

Central States

Regional Chapter

Arkansas



Kansas



Fall05Newsletter
American College of Sports Medicine
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CentralStatesACSM.org

President's Message

I certainly hope each of you plan to attend the Central States meeting in October, if for some reason you fail to attend you are going to miss a great program. Mike Rogers has put together an excellent group of speakers. Headlining this group are Jack Wilmore and Wojtek Chodzko-Zajko. From around our region speakers will include Bill Sexton, Rich Sabath, and Laurette Taylor. I will not repeat the whole agenda here, but suffice it to say we have an impressive group of speakers.

Over the past few years the student presentations have been very good and I suggest that you make plans to see these promising young researchers present. This is a testament not only to the quality of the students in this region, but their mentors who have done such an excellent job assisting in the development of these young people.

At this year's meeting we will also present the Honor Award to a deserving veteran of the Central States Chapter. This year's recipient has a long history of distinguished service to the Chapter. I am sure you are on the edge of your seat wondering who it is.

During the meeting I urge that the professionals attend the business meeting on 1:30 Friday. We need each of you to be engaged and to help us guide the Chapter into the future. The students will have the pleasure of hearing a lecture from Barbara Bushman during this time.

We have had three state representatives leave the region prior to completion of their term Kevin Kendrick (AR), Kristi Heesch (OK), and Mike Goddard (KS). I certainly wish each of these individuals the greatest success in their future endeavors. According to our Constitution, I am to present names of successors to the Administrative Council. I will present the names of James Navalta (AR), Laurette Taylor (OK), and Phil Gallagher (KS) to complete the terms of their state reps.

Congratulations to Jeremy Barnes for not leaving before his term is completed.

I hope you were able to attend the Central States social in Nashville. One of the things I enjoy about being a member of Central States is the knack we have for putting on a social. I do believe a good time was had by all. I will pass this advice on to Barb Bushman as she prepares next year's social, order a lot more food than I did.

I can't wait for the meeting in October, I'll see you there.

Joe Pujol, Ed.D., FACSM
President Central States Chapter ACSM
Department of Health, Human
Performance, and Recreation
Southeast Missouri State University
Cape Girardeau, MO 63701

Report of the President-Elect

It is hard to believe the sunny days of summer are almost gone and the Central States Chapter Annual Meeting is just around the corner! Dr. Michael Rogers has put together a very interesting program covering both ends of the age spectrum as well as many topics in between.

I hope students will take special note of the Student Meeting at 1:30 on Friday. The meeting will include a presentation including some helpful tips on writing cover letters, compiling resumes, and preparing for interviews.

I invite all members to plan to attend the student oral and poster presentations on Friday afternoon, October 21. Oral presentations begin at 2:15 and poster presentations begin at 4:30. Poster presenters will be expected to stand by their poster from 4:30-5:30 to visit with

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meeting participants. This poster session will be the grand finale of the meeting and the best poster presentation will receive an award.

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 CSC ACSM 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.

All questions regarding the abstracts and the Student Award competition should be directed to: Barbara Bushman; Phone: 417-836-5339; Email: barbarabushman@missouristate.edu.

I look forward to seeing everyone in Kansas City!

Barbara Bushman, Ph.D., FACSM
Associate Dean, Graduate College
Professor, Dept. Health, Physical
Education, and Recreation
Southwest Missouri State University
901 S. National
Springfield MO 65804



Missouri Representative

Again the summer seems to have flown by and those of us in academia are gearing up for another semester. I am sure many of you are dealing with the issues of program recognition and potentially accreditation right now. It sure is fun to be in such a dynamic and rapidly evolving discipline!!

Please do not forget about the Fall Central States Meeting in Kansas City which will be on October 20th and 21st. Please encourage your students to submit an abstract. The future and growth of our Chapter depends upon professionals and students participating and attending the annual meeting. I am sure we will have another great program organized for the meeting. Fortunately I was unable to attend the Annual Meeting in Nashville this year. It was an excellent meeting and in addition the Chapter Social at Gillians was a lot of and a lot of Missouri members were in attendance.

