

Central States

Regional Chapter

Arkansas



Kansas



Spring 06 Newsletter
American College of Sports Medicine
ACSM

Missouri



Oklahoma



CentralStatesACSM.org

Inside this issue:

President's Message
Report of President-Elect
Member Recruitment
Recent News Items from National ACSM
Past-President's Message
Message from State Representatives:
Arkansas
Missouri

President's Message

I hope 2006 finds all of you healthy and well. Within this newsletter you will see evidence of the health of the Central States Chapter. Please take special note of Joe Pujol's article outlining the program highlights for the October meeting. He has recruited some excellent speakers. Student presentations (both poster and oral) will be a highlight again this year. Ken Turley's article contains details on abstract submission. I look forward to another strong showing of student presentations. Other state highlights are also included in this newsletter. The continued health of our chapter depends on its members. Please find ways that you can become involved!

Since the scientific quality of the chapter is obviously strong, my article will focus on another *very* important item – our social at the national meeting in Denver. We will be holding our annual social on June 1 from 8-9:30 p.m. in the Hyatt Regency Denver Convention Center in Room Mineral B. Please plan to join us to chat with old friends and make some new ones.

The 53rd Annual Meeting in Denver has a wonder array of scientific and clinical presentations. If you have not already registered for the meeting, please go to the ACSM website (<http://www.acsm.org/>) for complete information on registration, housing, and program information. For students, please note the special focus on you including a student help desk, meet the expert networking session, and student colloquium (title: Atypical Careers in Sports Medicine – NASA, Firefighters, Olympic Training Center Sports Science, and Forensics).

I look forward to seeing everyone in Denver.

Barbara Bushman, Ph.D., FACSM
Professor; Health, Physical Education, and
Recreation Department
Associate Dean, Graduate College
Missouri State University
Email: barbarabushman@missouristate.edu

Report of the President-Elect

Greetings from Arkansas!

I hope the spring semester is going smoothly for everyone.

As the spring semester is almost half over, with summer fast approaching, it is time to once again think ABSTRACTS for the 2006 Annual meeting of the Central States Chapter (CSC) of the American College of Sports Medicine (ACSM). I strongly encourage both faculty, but especially students to submit abstracts. There is additional time set aside this year for numerous student presentations. Through the abstract review process the top projects will be afforded the opportunity to present orally. This is a great experience as it prepares one for national presentations as students, and eventually as faculty. Besides gaining valuable experience, there is a \$500 monetary award given to both the top doctoral level and master/undergraduate level project, with the stipulation the funds are used to attend and present at the National ACSM meeting.

Abstracts must be submitted electronically by September 11th, 2006. Abstracts received after this time will not be reviewed. Each individual is allowed to be first author on only one abstract, but may co-author several other 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.

For detailed submission information please refer to the CSC ACSM home page at www.centralstatesacsm.org for the link to the Abstract Submission. The link will provide the submission guidelines and an application form where first author information must be filled in. Upon confirming the author information is correct, upload the abstract. Please make sure the abstract meets all the requirements stated in the submission guidelines. An example of an acceptable abstract is on the CSC ACSM website. Briefly, each abstract must

be informative, including a statement of the study's PURPOSE, METHODS, summary of RESULTS, and CONCLUSION. CSC is following the guidelines established for writing abstracts submitted to the national ACSM meeting.

Oral presentations will be on Thursday afternoon from 4:00-5:30 p.m., October 19th, 2006 and will include the winners for "outstanding research projects" (details in following paragraph). Other abstracts will be presented in a poster format during the social later on Thursday afternoon. Presenters will be expected to stand by their poster from 5:30-6:30 p.m. for discussion and inquires from conference participants.

Two monetary awards will be presented to outstanding research projects submitted by both a doctoral student, and a master or undergraduate student. 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 \$500 awards will be presented to the student upon subsequent registration to the national ACSM conference, with the intent of using the monetary award to support travel and lodging at the conference. A non-monetary/commemorative award will be presented to the best poster presentation for a student in any degree category. If a student wishes to be eligible for the monetary award, candidacy will need to be indicated on the abstract form, and a 3-4 page summary of the research project will need to be submitted. The research project summary must include an abstract, introduction/background, statement of purpose, methods/procedures, results, and conclusion/discussion.

Questions regarding the abstracts and the Student Award competition should be directed to:

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

I hope the remaining portion of the spring semester goes well. I look forward to seeing you at the National ACSM meeting in Denver, and/or our regional meeting in October.

Member Recruitment

Numerous national ACSM initiatives have focused on member recruitment. The Administrative Counsel of Central States Chapter of ACSM wants to encourage our current members to take the initiative to recruit members regionally as well. The health of our chapter is dependent on a strong and active membership. Thus, we encourage all members to bring in new members so that they can enjoy the benefits of regional along with national membership.

Recent News Items from National ACSM

ACSM is now officially a member of FASEB (Federation of American Societies for Experimental Biology). FASEB is composed of 22 societies with more than 80,000 members, making it the largest coalition of biomedical research associations in the United States. FASEB's mission is to enhance the ability of biomedical and life scientists to improve—through their research—the health, well-being and productivity of all people.

April 15 is the last day to receive a discounted registration rate for the upcoming ACSM Annual Meeting to be held May 31-June 3 in Denver, Colorado.

Six books are now available in the ACSM Action Plan for Health Series (Action Plan for High Cholesterol and Action Plan for High Blood Pressure. These books join: Action Plan for Arthritis, Action Plan for Diabetes, Action Plan for Osteoporosis, and Action Plan for Menopause.) To learn more about the individual books, visit the Human Kinetics website (www.humankinetics.com).

