

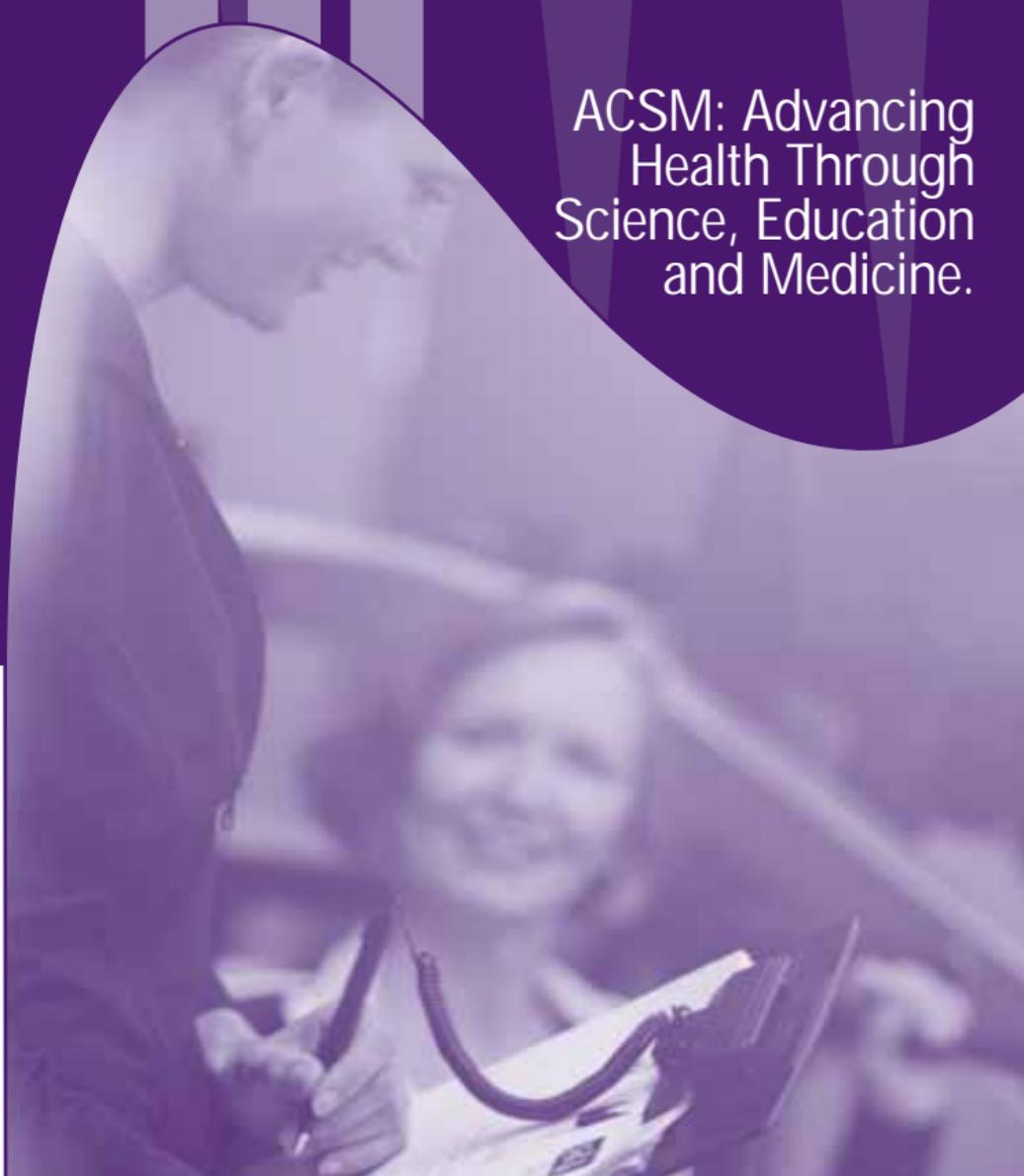
American College of Sports Medicine

Information & Membership Guide 2005



**AMERICAN COLLEGE
of SPORTS MEDICINE®**
www.acsm.org

ACSM: Advancing
Health Through
Science, Education
and Medicine.



Membership:

20,000 National, Regional,
and International Members

Conference Attendance:

6,500 ACSM Annual Meeting, ACSM Team
PhysicianSM Course, ACSM's Health & Fitness
Summit & Exposition

Web Site Visitors Annually:

1,820,000 (11 percent international visitors)

Distribution of ACSM Journals:

39,685 Includes:

- *Medicine & Science in Sports & Exercise*[®],
- *ACSM's Health & Fitness Journal*[®],
- *Exercise and Sport Sciences Reviews*

National Editorial News Impact:

Within the past year according to LexisNexis, the term "American College of Sports Medicine" appeared in 156 articles of major world publications. During this period, ACSM was cited an outstanding 23 times by the *Washington Post*, and another 15 times in the *Los Angeles Times*. This means ACSM experts have the potential to reach more than 31.6 million daily readers through these two major papers alone.

ACSM member diversity and expertise make ACSM the largest, most respected sports medicine and exercise science organization in the world. From astronauts and athletes to people with chronic diseases or physical challenges, ACSM continues to look for and find better methods to allow individuals to live longer and more productive lives. Healthy people make a healthier society.

ACSM National Center mailing address is:
P.O. Box 1440, Indianapolis, Indiana
46206-1440 USA.

Regional Chapters Resource Center:
(317) 637-9200 ext. 138

ACSM Certification Resource Center:
1-800-486-5643

The National Center staff is available to serve both
ACSM members and the general public.

The National Center office hours:
Monday-Friday from 8 a.m. to 4:30 p.m. (EST).

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AMERICAN COLLEGE OF SPORTS MEDICINE...

Overview and Mission

The American College of Sports Medicine's more than 20,000 International, National, and Regional Members each are dedicated to improving the quality of life for people around the world.

ACSM's Mission Statement reflects this goal: **The American College of Sports Medicine advances and integrates scientific research to provide educational and practical applications of exercise science and sports medicine.**

ACSM was founded in 1954. Since that time, our members have applied their knowledge, training, and dedication in sports medicine and exercise science to promote healthier lifestyles for people around the globe. In 1983, the National Center relocated to Indianapolis, Indiana, regarded as the amateur sports capital of America. Our strong heritage, combined with our visionary approach to the future, fuels ACSM's growth and prosperity both nationally and internationally.

Working in a wide range of medical specialties, allied health professions, and scientific disciplines, our members are committed to the diagnosis, treatment, and prevention of sports-related injuries and the advancement of the science of exercise.

A woman with dark hair, wearing a white tank top and a backpack, is seen from the side, looking at a large digital display board. The board displays a research abstract with sections for 'Abstract', 'Purpose', 'Background', 'Methods', and 'Results'. The text on the board is partially obscured by a large white graphic element. The background is a blurred indoor setting, possibly a conference or exhibition hall.

Healthy people
make a healthier
society!

MEMBERSHIP AND CHAPTER SERVICES

ACSM MEMBERSHIP CATEGORIES

Areas of Interest

ACSM members are divided into three main categories:

- **Basic and Applied Science:** A person whose career involves fundamental and/or practical applications in teaching, research, or clinical settings, which encompass the disciplines of exercise physiology, biochemistry, motor control, psychology, athletic medicine, sociology of sports, rehabilitation, or growth and development.
- **Education and Allied Health:** A person whose primary career is in the teaching of others, whether in a formal educational setting or in a more informal setting, such as individual or group health-related functions under physician guidance or prescription.
- **Medicine:** A person who is licensed to practice medicine and/or surgery or possesses an equivalent licensure and whose main occupation is the actual practice of the licensed profession.

When you apply to become an ACSM member, you will indicate one of these areas of interest as your primary focus.

