



SOUTHWEST CHAPTER OF THE AMERICAN COLLEGE OF SPORTS MEDICINE NEWSLETTER



**A Message from your President
Glenn Gaesser, PhD
Arizona State University**

It seems like every the year the spring column of the chapter president is focused on urging members to get involved with the chapter and to attend the annual meeting. There are good reasons for this, because there is high return on investment for getting involved and in attending our annual meeting in October. For many of the SWACSM leaders, past and current, as well as leaders at the national level, their first exposure to an exercise science and sports medicine meeting was at the regional level. For SWACSM that started 35 years ago.

Since 1981, when 160 students and professionals attended the inaugural meeting of the SWACSM at the (now closed) Maxim hotel in Las Vegas, cumulative attendance at the subsequent 34 annual meetings has exceeded 14,000. Within the first two years of its existence, attendance at our chapter's annual meeting more than doubled, to 425. Yes, word spread fast that the conference was a great opportunity to hear from the very best and to meet future colleagues. Since then, attendance has typically ranged between 300 and 500, with the last few years averaging around 450 attendees.

The success of the meeting is dependent upon attendance, and there are good reasons to make attending our annual chapter meeting a priority. The main reason is the opportunity to see "live" performances of many of the leaders in exercise science and sports medicine—the very best.

The success of the meeting is dependent upon attendance, and there are good reasons to make attending our annual chapter meeting a priority. The main reason is the opportunity to see "live" performances of many of the leaders in exercise science and sports medicine—the very best.

During the past 35 annual SWACSM meetings, we have been fortunate to have had on our program 40 ACSM Citation Award recipients, 8 ACSM Honor Award recipients and 28 ACSM presidents. Few, if any other, ACSM regional chapters can match that distinction. The Honor Award (granted to an individual with a distinguished career of outstanding scientific and scholarly contributions to sports medicine and/or the exercise sciences) and the Citation Award (granted to an individual who has made significant and important contributions to sports medicine and/or the exercise sciences) are ACSM's most prestigious awards (only one Honor Award annually). To witness "live" performances from scholars whose work has shaped our thinking about exercise and health, and provided much of the material we read in our exercise science and sports medicine textbooks, is truly rewarding and inspiring.

The main reason for ACSM's decision to establish regional chapters was to provide students and young professionals in exercise science and sports medicine who might not be able to afford to travel to the annual meeting the opportunity to attend high-quality meetings close to home. In addition to the four dozen ACSM Citation/Honor Award recipients and 28 ACSM presidents mentioned above, the SWACSM program has also included countless scholars who have given named lectures at the ACSM annual meeting. Thus the quality of the featured presentations at our SWACSM meeting has consistently been extraordinary.

President Elect's Column page 2

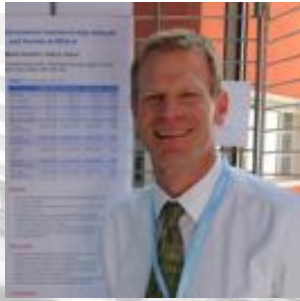
Nominees – President Elect page 3

Executive Director's Column page 4

Student Representative page 4

EIM Taskforce page 5

Nominees – Members-at -Large page 7



**A Message from the President Elect's
Dale Wagner, PhD
Arizona State University**

It's not too early to start thinking about the 2016 SWACSM annual meeting. The meeting will be October 21-22 at the same location as last year, the Orange County/Costa Mesa Hilton (<http://www.hiltonorangecounty.com/>) in southern California. It is conveniently located near the John Wayne (Orange County) airport, within walking distance to world-class shopping at the South Coast Plaza, and only a few miles to Newport, Costa Mesa, and Huntington beaches.

If you are a student collecting data, you should already be thinking about submitting an abstract for the student research competition or the evening poster session, two perennial events at the SWACSM meeting. Abstract submissions will be due in September. Other student events will be the Jeopardy competition and the Saturday morning student breakfast colloquium. Jeopardy is played as a team and offers students the opportunity to match their exercise science knowledge against peers from other universities in the format of the popular TV game show.

