



Central States

Regional Chapter

Fall 03 Newsletter

American College of Sports Medicine

Arkansas



Kansas



Missouri



Oklahoma



CentralStatesACSM.org

Fall 2003

Table of Contents

Find us on the web at: centralstatesacsm.org

New E-mail Address Available For
Public Information

ACSM Continuing Education
Credits: Learning Objectives

ACSM's New Mission and Vision
Statement

President's Message:
Richard J. Sabath, Ed.D., FACSM

A Message from the President-
Elect: Michael E. Rogers, PhD

News from Missouri Rep:
Jeremy Barnes

CS-ACSM Past President:
David C. Poole, FACSM

Secretary/Treasurer Comments:
Greg Kandt

Message from the Arkansas Rep:
Robert Ferguson

Housing Options for CSCACSM
Annual Meeting 2003

Central States ACSM
Fall 2003 Annual e-Newsletter

centralstatesacsm.org

Co-editor and Layout:
Michael W. Beets, MEd, MPH

New E-mail Address Available For Public Information

ACSM has created a new e-mail address, specifically to collect questions from the general public. Questions, comments, or requests for educational materials may be forwarded to publicinfo@acsm.org

ACSM's New Mission and Vision Statement

ACSM Mission Statement

"ACSM advances and integrates scientific research to provide educational and practical applications of exercise science and sports medicine."

ACSM Vision Statement

"ACSM will be the national and international leader in the advancement, integration, and interpretation of research in exercise science and sports medicine to enhance health, performance, fitness and clinical practice."

Secretary/Treasurer Comments:

Greg Kandt

I look forward to seeing you at our Annual Meeting in Kansas City. Please note that the meeting dates are earlier than the usual dates for recent meetings so make the necessary arrangements to get your pre-registrations in by October 3.

2003 has been another successful year for our chapter in terms of membership and finances. The chapter leadership has been excellent and the development of the chapter website is an important additional service for facilitating communication to our members and interested individuals.

I want to use this space to thank the many individuals that have volunteered to help with administrative details for this year's meeting. In particular I want to recognize Danielle Padilla from Kansas State University who is handling many conference arrangements and registration issues and Donna Allen from Emporia State University who has volunteered students to help with on-site registration and packet distribution.

Find us on the web at: centralstatesacsm.org

President's Message:

Richard J. Sabath, Ed.D., FACSM

Greetings from a very hot and dry Kansas City. It is difficult to believe that the summer season is essentially over and the start of another academic year is just around the corner. I hope each of you is planning on attending the Central States Annual Chapter Meeting. Dr. David Poole, Ph.D. and Danielle Padilla have assembled an excellent and diverse group of speakers. The meeting is October 10-11 at the Embassy Suites Hotel Country Club Plaza. Heather Turner, the ACSM Regional Chapter Director will be attending this year's meeting. This will be an excellent opportunity for you to meet Heather and discuss any concerns you may have regarding our Chapter. Full meeting details and registration forms may be found on the Central States Website: www.centralstatesacsm.org. Also, for the first time this year all abstract submissions for the meeting will be done electronically (please check the website for details).

For the remainder of my message, I want to present some issues that will require a vote by the CSC membership at our Business Meeting. I present these issues now because we never seem to have enough time to discuss them fully at our annual meeting:

Increase in Meeting Registration Fee: A recent survey of all ACSM Chapters reveals that we have the lowest fees by far. Our current registration fee is \$30.00 for members. The next lowest fee is \$60.00. An increase of \$10-\$15 for professional members is proposed with no increase in student registration fees. The additional income would be used to help fund a CSC speaker's tour and to bring additional national-level speakers to our annual meeting.

Future Meeting Sites: It is becoming more and more difficult to secure prime meeting space with just one year's lead time. I recently tried to secure meeting space at a new location in Kansas City for October 2004 and everything was already booked!! We must decide once again if we wish to continue holding our meetings in Kansas City or explore other venues.

