

Central States

Regional Chapter

Spring 03 Newsletter

American College of Sports Medicine

Arkansas



Kansas



Missouri



Oklahoma



CentralStatesACSM.org

Spring 2003

Obesity is Keynote at ACSM's Health & Fitness Summit & Exposition in Reno, Nevada.



This month, we are highlighting the Thursday, April 10 keynote address:

Obesity Is An Environmental Issue

Presented by John P. Foreyt, Ph.D.
Professor, Dept. of Medicine
Baylor College of Medicine in Houston.

"Despite the interest and progress in genetic research, major public health advances will occur only when we take the environment seriously. Acknowledging the significant role of the environment in the etiology of obesity will help us to stop focusing on the individual, which is encouraged by genetic and biological explanations, and to begin focusing on changing our toxic environment.."

The session begins at 8:15 a.m. and will be followed by a full day of dynamic programming in the following tracks:

**Nutrition; Special Populations
Exercise Program Design
Sports Medicine/ Medical
Personal Training and Fitness Assessment
Business, Management & Professional Development
Mind/Body
Strategies for Behavioral Change
Worksite Health Promotion**

Don't miss this event! The Advance Program is complete and can be mailed to you promptly by contacting akrug@acsm.org

For an electronic version of the program, visit:

<https://www.acsm.org/meetings/pdf/sumprog121902.pdf>

Get Involved in the Central States Chapter

If you would like to be more involved in the ongoing activities of the Chapter now is the time to make your desires known.

We are looking for candidates to run for the following offices and positions in our **2003-2004 election:**

**President-elect
Kansas State Representative
Missouri State Representative**

Please send nominations for these positions to Jeff Roitman: jlroitman@healthmidwest.org, chairman of the Nominations Committee.

Additionally, Michael E. Rogers (President-elect) will be looking to fill committee positions on the following committees:

**Audit
Nominations
Site-Review
Abstract Review-
Student Research Award**

If you are interested in serving on a committee for next year contact Michael at michael.rogers@wichita.edu.

Inside this issue:

ACSM's Health & Fitness Summit & Exposition in Reno, Nevada.

Get Involved in the Central States Chapter

2003 Annual Meeting

ACSM's Membership Reaches Record High

Central States Call for Abstracts

Electronic version of the CSRC's newsletter

CSRC's new website

Go online and **Nominate** or **Volunteer** for one of our **Committee positions.**

President's Message

Greetings from a cold and snowy Kansas City. While much of our region is in the midst of a very cold, icy and snowy winter the creative fires are ablaze within the Central States Chapter. This is truly an exciting time to be involved with CSC/ACSM. I would like to publicly thank all the members of the Administrative Council (AC) who took time from their busy schedules and braved the elements to attend a day-long meeting January 17th in Kansas City. Much was accomplished in regards to the conduct of usual Chapter business and the development of several new initiatives.

As detailed elsewhere in this newsletter Michael Rogers and Michael Beets are busy bringing the Chapter into the electronic age. The website they are developing is first class and ultimately, I believe, it will be one of the top Regional Chapter websites in ACSM. If you have not yet taken the opportunity to view it please do so soon.

David Poole and his staff are busy assembling a diverse and talented array of speakers in what promises to be a very stimulating and informative meeting. Meeting sessions are being planned to address issues in worksite health promotion, body composition and health, exercise and weight management, and diagnosis and treatment of sports related joint injuries. Additionally, we hope to add some student specific programming as well as sessions related to youth sports and health.

Laurette Taylor, David Poole, and I are developing a mechanism to initiate a Spring/Fall ASCM speakers tour. If your institution

would be interested in potentially hosting an event of this type please contact one of us.

One of the key topics discussed at the January AC meeting was the need for enhanced/better communication with our members. I believe our new website will greatly assist us in achieving this goal. Included in this newsletter is contact information for members of the Administrative Council and members of the various CSC/ACSM committees. If you have items of concern, would like to propose a new project or have programming proposals for future meetings please let us know.

Each new year brings new volunteer opportunities for members to be involved in conducting the business of Chapter and the potential for helping to lead it in new directions. I hope each of you will consider becoming more involved with CSC/ACSM.

There are committee positions, state representative positions and presidential candidates needed every year. With the new programs and projects recently undertaken this is truly an exciting time for CSC/ACSM.

