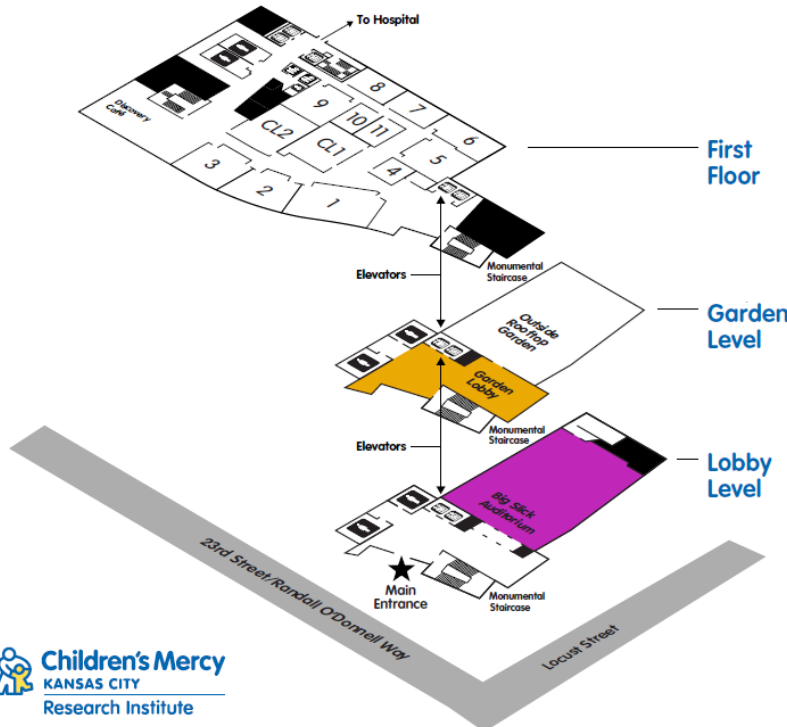
## First Floor



### Legend

- Badge Access Required
- Discovery Café
- Elevator
- Family Restroom
- Information Desk
- Lactation Room
- Restroom
- Restroom

# Children's Mercy Research Institute Conference Center Stacked Map



### Legend

- Elevator
- Family Restroom
- Lactation Room
- Restroom
- Restroom

## **Parking**

Parking at the conference center is limited and designated only for VIP parking permit holders. Please, do not park in front of the Children's Mercy Research Institute. Complimentary off-site parking is conveniently provided, coupled with a shuttle service operating every 3-4 minutes for your convenience. Refer to the attached map for the precise location of the off-site parking area.

### *Driving directions:*

#### From the West:

- East on I-70 to I-670 East
- Take I-670 through downtown then follow I-70 to the exit for South Hwy 71
- Hwy 71 South to 22<sup>nd</sup> St. exit
- Right (West) on 22<sup>nd</sup> St. to Holmes
- Right (North) on Holmes to 19<sup>th</sup> St.
- Left (West) on 19<sup>th</sup> St. to Locust. Parking lot will be on your left.

#### From the Southwest

- North on I-35 to I-70 East
- Take I-70 through downtown then follow I-70 to the exit for South Hwy 71
- Hwy 71 South to 22<sup>nd</sup> St. exit
- Right (West) on 22<sup>nd</sup> St. to Holmes
- Right (North) on Holmes to 19<sup>th</sup> St.
- Left (West) on 19<sup>th</sup> St. to Locust. Parking lot will be on your left.

#### From the East

- West on I-70 to Locust St/Truman Road exit
- Turn slight right onto E Truman Road
- Turn left (South) onto Oak St.
- Turn left (East) on 19<sup>th</sup> St.
- Turn right (South) onto Locust. Parking will be straight ahead.

#### From the Northeast

- South on I-35 to I-70 East (near downtown)
- Take the exit for South Hwy 71
- Hwy 71 South to 22<sup>nd</sup> St. exit
- Right (West) on 22<sup>nd</sup> St. to Holmes
- Right (North) on Holmes to 19<sup>th</sup> St.
- Left (West) on 19<sup>th</sup> St. to Locust. Parking lot will be on your left.

#### From the Northwest

- South on I-29 to US-169 South
- Cross Broadway Bridge
- Turn right (West) onto I-70
- South on I-35
- Exit on 20<sup>th</sup> St., take left at bottom of the ramp (East)
- Enter parking lot at Locust

## EVENT PARKING DIRECTIONS

Children's Mercy Research Institute (CMRI)  
OFFSITE PARKING LOT (20<sup>th</sup> & Locust)



- Follow EVENT PARKING signage to LOT 4 (to the right).
- There will be a hut at LOT 4 where guests can wait inside or wait in your car until the Children's Mercy shuttle arrives.
- The Children's Mercy shuttle will pick you up and take you straight to Children's Mercy Research Institute (CMRI) front door. Shuttles loop every 3-4 minutes.

To search for the Children's Mercy  
OFFSITE Parking Lot on Google Maps, use:  
**451 E. 20th Street, KC, MO 64108**

### From The West:

- East on I-70 to I-570 East
- Take I-570 through downtown then follow I-70 to the exit for South Hwy 71
- Hwy 71 south to 22nd St. exit
- Right (west) on 22nd to Holmes
- Right (north) on Holmes to 19<sup>th</sup>
- Left (west) on 15<sup>th</sup> to Locust. Parking lot will be on your left.

### From The Southwest:

- North on I-25 to I-70 east
- Take I-70 through downtown to exit for South Hwy 71
- Hwy 71 south to 22nd St. exit
- Right (west) on 22nd to Holmes
- Right (north) on Holmes to 19<sup>th</sup>
- Left (west) on 15<sup>th</sup> to Locust. Parking lot will be on your left.

