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PRESS RELEASE

11-30-22

Contact: Mike Singer

(760) 341-2883, ext. 78107

msinger@csusb.edu



CSUSB students and faculty present posters at 2022 Southwest American College of Sports Medicine Conference in Costa Mesa, Calif. on Oct. 28-29.

L to R: Tanya Alvarez, Brandon Madrid, Sarah L. Dunn, Gustavo Donis-Castro, Alejandra Ramirez, Jaidyn Olson.

Kinesiology students at CSUSB Palm Desert Campus present posters at sports medicine conference

PALM DESERT, Calif. – Five students and one faculty member from the kinesiology program at Cal State San Bernardino’s Palm Desert Campus attended and presented research posters at the 2022 Southwest American College of Sports Medicine Conference in Costa Mesa, Calif. on Oct. 28-29.

Participants and poster presentations included:

- Jaidyn Olson and Sarah L. Dunn - "[The Relationship Between Physical Activity and Quality of Sleep in College Students](#)"
- Brandon Madrid and Sarah L. Dunn - "[College Student Sleep and Quality of Life](#)"
- Tanya Alvarez and Sarah L. Dunn - "[Self-Efficacy for Exercise Influences Quality of Life](#)"
- Gustavo Donis-Castro and Sarah L. Dunn - "[Academic Stress and Motivation for Physical Activity in College Students](#)"
- Alejandra Ramirez and Sarah L. Dunn - "[Impact of Meal Planning on Physical Health and Functional Ability](#)"

Participation in conferences promotes student success and engages students in high-impact practices by presenting their research findings from their course-based undergraduate research experiences.

For more information about the CSUSB kinesiology program, visit the [Kinesiology Department](#) website.

About American College of Sports Medicine: Representing 70 sports medicine professions, and with more than 50,000 members and certified professionals from 90 countries, the [American College of Sports Medicine](#) (ACSM) helps people worldwide live longer, healthier lives. ACSM advances and integrates scientific research to provide educational and practical applications of exercise science and sports medicine. The [Southwest Regional Chapter of The American College of Sports Medicine](#) includes six states in its permanent charter granted in 1985: Arizona, California, Hawaii, Nevada, New Mexico and Utah.

About PDC: The CSUSB Palm Desert Campus offers bachelor's and master's degrees, a doctorate in educational leadership, teaching credentials and certificates. Serving more than 2,200 students, it is the Coachella Valley's four-year public university and plays a vital role in educating and training the region's growing population.

For more information about the CSUSB Palm Desert Campus, contact Mike Singer in the Office of Strategic Communication at msinger@csusb.edu or (760) 341-2883, ext. 78107, or visit the PDC website at www.csusb.edu/pdc.