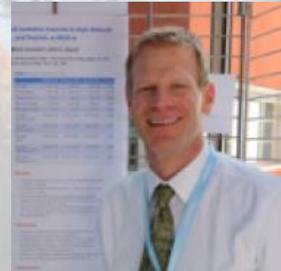




# SOUTHWEST CHAPTER OF THE AMERICAN COLLEGE OF SPORTS MEDICINE NEWSLETTER



**A Message from your President**  
**Dale Wagner, PhD**  
**Utah State University**

## **How Does the SWACSM Fit Into Your Professional Life?**

At this time of the year, for those of us who work in academia our thoughts turn to graduation. I want to take this moment to congratulate those who will be graduating soon, undergraduate and graduate students alike. Congratulations, well done, and best of luck in your future endeavors!

Now you are a professional. What does that mean? Actually, there are quite a few different definitions for “professional”, but I think that most would agree that it means that you have attained a certain level of expertise through specialized educational training and you are willing to share that knowledge with others. To me, being a professional also means being actively engaged in my profession. Examples of being engaged in your profession include practicing your skills on a regular basis, teaching others what you know, conducting research to further your knowledge and the knowledge of others in your profession, promoting your profession to others, etc. One of the best ways to be engaged in your profession is to participate in your professional organization. This is where the ACSM (and SWACSM) comes into play.

The ACSM can be thought of as an umbrella organization that encompasses many different professions within the broad spectrum of sports medicine. Examples of these professions include physicians, athletic trainers, exercise physiologists, biomechanists, physical therapists, sports nutritionists, sports psychologists, and others. Each of these professions has their own professional organization.

Choosing a professional organization(s) can be overwhelming (and expensive). For example, if you are a clinical exercise physiologist interested in pulmonary rehabilitation you could be a member of the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR), the Clinical Exercise Physiology Association (CEPA), the American Society of Exercise Physiologists (ASEP), and the American Physiological Society (APS), as well as the ACSM...and you would be spending in excess of \$1,000 just on annual membership dues if you joined them all! What should you do? I recommend to my students and new professionals to join two: 1) the professional organization that best matches your specific career path and needs, AND 2) the ACSM.

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**A Message from the President Elect's  
Ann Gibson, PhD  
University of New Mexico  
Preview of 2017 SWACSM meeting**

It is a pleasure to present some highlights from the October 2017 meeting of SWACSM. First, it is in a new location – the Long Beach Hilton in Long Beach, CA. Those flying to the meeting can book flights directly into the Long Beach airport. Next, due to the large volume of student posters accepted for presentation, we will be having Friday evening AND Saturday morning poster sessions, both 2 hours each; you will be notified about which of the two sessions your poster has been assigned at the time of acceptance. The third new feature of this meeting will be an Undergraduate Student Research Award session – scheduled such that you can attend both the Undergraduate and Graduate Student Research Award sessions. So, be sure to keep your eyes open for the calls for the expanded research abstracts if you want to compete for one of those awards. The Student Jeopardy Bowl will, again, be held on Friday evening; it promises lots of fun and some new tweaks.

Continuing what was a popular feature during the 2016 meeting, there will be some early morning options on Friday and Saturday. For sessions following Dr. Walter Thompson's D.B. Dill Lecture presentation to open the meeting, concurrent colloquia and symposia topical areas include speakers on high-intensity interval training, environmental physiology, nutrition, body weight training, technology, biomechanics, and more. We are including speakers to address clinical, applied, and bench science topics. The 2017 SWACSM meeting will wrap up Saturday with the Founder's Lecture and raffle.

We are looking for another great meeting and opportunity to connect with colleagues past, present, and future. Register online when that process opens in July. Will your school be the first to take advantage of the group registration discount? Will your school's Jeopardy team be the one to take home the prize?

See you in Long Beach October !