The student colloquium will offer students advice on pursuing graduate school (or a post-doc) as well as planning for careers in academia, clinical settings, or the fitness industry. And, yes, breakfast is included in the cost of student registration!!!

The highlighted general-session speakers for this year's meeting will be Drs. Liz Joy and Peter Hackett. Dr. Joy (Intermountain Health Care, U. of Utah) is the 2016 ACSM National President, and she will give the D.B. Lecture on Friday. The title of her presentation is "Screening, Evaluation, and Management of the Female Athlete Triad." Dr. Hackett (Institute for Altitude Medicine) is world-renown for his research on high-altitude medicine, and he will conclude the meeting on Saturday with the Founder's Lecture. The colloquia are varied, offering something for everyone. Noted specialists in cycling Jim Martin (biomechanics, U. of Utah) and Daryl Parker (exercise physiologist, CSU-Sacramento) will team up for a talk on the science of cycling, and Jenevieve Roper (CSU-San Bernardino) and Matt Seeley (BYU) will tackle running mechanics.

Alan Hargens team from UC-San Diego will give us an update on the latest microgravity research and how this "space research" can benefit us here on earth. For those interested in metabolism, the team from USC (Andrea Hevener, Tim Moore, and Zhenqi Zhou) will present on mitochondrial health and metabolic regulation, and Lorraine Turcotte (USC) asks if substrate utilization following exercise assists in maintaining energy balance. The BYU combo of Pat Vehrs and Jim George will present on functional fitness assessment and training. Interested in muscle physiology? Brennan Thompson (USU) and Pablo Costa (CSU-Fullerton) will talk about the applications of neuromuscular function in clinical- and performance-based research, and skeletal muscle fiber types will be the topic of James Bagley (SFSU), Josh Cotter (CSU-Long Beach), Evan Schick (CSU-Long Beach), and Andy Galpin (CSU-Fullerton). For those with a clinical interest, Christina Dieli-Conwright (USC) and David Garcia (U. of Arizona) will team up to talk about exercise for cancer patients, and Kenneth Vital (UC-San Diego) will discuss the treatment options for chronic tendinosis/tendonitis. The use of innovative technology in exercise science will also be a prominent topic at the 2016 meeting. Nobuko Kay Hongu (U. of Arizona), Rodney Joseph (ASU), and Todd Shoepe (Loyola Marymount) will enlighten us on how technology is being used to promote physical activity and as a pedagogical tool for exercise science students, and a team from USU (Eadric Bressel, Talin Louder, and Dennis Dolny) will highlight their research that uses aquatic treadmills for sport and physical rehabilitation.

In addition to the above colloquia, sports nutritionist Ellen Coleman will give the Gatorade Sports Science Lecture, and a representative from the ACSM will educate attendees about the Exercise is Medicine Ambassador Program. Additionally, this meeting will also include "demonstration tutorials." These are laboratory-style presentations given by experts in their respective fields. Meeting attendees will be able to choose from ECG prep and placement (Donna Cataldo, ASU), Dartfish motion analysis (Iain Hunter, BYU), or multifrequency bioelectrical impedance analysis (Marta Van Loan, UC-Davis). These should be informative and educational for both students and professionals, alike.

This meeting truly does offer something for everyone: student or professional; clinician, researcher, or educator; athletic trainer, biomechanist, exercise physiologist, nutritionist, or physician. So, mark it on your calendar now, and I look forward to seeing you in Orange County in the fall.

SWACSM Candidates for 2016—Nominees for President-Elect



Ann Gibson, PhD

It is humbling to be nominated for the position of President-elect for SWACSM. If elected, my goal will be to build upon the successes of the past to continue the advancement of our chapter. When I look over the names of those who have held this position, I realize that I will, with your support, be in a position to continue building upon the visions and aspirations of amazing group of predecessors while also representing the members within our regional chapter.

