

Meet Our ACSM Past Presidents



William O. Roberts M.D., M.S., FACSM
ACSM Past President, **2004-2005**



Name: William O. Roberts M.D., M.S., FACSM

Education: B.S., Rensselaer Polytechnic Institute, Troy, NY, 1974
M.D., University of Minnesota Medical School, Minneapolis, MN, 1978
M.S., University of Minnesota, Minneapolis, MN, 1981
Residency, Family Medicine, Smiley's Point Clinic University of Minnesota Department of Family Practice and Community Health, Fairview Downtown and St. Mary's Hospitals Minneapolis, MN, 1978-81

Current or most recent affiliation: Professor, Vice Chair of Faculty Affairs, Department of Family Medicine and Community Health, University of Minnesota Medical School, Twin Cities Campus, Minneapolis, MN

Honors & Awards: Hall of Fame, Minnesota State High School League, Brooklyn Center, MN, 2022
Executive Director Award of Distinction, 40 Years of Service to Twin Cities in Motion, Minneapolis, MN 2022
Academy for Excellence in Clinical Practice, University of Minnesota Medical School, 2020
Innovation & Research Award, Minnesota Academy of Family Physicians Family Medicine, 2020
Honor Award, American College of Sports Medicine (ACSM), Indianapolis, IN 2015
Merit Award, Minnesota Academy of Family Physicians, St Louis Park, MN, 2013
Citation Award, ACSM, Indianapolis, IN, 2008

Professional Interests: Integrating physical activity into the care of healthy and unhealthy patients
Endurance medicine and race administration
Exertional heat stroke
Athlete collapse during activity
Environmental medicine (heat, cold, altitude)
Preparticipation medical evaluation for athletes

ACSM Service: I have had the opportunity to participate in many committees and leadership roles.
President, 2004-2005
President — American College of Sports Medicine Foundation, 2008-2012
Chair — Executive Committee, 2004-2005
Chair — Administrative Council, 2004-2005
Chair — Board of Trustees, 2004-2005
Executive Committee Member, 2003-2009
Media Advocacy Committee, 2005-Present
Ethics Committee, 2022-Present
Constitution, Bylaws, and Operating Codes Committee, 2022-Present
Clinical Medicine Leadership Committee, 2003- 2018
Past President — American College of Sports Medicine Foundation, 2012- 2013
Task Force on Annual Meeting Abstract Publishing, 2012-2017

Strategic Planning Committee, 1990-2013
 Program Committee, 1997-2017
 Task Force for the Development Plan for the ACSM – USADA Initiative for Combating Doping in Sports, 2007-2015
 Chair — Special Work Group on Evidence Based Literature, 2007-2012
 ACSM Foundation Executive Committee, 2006-2012
 Past Presidents Committee, 2006-2012
 Budget and Finance Committee, 2006-2012
 ACSM Foundation Board, 2003-2012
 Ethics Committee, 2008-2011
 Publications Committee, 2006-2009
 Nominations Committee, 2001-2009
 Chair — Past Presidents Committee, 2006-2007
 Chair — Strategic Planning Committee, 2005-2006
 Chair — Nominations Committee, 2005-2006
 Executive Committee, 2003-2006
 ACSM Foundation Planning Group, 2003-2006
 Administrative Council, 2001-2006
 Awards and Tributes Committee, 2001-2006
 Budget and Finance Committee, 2001-2005
 Advancement Committee, 2001-2005
 CME Committee Representative, Northland Chapter, 2000-2005
 Distance Learning Task Force, 1998-2005
 Medical Education (CME) Committee, 1990-2005
 Chair — Awards and Tributes Committee, 2003-2004
 Chair — Program Committee, 2003-2004
 Chair — Nominations Committee, 2003-2004
 Chair — Medical Education (CME) Committee, 1998-2004
 First Vice President, 2002-2003
 Pronouncements Committee, 1998-2003
 CME Committee Representative, Greater New York Chapter, 2000-2003
 Corporate Relations Task Force, 1999-2003
 Medicine Task Force, 1998-2003
 Second Vice President, 2001-2002
 Credentials Committee, 1998-2001
 Chair, Share the Experience Committee, 1998-2000
 Chair, ACSM International Team Physician Course Committee, Guatemala City, Guatemala Practice, 1998-1999
 Board of Trustees, 1995-1999
 Co-Chair, ACSM Team Physician Course, 1994-1999
 Certificate of Added Qualification Course Committee, 1996-1997
 Constitution Bylaws and Operating Codes Committee, 1988-1997
 Chair, Constitution, Bylaws, and Operating Codes, 1990-1996
 Committee on Committees Committee, 1994-1995
 Program Committee, 1994-1995
 Leadership Development Committee, 1992-1995
 Clinical Publication Task Force, 1992-1995
 Governance Task Force, 1991-1995
 CME Committee Representative, Northland Chapter, 1991-1993
 CME Committee Representative, Northwest Chapter, 1990-1991