Occupation Codes

ACSM members are divided into occupation codes to better serve their individual needs. When you apply for ACSM membership, you will choose from one of the following:

101	Anatomist	212	Orthopedic Surgery
102	Applied Physiologist	213	Pediatrics
103	Biochemist	214	Physiatrist
104	Biomechanist	215	Podiatrist
105	Coach	216	Psychiatrist
106	Ergonomist	217	Radiologist
107	Exercise Biochemist	218	Other Medicine (M.D., D.O. or equivalent)
108	Exercise Physiologist	301	Athletic Trainer
115	Kinesiologist	302	Kinesiotherapist
116	Sports Psychologist/ Sociologist	303	Health Educator
117	Veterinarian	304	Licensed Practical Nurse
118	Other Basic & Applied Science	305	Nutritionist
201	Cardiologist	306	Occupational Therapist
202	Chiropractor	307	Optometrist
203	Dentist	308	Physical Educator
204	Emergency Medicine	309	Physical Therapist
205	Family/General Practice	310	Physician's Assistant
206	General Surgery	311	Registered Nurse
207	Internal Medicine	312	Respiratory Therapist
208	Neurologist	313	Other Health Care Specialist
209	Neurosurgeon	401	Student
210	OB/GYN		
211	Ophthalmologist		

Membership Duration

Membership in the College is on a calendar-year basis (January through December), with the exception of the Alliance of Health and Fitness Professionals. The Alliance category is an anniversary year membership. ACSM does not prorate its dues. Application processing time is four to six weeks. If your membership begins mid-year, you will receive all of that year's publications as inventory permits. Please allow six to eight weeks for delivery of back issues. Applications received after October 1 will automatically be applied to the following year unless otherwise requested. Accepted membership applications are nonrefundable. Only completed applications will be considered. To join, visit the "Membership Worldwide" section of www.acsm.org. Send your application to the ACSM National Center via fax: (317) 634-7817 or mail: Department 6022, Carol Stream, IL 60122-6022 (telephone applications cannot be accepted).

ACSM offers memberships in the following categories:

- **Professional Member:** Shall have earned a bachelor's, master's or doctoral degree at an accredited institution in a field related to health, physical education, or exercise science; or, shall have earned at least a bachelor's degree in another area, but be working in a field related to sports medicine or exercise science.
- **Professional-in-Training Member:** Shall have earned a terminal degree at an accredited institution in a field related to exercise science or sports medicine and presently be completing a program of residency or post-doctoral fellowship.
- **Associate Member:** Any person with an interest in the general area of sports medicine or exercise science, but who does not possess at least a bachelor's degree and does not qualify for any other category.



Members are Our
Greatest Resource

- **Graduate Student Member:** Shall have earned a bachelor's degree in a field related to exercise science or sports medicine and shall be carrying at least one-half of a full academic load, as defined by the attending institution, during at least one semester of a regular academic year.
- **Undergraduate Student Member:** Shall be a full-time undergraduate student in a field related to exercise science or sports medicine.
- **ACSM's Alliance of Health and Fitness Professionals:** To best serve the unique needs of health and fitness professionals, ACSM has created an exceptional membership program: ACSM's Alliance of Health & Fitness Professionals. Alliance membership is for those professionals or students in the health and fitness industry who want to concentrate their sports medicine interests, focusing on applied areas of health and fitness practice based on the very best science available.

Fellow Member Category

Fellows of the American College of Sports Medicine are signified by the "FACSM" credential. Fellowship is an elite category of professional membership. Applications are accepted twice a year (February 1 and August 1). Visit the membership section of www.acsm.org for application and requirements.

ACSM members in the "Professional," "Professional-in-Training," "Graduate Student," and "Undergraduate Student" categories receive:

- A subscription to ACSM's monthly scientific journal, *Medicine & Science in Sports & Exercise*® (print and electronic — \$28 of your membership dues is allocated to a year's subscription to *Medicine & Science in Sports & Exercise*®)
- A subscription to the quarterly review of current research topics in exercise science found in *Exercise and Sport Sciences Reviews*
- A subscription to ACSM's bimonthly e-newsmagazine, *Sports Medicine Bulletin* (electronic only) — a bimonthly update that keeps members abreast of the latest on certification, conferences, important new research, and College initiatives
- Access to and inclusion in the electronic *ACSM Online Membership Directory*
- Discounted registration for any ACSM Certification exam
- Discounted fees on ACSM self-tests
- Discounts on ACSM meeting registration
- An ACSM Membership ID card
- Voting privileges within the College (except "Undergraduate Student" category)
- ACSM Career Services
- ACSM Member Identity Mark for personal/professional use

It's easy to renew your ACSM Membership online!

Visit the "members only" section of www.acsm.org.

**Applicants considered to have the equivalent experience of a bachelor's degree and who are working in a field related to health, physical education, sports medicine or exercise science may still be accepted as professional members by formally requesting the Credentials Committee to waive the minimum requirements for membership. As part of such a request, the applicant must include: 1) a curriculum vitae, 2) an explanatory statement that presents the rationale for seeking a regular membership, and 3) the names of two ACSM Fellows who will provide letters of recommendation.*

“Associate” members receive:

- A subscription to ACSM's bimonthly electronic newsmagazine, *Sports Medicine Bulletin*
- Access to and inclusion in the electronic ACSM Online Directory
- Discounted registration for any ACSM Certification exam
- Discounted fees on ACSM self-test
- Discounts on ACSM meeting registration
- An ACSM membership ID card
- ACSM Career Services

Alliance members (Professionals or Students) receive:

- One-year subscription to *ACSM's Health & Fitness Journal*[®] — the premier bimonthly publication that “bridges the gap between science and practice[®]”
- Discounted registration to ACSM's Health & Fitness Summit & Exposition
- Discounted registration for any ACSM Certification examination.
- Discounted fees on ACSM self-tests
- Access to and inclusion in the electronic ACSM Online Directory
- One year subscription to *Sports Medicine Bulletin*
- An ACSM's Alliance of Health & Fitness Professionals membership I.D. card
- ACSM Member Identity Mark for personal/professional use

Alliance membership is available to all health and fitness professionals. All ACSM members enjoy discounts on consumer products, and travel services. In addition, they have the opportunity to purchase the best liability insurance available today. Join online today at www.acsm.org.

ACSM Interest Groups:

These groups provide a forum for focused discussion, activity, debate, and both formal and informal networking among members with similar interests. Each recognized Interest Group works toward fulfilling the mission of the College. Groups host meetings or socials during the Annual Meeting.

International Relations:

In its commitment to serving its international constituents, ACSM invites selected international dignitaries to each Annual Meeting, organizes an international reception at each Annual Meeting, provides financial support to an individual clinician or scientist to visit the U.S. or Canada as the ACSM International Scholar, sponsors students to attend the Annual Meeting as the International Student Award winners, and holds an annual International Team Physician Course.



Code of Ethics

You must read the following information and sign your application for acceptance as a member of the American College of Sports Medicine:

A. Principles and purposes: Preamble—These principles are intended to aid Fellows and members of the College individually and collectively to maintain high level of ethical conduct. These are not laws but standards by which a Fellow or a member may determine the propriety of his/her conduct, relationship with colleagues, with members of allied professions, with the public, and with all persons in which a professional relationship has been established. The principal purpose of the College is the generation and dissemination of knowledge concerning all aspects of persons engaged in exercise with full respect for the dignity of people.

Section 1: members should strive continuously to improve knowledge and skill and make available to their colleagues and the public the benefits of their professional expertise.

Section 2: members should maintain high professional and scientific standards and should not voluntarily collaborate professionally with anyone who violates this principle.

Section 3: The College, and its members, should safeguard the public and itself against members who are deficient in ethical conduct.

Section 4: The ideals of the College imply that the responsibilities of each Fellow or member extend not only to the individual, but also to society with the purpose of improving both the health and well-being of the individual and the community.

B. Maintenance of Good-standing in Regulated Professions: Any Fellow or member required by law to be licensed, certified or otherwise regulated by any governmental agency in order to practice his or her profession must remain in good-standing before that agency as a condition of continued membership in the College. Any expulsion, suspension, probation or other sanction imposed by such governmental agency on any Fellow or member is grounds for disciplinary action by the College.

C. Public Disclosure of Affiliation: Other than for commercial venture, any member or Fellow (FACSM) may disclose his/her affiliation with the College in any context, oral or documented, provided it is currently accurate. In doing so, no member or Fellow may imply College endorsement of whatever is associated in context with the disclosure, unless expressly authorized by the College. Disclosure of affiliation in connection with a commercial venture may be made provided the disclosure is made in a professionally dignified manner, is not false, misleading or deceptive, and does not imply licensure for the attainment of specialty or diploma status. Members who are currently ACSM Certified or Registered may disclose their certification status and Fellows may disclose their Fellow status. Because membership and fellowship in ACSM is granted to individuals, disclosure of affiliation and/or use of the initials ACSM are not to be made as part of a firm, partnership or corporate name. Violation of this article may be grounds for disciplinary action.