I have a history with SWACSM and ACSM that began during my graduate studies at the University of New Mexico. I regularly attended the regional and national meetings and, fortuitously, had the privilege of presenting posters and delivering slide presentations. Most importantly, though, were the opportunities to network, cultivate professional relationships, and keep abreast of new developments within our eclectic field. Upon receipt of my PhD (2000), I left the southwest to accept my first faculty appointments. Although, due to geography, I had to switch regional chapter affiliation, I continued attending the national meetings, became involved with what is now known as the Environmental and Occupational Physiology Interest Group (EOPIG), and earned my Clinical Exercise Specialist certification (now renamed). In 2009, I was able to return to UNM as a faculty member in the Exercise Science program and re-establish my SWACSM affiliation. I was invited by the SWACSM president at the time to become the chapter's liaison with ACSM's affiliate Clinical Exercise Physiologist Association (CEPA). Consequently, I became a non-voting member of the SWACSM Board of Trustees and began attending SWACSM Board meetings. In time, I was elected to the Member-At-Large position I currently hold. Many of you have seen me at the bottom of the escalator at the past two chapter meetings, greeting you as you arrived at the conference registration desk!



Pat Vehrs, PhD

It is an honor to be asked to run for President-Elect of the SWACSM. I am grateful for the confidence that the Board of Trustees has in my abilities to serve the members of this chapter.

The ACSM and this regional chapter are my primary professional affiliations. I attended and presented at SWACSM for 4 years as a doctoral student. During the 10 years that I worked at the University of Houston and Texas Children's Hospital, I served in the Texas Chapter of ACSM for 6 years. I returned to Utah in 2000 and I am an Associate Professor of Exercise Physiology in the Department of Exercise Sciences at Brigham Young University. I have since served on the Academic Standards and Credentials Committee and the Professional Education Committee at the national level. I have regularly attended SWACSM for the past 16 years. I served on the Board of the SWACSM Chapter from 2003 to 2007. The last four years, colleagues and I have presented symposia on topics relating to posture, corrective exercises, and functional fitness. Thanks to the faculty at BYU, the SWACSM has been well attended by students in the Department of Exercise Sciences. I am an advocate for undergraduate and graduate student participation in the annual regional meeting. The SWACSM annual meeting provides a venue for students to associate with their peers and network with professionals and faculty from other institutions. Participating in the regional meeting enhances the student's academic and professional development.

One of the primary responsibilities of the President-Elect is to plan the upcoming annual meeting. This is the grass roots of the Chapter organization. My experiences in the ACSM have helped me understand the workings of the regional chapters and will help me better serve the members of the SWACSM. I anticipate that with the help of the Board, we will be able to plan another great annual meeting that reflects the interests of the members of this Chapter and continues the tradition of outstanding

Message from the Executive Director

Jack Young, PhD., University of Nevada, LV

The 205 Southwest ACSM annual meeting was another success, reaffirming the decision to return to the Southern California Orange County Costa Mesa Hilton. A record number of posters made for a noisy, crowded, interactive and thoroughly enjoyable Friday evening poster session and social event. The Dill Lecture by Dr. David Poole and the Founder's Lecture by Dr. Ed Archer bookended a variety of sessions providing the proverbial something for everyone. During our winter conference call, President-elect Dr. Dale Wagner previewed the 2016 program which includes sessions on topics we haven't visited for a while and the Dill Lecture by ACSM President Dr. Liz Joy. Look for details elsewhere in the newsletter. To better serve you during registration – Friday morning is always hectic – we have received a grant from ACSM to purchase credit card readers to facilitate payment. In addition, the grant included funds to purchase a banner promoting Southwest ACSM. To make things interesting, I will entertain designs for a vertical retractable banner similar in size to those used by ACSM at the national meeting (33" x 79"). A committee from the board of trustees will select the winning design and the artist will receive free registration to the 2016 Southwest ACSM annual meeting and a cash prize. So if you are artistic and interested, submit your idea or ideas to me by e-mail (jack.young@unlv.edu). The deadline for submissions is September 1, so get your creative juices flowing.

The election for Southwest ACSM President-Elect and Member-at-Large will be held in May. Look for an e-mail from ACSM with a link to the on-line voting site. Candidate statements can be found elsewhere in this newsletter and will be available on the voting link. Please take a moment to vote when the link opens. Finally, the deadline for Student Competition abstracts is September 9 (September 23 for all other abstracts), so it is not too early to start planning a project for presentation at the 2016 annual meeting. Finally, feel free to contact any Board of Trustees member with questions, comments, or concerns about the Southwest chapter. Have a good summer.



