

# Fall Newsletter

## 2018

# ACSM Rocky Mountain Chapter

ACSM



Rocky Mountain Chapter

*The Mission of the Rocky Mountain Chapter of the American College of Sport Medicine is to advance and integrate scientific research to provide educational and practical applications of exercise science and sports medicine.*

### Inside this issue

2 - President Elect Message

2 – Highlight!

3 - Student Rep Message

4 - Article

5 - Article

6 - RMACSM Election Information

7-10 – Abstract, Poster/Presentation and Grant Guidelines

10+ – Job Opportunities

### UPCOMING ACSM MEETINGS

RMACSM (March 1-2, 2019), Denver, CO

International Health and Fitness Summit (March 21-29, 2019) , Chicago, IL

ACSM Annual Meeting (May 28-June 1, 2019), Orlando, FL

## President's Message – Margaret Harris

Mharris5@uccs.edu



To all new members, a big WELCOME to RMACSM! If you are already a member, I thank you for your continued participation and support of our chapter. There are a few happenings in our region.

Dr. Iñigo San Millán was the speaker selected this year to deliver the talk, “Exercise is Medicine: Lessons we have learned from exercise physiology that are applicable to chronic disease” as part of the 2018 Fall Lecture Tour in October and November. The talk was given at Adams State University, Colorado Mesa University and the University of Wyoming. I want to send a

big thank you to the coordinators of each site who helped make the talk happen: Tracey Robinson, Brent Alumbaugh, and Evan Johnson, respectively.

This year we welcomed Laura Stewart from The University of Northern Colorado as Past President; Tony Nuñez from Metropolitan State University of Denver to the Treasurer position; Nate Bachman from Colorado State University as Student Representative; and Tanya Kern from SCL Medical Group as Front Range Representative. Thank you for assisting RMACSM in your new role! Elections for the RMACSM Board positions are coming soon (details on Page 6). If you are interested in running for one of these positions, please let me know!

Planning for the RMACSM 2019 Annual Conference is underway. Details on Page 2!

The Board was really excited to see our [website](#) had a facelift this year. We will be posting registration links and details of the conference there. Keep checking for updates.

Please be sure to check out some of the articles within on exercise is medicine (p 4-5). We have many exciting activities going on in RMACSM. On behalf of the Board, I'd like to extend my appreciation for your membership with RMACSM and I look forward to seeing you in Denver in March.

## Highlights!

### Trevor Bennion



"Hi, I'm Dr. Bennion, and I use photography and videography to add value to my teaching. I see creativity as synonymous with inspiration, and if I can produce something creative, I hope it can encourage the viewer to learn, have more fun with their exercise, and ultimately inspire them to work hard for their health! My work has recently been published on the past handful of covers of the ACSM's Health & Fitness Journal, and I've been privileged to be invited to a variety of creative conferences. I love meeting new people and photographing fitness!"

*Be sure to check out some of Dr. Bennion's photographs in this newsletter.*



## President elect message Ben Thompson RMACSM Annual Meeting

Greetings from downtown Denver! The RMACSM committee and I are excited to announce that Metropolitan State University of Denver will host the 2019 RMACSM Annual Meeting on Friday, March 1<sup>st</sup> and Saturday, March 2<sup>nd</sup>, 2019 in Denver. This year we are holding the annual meeting a little earlier to ensure we do not conflict with any breaks or other ACSM events. Be sure to pencil in some extra time to visit Red Rocks or any of the wonderful attractions in and around downtown Denver.

The meeting will start late Friday afternoon with our keynote speaker and conclude that night with the poster presentations. Last year's Manitou Incline challenge was such a hit, we will be having another challenge, this time early on Saturday morning. Stay tuned for more information! After the challenge, the Saturday session will kick off with another presentation by our keynote speaker. Saturday will also host presentations from both our undergraduate and graduate poster winners, from the night before, grant recipients and the Student Bowl. Poster and presentation guidelines can be found on page 8. We are planning on some great panel sessions to break up lectures with some fun ideas that will be most pertinent and practical for our students.

The poster presentations are a wonderful way to see how well a student has: 1) endured the pain of standing at their poster, 2) become overjoyed in being named one of the top graduate or undergraduate poster winners, 3) realized that they have to create a presentation that night and 4) consumed enough coffee to be present in front of their colleagues. Each student will have only three minutes to present his or her research in a format that anyone can understand and apply. Winners will receive a monetary award. In addition, the grant recipients for 2019 will be announced and those from 2018 will present on their research. Finally, the Student Bowl will be held on Saturday and hosted by the RMACSM student representative Nate Bachman. Please take the time to attend this event to see all of the bright students that attend! Students, keep in mind that the winning team will receive monetary stipends to attend the ACSM National Meeting in Orlando, FL and represent our regional chapter in the national student bowl! No pressure.

