

# Central States

Regional Chapter

## Spring 04 Newsletter

American College of Sports Medicine

# ACSM

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[CentralStatesACSM.org](http://CentralStatesACSM.org)

## **New Resume Review Service to be Offered At Upcoming ACSM Annual Meeting-**

If you're a student looking for your first "real" job or a seasoned professional looking to make a move, be sure to take advantage of the new ACSM Resume Review Service. Simply drop off your resume at the ACSM Member Service Center in the Indiana Convention Center

during the Annual Meeting on June 2-5, 2004 in Indianapolis. An ACSM member with experience in hiring will critique your resume and provide helpful suggestions for improvement. Comments will be forwarded to you two (2) to four (4) weeks after the meeting. If you have any questions regarding this new program, contact Heather Turner at [hturner@acsm.org](mailto:hturner@acsm.org).

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## **Joe Piscatella to Present Closing Keynote Lecture at Upcoming ACSM's Health & Fitness Summit & Exposition-**

*"Staying Healthy In A Doublecheesburger.com World"*

will be presented by Joe Piscatella on Saturday, April 17, 2004 in Orlando, Florida. Mr. Piscatella lectures extensively throughout the U.S., Canada and Great Britain to a variety of clients including Fortune 1000 companies, professional associations and medical organizations. He will share science and experience by using stress management approaches to increase dietary and exercise compliance. ACSM's 8th Annual Health & Fitness Summit & Exposition completes its lineup of stellar keynoters, workshops, demonstrations and workouts with over 100 lectures from professionals in Nutrition, Behavioral

Sciences, Worksite Health Promotion, and Sports Medicine tracks just to name a few. Take a moment right now to view the Advance Program online today at

<http://www.acsm.org/meetings/summit.htm>

or register online at

<https://www.acsm.org/meetings/forms/2004summitregform.asp>.

It's the perfect escape. Make the journey to sunny Florida and the fabulous Renaissance Orlando Resort at SeaWorld. Combine the best health and fitness meeting with glorious relaxation amidst the palm trees!



## Annual Report from the Kansas Representative

As the Kansas representative to the Central States Chapter of the American College of Sports Medicine my goal is to inform all members in Kansas of the happenings in our chapter and to promote the superb programs and accomplishments that are happening in Kansas. After sending out an email to all members in Kansas who are ACSM members asking for them to provide me with some info on what they were up to over the past year I received some informative responses that I have attempted to summarize. Dr. Ken Pitetti at Wichita State University has continued his work in children and adolescents (mental retardation and Down syndrome) and with disabled athletes. His work has resulted in several recent publications along with several articles in press or review. Dr. Michael Rogers from Wichita State University will be making the rounds, presenting his work on balance training for older adults. He has been invited to speak on this topic at the ACSM Health and Fitness Summit in Orlando as well as at conferences in Germany, Austria, Denmark, Japan, and Taiwan.

Dr. Stewart Trost and his colleagues (Drs. Fees and Dzewaltowski) at Kansas State University have been involved with doing a preschool physical activity intervention study investigating if an innovative "moving and learning" curriculum can significantly increase the quality and quantity of physical activity performed. Additionally, at KSU Dr. David Poole's research group have been busy with several projects

investigating the effects of heart failure on the dynamic matching of blood flow and metabolism within skeletal muscle (in collaboration with Dr. Musch) and the mechanisms for exercise-induced hemorrhage in horses (in collaboration with Drs. Hildreth and Erickson). Additionally, Dr. Poole and his colleagues have developed a targeted excellence program at KSU that spans 3 different colleges and is designed to bridge the gap from "cell-to-society".

Dr. Denise Gobert from the University of Kansas Medical Center with funding from the American Heart Association is investigating the response of chronic stroke survivors to a customized exercise program including intense aerobic and balance training which compares a 20-week program using aerobic exercise on a recumbent stepper vs. balance training using a modified Tai Chi protocol for stroke survivors. The Center for Physical Activity at the University of Kansas (Drs. Joseph Donnelly – Director, Dennis Jacobsen, and Richard Washburn) have been conducting a number of funded studies involving physical activity and healthy eating, effects of resistance training in overweight males, metabolic advantages of Atkins compared to conventional low fat diets, the effects of dairy intake on weight maintenance and metabolic profile. The Center also hosted the 5<sup>th</sup> Annual University of Kansas Obesity Conference in Kansas City last September in cooperation with several other agencies.

