



A MESSAGE FROM PRESIDENT-ELECT

Dear ACSM Southwest Chapter Members,

As the summer draws to a close, I am eagerly anticipating our annual Fall meeting this October. This year's conference should be a fun experience, with a diverse range of presentations delving into cutting-edge research and practical applications in exercise physiology, nutrition, sports medicine and exercise science, and more.

In the realm of exercise physiology, we will explore a decade of advancements in the 3-minute all-out exercise test and its applications in high-intensity interval training, providing valuable insights for both researchers and practitioners. We will also investigate the dual benefits of high-intensity functional training and its potential to enhance both cardiovascular and muscular fitness. Additionally, we will understand the latest techniques in measuring arterial occlusion pressure to optimize the efficacy and safety of blood flow restriction training. Further, we will delve into the molecular

mechanisms that govern skeletal muscle adaptations to various exercise stimuli, shedding light on the intricate processes that underpin athletic performance. Lastly, we will examine the synergy between endurance and resistance training protocols and their combined impact on overall fitness and performance.

On the topic of nutrition and performance enhancement, we will gain insights from the National Weight Control Registry on the habits and strategies of individuals who have successfully achieved and maintained weight loss. We will discover the latest research on plant-based proteins and their effectiveness in promoting muscle recovery and overall athletic performance. We will also learn about the thermoregulatory benefits of sodium bicarbonate supplementation and its potential to enhance physical performance in hot conditions. Additionally, we will explore the promises and pitfalls of selective androgen receptor modulators (SARMs) and other performance-enhancing drugs, highlighting the need for further research and caution.

In sports medicine and athlete care, we will examine advanced concepts and practices in the

assessment and care of lower extremity tendinopathy, with a focus on musculoskeletal imaging techniques for collegiate athletes. We also present an evidence-based discussion on athlete readiness, offering practical strategies to optimize performance and reduce injury risk.

In the areas of education and inclusivity, we will learn how to implement Course-based Undergraduate Research Experiences (CURE) in exercise science and kinesiology classrooms to enrich student learning and engagement. We will explore gender-inclusive methodologies in sport and exercise science, promoting equitable research, teaching, and practice environments. Furthermore, we will participate in an interactive workshop to establish the Exercise is Medicine On Campus (EIM-OC) initiative at your institution, fostering a culture of health and wellness. We will also reflect on the lessons learned from the COVID-19 pandemic and their implications for future research, practice, and public health in sports medicine.

We are honored to feature our two named lectures this year. The DB Dill Lecture will be delivered by

the current National ACSM President, Dr. Stella Volpe, titled "Sports Nutrition Over the Years." This lecture will provide a comprehensive overview of the evolution and advancements in sports nutrition. Additionally, the Founder's Lecture by Dr. Glenn Gaesser, titled "Can Diet Save You from a Couch Potato Lifestyle? Comparative Analysis of the Impact of Diet and Exercise on Health," will offer valuable insights into the relative benefits of diet and exercise on overall health.

Special sessions and competitions will also be a highlight of our meeting. We have three student-focused competitions: the Undergraduate Student Research Competition, the Graduate Student Research Competition, and the Undergraduate Quiz Bowl

(JEOPARDY-style!). These competitions are a lot of fun and provide exciting opportunities for students to showcase their knowledge and research. We will also have poster sessions where students present their work on both Friday and Saturday.

We are continuing the new tradition of a Faculty Social, aimed at fostering networking and connections among faculty and professionals. This year, the social will be held at the Poolside Terrace, offering a fun and relaxed venue to meet and network with other faculty members.

Special sessions and competitions will also be a highlight of our meeting. We will support our future leaders in sports medicine and exercise science as they present their cutting-edge

research in the Graduate Student Research Competition. Finally,

We look forward to welcoming you to what promises to be an informative and inspiring meeting. Your participation and engagement are crucial to the continued success and growth of our society!



Ken Vitale, MD, FACSM
SWACSM President-Elect

SWACSM ELECTION RESULTS

We are pleased to announce the results of the SWACSM Board of Trustees elections:

James Navalta (University of Nevada Las Vegas) was elected President, Fabiano Amorim (University of New Mexico) was elected as Member-at-Large for Abstracts and Awards, and Steven Machek (Cal State University - Monterey Bay) was elected Member-at-Large for Communications.