The RMACSM Board is hard at work creating an informative and applicable conference. I look forward to seeing you in March!



## Student Representative Message

*Nate Bachman*

### Student Opportunities with ACSM and RMACSM

## CONNECT WITH US

RMACSM Goals for  
the Use of Social  
Media



Hello, students! As we fly through the fall semester, it's time to begin thinking about our annual Rocky Mountain meeting. As mentioned above, the regional meeting provides a tremendous opportunity to gain experience presenting your research to other students and faculty members from around the region. Winners will be eligible for cash prizes and the top graduate presenter will be sent to the Annual Meeting in Orlando (May 2019) to compete in the President's Cup. New for this year, the winning abstracts and biographies of the winners from RMACSM will be posted online by National ACSM. This gives you the opportunity to make your work known to future mentors and employers. Be on the lookout for the abstract guidelines and due date on our chapter website:

<https://www.acsm.org/acsm-membership/regional-chapters/acsm-chapters/rocky-mountain>.

Undergraduates: you don't want to miss the Student Bowl trivia competition. For those of you that are unfamiliar, the Student Bowl is a Jeopardy-style competition held amongst all of the institutions in the region. Categories are based on topics such as anatomy, physiology, and exercise prescription. You think you have what it takes to be a RMACSM champion? Well, it's time to start studying your exercise science trivia!

Don't forget that there's still plenty of time to register for the Annual Meeting in Orlando. This year's Pre-Conference event will give you the unique opportunity to attend presentations on exercise professional (clinical physiologist) and licensed healthcare careers (MD, PA, etc.) as well as research in academia and government. This will be a great event to attend for those of you that are still unsure what direction you would like to go after completing your undergraduate or graduate degree. Additionally, there will be a networking fair following the Pre-Conference that will allow you to interact with research lab and career recruiters.

I hope to see all of you in Denver in the Spring!

- Raise awareness of the Rocky Mountain Chapter
- Promote health
- Support the national ACSM, and its constituents (i.e., Exercise is Medicine etc)

# Exercise Is Medicine: The urgency to prepare professionals

## by Iñigo San Millan, PhD

In 2007 the American College of Sports Medicine (ACSM) with the support of the American Medical Association launched the concept of “Exercise is Medicine” (EIM), a transformational concept to prescribe exercise (the best medicine that has ever existed) by health providers to prevent many diseases and improve the health of millions throughout the country.

Like most concepts, and consensus by major organizations, they start at a general 30,000 foot view level. From there, they undergo a journey of evolution with multiple variables and challenges. A major challenge EIM concept presented at its birth was the lack of knowledge, awareness and understanding of prescribing exercise as medicine by providers. I remember when I arrived to the University of Colorado School of Medicine in 2009, almost nobody had even heard about the concept of “Exercise is Medicine”. With different barriers and challenges, mainly due to the lack of knowledge and understanding, I started to implement the first Exercise as Medicine program in our system. Nowadays, almost every clinician in our system and many around the country, knows about EIM which is a huge, definitive step and achievement.

However, EIM still faces barriers and challenges. There are providers who are still unfamiliar with EIM or not “buying” into the concept of “prescribing medicine”. Many other clinicians are excited about EIM but they don’t know where to refer patients. Furthermore, a major step necessary for the implementation of EIM is the coverage of assessments and exercise prescription by medical insurances. While more insurance companies are starting to accept some forms of physical assessments and prescription, there are still no clear and specific billing codes needed to fully deploy EIM in health systems.