### From The East:

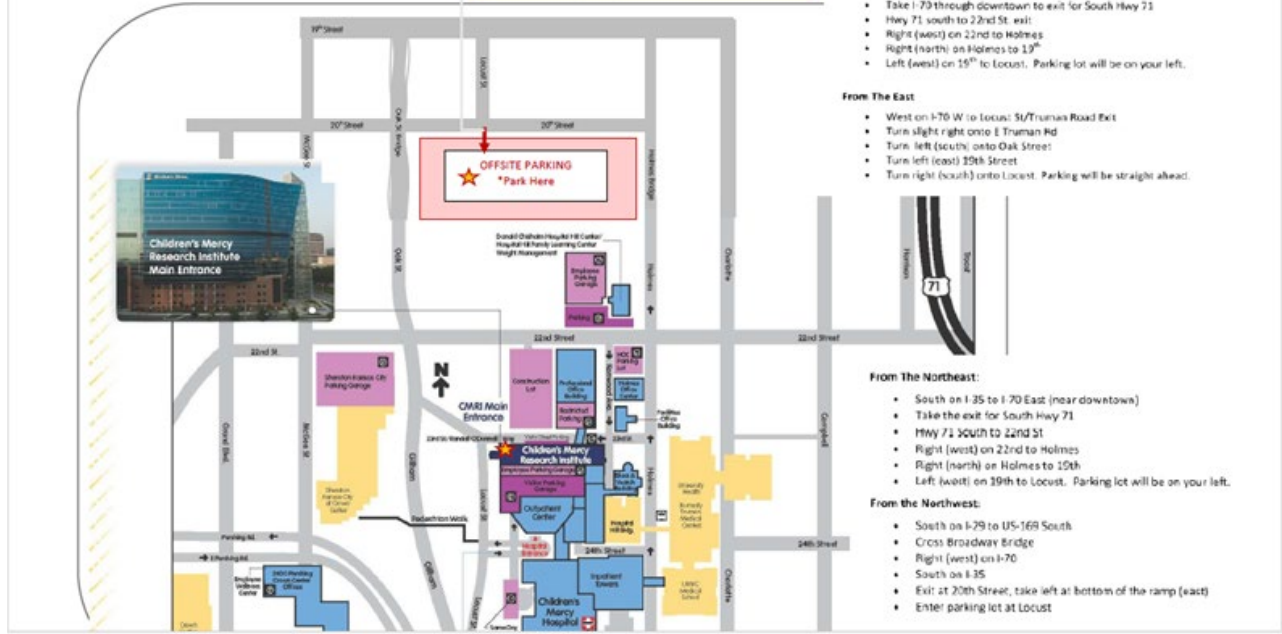
- West on I-70 W to Locust/ St/Truman Road Exit
- Turn slight right onto E Truman Rd
- Turn left (south) onto Oak Street
- Turn left (east) 29th Street
- Turn right (south) onto Locust. Parking will be straight ahead.

### From The Northeast:

- South on I-35 to I-70 East (near downtown)
- Take the exit for South Hwy 71
- Hwy 71 South to 22nd St
- Right (west) on 22nd to Holmes
- Right (north) on Holmes to 19<sup>th</sup>
- Left (west) on 19th to Locust. Parking lot will be on your left.

### From the Northwest:

- South on I-29 to US-169 South
- Cross Broadway Bridge
- Right (west) on I-70
- South on I-35
- Exit at 20th Street, take left at bottom of the ramp (east)
- Enter parking lot at Locust



## Conference Hotels

We have partnered with The Sheraton at Crown Center and LaQuinta Inn & Suites hotels located near the conference center to provide a discounted room rate for the 2024 CSACSM attendees. The address for both hotels is below along with an attached map for a visual representation of the hotel locations.

### The Sheraton at Crown Center

2345 McGee Street  
Kansas City  
Missouri 64108

### La Quinta Inn & Suites

2321 Troost Ave  
Kansas City  
Missouri 6410



## 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 –2024/2027/2030, etc.
2. Fayetteville –2025/2028/2031, etc.
3. Tulsa/Broken Arrow area –2026/2029/2032, etc.

We look forward to seeing you in the Fayetteville, AR area next year, March 2025 for our 50<sup>th</sup> Annual Meeting. The 2025 meeting will mark the 50<sup>th</sup> anniversary of the chapter gaining permanent status (1975) within the National ACSM organization!

TIME	LOCATION	MARCH 7 - PRESENTATION DETAILS
8:00-9:00	Conference Room 2	Executive Board Meeting (invited guests only)
8:30-10:30am	Lobby	Registration Table is OPEN
9:00-9:15am	Auditorium	<b>Opening Remarks – Past-President Veronika Scudamore</b>
9:15-10:15am	Auditorium	Special Populations Research Symposium with Rice, Molstad, & Urbina <i>Sponsored by University of Arkansas, HHPR Department</i>
	Conference Room 1	Athlete & Activity Research Symposium with Johnson, Donaldson, Redinger, & Sontag <i>Sponsored by ParvoMedics</i>
	Conference Room 2	An Introduction to Open-source R Software for Wearable Device Data Processing and Analysis by Helsel <i>Sponsored by Ouachita Baptist University</i>
	Conference Room 3	Cardiac and Vascular Research for Performance and Health with Falahati, Sears, & Shariffi
10:15-11:30am	Auditorium	Exercise is Medicine with Phelan, Forseth, Mesa, Washburn & St. Peter <i>Sponsored by SEMO</i>
	Conference Room 1	Assessing and Promoting Fitness in Individuals with Intellectual and Developmental Disabilities with Bodde, Danon, Helsel, & Sherman
10:15-11:15am	Conference Room 2	Education Outside of the Traditional Classroom: Preparing the Preceptor by Williams & Schneider
10:15-10:45am	Conference Room 3	*Hands-on-session – The Role of Exercise Professionals in Promoting Workplace Well-being by Gallagher
11:00-11:30am	Conference Room 3	Testing the Abnormal - Application of Cardiopulmonary Exercise Testing to Clinical Populations by Donaldson <i>Sponsored by COSMED</i>
<b>Lunch is provided in the Garden Level from 11:30-12:00pm</b>		
12:00-1:00pm	Auditorium	<b>KEYNOTE</b> <b>Dr. John Jakicic</b> (bring your lunch) <i>Sponsored by Children's Mercy Kansas City</i>
1:00-2:45pm	Auditorium	<b>Outstanding Student Research Award Competition</b>
2:45-3:00pm		<b>Break</b>
3:00-4:00pm	Auditorium	Considerations for Athlete Health and Performance with Blue, Carbuhn, & Baker <i>Sponsored by Hologic</i>
	Conference Room 1	MiRNAs with Adipose and NAFLD Research with Pincu & Short
	Conference Room 2	*Hands-on-session – Doppler Ultrasound for Measuring Blood Flow with Ade, Scheuermann, & Turpin
	Conference Room 3	A Low-Cost and Portable Tool for Clinical Movement Assessment with Guess, Hall, Bliss, & Thomas
4:00-4:15pm		<b>Break</b>
4:15-6:00pm	Auditorium	<b>Quiz Bowl</b> <i>Sponsored by Cleveland University Kansas City</i> <b>Social</b> <i>Sponsored by Arkansas State University, HPESS Department</i>
6:30-7:30pm	TBD	<b>Networking Social</b>