*President's Column continued from page 2*

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Joining the professional organization that best matches your career "niche" will help you to keep abreast of the latest changes and developments specific to that field. For example, if you are responsible for the conditioning of a sports team you might want to be active in the National Strength and Conditioning Association (NSCA). Furthermore, holding a certification within a specific professional organization might be a necessity for employment (e.g., National Athletic Trainers' Association). So why maintain an ACSM membership as well? There are more than 70 disciplines represented within the ACSM. While your individual professional organization keeps you up to date in your specialized area, the ACSM provides a broader view of how everyone is working together to improve the health and physical fitness of society as a whole. The ACSM was founded in 1954, making it one of the oldest sports medicine and exercise science organizations in existence; with more than 50,000 members, it is the largest. The scope, size, and history of the ACSM help to make membership recognizable worldwide.

More than just maintaining membership, I encourage you to become an "active" member of the ACSM. This means attending conferences from time to time, being a presenter, or serving on a committee, or even running for an office. Yes, attending conferences can be expensive. You will likely have to be selective in which conferences you can afford to attend. However, attending the right conference can be fruitful in so many ways (gain knowledge and ideas, interact with peers, make new collaborative relationships, etc.). Of course, as President of the SWACSM, I am partial to the SWACSM meeting. You get a lot of "bang for your buck" as my father would say.

## SWACSM Candidates for 2017—Nominees for President-Elect



Ann Gibson, PhD

It is humbling to be nominated for the position of President-elect for SWACSM. If elected, my goal will be to build upon the successes of the past to continue the advancement of our chapter. When I look over the names of those who have held this position, I realize that I will, with your support, be in a position to continue building upon the visions and aspirations of amazing group of predecessors while also representing the members within our regional chapter.

I have a history with SWACSM and ACSM that began during my graduate studies at the University of New Mexico. I regularly attended the regional and national meetings and, fortuitously, had the privilege of presenting posters and delivering slide presentations. Most importantly, though, were the opportunities to network, cultivate professional relationships, and keep abreast of new developments within our eclectic field. Upon receipt of my PhD (2000), I left the southwest to accept my first faculty appointments. Although, due to geography, I had to switch regional chapter affiliation, I continued attending the national meetings, became involved with what is now known as the Environmental and Occupational Physiology Interest Group (EOPIG), and earned my Clinical Exercise Specialist certification (now renamed). In 2009, I was able to return to UNM as a faculty member in the Exercise Science program and re-establish my SWACSM affiliation. I was invited by the SWACSM president at the time to become the chapter's liaison with ACSM's affiliate Clinical Exercise Physiologist Association (CEPA). Consequently, I became a non-voting member of the SWACSM Board of Trustees and began attending SWACSM Board meetings. In time, I was elected to the Member-At-Large position I currently hold. Many of you have seen me at the bottom of the escalator at the past two chapter meetings, greeting you as you arrived at the conference registration desk!



Pat Vehrs, PhD

It is an honor to be asked to run for President-Elect of the SWACSM. I am grateful for the confidence that the Board of Trustees has in my abilities to serve the members of this chapter.

The ACSM and this regional chapter are my primary professional affiliations. I attended and presented at SWACSM for 4 years as a doctoral student. During the 10 years that I worked at the University of Houston and Texas Children's Hospital, I served in the Texas Chapter of ACSM for 6 years. I returned to Utah in 2000 and I am an Associate Professor of Exercise Physiology in the Department of Exercise Sciences at Brigham Young University. I have since served on the Academic Standards and Credentials Committee and the Professional Education Committee at the national level. I have regularly attended SWACSM for the past 16 years. I served on the Board of the SWACSM Chapter from 2003 to 2007. The last four years, colleagues and I have presented symposia on topics relating to posture, corrective exercises, and functional fitness. Thanks to the faculty at BYU, the SWACSM has been well attended by students in the Department of Exercise Sciences. I am an advocate for undergraduate and graduate student participation in the annual regional meeting. The SWACSM annual meeting provides a venue for students to associate with their peers and network with professionals and faculty from other institutions. Participating in the regional meeting enhances the student's academic and professional development.