D. Discipline: Any Fellow or member of the College may be disciplined or expelled for conduct which, in the opinion of the Board of Trustees, is derogatory to the dignity of or inconsistent with the purposes of the College. The expulsion of a Fellow or member may be ordered upon the affirmative vote of two-thirds of the members of the Board of Trustees present at a regular or a special meeting, and only after such Fellow or member has been informed of the charges preferred against him and has been given an opportunity to refute such charges before the Board of Trustees. Other disciplinary action such as reprimand, probation, or censure may be recommended by the Committee on Ethics and Professional Conduct and ordered following the affirmative vote of two-thirds of the members of the Board of Trustees present at a regular or special meeting or by mail ballot, provided a quorum takes action.

2005 ACSM MEMBERSHIP APPLICATION

Please Print Information Legibly and Send with Page 10.

Have you previously been a member of ACSM? Yes No
 If yes, previous ID # _____

Dr. Mr. Mrs. Miss Ms.

First Name: _____ Middle Name: _____

Last Name: _____

Nickname: _____

Male Female

Ethnic Background (optional): _____

Preferred Mailing Address: _____

City: _____ State: _____ Zip: _____

Country: _____

Is this a business address? Yes No

Business Phone: _____ Home Phone: _____

Fax: _____ E-mail: _____

If your occupation code is not listed on page 4, please list your occupation: _____

Area of Interest (see page 5): _____

Birthdate: _____

Highest Degree Earned: _____

Occupation Code (see page 5): _____

ACSM Sponsor (if applicable): _____

ID#: _____

Certifications other than ACSM: _____

Membership Category (see page 5): _____

All memberships are on a calendar year basis.

Professional Member (\$195 per calendar year):	\$ _____
Professional-In-Training Member (\$145 per calendar year):	\$ _____
Associate Member (\$135 per calendar year, include an additional \$28 to receive <i>MSSE</i> [®]):	\$ _____
Undergraduate Student (\$80 per calendar year):	\$ _____
Graduate Student (\$80 per calendar year):	\$ _____
ACSM's Alliance of Health & Fitness Professionals Member (\$90 per anniversary year):	\$ _____
Student member (\$50 per anniversary year):	
Regional Chapter Membership (optional):	
Indicate Chapter(s) (see page 10): _____	
Student (\$15):	\$ _____
Non-Student (\$30):	\$ _____
Member Subscription to <i>ACSM's Health & Fitness Journal</i> [®] (optional) (\$30):	\$ _____
International Expedited Service (optional) (\$60):	\$ _____
ACSM Foundation Donation (optional):	\$ _____
TOTAL	\$ _____

ACSM REGIONAL CHAPTERS

Twelve Regional Chapters offer unique opportunities for members to interact more directly and frequently with fellow sports medicine and exercise science professionals. Introducing students and non-member professionals to ACSM is an important function of the Regional Chapters. While specific benefits vary by chapter, common benefits include:

- Networking opportunities among regional professionals in sports medicine and exercise science
- Discounted rates to annual educational programs
- Member newsletter
- Student awards and scholarships
- Leadership and professional growth opportunities
- Member forums

To learn more about an ACSM Regional Chapter near you, go to http://www.acsm.org/reg_chapters/map.htm

ACSM CAREER SERVICES

ACSM's Career Services web site (<http://acsm.medcareers.com>) allows job seekers to post resumes and search for jobs, internships and assistantships. Employers may post notices and search from a pool of qualified candidates.

Regional Chapter Membership is
Our Grassroots Strength

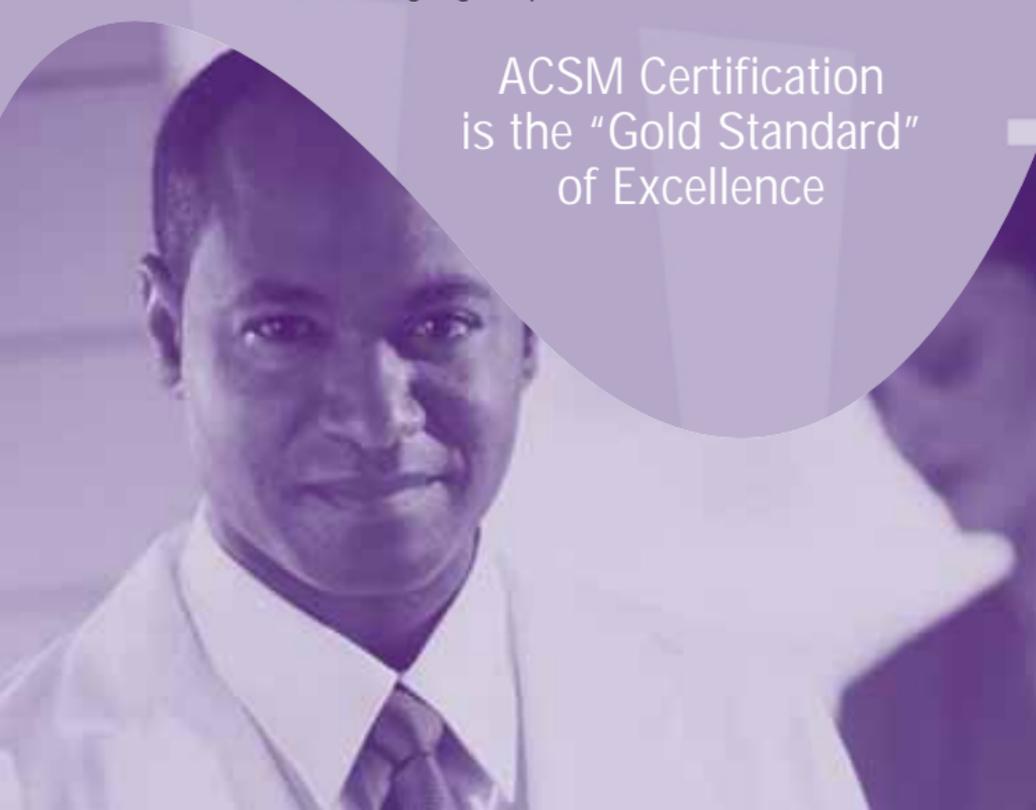


CERTIFICATION AND REGISTRY PROGRAMS

With an increased public awareness on the benefits of physical activity and exercise, the American College of Sports Medicine has established a way for employers and consumers to have appreciation for reliable and credible health and fitness professionals — through its certification and registry programs. ACSM began certifying health and fitness professionals in 1975 and has since awarded more than 25,000 certifications, recognized both nationally and internationally. ACSM's credentialing goals are to enhance professionalism within the fitness, clinical, and health care arenas and to increase public access to appropriate exercise services. The ACSM Committee on Certification and Registry Boards has the following mission statement:

To develop, provide, and market high quality, accessible, affordable credentials and continuing education programs for health and exercise professionals who are responsible for preventive and rehabilitative programs that influence the health and well-being of all individuals.

Participation in ACSM Health/Fitness Instructor[®], ACSM Exercise Specialist[®], and ACSM Registered Clinical Exercise Physiologist[®] programs requires formal training at the undergraduate or graduate level in exercise science, physiology, or other health-related fields, such as physical education or health science. In addition to the educational requirements, candidates must have practical or clinical skills and abilities in areas including, but not limited to, measurement of pulse rate and blood pressure at rest and during exercise; measurement of skinfold sites; calibration of a cycle ergometer and motor-driven treadmill, and monitoring levels of exercise intensity using heart rate, RPE, and METs. ACSM has recently partnered with a number of accredited colleges and universities to prepare students for ACSM examinations. A high school diploma or equivalent is required. Credentials are reviewed every four years, and credentialed professionals are required to obtain continuing education credits in order to ensure their ongoing competence.



ACSM Certification
is the “Gold Standard”
of Excellence



The ACSM certified Personal Trainer™ (cPT) is the professional involved in developing and implementing an individualized approach to exercise leadership in healthy populations and/or those individuals with medical clearance to exercise. Using a variety of teaching techniques, the cPT is proficient in leading and demonstrating safe and effective methods of exercise by applying the fundamental principles of exercise science. The cPT is familiar with forms of exercise used to improve, maintain, and/or optimize health-related components of physical fitness and performance. The cPT is proficient in writing appropriate exercise recommendations, leading and demonstrating safe and effective methods of exercise, and motivating individuals to begin and to continue with their healthy behaviors.



