

SOUTHWEST AMERICAN COLLEGE OF SPORTS MEDICINE

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**AMERICAN COLLEGE
of SPORTS MEDICINE**
Southwest Chapter



FROM OUR PRESIDENT-ELECT

As our attention begins to shift towards the fall term, I want to remind everyone to plan to attend the annual meeting held at the Costa Mesa/Orange County Hilton on **October 28-29**. The deadline for the Expanded Abstract for the Student Research Award Competition is **Friday, September 16**, while the General Abstract deadline is **September 23**. The general abstracts will be presented on either Friday evening or Saturday afternoon. For more information on abstracts, click [here](#).



Registration is open [here](#). The student rate is \$75 and the professional member price is \$135. A group discount is available when 10 or more students from the same school register. More information for the 2022 annual meeting can be gained by viewing the [Meeting Preview on our website](#).

Student Travel Grants are available to support undergraduate and graduate students attending the SWACSM annual meeting. Multiple awards will be distributed in amounts up to \$500 to assist students with conference registration and travel-related expenses. The application deadline is **Friday, September 16th at 5pm PDT**. Winners will be notified on or before October

1st and will be presented their award during the conference awards ceremony on Saturday October 29th. [Travel grant eligibility and application guidelines](#) can be found on the SWACSM website. Students, please consider applying.

Discount pricing on hotel rooms is available and can be made directly with the Costa Mesa/Orange County Hilton (714-540-7000), by identifying as attending the Southwest American College of Sports Medicine Annual Meeting - SWACSM. The room block is

CALL FOR JUDGES STUDENT RESEARCH AWARD COMPETITION

The undergraduate and graduate student research award competition is always a highlight of the annual meeting. In order to facilitate the competition, we need professional judges who are willing to review and rank expanded abstract submissions and be present at the annual meeting to judge oral presentations delivered by the finalists. If you would like to serve the chapter in this capacity, please contact

James Navalta at

James.Navalta@unlv.edu .

limited so arrangements should be made quickly.

Finally, I'm excited to announce that there will be a career fair on Saturday morning. There will be employers from the health fitness industry hiring for open positions in their

companies. Similarly, there will be information on ACSM certifications and the bridge to employment that these can provide. Many more details about this exciting opportunity in the weeks ahead, but students are encouraged to attend this session.

I hope to see you all in Southern California for what is shaping up to be an outstanding SWACSM conference.

Trevor Gillum, PhD, FACSM
SWACSM President-Elect

42ND ANNUAL MEETING OF THE SOUTHWEST REGIONAL CHAPTER - OCTOBER 28-29TH

Registration for the annual meeting [is now available](#). The registration rate for professional members is \$135 and the rate for current students is \$75. Students who register for the meeting will automatically become SWACSM members. Groups of 10 students or more can register for a reduced rate of \$65 per person. Professionals have the option to pay chapter membership dues at the time of conference registration. Please register online before October 21st. Registration after this date will occur onsite. This year's program is one you will not want to miss. Be sure to check out the conference highlights and program preview on the [SWACSM website](#).

This year's conference will be held again at the [Costa Mesa Hilton](#). Be sure to book your hotel room before the SWACSM discount room block closes on **October 21st**. The discounted room rate for SWACSM attendees is \$139. You must call the hotel at **714-540-7000** to get the discount. When you book, please mention that you are with the Southwest American College of Sports Medicine conference.

SWACSM 2022 ABSTRACT SUBMISSION

All poster presenters and student research award candidates should submit abstracts through the *International Journal of Exercise Science* (IJES) Conference Proceedings website at: <https://digitalcommons.wku.edu/ijesab>. All abstracts will be published in IJES after the conference concludes. The submission deadline for expanded abstracts for the Student Research Award Competition is **Friday, September 16th, 2022, 5pm PDT**. The submission deadline for general abstracts for the poster session is **Friday, September 23rd, 2022, 5pm PDT**. Please review the detailed [abstract submission instructions](#) and download the abstract template prior to submission.

SWACSM ELECTION RESULTS

Congratulations to the newly elected SWACSM Board members. Terms for the new members will officially begin at the conclusion of the 2022 annual meeting in October. The Board would like to thank Donna Cataldo, PhD, Arizona State University and Bülent Sökmen, PhD, Sonoma State University for participating in the election.

- **President-Elect: Jenevieve Roper, PhD, Loyola Marymount University**
- **Member-at-Large (MAL), Communications: Zachary Zenko, PhD, Cal State University, Bakersfield**

The SWACSM membership also passed the proposed constitutional amendment to define service terms for the Executive Director (five years, with the opportunity for a renewal by the Board of five years or less) and the optional Associate Executive Director and temporary special positions (terms determined by the Board). For more information, please refer to the [SWACSM bylaws and SWACSM constitution](#) posted on the website.

STUDENT TRAVEL GRANT FOR THE 2022 ANNUAL MEETING

Student Travel Grants are available once again to support undergraduate and graduate students attending the SWACSM annual meeting on October 28-29, 2022 in Costa Mesa, California.

Multiple awards will be distributed in amounts up to **\$500** to assist students with conference registration and travel-related expenses. The application deadline is **Friday, September 16th at 5pm PDT**. Winners will be notified on or before Friday, October 1st and will be presented their award during the conference awards ceremony on Saturday October 29th. [Travel grant eligibility and application guidelines](#) can be found on the SWACSM website. Students, please consider applying. Faculty, please encourage eligible students to apply.

