

FRIDAY OCTOBER 23, 2026

Event	Time	Speaker and Topic	Location
Registration	7:30 a.m.-5:00 p.m.		
Symposium 1	8:00 a.m.-9:00 a.m.	From Desk to Dunk: Training Weekend Warriors for Performance and Longevity Whitney Leavy, MS, CSCS, USAW, ACSM-EP Fresno Pacific University	Crystal Ballroom A&B
Symposium 2	8:00 a.m.-9:00 a.m.	Why Did My Manuscript Get Rejected? Demystifying the Peer-review Process. Dale Wagner, Ph.D., FACSM; ACSM-EP; NSCA-CSCS Utah State University	Crystal Ballroom C&D
General Session DB Dill Lecture	9:15 a.m.-10:45 a.m.	Physical Activity Interventions in Children and Adolescents: Learning from the Past to Assist the Future Karin Pfeiffer, PhD, FACSM, FNAK National ACSM President Michigan State University	Crystal Ballroom
Undergraduate Student Research Competition	11:00 a.m.- 12:30 p.m.	Undergraduate Research Competition	Catalina Ballroom
Symposium 1	11:00 a.m.-12:15 p.m.	What Does It Take to Be an Ultramarathoner? Physiological insights from the Western States Endurance Run Jimmy Bagley, PhD San Francisco State University	Crystal Ballroom A&B
Symposium 2	11:00 a.m.- 12:15 p.m.	Heart Work: Discovering Cardiac Rehabilitation and the Clinical Exercise Physiologist Philip Drouet, M.S. Providence, St. Jude Medical Center	Crystal Ballroom C&D
LUNCH	12:30 p.m.- 1:45 p.m.	See program for nearby restaurants	
Graduate Student Research Competition	1:45 p.m.-3:15 p.m.	Graduate Research Competition	Catalina Ballroom
Symposium 1	1:45 p.m.-3:15 p.m.	Gut Instincts: What the Microbiome Can Teach Us About Exercise, Recovery, and Human Health Kaylie Zapanta, Ph.D., CPT, PN-L1 Liquid I.V.	Crystal Ballroom A&B
Symposium 2	1:45 p.m.-3:15 p.m.	Muscle Matters in the GLP-1 Era. Translating Emerging Evidence into Resistance Training Practice Kori Angers, MS, CSCS*D, CPSS, SFG, USAW, FMS Prevail Strength & Conditioning	Crystal Ballroom C&D
Career Panel	3:30 p.m. -5:00 p.m.	Career Panel Kori Angers, MS Kaylie Zapanta, Ph.D. Philip Drouet, M.S. Whitney Leavy, MS.	Catalina Ballroom
Faculty Social	4:00 p.m.-5:00p.m.	Network & Connect <i>*Limited to Faculty & Professionals</i>	Poolside Terrace
Poster Session 1	5:00 p.m.-7:00 p.m.	Poster Session	Monarch Ballroom & Irvine Ballrooms
JEOPARDY	7:00 p.m-8:30 p.m.	Undergraduate Quiz Bowl	Crystal Ballroom

SATURDAY OCTOBER 24, 2026

Event	Time	Speaker and Topic	Location
Registration	7:30 a.m.-12:30 p.m.		
Symposium 1	8:00 a.m.-9:00 a.m.	Exercise is Medicine On Campus: Getting Started and Leveling Up Lisa Leininger, Ed.D., ACSM-EP, PAPHS, EIM CSU, Monterey Bay Jodi Wilkinson, MD, ACSM-EP Azusa Pacific University	Crystal Ballroom A&B
Postdoc and Early Career Investigator	8:00 a.m.-9:00 a.m.	Postdoc and Early Career Investigator Data Blitz Rob Musci, Ph.D. Loyola Marymount University Whitley Atkins, Ph.D. University of New Mexico Steven Machek, PhD, CSCS CSU, Monterey Bay	Crystal Ballroom C&D
General Session Founder’s Lecture	9:15 a.m.-10:45 a.m.	Water Connects Us: Hydration Across Exercise Science and Public Health Colleen Munoz, Ph.D. University of Hartford	Crystal Ballroom
Symposium 1	11:00 a.m.-12:30 p.m.	ACSM Certification: Equip, Explore, Excel Stephanie Cooper, PhD, ACSM-EP University of San Francisco	Crystal Ballroom A&B
Symposium 2	11:00 a.m.-12:30 p.m.	A Comprehensive Sport Experience for Underserved Children Matthew Seeley, Ph.D., FACSM Brigham Young University	Crystal Ballroom C&D
Symposium 3	11:00 a.m.-12:30 p.m.	The Effects and Feasibility of Reduced Exertion High Intensity Interval Training on Health and Fitness in Adults Todd A. Astorino, Ph.D., FACSM CSU, San Marcos	Catalina Ballroom
Poster Session 2	12:30 p.m. -2:30 p.m.	Poster Session	Monarch Ballroom & Irvine Ballrooms