ACSM offers the ACSM Health/Fitness Instructor® (HFI) certification for fitness trainers working with low-to moderate-risk clients in settings such as commercial health clubs, government or public service facilities, or corporate fitness centers. The HFI design safe and effective exercise prescriptions, conduct individual and group exercise programs, perform physical fitness testing, and disseminate health education information to their clients.



The ACSM Exercise Specialist® (ES) is a healthcare professional certified by the ACSM to deliver a variety of exercise assessment, training, rehabilitation, risk factor identification and lifestyle management services to individuals with or at risk for cardiovascular, pulmonary, and metabolic disease(s). These services are typically delivered in cardiovascular/pulmonary rehabilitation programs, physicians' offices or medical fitness centers. The ES is also competent to provide exercise-related consulting for research, public health, and other clinical and non-clinical services and programs.



The ACSM Registered Clinical Exercise Physiologist® (RCEP) is an allied health professional who uses exercise and physical activity to assess and treat patients at risk of or with chronic diseases or conditions where exercise has been shown to provide therapeutic and/or functional benefit. Patients for whom RCEP services are appropriate may include, but are not limited to, persons with cardiovascular, pulmonary, metabolic, cancerous, immunologic, inflammatory, orthopedic, musculoskeletal, neuromuscular, gynecological, and obstetrical diseases and conditions. The RCEP provides scientific, evidence-based primary and secondary preventive and rehabilitative exercise and physical activity services to populations ranging from children to older adults. The RCEP performs exercise screening, exercise testing, exercise prescription, exercise and physical activity counseling, exercise supervision, exercise and health education/promotion, and evaluation of exercise and physical activity outcome measures.

Access ACSM ProFinder and search for professionals who have achieved the "Gold Standard" in credentialing. Search by certification/registry level, last name, first name, city, state, zip code, or country.

Visit http://www.acsm.org/certification/FORMS/online_locator.asp

ACSM Certification Resource Center (in a partnership with Lippincott Williams & Wilkins). Tel.: 1-800-486-5643; outside U.S. and Canada Tel.: (410) 528-4185; World Wide Web: www.LWW.com/acsmcrc

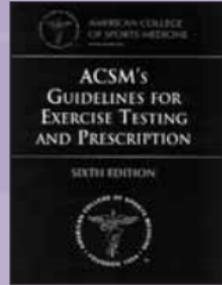


ACSM's Health & Fitness Journal®: This bimonthly (print and electronic) publication responds to the information needs of fitness instructors, personal trainers, exercise leaders, program managers, and other front-line fitness professionals. Includes material from the latest exercise science and nutrition research, components of ACSM certification workshops, current topics of interest for the fitness industry, and continuing education credit opportunities.

Price: For members of ACSM's Alliance of Health & Fitness Professionals, \$30 of the member's dues goes toward her/his journal subscription. ACSM members may subscribe for \$30. Non-member subscription rate: \$40. Outside the U.S., add \$10.

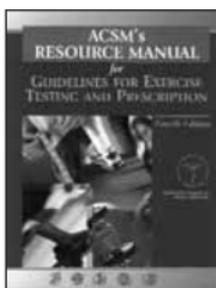
ACSM's Guidelines for Exercise Testing and Prescription, Sixth Edition (ISBN: 0-683-30355-4):

Considered the "gold standard" in sports medicine, exercise science, and health and fitness, *Guidelines* provides a succinct summary of recommended procedures for exercise testing and exercise prescription in healthy and diseased patients. Features of this edition include heightened emphasis on preventing illness in apparently healthy persons and those "at risk" as well as treating other patients with chronic disease. In addition, there are chapters addressing legal issues and methods to change exercise behavior. *Guidelines* contains the knowledge, skills, and abilities (KSAs) underlying each ACSM Certification and serves as one of the texts upon which certification exams are based. **Price:** \$31.95



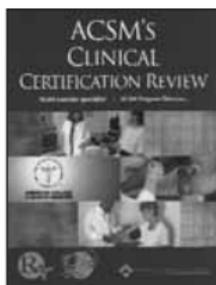
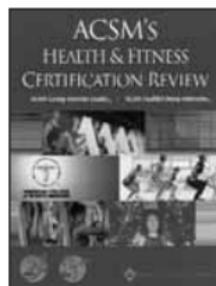
Resources for Increased
Knowledge and
Awareness





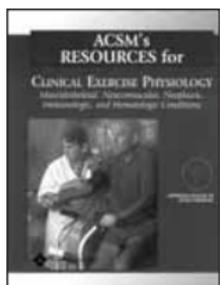
ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription, Fourth Edition (ISBN: 0-7817-2525-9): Revised to reflect all updates in the Sixth Edition of *Guidelines*. The *Resource Manual* is one of the texts upon which ACSM certification exams are based. **Price:** \$49.95

ACSM's Health & Fitness Certification Review (ISBN: 0-683-30091-1): This review book will serve as an excellent review resource for those seeking ACSM's Health/Fitness Instructor® certification. This text is written in outline-format with certification-type review questions at the end of each chapter. A comprehensive practice exam is at the end of the book. **Price:** \$35.95



ACSM's Clinical Certification Review (ISBN: 0-7817-2524-0): This review book will serve as an excellent review resource for those seeking ACSM's clinical credentials. This text is written in outline-format with certification-type review questions at the end of each chapter. A comprehensive practice exam is at the end of the book. **Price:** \$35.95

ACSM's Health-Related Physical Fitness Assessment Manual (ISBN: 0-7817-3471-1): This practical new guide teaches readers how to assess individuals' physical fitness level effectively and efficiently. This essential tool is a complementary study tool for the ACSM Health/Fitness Instructor® certification exam. **Price:** \$39.95



ACSM's Resources for Clinical Exercise Physiology: Musculoskeletal, Neuromuscular, Neoplastic, Immunologic, and Hematological Conditions (ISBN: 0-7817-3502-5): The ACSM Registry exam is based on the knowledge, skills, and abilities (KSAs) found in this text. **Price:** \$47.95

ACSM Health/Fitness Instructor® Certification Study Kit (ISBN: 0-7817-3913-6): Special package. Save when *ACSM's Guidelines for Exercise Testing and Prescription*, Sixth Edition, *ACSM's Resource Manual for Exercise Testing and Prescription*, Fourth Edition, and *ACSM's Health & Fitness Certification Review Book* are bought together. **Price:** \$105

ACSM Exercise Specialist® Certification Study Kit (ISBN: 0-7817-3914-4): Special package. Save when *ACSM's Guidelines for Exercise Testing and Prescription*, Sixth Edition, *ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription*, Fourth Edition, and *ACSM's Clinical Review Book* are bought together. **Price:** \$105



ACSM Metabolic Calculations Tutorial CD-ROM, version 1.0a (ISBN: 0-7817-3367-7) Interactive tutorial CD-ROM program that allows users to problem solve using the ACSM metabolic calculations. **Price:** \$35.95

ACSM PUBLICATIONS

ACSM is pleased and proud to offer our members and the public a wide selection of informational publications and video materials — all designed to increase awareness, interest, and education about various aspects of sports medicine and exercise science. Some items may be ordered directly from the appropriate ACSM department at the National Center, P.O. Box 1440, Indianapolis, IN 46206-1440 USA, Tel.: (317) 637-9200, Fax: (317) 634-7817, or by contacting the publisher directly. Ordering information follows each listing, and a master list of publishers is included after this section.

Please note: All payments must be made in U.S. dollars. To receive the fastest reply, payments for publications ordered directly from ACSM must be received in the National Center prior to the order being processed. All sales are final on publications ordered directly from ACSM; exchanges will be made on damaged goods. Contact each publisher for its specific return policy.

American Sports Data, Inc.

234 North Central Avenue
Hartsdale, NY 10530
Tel.: (914) 328-8877



A Comprehensive Study of Sports Injuries in the U.S.: The definitive source of primary sports and fitness participation research in the U.S. Since 1983, ASD has served a wide array of major corporations in the

sporting goods, fitness, and health club industries. Through the collective dissemination of SGMA, IHRSA and countless other professional associations, trade publications and national media, the SUPER-STUDY[®] of Sports Participation is now the most frequently quoted source of sports/fitness participation data in the nation. **Price:** \$475 (Normally \$595: ACSM members receive 20 percent discount)

Current Medicine/Current Science

Suite 700
400 Market St
Philadelphia, PA 19106
Tel.: (215) 574-2266

Current Sports Medicine Reports (ISSN: 1537-890X): An official review journal of the American College of Sports Medicine. Each bimonthly issue covers two major areas of sports medicine in depth, providing a thorough review of the most current literature published. **Price:** \$159 for ACSM Members.