The Applied Physiology Laboratory at KU (Dr. Michael Godard – Director) is investigating the cellular and genetic control mechanisms responsible for skeletal muscle wasting in heart failure and aging and has several

ongoing projects looking at specific genes and receptors in skeletal muscle that may help explain muscle wasting process in these individuals. The Biomechanics Laboratory at KU (Dr. Robert Gregory – Director) focuses on performance improvement and injury prevention and rehabilitation. Research performed in this lab focuses on the biomechanics of movement-related effort during upper-extremity movements in aging and clinical populations as well as in occupational settings.

Lastly, let me take this opportunity to thank all of the individuals who contributed to this report by keeping us informed on the advancements of their programs. I encourage everyone to attend the CSC annual meeting in Kansas City this October. I look forward to my continued service as your representative and seeing you in Kansas City at the CSC-ACSM meeting.

Michael Godard, Ph.D.  
University of Kansas  
Kansas State Rep

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

## 2003 Chapter Conference Wrap-Up

The Central States Chapter held their annual meeting in Kansas City on October 10-11, 2003. A very special thanks goes to Dr. David Poole who coordinated the conference and did a tremendous job of recruiting a diverse group of speakers. The keynote speaker was renowned textbook author (Big Fat Lies) and exercise scientist Dr. Glenn A. Gaesser from Virginia whose presentation was entitled "Weight loss for the overweight and obese: Panacea or pound-foolish." The Gatorade speaker was Dr. Ed Coyle who spoke on endurance physiology and scientific coaching. Also at the meeting, the Chapter hosted a Pfizer/Pharmacia "Musculoskeletal Workshop" on the shoulder taught by George Sotiropoulos, M.D. for health care and sports medicine professionals.

The members of the chapter also made many presentations on a variety of topics. There was a symposium entitled "Exercise for fitness, health and weight management" chaired by Dr. Dennis Jacobsen. In addition, we had 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 was emphasized through presentations by Michael Rogers, Ph.D. (Cardiovascular fitness and BMI of Midwestern youth), Lance Green, Ed.D. (Youth violence: Causes and cures), and Christy Tharenos, M.D., MPH (Performance enhancing substances and the athlete). We also had a dedicated Work site Planning/Health Promotion session on Saturday morning featuring Jeremy Barnes, Ph.D. (Current trends in health promotion) and Kristi Heesch, Dr.

PH. (Moving the unmotivated: Getting the couch potato physically active).

Michael Carper from the University of Kansas was awarded the PhD Student Research Award for "Effects of differing temperatures on muscle glycogen restoration in trained cyclists following moderate intensity exercise" and Vicki Bouckhout from the University of Kansas Medical Center was awarded the Undergraduate/Master Student Research Award for "Does total body reciprocal training improve functional body symmetry in persons with hemiparesis?". As part of their award, they both made oral presentations at the conference, and received a plaque and a \$500 stipend to help cover the costs associated with presenting their abstracts at the ACSM 2004 National Meeting. Approximately 30 students made poster presentations during the conference. The Friday afternoon poster session was attended by many people who got to see the great work that our students have been doing. Jeremy Baker from the University of Oklahoma was awarded the Outstanding Student Poser Award for "Effects of resistance training on serum IGF-1 levels in older adults".

Finally, congratulations to Drs. Debra and Michael Bemben from the University of Oklahoma who were both awarded the Central States Chapter Honor Award for their long history of commitment and service to the Chapter. They have both been a tremendously valuable asset to our organization for many years!

Check out the photos from the conference on our Chapter website. See you in Kansas City on October 1-2 for the 2004 Central States Chapter Conference!

Michael E. Rogers, PhD, CSCS,  
FACSM

## From Regional Chapter Representative

ACSM is negotiating with other companies for collaboration on the fitness scene. The ACSM currently has an agreement with Wheaties and is looking to develop additional partnerships. The national office has been seeking input from Chapter representatives on this topic. The membership might be looking for more opportunities for similar collaborations in the future.

