

Northland ACSM Fall Meeting Program

October 3-4, 2019 at Winona State University

Exercise is Medicine on Campus Leadership Summit

Thursday October 3, 2019		
Time	Topic	Speaker/s
12:00-1:00	Registration	
1:00-1:05	Welcome	Erin White
1:05-1:30	EIMOC- Motivation and Leadership Talk	LaKisha Nickens-Gaither
1:30-2:30	EIMOC	LaKisha Nickens-Gaither
2:30-3:15	Team Building Exercise	
3:15-4: 45	Sign up for Meet the Experts, Gilly's Time, EIMOC Networking, and Graduate School Fair	
4:45-5:00	Business Meeting	
5:00-6:30	College Quiz Bowl	
7:00	High Tea (Professional members only) at Boathouse Winona (2 Johnson Street)	

This or That in Exercise Training

Friday October 4, 2019		
Time	Topic	Speaker/s
8:00-9:00	This or That: Ketogenic Diet (Kate) or Intermittent Fasting (Rose)	Kate Zeratsky RDN, LD & Rose Prissel MS, RDN, LD (Mayo Clinic)
9:00-10:00	This or That: Functional Movement Screening (FMS) (Wes) or Dynamic Warmup Movement Analysis (DWMA) (Jake)	Wes Emmert ATC, CSCS & Jake Hesse MS, ATC, ATR, CSCS (Olmsted Medical Center Sports Medicine and Athletic Performance Center)
10:00-11:00	This or That: High-Intensity Interval Training (Kim) or Continuous Training (Carl)	Carl Foster PhD & Kim Radtke PhD (Professors in Exercise and Sport Science at the University of Wisconsin La Crosse)
11:00-12:00	Meet the Experts	See next page
12:00-12:30	Optional tour of Athletic Training labs at WSU	Brian Zeller PhD

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Meet the Experts

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Expert (Room)	Research Interests	Certifications/Education
Kate Zeratsky (205)	<ul style="list-style-type: none"> Ways to reduce barriers and improve diet quality Weight management 	<ul style="list-style-type: none"> Registered Dietician
Rose Prissel (203)	<ul style="list-style-type: none"> Weight management for adults and pediatrics Sports Nutrition 	<ul style="list-style-type: none"> Registered Dietician Former Sports Nutrition Former Diabetes Educator
Wes Emmert (204)	<p>Sport Performance</p> <ul style="list-style-type: none"> Strength and conditioning with teams and one-on-one training 	<ul style="list-style-type: none"> Retired AT Certified Strength and Conditioning Specialist (CSCS) Functional Movement Level II
Jake Hesse (215)	<p>Sport Performance</p> <ul style="list-style-type: none"> Movement Strength training Injury prevention and identification Throwing mechanics 	<ul style="list-style-type: none"> ATC CSCS Reflexive Performance Reset (RPRI) Functional Movement System Level II Emergency Medical Technician (EMT) Firefighter
Carl Foster (216)	<p>Clinical Exercise Science</p> <ul style="list-style-type: none"> Speed skating pacing strategies and starting techniques Sport enhancement Ratings of Perceived Exertion 	<ul style="list-style-type: none"> ACSM Program Director
Kim Radtke (223)	<p>Clinical Exercise Science</p> <ul style="list-style-type: none"> Effects of Diabetes Prevention Program on Cardiovascular Disease Risk factors Normative Reference Values for 6 Minute Walk Assessment 	<ul style="list-style-type: none"> Certified Cardiac Rehabilitation Professional ACSM Registered Clinical Physiologist Certified Lifestyle Coach
Erika Tollefson (224)	<p>Health Management Associate Consultant</p>	<ul style="list-style-type: none"> Mental Health First Aid Instructor Lifestyle Coach
Mitchi Lee (224)	<p>Exercise Physiologist</p>	<ul style="list-style-type: none"> Health Coach Cancer Exercise Motivational Interviewing
Nikki German (225)	<p>Athletic Trainer</p>	<ul style="list-style-type: none"> Graston Technique
Travis Kramolis (100)	<p>Rehabilitation Services Manager</p>	<ul style="list-style-type: none"> Master of Physical Therapy
Ryan White (222)	<p>Marketing Yourself</p>	<ul style="list-style-type: none"> Marketing PhD

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SESSION LOCATIONS

Registration, keynote lectures, and breakout sessions will be held in the **East Room (222) in Kryzsko Commons (see attached campus map)**. Breakout sessions will be held in Kryzsko Commons with a WSU representative leading you to the room. East Room is up the stairs and on the right, we will also have students and signs directing traffic.

MEET THE EXPERT SIGN-UP

To encourage networking and deeper discussions, the breakout sessions will have limited capacities (10-30 students). If there is a professional or topic you have particular interest in, please sign up for a "Meet the Expert" spot at the Registration table.

PARKING ACCOMMODATIONS

Conference attendees may park in the **"GOLD MAIN LOT 1" (see campus map)** in front of the Integrated Wellness Complex (corner of Main Street and Mark (11th) Street). WSU's physical address is 175 W Mark Street. If you type "Integrated Wellness Complex, 175 W Mark Street, Winona, MN" into google maps, it will give you accurate directions to Gold Main Lot. Then, it is a short (<5 min) walk through campus to Kryzsko Commons where the conference is being held. WSU is aware of the conference and you will not be ticketed.

WSU STUDENT WELLNESS CENTER ACCESS

For any conference attendee who might be interested in a physical activity break, our WSU hosts have generously arranged for the use of their facilities. In order to access the facility, your conference name badge given to you at the registration table will allow for your access to the facility.

THANK YOU!

On behalf of the NACSM Executive Committee and our host institution, Winona State University, we sincerely thank you for your support of the Northland Chapter!