One of the primary responsibilities of the President-Elect is to plan the upcoming annual meeting. This is the grass roots of the Chapter organization. My experiences in the ACSM have helped me understand the workings of the regional chapters and will help me better serve the members of the SWACSM. I anticipate that with the help of the Board, we will be able to plan another great annual meeting that reflects the interests of the members of this Chapter and continues the tradition of outstanding

## Message from the Executive Director

**Jack Young, PhD., University of Nevada, LV**

After a very successful 2016 meeting, the Southwest ACSM chapter is on a solid financial footing going forward into 2017. While you can expect another high quality program in 2017, don't be surprised at the changes we are making which we hope will improve your experience. There were a record number of posters presented in 2016. So many, that we outgrew the space available for the Friday evening social event. It was a challenge to visit all the posters on display. For 2017, we are considering having two poster/social sessions. In addition to the Friday evening event, a Saturday morning poster session with a continental breakfast is planned. We recognize that the lure of Southern California makes it difficult for attendees to resist leaving the meeting early on Saturday for some beach time. Unfortunately, the Founders Lecture is somewhat sparsely attended and these have been meeting highlights. To that end, Ann Gibson has been able to arrange the program to have the Founder's lecture end by noon or shortly thereafter so there will be plenty of tourist time in the afternoon. That will be especially important in 2017 because we are going to a new venue – Long Beach – for this year's annual meeting. The Orange County/Costa Mesa Hilton was not able to accommodate us on our preferred dates for 2017 but fortunately Ben Yaspelkis was able to secure the Long Beach Hilton for us. Never having been to Long Beach, I'm looking forward to exploring the area. Finally, through an ACSM chapter grant, we are going to purchase a clicker system to facilitate scoring for the Student Jeopardy competition. This event continues to grow in popularity and we hope the system being selected by Matt Lee will allow for even more participation. All in all, we expect the 2017 meeting to be an opportunity for good science, good friends, and good times. You can find preliminary details of the meeting elsewhere in this newsletter. Prepare your abstracts and plan on joining us. See you there.



## Message from Your Student Representative

**Wesley Tucker, PhD Candidate**

**Arizona State University**

Greetings SWACSM student and professional members! As the appointed SWACSM Student Representative, I want to welcome you all to the start of a great year and express my praise for all of you who make this organization what it is. I would also like to invite you to "like" and join our Facebook page ([facebook.com/SWACSM](https://facebook.com/SWACSM)).

This year's annual conference is taking place in Costa Mesa, California, at the Orange County Hilton, October 21<sup>st</sup>-22<sup>nd</sup> 2016, and should not disappoint. The Hilton does offer a complimentary shuttle service from John Wayne Airport which runs from 5:30am-11:15pm; you just need to inform the front desk. In addition, the hotel has a fitness center, spa, complimentary Wi-Fi, restaurant and lounge. There will be a variety of symposia and presentations that include but are not limited to: post-exercise substrate utilization, mitochondrial health and metabolic regulation, scientific principles of running and cycling, functional fitness assessments, and innovative technology in exercise science and physical activity, as well as tutorials on ECG, motion analysis and bioelectrical impedance.

*(Continued on page 5)*

## EIM Taskforce

Exercise is Medicine (EIM) is a global health initiative managed by the American College of Sports Medicine. Since its inception in 2007, Exercise is Medicine has been making efforts to integrate physical activity into the healthcare system by referral to exercise professionals.

One of their most promising strategies is EIM On Campus (EIM-OC), which connects university health care providers (doctors) with university health fitness specialists (qualified students) in order to provide support services for exercise prescription.

As of December, 2015, the number of colleges/universities in the U.S. that are participating in the EIM-OC effort is 71. Only eight of these campuses are in our Southwestern region, and of the 24 universities with programs affiliated with SWACSM, only 3 of those campuses are engaged in the EIM-OC effort.