In addition, national ACSM is encouraging chapters to celebrate the ACSM golden anniversary at the next regional meeting. As a way of doing this at our meeting in October, we plan to honor past presidents of the chapter. There may be other ways that our chapter can help celebrate this anniversary, and any suggestions are welcome.

Tom R. Thomas, PhD  
University of Missouri



## 2004 CSC/ACSM Administrative Council Members

### President

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## Past-President's Message Richard J. Sabath, Ed.D., FACSM, CSCS

Greetings from Kansas City! Plans are well underway for the 2004 CSC/ACSM Annual Meeting. This year's meeting will once again be held at the Embassy Suites Hotel Country Club Plaza on Oct. 1<sup>st</sup> and 2<sup>nd</sup>. Please note that the date is earlier than our last several meetings. The earlier date was necessitated by a change in the NASCAR race schedule at the Kansas Speedway.

We have negotiated a slightly lower room rate for the meeting: King rooms (2 people) will be \$99.00 per night plus tax and a double/double (2 people) will be \$109.00 plus tax. There will be an additional \$10.00 charge for each additional person per suite per day. The cutoff date for room reservations is Sept. 8, 2004. Alternative hotels are listed on the Central States website: [www.centernalsatesacsm.org](http://www.centernalsatesacsm.org).

In regards to our website and electronic communication, we have an ongoing problem with maintaining correct email addresses for students, and occasionally for faculty members. I am asking our university and college colleagues to encourage student members who are not receiving our email communications, and would like to, to forward their current email address to me at [rsabath@cmh.edu](mailto:rsabath@cmh.edu).

The Program Committee has significantly increased the number of time slots for oral research presentations at the 2004 meeting. One of the primary objectives of the CSC/ACSM meeting is to provide research presentation experiences for our student members. To this end, there will be six oral presentation times available

with two of the time slots going to the Student Research Award winners. Please encourage your students to submit their work for consideration as an oral research presentation.

Lastly, I want to remind everyone that the Administrative Council (AC) is soliciting applications for host sites for the CSC/ACSM Speaking Tour. As mentioned in my email last week, we have funding available for 3-4 speakers this year. Guidelines established by the AC are as follows:

- 1) The Chapter will pay for the travel, meals and lodging of the speaker.
- 2) Host institutions shall provide the site for the presentation and pay the speaker's honorarium (\$250.00).
- 3) The Chapter will assist with the promotion of the event through our website and emails to CSC/ACSM and national ACSM members within that state or region.
- 4) Speakers must be selected from within the Central States region (at this point we do not have enough money to fly people in from around the country).

Host institutions would be free to invite a speaker of their own choosing or we could collectively, as a Chapter, identify individuals willing to provide such presentations. Since this is a new venture for us I would propose that we develop a pool of speakers (and their topics) for institutions to select from. For this first funding cycle host institutions would be free to identify their own speaker.

To apply for speaker funding please submit the following information via email to Rich Sabath: [rsabath@cmh.edu](mailto:rsabath@cmh.edu)  
Name of Institution:  
Date of Event:  
Speaker Requested:  
Projected Audience:  
Location of Event:

The deadline for submission of funding requests is April 2<sup>nd</sup>. Approval of request for funding will be made by the AC. Applicants will be notified by April 23 as to the status of their requests.

If you are interested in being listed as a potential speaker please submit your name, current CV, and topics on which you would be willing to present, to Rich Sabath: [rsabath@cmh.edu](mailto:rsabath@cmh.edu).

Be sure to checkout the details elsewhere in this newsletter regarding the CSC Social at the ACSM national meeting. President Michael Rogers has made plans for a great evening at the Rock Bottom Brewery! Don't miss this chance to get together with other CSC members and enjoy some great munchies and good times! I look forward to seeing each of you in Indianapolis.