While these challenges are obstacles that will be figured out and navigated soon, the major problem that EIM faces is that there are not enough people in the US highly qualified to prescribe exercise. As the concept of exercise prescription evolves and grows, it is imperative that, like any medication or treatment, exercise is prescribed in an individualized manner. However, the world of EIM is still embedded in generalized, one-size-fits-all exercise prescription which for many patients or people may not be adequate. A good example to learn from is the field of exercise science and sports performance with competitive athletes. This field has been using highly specialized and individualized exercise training plans for decades in order to target specific metabolic and physiological adaptations necessary to improve performance. In that field it has been well known for many years that prescribing training programs based on a given exercise intensity obtained from a % of 220-age, METS or even VO<sub>2</sub>max does not work to individualize a training plan. Physiological and metabolic testing based on novel parameters like lactate metabolism, lactate threshold, substrate utilization by quantifying fat and carbohydrate oxidation rates, metabolic efficiency and even mitochondrial function are highly extended among physiologists and sports scientists working with elite athletes for individualized training prescription based on each individual’s metabolic parameters. However, while most countries in Europe as well as others like South Africa and Australia have been applying the aforementioned methodologies with athletes for at least two decades, in the United States there is a significant lack of highly qualified specialists (physiologists, sports scientists, physicians or strength & conditioning coaches) capable of prescribing individualized training to elite athletes. Further, while exercise and human performance laboratories are constantly opening doors around the world to work with athletes, in the US there are only a handful of laboratories offering these services to athletes and therefore to patients. Most of the understanding of individualized exercise prescription to patients comes from what we have learned over decades working with athletes. Unfortunately, if the US in general is not well prepared to produce people to work at a high level with athletes, it is not prepared enough to work with patients with chronic diseases prescribing individualized exercise programs.

A main reason resides in the lack of University programs in the US geared towards applied sports performance or exercise as medicine. The curriculum offered by most Universities in the US remains almost the same as a quarter of a century ago and it has not evolved to adapt to today’s needs of not only athletes but populations with chronic diseases where the deployment of EIM is much needed.

Although always among the most popular programs offered by Universities across the US, unfortunately, most exercise-related programs in the US remain as pre-graduate programs where the majority of students pursue entering graduate school in clinical-related degrees like medicine or physical therapy. Universities must adapt to today’s demands and prepare students to work in the field of exercise prescription whether it is for performance or EIM purposes. Universities nationwide should reflect on this serious problem and modernize their curriculums towards what the future requires, where EIM is an urgency due to the epidemic proportions of non-communicable diseases for whom exercise is the best prevention and even therapy. Exercise is Medicine should be a major priority for all Universities offering exercise-related degrees. Let’s make it happen!



# Inflammation, Disease and Exercise

*by Robert Mazzeo, Phd FACSM*

You may have heard the term “chronic inflammation” but may not know what it is or why it is important. Inflammation is an immune system response to harmful agents or damaged cells and is usually termed acute or chronic. Chronic inflammation refers to a more gradual, prolonged inflammatory response that involves progressive changes in various cell types and functions that can persist for several years with deleterious effects. For example, chronic low-grade inflammation associated with obesity plays a central role in the development of insulin resistance and type 2 diabetes (the most common form of diabetes.) Similarly, this type of inflammation also contributes to the underlying mechanism responsible for the atherosclerotic process in the coronary arteries, which is the hallmark of the most common form of heart disease and associated with stroke. Further, a number of inflammatory markers are known to increase with advancing age, likely contributing to the development of a number of age-associated diseases (mentioned above but also including dementia and cognitive impairment.)

Now the good news. Participation in regular aerobic exercise has been shown to have numerous beneficial effects resulting in an improved inflammatory profile and overall immune function in individuals suffering from chronic low-grade inflammation. These benefits stem from the anti-inflammatory effects associated with physical activity. Not only can regular exercise help individuals who already have chronic inflammation and the associated diseases, but exercise can also serve as a prevention strategy to lower the risk of ever developing chronic inflammation in healthy populations. The extent to which regular exercise will exert these beneficial effects will be dependent upon the frequency, duration and intensity of your exercise program. While the exact causes for this anti-inflammatory effect of exercise are not completely understood, contributing factors include the reduction in visceral (belly) fat and alterations in the responsiveness to stress hormones. Along those lines, it has been known for some time that chronic stress plays a significant role in the development of prolonged low-grade inflammation. While short, transient periods of stress do not have this negative impact, more prolonged periods of stress, (whether from financial, family/relationship, work environments, etc.) clearly have multiple deleterious effects on your overall health and risk of disease. Here again, participation in regular exercise can help to offset the negative effects of chronic stress. Studies have shown that exercise can improve your “resistance” to the negative effects of stress thereby decreasing the unwanted impact it would likely have on your immune system, inflammatory response and eventual risk for disease.

Finally, we all realize that a number of our biological systems decline as we get older. This includes a decline in immune function accompanied by an increase in chronic inflammation. Several studies have demonstrated that an inverse relationship exists between the amount of physical activity one engages in and the degree of inflammation in older populations. Thus, of the many potential health benefits associated with regular physical activity, you can add a reduction in the pro-inflammatory state to the list. While the benefits of regular exercise are numerous, it is important to recognize that some individuals have a compromised immune response and must balance rest with exercise and monitor their health. An altered immune response can be due to the type of underlying disease, such as rheumatoid arthritis, or medication interactions.