TIME	LOCATION	MARCH 8 - PRESENTATION DETAILS
7:45-8:15am	Conference Room 1 & Garden Level	Poster Presenters - Set Up Stands and Posters
8:15-8:30am	Auditorium	<b>Opening Remarks – Past-President Veronika Scudamore</b>
8:30-9:30am	Conference Room 1 & Garden Level	<b>Poster Presentations</b>
9:30-10:30am	Auditorium	Vascular Occlusion and Dynamics Symposium with Fakhrabadi, Richardson, & Kis
	Conference Room 2	Clinical-Community Partnership to Improve Access to the National Diabetes Prevention Program in Rural Kansas with Gorczyca, Wagner, & Holmes
	Conference Room 3	Behavioral and Brain Predictors of Adherence to Physical Activity and Weight Management interventions by Szabo-Reed <i>Sponsored by Garmin</i>
10:30-11:30am	Auditorium	Sex-Specific Research with Athlete and Performance Implications with Cabarkapa, Nguyen, Anderson, Allen, & Roth
	Conference Room 2	The Role of Relative Energy Deficiency in Sport (REDs) on the Growth and Development of Athletes with Geiselman & Sams <i>Sponsored by Graceland University</i>
	Conference Room 3	Considerations for Mental Health in Collegiate Athletes with Esquivel-Mesta, Wickwire, & Schmitz
<b>Lunch is provided in the Garden Level from 11:30-12:00pm</b>		
12:00-1:00pm	Auditorium	<b>GSSI SPEAKER</b> <b>Lisa Heaton</b> (bring you lunch)
1:00-2:00pm	Auditorium	Valid Assessment of Aerobic Capacity in Trained Runners? Terminology, Technique, and Application Considerations with Bowling & Knight <i>Sponsored by Arkansas State University, HPESS Department</i>
	Conference Room 1	Athlete Research Thematic Poster Session featuring Thomas, Montgomery, Olmos, & Mostaffa-Viloria
	Conference Room 2	Science Communications: Breaking Down Key Strategies to Translate Physical Activity Research and Education in a Relevant Way by Rogers
	Conference Room 3	Exercise Across the Lifespan and Related Topics with Murphy, Spokely, & Jones
	Conference Room 1	*Hands-on session: MPI Stress Echocardiogram - Meet outside Conference Room 1 and you will be guided to a new space by Dr. White <i>Sponsored by Medical Positioning Inc.</i>
2:00-3:00pm	Auditorium	<b>2023 Student Research Grant Winner Presentations</b>
3:00-4:00pm	Auditorium	<b>Presentation of Awards, Chapter Updates, and Closing Remarks</b>

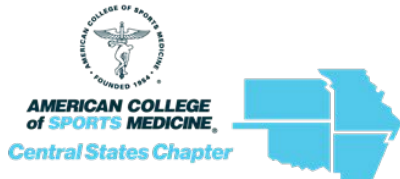
## **Presenters Biographies**



## **CSACSM KEYNOTE ADDRESS CSACSM 2024**

John M. Jakicic, PhD is a Professor at the University of Kansas Medical Center in the Department of Internal Medicine and the Division of Physical Activity and Weight Management. He has an interdisciplinary research program that examines lifestyle approaches to the prevention and treatment of chronic health conditions, with a particular focus on the role of increased physical activity and reduced sedentary behavior on these outcomes. He was the Principal Investigator for one of the clinical sites for the Look AHEAD Trial. His work has encompassed the spectrum of science from physiology to psychosocial and behavioral factors. He has served on many national committees focused on obesity, physical activity, and other chronic health conditions, which included his appointment to the 2018 Physical Activity Guidelines Scientific Advisory Committee. Within these contexts he has applied

accelerometry and other objective measures to the assessment of physical activity and sedentary behavior.



**Central States ACSM  
Keynote Address**

**Dr. John Jakicic, Ph.D.,  
FACSM**

**University of Kansas  
Medical Center, Kansas  
City, KS**

**March 7  
2024**

**Children's Mercy  
Research Institute  
Kansas City, MO**





## **CSACSM GSSI SPEAKER CSACSM 2024**

### ***An Update on Plant Proteins for Muscle Recovery***

Lisa has worked in the sports nutrition realm since 2007 and is a Board-Certified Specialist in Sports Dietetics (CSSD) with interests in sports nutrition, recovery, hydration and performance. As a sports dietitian at the Gatorade Sports Science Institute (GSSI), Lisa works with nutrition related education and translation of research, as well as supports the athlete testing program. She also served as the Sports Dietitian for the Chicago Bulls for the 2015-2016 and 2016-2017 seasons. Lisa joined GSSI in February 2011 after working as the sports dietitian for the National Institute for Athletic Health & Performance in Sioux Falls, SD (Now Sanford Sports Science Institute). Lisa completed her undergraduate work at Bradley University where she earned a Bachelor's Degree in Foods, Nutrition and Dietetics. She completed her dietetic internship with the University of Houston and continued within the University to earn her Master's Degree in Exercise Science. In July of 2009, Lisa earned the CSSD credential through the Commission on Dietetic Registration (CDR), the premier credential for sports dietitians.



**Central States ACSM  
GSSI Speaker**

**Lisa Heaton, MS, RD, CSSD**

**Gatorade Sports Science  
Institute (GSSI),  
Bradenton, FL**

**March 8<sup>th</sup>  
2024**

**Children's Mercy  
Research Institute  
Kansas City, MO**



### **Dr. Malia Blue**

Dr. Malia Blue is an Assistant Professor in the Department of Exercise and Sport Science at the University of North Carolina at Chapel Hill. She is the director of the HEAL Lab (Health, Exercise and Lifestyle). She has expertise in evaluating body composition in athletes to support injury prevention, performance and overall health.



### **Dr. Aaron Carbuhn**

Dr. Aaron Carbuhn is an Assistant Professor in the Department of Dietetics and Nutrition at the University of Kansas Medical Center. He previously served as the Director of Sports Nutrition for Kansas Athletics, Inc. and has published many peer-reviewed articles in the areas of athlete health and performance, specific to nutrition and body composition.



### **Dr. Bree Baker**

Dr. Bree Baker is an Assistant Professor in the School of Kinesiology, Applied Health, and Recreation at Oklahoma State University. She is the director of the MAAX Lab (Musculoskeletal Adaptations to Aging and eExercise). Her research team publishes on how different types of exercise can protect muscle and bone from injury and age-related declines.



### **Kaitlin M. Gallagher**

Dr. Gallagher is an Associate Professor of Exercise Science in the Department of Health, Human Performance, and Recreation at the University of Arkansas in Fayetteville. Dr. Gallagher is interested in workplace safety, health, and well-being. Dr. Gallagher is an expert on how constrained or sedentary postures, such as prolonged standing or sitting, influence musculoskeletal pain development and how we can design workspaces to promote movement throughout the day. One of Dr. Gallagher's goals is to increase the participation of exercise researchers and practitioners in the design of workplace physical activity to promote health and well-being. She has published and presented her

novel undergraduate course that brought exercise science and management students together to learn about workplace well-being and how to increase student interest in workplace well-being.



### **Dr. Greg Williams**

Dr. Greg Williams is the program director for Exercise Science at Cleveland University Kansas City. He earned his Ph.D. in 2017 at Saint Louis University and his Master of Sports Science degrees in Sports Medicine and Sports Fitness Management from the United States Sports Academy in 1996. As a Certified Athletic Trainer and Certified Strength and Conditioning Specialist for over 25 years, Dr. Williams has worked in many settings. These included academia, high school and college sports, minor league baseball, and Olympic sports consisting of USA men's and women's team handball teams and USA wrestling.



