

Central States

Regional Chapter

Arkansas



Kansas



Spring 05 Newsletter
American College of Sports Medicine
ACSM

Missouri



Oklahoma



CentralStatesACSM.org

President's Message

Greetings!

As I sat down to compose the President's Message I glanced back at the old newsletters that I have kept and some of those that are archived on the website. I realized after a short time that we as a chapter have come a long way. The progress we as a chapter have made is attributable to those individuals who have taken the initiative to lead us to this point. That is why it was wonderful to see all of the Past-Presidents of Central States receive special recognition at last October's meeting. The recognition occurred in conjunction with the 50th anniversary celebration of the ACSM. If you were not in attendance you missed an excellent presentation by David Poole on the history of sports medicine and the ACSM.

When I look back at the old newsletters I also notice that the level of student participation has increased dramatically. In 2004 we had eight students apply for Student Research Awards. I am not sure if that is an all time high, but it certainly is noteworthy. The student oral presentation session was expanded at this year's meeting and those in attendance were treated to some excellent examples of student research. I applaud each of the applicants and their advisors for the great work they have done. I certainly hope we will have as many applications for student awards this year. In preparation for that Mike Rogers is scheduling two hours for student oral presentations at the October 2005 meeting. I also want to mention the stellar poster presentations by students and faculty at the 2004 meeting as well.

In conjunction with the 2004 meeting we initiated the CSC/ACSM Speakers Tour. Dr. Lawrence Spriet spoke at Kansas State University prior to the October 2004 meeting. There were over 450 in attendance to hear his presentation. Dr. Spriet also spoke at Children's Hospital in Kansas City at the Lay Presentation which will be a feature of this year's conference again. So the CSC/ACSM Speakers Tour is off the ground and we urge you to host an event.

Our chapter social at the National ACSM Meeting will again be held off site. By hosting off site we have more flexibility, we can shop around for better prices, and we tend to find better atmosphere. This year we will be in

Jillian's at Opry Mills. Opry Mills is a large outlet mall adjacent to the Opryland Hotel. We will have a party room with 3 billiard tables and food from 7 to 9 pm on Thursday June 2. We can get this room and the food for what a fruit tray would cost us in the hotel, so the chapter comes out ahead.

I have appointed a Nominations Committee composed of Craig Harms, Kansas State University, James Navalta, Southern Arkansas University, Tom Altena, Southwest Missouri State University, and Mary Dinger, University of Oklahoma, who chairs this esteemed group. I ask that you make these folks job easy and contact them with the names of candidates and potential candidates for the offices open for election this year. Those offices are President-Elect, Secretary/Treasurer, Missouri State Representative, and Kansas State Representative. On the Web Page there is a Nomination Form that allows you to easily submit a name to this committee. Feel free to nominate yourself for any office.

On the Web Page you will notice a new link to the Honor Award recipients from the past. The list includes the year in which the award was bestowed. As you peruse this list you may notice that our chapter has given Honor Awards in spurts. Mike Rogers and I discussed this and we believe that the chapter should try to honor at least one person a year as long as there are candidates worthy of the designation. I cannot divulge who will receive an Honor Award in October, but I will tell you that we plan to give an Honor Award at both the 2005 and 2006 meetings.

I do believe that Mike Rogers still has some open slots on the agenda for the October 2005 meetings, so please contact him if you would like to present. And do not forget to submit abstracts and student award materials to the Central States Meeting.

I look forward to seeing you in Nashville.

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

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52ND ANNUAL MEETING
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Report of the President-Elect

It is time to starting thinking about **ABSTRACTS!**

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 2005 Annual Meeting. Regional meetings are great opportunities for students to become involved. I challenge faculty to mentor your students in this exciting process. I encourage students to step up and prepare to present your research – this is your chance to shine! I remember my first research presentation within my regional chapter back in (never mind the year!) and my pounding heart in anticipation of questions I could not answer (but in reality did answer). That experience has stayed with me throughout the years. I hope each student presenter has a similar positive experience. This year additional slots have been built into the schedule to allow for more student oral presentations. I look forward to seeing the great work done by the chapter members.

Electronic submission of abstracts is required and all abstracts must be submitted by September 6, 2005. Abstracts received after this date will not be reviewed or considered for presentation. 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 CSC ACSM. All abstracts will undergo a blind review by four professional members. Those that are accepted will be published in the conference program.

All abstracts are to be submitted electronically. Please refer to the CSC ACSM home page at www.centralstatesacsm.org for a link to the Abstract Submission. 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. Please make sure your abstract meets all the requirements stated in the submission guidelines. There is an example of an acceptable abstract on the CSC ACSM 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. Detailed guidelines are provided on the CSC ACSM website under the "Abstract Submission" link.

Oral presentations will occur on Friday afternoon, October 21, and will include the winners for "outstanding research project" (see next paragraph for details). Other abstracts will be presented in a poster format during the social later on Friday afternoon. Presenters will be expected to stand by their poster during that time to visit with 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@smsu.edu.

I look forward to seeing everyone in K.C., if not in Nashville.