## Help the Public Get FIT!-

ACSM Fit Society® Page newsletter is a quarterly electronic newsletter written for the general public on a variety of popular health and fitness topics. Expert commentary and features on exercise, nutrition, sports, and health offer tips and techniques for maintaining a physically fit lifestyle. The publication is free, and issues dating back to Fall 2000 are available on ACSM's web site at:

[http://www.acsm.org/health%2Bfitness/fit\\_society.htm](http://www.acsm.org/health%2Bfitness/fit_society.htm).

Be sure to share this valuable newsletter with your patients, clients and friends!

## Message from Missouri Representative

In this newsletter I wanted to let members know about one of our long-time Central States members and his globe-trotting exploits. I'm sure many of you know Mark Langenfeld personally, and those of you who don't, probably remember his presentation about Ultra Endurance Exercise at our Regional Chapter Meeting last year. Mark has taught in the Department of Health, Human Performance and Recreation at Southeast Missouri State University since 1987.

In November, Mark traveled to Vietnam as a member of a sports medicine delegation organized by the People-to-People Ambassador Program. Among the 10-member delegation were three college professors and four physicians. In Hanoi, Langenfeld visited a rehabilitation center affiliated with Hanoi's largest hospital, the Vietnam Sports Science Institute, a traditional medical school and the Temple of Literature, a University founded in 1070. In Saigon the delegation visited a Traumatology Center and a Teacher's College for Physical Education and Coaching. He observed that unsanitary conditions, buildings with no air conditioning, and dated facilities were common threads among the places they visited. Infection rates from surgery are higher than experienced in the United States, owing partly to operating rooms not being air conditioned. The group also learned sports medicine is in its infancy there. Overall, Mark found the journey fascinating professionally and culturally. He concluded that the industriousness of the people, their openness to foreigners, including Americans, and their optimism for the future bodes well for their development as a country.

The People-to-People Ambassador

Program provides foreign educational travel experiences for professionals. Through meetings, seminars and cultural activities, participants connect with people in similar professions overseas. The programs join common interests in uncommon places through journeys that enrich the world, one person at a time. Dwight D. Eisenhower, 34<sup>th</sup> President of the United States, pioneered People-to-People as a means of fostering international understanding.

In the next issue I would love to spotlight another Missouri member of our Chapter. Please give me suggestions for other Missouri members that you would like to highlight. Yesterday, I was reading the Mizzou alumni magazine and read that Dr. Richard Cox, who is a UMC professor of education and Counseling Psychology, has been doing some interesting work on exercise intensity and anxiety. It is great to know that members of our Chapter are so active.

It was great to see many of you in Kansas City last October and I hope all of you plan on attending the Central States Meeting on October 1<sup>st</sup> and 2<sup>nd</sup> this year.

Jeremy Barnes, PhD, CHES  
Missouri State Representative  
Department of Health and Leisure  
Southeast Missouri State University  
Cape Girardeau, MO  
JBARNES@semo.edu



## Message from Arkansas Representative

Greetings from Fayetteville. I hope 2004 is going well for everyone and for those of you in academia, I hope your spring semester has been productive. With the legislature's special session emphasis on K-12 education, higher education in Arkansas is facing challenging times. Time will tell what impact this has, so in the mean time, I hope that you all are able to continue work as usual.

The 2003 Convention in Kansas City was a success and we are now looking forward to the ACSM annual meeting in Indianapolis and also the 2004 Central States Chapter annual convention, which will be held October 1<sup>st</sup> and 2<sup>nd</sup> in Kansas City, MO at the Embassy Suites. I encourage you and your students to submit their research. Please browse other sections of the web site for details.

About a month ago, I sent a message to ACSM members in Arkansas. If you didn't receive that e-mail, then I probably don't have your e-mail address. Please forward your e-mail address to me at [ferg@uark.edu](mailto:ferg@uark.edu) so I can add you to the list. Tell others in your state and your institution about the conference and our 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 you can make it to Indianapolis in June – the social is scheduled at Rock Bottom on Thursday night. See you there.

