

Central States Regional Chapter ACSM

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Fall 2006 eNewsletter
www.centralstatesacm.org



· *Table of Contents* ·

Past-President's Message.....	2
President's Message.....	2
Message from the President-Elect	3
Missouri Representative.....	3
News from National.....	4
News Bites	4

Past-President's Message

By Joe Pujol, FACSM
Southeast Missouri State University

I certainly hope that you will be able to attend the annual meeting this fall. We have an exciting agenda that will include the following features:

1. Dr. Raul Artal of St. Louis School of Medicine. Dr. Artal has written extensively on Exercise and Pregnancy and has been involved in the writing of Guidelines for Exercise During Pregnancy and Post-partum since the American College of Obstetrics and Gynecology first issued them in 1985.

2. Dr. Janet Walberg Rankin will return to the Central States meeting as the Gatorade speaker. Dr. Rankin is on faculty at Virginia Tech and is recognized as an authority in the areas of exercise and nutrition.

3. Dr. David Dzewaltowski and Dr. Melissa Bopp, both of Kansas State University, will present separate lectures on promotion of physical activity. These topics are a continuation of some themes which were struck at the 2005 meeting.

4. Dr. Ian Muir of the Nike Sports Research Laboratory will discuss research he is involved in related to thermoregulation and outerwear. Dr. Muir has been conducting thermoregulatory research at the Nike Sports Research Laboratory for several years.

5. Dr. Pam Hinton of the University of Missouri and Dr. Deb Bembem of the University of Oklahoma will present separate lectures discussing current research in the area of bone turnover.

6. Dr. Stephen Sayers of the University of Missouri and Dr. Brady Redus of Central Oklahoma will present separate lectures on resistance training for the elderly.

7. And of course we will have a number of student research award applicants who will present their research in slide and poster presentations.

You can view the entire agenda in this newsletter. I believe that you will find a variety

of topics to interest you on the line up for the '06 meeting. I hope you will notice that we have changed the format this year so that the chapter social and poster presentations will be on Thursday evening. We hope more people will be able to attend the social in this format. This also means we wrap up the conference slightly earlier on Friday.

I look forward to the meeting and I will see you there.

President's Message

By Barbara Bushman, Ph.D., FACSM
Missouri State University

Another summer is fading...and students are back on campus...and so our minds turn to the Central States Chapter Fall Meeting! Dr. Pujol has put together a great line-up of speakers and presentations. I hope each member plans to attend (and brings a colleague!). The meeting is October 19-20 at the Embassy Suites Hotel Country Club Plaza. Complete details on the meeting (including registration forms and hotel information) are found on the CSC website. All abstract submissions for the meeting will be done electronically. The abstract submission form is posted on the website so you can submit your work at any time until September 6. If you have any questions about the abstract submission process, please contact Dr. Ken Turley (krturley@harding.edu).

At the National ACSM Meeting earlier this summer, we had a great turnout at our annual chapter social. This is always a great time to catch-up with "old" friends and also make some new ones. Thanks to everyone who came! For those of you who like to plan far into the future, please note the 2007 CSC Fall Meeting will be in Springfield, Missouri. This change was approved by a majority of the Administrative Council. We will experience significant cost savings and will have larger meeting rooms for our sessions. I am beginning to plan the meeting and would love to hear your thoughts and suggestions on meeting topics and speakers.

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. We will also hold a Chapter-wide business meeting on Friday afternoon. Please plan to attend this brief meeting. Additionally, if you have agenda items to propose for the general business meeting please email to me as soon as possible at barbarabushman@missouristate.edu

I look forward to seeing all of you in Kansas City this October!

Barbara Bushman, Ph.D., FACSM
CSC President

Message from the President-Elect

Kenneth Turley
Harding University

Now is the time to submit your abstracts! I know that most of you are just retuning to teaching and classes but the deadline for the October 19th-20th meeting in Kansas City is September 6th. Remember electronic submissions are required and abstracts received after September 6th will not be reviewed. Each individual is permitted to be first author on only one abstract but may co-author other abstracts. The first author must present the abstract at the meeting and at least one author must be a member of the Central States Chapter of the American College of Sports Medicine (CSACSM). Four professional members will review all abstracts. Those that are accepted will be published in the conference program. There are six slots on Thursday afternoon (4:00-5:30 p.m.), October 19th for oral presentations. Two of these slots are for winners of the doctoral research award and undergraduate/master's level research award, while the other four slots will be assigned during the review process. The other abstracts will be presented as posters from 5:00-6:30 p.m. that evening. Presenters will be expected to stand by their poster during that time to visit with meeting participants. The best poster presentation will also win a non-monetary award.