Request for Proposals for CSC/ACSM Speaking Tour

The Administrative Council is soliciting applications for host sites for the CSC/ACSM Speaking Tour. Funding is available for 3 or 4 speakers this year. The guidelines for application are as follows:

Host institutions are free to invite a speaker of their choosing. The Administrative Council could help in identifying individuals willing to provide presentations within a given topic area.

Host institution will provide a site for the presentation and will pay the speaker a \$250.00 honorarium.

The Chapter will pay for travel, meals, and lodging for the speaker.

Speakers must be selected from within the CSC/ACSM region.

The Chapter will assist with the promotion of the event through the Website and e-mails to CSC/ACSM members within the state and/or region

To apply:

Submit the name of the institution, date of the event, speaker requested, projected audience, and location of the event to Joe Pujol at jpujol@semo.edu

Deadline for 2005 is April 1. Applicants will receive notification of the status of their request by April 22nd.

We do still want to establish a pool of speakers. If you are interested in being a potential speaker please submit your name, current CV, and topic(s) on which you would be willing to present.



Past-President's Message

Greetings from Wichita!

Plans are well underway for the 2005 CSC/ACSM Annual Meeting. This year's meeting will once again be held at the Embassy Suites Hotel Country Club Plaza in Kansas City on Oct. 20th and 21st. Please note that the date is a few weeks later than our meeting last year. It is also starts on a different day of the week. In the past, we have started on Friday morning and ended at noon on Saturday. The membership voted last year to move the conference to Thursday/Friday in an attempt to bolster attendance throughout the entire conference and avoid the Saturday morning sessions which typically had low attendance due to people leaving the night before for other obligations. Therefore, this year, the conference will start at 1:00 PM on Thursday, October 21st with events planned until 5:00 PM, and conclude in the late afternoon on the following day.

For the meeting, we have negotiated hotel room rates of \$105.00 plus tax for both king suites (2 people) and double/double suites (2 people). There will be an additional \$10.00 charge for each additional person per suite per day. We have blocked off 50 suites for October 19th-21st. If you want to extend your stay, these rates are also offered based on availability for two days before and two days after those dates. The cutoff date for room reservations at this rate is September 19, 2005. Please identify yourself as being part of the Central States American College of Sports Medicine Conference when making your reservations at the Embassy Suites. Alternative hotels are listed on the Central States website: www.centralstatesacsm.org.

The Program Committee has decided to provide several time slots for oral research presentations at the 2005 meeting. One of the primary objectives of the CSC/ACSM meeting is to provide research presentation experiences for our student members. Therefore, there will be eight oral presentation times available on Friday afternoon with two of the time slots going to the Student Research Award winners. We will also be holding the poster session, as we

have in the past, on Friday (October 21st). It will be slightly different this year in that the poster session will be the final event of the conference.

Please encourage your students to submit their work in abstract form for consideration as an oral research presentation. Furthermore, please consider applying for one of the student awards. The application includes the submission of a short manuscript describing the study. These applications (as well as all abstracts) are reviewed by a committee and the two awardees are provided a nice plaque and support to present at the National ACSM Conference the following year. Information about the submission of abstracts and award applications is available on the chapter website.

If you are interested in being a potential speaker at the October 2005 conference, please submit your name, current CV, and topics on which you would be willing to present to Michael Rogers:

Michael E. Rogers, PhD, CSCS, FACSM
Email: michael.rogers@wichita.edu.

Be sure to checkout the details elsewhere in this newsletter regarding the Central States Social at the ACSM national meeting. President Joe Pujol has made plans for a great evening at Jillian's in Nashville. Don't miss this chance to get together with other Central States Chapter members to enjoy some great food, play some pool, and have a great time! I look forward to seeing each of you in Nashville.

Regional Chapter Representative's Report

I am very pleased to serve as the CSC/ACSM Regional Chapter Representative for the next three years. Here is some recent news from National ACSM that I have been asked to share with chapter members:

There will be two Pre-Conferences to ACSM's 9th Annual Health & Fitness Summit & Exposition entitled *Absolute*

Truths of Nutrition: What You Need to Know! and *Career Enhancement: Practical Skills for Student and Aspiring Health and Fitness Professionals*, which will be held on March 29 prior to the conference's opening keynote. For more information, visit <http://www.acsm.org/meetings/summit.htm>.

The ACSM Career Services Web Site (<http://acsm.medcareers.com>) allows individuals to post resumes/CVs and to search for positions, internships and assistantships as well as employers to post notices. For more information on posting online or print job advertisements, contact Carol Miranda at 717-235-9596 or miranda@ad-rep.com.

The New Certified Personal Trainer™ (cPT) Credential is being offered by ACSM for fitness professionals involved in developing and implementing an individualized approach to exercise leadership in healthy populations and/or those individuals with medical clearance to exercise. For more information on obtaining a cPT credential, visit <http://www.pearsonvue.com/acsm/>.