Richard J. Sabath, Ed.D., FACS
President, CSC/ACSM
The Children's Mercy Hospital
Kansas City, MO

Develop New Leadership Skills with the Help of ACSM Credentialing

Join the ranks of ACSM certified registered professionals helping to promote ACSM credentialing to employers, students, decision makers and future professionals.

Numerous organizations offer exercise and fitness leadership certifications, but none can claim preeminence as the "Gold Standard" like ACSM. A certification or credential is only as strong as its recipients. Help make ACSM credentialing the number one choice of employers, students and professionals by building up its ranks.

The ACSM Certification and Registry Department is seeking volunteers interested in a unique leadership opportunity as a member of its credentialing promotion team.

If you hold current ACSM certification/registration and believe in the value of ACSM credentialing, ACSM needs you. Help ACSM articulate its merits. Team members are asked to promote ACSM credentialing at professional conferences, business meetings, academic institutions and with employers, students, professionals and decision makers.

Help tell our story. ACSM has developed a PowerPoint presentation package for this purpose and welcomes team members willing to use it to contribute to the advancement of ACSM credentialing. You benefit by developing valuable marketing skills and by helping your ACSM credential achieve broader recognition and appreciation as the "Gold Standard." For more information on this unique opportunity, contact certification@acsm.org.

Happy Retirement

I am sure members of the region will join with me in wishing Tom LaFontaine, FACSM, a happy retirement from Boone Hospital Center in Columbia, Missouri, where he has been working for the WELLAWARE Program.

Since graduating from the University of Missouri-Columbia with a doctorate in exercise physiology, Tom has been a tireless advocate for the promotion of healthy lifestyles and physical activity throughout the state of Missouri and has served as an inspiration to numerous other professionals. He was director of Boone Hospital Center's WELLAWARE programs for many years and has been instrumental in the success of Boone's fitness and cardiac rehabilitation programs.

Tom's involvement with ACSM has been lengthy and it would be impossible to list all of Tom's involvements with the College without more space! Tom is a section editor for two sections of the fourth edition of ACSM's Manual for Exercise Testing and Prescription. In this valuable text, he also wrote the chapters on Exercise, Nutritional Strategies, and Lipoproteins with Tom Thomas and the chapter on Comprehensive Cardiovascular Risk Reduction in Patients with Coronary Artery Disease with Neil Gordon. Tom also has served on numerous ACSM committees, presented at many ACSM conferences and has had his research published in ACSM journals.

In his retirement Tom will be doing some consulting work, continuing his work with ACSM and the NSCA, and teaching some exercise science classes at the University of Missouri-Columbia.

2003 Annual Meeting

Our annual Central States Chapter meeting this Fall promises to be both exciting and informative.

The keynote speaker will be Dr. Glenn A. Gaesser who is widely known for his provocative book "**Big Fat Lies**" which has just been re-released by Gurze Books publishing company. "Big Fat Lies" examines scientifically the connection between body composition and health. Can one be considered "overweight" by the ubiquitous height-weight tables and yet be in excellent health? His expertise on such issues have earned Dr. Gaesser numerous appearances on television including Good Morning America, 20/20, CNN and Dateline NBC.

Dr. Gaesser is a professor of exercise physiology and faculty advisor to the Cardiovascular Health and Fitness Program at the University of Virginia in addition to being a most entertaining speaker. He will examine current topics that are directly relevant to all exercise, weight management and health care professionals.

Our meeting will also feature a symposium chaired by Dr. Dennis Jacobsen, one of our past presidents, which will examine the role of exercise in fitness, health and weight management. This year we are also pleased to announce that we will present a Musculoskeletal Workshop that is designed by ACSM to educate physicians and health care professionals regarding common sports-related injuries to the joints. We are delighted that George Sotiropoulos, M.D. will give this workshop and look forward to increased physician participation in our meeting.



Dr. Glenn A. Gaesser

It is our goal to host an annual meeting that appeals to everybody and to achieve this aim:

I would encourage suggestions for speakers from all of our members (please send these suggestions with contact information to poole@vet.ks.edu.

This meeting provides a superb venue for students to present their work to a friendly and helpful audience. **Professors - please stimulate/push/direct your students to submit papers.** There will also be the opportunity to win one of two \$500 research paper awards that are designed to defray expenses to the ACSM National meeting.

Our Central States Meeting this year will be in Kansas City on Friday, October 10th and Saturday the 11th at the Embassy Suites adjacent to the Plaza. This is the same location as previous years and affords easy access to all the attractions of Westport and the Plaza. Please make a note of these dates in your calendar and let's all pull together to make it a wonderful professional and social occasion.