**SOURCE:**  
[American College of Sport Medicine Resource Library](#)

# RMACSM Executive Board Elections

## *Invitation*

The annual chapter election for open Governing Board positions is coming soon. Below is a list of positions for which we need nominees to fill the ballot. Please consider nominating yourself to run for a position by contacting Margaret Harris ([mharris5@uccs.edu](mailto:mharris5@uccs.edu)). All nominees must be RMACSM chapter members, but are not required to be national members of ACSM. A complete list of Governing Board positions and current Board members is available on the [chapter website](#).

Newly elected members will be welcomed to the Board at the RMACSM Annual Meeting to be held at the Metropolitan State University of Denver on March 1-2, 2019.

Please include a brief bio with your interest in running for one of these Board positions. Board member responsibilities include, but are not limited to: participating in monthly teleconference meetings and helping with planning and execution of the Annual Meeting. One of the great benefits of being a member of the board is working with others throughout Colorado and Wyoming in building a thriving regional ACSM chapter. Fall 2018 Ballot Positions:

- ***One Front Range Representative (2 year term)***
- ***One Metro Representative (2 year term)***
- ***President Elect (3 year term)***



*Photo by Trevor  
Bennion*



## The American College of Sport Medicine The Rocky Mountain Chapter Abstract Guidelines

The upcoming Annual Meeting of the Rocky Mountain Chapter of the American College of Sports Medicine will be held March 1-2, 2019 at Metropolitan State University in Denver. Poster presentations will be scheduled for Friday evening, March 1 and the Presentation competition is scheduled for the afternoon of March 2, 2019. Abstracts for poster presentations should be submitted to on the Rocky Mountain ACSM website and abstract guidelines are below. **Abstract submissions will open soon (keep checking the website) and the deadline for submission is noon on Feb 1, 2019.** Presenters will be notified by Feb 15, 2019 as to whether their Abstract is accepted for the annual regional meeting.

As a part of the abstract submission process, you will be asked to indicate as to whether you would like your poster judged so that you can be eligible for the Poster and Presentation Competition. Be sure to please signal your intent as you submit your abstract and please review the poster presentation and oral presentation guidelines on the next following pages PRIOR to the conference.

**Please note that both student and faculty member sponsors must be chapter members in order to be eligible for monetary awards.**

**Graduate Student Awards\*:** 1<sup>st</sup>: \$1,200 (President's Cup), 2<sup>nd</sup>: \$300, 3<sup>rd</sup>: \$150

**Undergraduate Student Awards\*:** 1<sup>st</sup>: \$300, 2<sup>nd</sup>: \$150, 3<sup>rd</sup>: \$100

### ABSTRACT PREPARATION

**Title:** Limited to 15 words and should be typed in title case.

**Authors:** Include the first and last names of all authors. Do not include degrees.

**Affiliations:** Provide the name and location of the institution for all authors. Do not include departments.

**Text:** Abstracts should be single spaced in 12 point times new roman font and are limited to 2,000 characters (not including spaces, title, or author information). Each abstract should be structured with headings for PURPOSE, METHODS, RESULTS, and CONCLUSION. If including table, chart, or graph, the limit is 1,500 characters.



## Poster / Presentation Guidelines

At this coming year's meeting, the winners of the two student poster presentation competitions (i.e., undergraduate and graduate) will be decided based on the poster presentation and a three-minute talk of their research project. The top three undergraduate and top three graduate posters will be selected by a panel of three independent judges based on the scoring rubric. The top two scores will be averaged to provide the final poster score. In the case that one judge's mentee is presenting, the judge will recuse themselves for that particular poster and the remaining two score sheets will be averaged. All judge's sheets will be returned to the RMACSM Chair for the Poster Judging Committee who will enter the scores into an electronic spreadsheet to provide an overall score. In the case of a tie, the presentation field can be expanded up to five presenters. If more than five presenters represent the top five positions, each institution will be asked to choose only one representative from their University.

The presentations will take place the next day after all posters have been scored. Students will have three minutes to present their research project. All presenters will be limited to a single slide that will be displayed during the presentation. This slide must be static and may not have animations or reveals. **The goal of the presentation is to succinctly present what was done and why it is important. This is not an exercise in trivializing research, but these talks should encourage students to present their research results into a succinct and concise message.**

There will be no question and answer portion after the presentation because the three minute time frame requires truncation of many details (i.e., methodological items, non-imperative results) that would normally be included in a full length presentation. Three separate judges from those that judged the posters will score the presentations. Similar to above, the top two (non-mentor provided) scores will be averaged.

