

# Meet Your Candidate

## 2022 ACSM Board of Trustees Election

### Trustee Candidate: Basic & Applied Science



**Stuart Phillips,  
Ph.D., FACSME**  
Professor and Canada  
Research Chair  
McMaster University  
Department of  
Kinesiology  
Hamilton, Ontario  
CANADA

#### 1. Please list your previous service to ACSM.

I have been a member of ACSM for more than 25 years. I have attended no less than 20 ACSM meetings, including the Annual Meeting, the Health and Fitness Summit, the Integrative Physiology of Exercise meeting, and several regional chapter meetings. I have been fortunate to be a presenter at more than ten different ACSM meetings and chair several sessions. In 2018, I was the Chair and organizer of the Basic Science World Congress of Muscle Hypertrophy and Atrophy in Minneapolis. In that role, I organized and coordinated speakers, designed program sessions, and spoke in a symposium. Finally, I have been an Associate Editor for Medicine and Science in Sports and Exercise since 2013.

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

ACSM's single greatest strength is its people. The College boasts the largest membership of any organization dedicated to understanding physical activity, exercise, and sports medicine. The membership includes many of the world's most prolific thinkers, educators, researchers, and passionate advocates that ACSM harnesses to push forward to mission of "...advance[ing] and integrat[ing] scientific research to provide educational and practical applications of exercise science and sports medicine." However, I believe ACSM can do more. We are at an unprecedented time where information and disinformation compete, sometimes to a stalemate, and this must change. ACSM needs to continue to be recognized as the leader in exercise science and sports medicine not only to the current but to the next generations of its members who are gaining their knowledge from what many of us would call non-traditional sources. To remain relevant, a presence and mastery of these do-mains is the next frontier for ACSM. ACSM needs to ensure that its name appears at the top of searches, that it has the requisite social media and traditional media presence and remains relevant and at the forefront of information venues many of us might consider less useful. I believe that at no time in its more than 67 years of existence has ACSM faced the degree of competition for what it offers in terms of education, information, and advocacy. For ACSM to remain the premier source for sport and exercise science knowledge and training, and the chosen resource by practitioners of the arts in which ACSM excels, the College needs to strive to connect with potential new members and demonstrate to them why it should be the premier choice for their path forward. Overarching these goals is a persistent need for equity, diversity, and inclusion (EDI). In my view, EDI needs to extend to all levels of what ACSM does and include sex, gender, race, career stage, socioeconomic status, age, and ability. Quite simply, ACSM cannot be the premier resource for all areas mentioned above and not do this equitably.

**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**.

**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.**

As detailed in my CV, I have received grants from US and Canadian commodity groups, including the US National Dairy Council, the US National Cattlemen's Beef Association, and the Dairy Farmers of Canada. I have also received industry funding for research from various companies, including Nestle, Pepsico, Roquette, Ajinomoto, Axcella Health, and Friesland Campina. I currently serve on the scientific advisory boards but receive

no payment for the following companies: Amazentis (<https://www.amazentis.com/copie-de-scientific-advisory-board>), Enhanced Recovery (<https://ersportsdrink.com/our-story/>). I am named inventor on the following patents: Canadian patent 3052324 issued to Exerkine (I have made nor will I make any financial gains) and US patent 16/182891 pending to Exerkine (I have made nor will I make any financial gains). On an ad hoc basis in the last five years, I have received honoraria and travel expenses from the US National Dairy Council and the US Dairy Export Council. As is the policy of my institution, and as required by ICMJE guidelines, I keep all affiliations and potential sources of conflict-of-interest up-to-date.