Message from Your Student Representative

Wesley Tucker, PhD Candidate

Arizona State University

Greetings SWACSM student and professional members! As the appointed SWACSM Student Representative, I want to welcome you all to the start of a great year and express my praise for all of you who make this organization what it is. I would also like to invite you to "like" and join our Facebook page (facebook.com/SWACSM).

This year's annual conference is taking place in Costa Mesa, California, at the Orange County Hilton, October 21st-22nd 2016, and should not disappoint. The Hilton does offer a complimentary shuttle service from John Wayne Airport which runs from 5:30am-11:15pm; you just need to inform the front desk. In addition, the hotel has a fitness center, spa, complimentary Wi-Fi, restaurant and lounge. There will be a variety of symposia and presentations that include but are not limited to: post-exercise substrate utilization, mitochondrial health and metabolic regulation, scientific principles of running and cycling, functional fitness assessments, and innovative technology in exercise science and physical activity, as well as tutorials on ECG, motion analysis and bioelectrical impedance.

(Continued on page 5)

EIM Taskforce

Exercise is Medicine (EIM) is a global health initiative managed by the American College of Sports Medicine. Since its inception in 2007, Exercise is Medicine has been making efforts to integrate physical activity into the healthcare system by referral to exercise professionals.

One of their most promising strategies is EIM On Campus (EIM-OC), which connects university health care providers (doctors) with university health fitness specialists (qualified students) in order to provide support services for exercise prescription.

As of December, 2015, the number of colleges/universities in the U.S. that are participating in the EIM-OC effort is 71. Only eight of these campuses are in our Southwestern region, and of the 24 universities with programs affiliated with SWACSM, only 3 of those campuses are engaged in the EIM-OC effort.

Considering the tremendous potential of and need for EIM-OC, I propose the formation of a taskforce that would facilitate the development of EIM-OC at colleges and universities throughout our region.

Explore the EIM website for information and resources: [Exercise is Medicine On Campus](http://exerciseismedicine.org/support_page.php?p=369) (http://exerciseismedicine.org/support_page.php?p=369)

Contact [Jon Opsahl, MD, MPH](mailto:DrOpsahl@gmail.com) (DrOpsahl@gmail.com) if you are interested in joining an EIM-OC Taskforce for the SWACSM.

ACSM Jeopardy Bowl - Calling All Faculty And Students

Show the Chapter your school pride by participating in this year's Southwest Student Jeopardy Bowl on Friday October 21st, 2016

Last year was the 6th Southwest Student Jeopardy Bowl event, with Arizona State University proving victorious its' second year in a row! Last years team members recall their experiences with enthusiasm having had the opportunity to travel and compete in the regional competition. Moreover, the excitement of having the opportunity to immerse themselves in all the lectures offered at the national conference in San Diego was a highlight to their graduating year. Additionally, the team reported studying and working together really underscored for this group the importance of being a strong team player. And positive team building experience related to the importance of carrying their own weight, while also putting their trust in their fellow student team members.

Our 7th annual Southwest Student Jeopardy Bowl will be held in Orange County, again at the Hilton, **on Friday October 21st, 2016**. All Universities and Colleges are invited to bring a **team of 3 undergraduate students** to answer questions on categories such as anatomy, physiology, cardiovascular physiology, EKG, biomechanics, and exercise prescription, just to name a few. The format will be similar to that of the long standing television show, Jeopardy, with single jeopardy questions being easier than double jeopardy questions, and a final jeopardy question being the most difficult. All questions will have a dollar amount associated with the answer, and the team with the highest total at the end of the night, WINS!

President's Column continued from page 1

For many members of the SWACSM living in southern California, this opportunity is practically in our own backyard! Don't let this once-per-year opportunity slip away.

If you have not done so (and even if you have!), I would urge you to go to our SWACSM website (<http://www.swacsm.org/>). The website provides information about membership, meetings, the abstract submission process, awards, and contact information for all members of the SWACSM Board of Directors. Even better, visit us on Facebook (<https://www.facebook.com/SWACSM>) and send us a message.