Overall winners in both the undergraduate and graduate divisions will be decided based on their total score (poster score out of a possible 40 points, presentation score out of a possible 30). This will emphasize the importance of the poster presentation first. A tie at this level will result in the judges from both the poster and oral presentation sections convening to choose the top poster/presentation. All presentations will be recorded so that exemplary performances can be relayed to national committees.





## Grant Guidelines

In an effort to support student research relevant to the mission of ACSM, the RMACSM Board plans to award grants to support student research projects. However, the number and amounts of grants are contingent on available funds from ACSM. This coming year, there will be at least 1 undergraduate and 1 graduate grant awarded at a minimum of \$500. More details will be provided soon. To apply, you must be enrolled as a student and both you and your mentor must be current members of RMACSM to apply. Grant recipients are required to present their findings at the 2020 RMACSM annual meeting. Please follow the guidelines below and submit your proposal by noon on **Feb 1, 2019**. Grant recipients will be announced at the 2019 annual RMACSM meeting on March 1-2, 2019.

### Proposal Guidelines For Both Graduate and Undergraduate Research Grants:

1. **Title Page and Abstract:** Include the title of the study, date, and name, address and phone number of the principal and co-investigators. **Your mentor should be named as a co-investigator and is required to be a member of RMACSM.** The abstract should include a clear purpose, proposed methods, expected results and relevance (250 word maximum).
2. **Background and Significance:** Provide a brief literature review demonstrating justification for the research. The introduction should familiarize readers with the general problem being studied and its significance relevant to the mission of ACSM. This section should be written so that it can be easily understood by scientists outside the investigator's area of expertise.
3. **Specific Aims/Hypotheses/Innovation:** Clearly define the purpose of the study, the specific aims and the working hypotheses. State why the research is innovative.
4. **Approach**
  - a. **Participant Selection (if applicable):** Specify sample size and any inclusion or exclusion criteria for participation, such as age, sex, medical history or diagnosis. A brief justification of the sample size should be provided. In addition, please indicate if the project has been approved by your institutional IRB/IACUC panel or if approval is pending.
  - b. **Research Design:** Include type of research design (i.e., true experimental, quasi-experimental, non-experimental), and identify if the proposed project is part of a larger, ongoing project. Identify independent and dependent variables, control groups, and number of repeated observations. Discuss any steps taken to control for internal or external validity.
  - c. **Intervention Procedures:** Provide a clear, detailed description of the intervention process (if applicable). This section should include all steps the participants must undergo, along with any necessary treatment/safety evaluation procedures.
  - d. **Measures:** Describe measurement procedures, instruments used, and data collection techniques. Clearly state whether instruments/equipment are currently available or will be borrowed/acquired for the project. Include citations for previously used instruments.
  - e. **Data Collection and Data Safety:** Clearly define data collection procedures and discuss methods for participant recruitment with an explanation of efforts made to maintain the rights and privacy of human subjects.
  - f. **Data Analysis:** Discuss methods used for data entry, statistical analysis, treatment of missing data, and data interpretation. Include reasoning for the type of analysis used.
5. **References:** Include a complete list of references.

## Grant Guidelines (cont'd)

**Budget.** Provide a proposed budget that is appropriate for the described research. The budget should include how the grant monies will be used, how the funds will contribute to continuation of a larger, ongoing project (if applicable), and what other sources of funds are available to support the project.

**Timeline:** Provide an outline of the timeline for the proposed project.

**Appendices:** Attach supporting information, tables, or figures that improve the understanding of the project.

**Resume/CV:** Include an updated resume/CV at the end of your application

### Submission Procedures:

All submissions should be:

- Maximum 5 pages of text (title page, abstract, references and appendices and CV not included)
- Single-spaced
- Times New Roman, no less than 11-12pt font
- 1 inch margins on all sides

Please submit all proposals via email by noon on **Feb 1, 2019** to **Teresa Sharp**, [teresa.sharp@unco.edu](mailto:teresa.sharp@unco.edu)

**Keep your eye  
out for these  
upcoming jobs!**

### ***There are several job openings at nearby universities:***

- Adams State University (2 positions)- see announcements next page
- University of Colorado Colorado Springs (1 Tenure Track Position in Exercise Science), will be announced soon

# Job Opening at Adams State

## **Position(Position Number FE8032)**

Adams State University invites applications for a tenure-track assistant professor of K-12 Physical Education and coordinator of the online MA program in Coaching.

