

Central States Regional Chapter ACSM

ARKANSAS · KANSAS · MISSOURI · OKLAHOMA

Fall 2007 *e*Newsletter

www.centralstatesacm.org



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Past-President's Message

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

The 2007 CSC Annual Meeting will be in Springfield, Missouri on October 18-19. The lineup of speakers is excellent and includes a wide variety of topics such as performance enhancement in young athletes, cycle training, thermoregulation, diabetes & exercise, immune system function, effects of stress, and many more (please see our website, <http://www.centralstatesacsm.org>, for the complete list of talks and speakers).

The meeting will be held at the Clarion Hotel and Convention Center. This location offers us excellent conference meeting rooms as well as individual rooms at very reasonable prices (\$59.95 plus tax for a single or double or \$64.95 plus tax for a single or double including buffet breakfast). To receive this rate, please call 417-883-6550 or 1-800-756-7318 and mention the Central States ACSM meeting when making your reservation. Free wireless high speed internet is available throughout the hotel for those who feel the need to “stay connected.” Additional amenities can be found at <http://www.clarionhotel-spfld.com>. For those who may want to extend your stay, please see <http://www.itsalldowntown.com> for entertainment options downtown Springfield or <http://www.springfieldmo.org> for broader information on events in Springfield. Other nearby attractions include the new Branson Landing (<http://www.bransonlanding.com>), Bass Pro Shops (www.basspro.com), and Wonders of Wildlife (<http://wondersofwildlife.org>).

Registration for the meeting will begin at noon. The meeting will begin at 1:00 PM on Thursday, October 18. In addition to a keynote address and other invited presentations, Thursday afternoon will include oral presentations by our student members. We will conclude the first day of our conference with a poster session and social. Friday's agenda includes breakout sessions as well as a special guest speaker over the lunch (note: lunch is provided on Friday to

all conference attendees). Professional members are requested to attend the business meeting following lunch. At this time, students will have a session with a former CSC student member who now is employed at the Olympic Training Center, Mr. Clay Worthington. Student members in attendance will also be eligible for “prizes” donated from Bass Pro Shops. Additional breakout sessions will occur during the afternoon leading to our final session beginning at 3:15 PM. The meeting will conclude at 4:15 PM on Friday.

I am excited to welcome the chapter to Springfield. More detailed information is available on our website related to registration, the conference hotel, our meeting sponsors, and the meeting schedule (see <http://www.centralstatesacsm.org>). If you have any questions, please feel free to contact me (barbarabushman@missouristate.edu).

President's Message

Ken Turley, Ph.D., FACSM
Harding University

Hello from Arkansas! I hope the semester is going well for you. It is amazing how fast time goes. It is already time to finalize plans for our Fall Central States Chapter ACSM meeting in Springfield on October 18-19 at the Clarion Hotel and Convention Center. Our past president, Barbara Bushman, has done an outstanding job in organizing the speakers and presentations. This is a great time for both faculty and students to grow professionally as well as network with current and new members.

Future events to mark on your calendars...

- If you have issues that the Administrative Council needs to address, let me know (krturley@harding.edu), and I will get them on the agenda for their meeting in Springfield on the 18th.
- There will be a chapter business meeting on the 19th from 1:30 p.m.-2:15 p.m. Your input is vital in tailoring the chapter to meet your professional needs, so plan to attend.

- Remember the annual chapter social at the National ACSM meeting in Indianapolis-- more details to come in the spring newsletter. Last year's social in New Orleans was a success-- thank you to all those who attended.
- Lastly, the 2008 Central States Chapter meeting will be back in Kansas City on October 16-17. I am in the process of planning the meeting so if you have suggestions on speakers and topics let me know (krturley@harding.edu)

I look forward to seeing you in Springfield.

President-Elect's Message

Stephen Sayers, Ph.D.
University of Missouri

Greetings from Missouri! Hopefully we are all making plans for the Central States ACSM regional meeting in Springfield, MO on October 18-19. The conference lineup of speakers looks especially strong with a little bit of everything for all of us in the field of sports medicine. Please be sure to join us on the afternoon of October 18 for student oral presentations from 4:15-5:30 pm. Five students will present their research abstracts in a 10 minute format followed by 5 minutes of questions and answers. We will be awarding one monetary award for the "outstanding research project" by a master or doctoral student and one non-monetary award for the best oral presentation of a research abstract. Poster presentations will occur immediately following the oral presentations in conjunction with our social from 5:30-6:30 pm. We received a number of outstanding research abstracts this year (35 in all), both from students and research faculty, so please be sure to come by and listen to the presentation and view the posters.

I would also like to remind all members of our regional chapter that November 1 is the deadline for submitting an abstract for the national ACSM conference being held this year in Indianapolis, IN (May 28-31, 2008). It is very clear to me that our region has many talented students and faculty mentors, and it would be

great to have a strong showing of our research talents at the national meeting. I challenge all faculty mentors to submit an abstract for the national meeting and to motivate their students to do the same. I cannot stress how important all presentations are to a student's professional development. Not only is it a wonderful showcase for your talents, but the opportunity to network and meet researchers with similar interests and possibly foster collaborative efforts in the future is invaluable.