Healthy Learning

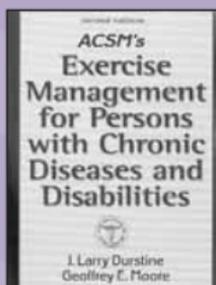
P.O. Box 1828
Monterey, CA 93942
Tel.: 1-888-229-5745
Fax: 1-831-372-6075
Web Site: www.healthylearning.com

"Healthy Learning" Videos and DVDs. Price: \$40 each

Human Kinetics

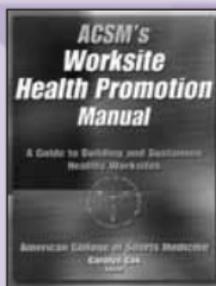
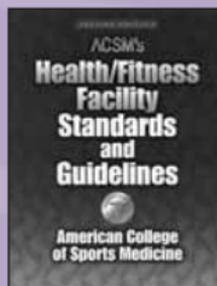
P.O. Box 5076
Champaign, IL 61825-5076
Tel.: 1-800-747-4457
Illinois residents: Tel.: (217) 351-5076
Fax: (217) 351-1549
Web Site: www.HumanKinetics.com

ACSM Fitness Book, Third Edition (ISBN: 0-7360-4406-X): Easy-to-read, easy-to-understand advice on how to start a personal exercise program. **Price:** \$16.95 in U.S.; \$24.95 in Canada.



ACSM's Exercise Management for Persons with Chronic Diseases and Disabilities, Second Edition (ISBN: 0-7360-3872-8): Reference for clinical exercise personnel, health club personnel, personal trainers, and others who work with individuals with disabilities, chronic diseases, or multiple conditions. Text for adapted physical activity and health fitness leadership courses. **Price:** \$54 in U.S.; \$80.95 in Canada.

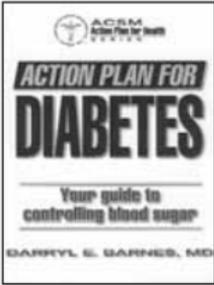
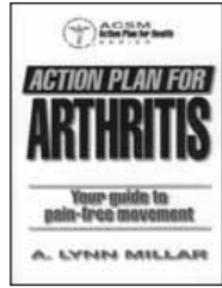
ACSM's Health/Fitness Facility Standards and Guidelines, Second Edition (ISBN: 0-87322-957-6): Provides those in the health and fitness facility industry with essential guidelines and criteria for establishing and maintaining a safe and proper facility. **Price:** \$48 in U.S.; \$71.95 in Canada.



ACSM's Worksite Health Promotion Manual: A Guide to Building and Sustaining Healthy Worksites (ISBN: 0-7360-4657-7): An ideal reference for professionals who are setting up, running, and evaluating worksite programs, complete with real-world examples and objectives. **Price:** \$34.00 in U.S.; \$50.95 in Canada.

For the most recent titles, visit the "newroom & publications" section of www.acsm.org.

Action Plan for Arthritis (ISBN 0-7360-4651-8): A complete and effective program for those affected by arthritis to enjoy a healthier and more active lifestyle. The book explains how to build strength, flexibility, and endurance while protecting painful joints, and also presents the pros and cons of supplement use so readers can make informed decisions about the “cures” advertised for their condition. **Price:** \$17.95 in U.S.; \$26.95 in Canada.



Action Plan for Diabetes (ISBN 0-7360-5459-6): This complete guide to managing and preventing complications associated with diabetes can significantly decrease the chances of needing insulin injections. The exercise-based plan can be tailored to the body's needs to monitor and maintain appropriate blood sugar levels and body weight. **Price:** \$17.95 in U.S.; \$26.95 in Canada.

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“Cardiac Comeback” video series: Three-part series, created to guide low-risk cardiac patients through a progressive home conditioning and education program. **Price:** \$24.95/each or \$59 for set of three. Shipping not included.

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Medicine & Science in Sports & Exercise® (MSSE)

(ISSN: 0195-9131): ACSM's official monthly journal, featuring original investigations, clinical studies, and comprehensive reviews on current topics in sports medicine and exercise science. Author information is available online at www.acsm-msse.org and in the January and July issues. Manuscripts may be sent to: Managing Editor, MSSE®, 401 W. Michigan Street, Indianapolis, IN 46202-3233, or call Tel.: (317) 634-8932. **Price:** For members, \$28 of an ACSM member's dues goes toward her/his journal subscription, both **print and electronic**. Domestic non-member subscription rates: \$344 (individuals), \$597 (institutions), \$184 (graduate students, interns, residents). International nonmember rates: \$409 (individuals), \$660 (institutions), \$252 (graduate students, interns, and residents). A MSSE® *Cumulative Index* is available which covers volumes 1-33. See page 22 for more details.



MSSE® Indexing Sources: Index Medicus; Cambridge Scientific Abstracts; Chemical Abstracts; Current Awareness in Biological Sciences; Research Information Systems/Reference Update; GEO Abstracts; Current Contents/Life Sciences; Science Citation Index; EMBASE/Excerpta Medica; PsycINFO; Nuclear Science Abstracts

MSSE® Back Issues: From 1998 to 2002 (volumes 30-34). Price: Single copy worldwide price, \$49. Call for special pricing on complete volumes. Make check or money order payable to Lippincott Williams & Wilkins. Credit cards accepted.

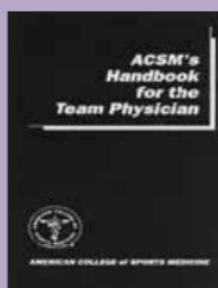


Exercise and Sport Sciences Reviews (ESSR):

(ISBN: 0091-6331) ACSM's official quarterly review (print and electronic) publication reviewing current research concerning behavioral, biochemical, biomechanical, clinical, physiological, and rehabilitation topics involving exercise science. **Price:** ACSM members receive current year volume as a member benefit. Domestic non-member subscription rates: \$100 (individuals), \$117 (institutions); International nonmember rates: \$112 (individuals), \$129 (institutions). **Note:** For pricing/ordering information on other volumes, see the ACSM Web Site at www.acsm.org.

ACSM's Handbook for the Team Physician (ISBN:

0-683-00028-4): The definitive handbook for all physicians who treat activity-related, exercise, and athletic injuries. Provides indispensable information on a range of problems that could occur before, during, and after competition, including recognition, assessment techniques, treatment, referral, principles of rehabilitation, and return to play. **Price:** \$29.95

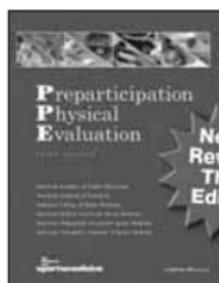


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Preparticipation Physical Examination, Third Edition (ISBN: 0-0-07-144636-2): The definitive text on screening exams. This is a must-have resource for all primary-care physicians. Includes PPE forms, timing and setting, administrative and legal issues, history, physical exam, and clearance. **Price:** \$39.95 + shipping and handling

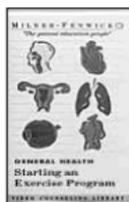
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“Starting an Exercise Program” video: Created for use in physicians’ offices or sports medicine centers, this video encourages sedentary viewers to reap the benefits of regular exercise by providing practical guidelines for beginning an exercise program and tips on incorporating exercise into daily routines. **Price:** Depends on quantities ordered. Available for a free 15-day preview.



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Annual Meeting Audio Recordings: audio CDs of selected presentations made at ACSM Annual Meetings. **Price:** \$12/each.

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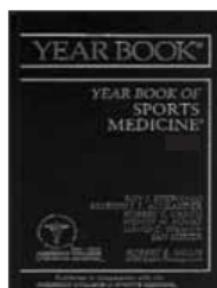
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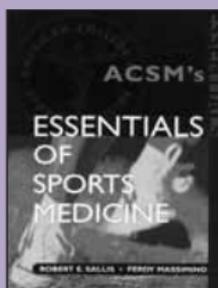
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2004 Year Book of Sports Medicine® (ISBN: 0-323-02056-9): Nationally recognized editors select the best, most relevant journal articles of the year from a survey of more than 500 journals nationwide. The articles are professionally abstracted and followed by clinically relevant commentary by the editors. **Price:** \$106 (ACSM members receive a 15 percent discount when presenting an ACSM member identification number).