### **Dr. Brandy Schneider**

Brandy Schneider is the Athletic Training Program Director and Professor at Truman State University teaching in the athletic training and exercise science programs. Dr. Schneider received her doctorate degree from University of Tennessee-Chattanooga in the Education-Learning and Leadership program. She earned her Master of Science in Athletic Training from University of Arkansas and her Bachelor of Science in Exercise Science from Truman State University. Dr. Schneider served the role of a clinical athletic trainer for a variety of sports and patient populations before transitioning to role of professor. Her research areas include sport psychology, classroom education, modality usage for improved healing, ACL prevention, and clinical education improvements.



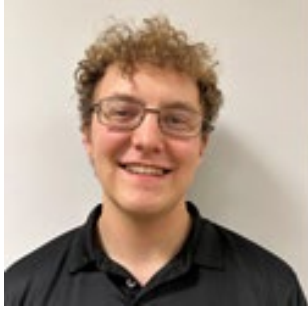
### **Dr. Jessica M Phelan**

Dr. Jessica Phelan is an Assistant Professor in the Health and Human Performance Department and teaches primarily nutrition and health promotion courses. She is certified in personal training, massage therapy, and group fitness. She has successfully authored, obtained, and conducted numerous grants about promoting health amongst various populations.



### **Dr. Emily Washburn**

Dr. Emily Washburn is an Assistant Professor in the Health and Human Performance Department. She has a strong background in health promotion & wellness and exercise science. For eight years, Emily served as the Assistant Director of the Tiger Fitness Center and has experience developing programs to enhance overall fitness and wellness.



### **Derek Mesa**

Derek Mesa is a senior studying Health and Human Performance at Fort Hays State University (FHSU). He was a student in the pilot semester of the Exercise is Medicine-On Campus program at FHSU. He now serves as a student mentor promoting, planning, implementing, and evaluating EIM-OC. Derek is from Holcomb, Kansas, and plans to study exercise science next semester in graduate school.



### **Dr. Bethany Forseth**

Dr. Bethany Forseth, Ph.D., is a tenure-track assistant professor in the Department of Physical Therapy, Rehabilitation Science, and Athletic Training at KU Medical Center. She earned a bachelor's degree in exercise and sport science from the University of Wisconsin-La Crosse in 2012 and 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. 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.



### **Lauren St. Peter**

Lauren St. Peter is a second-year medical student at the University of Kansas School of Medicine in Kansas City, KS. She received her Bachelor of Science in Chemistry from William Smith College in Geneva, NY in 2018. Prior to medical school, Lauren worked as a Research Technician for the Burk Lab at Albert Einstein College of Medicine in Bronx, NY. She performed basic and translational science research related to the genomics and epidemiology of Human Papillomavirus and the human gut microbiome. Currently, her research interests include public health and medical education.



### **Dr. Carl Ade**

Dr. Carl Ade is an Associate Professor in the Department of Kinesiology and the Department of Physician Assistant Studies at Kansas State University. His research team explores strategies to mitigate adverse cardiovascular adaptations to chemotherapy-induced cardiotoxicity and long-duration space flight as well as characterize the cardiovascular responses throughout disease progression in clinical populations. Dr. Ade uses Doppler ultrasound to measure blood flow and cardiac function during exercise and throughout lifestyle and pharmacological interventions in clinical populations.



### **Britton Scheuermann**

Britton Scheuermann is a doctoral student in the Department of Kinesiology at Kansas State University. His research focuses on the emerging field of neurovascular oncology; as advances in chemotherapy and radiation have significantly improved the rates of cancer survival, clinical and physiological research has shifted towards improving our understanding of the adverse effects that these anti-cancer treatments have on the brain and the cerebral vasculature and how we might mitigate these toxicities. Britton uses transcranial Doppler ultrasound to measure cerebral blood velocity in

cancer patients during resting conditions and with different assessments designed to test the vascular reactivity of the cerebral vasculature.



### **Vanessa-Rose G. Turpin**

Vanessa-Rose Turpin is a doctoral student in the Department of Kinesiology at Kansas State University. She works under the direction of Dr. Carl Ade within the Clinical Integrative Physiology Laboratory which has a wide range of research interests from highly athletic, to clinically diseased populations. Vanessa utilizes Doppler ultrasonography to assess cardiovascular measures including dissertation work examining the effects of SARS-CoV-2 in collegiate athletes. She has also used Doppler to measure cardiac function in cancer survivors who have undergone anticancer therapies thus, Doppler ultrasonography has been an essential diagnostic tool for her and her lab's research.



### **Dr. Jamie Hall**

Dr. Jamie Hall is an Associate Teaching Professor at the University of Missouri and Assistant Director of the Mizzou Motion Analysis Center. She has been a physical therapist for 27 years and has been a Board-Certified Clinical Specialist in Pediatric Physical Therapy since 2012. Dr. Hall graduated with her BHS in Physical Therapy from the University of Missouri in 1996. She completed her transitional DPT at Des Moines University in 2010 and her Ph.D. in Pediatric Science from Rocky Mountain University of Health Professions in 2017. Her research interests include motion analysis

across the life span, the development of portable clinical technologies, models of physical therapy service delivery, and mixed methods research methodologies.



### **Jacob Thomas**

Jacob Thomas is a Ph.D. candidate in the University of Missouri's Health and Rehabilitation Science program. His focus area is in human movement biomechanics. Jacob's dissertation work is focused on developing a low-cost clinical assessment tool for the diagnosis and monitoring of sports injuries. Jacob has given multiple podium presentations at national and regional conferences on this topic.



### **Dr. Trent Guess**

Dr. Trent Guess is an Associate Professor in the Department of Physical Therapy at the University of Missouri. He holds the Health South Professorship and is the Director of the Mizzou Motion Analysis Center. His expertise is in musculoskeletal biomechanics, computational biomechanics, and human movement. Dr. Guess began his career developing servo systems for computer hard drives and he has benefited from the knowledge gained in hardware, software, and product development. His doctoral research involved the development and computational modelling of a dynamic knee testing device which introduced him to musculoskeletal biomechanics and human movement science. He established gait labs at two

Universities and has developed unique computational methods to predict tissue loading during movement. For the last ten years, he has held dual appointments in physical therapy and orthopaedic surgery at the University of Missouri in Columbia. Dr. Guess has 4 issued or pending patents related to technologies in orthopaedics and rehabilitation, has published over 50 articles in this area, and has been the principal investigator on 21 projects totaling over \$2.5 million.



### **Dr. Rebecca Bliss**

Dr. Becky Bliss, PT, DPT, DHS is a Clinical Assistant Teaching Professor in the Doctor of Physical Therapy program at the University of Missouri and is a board certified in Neurological Physical Therapy. She also serves the role of Program Coordinator for the Neurological Physical Therapy Residency. She holds her Certificate in Vestibular Rehabilitation from the APTA, as well as Advanced Vestibular Certificate. Becky graduated from the Ithaca College Department of Physical Therapy with a combined undergraduate-graduate Master of Physical Therapy in 2001. She completed her Doctorate in Physical Therapy from Des Moines University in 2014 and her Doctor of Health Science from the University of Indianapolis in 2019. Becky has been actively practicing

in the field of physical therapy for 22 years with a specialization in concussion management since 2006. Becky is active within the Academy of Neurological Physical Therapy and serves on the Knowledge Translation Committee for the Concussion CPG as well as is part of the core committee of the APTA Concussion CPG Revision group. She provides telementorship nationally through the Missouri Tele network Concussion ECHO program. Her research interests include translating best practices in concussion care into clinical practice and higher-level neuromotor control deficits that are not detected by routine clinical examinations.