And please make it a priority to attend the annual meeting at the Orange County/Costa Mesa Hilton, October 21-22. President-Elect Dale Wagner has put together a terrific program with solid practical and clinical application. Let's make the 36th annual meeting the best ever. By the way, the highest attendance ever for our annual meeting was the 14th annual SWACSM conference in 1994, when registrations reach 662 (we've only exceeded 600 twice, and 500 six times; all in the 1990s). I would see us reach those numbers again. Spread the word.

Student Representative continued from page 4

This year's DB Dill Lecture will be given by ACSM president-elect, Dr. Liz Joy, with her lecture focusing on screening, evaluation and management of the Female Athlete Triad. Dr. Peter Hackett will close out the conference with the Founder's Lecture on historical and future perspectives of high altitude medicine.

As a current student I would like to encourage all the past, present and future students to attend the annual conference as it is a great way to discover new areas of research and network with fellow students and faculty. One of the highlights of the conference is the Student Research Presentations in either oral or poster format. Please see the call for abstracts elsewhere in this newsletter for abstract instructions and deadlines. I am also pleased to announce the President's Cup Poster Competition which will take place at next year's ACSM Annual Meeting. The winner of our Student Research Award competition (**must be oral presentation and graduate student to be eligible**) at our regional meeting in October will be given a \$1,200 travel allowance to attend the ACSM Annual Meeting in Denver 2017, and registration fees will be waived. At the ACSM Annual Meeting, each regional President's Cup winner will present their research in a poster format to compete for prizes. Other highlights for students include the annual student jeopardy competition, (Arizona State University will be looking to win this competition for the third successive year). In addition, Thursday night is early registration, which offers time to mingle with other students and faculty.

This year's SWACSM annual conference will offer a perfect environment for students to take part in recent research, network for future opportunities and meet other students from various universities in our Southwest Chapter. The ACSM Annual Meeting is right around the corner, May 31st to June 4th, and will be held in Boston, MA. Details for the conference can be found at www.acsmannualmeeting.org. I hope to bump into a lot of you at the annual meeting, if not I look forward to meeting you all in October. Until then, be sure to join our Facebook page at [facebook.com/SWACSM](https://www.facebook.com/SWACSM) and "like" us for important updates and conference information.

Nominees for Member-At-Large, Board Member



Sarah L. Dunn, PhD.

It is an honor to be given the opportunity to possibly serve as a Member-at-Large on the Southwest American College of Sports Medicine (SWACSM) Board of Trustees, a premier chapter of the national American College of Sports Medicine (ACSM). It would be a privilege as a Member-at-Large to assist in disseminating the mission of the national organization as well as promoting the SWACSM experience to a greater number of students and colleagues within the region.

A primary pedagogical focus of mine is student engagement and practical application within the health sciences, more specifically, in the Kinesiology discipline. I believe in the “learn by doing” approach which I first handedly experienced by attending and presenting my research at SWACSM and ACSM annual meetings over the years. I found it empowering to meet and speak with experts in the field and have tried to provide that same experience for my current undergraduate students at the University of La Verne.

I was a first generation undergraduate student at Pepperdine University before pursuing a master’s degree from Sydney University in Australia. I was fascinated with the Australian’s love for exercise science and decided to return for my Ph.D. in Exercise Physiology at the University of New South Wales. Attending and presenting at the ACSM national meetings was very important to me during my graduate education overseas. Following the completion of my graduate training, in 2010, I returned to California and became a more active member in SWACSM. I was hired by the University of La Verne as an Assistant Professor in the Kinesiology Department and have more recently become the Chair of the Institutional Review Board governing the protection of human participants in research.



Kim Henige, PhD

It is an honor to be considered for Member-at-Large for the Southwest Chapter of ACSM. I attended my first SWACSM when I was an undergraduate student in 1988.

I have attended the majority of the meetings since then and have a strong appreciation of and loyalty to the chapter. SWACSM has helped me develop and grow as a student and colleague and now does the same for my students.