ACSM's Essentials of Sports Medicine (ISBN: 0-8151-0157-0): Discusses the fundamentals of primary care sports medicine, consistent with the subject matter covered in the CAQ. Presents the basic science of sports medicine, medical problems of athletes, sport-specific problems, and anatomical skeletal problems of athletes — all in outline format allowing for rapid review of material. **Price:** \$73; free to review for 30 days.

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ACSM Certification Department

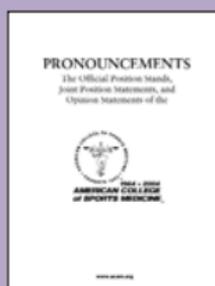


ACSM's Certified News (ISSN: 1056-9677): Electronic newsletter published four times a year by ACSM's Committee on Certification and Registry Boards to provide continuing education credits (CECs) and information to those certified or registered by ACSM. Available only to those with a valid ACSM Certification or Registry number. **Price:** Included in recertification or Registry renewal fee.

ACSM Communications and Public Information Department

ACSM's Graduate and Undergraduate Programs Links — ACSM is proud to offer a brand-new resource for prospective students, parents, and counselors who are interested in researching education and training options in sports medicine, exercise science, or a related field. ACSM's Graduate and Undergraduate Programs Link is a premier resource for college and university program information at both the undergraduate and graduate levels, including degree specialties, course descriptions, and contact information. No other resource is available to the consumer that compiles this much customized information. To access ACSM's Graduate and Undergraduate Programs Link, go to www.acsm.org/student.

Pronouncements: The Official Position Stands, Joint Position Statements, and Opinion Statements of the American College of Sports Medicine

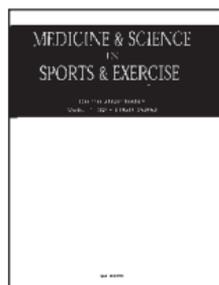




ACSM Fit Society® Page newsletter is a quarterly electronic newsletter written for the general public on a variety of popular health and fitness topics. Expert commentary and features on exercise, nutrition, sports, and health offer tips and techniques for maintaining a physically fit lifestyle. **Price:** Available free of charge at the ACSM Web Site (www.acsm.org).

ACSM Publications Department

Out of Many, One: A History of the American College of Sports Medicine (ISBN: 0-87322-815-4): This publication presents the first history of the beginnings, development, and impact of ACSM on the fields of exercise and sports medicine and records how individuals from different fields have retained a common focus over the decades of growth and change (limited quantity available). **Price:** \$35



MSSE® Cumulative Index, Twelfth Edition:

Includes cumulative index for volumes 1-20, and individual indices for volumes 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32 and 33. Index is formatted into functional and easy-to-use key word and author listings. A cross-reference legend identifies page numbers for each volume and issue. **Price:** \$40 for volumes 1-20 (includes binder); \$25 for volumes 21-32 (does not include binder). For foreign postage, add \$20 for first class, \$5 for book rate (these orders will take a minimum of 6-10 weeks). To order: Contact the ACSM Publications Department at Tel.: (317) 637-9200, ext. 105.

Sports Medicine Bulletin (SMB) (ISSN: 0746-9306): Bimonthly electronic newsmagazine, focusing on ACSM issues, activities, members, committees, Regional Chapters, sports medicine conferences, and meetings worldwide. Available exclusively to ACSM members. **Price:** Included in membership dues.



Advertising Opportunities

To advertise in *Exercise and Sport Sciences Reviews*, *ACSM's Health & Fitness Journal®*, or *Medicine & Science in Sports & Exercise®*: Contact Cathy Chapman, Lippincott Williams & Wilkins at Tel.: (410) 528-8536. For classified advertising: Contact Carol Miranda, Lippincott Williams & Wilkins at Tel.: (717) 235-9596.

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PROFESSIONAL EDUCATION

Believing professional education is vital to its advancement, ACSM offers many programs for professionals involved in sports medicine and exercise science.

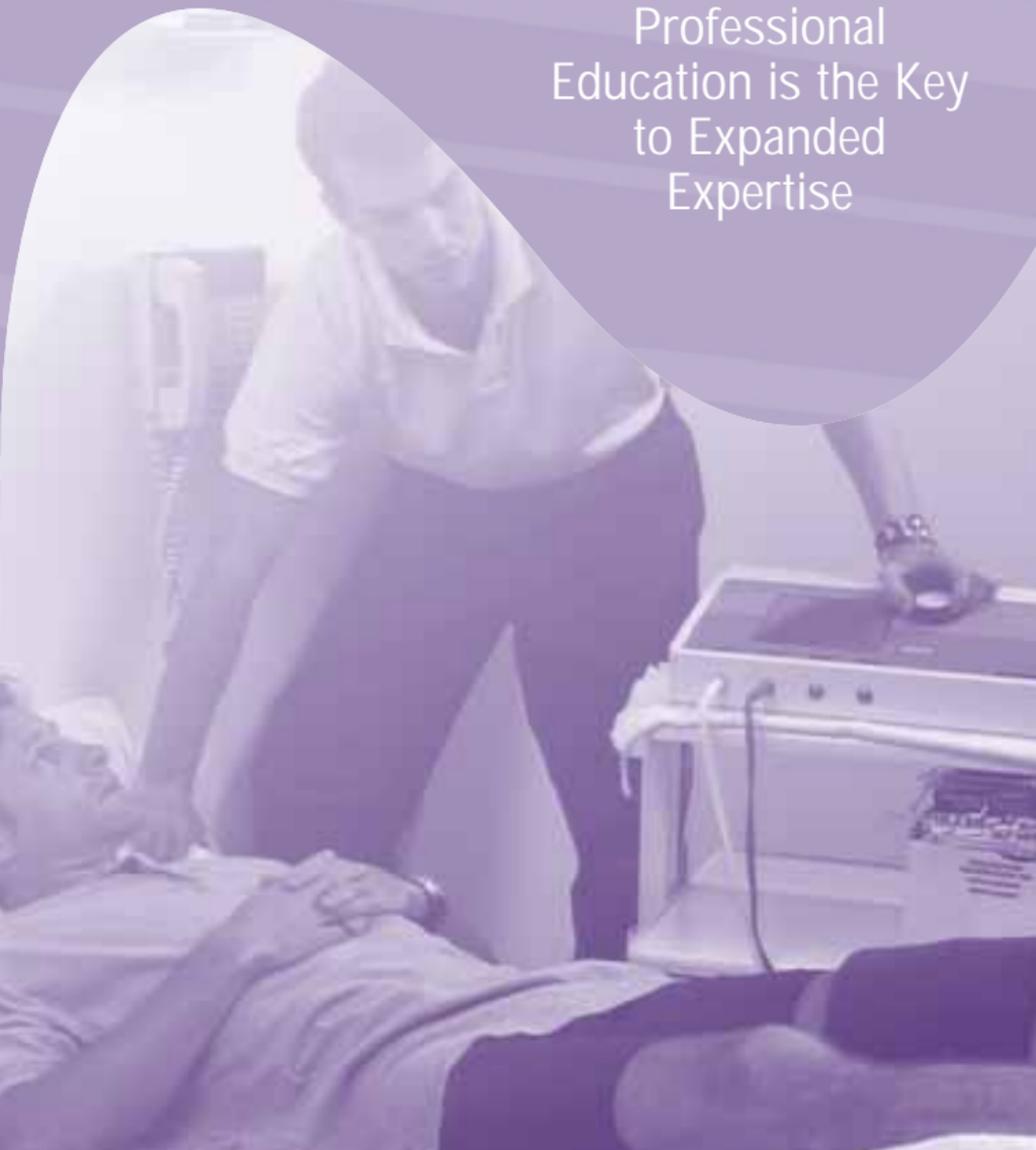
The ACSM 52nd Annual Meeting



ACSM hosts the largest single gathering of sports medicine professionals world-wide. 5,000 participants from the U.S. and abroad gather to present more than 2,000 research and clinical case studies and workshops, giving participants the opportunity for professional exchange, networking opportunities, and interdisciplinary involvement. An extensive exhibit hall is offered along with Career Services Center, networking opportunities, and a career opportunity board.

