

Northland ACSM Spring 2022 Meeting Outline and Weblinks



**AMERICAN COLLEGE
of SPORTS MEDICINE®**
LEADING THE WAY

Time (Central)	Event/Topic	Presenter(s)	Zoom Meeting Link	Prerecorded Talks
8:15 am	Zoom Meeting Opens	Sam Haag, Chapter President		
8:25-8:30 am	Welcome	Sam Haag Erin White, Chapter Executive Director		
8:30-9:15 am	Live Chat Q&A Sessions: Fast and Effective Changes in the Training Program for Athletic Development: Head to Toe	Cal Dietz, University of Minnesota	https://csp- edu.zoom.us/j/8228641 8340?pwd=c3dSUmpG czJaLzFQaDkxYklKS UhmUT09 passcode: nacs22	https://youtu.be/zs45 wsZI820
9:30-10:15 am	Revolutionize the Way you Learn: The Ecological Approach to Skill	Rob Gray, Arizona State University		https://www.youtube .com/watch?v=- TUjKAwc9Z8
10:30-11:15 am	Weight Bias in the Sport and Fitness Industries	Hannah Silva-Breen, University of Minnesota		https://youtu.be/fz3P J27eCil
11:30-12:15 am	Exercise as an Aging Mimetic: New Perspectives on Mechanisms behind Exercise is Medicine	Wesley Lefferts, Iowa State University		https://youtu.be/Eaw R2WKFifo
12:15-1:30 pm	Break			

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1:30-2:00 pm and 2:15-2:45 pm	Breakout Sessions (choose one for each time slot): Virtual Kinesiology Lab: Assessing Hip Range of Motion Presenting Pre- and Post-Test Results Using Excel Professional Development	Ana Ribeiro, Augsburg University Shane Scholten, Augustana University Erin White, Winona State University Anita Schinstock, Union Bank and Trust	https://augsborg.zoom.us/j/95232620402?pwd=M2dOSF0xME41VV FtNTIvSTZ2WHByZz09 passcode: 785024 https://minnstate.zoom.us/my/erinwhite passcode: icandothis https://minnstate.zoom.us/j/98158414259 passcode: 416437	https://docs.google.com/document/d/1yfZTEpz2_eRTRPv3jF9mwypw28DgE2ta cgV8f_ulyN4/edit?usp=sharing
3:00-3:30 pm and 3:45-4:15 pm	Breakout Sessions (choose one for each time slot): ACSM Certifications Clinical Exercise Physiology Association (CEPA)	Katherine Hughey Laura Richardson Sadie Engelken Mallorie Rice	https://minnstate.zoom.us/my/erinwhite passcode: icandothis https://csp-edu.zoom.us/j/85108483951?pwd=NXFiMXV iTE9IakxhR3FQUUlje mw0QT09 passcode: nacsm22	