Past-President's Message

I hope that this message finds all of you in good health. As we embark on 2006 I have been busy planning the upcoming Central States Meeting to be held at the Embassy Suites in Kansas City on October 19 and 20. The conference will keep the half-day Thursday, full day Friday format.

We have a nice line up of speakers, leading off with Dr. Raul Artal. Dr. Artal is the Chair of the Department of Obstetrics, Gynecology,

and Women's Health at St. Louis University Medical School. Dr. Artal has been involved with the writing of the Guidelines for Exercise and Post-partum since the American College of Obstetrics and Gynecology has issued a position on the issue. Dr. Pam Hinton and Dr. Debra Bembem will follow up Dr. Artal with presentations on women's health.

In addition, Dr. David Dzewaltowski will speak on Community Determinants of Physical Activity. His presentation will be followed up by Dr. Melissa Bopp who will speak on Promotion of Physical Activity Among the Elderly. These presentations follow up on some themes that the Active Aging Initiative is focusing on as discussed in the presentation of Dr. Wojtek Chodzko-Zajko at the 2005 conference.

We will also host a round table discussion of representatives of the Departments of Health of each of the states in the region. The discussion will center on efforts to prevent childhood obesity. Dr. Tom LaFontaine has agreed to moderate this session.

On Thursday morning, prior to the start of the Conference the Chapter will host a Life Fitness Academy Workshop. This workshop will start at 8 am and end at 12 pm. The speaker and topic for this workshop is to be determined. When we have determined the speaker and topic it will be publicized on the chapter web page. The chapter reaps a significant financial reward by hosting this workshop and it should be a great experience for participants.

One significant change will occur in the agenda for this year's meeting. The student poster session and the social will be moved to Thursday evening. This change should increase attendance at these events. Student oral research presentations will be on Thursday afternoon and if necessary on Friday afternoon as well. We will have more slots available for the student oral presentations, so encourage your students to submit their abstracts for the student awards.

The Administrative Council has determined to experiment with online balloting for the upcoming elections. Other chapters have used this system with great results.

So the 2006 meeting is taking shape. In the meantime I look forward to seeing you in Denver at the 2006 ACSM Conference.

Report from Arkansas

Greetings to all Arkansans from the southwest corner of the state. I'd like to take a quick moment to introduce myself as the newly appointed state representative and pass along a few reminders regarding upcoming chapter activities. My name is James Navalta, and I am in my third year teaching Exercise Science at Southern Arkansas University in Magnolia. We have developed undergraduate and graduate programs and invite you all to visit when you are in the area.

The annual ACSM conference is scheduled for May 31 - June 3 in Denver, CO. The Central States Chapter (CSC) social is currently being worked out, and all chapter members are invited to join in on the festivities. The next CSC meeting is scheduled for October 19-20, 2006 and will again be held at the Embassy Suites Hotel in Kansas City, MO. For the first time, the CSC will host the Life Fitness Academy, and all are encouraged to participate (keep an eye out for more information on this subject). As always, both young (students) and old (...non-students) are invited to present their current research at this meeting. I look forward to seeing you at these upcoming meetings.

James Navalta

Report from Missouri

In this newsletter I wanted to invite members to take a trip to Southeast Missouri State University in Cape Girardeau. In March we are extremely excited to be having Mary Dinger FACSM, who is an associate Professor at the University of Oklahoma in Norman, speaking as part of the Department of Health, Human Performance and Recreation's Distinguished Lecturer Series, which we started in the Spring of 2004. Mary's lecture titled *Physical Inactivity: A Nation at Risk* will be held in Crisp Auditorium at 6:00 p.m. on Wednesday, March 1st. As many of you know, the area of physical activity assessment has been one of Mary's professional and research areas of interest for many years. Mary has been an active member of the Central States Chapter and we are honored to have her present at Southeast. Some of

you may remember that last April, Barb Bushman FACSM, who is President of our Chapter, lecture titled "*Exercise for Women: Pitfalls, Performance, and Potential*" here at Southeast. We are anticipating another great event. If any of you would like to attend this free event please send me an e-mail and I will provide you with 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. I was thrilled to see that the Chapter recognized Tom Thomas FACSM, by giving him the Honor Award at the last Chapter Meeting. As I am sure you all know, Tom teaches at the University of Missouri in Columbia. He has been a dedicated member of the Chapter for many years and has served in many leadership roles including President. Anyone who has studied under Tom soon realizes that he is both a brilliant teacher and mentor.

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 encourage 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 1st at the National Meeting in Denver.

Submitted by Jeremy Barnes

News From The Student Representative

The National ACSM conference is just around the corner and even though the deadline has passed for abstract submissions, there are still opportunities to register early. Attending this conference will allow students to be exposed to many different aspects of exercise science. There are always student oriented meetings

such as the student colloquium which will include different scientists speaking about their specific research agendas (May 31, 5:30-7:00pm). This meeting is geared specifically toward students, and typically turns out to be an informal discussion between the students and the speaker. During the Meet the Experts session lunch is provided to the first 40-50 students that request a ticket at the information booth at the conference (May 31, 11:45am-12:45pm). Meet the Experts is designed to have several students seated at each table with one expert. This type of atmosphere allows the students to interact with the researcher of their choice and ask questions as well as discuss various research topics.

Do not let the cost of the conference deter you from joining us in Denver. For helpful money saving tips on conference attendance, please go to: <http://www.acsm.org/student/index.htm>

As the student representative for the Central States Chapter of ACSM, I am here to help you all become involved. I hope to see you in Denver; check out the Central States Chapter social at the conference (June 1, 8:00-9:30pm).

Please feel free to contact me at any time with questions or concerns (rgray@uark.edu).



**AMERICAN COLLEGE
of SPORTS MEDICINE**
53rd Annual Meeting
May 31-June 3, 2006