Considering the tremendous potential of and need for EIM-OC, I propose the formation of a taskforce that would facilitate the development of EIM-OC at colleges and universities throughout our region.

Explore the EIM website for information and resources: [Exercise is Medicine On Campus](http://exerciseismedicine.org/support_page.php?p=369) ([http://exerciseismedicine.org/support\\_page.php?p=369](http://exerciseismedicine.org/support_page.php?p=369))

Contact [Jon Opsahl, MD, MPH](mailto:DrOpsahl@gmail.com) (DrOpsahl@gmail.com) if you are interested in joining an EIM-OC Taskforce for the SWACSM.

## *ACSM Jeopardy Bowl - Calling All Faculty And Students*

**Show the Chapter your school pride by participating in this year's Southwest Student Jeopardy Bowl on Friday October 21<sup>st</sup>, 2016**

Last year was the 6th Southwest Student Jeopardy Bowl event, with Arizona State University proving victorious its' second year in a row! Last years team members recall their experiences with enthusiasm having had the opportunity to travel and compete in the regional competition. Moreover, the excitement of having the opportunity to immerse themselves in all the lectures offered at the national conference in San Diego was a highlight to their graduating year. Additionally, the team reported studying and working together really underscored for this group the importance of being a strong team player. And positive team building experience related to the importance of carrying their own weight, while also putting their trust in their fellow student team members.

Our 7th annual Southwest Student Jeopardy Bowl will be held in Orange County, again at the Hilton, **on Friday October 21<sup>st</sup>, 2016**. All Universities and Colleges are invited to bring a **team of 3 undergraduate students** to answer questions on categories such as anatomy, physiology, cardiovascular physiology, EKG, biomechanics, and exercise prescription, just to name a few. The format will be similar to that of the long standing television show, Jeopardy, with single jeopardy questions being easier than double jeopardy questions, and a final jeopardy question being 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, WINS!

### *President's Column continued from page 2*

You won't find a less expensive registration fee for a professional meeting, and it is a regional meeting so the travel expense is usually not too great. Even though it is a regional meeting, there is a strong history of excellent presenters and content.

If you happen to be doing some research that you are excited about, chances are that some other people will be excited about it as well. Consider presenting it at a SWACSM meeting. Every year the new President-Elect is looking for fresh ideas and new speakers, so step up.

Finally, if you really want to get involved, consider running for a Board of Directors position. These are three-year terms. Every year some people finish their terms while new people are needed to fill those vacancies. If you want to have a voice in the SWACSM and its future direction, serving on the Board of Directors is the best way to do that.

If you are a soon-to-be graduate, congratulations and welcome to your new profession! If you have been a professional for several years, I encourage you to do some self-reflection on your professional involvement. The SWACSM is only as strong as its members, so I encourage you to take an active role. Historically, we have been a strong chapter; we are currently a strong chapter, and I anticipate that we will remain a strong chapter for years to come.

### *Student Representative continued from page 4*

This year's DB Dill Lecture will be given by ACSM president-elect, Dr. Liz Joy, with her lecture focusing on screening, evaluation and management of the Female Athlete Triad. Dr. Peter Hackett will close out the conference with the Founder's Lecture on historical and future perspectives of high altitude medicine.

As a current student I would like to encourage all the past, present and future students to attend the annual conference as it is a great way to discover new areas of research and network with fellow students and faculty. One of the highlights of the conference is the Student Research Presentations in either oral or poster format. Please see the call for abstracts elsewhere in this newsletter for abstract instructions and deadlines. I am also pleased to announce the President's Cup Poster Competition which will take place at next year's ACSM Annual Meeting. The winner of our Student Research Award competition (**must be oral presentation and graduate student to be eligible**) at our regional meeting in October will be given a \$1,200 travel allowance to attend the ACSM Annual Meeting in Denver 2017, and registration fees will be waived. At the ACSM Annual Meeting, each regional President's Cup winner will present their research in a poster format to compete for prizes. Other highlights for students include the annual student jeopardy competition, (Arizona State University will be looking to win this competition for the third successive year). In addition, Thursday night is early registration, which offers time to mingle with other students and faculty.