The Annual Meeting is held in late spring at a different site each year: Gaylord-Opryland, Nashville, Tennessee in 2005; Denver, Colorado in 2006; New Orleans, Louisiana in 2007; Indianapolis, Indiana in 2008; and Seattle, Washington in 2009.

Professional
Education is the Key
to Expanded
Expertise



ACSM Team PhysicianSM Course



This meeting is designed to enhance the medical skills of physicians working with athletic teams and athletes. Accredited by the Accreditation Council for Continuing Medical Education (ACCME) to sponsor continuing medical education for physicians, ACSM's Medical Education Committee offers a two-part course for team physicians. Upon course completion, these physicians are qualified to organize medical care for athletic teams, provide medical care to athletes, assist in the development of conditioning and training programs, and provide coverage for games and other athletic events.

ACSM Team PhysicianSM Course - Part II

Hyatt Regency San Antonio on the Riverwalk
San Antonio, Texas • February 9-13, 2005

ACSM Team PhysicianSM Course - Part I

To be held in early February 2006 (Specific dates/location to be determined)

These two courses are nonsequential, meaning Part I does not need to be taken first. The two parts simply cover different topics.

Advanced Team Physician Course



Offered in cooperation with the American Medical Society for Sports Medicine and the American Orthopaedic Society for Sports Medicine, this advanced course has been designed for the experienced and knowledgeable team physician. The most current data and application of medical information in the practice of sports medicine is presented through didactic lectures, clinical case scenarios and large amounts of discussion time for each topic. In 2004, the Advanced Team Physician Course will be held December 11-14, at the Pointe Hilton Squaw Peak Resort in Phoenix, Arizona. 2005 site/location to be determined.

International Team Physician Course

This meeting is designed to bring a small faculty of physicians to an international site for the purpose of teaching a condensed version of the ACSM Team PhysicianSM Course in an underserved area of the world. The 2005 International Team Physician Course will be held in Kuala Lumpur, Malaysia (Specific dates to be determined).

Team Physician Consensus Conference

The consensus conference develops a statement by a collaboration of six major professional associations concerned with clinical sports medicine issues; they have committed to forming an ongoing project-based alliance to "bring together sports medicine organizations to best serve active people and athletes." The organizations are: American Academy of Family Physicians, American Academy of Orthopaedic Surgeons, American College of Sports Medicine, American Medical Society for Sports Medicine, American Orthopaedic Society for Sports Medicine, and the American Osteopathic Academy of Sports Medicine. After creation of the consensus statement, aggressive dissemination to appropriate audiences will take place, including simultaneously publishing the statement in the journals of the respective organizations.

ACSM's Health & Fitness Summit & Exposition

An exciting initiative, the Summit provides the health and fitness professional an opportunity to attend an ACSM educational offering geared specifically for them. The goal of the Summit is to bring cutting-edge research to the practitioner in a clear, concise manner, and present the appropriate practical applications. This four-day conference includes an exposition and workouts. In 2005, ACSM's Health & Fitness Summit & Exposition will be held March 29-April 1 at the Flamingo Las Vegas.



Earning Credits

Opportunities to earn credit hours for professional education and medical education exist through ACSM meetings, as well as self-tests offered through several publications.

Home Study Opportunities:

ACSM's Health and Fitness Journal[®] offers 4.0 ACSM-CECs or NATA CEUs in each bimonthly issue.

ACSM's Certified News is available electronically to ACSM Certified Professionals and offers 4.0 ACSM-CECs in each issue. This electronic newsletter is published four times a year and can be obtained on the ACSM web site at <http://www.acsm.org/certification/certifiednews.htm>.

GSSI On-line Education Center—The Gatorade Sports Science Institute offers ACSM-CECs through online tests which are designed to provide current, relevant and practical information authored by experts in the field. 2.0 CECs for each exam. This home study opportunity can be found under the Continuing Education section on the GSSI website at: www.gssiweb.com

Human Kinetics is pleased to bring you an ACSM On-line Education Center offering between 5.0 and 8.0 CECs. Visit the on-line education center at <http://acsm.hkeducationcenter.com>.

The Physician and Sportsmedicine is a peer-reviewed journal which offers CME Category 1, NATA CEU and ACSM-CEC credits in each monthly issue. Tests can be taken on-line for full credits or paper journal for 1.0 credit. For additional information, access *The Physician and Sportsmedicine* Web Site at www.physsportsmed.com or to subscribe call (609) 426-7070.

Clinical Sports Medicine Home-Study course, *Sports Medicine Digest*, June-December 2004. This continuing education offering meets the criteria for up to 14.0 annual ACSM-CECs. For information, regarding this course, contact: Lippincott Williams and Wilkins, Tel. 1-800-486-5643 or 1-800-787-8981.

Accreditation/Endorsement

Representatives from those programs desiring endorsement and accreditation may contact ACSM for formal application procedures. Last year, ACSM endorsed more than 180 programs worldwide.

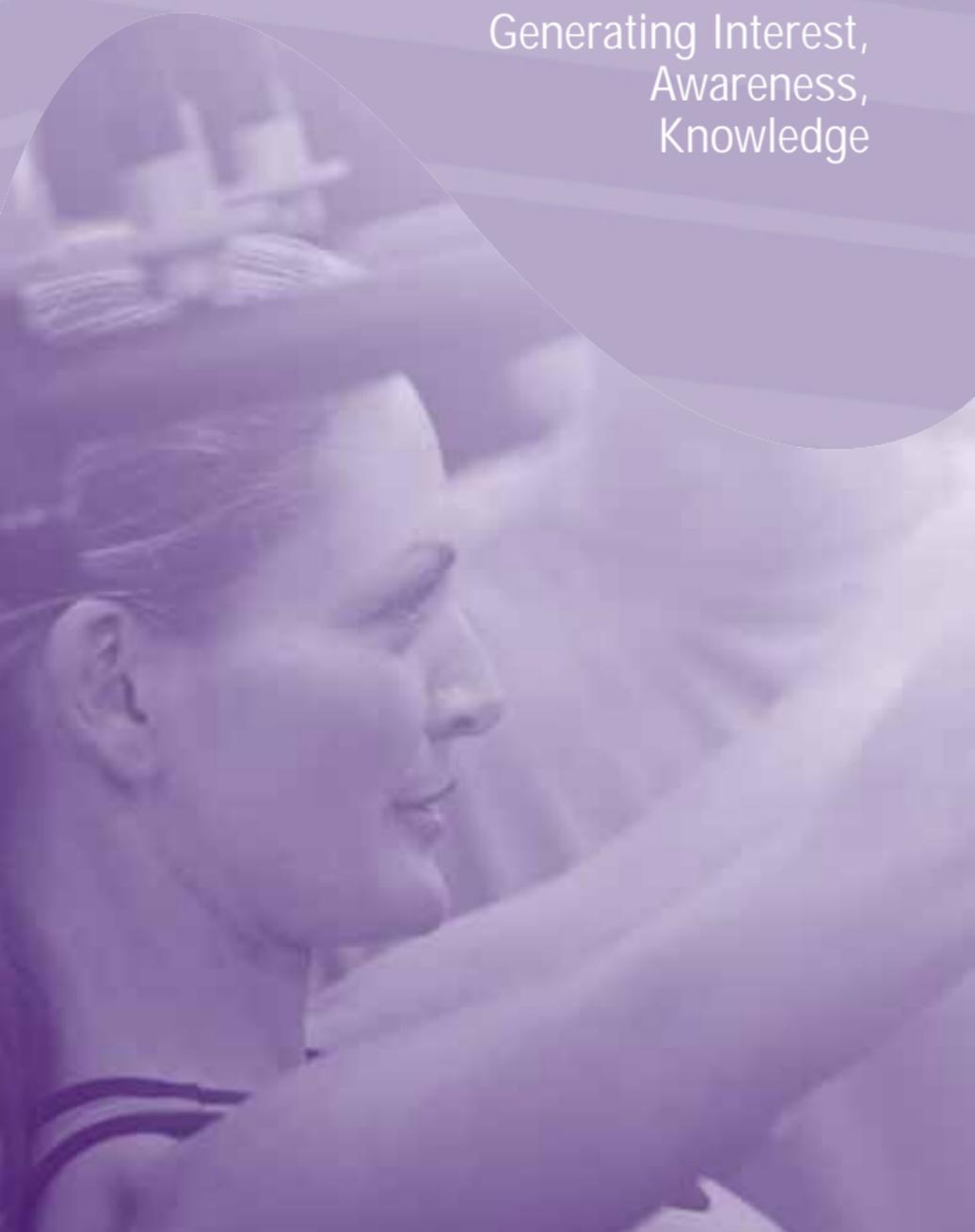
COMMUNICATIONS AND PUBLIC INFORMATION

A large part of ACSM's mission is devoted to public awareness and education about the positive aspects of physical activity for people of all ages, from all walks of life. A detailed listing of all available materials may be found in the Publications Directory of this brochure.