I was born and raised in Southern California where I received all of my education at CSU Northridge (CSUN) and the University of Southern California. I hold ACSM’s Exercise Physiologist certification (EP-C) and the Exercise is Medicine credential. I also hold NSCA’s Certified Strength and Conditioning Specialist certification (CSCS). I am currently an Associate Professor of Kinesiology at CSUN. My personal research is focused on student affective responses to different teaching methodologies in the exercise physiology classroom. In addition to my faculty role at CSUN, I am the Kinesiology Undergraduate Program Coordinator and run two different programs. I have been the Director of a Peer Learning Facilitator (PLF) program in the CSUN Kinesiology Department for seven years. The PLF program provides extra resources and support for students taking Exercise Physiology and related coursework. I have also been the Director of Commit to be Fit, a staff, faculty, and community fitness program on the CSUN campus for four years. Both of these programs provide valuable experience for our students, which is my primary objective in everything I take on.

My motivation in serving as Member-at-Large is to be able to give back to an organization that has given me so much over the years. I would like to contribute to the ongoing efforts to provide important resources, opportunities, and experiences for the students in our region. I would also like to be an advocate for active involvement and a role model for students and younger

CONGRATULATIONS to the SWACSM Student Award Winners for 2015

President elect nominee Ann Gibson continued from page 3

At the 2015 national meeting, those with newly awarded FACSM status were recognized, and I was honored to be among them. That recognition would not have been possible without the professional relationships I have forged within SWACSM!

While I cannot promise free conference registration for all, I can promise that I will earnestly promote quality professional and educational opportunities for students, faculty, and practitioners alike. Because I would not be in the position I am today without the opportunities provided through SWACSM and ACSM, I will continue to encourage involvement. I sincerely thank you for your consideration of my nomination as President-elect.

Regional Chapter Jeopardy Bowl continued from page 3

I'm looking forward to having more Universities participate, resulting in the "best and brightest" representing the Southwest Chapter at the ACSM annual meeting in 2016. Registration is paid for by the National ACSM and the Regional Chapter will contribute funds for travel, lodging, and food. Each University is also expected to contribute a portion of the cost. Your University will also receive a plaque, with the students' names, commemorating the occasion.

Faculty should work together to identify a team who can complement each other in answering questions from our field. Each University is encouraged to bring as many students to support their team, wear their school colors, and cheer them on to victory!

All Universities that are interested in competing in Orange County this Fall must contact Dr. Marialice Kern at mkern@sfsu.edu before October 10, 2015, so I can make arrangements for the room and necessary audio-visual equipment. The more Universities that participate, the better the selection process will be, and the stronger the team we send forward to National.

CONGRATULATIONS to the SWACSM Student Award Winners for 2016

Gail Butterfield Award: Timothy Moore, University of Southern California, CA

Norman James Award: Michael Dehyle, Brigham Young University, UT

CONGRATULATIONS to the SWACSM Student Award Winners for 2016

SWACSM Jeopardy Bowl Winners

Kyle Berg, Zach Cash & Andres Meza

Arizona State University



25 Years Expertise in Metabolic Measurement



ParvoMedics TrueOne® 2400
*The System of Choice at NASA and
U.S. Olympic Training Centers*

- **Accurate**
Precision "Yeh" algorithm for flow calibration. Validated by a highly respected lab. ("Validity of inspiratory and expiratory methods of measuring gas exchange with a computerized system" J. Appl. Physiol. 91:218-224, 2001.)
- **Reliable**
3 years standard warranty included.
- **Easy to Use**
Windows XP program. Gas auto-cal takes 30 seconds.
- **Exceptional Customer Support**
Rapid response with "express turnaround" service.
- **Preferred by Exercise Physiologists**
Used to test U.S. Winter Olympic athletes (TOSH) and Canadian Olympic athletes (U of Calgary). Also used at USARIEM, Cooper Institute, Harvard, Stanford, Duke, Florida, and USC.

PARVO MEDICS
Making Metabolic Measurement Easy

Call for FREE Demo Diskette
ParvoMedics Inc.
8132 South 1735 East, Sandy UT 84093
Toll Free 1-800-942-7255 • Tel/Fax: (801) 942-7796
e-mail: info@parvo.com • Web: usnc.parvo.com

Photo Credits: Renzo Cataldo

Visit: renzophoto.com