**Questions
to answer**

What first inspired you to enter the exercise science/sports medicine field?

What made you decide to pursue your advance degree and/or line of research/service?

I enjoyed caring for athletes and found that exercise physiology helped me better understand the reasons for injury and illness in athletes.

As a student, who were your mentors and what role did they play in your professional development? As a professional, was there anyone who was also instrumental in your career development?

As a resident in training, I pursued a master's degree that put me in front of Bob Serfass, Ph.D., FACSM who guided me toward ACSM.

Are there any students who you feel you have mentored that have gone to play any significant roles within ACSM?

Bill Dexter and Liz Joy are both past presidents.

What is it about exercise science/sports medicine that still inspires you today?

The athletes, the scientists, and the care teams.

Why and how did you decide to get involved with ACSM? How did your service help you grow as a professional? How do you feel you were able to get elected to its highest position?

"People go where they are invited and stay where they felt welcome." The first annual meeting I attended in 1982—which happened to be in Minneapolis so I could afford the meeting—hooked me on the ACSM. I have not missed an annual meeting since. ACSM embodied what I hoped to be in medicine, so it was easy to volunteer for the organization that was helping me grow as a sports medicine physician. There were no fellowships for family physicians in 1982, and most declared sports medicine physicians were orthopedic surgeons; it took a long time for coaches and the public to catch up with the concept of non-orthopedists as team and sports physicians. ACSM helped move that ahead for me and others of my generation.

What are your most memorable moments from your service to ACSM?

- The staff and members that I was able work with during my leadership and committee roles.
- Calling award winners with the news of an honor or citation award.
- The Team Physician Course faculty and planning group.
- Working with the International Team Physician groups.
- Visiting cities that I would not have had the annual meeting not been there.
- Committee dinners at meeting in Indy where I got to know a lot of people.
- Working with CSMR.

How did you become a fellow, and in what year?

I applied for and became a fellow in 1986. As I was leaving my first annual meeting, I saw a box that said "Become a fellow." I took two copies and put one up in my office and one at home. I marked each milestone on the path to application.

How do you feel that played a role in your development as a professional?

ACSM was integral to my development as a sports physician in practice, research and writing. ACSM opened doors that I did not know existed when I started my career, and my life has been richer for the experience gained through ACSM.

Presenting at the annual meeting put me in front of journal editors who "recruited" my materials. I would probably not have published my first manuscript without the boost from these folks who invested the time to work with an unseasoned author.

What were some of the main issues confronting ACSM at the time of your presidency?

- Diversity and equity
- Programming equity
- Membership and annual meeting fees
- Keeping everyone rowing the boat together
- Publishing clinically relevant manuscripts for our members and physicians at large

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Exercise science and medicine have great opportunities for your careers. Follow your heart and you will find something to keep you coming back to work every day.

What do you think are your most meaningful contributions to the field of exercise science/sports medicine?

Athlete safety and care in road racing, endurance medicine, youth ice hockey, exertional heat stroke, hyponatremia and concussion. All a result of collaborations and knowledge gained from ACSM involvement.

What advice would you have for future leaders of ACSM?

People go where they are invited and stay where they feel welcome. ACSM is a great organization that deserves your attention and leadership skills. ACSM will advance on your shoulders and cannot thrive on its past.

What advice would you give to students who are looking to pursue a career in exercise science/sports medicine?

Exercise science and medicine have great opportunities for your careers. Follow your heart and you will find something to keep you coming back to work every day.