News Media

A very effective way to communicate the ACSM message is through the news media and publicity efforts. Our media referral authorities include experts in a variety of health, fitness, and sports medicine specialties. Referrals are available to media representatives for accurate and unbiased quotes and references for their stories. News releases, news conferences, and special projects are also organized by the Communications and Public Information Department to serve the media and educate the public on timely topics related to sports medicine and exercise science.

Generating Interest,
Awareness,
Knowledge



Brochures

- Careers in Sports Medicine and Exercise Science**
- Exercise-Induced Asthma*
- Eating Smart, Even When You're Pressed for Time*
- Exercise Your Way to Lower Blood Pressure (online only)**
- Female Athlete Triad: Amenorrhea, Eating Disorders, and Osteoporosis*
- Fit Over 40*
- Nutrition, Training, and Injury Prevention Guidelines: A Guide For Soccer Players*
- Nutrition and Sports Performance: A Guide For Physically Active Young People*
- Pre-participation Physical Examinations**
- Questioning the 40/30/30 Diet*
- Return to Play (A Coach's Guide)*
- Sprains, Strains, and Tears*
- What is an Exercise Physiologist?*
- Selecting and Effectively Using Free Weights**
- Selecting and Effectively Using a Health/Fitness Facility**
- Selecting and Effectively Using A Home Treadmill**
- Selecting and Effectively Using A Stair Stepper/Stair Climber**
- Selecting and Effectively Using An Elliptical Trainer**
- Selecting and Effectively Using a Personal Trainer**
- Selecting and Effectively Using a Rowing Machine**
- Selecting and Effectively Using Home Weights**
- Selecting and Effectively Using Stationary Bicycles**
- Sprains, Strains, and Tears*
- What is an Exercise Physiologist?*

Single copies of brochures are available free of charge by sending a self-addressed, stamped, business-size envelope to the ACSM National Center, P.O. Box 1440, Indianapolis, IN 46206-1440. Bulk quantities of each brochure are available — 10 brochures/\$2. Shipping charges: \$5 for 50-200 brochures, \$8 for 200-500 brochures.

Checks may be sent to Department 6022, Carol Stream, IL 60122-6022.

Brochure bulk quantities of \$20 or more may be ordered with a VISA® or MasterCard® by calling the Communications & Public Information Department at (317) 637-9200, ext. 132. Shipping charges: \$5 for 50-200 brochures, \$8 for 200-500 brochures.

*These titles are also available to print and share. These brochures can be found in the "Newsroom and Publications" section of www.acsm.org.

Position Paper Lay Summaries

- Alcohol in Sports (\$1)
- Anabolic Steroids in Athletes (\$1)
- Proper and Improper Weight Loss Programs (\$1)
- Youth Fitness (\$1)

Call for bulk order prices.

RESEARCH ADMINISTRATION AND PROGRAMS

Through the ACSM Foundation and the Office of Research Administration and Programs, the College offers research grants to student and professional members. Specific funding areas include: injury prevention, human performance, weightlessness and space physiology, exercise and human aging, epidemiology of physical activity, and nutrition issues. In addition, ACSM will soon be offering graduate scholarships to minorities in masters and doctoral programs.

The Office of Research Administration and Programs recently introduced the ACSM Conference Series, convening scientific roundtables and specialty conferences on topics of current interest in exercise science and sports medicine. During these meetings, experts convene to discuss and define the state of understanding on a specific topic and propose future direction for research and practical applications of this knowledge. The Assistant Executive Vice President of Research Administration and Programs serves as liaison to federal agencies and professional organizations to develop collaborative initiatives with the College.

Finding Solutions for a
Healthier Future



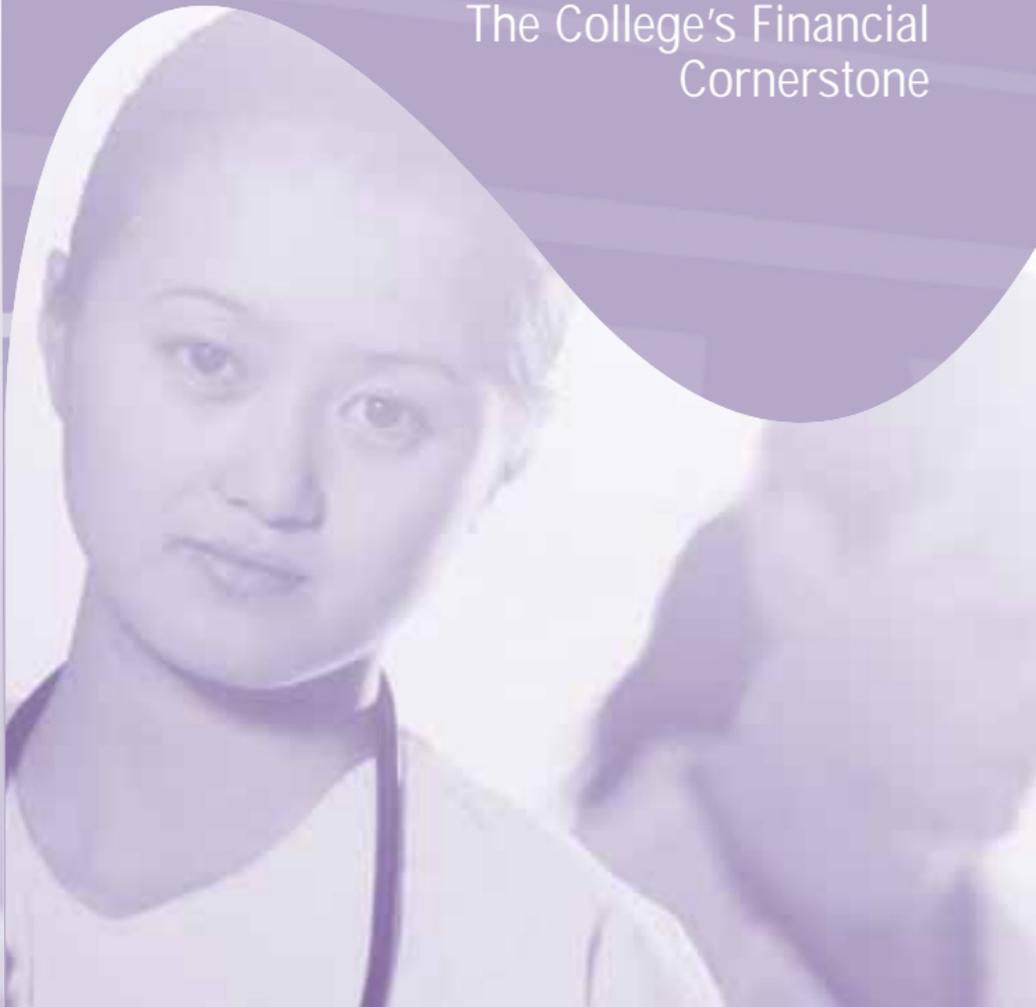
ACSM FOUNDATION

The ACSM Foundation aids in the fulfillment of the College's mission by raising the funds necessary to provide the wide array of programs for which the College is so well regarded. Through partnerships with corporations, foundations, and associations, and through the philanthropic investments of the College's members and other individuals, the ACSM Foundation provides financial support for scientific and clinical research, continuing medical and professional education, and public education.

The College's Annual Fund, provides members with the opportunity to support ACSM's core programs with contributions designated for endowment funds, memorial funds, and research grants. Educational grants and sponsorships from prominent fitness and health industry corporations help to make ACSM's scientific roundtables possible and provide student and senior investigator research grants. Corporate educational grants are also vital to the success of ACSM's Annual Meeting, ACSM Team PhysicianSM Courses and specialty conferences.

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For a complete listing of ACSM staff and department e-mail addresses, please visit the ACSM Web Site at www.acsm.org.



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