In the last issue of the newsletter I invited members to take a trip down to Southeast Missouri State University in Cape Girardeau. In April Barb Bushman, President-Elect of our Chapter, spoke as part of the Department of Health, Human Performance and Recreation's Distinguished Lecturer Series. Barb's lecture titled "*Exercise for Women: Pitfalls, Performance, and Potential*" focused on three areas 1) the Female Athlete Triad, 2) performance at different points of the menstrual cycle, and 3) the benefits of exercise for women. As many of you know, these areas have been among Barb's professional and research areas of interest for many years and as expected she gave a great presentation. At 6:00 p.m. on September 21st, Jeanne Boyd from the NCAA will be giving our next lecture titled "*NCAA Selection fro NCAA Tournaments*". If any of you would like to attend please send me an e-mail and I will send you directions etc.

Jeremy Barnes

Regional Chapter Representative

Plan Now to Submit an Abstract for Presentation at the 53rd ACSM Annual Meeting

ACSM invites you to submit a scientific and/or clinical case abstract for presentation at the 53rd ACSM Annual Meeting to be held May 31-June 3, 2006 in Denver, Colorado. Each year, ACSM's Annual Meeting exposes over 5000 attendees to original, cutting-edge research and practical applications of sports medicine and exercise science. The deadline to submit an abstract for presentation is November 1, 2005. Submissions will be accepted via ACSM's Web site (www.acsm.org) beginning in September 2005.

Advance Your Career with the ACSM Job Center

The comprehensive site allows job seekers to post resumes/CVs and search sports medicine and exercise science jobs, internships and assistantships based on a number of criteria. Seekers may also save searches, research companies and request e-mail notices when new jobs are posted. Employers may post notices and search from a pool of qualified candidates. To view the job site, visit <http://acsm.medcareers.com>. For more information on posting online or print job advertisements, contact Carol Miranda at 717-235-9596 or miranda@ad-rep.com.

Get the Latest ACSM Gear at the Online Store

Visit the ACSM On-line Store for all your ACSM apparel and accessory needs. ACSM logo items include t-shirts, polo shirts, sweatshirts, jackets, hats, travel mugs and more! Access the store at <http://www.acsm.org/acsmcatalog/index.htm>.

Debra Bembem, PhD, FASCM
University of Oklahoma

Past President's Message

(and lots of information on the upcoming conference)

Greetings from Wichita! We are looking forward to another exciting annual meeting at the Embassy Suites - Plaza in Kansas City, MO on October 20th and 21st. Please note that this year the conference will start on Thursday afternoon at 1:00 and end on Friday evening. This is a bit different than in the past. Rather than have a half-day on Saturday, the half-day will be on Thursday.

We have negotiated a room rate for the meeting: King rooms (2 people) or a double/double (2 people) will be \$105.00 plus tax (14.5%). There will be an additional \$10.00 charge for each additional person per suite per day. These rates are available for October 19-22, in case you want to stay any extra nights. The cutoff date for room reservations is September 19, 2005. Alternative hotels are listed on the Central States website:

www.centralstatesacsm.org

Don't forget that the Embassy Suites also offers each registered guest a complimentary full cooked-to-order breakfast each morning and you can attend the nightly complimentary Manager's Reception from 5:30-7:30 PM.

On-site registration for the conference will begin at noon on October 20th with our conference officially starting at 1:00 PM. Our keynote speaker, sponsored by the Gatorade Sports

Science Institute, is Dr. Jack Wilmore. Many of you are likely familiar with Dr. Wilmore and his work. If not, I will give you a little of his extensive background. Dr. Wilmore is presently the Margie Gurley Seay Centennial Professor-Emeritus. He retired in 2003 as a Distinguished Professor in the Department of Health and Kinesiology at Texas A&M University. From 1985-1997, he was the Margie Gurley Seay Endowed Centennial Professor and former Chair of the Department of Kinesiology and Health Education at the University of Texas at Austin. Prior to that time, he had served on the faculties at the University of Arizona, the University of California, and Ithaca College. He is a former President of the ACSM and has chaired many ACSM organizational committees. Dr. Wilmore has published 53 chapters, over 300 peer-reviewed research papers, and 15 books, including the *Physiology of Sport and Exercise*. He is one of five principal investigators for the HERITAGE Family Study, an NIH-funded study. The HERITAGE Family Study is a large multi-center clinical trial investigating the possible genetic basis for the variability in the responses of physiological measures, and risk factors for cardiovascular disease and type 2 diabetes mellitus, to endurance exercise training. He will be speaking about this study on Friday during the luncheon. Dr. Wilmore will also be the keynote speaker on Thursday when he will lecture on the prevalence and etiology of obesity, and focus on the efficacy of various modes of treatment vs. prevention.

