

FINAL DETAILS FOR THE APRIL 7, 2017 NACSM SPRING TUTORIAL MEETING AT ST. CATHERINE UNIVERSITY, ST. PAUL. MN

The meeting will be held in Coeur De Catherine, Third floor, Rauenhorst Ballroom. Coeur De Catherine is building #3 on the campus map – <http://www.stkate.edu/pdfs/st-paul-campus-guest-parking-map.pdf>

The meeting area will be open at 7:30am. There are 300 people pre-registered for the meeting, so plan accordingly for arrival and going through registration area.

Continental Breakfast items are available beginning at 7:30am.

Lunch: If you paid for lunch, you will be given a lunch ticket at registration area. Directions to lunch for ticket holder will be given from the podium. Offsite locations within 1 mile include: Chipotle/Panera/Noodles/Highland Grill/Sakana Sushi/Dairy Queen/Starbucks/Highland Cafe.

MAPS and FREE PARKING: <http://www.stkate.edu/pdfs/st-paul-campus-guest-parking-map.pdf>

All participants should park in Overflow Guest Parking. No permits needed. Campus public safety will suspend ticketing that day. There will be directional signs leading from parking to the conference. There will be signs at campus gates #3 and #4 directing people to parking area.

PROGRAM

- 7:30 a.m. – 9:00 a.m. Registration, Poster set-up (Posters should be displayed before 8:45)
- 9:00 a.m. – 9:05 a.m. Welcome
- 9:05 a.m. – 9:55 a.m. Dr. Marc Poulin - "Aerobic exercise to improve cerebrovascular health and prevent cognitive decline in older adults: insights from the Brain in Motion study."
- 9:55 a.m. – 10:45 a.m. Dr. Charles Rice – "Changes in the Neuromuscular System Associated with Adult Aging"
- 10:45 a.m. – 12:00 p.m. Break / Poster Session #1
- 12:00 p.m. – 1:30 p.m. Lunch break - optional on site lunch ticket \$12 - purchase by March 31.
- 1:30 p.m. – 2:20 p.m. Dr. Marc Poulin – "Physiological Responses to Intermittent Hypoxia in Healthy Humans: Implications for Obstructive Sleep Apnea"
- 2:20 p.m. – 3:20 p.m. Poster Session #2
- 3:20 p.m. – 4:10 p.m. Dr. Charles Rice - "The Motor Unit: Influences of Aging and Physical Activity"
- 4:10 p.m. – 4:30 p.m. Student Awards / Wrap-up

This program will provide 5.0 ACSM CEC's for participants. The American College of Sports Medicine's Professional Education Committee certifies that the Northland Regional Chapter meets the criteria for official ACSM Approved Provider status. Provider # 650396.

Onsite Registration – check made to ACSM, cash, or credit card can be used to pay for onsite registration. Space is limited so tell your friends/colleagues who have not yet registered that they had better arrive early. Fees are as listed on the chapter website. <http://northlandacsm.org/spring2017meetinginfo.html>

Questions? Send an email to office@northlandacsm.org or leave a message at 218-461-0003. Chapter office will close 12noon Thursday March 31 for travel to the chapter board meeting Thursday night. Answering any messages will likely be delayed but an attempt will be made to respond as soon as possible.