Finally, don't forget that the regional meetings are a great chance to get involved in ACSM, and we are always looking for motivated individuals to donate their time and talents to various committees and leadership positions. Please come up and introduce yourself to me at the meeting, and let me know if you would like to get involved. Looking forward to seeing all of you in October.

Missouri Representative's Message

Jeremy Barnes, Ph.D.
Southeast Missouri State University

Just like every year, the summer seems to have flown by and those of us in academia are well into another semester. I trust everyone is having a productive and enjoyable semester. It always seems that by this time of year I am "just trying to keep my head above water". Perhaps I just need better time management skills.

Please do not forget about the Fall Central States Meeting in Springfield, MO which will be held October 18-19. Dr. Barbara Bushman has lined up an excellent series of presentations, and there are many speakers who have not spoken at our Chapter's Meeting before. As most of you know, the Embassy Suites close to Country Club Plaza in Kansas City has been our meeting site for the past decade. In a new location, we will be relying on our colleagues from Missouri State and the Springfield area to show us around.

Please encourage your students to submit an abstract. The future and growth of our Chapter depends upon both professionals and students participating and attending the annual meeting. I

am really looking forward to another great program and the opportunity to network with CSM members from our State and the rest of the region. Fortunately I was able to attend the Annual Meeting in New Orleans this year. It was a good meeting and, in addition the Chapter Social, was a great opportunity to see old friends and meet new ones. Hopefully many of you are already making plans to attend the next Annual Meeting in Indianapolis.

Oklahoma Representative's Message

Doug Smith Ph.D.
Oklahoma State University

Hello all. I hope everyone had a good summer and are off to a good start to fall. The annual Central States meeting in Springfield is just around the corner on October 18-19. The meeting agenda is available online at www.centralstatesacsm.org and it looks like we have a great lineup of speakers this year. Also, I sent an email on August 22nd as a reminder of the abstract submission deadline for the Central States meeting. If you did not receive the email please send me an email at doug.smith@okstate.edu, and I will update my file. The national ACSM abstract submission deadline is coming up on November 1, 2007, and I would encourage everyone to consider submitting research for presentation and attending the conference in Indianapolis May 28-30, 2008. I look forward to seeing you all in Springfield.

CSC News and Notes

Updated Physical Activity Guidelines Released-
In the August issues of *Medicine & Science in Sports & Exercise* and *Circulation*, ACSM and the American Heart Association (AHA) jointly published updated physical activity guidelines. The guidelines recommend that all healthy adults aged 18 to 65 years need moderate-intensity aerobic physical activity for a minimum of 30 minutes on five days each week

or vigorous-intensity aerobic physical activity for a minimum of 20 minutes on three days each week. A separate companion paper is published for the older adult audience. ACSM members can get the word out by sending the guidelines as a health and fitness message to patients, colleagues, clients, family and friends. Visit the ACSM Web site at www.acsm.org for more information.

ACSM Guidelines Provide Recommendations for Youth Football-

ACSM's Youth Football: Heat Stress and Injury Risk Recommendations and Guidelines document provides practical information to help players safely and sufficiently acclimate to the heat early the season. The document includes tips on acclimatization during the football preseason, practice modification to reduce heat exhaustion or exertional heat stroke risk, and monitoring players during practice. Visit ACSM's Web site at www.acsm.org to view the complete document.

Members Access ACSM Journals Online-

ACSM Members have direct access to journals included with their membership directly from www.acsm.org. To access the electronic journals included as ACSM member benefits: Click "Login". Enter your login and password. Once logged in, click "My ACSM" (top, right of web page). "My ACSM" provides a complete list of ACSM Member benefits including access to journals under "Member Journals." Journal access varies by membership type. Under the heading "Member Journals," only journals included or added to your membership will be available. To access the electronic version of the journal, select the journal title. You will be directed to the respective journal homepage. There's no need to login again on the journal home page. Simply start browsing through current or archived issues. If you have questions about any of your member benefits, contact membership@acsm.org.

ACSM's Next Deskside Learning Event to be held November 13-

Margaret Moore, Founder & CEO, Wellcoaches Corporation, will present the event titled, "Happiness Coaching Topic 1: Flow to more

Engagement, Happiness, and Health." The event will be held on November 13, 2007 at 12:00 pm ET for 90 minutes. The fee is \$35 per phone line reserved. This educational webinar is designed to provide current, evidence-based health promotion information to practitioners across the country. It is presented using a combination of telephone conference and concurrent webinar Power Point presentation. View the ACSM Web site at www.acsm.org for more information.

New ACSM Fit Society Page® Newsletter Available Online-

This quarterly electronic newsletter is written for the general public on a variety of popular health and fitness topics. This issue focuses on "Youth Fitness and Physical Activity." Expert commentary and features on exercise, nutrition, sports, and health offer tips and techniques for maintaining a physically fit lifestyle. Download your free copy from the ACSM Web site at www.acsm.org. Be sure to share these newsletters with your patients, clients, family and friends!

Serve as a State Coordinator for The President's Council on Physical Fitness & Sport (PCPFS)-

ACSM is proud to be a Science Partner of the President's Council on Physical Fitness and Sports (PCPFS). This relationship allows us to work together on conferences, journal articles and position statements. ACSM has agreed to help identify coordinators for PCPFS Demonstration Centers in each state. If you are interested in being a State Coordinator for your state, please email csawyer@acsm.org.



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