Following the keynote address, we will provide two separate lecture series. One will focus on youth and sport (Mark Stovak, MD will discuss pediatric sports injuries and prevention; Sarah Hampl, MD will focus on childhood obesity; Rich Sabath, EdD will lecture on non-cardiac chest pain in pediatric populations; and Beth Bubolz, MD will finish the series with a presentation regarding sudden cardiac death in children). The other series of lectures will focus on the other end of the age spectrum: the older adult (Laurette Taylor, PhD will discuss the measurement of postural sway and physical function; Phil Page, PT, ATC will provide a lecture on sensorimotor training; and Joel Cramer, PhD will discuss non-invasive muscle function assessment).

Friday morning's lectures are sponsored by the ACSM through a special educational grant. The national office has provided an opportunity to offer an Active Aging Module which will focus, again, on the older adult. ACSM is attempting to offer one of these modules at each regional chapter meeting to share with the members the large number of areas that the college has become involved in with regards to older adults. We will be one of the first chapters to offer such a module. We have invited Wojtek Chodzko-Zajko, PhD who is currently Head of the Department of Kinesiology at the University of Illinois at Urbana-Champaign. For the past fifteen years he has focused on the effect of exercise and physical activity on health and quality of life in old age. He has served

on the World Health Organization, Scientific Advisory Committee which issued Guidelines for Physical Activity in Older Adults. He chairs the Active Aging Partnership, a national coalition in the area of healthy aging linking the ACSM, the National Institute on Aging, the Centers for Disease Control and Prevention, the American Geriatrics Society, the National Council on the Aging, AARP, and the Robert Wood Johnson Foundation. For the past three years, Dr. Chodzko-Zajko has served as the Principal Investigator of the National Blueprint to Promote Physical Activity for People Age 50 and Older, a coalition of more than 50 national organizations with a joint commitment to promoting independent and active aging. It will be on this topic that he will speak during our conference and share with the audience the valuable work that the National Blueprint has accomplished as well as the extensive involvement that ACSM has had in the project. Following his talk, Phil Page, PT, ATC, will discuss the Active Aging Toolkit and the First Step to Active Health Program. Mr. Page is a physical therapist in Baton Rouge, Louisiana, and is the manager of clinical education and research for Thera-Band. His clinical and research interests include chronic musculoskeletal pain, and promoting physical activity in older adults. He is an author of the Active Aging Toolkit, a program born from the National Blueprint. The Toolkit was developed by a panel of researchers and healthcare providers in response to barriers defined by the National Blueprint in the area of medical systems, specifically to assist healthcare providers in providing physical activity programs to their

patients. Mr. Page also helped design the First Step to Active Health program which is designed to provide physical activity prescriptions to older adults. Finally, in the module, Michael Rogers, PhD (yes, the very same as the one who wrote this article that you are reading) will discuss practical physical activities for older adults.

Dr. Chodzko-Zajko's presentation will be a plenary session (i.e., it is the only one offered at 9:00 AM). Concurrent with the two talks that follow, we will have two additional presentations (Jeremy Patterson, PhD will speak about exercise prescription for cardiac heart failure patients and William Sexton, PhD will discuss the effects of diabetes on muscle microcirculation). This will bring us to the lunch where you will get a great meal and have the special opportunity to see Dr. Wilmore present again.

Following lunch, we will have our professional business meeting (if you are a professional member of the chapter, please attend!). At the same time we will have our student member meeting (if you are a student member of the chapter, please attend!). During the student meeting, president-elect Barbara Bushman, PhD will provide a special presentation that will offer many valuable insights on how to get a job. So if you dream of someday getting a job (or of getting a better job), then be sure to go to that meeting.

After these meetings, we will devote the remainder of the conference to students and their research. We have again added

to the number of opportunities for students to give oral presentations. The Outstanding Doctoral Student and Outstanding Undergraduate/Master Student award winners will present at this time. We will also have 6 additional student oral presentations that will be selected by the abstract review committee. Following the oral presentations, we will have the poster session and social. The conference will wrap-up around 5:30 on Friday evening.

As always, student participation is one of our great highlights with student awards for best papers and also best poster. Please encourage your students to send their work for presentation. Central States is a great venue for practicing those essential skills in a non-threatening and very positive environment. Information regarding abstract and paper submission is available on the website. .

See you all in Kansas City!

Michael E. Rogers, PhD, CSCS,
FACSM
Wichita State University