Robert Ferguson  
Arkansas State Representative  
University of Arkansas  
Fayetteville, AR 72701  
[ferg@uark.edu](mailto:ferg@uark.edu)

# Message from Oklahoma Representative

As spring approaches, I encourage all Oklahoma ACSM members to make plans to attend the ACSM Annual Meeting to be held in Indianapolis, IN from June 2-5, 2004. As your Oklahoma representative, one of my duties is to communicate with the ACSM members in the state. Unfortunately, I have email addresses for only about half of the ACSM members from Oklahoma and some of those are no longer active. Please assist me in updating my list of Oklahoma ACSM and CS-ACSM members by emailing accurate email and snail mail information to me at [eltaylor@ou.edu](mailto:eltaylor@ou.edu).

There currently are a variety of national and state-wide efforts underway to educate and mobilize professionals, citizens, and communities in the fight against the epidemic of childhood obesity and inactivity. I encourage all members to become active in one or more of these efforts:

Oklahoma Fit Kids Coalition (<http://www.integralifespan.com/fitkids.html>) and advocacy for the Oklahoma Fit Kids Act of 2004

Schools for Healthy Lifestyles (<http://www.okcps.org/shl/shl.htm>)

American Cancer Society's Healthy KidsNetwork([http://www.cancer.org/docroot/PED/content/PED\\_1\\_5X\\_Healthy\\_Kids.asp](http://www.cancer.org/docroot/PED/content/PED_1_5X_Healthy_Kids.asp))

Action for Healthy Kids (<http://www.actionforhealthykids.org/>)

Oklahoma State Health Department's Strengthening Partnerships between Schools & Communities and other statewide partnership initiatives (<http://www.okkids.org/partners.htm>)

E. Laurette Taylor  
Department of Health & Exercise Science  
University of Oklahoma

## President-Elect Message

It is a privilege to be elected President of Central States ACSM, but I have considered every level of service I have provided the chapter to be an honor and a privilege. I moved to this region in 1996 and since then I have been involved in a number of committees, as Missouri State Representative, and as Newsletter editor back in the day of the hard copy issue. Central States is a small chapter and as such there is ample opportunity for individuals to get involved. In larger regions it can be very difficult to get involved in committee work, but in our chapter the opportunity is there for the taking.

The reward for getting involved varies with one's place of employment, but what is consistent is the quality of the individuals with whom the work is shared. If I did not get actively involved with Central States I would not have had the opportunity to work with quality individuals and respected researchers and clinicians like Rich Sabbath, Michael Bemben, Deb Bemben, Jeff Potteiger, Tom Thomas, David Poole, Jeff Roitman, and the list goes on. I urge each of you to take the challenge of getting involved in this chapter. The time to start is now, Ken Turley is seeking nominations for officers and I am taking volunteers for committees. Go to the home page and click on Committees and Offices.

### Abstract Submission

I would also like to encourage you to submit papers for presentation at the annual meeting. Submissions are made online and the deadline for submission is September 3, 2004. Please adhere to the submission guidelines. 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's or undergraduate student. In order to be eligible for a monetary award, indicate candidacy on the abstract form at the time of submission. The selected research projects will be presented orally at the Central States ACSM meeting in October. The awards will be \$500.00 and are presented to the student upon subsequent acceptance of the abstract for presentation at the national ACSM meeting. Thus, the intent of the award is to support travel to the national meetings.

A non-monetary award will be presented to the best poster presentation by a student in any degree category. Posters will be judged as they appear at the poster sessions (all posters eligible).

There are some very exciting chapter initiatives that are moving forward, such as the Speakers Tour, that have great promise. Another excellent lineup of speakers are sure to be on hand for our annual meeting. If you have not been involved in the past and just want to get to know some people in the region, stop by the social at the National ACSM Meeting. The social will be held Thursday, June 3, Rock Bottom Brewery in Indianapolis, from 8-11 pm.

I look forward to seeing you there!

Joe Pujol, EdD, FACSM  
President-Elect  
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## President's Message

Greetings from Wichita where Spring is in the air. Just as the trees are starting to bud and the flowers are coming up through the ground, our Central States Chapter is showing its signs of new growth. There are many exciting activities that are happening within the Central States Chapter as demonstrated by the State Representatives in their newsletter articles! One activity we are all enthusiastic about is that Rich Sabath, Laurette Taylor, and David Poole have developed a mechanism to offer a CSC/ACSM Speaking Tour and the Administrative Council is soliciting applications for host sites. This is something that the Chapter has been trying to start for quite some time. Please take a close look at the Past President's Column in this newsletter and contact Rich if your institution would be interested in potentially hosting an event of this type.