Please visit the CSACSM home page at www.centralstatesacsm.org for electronic abstract submission information. This link will provide you with the submission guidelines and an application form for first author information. Upon confirming the author information you will

be asked to upload your abstract. Please make sure your abstract meets all the requirements stated in the submission guidelines. There is an example of an acceptable abstract on the website. Briefly, each abstract must be informative, including a statement of the study's specific PURPOSE, METHODS, summary of RESULTS, and CONCLUSION. We are following the guidelines established for writing abstracts submitted to the national ACSM meeting. More detailed guidelines on abstract submission are provided on the CSACSM website under the "Abstract Submission" link.

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 regional conference. The awards will be \$500 and are presented to the student upon subsequent registration at the national ACSM conference. If you wish to be eligible for a monetary award, 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:

Kenneth Turley
Phone: 501 279-4908
Email: KRTurley@harding.edu

Good luck with the start of the Fall semester. I look forward to seeing you in Kansas City in October.

Missouri Representative

By Jeremy Barnes

Just like every year, 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 held October 19th and 20th. Dr. Joe Pujol has lined up an excellent series of presentations and there are many speakers who have not spoken at our Chapter's Meeting before. In addition, as most of you know, the Embassy Suites our meeting site, is in a great location between Westport and Country Club Plaza.

Please encourage your students to submit an abstract. The future and growth of our Chapter depends upon both professionals and students participating and attending the annual meeting. I am really looking forward to another great program and the opportunity to network with CSM members from our State and the rest of the region. Fortunately I was able to attend the Annual Meeting in Denver this year. It was an excellent meeting and in addition the Chapter Social at the Hyatt was well attended. Hopefully many of you are already making plans to attend the next Annual Meeting in New Orleans.

In the next issue of the newsletter, I would like to spotlight another Missouri member of our Chapter. In past issues, I had written brief articles about Tom Lafontaine and Mark Langenfeld. Dr. Langenfeld is continuing his globe trotting exploits this September with a trip to Sydney, Australia to present at the International Congress on Obesity. Please give me suggestions for other Missouri members that you would like to highlight and I will take care of the rest.

Submitted by Jeremy Barnes

News from National

Order Educational Session Recordings from the ACSM Annual Meeting

If you were not able to attend the 53rd ACSM Annual Meeting or if you want to remember a particular session from the meeting, session recordings may be purchased through Mobiltape Company, Inc. Individual session CDs are available for \$12 a piece, or you may order the entire conference in MP3 format for only \$249! Access the [order form](#) online or call 800-369-5718.

New Orleans Is Ready for the 2007 ACSM Annual Meeting

On May 8, 2006, the ACSM Executive Committee visited New Orleans and delivered a comprehensive analysis and report. GREAT NEWS! They report, "We were all highly impressed with New Orleans. For our 2007 meeting, the city will have improved facilities and infrastructure; a more dedicated service sector; traditional cultural, musical, and entertainment attractions for which the city is known internationally; and an overall fundamental commitment to make our Annual Meeting the best yet." Read the [Executive Committee's full report](#) and plan to be in New Orleans on May 30-June 2, 2007.

Build Your Sports Medicine Practice at the ACSM Team PhysicianSM Course, Part II

If you are a clinical practitioner who cares for or manages athletic teams as part of your total practice, save the date for the ACSM Team PhysicianSM Course, Part II. To be held February 28-March 4, 2007 in La Jolla, California, the course will address the delivery of medical care for athletes, the organization of medical care for a team, how to provide coverage for athletic events and more! Additional information will be available on the [ACSM web site](#) in September.

News Bites

New Central State Chapter committees will be forming soon. If you are interested in committee service you can volunteer on line at the chapter web site (www.centralstatesacsm.org/).

FYI – Departments can advertise for free at the CSC ACSM website with job openings or graduate assistantship positions. This is a great tool for both prospective employers/employees as well as students in their quest for graduate positions. Contact Ken Turley (KRTurley@harding.edu) with your submissions.