This year's SWACSM annual conference will offer a perfect environment for students to take part in recent research, network for future opportunities and meet other students from various universities in our Southwest Chapter. The ACSM Annual Meeting is right around the corner, May 31<sup>st</sup> to June 4<sup>th</sup>, and will be held in Boston, MA. Details for the conference can be found at [www.acsmannualmeeting.org](http://www.acsmannualmeeting.org). I hope to bump into a lot of you at the annual meeting, if not I look forward to meeting you all in October. Until then, be sure to join our Facebook page at [facebook.com/SWACSM](https://facebook.com/SWACSM) and "like" us for important updates and conference information.

## Nominees for Member-At-Large, Board Member



Sarah L. Dunn, PhD.

It is an honor to be given the opportunity to possibly serve as a Member-at-Large on the Southwest American College of Sports Medicine (SWACSM) Board of Trustees, a premier chapter of the national American College of Sports Medicine (ACSM). It would be a privilege as a Member-at-Large to assist in disseminating the mission of the national organization as well as promoting the SWACSM experience to a greater number of students and colleagues within the region.

A primary pedagogical focus of mine is student engagement and practical application within the health sciences, more specifically, in the Kinesiology discipline. I believe in the “learn by doing” approach which I first handedly experienced by attending and presenting my research at SWACSM and ACSM annual meetings over the years. I found it empowering to meet and speak with experts in the field and have tried to provide that same experience for my current undergraduate students at the University of La Verne.

I was a first generation undergraduate student at Pepperdine University before pursuing a master’s degree from Sydney University in Australia. I was fascinated with the Australian’s love for exercise science and decided to return for my Ph.D. in Exercise Physiology at the University of New South Wales. Attending and presenting at the ACSM national meetings was very important to me during my graduate education overseas. Following the completion of my graduate training, in 2010, I returned to California and became a more active member in SWACSM. I was hired by the University of La Verne as an Assistant Professor in the Kinesiology Department and have more recently become the Chair of the Institutional Review Board governing the protection of human participants in research.



Kim Henige, PhD

It is an honor to be considered for Member-at-Large for the Southwest Chapter of ACSM. I attended my first SWACSM when I was an undergraduate student in 1988.

I have attended the majority of the meetings since then and have a strong appreciation of and loyalty to the chapter. SWACSM has helped me develop and grow as a student and colleague and now does the same for my students.

I was born and raised in Southern California where I received all of my education at CSU Northridge (CSUN) and the University of Southern California. I hold ACSM’s Exercise Physiologist certification (EP-C) and the Exercise is Medicine credential. I also hold NSCA’s Certified Strength and Conditioning Specialist certification (CSCS). I am currently an Associate Professor of Kinesiology at CSUN. My personal research is focused on student affective responses to different teaching methodologies in the exercise physiology classroom. In addition to my faculty role at CSUN, I am the Kinesiology Undergraduate Program Coordinator and run two different programs. I have been the Director of a Peer Learning Facilitator (PLF) program in the CSUN Kinesiology Department for seven years. The PLF program provides extra resources and support for students taking Exercise Physiology and related coursework. I have also been the Director of Commit to be Fit, a staff, faculty, and community fitness program on the CSUN campus for four years. Both of these programs provide valuable experience for our students, which is my primary objective in everything I take on.