Ken Pitetti and his Site Committee have been exploring alternative sites. Possible alternatives include Branson,

MO; Springfield, MO; and Oklahoma City, OK. Please take some time to consider where you would like the CSC meeting to be held. If you are unable to attend the meeting this year you may email me thoughts at: rsabath@cmh.edu

Speakers Tour: Preliminary discussions have been held by the CSC Administrative Council for implementation of a regional speaking tour. Please bring your ideas on how (or if) we should proceed with this initiative.

Risk Management/Risk Reduction: National ACSM has become very interested in reducing risk and liability of the national office and the Regional Chapters. Some of the ways that we have conducted our meeting and social events will have to be revised (as evidenced this year at our CSC Social at the ACSM Annual Meeting). Meeting liability/cancellation insurance is now being offered at a very nominal fee to the Chapters as well as contract review services.

Honoraria for Speakers: This topic has been discussed numerous times in the past, but I believe it is time to revisit this issue one again. Nationally, there is no consensus among the Regional Chapters. Several do as we do and do not pay their members to speak, but do offer small (\$200-\$350) honorarium to non-members. We currently pay \$150.00 to speakers who come from outside our chapter. Other Chapters pay all speakers the same honorarium. I will ask for a vote from the membership on whether we should maintain the status quo or begin paying all speakers (and if your vote is yes, how much?).

If you have any special concerns that you would like your elected Administrative Council to consider at their October meeting this year please email me and I will try to include them on our meeting agenda. Additionally, if you have agenda items to propose for the general business meeting please email to me as soon as possible: rsabath@cmh.edu

I look forward to seeing all of you in Kansas City this October. Thanks to each of you for your support during the past year. I have thoroughly enjoyed serving as your President once again.

A Message from the President-Elect:

Michael E. Rogers, PhD

Submit Your Abstracts!!

I know that many of us just returned to teaching and taking classes this week, but it is time to get those abstracts submitted for the October meeting! The deadline is less than two weeks away!!

The Central States Regional Chapter of the American College of Sports Medicine is soliciting abstracts from all members (and those joining) for presentation at its 2003 Annual Meeting. Electronic submissions are required and must be received by **September 5, 2003**. Abstracts received after this date will not be reviewed. Each individual is permitted to be first author on only one abstract, but may co-author several abstracts. The first author must present the abstract at the annual meeting and at least one of the authors must be a member of the CSACSM. All abstracts will undergo a blind review by four professional members. Those that are accepted will be published in the conference program.

Research abstracts selected to receive an award will be presented orally at the conference during Friday afternoon (October 10). Other abstracts will be presented in a poster format during the social later Friday afternoon in an effort to foster discussion of the projects. Presenters will be expected to stand by their poster during that time to visit with meeting participants.

All abstracts are to be submitted electronically. Please refer to the CSACSM home page at www.centralstatesacsm.org for a link to the Request for Proposals. The link will provide you with the abstract submission guidelines and an application form where you will fill-in the first author information. Upon confirming the information that you entered, you will be asked to upload your abstract. After you submit your abstract, I will send an email to you within 48 hours to confirm receipt of your abstract. If you don't hear from me within 48 hours, please contact me.

Please make sure your abstract meets all the requirements stated in the submission guidelines. There is an example of an acceptable abstract on the CSACSM website. Each abstract must be informative, including a statement of

the study's specific PURPOSE, METHODS, summary of RESULTS, and CONCLUSION statement. We are following the guidelines established for writing abstracts submitted to the national ACSM meeting. Therefore, please use Times Roman 10 point font, capitalize the title, keep the title to 15 words or fewer, keep the text to less than 2500 characters (if including table, chart, or graph, character limit will be approximately 1,700 characters depending on the size of the graph), do not use brand names, and provide funding information at the end (indented three spaces). Additional guidelines are provided on the CSACSM website, including procedures for listing authors and affiliations. Before uploading your abstract, please save it as either a .doc, .txt, or .rtf file with a file name that uses this format: First Initial Last Name_Brief Title (omit spaces or use underscores).