### **Lynnsey Bowling**

Lynnsey earned both her BS and MS in Exercise Science from Arkansas State University. She is currently pursuing her PhD in Exercise Science & Health Promotion at the University of North Alabama and holds a graduate assistantship in the Kinesiology department. Under the mentorship of Dr. Eric O'Neal, she has served as a co-author on research articles involving hydration, running economy, and performance.



### **Savanna Knight**

Savanna earned her BS in kinesiology from Stephen F. Austin State University, in Nacogdoches, Texas. She later earned her MS from the University of North Alabama, and is now pursuing a PhD in Exercise Science and Health Promotion there as well. Savanna has studied under Dr. O'Neal since Fall of 2020, and in that time has been co-author and co-investigator on several running related studies.



### **Dr. Renee J. Rogers**

Dr. Rogers is the Senior Scientist at the University of Kansas Medical Center, Division of Physical Activity and Weight Management. She is the Lead Consultant and Strategist – IDEAL Bio-Behavioral Consulting. Dr. Rogers is an expert in bio-behavioral healthy lifestyle intervention and platform design with a focus on changing behavior in a relevant way using engagement strategies and media to promote long-term adherence. Dr. Rogers is a Fellow of the American College of Sports Medicine (ACSM), and the Chair of ACSM's Strategic Health Initiative (SHI) for Behavior and Chair of ACSM's International Health & Fitness Summit. She blends her background in theater and production with her formal academic training in Exercise Physiology, Behavior Change, and Weight Management to develop and

implement innovative health promotion, physical activity, and weight management initiatives that encourage well-being and healthy lifestyle engagement. Playing many professional roles that include working as a practitioner, program director, researcher, and consultant shapes her translational approach to platform and programmatic design. Dr. Rogers has a strong foundation in clinical research and translational work. She has been developing programming (with and without technology/media) since 2010 building lifestyle interventions with progressive strategies for engaging different population groups across the lifespan. The focus is on strong engagement and adherence to drive physiological changes such as cardiovascular fitness, strength, physical function, cognition, and overall quality of life. The key is her ability to translate research into real-world practice. Dr. Rogers is regularly invited to speak on health and wellness promotion, engagement, science communications, and intervention design; keynoting at the ADA Clinical Conference along with invited talks NEACSM, Northland ACSM, ACSM's International Health and Fitness Summit, Medical Fitness Association, and The Obesity Society. She has appeared on podcasts and regularly creates blogs on behavioral topics, physical activity, and weight management strategies. Beyond peer-reviewed research publications, she has also provided professional comments for popular media outlets such as WSJ, Good Housekeeping, Prevention, The Conversation US, and many others. To stay relevant in the space of translational wellness, Dr. Rogers works both as a Senior Scientist designing cutting-edge healthy lifestyle clinical trials and also as an independent healthy lifestyle and behavioral consultant and strategist. Balancing both worlds allows her to strategically work in each area so her research contributions remain relevant in the real world and the platforms and interventions she creates integrate the latest research and best practices for consumer engagement.



### **Dr. James Geiselman**

Dr. Geiselman is an Associate Professor of Allied Health at Graceland University in Lamoni, IA where he serves as the Team Chiropractor for the GU Men's Wrestling Team. He earned his Doctorate of Chiropractic degree in 2015 and his Master of Science degree in Nutrition and Human Performance from Logan University where he graduated Summa Cum Laude in April 2017. In addition to his work as an Associate Professor of Allied Health, Dr. Geiselman is an Assistant Editor for the journal, *Nutritional Foundations*, co-host of the ACA Council on Nutrition's, *Nutrition on a Mission* podcast, Education Co-Chair for the International Federation of Sports Chiropractic (FICS), and is co-founder of Iowa Performance Institute, where he sees clients from across the country. He works to

educate, inspire, and empower his clients to achieve their aspirations for optimal health and to become active participants in their healthcare via his online functional health practice.



### **Drew Sams**

Coach Sams is the Head Assistant Men's Wrestling Coach and an Instructor of Allied Health at Graceland University in Lamoni, IA. He has earned his Bachelor of Science in Allied Health with a concentration in Applied Health Science in 2021 and his Master of Science in Nutrition and Human Performance Degree with a concentration in Sports Nutrition and Performance in 2023 from Graceland University. In addition to his work as the Head Assistant Men's Wrestling Coach and as an Instructor of Allied Health, he is also the co-host of the ACA Council on Nutrition's *Nutrition on a*

*Mission* podcast. He has earned several national certifications including his Certified Personal Trainer (CPT), Certified Nutrition Coach (CNC), and Corrective Exercise Specialist (CES) from the National Academy of Sports Medicine. Drew is also co-founder of Iowa Performance Institute, where he works with clients as the head fitness professional. He works to educate the next generation of students and to pass on his knowledge of wrestling and nutrition to his student-athletes.



### **Seth Donaldson**

Mr. Seth Donaldson is a Cardiopulmonary Exercise Physiologist at the University of Kansas Health System. He has been certified as a clinical exercise physiologist since 2014 and currently helps run a clinical exercise testing laboratory at the University of Kansas Health System. He performs maximal exercise tests on clinical populations for assessment of functional capacity in heart failure patients, pre-surgical qualification, and differential diagnosis of dyspnea. This includes measurement of VO<sub>2</sub>, ventilation, 12-lead ECG, and overall exercise test interpretation. He also has experience working in cardiac and pulmonary rehabilitation. Mr.

Donaldson has presented on relevant topics at the Clinical Exercise Testing and Therapeutics Symposium in Cincinnati earlier this year, National AACVPR conference in 2021 and 2022, and on multiple occasions at the Missouri-Kansas cardiac and pulmonary rehabilitation conference.





### **Dr. Amy Bodde**

Dr. Bodde is a Research Assistant Professor in the Division of Physical Activity and Weight Management at the University of Kansas Medical Center (KUMC). Dr. Bodde's PhD in Health Behavior from Indiana University and post-doctoral training at Mayo Clinic prepared her for a career as a physical activity researcher specializing in promoting health for individuals with intellectual and developmental disabilities (IDD) and their caregivers. In 2022, after an 8-year career hiatus due to caregiving responsibilities, Dr. Bodde was awarded an NIH *Research Supplement to Promote Re-Entry and Re-integration into Health-Related Research Careers* which allowed her to join the Department of Internal Medicine at KUMC with a faculty appointment as Research Assistant Professor. Her current project examines the association between moderate-to-vigorous physical activity and physical function (i.e., muscular strength and endurance, and mobility) in 24 adults with Down syndrome (DS) participating in a 12-mo. PA intervention (AG063909), also examining the impact of physical function on caregiver burden, stress, and quality of life. She is also MPI of a stress reduction pilot study to test the feasibility of using yoga and a guided support group to reduce stress-related outcomes in caregivers of those with IDD.