David C. Poole, FACSM
Central States ACSM Past President
Kansas State University
Manhattan, Kansas

Housing Options for CSC/ACSM Annual Meeting

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**

Annual Meeting Embassy Suites Hotel Country Club Plaza Oct. 10-11, 2003

2003 Annual Meeting Registration form available online.

ACSM Membership Reaches Record High

ACSM is pleased to announce that membership is at an all-time high with more than 20,000 International, National and Regional Chapter members. The future of ACSM looks bright, and we thank all members for their involvement in the world's largest sports medicine and exercise science organization.

The Website is here.

The Central States Regional Chapter is proud to announce its new website at:

CentralStatesACSM.org

There members can find information about upcoming events, Central States' council members and contact information, state school websites, and recent publications by our members, to name a few of the offering currently available.

In the coming months, we will be adding additional features to the site and would like to have your input.

If there are specific offerings you would like to see on our site or have any suggestions please contact:

Michael Beets, Web Master
mwbeets@wichita.edu

Michael E. Rogers, President-Elect
michael.rogers@wichita.edu

Message from the President- Elect

When I ran for this office last fall, I suggested that we develop electronic communications within the Central States Chapter to foster collegiality among the membership and allow us to better promote research, education, and practical applications in our four states. The first step in accomplishing this objective would be to develop a website that could serve as a centralized electronic communication hub. I am very pleased to now write that we have begun to develop that website and it is now available to you at: **CentralStatesACSM.org**

For the development of the website, I asked one of my exercise science graduate students, Michael Beets, to assist with the site. He has done a remarkable job and I truly appreciate his willingness to devote his time and talents to the site. He will serve as the site's Web Master and be the primary contact for anyone wishing to contribute information for the site. He was also responsible for designing the layout of the newsletter that you are now reading.

On the website, members can find information regarding: upcoming events such as the annual chapter conference; chapter executive council members and contact information; descriptions of chapter committees and lists of committee members; recent publications by our members; and links to various universities, departments, laboratories, and programs in our chapter. You can also

use the website to nominate someone (or volunteer yourself!) as a candidate for the open executive council positions or to serve on any of the committees. You can also find this current newsletter on the website. In fact, this will be the final newsletter that is delivered to you via snail-mail. In the future, you will receive an email message informing you that a newsletter is available and directions pointing you to the website so that you can view, download, and print it.

We hope that within the next few months our website will begin to grow and transform into a central communication hub that will bring together the numerous and talented members, students and faculty alike, of the Central States Chapter. The website will be a valuable tool for our members, a resource that we can turn to for information regarding professional meetings, research, professional practice, and educational opportunities in our chapter.

We will be adding additional features and would like to have your input about the types of information you would like to see on the website. We would be pleased to add links to your websites, list your recent publications, or announce anything that you feel is important. If there are specific offerings you would like to see on the site or have any suggestions please contact Michael Beets at mwbeets@wichita.edu, or me at michael.rogers@wichita.edu.

Michael E. Rogers, PhD
CS-ACSM President-Elect
Department of Kinesiology and
Sport Studies
Wichita State University
Wichita, KS

Last time to be printed!

This will be the last newsletter provided to members in printed form.

To insure you receive future newsletters and information regarding events with CSC, please go online and submit your email address.

CentralStatesACSM.org

Go to the **Newsletter** section to submit your email address to:

Rich Sabath
rsabath@cmh.edu

ACSM Regional Representative Report Spring, 2003

The Regional Chapter Committee (RCC) met by teleconference on March 5, 2003. The main topic of discussion was the planning for ACSM's 50-year anniversary to be celebrated at the annual meetings in San Francisco in 2003 and in Indianapolis in 2004. In 2003, the emphasis will be on the history of the annual meeting and in 2004, on the accomplishments of the organization and its members over the past 50 years. The Regional Chapters are invited to participate in the planning of these events and are encouraged to celebrate the anniversary at the regional annual meetings.

The RCC also is exploring the possibility of putting articles and quizzes for Continuing Education Credit (CEC) on line in regional newsletters. Initially, articles will be taken from *ACSM's Health Fitness Journal* on a trial basis. In the future, articles will be taken from other journals may be used. ACSM's

Message from the Arkansas Representative

As the Arkansas representative to the Central States Chapter of the ACSM, I am responsible for recruiting chapter members and promoting the CSC annual convention. The 2002 Convention in Kansas City was a success. I would like to encourage you to participate in the 2003 Central States Chapter annual convention, which will be held October 10th and 11th in Kansas City, MO at the Embassy Suites. Please consider submitting an abstract to present your research.