An example is: `mrogers_balance training.doc`

Two monetary awards will be presented for research. One award will be presented to the outstanding research project submitted by a doctoral student and one award will be presented to a master or undergraduate student. Please note that students are only eligible for one year after they have been awarded the degree under which they completed the research. The selected research projects will be presented orally at the CSACSM conference. The awards will be \$500 and are presented to the student upon subsequent registration at the national ACSM conference. Thus, the intent of the award is to support travel to the national conference. A non-monetary award will be presented to the best poster presentation for a student in any degree category. If you wish to be eligible for a monetary award, you will need to indicate your candidacy on the abstract form and you will need to submit a 3-4 page summary of your research that includes an abstract, introduction, purpose, methods, results, and conclusions. Posters will be judged as they appear at the poster sessions (all posters are eligible).

All questions regarding the abstracts and the Student Award competition should be directed to: Michael Rogers, PhD, President-Elect / CSACSM, Associate Professor, Department of Kinesiology and Sport Studies, Wichita State University, Wichita, KS, 67260-0016. Telephone: 316-978-5959; Email: michael.rogers@wichita.edu

Remember, the deadline is September 5, 2003.

Find us on the web at: centralstatesacsm.org

CS-ACSM Past President

David C. Poole, FACSM

We are looking forward to an exceptionally exciting and informational annual meeting in Kansas City (October 10th and 11th) this year. Our keynote speaker is renowned textbook author (Big Fat Lies) and exercise scientist Dr. Glenn A. Gaesser from Virginia whose presentation is entitled "Weight loss for the overweight and obese: Panacea or pound-foolish." Dr. Gaesser has a brilliantly humorous presentation style and given the wonderful response to Dr. Scott Powers witty talk last year, I know you will all appreciate Dr. Gaesser. In addition, we are hosting a Weekend Warrior Workshop on shoulder injuries and rehabilitation taught by George Sotiropoulos, M.D. which will be on Saturday morning (11th). Please help get the word out to health care and sports medicine professionals who would benefit from this.

Our Gatorade speaker is Dr. Ed Coyle whose talk is entitled "Endurance Physiology and Scientific Coaching." There will also be a symposium entitled "Exercise for fitness, health and weight management" chaired by Dr. Dennis Jacobsen from KU. In addition, featured presentations on ultraendurance exercise (Mark Langenfeld, Ph.D.), how to improve breathing during exercise (Craig A. Harms, Ph.D.), weight loss diets (Debra Sullivan, Ph.D.), and exercise biomechanics (Robert Gregory, Ph.D.). The National ACSM targeted theme of youth and sports will be emphasized through presentations by Michael Rogers, Ph.D. our incoming President (Cardiovascular Fitness and BMI of Midwestern Youth), Lance Green, Ed.D. (Violence in Youth Sports: Prevention and Cures), and Christy Tharenos, M.D., MPH (Performance Enhancing Substances and the Athlete).

This year there will be a dedicated Work site Planning/Health Promotion session on Saturday morning featuring Donna Allen, Ph.D. and Jeremy Barnes, Ph.D (Current Trends in Health Promotion), Kristi Heesch, Dr. PH. (Moving the Unmotivated: Getting the Couch Potato Physically Active), and Christine A. Moranetz, Ph.D. (Menopause and Health Risks: Beyond the Media Hype).

As always, student participation is one of our great highlights with student awards for best papers and also best poster. Please badger/help/encourage/stimulate/threaten your students to send their work for presentation. Central States is a brilliant venue for practicing those essential skills in a non-threatening and very positive environment.

See you all in Kansas City,

Message from the Arkansas Representative:

Robert Ferguson

I hope that everyone is enjoying the summer. We've had some hot and dry days here in Arkansas lately, so it is hard to believe that fall will soon be here and it will again be time for us to converge upon Kansas City for our annual Central States meeting. I'm very much looking forward to the meeting and hope many of you can join us October 10. Please refer to the Central States web site for conference and registration details.

As your Arkansas representative, one of my duties is to communicate with the ACSM members in the state. I have obtained e-mail addresses for ACSM members from Arkansas, but I know it is not completely accurate. Please help me update address changes or additions for Arkansas members. If you are an ACSM member living in Arkansas and have not received an e-mail message from me recently, please send me your e-mail address.