My motivation in serving as Member-at-Large is to be able to give back to an organization that has given me so much over the years. I would like to contribute to the ongoing efforts to provide important resources, opportunities, and experiences for the students in our region. I would also like to be an advocate for active involvement and a role model for students and younger

## CONGRATULATIONS to the SWACSM Student Award Winners for 2015

### *President elect nominee Ann Gibson continued from page 3*

At the 2015 national meeting, those with newly awarded FACSM status were recognized, and I was honored to be among them. That recognition would not have been possible without the professional relationships I have forged within SWACSM!

While I cannot promise free conference registration for all, I can promise that I will earnestly promote quality professional and educational opportunities for students, faculty, and practitioners alike. Because I would not be in the position I am today without the opportunities provided through SWACSM and ACSM, I will continue to encourage involvement. I sincerely thank you for your consideration of my nomination as President-elect.

### *Regional Chapter Jeopardy Bowl continued from page 3*

I'm looking forward to having more Universities participate, resulting in the "best and brightest" representing the Southwest Chapter at the ACSM annual meeting in 2016. Registration is paid for by the National ACSM and the Regional Chapter will contribute funds for travel, lodging, and food. Each University is also expected to contribute a portion of the cost. Your University will also receive a plaque, with the students' names, commemorating the occasion.

Faculty should work together to identify a team who can complement each other in answering questions from our field. Each University is encouraged to bring as many students to support their team, wear their school colors, and cheer them on to victory!

All Universities that are interested in competing in Orange County this Fall must contact Dr. Marialice Kern at [mkern@sfsu.edu](mailto:mkern@sfsu.edu) before October 10, 2015, so I can make arrangements for the room and necessary audio-visual equipment. The more Universities that participate, the better the selection process will be, and the stronger the team we send forward to National.

## CONGRATULATIONS to the SWACSM Student Award Winners for 2016

**Gail Butterfield Award: Timothy Moore, University of Southern California, CA**

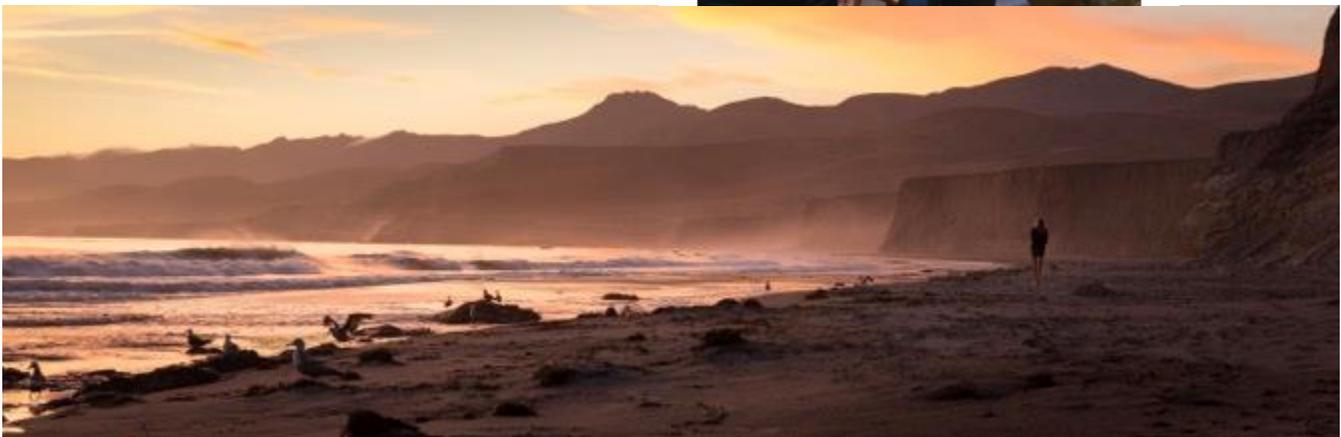
**Norman James Award: Michael Dehyle, Brigham Young University, UT**

## CONGRATULATIONS to the SWACSM Student Award Winners for 2016

### SWACSM Jeopardy Bowl Winners

Kyle Berg, Zach Cash & Andres Meza

Arizona State University



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