

Meet Your Candidate

2022 ACSM Board of Trustees Election

Trustee Candidate: Medicine



**Kathryn (Kate)
Ackerman,
M.D., M.P.H., FACSM**
Director - Wu Tsai Female
Athlete Program
Boston Children's
Hospital,
Divisions of Sports
Medicine and
Endocrinology
Harvard Medical School
Boston, MA

**YOUR VOTE
MAKES A
DIFFERENCE!**



To receive voting rights, you must be a current member of ACSM on **January 3, 2022**.

Cast your vote between **February 1-25, 2022**.



1. Please list your previous service to ACSM.

I attended my first ACSM Annual Meeting in Baltimore 20 years ago as a medical student at Johns Hopkins a few blocks away. I remember rushing back with my highlighted book of abstracts and showing my mentor, who chuckled at my enthusiasm. I couldn't believe how many great sports science and medicine topics were presented. She said, "Welcome to your niche in academic medicine. You've found your people." She was right! I immediately became a member and have felt ACSM has been my academic home ever since. During my MPH, residency, sports medicine and endocrinology fellowships that followed, I continued to attend and present at NEACSM and ACSM meetings. I was honored to become an ACSM Fellow in 2014. I jumped at the chance to resurrect the BONE Interest Group and was Chair for four years (2014-2018). I've served two terms on the Medical Education Committee (2014-present); lectured at the International Team Physician Course (2017); initiated and co-Chaired the National Osteoporosis Foundation/ACSM joint position statement on Exercise for Bone Health (2018-present); and served as the Annual Meeting Planning Committee's Clinical Medicine Topical Representative (2020-present). Over the years, I've helped with projects for the Triad Coalition and ACSM Podcast Committee, and have mentored dozens of students and clinician scientists prepare ACSM abstracts and pursue Fellowship.

2. What is ACSM's greatest strength and how would you make that aspect of the organization even stronger?

ACSM's greatest strengths are its interdisciplinary nature and its people. Anyone interested in any aspect of sports health and performance has a place here. Its membership's educational diversity leads to great collaborations and knowledge advancement. Nearly all my international, collaborative research work was born from an ACSM meeting, where I attended a session, met an expert, or discovered an eager student. We're all part of organizations dedicated to our specific training, but ACSM is special in that it brings such different lenses to topics. I enjoy learning from and working with MDs, PhDs, ATCs, PTs, Dietitians, etc. that ACSM brings together. As a Trustee, I'd encourage different types of professionals to get involved and remind those working in sports and exercise science that this is our main, interdisciplinary sports organization. We've seen a drop in MD memberships, so I'd work to further engage medical and surgical sports medicine physicians, highlighting the richness of forums that bring multiple areas of expertise to complex clinical and research topics. I've enjoyed helping to shape the Annual Meeting, recognizing the opportunity ACSM has to be a leader in education and policy advocacy around youth to elderly physical activity and recreational to elite sport. We can set the professional tone, encourage new voices through trainee recruitment and mentorship, and be the organization with a legacy of excellence that people turn to for forward-thinking, nuanced understanding of modern issues in sports medicine.

3. ACSM works closely with many other organizations, including associations, companies, philanthropies, and governmental agencies. Indicate those organizations/companies/agencies for which you play an advisory, consulting, or leadership role.

- Wu Tsai Human Performance Alliance: National Leadership Council
- US Olympic and Paralympic Committee: Women's Health Working Group Co-Chair
- USRowing: Medical Committee Chair
- International Olympic Committee: Consultant
- International Testing Agency: Consultant
- National Collegiate Athletic Association: Consultant
- Gatorade Sports Science Institute: Consultant
- Hologic: Consultant
- New Balance: Consultant
- Women's Sports Foundation: Consultant