Be reminded that the deadline for abstract submissions for the Central States meeting is September 3rd and that you can submit them on-line at centralstatesacsm.org. I hope that we will have good representation of faculty and student research from all four states in the Central States Chapter. Also, we would appreciate feedback and suggestions regarding the web site, the newsletter, annual conference, or anything else related to Central States ACSM. Let us know if you would like any information regarding research, links for your organization, etc. posted on the web site.

Best wishes for a productive and successful fall.

Housing Options for CSCACSM Annual Meeting 2003

The annual meeting of the CSC/ACSM will be held at the Embassy Suites Hotel Country Club Plaza on Oct. 10-11, 2003.

Please find below information to assist you in making your hotel reservations. The prices quoted are subject to change and you may find better rates by going online and checking for specials the hotels may be running.

Hotel rates quoted include all taxes unless otherwise noted.

All hotels are within 5-6 blocks of the Embassy Suites Hotel. Please book early. If there is a KC Chiefs game that weekend the hotels will be full.

Embassy Suites Hotel Country Club Plaza:

220 W. 43rd St., phone: 816.756.1720

Rate: \$128.21, includes full breakfast and 2 hour cocktail time each evening.

GROUP RATE: The room rate is \$112 for a single or double at Embassy Suites (triple is \$122; quad is \$132).

Cut off date is 9/9/03 for group discounts.

Please ask for the American College of Sports Medicine group rate.

Holiday Inn Express:

801 Westport Rd., phone: 816.931.1000

Rate: \$107.61, extra savings can be found online by booking a room at least 21 days in advance. However, there are no cancellations when booked this way.

Plaza Hotel of Westport:

4309 Main, phone: 816.561.9600

Rate: \$78.53, includes free parking, and continental breakfast

Homestead Studio Suites Hotel: 4535 Main (this property is the farthest from Embassy Suites, about 6-7 blocks), phone: 816.531.2212

Rate: \$63.99+TAX, studio suite with queen bed, book online at www.homesteadhotels.com to receive the above rate.

Quarterage Hotel:

560 Westport Rd., phone: 816.931.0001

Rate: \$113.33, book online for lowest rates and to check

any specials online at www.quarteragehotel.com, includes free parking, local calls, full breakfast and a manager's reception each evening

Four Points Country Club Plaza (Sheraton):

45th and Main, phone: 816.753.7400

Rate: quite variable depending on date, number of people and availability (very hard to get a direct answer) \$99.00+TAX

News from Missouri Representative:

Jeremy Barnes

Many of us are probably advocates for the benefits of exercise on a regular basis. I wanted to alert members to a wonderful web-based physical activity challenge that either you or the clientele you work with may find useful.

The name of the challenge is Shape Up Missouri and information can be found at:

<http://www.mofitness.org/shapeupmointro.htm>

The Shape Up Missouri Challenge has been initiated by the Governor's Council on Physical Fitness and Health. The Council strives to promote a healthy Missouri where people are exercising regularly, eating nutritiously and making other healthy lifestyle choices. In order to uphold these ideals, the Council oversees such things as the Show-Me State Games and the Show-Me Body Walk.

The Shape Up Missouri Challenge will kickoff on September 8th and will continue for eight weeks through October 31st. The community that has the highest percentage of individuals completing the challenge will be the winner of the challenge. However, as the promotional materials point out "everyone who participates will be a winner as your health and quality of life will be improved through physical activity". In addition to the website further information can be found by contacting the Governor's Council at 573-751-0915. I was also impressed by a series of worksite health promotion resources that can be also be accessed from the Council's site at <http://www.mofitness.org/MOWHPWebResources.htm>

It was great to see many of you in San Francisco in May at the annual meeting. I hope all of you plan on attending the Central States Meeting on October 10th and 11th in Kansas City.