Respectfully Submitted,

Debra Bembem, PhD, FACSM
University of Oklahoma

Report from Arkansas

Greetings from Arkansas

I would like to start by thanking the Central States Chapter for their efforts in presenting an exceptional chapter conference in Kansas City last October. My students were impressed as well. I encourage faculty, clinicians, exercise professionals, and students across the state to consider attending next year's conference. It is truly worth the trip and marginal fee. The hotel, facilities, and location are excellent. If you and/or your students are involved in research please consider submitting a presentation next October. Keep in mind that submissions will be due soon after the start of the fall semester.

I have been asked to inform you that Arkansas State University-Jonesboro will be hosting an ACSM Exercise Specialist_{SM} Certification May 14th, and an ACSM Health/Fitness

Instructor_{SM} workshop September 16th and 17th followed by the certification exam on the 18th. Be sure to check the ACSM web site for deadlines and further information. Additionally, UAMS AHEC SW in Texarcana is hosting their 8th annual Sports Medicine Seminar on April 29th. This year it will be transmitted over the UAMS interactive video system to other AHEC programs in Arkansas. Contact mrdowns@uams.edu for more information. Please, let me know if there is anything you would like for me to share in the next newsletter or if you have suggestions for our chapter.

I hope to see you at the chapter social in Nashville (National ACSM).

Kevin Kendrick
University of Central Arkansas

Report from the Kansas

Greeting fellow Central States ACSM members:

Well, here we are again nearing the time when we must start to think about preparing our travel and accommodations for the National ACSM Meeting. If you have not already done so I would encourage you to register and get all of those other details taken care of for your attendance at the National ACSM Meeting – here is the website for the Annual Meeting Preview <http://www.acsm.org/meetings/annualmeeting.htm>. I encourage everyone to attend this years meeting and to please remember to pass the word about the meeting onto your students and colleagues. Nashville will be a fun and exciting place this year and our Chapter has a great social event planned! I would also like to invite everybody to contact me if you have any exciting news that you would like to share with other members in Kansas and/or the Chapter.

I look forward to seeing you all in Nashville at the Annual Meeting!

Mike Godard, Ph.D.
University of Kansas
Kansas State Rep
mgodard@ku.edu

Report from Missouri

In this newsletter I wanted to invite members to take a trip down to Southeast Missouri State University in Cape Girardeau. In April we are extremely excited to be having Barbara Bushman FACSM, who is President-Elect of our Chapter, speaking as part of the Department of Health, Human Performance and Recreation's Distinguished Lecturer Series, which we started last spring. Barbara's lecture titled "*Exercise for Women: Pitfalls, Performance, and Potential*" will be held in Glenn Auditorium in Dempster Hall at 6:30 p.m. on Tuesday, April 12th. The free lecture will focus on three areas of exercise for women, 1) the Female Athlete Triad, 2) performance at different points of the menstrual cycle, and 3) the benefits of exercise for women (especially as related to peri-menopause, menopause, and post-menopause). As many of you know, these areas have been among Barbara's professional and research areas of interest for many years and she is recognized as a national expert in them. We are anticipating a great event. If any of you would like to attend please send me an e-mail and I will send you directions etc.

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. Please give me suggestions for other Missouri members that you would like to highlight and I will take care of the rest.

Finally do not forget about the Fall Meeting in Kansas City. I know it seems a long way away, but now is the time to be encouraging students to be doing research so that in September they can submit abstracts. 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. Finally, I hope all of you plan on attending the Central States Social which will be on the Thursday June 2nd at the National Meeting in Nashville.

Submitted by Jeremy Barnes

Report from Oklahoma

At the Fall 2004 Central States Chapter meeting, it was my honor to be elected

Oklahoma Representative. I have been an active member of ACSM since 1996 and became a member of CSC-ACSM when I joined the Department of Health and Exercise Science at the University of Oklahoma as an assistant professor almost 3 years ago. I teach courses in health promotion program planning and behavior change theories. My main research interests are the identification and measurement of psychosocial and environmental determinants of physical activity and the development and evaluation of programs promoting healthy lifestyles.

As Oklahoma Representative, I will represent Oklahoma members in the Chapter. What does this mean to you? As I receive news from the Chapter, I will pass it along to you via email. In addition, I am happy to answer questions that you have about the chapter and the annual conference. If you have not been getting my emails (I sent one in the fall and one in January), I encourage you to email me at kheesch@ou.edu with your email address so that I can pass along ACSM and CSC-ACSM news to you.

I also encourage you to attend the annual ACSM conference being held this year at the Gaylord Opryland Resort outside Nashville, TN June 1 – 4. Our Chapter will have a social on Thursday, June 2, which will be a great way to connect with other CSC members in a relaxing setting. I also encourage you to start planning for the CSC annual meeting, to be held this year October 20 – 21 at the Embassy Suites in Kansas City. The CSC meeting provides a wonderful opportunity for students to present research. You may want to alert students that the deadline for submission of abstracts will be September 6 this year. More information about the national ACSM meeting can be found at the [acsm.org](http://www.acsm.org) website. Details about the CSC annual meeting are provided in other sections of this newsletter and at <http://centralstatesacsm.org>.

I hope to meet you at the Chapter social at the national ACSM meeting and at our own Chapter meeting in October!

Kristi Heesch, Dr.P.H.
Oklahoma Representative