## **Starting Date**

August, 2019

## **Position description**

The Department of Human Performance and Physical Education (HPPE) at Adams State University seeks an energetic and motivated teacher-scholar to assume the dual position of Assistant Professor of K-12 Physical Education and Coordinator of the MA in Coaching (online) program.

Teaching opportunities may include teaching undergraduate courses: team and individual activities, planning and instruction, classroom management, PE in elementary and secondary schools, field-based lab in PE, methods of coaching, sport psychology, diversity and equity in sport and society, senior capstone in HPPE and graduate courses: methods of coaching, sport psychology, diversity and equity in sport, introduction to research, practicum, and others. Courses may be at the undergraduate and/or graduate level and may be on campus and/or online. Additional responsibilities will include advising and providing service to the department, university, and discipline.

The graduate coordinator responsibilities include, but are not limited to, overseeing the operations of the program including curriculum design, assessment, admission decisions, advising, supervising adjunct instructors and communication across other graduate programs.

Candidates should possess a commitment to student-centered instruction and a passion for mentoring and teaching a diverse student population. The successful candidate must have the ability to effectively communicate and collaborate with diverse faculty, staff, and students within the department and across campus. The department offers faculty a mentoring program, professional travel opportunities, and summer teaching stipends.

Faculty expectations for this position include engagement in student recruitment, retention efforts and in assessment of student learning outcomes.

## **Qualifications:**

Doctoral degree in Sport Psychology, Sport Pedagogy, Physical Education, Kinesiology, Exercise and Sport Science or closely related field is preferred. Master's degree in physical education or closely related field is necessary if Doctoral degree is not in Physical Education. Applicants who are ABD will be considered. The successful applicant must demonstrate an ability to work with under-served and/or underrepresented populations. The applicant must have the ability to treat others with respect, civility, and courtesy and to work honestly, effectively, and collegially with employees, students, and the community. This includes the ability to use appropriate conflict management skills to effectively manage any disagreement that might arise or to bring the disagreement to management for assistance in productive resolution when the situation requires.

## **Preference will be given to applicants who possess/demonstrate:**

- Experience teaching undergraduate K-12 PE courses such as: planning and instruction, classroom management, PE in elementary and secondary schools, practicum in PE and field-based lab in PE.
- Experience teaching undergraduate courses such as methods of coaching, sport psychology, diversity & equity in sport, statistics in HPPE, senior capstone in HPPE.
- Experience teaching graduate courses such as: methods of coaching, sport psychology, diversity & equity in sport, statistical methods in HPPE, introduction to research, etc.
- Experience with teaching online.
- Record of scholarly activity and commitment to continued scholarly growth.
- Association for Applied Sport Psychology CMPC status or working towards certification. (cont'd next page)

## Salary

Commensurate with experience. Adams State University offers a competitive benefits package.

The Graduate Program Coordinator role includes an additional stipend.

## Department Information

The HPPE department prepares students for the future with relevant degree plans, a computer/study area and the energy to prepare their graduates for the ever widening and growing field in health and fitness. Students are exposed to top-of-the-line human performance testing equipment in the Strength and Conditioning Lab, the Biomechanics Lab, and the Human Performance Lab, the Mental Training Lab and the PE Pedagogy Lab (gymnasium), enriching the learning experience. The labs provide opportunity for hands-on learning experiences for students in courses as well as applied opportunities outside of class and research opportunities for both students and faculty.

The department has working partnerships with athletics and campus recreation and wellness as well as community programs such as: Alamosa Parks and Rec, SLV Special Olympics, Alamosa Public Schools, etc.

## Campus and Community Information

The university is dedicated to fostering Inclusive Excellence. Given the university's mission, vision, and student body composition, the department is committed to increasing its faculty diversity and is actively seeking qualified applicants who have experiences, skills, and/or personal attributes that reflect diverse and varied perspectives and backgrounds.

Adams State University is designated as a Hispanic Serving Institution (HSI) and is a state-supported institution located in the small, rural city of Alamosa – found in the center of the San Luis Valley, a rural and agricultural, semi-arid high alpine valley (7,500 feet above sea-level) north of the Colorado/New Mexico border. Fourteen-thousand-foot peaks tower over the nearby Great Sand Dunes National Park and Preserve and there are many excellent outdoor recreational opportunities available year-round (hiking, mountain biking, fishing, skiing, etc.) as well as cultural sites/events within a short drive. Larger cities such as Pueblo, Santa Fe, Denver, and Albuquerque are within a 2-4 hour drive. The San Luis Valley receives nearly 350 days of sunshine each year. Summers are pleasant and generally cool; spring and fall weather is variable with some wind during the spring; and, while winter nighttime temperatures can get cold, the sunshine serves to compensate during the day and outdoor recreation remains quite feasible.