JEOPARDY BOWL: CALL FOR TEAMS

The 12th annual Southwest Student Jeopardy Bowl returns and will be held at the Costa Mesa Hilton on Friday October 28th, 2022. All Universities and Colleges are invited to bring a team of **3 currently enrolled undergraduate students** to answer questions on categories such as anatomy, biomechanics, exercise physiology, cardiovascular physiology, nutrition, metabolism, ACSM guidelines, strength and conditioning and behavioral aspects. Faculty should identify a team of students who can work together in answering questions based on the categories. Each team is encouraged to bring students and faculty to watch and support their team, wear their school colors, and cheer them on to victory!

The format will follow the longstanding television show, Jeopardy. Single jeopardy questions will be easier than double jeopardy, and a final jeopardy question will be the most difficult. All questions will have a dollar amount associated with the answer, and the team with the highest total at the end of the night will be the winner.

The winners of the SWACSM competition will represent the Southwest Chapter at the Annual ACSM meeting in Denver, Colorado in May/June 2023 at the Annual Student Bowl Competition. The SWACSM winning team will also receive ACSM Annual Meeting registration (paid for by the National ACSM) and partial funds for travel, lodging, and food (paid in part by the Regional Chapter). Note that each University or College will be expected to contribute to a portion of the cost.

All Universities interested in competing must complete [this form](#) by **5:00pm PDT Friday, October 14th, 2022**, to guarantee your spot in the competition. Although each institution in the region can submit the names for **up to two teams**, institutions are only guaranteed one spot. As part of the registration process you will need to have:

- 1) Full names and emails of 3 undergraduate students (one will be named team captain)
- 2) Name and email of a Faculty mentor/Professional or Graduate student sponsor available to serve as a judge during the competition.
- 3) Powerpoint or Google slide with all team member full names and picture, school name, school logo.

If you have any questions or would like to volunteer to help run the competition, please contact Member at Large for Abstracts and Awards, Sarah Camhi, scamhi2@usfca.edu.

EXECUTIVE DIRECTOR'S COLUMN

As management of COVID hopefully continues to improve, SWACSM is looking forward to the return to a more normal annual meeting. After the 2020 virtual meeting, and a smaller attendance at the 2021 face-to-face meeting, the Board is hoping for a rebound in attendance in 2022. Going forward, it would seem to be reasonable to review where the Southwest chapter has been.

My first Southwest annual meeting was in 1992 in San Diego. At that time and for the next several meetings, attendance was bolstered by the fitness community (ACSM, ACE) and their need for continuing education credits. However, when ACSM initiated the Health and Fitness Summit, attendance at the SWACSM annual meeting decreased significantly. At the same time, the annual meetings were moved from San Diego to Las Vegas, San Jose, Salt Lake City, and back to Las Vegas before returning to San Diego. Along the way, concerns about lagging attendance led to a refocused purpose. The Board recognized that given the size and the nature of the institutions in the Southwest chapter, we would be better served by emphasizing students and the student experience at a professional meeting. The

meeting date was moved from late November to late October (Halloween) to create some distance from Thanksgiving for those traveling for that holiday. Since the largest number of students are from the greater Los Angeles area, a meeting site in Southern California was selected. Programmatic changes included offering only one student platform presentation, this as a competition for a named award with monetary prizes.



Rather than multiple small poster sessions grouped according to theme, one large general poster session combined with a social event was instituted. These have now grown to two separate student competitions (undergraduate and graduate) with two named awards and two large general poster sessions. The combination of a general poster session and a social event has met the goal of fostering interaction between students and faculty, fostering collaboration as well as providing students with the opportunity to present their work in a

most non-threatening way. At the same time, a strong program of topics ranging from biochemical and clinical to applied exercise science has continued, and don't forget the excitement created by the Student Bowl (aka "Student Jeopardy").

Of course, there have been obstacles along the way; travel impediments to Salt Lake City in 2001 due to 9/11 and in 2021 due to COVID, being priced out of San Diego in 2010, and having to go virtual in 2020. Nevertheless, the trajectory of the annual meeting has generally been upward. The annual meeting atmosphere has changed dramatically since these changes have been implemented. Again, with COVID more or less under control and travel restricted lifted, we hope you will make it a point to join us at the annual meeting. It will be worth your while. So, check the web site (swacsm.org); registration is now open, book your hotel room, submit an abstract (it will be accepted), review the program, and join us for the 2022 annual meeting on Halloween weekend. I promise no tricks, just treats.

Jack Young, PhD, FACSM
SWACSM Executive Director

The SWACSM Board would like to congratulate Zachary Zenko, PhD of Cal State University, Bakersfield who recently become a Fellow of the ACSM

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Chapter Leadership - Southwest American College of Sports Medicine

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Associate Executive Director: Ben Yaspelkis III, Ph.D., FACSM

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Member-at-Large: Jeffrey Bernard, Ph.D.

Member-at-Large: Sarah Camhi, Ph.D.

Member-at-Large: Hawley Almstedt, Ph.D., R.D.N.

Member-at-Large: James Navalta, Ph.D.

Member-at-Large: Zachary Zeigler, Ph.D.

Regional Representative: Ann Gibson, Ph.D.