Also encourage your students to submit their research. They will be eligible for the student research awards. The convention is also a great opportunity for them to network and meet others from our region. The CSC is a great place for students to become involved in professional organizations. The CSC has many outstanding researchers and practitioners and we have a quality annual convention.

Professional Education Committee must approve this plan.

ACSM has initiated a University Connection Endorsement Program. Initially this program will involve a pilot group of universities which attempt to include the Health Fitness Instructor material and exam in the curriculum. For more information, see the ACSM web site at acsm.org. The purpose is to try and make the process of certification easier for students and more seamless with the academic curriculum.

ACSM is financially supporting Musculoskeletal Workshops at Regional Chapter meetings in 2003. Central States Chapter will host one of these workshops at our meeting in Kansas City in October.

M. Harold Laughlin, University of Missouri in our region will present this year's Wolffe lecture at the ACSM national meeting on May 28 at 8-9:15 am. Harold's title is "Physical Activity in Prevention and Treatment of Coronary Disease: The Battle Line Is in Vascular Biology.

Tom R. Thomas, Ph.D.

We are excited about the development of our new Central States Chapter web site. It will make it easier to submit abstracts and keep up with regional and national ACSM news and events. It will contain information about colleges, universities, and faculty in our four-state region. If you would like to include information about your school and faculty or need to find out more about our chapter, the convention, or anything else concerning the ACSM, please visit the Central States Chapter site at: CentralStatesACSM.org

Be sure to get your e-mail address to the chapter so you will receive electronic information in the future. This will be the last print version of the newsletter. Tell others in your state and your institution about the conference and the new web site. Help us pass the word so that every ACSM member in our region is aware of the exciting things happening in the Central States Chapter. Hope to see you this fall.

Robert Ferguson
Arkansas State Rep

Go online to submit your abstract for...

Student Research Awards

Two Student Research Awards will be presented for the best abstract and research summary, as judged by scientific content and merit. The recipients will have the CSC/ACSM registration fee waived, receive a \$500 award (awarded upon proof of registration to National ACSM meeting) and a commemorative plaque.

One award will go to a doctoral student and one award to a masters or undergraduate student. The recipients will be required to give an oral presentation at the CSC/ACSM meeting; submit the abstract to National ACSM, and attend the National ACSM meeting.

The research must have been completed during a full-time graduate or undergraduate program. In addition to the monetary awards, a commemorative award will be given to the best poster, judged from the posters presented at the CSC/ACSM annual meeting.

Requirements for eligibility:

The research must have been completed while the applicant was a student

Date of applicant's graduation can be no more than one year prior to conference.

Submission of a 3-4 page summary of the research project that includes:

- 1) Abstract-use the CSC/ACSM form;
- 2) Introduction/background;
- 3) Statement of purpose;
- 4) Methods/procedures;
- 5) Results; and
- 6) Conclusions/discussion

Please see the website under Abstract Submission for additional information.

Call for Scientific Abstracts

All investigators who will attend the Fall meeting of CSC/ACSM are invited to submit an abstract of completed research, for oral or poster presentation in the Free Communication sessions. Oral presentations will be limited to 10 minutes and will be followed by a 5-minute open discussion period.

Each investigator may serve as first author on only one paper.

Please submit your original abstract online at:

CentralStatesACSM.org Abstract Submission

Please see our website, under **Abstract Submission** for a complete guide to formatting your abstract.

**Deadline for Receipt of Abstracts:
Wednesday, September 3, 2003**

Abstract Submission Information: File Upload Instructions

In order to successfully upload your abstract please read the following instructions carefully.

Step 1:

Please make sure your abstract meets all the requirements stated in the submission guidelines.

Step 2:

Title you abstract document file using the following format:

First Initial Last Name_Brief Title
(omit spaces or use underscores)

Example:

MBeets_VO2Comparison.doc
MRogers_BalanceTraining.txt

Step 3:

Save your document as either one of the following file formats:

.txt
.doc
.rtf

Kansas Chapter Representative Message

This is an exciting time to be part of the Central States Chapter of the American College of Sports Medicine. It is a privilege to be part of the administrative council as the State Representative for Kansas for CSC-ACSM. I am looking forward to working with institutions and people within Kansas to inform, educate, and promote the mission of ACSM to its members as well as to help recruit new members.