Additional information about the university and the department may be found at <https://www.adams.edu> and <https://www.adams.edu/academics/hppe/index.php> Graduate Programs <https://www.adams.edu/academics/graduate/hppe/> Information about the community and surrounding area can be found at <http://www.alamosa.org/>

## Statement on Inclusive Excellence:

Adams State University is dedicated to fostering Inclusive Excellence and the recognition that the university's success depends on valuing, engaging, and including the rich diversity of students, staff, faculty and administrators. Given the university's mission as a Hispanic Serving Institution, and the diversity of its student body, we are actively seeking qualified applicants who have experiences, skills, and/or personal attributes that reflect perspectives that can broaden our students' educational experience. We will give preference to qualified applicants with experience in ethnically diverse settings, who possess varied language skills, or who have a record of teaching a student population that includes historically underrepresented groups and other at-risk populations.

## Completed applications must include the following:

1. Applicants should send a letter of application addressing the candidate's interest in and qualifications for the position.
2. Curriculum vitae and transcripts from all degree-granting institutions (copies accepted).
3. Names, addresses, **current** email addresses and **current** telephone numbers of three references who can address the candidate's qualifications for this position.

*Cont'd next page*



**Send application materials electronically to:**

Ms. Caryn Chavez

[carynchavez@adams.edu](mailto:carynchavez@adams.edu)

Department of Human Performance and Physical Education

Adams State University

208 Edgemont Blvd

Suite 4005

Alamosa, CO 81101

All applications will be acknowledged. Review of complete applications will begin immediately and will continue until the position is filled.

**An Affirmative Action/Equal Opportunity Employer**

*In compliance with the Immigration Control Act of 1986, candidates for positions must provide proof of eligibility to work before an offer of employment can be made final.*

Adams State University is an Equal Opportunity/Affirmative Action employer. Applications are sought from all qualified persons regardless of race, color, sex, disability and, as covered by law, veteran status. In addition, insitutional policies prohibit discrimination on the basis of religion, national origin, ancestry, age, sexual orientation, marital status, and parental status. Adams State University is particularly interested in applications from women and minorities.

**Background Check Policy**

Adams State University is dedicated to providing a safe and secure environment for our faculty, staff, students and visitors. To assist in achieving that goal we conduct background checks on persons offered positions at the college prior to employment and as described in the background check policy. The background check policy can be found at: [https://www.adams.edu/administration/hr/background\\_check\\_policy.pdf](https://www.adams.edu/administration/hr/background_check_policy.pdf)





# Job Opening at Adams State

## **Position (Position Number FE1101)**

Adams State University invites applications for a tenure-track assistant professor of Exercise Science, Kinesiology or Exercise Physiology.

## **Starting Date**

August, 2019

## **Position description**

The Department of Human Performance and Physical Education (HPPE) at Adams State University seeks an energetic and motivated teacher-scholar to assume the position of Assistant Professor of Exercise Science.

Teaching opportunities may include biomechanics, kinesiology, techniques of coaching strength and conditioning, statistics in HPPE, exercise science practicum, introduction to research, methods of coaching, diversity and equity in sports & society, senior capstone and others. Courses may be at the undergraduate and/or graduate level and may be on campus and/or online. Additional responsibilities will include advising and providing service to the department, university, and discipline.

Candidates should possess a commitment to student-centered instruction and a passion for mentoring and teaching a diverse student population. The successful candidate must have the ability to effectively communicate and collaborate with diverse faculty, staff, and students within the department and across campus. The department offers faculty a mentoring program, professional travel opportunities, and summer teaching stipends.

Faculty expectations for this position include engagement in student recruitment, retention efforts and in assessment of student learning outcomes.

## **Qualifications:**

Doctoral degree in kinesiology, biomechanics, exercise physiology or closely related field is preferred. Applicants who are ABD will be considered. The successful applicant must demonstrate an ability to work with under-served and/or underrepresented populations. The applicant must have the ability to treat others with respect, civility, and courtesy and to work honestly, effectively, and collegially with employees, students, and the community. This includes the ability to use appropriate conflict management skills to effectively manage any disagreement that might arise or to bring the disagreement to management for assistance in productive resolution when the situation requires.