### **Jessica Danon**

Jessica earned her bachelor's degree in Applied Behavioral Science from the University of Kansas and her master's degree in Occupational Therapy from the University of Kansas Medical Center. She is a registered yoga teacher through Yoga Alliance, specializing in adaptive yoga, and a Certified Autism Exercise Specialist. She currently works within the Division of Physical Activity and Weight Management at the University of Kansas Medical Center as a clinical research coordinator. Within this role, Jessie coordinates NIH-funded studies that examine the best ways to develop healthy eating and physical activity promotion for people with intellectual and developmental disabilities. Her current research interests include investigating how scaffolded skill-building and self-determination can lead to healthy independent living within the IDD population.



### **Joseph Sherman**

Joseph earned his bachelor's degree in Exercise and Movement Science and master's degree in Health Promotion and Wellness Management from Missouri State University. He is an American College of Sports Medicine Exercise Physiologist and Certified Autism Exercise Specialist. He currently works within the Division of Physical Activity and Weight Management at the University of Kansas Medical Center as a clinical research coordinator specializing in physical activity modifications and lab-based fitness assessments for diverse populations including individuals with intellectual, developmental, and physical disabilities.



### **Dr. Brian C. Helsel**

Dr. Brian Helsel is an Assistant Professor with the University of Kansas Alzheimer's Disease Research Center in the Department of Neurology at The University of Kansas Medical Center. He has a background in exercise physiology and physical activity epidemiology with over a decade of experience working with special populations in programs related to physical activity promotion. Early in his training, Dr. Helsel developed an interest in wearable devices for the measurement of physical activity and the impact of exercise on Alzheimer's disease risk in adults with Down syndrome. This led to Dr. Helsel's current funding (K01AG083130) with the National Institute of Aging and the NIH INCLUDE Project. Dr. Helsel has considerable experience in the assessment of physical activity using wearable devices and has processed wearable data for large clinical trials (e.g., AG061187, AG063909, HD094704). Dr. Helsel's experience with device-based physical activity measurement led to an interest in research software to ease the collection, processing, and analysis of the large, complex datasets produced by wearable devices. He has developed, contributed to, or used several open-source R packages involved in the processing of physical activity data from wearable devices which has led to consulting work with Children's Mercy Hospital, University of Wisconsin – Madison, Special Olympics International, and the NIH INCLUDE Data Coordinating Center.



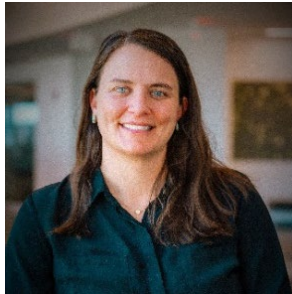
### **Dr. Yair Pincu**

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 in 2016. His PhD dissertation 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 to manipulate exercise and diet to prevent exercise-induced hypoglycemia in individuals with type 1 diabetes. 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.



### **Dr. Kevin R. Short**

Dr. Short is an Associate Professor and Children's Health Foundation Choctaw Nation Chair, Section of Diabetes & Endocrinology in the Department of Pediatrics at the University of Oklahoma Health Sciences Center. Dr. Short earned his MS and PhD in exercise physiology and completed post-doctoral training in endocrinology and metabolism. His primary research interests are to identify, prevent, and reverse cardiometabolic disease risk in children and young adults, thereby limiting a potential lifetime of pathology and medical burden. His studies use tests of indirect calorimetry, body composition and related imaging tools, vascular function, exercise capacity, and biochemical and molecular sample analyses. A major focus of current work is on the disordered metabolism driving the pathophysiology of pediatric nonalcoholic fatty liver disease (NAFLD).



### **Dr. Anna Gorczyca**

Dr. Anna M. Gorczyca is an epidemiologist and Assistant Research Professor at the University of Kansas Medical Center. 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**

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).



### **Christina Holmes**

Christina Holmes is the Southeast Kansas Regional Family and Consumer Sciences Specialist for Kansas State Research and Extension and a Registered Dietitian. She provides leadership for Family and Consumer Sciences programming at the state and regional level in topics related to nutrition, food safety, and health. Her work is focused on research and evidence-based health and wellness program implementation; concentrating on policy, systems and environmental change, and on educational programming that motivates individuals to eat healthier and be more physically active.



### **Dr. Amanda N. Szabo-Reed**

Dr. Szabo-Reed completed her BS in Movement Science and her BA in Sports Management from the University of Michigan, Ann Arbor in 2007. She completed her MS in Kinesiology at the University of Illinois, Urbana-Champaign in 2011 and her Ph.D. in 2012. In January 2017, she completed a Ruth L. Kirschstein Postdoctoral Individual National Research Service Award at the University of Kansas Medical Center, focusing her training on obesity and Weight Management. In July 2020 she completed a KL2 Mentored Clinical Research Scholar Award at the University of Kansas Medical Center and graduated with her Masters in Clinical Research in December 2020 as part of this program. She is currently an associate research professor in the Division of Weight Management at the University of Kansas Medical Center. She is also affiliated with the KU Alzheimer's Disease Center. Dr. Szabo-Reed's primary research focus is investigating how lifestyle behavioral adherence, particularly to diet and exercise, influences mental/cognitive health with the aim of 1) examining moderators of cognitive change (i.e., self-efficacy, self-regulation, and physiological changes) and 2) improving cognitive and brain health to improve quality of life long term.

## Student Presenters

### **Akram Falahati**

Akram Falahati is an accomplished researcher specializing in exercise physiology. Her academic journey includes a Ph.D. in Cardiovascular and Pulmonary Exercise Physiology in 2019. She is currently doing her second PHD in exercise physiology at the University of Oklahoma. Her research focuses on fitness and health in cardiovascular disease, diabetes, and obesity. Akram is a dedicated Graduate Teaching Assistant and Instructor, committed to knowledge-sharing. She has presented her research at conferences including ACSM 2023 at Denver and published numerous papers in high-ranked peer-reviewed journals, such as *Frontiers in Physiology*, *Genes and Environment*, and *Sports* journals. Her expertise makes her a rising authority in exercise physiology.

### **Petra Kis**

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 Southern 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 a poster presentation at the ACSM annual meeting in Denver, CO.

### **Andrew Donaldson**

Andrew Donaldson is currently a third-year pediatric resident at Children's Mercy Kansas City. He holds a Doctor of Medicine from the University of Kansas School of Medicine, graduating in 2021 with honors

### **Kylie Sears**

Kylie earned her Bachelors of Science degree in Applied Exercise Science from Oklahoma State University in 2022. Currently, Kylie is a graduate research assistant pursuing her Masters of Science in Applied Exercise Science at Oklahoma State University. In 2023, she was invited to give an oral presentation on sex-related differences in muscle blood flow limitations at the Central States regional meeting in Tulsa, OK as well as a poster presentation at the ACSM annual meeting in Denver, CO.

