



2025 Northland ACSM Annual Chapter Meeting
Mankato, MN | April 3–5, 2025

Minnesota State University, Mankato
620 West, S Rd, Mankato, MN 56001

Thursday, April 3, 2025

1:00 PM – Onsite Registration

Check-in and pick up conference materials

2:15 PM – Welcome

Opening remarks and introduction to the conference

2:30 PM – Keynote Presentation: CSU Main Ballroom

Rethinking Fitness: Inclusive Training Strategies for Clients with Autism

Presenter: David Geslak

3:30 PM – Student Poster Presentations

Research poster showcase

4:30 PM – Breakout Presentations

Session 1: CSU 253/4/5

- *Incorporating Experiential Learning into Your Exercise Science Program – Bringing Together University and Community to Benefit Knowledge Regarding Physical Activity and Exercise in an Employee/Community Fitness Program on Campus*

Presenter: Kris Cleveland

Session 2: CSU Main Ballroom

- *No Time to Train? No Problem! Training the Time-Pressed Population*

Presenters: Ian Bonder & Andrew Shim

5:30 PM – Featured Presentation: CSU Main Ballroom

Back to Basics – Physiology of Sweat and Sweat Testing

Presenter: Anthony Wolfe, Gatorade Sports Science Institute

6:30 PM – Northland ACSM Business Meeting

Annual Chapter meeting for members

Friday, April 4, 2025

8:00 AM – History of Northland ACSM

Reflections on 50 years of impact in the Exercise Science field and discipline

9:00 AM – Student Poster Presentations

Research poster showcase

10:00 AM – Breakout Presentations

Session 1: CSU Main Ballroom

- *Inspire to Move: Evidence-Based Practices that Foster Positive Affect, Resilience, and Self-Efficacy*
Presenter: Isabel Woelfel

Session 2: CSU 253/4/5

- *Relationship of Muscle to Bone from Animals to Humans*
Presenters: Donald Dengel & Sarah Greising

11:00 AM – Keynote Presentation: CSU Main Ballroom

Empowering Inclusion: Advancing Fitness for Every Body, Everywhere

Presenter: David Geslak

12:00 PM – Lunch Break

1:30 PM – Breakout Presentations

Session 1: CSU 253/4/5

- *The Three M's: Mental Health, Mindset, and Mindfulness*
Presenters: Amanda Sullivan & Isabel Woelfel

Session 2: CSU Main Ballroom

- *Adaptation to High-Volume Endurance Exercise, from Olympian to Mere Mortal*
Presenters: Daniel Craighead & Christopher Lundstrom

2:30 PM – Vendor and Graduate School Fair

Visit with and explore exhibitors and graduate schools/programs

3:30 PM – President's Cup : CSU Main Ballroom

Student research competition (oral presentations)

4:30 PM – Student Quiz Bowl : CSU Main Ballroom

Interactive knowledge challenge for undergraduate students

7:00 PM – 50th Anniversary Celebration: AmericInn Event Center

An evening of networking and celebrating Northland ACSM's milestone

Saturday, April 5, 2025

8:00 AM – Breakout Presentations

Session 1: CSU Main Ballroom

- *Relative Energy Deficiency in Sport (REDs): Health Implications and Countermeasures*
Presenter: Andrew Jagim

Session 2: CSU 253/4/5

- *The Effectiveness of Using Electric Bicycles to Meet Physical Activity Recommendations*
Presenter: Jeremy Frost

9:00 AM – Student Poster Presentations

Research poster showcase

10:00 AM – Active Session Breakouts

Session 1: CSU 253/4/5

- *Jump Rope Skills Workshop*
Presenter: Jessica Albers

Session 2: CSU Main Ballroom

- *The Key Ingredients to a Happy and Healthy Lumbar Spine: The Importance of Movement Across the Lifespan*
Presenters: Tiegen Lindner & Colten Brand

11:00 AM – Awards & Closing Ceremony : CSU Main Ballroom

Recognition of outstanding contributions and final remarks.