American College of Sports Medicine- Central States Chapter Annual Meeting

Embassy Suites, Kansas City, Missouri

Friday, October 10th through Saturday, October 11th, 2003

Thursday, October 9th, 2003

8:00 – 9:30 p.m. Administrative Council Meeting

Room

TBA

Friday, October 10th, 2003

7:30 – 8:30 a.m. Registration/Voting Begins

Lobby

Morning Plenary Sessions

8:30 – 8:45	David C. Poole, Ph.D., D.Sc., FACSM Introductions and Announcements	Monterrey
8:45 – 9:15	Michael E. Rogers, Ph.D. <i>“A comparison of the Cardiovascular Fitness and BMI of Midwestern Youth to National and International Counterparts”</i>	Monterrey
9:15 – 9:20	SYMPOSIUM (9:15-10:30): <i>“Exercise for Fitness, Health, and Weight Management”</i> Introduction: Dennis J. Jacobsen, Ph.D., FACSM	Monterrey
9:20 – 9:40	Speaker 1: Joseph E. Donnelly, Ed.D., FACSM <i>“Is there a gender difference for how much exercise is required to lose weight?”</i>	Monterrey
9:40 – 10:00	Speaker 2: Bryan K. Smith, Ph.D. <i>“What do we know about resistance exercise for improving cardiovascular risk and assisting with weight management?”</i>	Monterrey
10:00 – 10:20	Speaker 3: Dennis J. Jacobsen, Ph.D., FACSM <i>“How much aerobic exercise is required for improving cardiovascular risk?”</i>	Monterrey
10:20-10:30	Discussion: Dennis J. Jacobsen, Ph.D., Bryan K. Smith, Ph.D., Joseph E. Donnelly, Ed.D.,	
10:30 – 10:45	Refreshment Break	LaPaz

Morning Concurrent Sessions

Monterrey Room will be
divided

Exercise Physiology and Nutrition

Room: Monterrey I

- 10:45 – 11:15 Debra Sullivan, Ph.D.
“Weighing in on weight loss diets: What works?”
 11:15 – 11:20 Discussion
 11:20 – 11:50 Craig A. Harms, Ph.D.
“Exercise ventilation: can we improve it?”
 11:50 – 11:55 Discussion
 11:55 – 12:25 Mark Langenfeld, Ph.D.
“Ultraendurance Exercise”
 12:25 – 12:30 Discussion

Youth Sports and Performance Enhancing Substances

Room: Monterrey II & III

- 10:45-11:35 Lance Green, Ed.D.
Violence in Youth Sports: Prevention and Cures”
 11:35-12:25 Christy Tharenos, M.D., MPH
“Performance Enhancing Substances and the Athlete”
 12:25 – 12:30 Discussion

Lunch

- 12:30– 1:55 p.m. Speaker: Glenn A. Gaesser, Ph.D., FACSM
“Weight Loss for the Overweight and Obese: Panacea or Pound-Foolish”

Room

Vera Cruz

- 1:55 – 2:00 Honor Award Presentation

Vera Cruz

Student Research Sessions

- 2:00 – 3:00 *Speaker: Edward F. Coyle, Ph.D., FACSM*
“Endurance Exercise Physiology- Are School Children Receiving Scientific Coaching ?” Monterrey
- 3:00 – 3:15 Student Award Paper – Undergraduate/Masters (12 min, 3 min Q&A) Monterrey
- 3:15 – 3:30 Student Award Paper – Doctoral (12 min, 3 min Q&A) Monterrey
- 3:30 – 3:50 Refreshment Break LaPaz
- 3:50 – 4:00 David C. Poole, Ph.D.,D.Sc., FACSM Announcements, New Officers, Awards Monterrey
- 4:00 – 4:45 Robert Gregory, Ph.D.
“Biomechanics of movement-related effort” Monterrey

ACSM Continuing Education Credits: Learning Objectives

At the conclusion of this activity, participants should be able to:

1. Identify current trends in obesity and be familiar with the latest research findings .
2. Understand how the cardiovascular fitness and BMI of Midwestern youth compares with National and international standards.
3. Appreciate how much aerobic exercise is required for lowering cardiovascular risk.
4. Understand gender differences in the relationship between exercise and weight loss.
5. Be conversant with the role of resistance exercise in decreasing cardiovascular risk and weight management.
6. Understand current trends in youth sport violence and how to prevent it.
7. Be familiar with current research in breathing during exercise and how it can be improved.
8. Recognize popular sports performance enhancing drugs and their prevalence.
9. Be conversant with the physiology of endurance exercise and human limitations in adults and children.
10. Comprehend the essential biomechanics of movement-related effort.
11. Discuss the latest trends in health promotion and motivating inactive individuals.