### **Sahray Esquivel-Mesta**

I was born and raised in Buffalo, Oklahoma. I attended Piedmont High School, graduating with honors in 2021. In pursuit of higher education, I embarked on a journey as a first-generation college student at the University of Central Oklahoma. Currently a Junior, I am pursuing a Bachelor's degree in Kinesiology-Exercise Fitness Management. I am a part-time Wellness Coordinator at The Joint Chiropractic, where my role allows me to delve deeper into the mechanics of the body and connect with individuals on a daily basis by promoting wellness care. I have been on the President's Honor Roll my entire time at UCO, three straight years.

### **Lyric Richardson**

Lyric Richardson is a second year PhD student at Oklahoma State University and a member of the Applied Neuromuscular Physiology Lab. She completed her Undergraduate and Master's degree in Exercise Science at Tarleton State University. She has presented at the Texas ACSM Conference in 2021 and 2022, the Central States ACSM Conference in 2023, the NACSM Conference in 2021 and 2023, and the South-Central American Society of Biomechanics in 2023.

### **Nicholas Spokely**

I am a PhD student at Oklahoma State University. I am employed in the MAAX laboratory, under Dr. Bree Baker, and research the efficacy of interventions that aim to improve the musculoskeletal health of older adults.

### **Christopher Murphy**

Christopher Murphy is a first year PhD student in Exercise Science at the University of Arkansas, Fayetteville. A "USSF A License" coach with experience in college, youth, and semi-professional soccer and MS degrees in Sport Psychology and Sports Management, Christopher brings a wealth of interdisciplinary experience. His passion for facilitating positive youth outcomes through physical activity and an extensive background in the instruction and motivation of youth participants in organized sports settings now takes the shape of studying physical activity in a wide range of youth populations.

### **Brian Shariffi**

I earned a Bachelor's in Health Promotion & Exercise Science from Waldorf University in December 2016 and obtained my certification as a strength and conditioning specialist (CSCS). During my time at Waldorf, I volunteered in Dr. Gatlin's lab, which ignited my passion for research and fueled my desire to pursue a Masters in Kinesiology at California Baptist University (CBU) and a PhD in Nutrition and Exercise Physiology at the University of Missouri (Mizzou). From my work completed at CBU and Mizzou, I have 2 first-author publications and contributed to 6 co-author publications. Currently, I am funded by an NIH Diversity Supplement and have completed 11 presentations (3 oral). Additionally, I have five upcoming oral/poster presentations scheduled for Spring 2024.

### **Jordan Schmitz**

Jordan Schmitz is currently pursuing his masters in Applied Health and Sport Science at Northwest Missouri State University where he is in his second year as a Strength and Conditioning Graduate Assistant. He holds a Bachelor of Applied Health Science degree with an emphasis in Exercise Science from Northwest and is also certified with the CSCS through the NSCA. He currently oversees the men's and women's Cross Country, Track and Field, and Tennis.

### **Megan Jones**

PhD Candidate at the University of Arkansas (Exercise Science). Master of Science from Lipscomb University (Exercise and Nutrition Science). Bachelors of Science from Arkansas Tech University (Health and Physical Education with emphasis in Health and Wellness). ACSM Certified Exercise Physiologist (ACSM EP-C). 2.5 years Corporate Health and Wellness Coordinator. 2.5 years Commercial Fitness Professional (personal and group exercise trainer). 2023 CSACSM President's Cup Recipient. 2023 CSACSM Oral Presenter. 2023 ACSM Annual Meeting President's Cup Competition Oral Presentation. 1st Author Poster Presentations at every ACSM conference since 2019. Co-author on multiple poster presentations since 2019

### **Quincy Johnson**

Quincy R. Johnson, Ph.D., CSCS\*D, NSCA-CPT\*D, USAW is an Assistant Professor in the Department of Health, Sport and Exercise Sciences at the University of Kansas, and Assistant Director of the Jayhawk Athletic Performance Laboratory. He received his degrees from Midland University and Oklahoma State University. His research interests focus on optimizing athletic performance. Additionally, Johnson has been an active strength and conditioning coach most recently serving as the Dir. of Loper Performance at the University of Nebraska-Kearney and the Dir. of Strength and Conditioning at Kearney Combat Sports. Dr. Johnson is passionate about developing and creating opportunities for the next generation of exercise science professionals. Johnson is an active member of the NSCA and ACSM.

**Sloane Montgomery**

I am a MS student in the Musculoskeletal Adaptations to Aging and eXercise (MAAX) Lab at Oklahoma State University. Currently, my primary research interest is in athlete monitoring and skeletal health across competitive seasons.

**Brenden Roth**

Brenden Roth: Dedicated EMT with LifeNet EMS, ensuring compassionate emergency care. Former patient transportation aide at MyMichigan Health, prioritizing comfort. Holds a Bachelor of Science from Central Michigan University, showcasing academic dedication. Led as President of HPRC, fostering a supportive environment for healthcare students. Adept communicator and presenter, demonstrated through abstract on Community Partnership at Dow College. Brenden actively advances healthcare, blending skill with leadership in community initiatives.

**Sidney Wickwire**

I am a senior at Truman State University. This spring I will be graduating with an exercise science degree, two minors in biology and psychology, as well as completion of my pre-medical concentration. My work experience involves working as a certified nursing assistant. As a certified nursing assistant, I have worked in both nursing home facilities and hospitals. Outside of school, I am a part of the Truman State Women's soccer team, volunteer to coach youth soccer, volunteer at my local humane society, am a teacher's assistant for anatomy, and hold a position as the pre-medical chair in my pre-medical club. Presentation experience has been obtained through the Interdisciplinary Biomedical Research Symposium at A.T. Still University.

**Jose Mostaffa-Viloria**

Jose Mostaffa - Viloria is an undergraduate Exercise Science student at Lindenwood University who plans to continue his education within sport performance and sports medicine. He is a previous member of the Lindenwood University Track and Field as well as Cross Country team. Jose has been an integral research team member in several current sports science initiatives at Lindenwood University and is excited to continue to develop as a researcher and practitioner. This is his first opportunity to present data at an academic conference.

**Allen Redinger**

I am a current third-year doctoral student in the MAAX Lab at Oklahoma State University. I hold a CSCS from the NSCA and am CPR/AED certified by the AHA. I obtained my B.A. in Exercise Science from Otterbein University and my M.S. in Physiology of Exercise from Ohio University. I served as a strength and conditioning coach and sport scientist for various youth, collegiate, and professional athletes along with tactical, disordered, and geriatric populations throughout the last decade. I was fortunate to be selected for award podium presentations in 2023 at both the CSACSM and National NSCA conferences. I also presented posters at the 2022 and 2023 CSACSM regional conferences and 2023 National ACSM conference.