As a State Representative, I will be in contact with all of the members in Kansas notifying you of the CSC Annual Meeting and Chapter events. It is also my aim to increase ACSM membership and participation in our State, so please encourage your students and colleagues to join and become an active member.

Also, if you have concerns, questions, comments or suggestions and don't know who to contact, please let me know and I will direct you to the appropriate contact or address the issue at the CSC Administrative Council Meeting.

Finally, let me encourage you to attend the CSC annual conference in Kansas City this October. This is an especially opportune time for both professionals and students to network and get to know others in our field in a relaxed yet scientifically stimulating atmosphere. The program this year should offer something of interest to virtually everyone. Please consider submitting an abstract and, if a student, applying for an investigator award. I look forward to meeting you and for the opportunity to represent CSC-ACSM in Kansas.

Craig Harms, Ph.D. FACSMM
Kansas State University

Officers, Administrative Council Members & Committee Members 2002-2003

President:

Richard J. Sabath, Ed.D.
(816.234.3259 rsabath@cmh.edu)

President-elect:

Michael E. Rogers, Ph.D.
(316.978.5959
michael.rogers@wichita.edu)

Past-president:

David Poole, Ph.D.
(785.532.4529 poole@vet.ksu.edu)

Secretary /Treasurer:

Greg Kandt, Ph.D.
(785.628.4371 gkandt@fhsu.edu)

Arkansas State Representative:

Robert Ferguson, Ph.D.
(479.575.4111 ferg@uark.edu)

Kansas State Representative:

Craig Harms, Ph.D.
(785.532.0706 caharms@ksu.edu)

Missouri State Representative:

Jeremy Barnes, Ph.D.
(573.651.2782) jbarnes@semo.edu

Oklahoma State Representative:

E. Laurette Taylor, Ph.D.
(405.325.5211 eltaylor@ou.edu)

Chapter Representative:

Tom R. Thomas, Ph.D.
(573.882.0062
ThomasTR@missouri.edu)

Student Representative:

Holly Shinnen,
(479.575.2976 hshinne@uark.edu)

Audit Committee

Chair: David Poole 785.532.4529
poole@vet.ksu.edu

Joe Pujol 573.651.2664
jpujol@semo.edu

Mike Bemben 405.325.2717
mgbemben@ou.edu

Kristi Heesch 405.325.5211
kheesch@ou.edu

Abstract Review/SRA Committee

Chair: Michael Rogers 316.978.5959
michael.rogers@wichita.edu

Barb Bushman 417.836.6846
barbarbushman@smsu.edu

Ken Turley 501.279.4908
krturley@harding.edu

Ken Pitetti 316.978.5635
ken.pitetti@wichita.edu

Nominating Committee

Chair: Jeff Roitman 816.276.4848
jlroitman@healthmidwest.org

Mike Bemben 405.325.2717
mgbemben@ou.edu

Frank Kulling 405.744.5502
frank@okstate.edu

Mary Dinger 405.325.5211
mkdinger@ou.edu

Site Selection Committee

Chair: Ken Pitetti 316.978.5635
ken.pitetti@wichita.edu

Carol Zebas 785.864.4656
zebas@ukans.edu

Tim Wall 501.221.1912
twall@aristotle.net

Deb Bemben 405.325.2709
dbemben@ou.edu

Hello Everyone,

The school year may be on its last leg, but we aren't. As your regional student representative I have been hard at work brainstorming with some of our other council members about how to better serve the students in our region. October is just around the corner and we are taking ideas about this year's student portion of the annual meeting. Last October we had an informative discussion about higher level institutions concerning what to do to be admitted. Many of the students did not participate, acted uninterested, and well, they just weren't excited to be there. This year I hope to find an alternative to the same ol' student meeting.

So, in this regard I am taking suggestions. What do you, as a student, want to know from our professional elders. ACSM has so much to offer to the student and it is time to take advantage of our membership in such an esteemed organization. Do you know about the other schools in our region? Would you like to know more? Would you enjoy meeting and actually staying in touch—networking—with the other student members? Let's have a social that involves everyone, by getting to know one another and participating in the conference.

On another note, San Francisco is coming up in May. Many of us can not afford to pay for a single room. I am working on putting a "roommate wanted" list up on the web-site for our regional students to possibly find other roommates to split the cost. So, check that web-site and make use of the perks! Hope to see everyone in San Francisco. Please contact me via email if you have any ideas about the October meeting.

Best regards,
Holly Shinnen
CSC Student Representative