## **Preference will be given to applicants who possess/demonstrate:**

- Experience teaching undergraduate courses such as: biomechanics, kinesiology, strength and conditioning, and statistics in HPPE.
- Experience teaching graduate courses such as: biomechanics, introduction to research, statistical methods in HPPE, strength and conditioning, methods of coaching.
- Experience with teaching online.
- Record of scholarly activity and commitment to continued scholarly growth.

## **Salary**

Commensurate with experience. Adams State University offers a competitive benefits package.

## **Department Information**

The HPPE department prepares students for the future with relevant degree plans, a computer/study area and the energy to prepare their graduates for the ever widening and growing field in health and fitness. Students are exposed to top-of-the-line human performance testing equipment in the Strength and Conditioning Lab, the Biomechanics Lab, and the Human Performance Lab, the Mental Training Lab and the PE Pedagogy Lab

(gymnasium), enriching the learning experience. The labs provide opportunity for hands-on learning experiences for students in courses as well as applied opportunities outside of class and research opportunities for both students and faculty.

The department has working partnerships with athletics and campus recreation and wellness as well as community programs such as: Alamosa Parks and Rec, SLV Special Olympics, Alamosa Public Schools, etc.

### **Campus and Community Information**

Adams State University is designated as a Hispanic Serving Institution (HSI) and is a state-supported institution located in the small, rural city of Alamosa – found in the center of the San Luis Valley, a rural and agricultural, semi-arid high alpine valley (7,500 feet above sea-level) north of the Colorado/New Mexico border. Fourteen-thousand-foot peaks tower over the nearby Great Sand Dunes National Park and Preserve and there are many excellent outdoor recreational opportunities available year-round (hiking, mountain biking, fishing, skiing, etc.) as well as cultural sites/events within a short drive. Larger cities such as Pueblo, Santa Fe, Denver, and Albuquerque are within a 2-4 hour drive. The San Luis Valley receives nearly 350 days of sunshine each year. Summers are pleasant and generally cool; spring and fall weather is variable with some wind during the spring; and, while winter nighttime temperatures can get cold, the sunshine serves to compensate during the day and outdoor recreation remains quite feasible.

Additional information about the university and the department may be found at <https://www.adams.edu> and <https://www.adams.edu/academics/hppe/index.php> . Information about the community and surrounding area can be found at <http://www.alamosa.org/>

### **Statement on Inclusive Excellence:**

Adams State University is dedicated to fostering Inclusive Excellence and the recognition that the university's success depends on valuing, engaging, and including the rich diversity of students, staff, faculty and administrators. Given the university's mission as a Hispanic Serving Institution, and the diversity of its student body, we are actively seeking qualified applicants who have experiences, skills, and/or personal attributes that reflect perspectives that can broaden our students' educational experience. We will give preference to qualified applicants with experience in ethnically diverse settings, who possess varied language skills, or who have a record of teaching a student population that includes historically underrepresented groups and other at-risk populations.

### **Completed applications must include the following:**

1. Applicants should send a letter of application addressing the candidate's interest in and qualifications for the position.
2. Curriculum vitae and transcripts from all degree-granting institutions (copies accepted).
3. Names, addresses, **current** email addresses and **current** telephone numbers of three references who can address the candidate's qualifications for this position.

### **Send application materials electronically to:**

Ms. Caryn Chavez

[carynchavez@adams.edu](mailto:carynchavez@adams.edu)

Department of Human Performance and Physical Education  
Adams State University  
208 Edgemont Blvd  
Suite 4005  
Alamosa, CO 81101

All applications will be acknowledged. Review of complete applications will begin immediately and will continue until the position is filled.

### **An Affirmative Action/Equal Opportunity Employer**

*In compliance with the Immigration Control Act of 1986, candidates for positions must provide proof of eligibility to work before an offer of employment can be made final.*

Adams State University is an Equal Opportunity/Affirmative Action employer. Applications are sought from all qualified persons regardless of race, color, sex, disability and, as covered by law, veteran status. In addition, insitutional policies prohibit discrimination on the basis of religion, national origin, ancestry, age, sexual orientation, marital status, and parental status. Adams State University is particularly interested in applications from women and minorities.

### **Background Check Policy**

Adams State University is dedicated to providing a safe and secure environment for our faculty, staff, students and visitors. To assist in achieving that goal we conduct background checks on persons offered positions at the college prior to employment and as described in the background check policy. The background check policy can be found at:

[https://www.adams.edu/administration/hr/background\\_check\\_policy.pdf](https://www.adams.edu/administration/hr/background_check_policy.pdf)

**Rocky Mountain Chapter  
American College of Sports Medicine**

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President

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Please contact me if you have ideas for articles in future Newsletters.