**Damjana Cabarkapa**

Damjana V. Cabarkapa is a Doctoral Student in the Department of Health, Sport, and Exercise Sciences at the University of Kansas. She is a Graduate Teaching and Research Assistant working in the Jayhawk Athletic Performance Laboratory, part of the Wu Tsai Human Performance Alliance. Damjana earned a Bachelor of Science degree in Health Education and Promotion at the University of Cincinnati in 2020, where she actively played on the volleyball team. Shortly after, she completed a Master's degree in Physical Education and Sport at the University of Novi Sad, Serbia. Her current research interests are focused on examining the biomechanics of sport-specific movements and innovative training load monitoring technologies, with the goal of helping athletes improve their performance.

**Shawn Allen**

I am a Doctoral student at Oklahoma State University, studying under Dr. Bree Baker. My research investigates bones' ability to adapt to stimuli throughout their lifespan. I competed and won the 2022 CSACSM Master's category podium presentations, along with presenting a thematic poster at the 2023 CSACSM meeting.

**Anna Rice**

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 R01 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.

**Stephanie Sontag**

Stephanie Sontag CSCS\*D, RYT-200hour, is in her final year of her PhD in Health and Human Performance at Oklahoma State University where she is also a yoga instructor and personal trainer. Previously, she obtained her BS and MS in Exercise Science at the University of Kansas. She has presented over a variety of topics at ACSM and NSCA conferences.

**Amy Molstad**

Amy Molstad is a research assistant and health educator at the University of Kansas Medical Center. She joined the Division of Physical Activity and Weight Management in November of 2020 and assists in research studies focusing on adherence techniques for weight management and physical activity in populations facing intellectual, developmental, and mobility-related disabilities. Amy received a B.S. in Kinesiology from Kansas State University and is pursuing her doctorate in occupational therapy at KUMC. She is a member of Pi Theta Epsilon and recipient of the Kathlyn "Kitty" Reed Scholarship and Ringle Health Professions Scholarship. Amy is an ACSM certified Autism Exercise Specialist and holds a certificate in Mental Health First Aid from the National Council for Mental Wellbeing.

**Minh Ngoc Quang Nguyen**

Minh, a new PhD student in exercise physiology at the Jayhawk Athletic Performance Lab, originates from Ho Chi Minh City, Vietnam. After obtaining a BS in Construction Engineering from Western Michigan University, he co-founded a youth athletic strength center in Vietnam, fueled by a newfound passion for strength & conditioning. Minh furthered his studies at the University of Central Missouri, earning an MS in Exercise Science. He now focuses on soccer performance and holistic training methods for youth athletes, aiming to enhance their sport-specific skills and overall physical development. As a certified strength and conditioning specialist, Minh has experience across multiple sports, including Track and Field, Wrestling, American Football, Basketball, and Soccer.

**Amir Akbari Fakhrabadi**

I am a Medical doctorate graduate from my home country Iran who worked in many different clinical settings like hospitals, sports medicine, orthopedic clinics, and pathobiology laboratories. I decided to continue my education as a Ph.D. student in Exercise Physiology and Kinesiology at the University of Oklahoma to achieve my goal of being an M.D. Ph.D. researcher to bridge the gap between these two fields of study.

Certificates: CPR heart saver certification from American Heart Association (2023), DNA extraction, PCR, Electrophoresis, a certificate from Royan Institute (2020), Medical Council of Iran, License No. 148080 (2014)

**Ray Urbina**

Ray Urbina, Bachelors of science in health and human performance, Masters of Science in Health and Human Performance. Graduate teaching assistant at Fort Hays State University, 2019-2022 NCAA certified coach and 2018-2022 FHSU cross country student assistant coach. CSACSM 2023 oral presenter. National ACSM 2023 Poster presenter.

**Olivia Anderson**

Olivia Anderson is a PhD student working in the Musculoskeletal Adaptations to Aging and eExercise (MAAX) Laboratory at Oklahoma State University. She completed her Master of Sports Training and Nutrition degree at Universidad Europea de Madrid in Spain and her Bachelor of Exercise Science degree at Mercy University in New York. Her current research interests focus on female athlete physiology.

**Alex Olmos**

Alex Olmos is a PhD candidate at Oklahoma State University. He has a graduate certificate in Neuroscience from Oklahoma State University, and currently holds the Strength and Conditioning Specialist and Exercise Physiologist certifications through the NSCA and ACSM, respectively. He has over 8 years of research and teaching experience, as well as 10 years of coaching experience in sports strength training. He has presented at both regional and national conferences for ACSM since 2016.



## The Central States ACSM Board of Directors

A special thank you for all your contributions and leadership.

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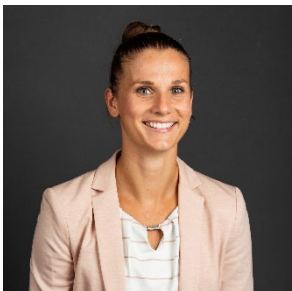
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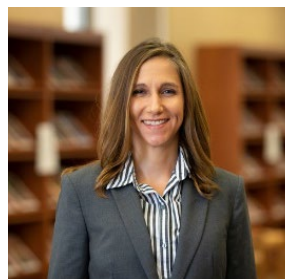
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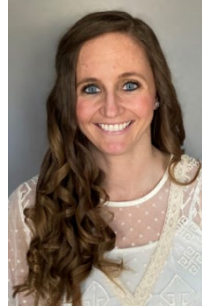
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## Past Central States ACSM Presidents

<b>Year</b>	<b>Name</b>	<b>University/Organization</b>
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

## The Central States ACSM Planning Committee

A special thank you to the Central States ACSM Planning Committee members for their time and commitment to organizing the 2024 CSACSM annual meeting.



**Bree Baker**



**Erin Holt**



**Amanda Szabo-Reed**



**Eric Scudamore**



**Kelli Teson**



**David White**



**Jason Wagganer**



**Mackenzie Helmick**



**Shane Hammer**



**Aspen Streetman**



**Erin Blocker**



**Joe Pujol**



**Lauren McDaniel**



**Greg Kandt**



**Derek Crawford**

# Chapter Challenge



ACSM created the Chapter Challenge to encourage regional student members to take full advantage of the opportunities national membership affords them.

Students who join the national org gain access to ACSM journals, get a 20% discount on ACSM textbooks, become eligible for grants and travel awards, enjoy discounted CEC course costs and much more.

The chapter with the greatest percent increase in new national student members – as well as the chapter with the greatest numerical increase in new national student members – **between Jan. 1 and Apr. 30 each win \$500.**

Individual university departments can also compete for a separate prize – the department with the most new national student members gained in the same time period will likewise win \$500 to put toward the student experience.

To qualify, students must be both active regional chapter and national org members at the end of the time period.

**We can win this one, folks.  
Encourage your students  
to consider national  
membership today!**