Our Annual Chapter Conference was a smashing success last October in Kansas City. This was largely due to the great work of David Poole and his staff who coordinated the event. Please see my summary of the meeting elsewhere in this newsletter, and take a look at the website for photos from the meeting. Rich Sabath has also been very busy for the past several months assembling a diverse and talented array of speakers in what promises to be a very stimulating and informative October 2004 meeting in Kansas City. Meeting sessions are being planned to address a wide array of interesting topics with many great presenters from within our Chapter as well as a few special guests. Additionally, we will have a greater number of opportunities for students to make oral presentations during the conference. By the way, it is time to start thinking about abstract submissions. I know it is only March, but research projects are usually not completed in a week (or a month or a semester)! The abstract submission form is already posted on the website so you can submit your work at any time until September 3.

This year at our annual Chapter gathering at the National ACSM Meeting we are going to meet on Thursday June 3 from 8:00PM in a reserved/private room at the Rock Bottom Brewery located at 10 W. Washington St. in downtown Indianapolis. This is a short walk from the conference center and the surrounding hotels. This is a

bit of a change from our previous gatherings which have occurred in the conference hotel ball rooms. Gathering at a bar/restaurant will give us a fresh change of atmosphere for this social event. It will also save the Chapter considerable amounts of money since we won't be paying hotel catering prices that used to include several hundred dollars for a cheese tray and sixty dollars for a big bowl of pretzels (I am not kidding!). The Chapter will still purchase copious amounts of appetizers, but at a substantially lower cost. I will be asking people to pass around announcements at the National Meeting to remind people about the event (and to provide walking directions to the Rock Bottom), so don't be surprised if you get several reminders of this between now and then. This should be a fun event!!

I am happy to say that our Chapter has been successfully brought into the electronic age over the past year. Michael Beets (one of my former students now at Oregon State working on a PhD) and I have been working on keeping the site up-to-date and adding addition information to the site. Over the past year, the website has grown into a central communication hub that brings together the numerous and talented members, students and faculty alike, of the Central States Chapter. The website is now 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. On the website, members can find information regarding: upcoming events such as the annual Chapter meeting; Administrative Council meeting minutes; descriptions of Chapter committees and lists of committee members; recent publications by our members; information on listing any available internship opportunities; 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 Administrative Council positions or to serve on any of the committees. You can also find this current newsletter on the website as well as past electronic Chapter newsletters. Happy surfing ☺

We will continue to add 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 other specific offerings you would like to see on the site or have any suggestions, please contact me.

Each year brings new volunteer opportunities for members to be involved in conducting the business of the Chapter and the potential for helping to lead it in new directions. Ken Turley and the other members of the Nominations Committee are currently seeking candidates for Arkansas and Oklahoma State Representatives, Regional Chapter Representative, Student Representative, and President-elect positions which will be elected at our October meeting. There are also several committee positions that Joe Pujol will be looking to fill after our October meeting. Again, please visit the Chapter website to submit a volunteer or nomination form for the officer and/or committee positions. I hope each of you will consider becoming more involved with the Central States Chapter in the upcoming year.

Finally, I would like to thank all the members of the Administrative Council who took time from their busy schedules for our teleconference on January 14. This was the first time that we have held our winter meeting via teleconference rather than traveling to meet at some central location. This approach saved the Chapter money and saved each of the Council members a considerable amount of time. Plus, we didn't have to worry about traveling in the oftentimes-wintery conditions of Central States' January weather. Much was accomplished in regards to the conduct of usual Chapter business and the development of several new initiatives. Included in this newsletter is contact information for members of the Administrative Council and members of the various CSC/ACSM committees. We are now posting our meeting minutes on the website after they have been prepared and approved so that the entire membership can review them. If you have items of concern, would like to propose a new project, or have programming proposals for future meetings, please do not hesitate to contact any of us.

Have a peaceful and productive Spring!

Michael E. Rogers, PhD, CSCS, FACSM  
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