Congratulations to our new board members! A thank you is extended to the candidates who agreed to run for a board position, and to the chapter members who voted. SWACSM is a volunteer run organization. Please consider talking with one of the current SWACSM board members about opportunities to increase your involvement in the organization.

SWACSM 2024 ANNUAL MEETING OCTOBER 25TH-26TH

The 2024 SWACSM annual meeting will be held October 25th-26th at the Hilton Irvine – Airport Orange County (18800 MacArthur Blvd., Irvine CA 92612).

The Hilton Irvine is offering meeting attendees a special rate of \$169/night. Please use this link <https://www.hilton.com/en/attend-my-event/acsm-southwest-chapter-conference/> to book your hotel room by October 3rd. It is critical to the organization that we fill our block of rooms for the annual meeting. SWACSM's use of the conference space at the hotel is based, in part, on filling our block of contracted rooms. We can only accomplish this with your help.

Pre-registration for the conference is open on the ACSM website. Click [HERE](#) to register. Pre-registration is \$90 for students and \$175 for professional members and closes on October 18th. After October 18th all conference registration will be conducted onsite at the meeting.

SWACSM 2024 ABSTRACT SUBMISSION

All student research award candidates (expanded abstracts) and poster presenters (general abstracts) 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 the expanded abstracts for the Student Research Award Competition is **Friday, September 13th, 2024, 5pm PDT**. The submission deadline for general abstracts for one of the poster sessions is **Friday, September 20th, 2024, 5pm PDT**. Please review the detailed abstract submission instructions <https://www.acsm.org/membership/regional-chapters/acsm-chapters/southwest/southwest-12/abstract-info> and download the abstract template prior to submission. Questions regarding abstract submissions can be directed to Dr. Jeff Bernard jbernard1@csustan.edu.

SUBMIT NOMINATIONS FOR SWACSM AWARDS

We are now accepting applications for the Student Travel Grant and the Brent Ruby "Outside of the Lab" Award. The deadline to submit applications is **September 13th, 2024 at 5:00 pm PDT**.

[Apply here for the 2024 Student Travel Grant.](#)

[Apply here for the 2024 Brent Ruby "Outside the Lab" Award.](#)

Do you know of someone who has made significant contributions to the field of sports medicine or exercise science through scholarly achievement and/or service to SWACSM? If so, please consider [submitting a nomination](#) for the **SWACSM Recognition Award**. We give out one award each year at our annual meeting in October. 2024 nominations are due by **September 13th, 2024**. The board keeps all nominations on file, so if your nominee is not chosen this year, they will remain in consideration for future years. For a list of previous winners, [please visit our website](#).

SWACSM JEOPARDY BOWL

The 14th annual Southwest Student Jeopardy Bowl returns and will be held at the Hilton Irvine – Airport Orange County (18800 MacArthur Blvd., Irvine CA 92612) on Friday October 25th, 2024. All Universities and Colleges are invited to bring a team of **3 currently enrolled undergraduate students** to answer questions on categories such as anatomy, bioenergetics, biomechanics exercise physiology, environmental aspects, cardiovascular physiology, sports nutrition, special populations, and ACSM guidelines. 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 Atlanta, Georgia in May/June 2025 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 18th, 2024**, 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:

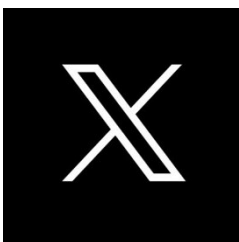
- 1) Full names and emails of 3 undergraduate students (one will be named team captain)
- 2) Name and email of a Faculty mentor/Professional or Graduate student sponsor available to serve as a judge during the competition.
- 3) PowerPoint or Google slide with all team member full names, pictures, school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

CONGRATULATIONS TO NEW ACSM FELLOWS!

We recognize our many outstanding members, including newly recognized Fellows of the American College of Sports Medicine. Congratulations to William Boyer, Ph.D., FACSM; Dierdra Bycura, Ed.D., FACSM; Yao-wen Hu, M.D., FACSM; Rachele Pojednic, Ph.D., FACSM; Jenevieve Roper, Ph.D., FACSM, and Zachary Zeigler, Ph.D., FACSM!

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