Greetings from the Rocky Mountain Chapter of the ACSM! If you are new to the RMACSM, I would like to welcome you to the chapter, and for those of you who have been members for a while, I would like to thank you for your continued participation in and support for the chapter. Here are some highlights of a few items that are addressed in this newsletter:

- RMACSM is currently searching for a Treasurer. If you are interested in providing this valuable service or know of someone who might be a good fit, please feel free to contact me (see announcement on page 5).
- Elections for RMACSM Board positions will be coming up shortly, and the chapter will be voting for a President-Elect, a Front Range Representative, a Metro Area Representative, and a Southwest Area Representative. If you are interested in running for one of these positions, please let me or one of the board members know.
- Planning for the 2017 RMACSM Annual Meeting is underway, and this year’s meeting is looking great! Details on the meeting are included in President Elect Message on page 2.
- Student presentations for the upcoming RMACSM Annual Meeting will follow a somewhat different format. See the updated guidelines on page 7.
- For the second year, RMACSM is hosting a Fall Lecture Series which will be held on November 10 in Grand Junction, CO, November 17 in Alamosa, CO, and November 29 in Greeley, CO. See page 6 for details.

As you can see, there is a lot happening in RMACSM! Once again, I appreciate you being a part of the chapter, and don’t forget to tell your colleagues about RMACSM and all that it has to offer.

The Mission of the Rocky Mountain Chapter of the American College of Sports Medicine is to advance and integrate scientific research to provide educational and practical applications of exercise science and sports medicine.
President Elect Message  
Laura K. Stewart  
RMACSM Annual Meeting

Greetings RMACSM members! The 2017 Rocky Mountain ACSM Annual Meeting themed “Health is Wealth: The Role of Exercise and Nutrition Across the Lifespan” will be held at the University of Northern Colorado in Greeley, CO on April 1, 2017. This conference will feature speakers from our region and across the country. Our keynote lecturer, J. Larry Durstine, Ph.D., a Distinguished Professor from the Norman J. Arnold School of Public Health at the University of South Carolina and Past President of National ACSM, will review the use of high intensity interval training in conditions of health and disease in both older and younger populations. Dr. Durstine was a member of RMACSM when he was a graduate student at The University of Denver in 1974. It will be nice to welcome him “home.” Past president, Mark A. Patterson of Kaiser Permanente Colorado, will address spontaneous coronary artery dissection in young women. The meeting will also feature talks from Kim Stein, Ph.D. from the Gatorade Sports Science Institute and Brett W. Fling, Ph.D. from the Sensorimotor Neuroimaging Laboratory at Colorado State University.

This year’s conference brings a new, one day, student-centered format to our regional meeting. This meeting will feature the traditional poster presentations, but will also incorporate three minute talks. These short talks are part of National ACSM’s new initiative to include more dynamic presentations in meeting formats. Briefly, the top three undergraduate and top three graduate poster winners from the morning sessions will present three minute talks later in the day. Overall winners of both the undergraduate and graduate divisions will be decided based on their total poster and presentation scores. The winners will receive a monetary award. This meeting will also include a Student Bowl which is open to teams of undergraduate students. Each student on the winning team will receive a stipend award to help cover the cost of attending the National Meeting in Denver. This year’s meeting will be stimulating and engaging. I am looking forward to seeing you in April. In the meantime, eat healthy and be active!
Student Representative Message….Nathan Ketelhut, MS

Student opportunities with ACSM and RMACSM

Hello students! The annual regional and national meetings will be here soon and I encourage you to attend each meeting. This year’s RMACSM meeting will be a single day conference focused on you, the students! The top undergraduate and graduate presenters in the poster session will have the opportunity to give a three minute talk and compete for $1000 in prizes. The graduate winner will receive $1200 for travel to the Annual Meeting and the opportunity to compete in the 2nd annual President’s Cup, and defend our title! Abstracts must be submitted by January 31, 2017, so it’s time to start writing!

Students will also have the opportunity to compete for two $500 Student Research Grants. This is a great way to distinguish yourself from your peers and even help fund your thesis! We will also host the Student Bowl once again at the regional meeting, which is always an exciting competition. Find a group of three undergraduate peers from your university and compete for the opportunity to earn a trip to the Annual Meeting and participate in the national competition! As I am sure many of you already know, the Annual Meeting will be in Denver this year. This offers a fantastic opportunity for students in our area to attend the meeting and interact with some of the top scientists in our field. The national Student Affairs Committee is also planning several exciting student events for the Annual Meeting. The pre-conference event held on Tuesday, May 30 will give undergraduate and graduate students the chance to network with professionals from across the country in the areas of academia and industry. This year’s student colloquium will be held the next night (May 31) and provide several talks on how to successfully transition from student to professional.

This will be an exciting year for the students in the Rocky Mountain region and I look forward seeing you at the regional and national meetings!

Nathan Ketelhut, MS
Graduate Research Assistant
Colorado State University

RMACSM on Twitter!

https://twitter.com/rmacsm

RMACSM Goals for the Use of Social Media:

- Raise awareness of the Rocky Mountain chapter
- Promote health
- Support the National ACSM, and its constituents (i.e., Exercise is Medicine, etc.)
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 proinflammatory 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 SPORTS MEDICINE
ACSM FIT SOCIETY ® PAGE
Volume 18/Number 2/July 2016
http://acsm.org/public-information/fit/fit-society-spring16/article-1
The Rocky Mountain Chapter of the American College of Sports Medicine (RMACSM) is currently seeking an individual to act as Treasurer. The RMACSM Treasurer will be responsible for the following:

- Maintaining the financial records of the Chapter and reporting the Chapter’s financial status to the membership and to ACSM
- Writing checks to make payments on behalf of the Chapter
- Coordinating investment of Chapter funds as approved by the Governing Board
- Monitoring all fees, dues, and all other monies belonging to the Chapter and being accountable to the Chapter at such times as it may designate
- Depositing funds of the Chapter in such depositories as designated by the Governing Board and maintaining such deposits in the name of the Chapter
- Furnishing the Governing Board and Committee Chairs with complete budget reports
- Arranging for an audit of the financial records by a representative of the Governing Board at the close of each fiscal year
- Presenting to the Chapter at the annual meeting or at other times as requested by the Chapter or the Governing Board, a statement summarizing the receipts and disbursements of the Chapter
- Additional financial duties determined by the Governing Board

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 Melissa Benton (mbenton@uccs.edu). All nominees must be RMACSM chapter members and national members of ACSM. A complete list of Governing Board positions and current Board members is available on the chapter website at (http://www.rmacsm.org/home.html).

Newly elected members will be welcomed to the Board at the RMACSM Annual Meeting to be held at the University of Northern Colorado in Greeley, CO on, April 1, 2017.

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. If you have any questions, please contact Melissa Benton.

Fall 2016 Ballot Positions:
- President-Elect (1 year and then transitioning to President for 1 year)
- Front Range Representative (2 years)
- Metro Representative (2 years)
- Southwestern Representative (2 years)
Fall 2016 Lecture Series

Dave Ellis, R.D., C.S.C.S.

“Nutritional Myths and Practices of Successful Athletes: Implications for Active, Non-Elite Performance”

Thursday, November 10 at 6:00 pm

Colorado Mesa University
Maverick Center, Room 155
Grand Junction, CO
Contact: Mr. Brent Alumbaugh
Department of Kinesiology

Thursday, November 17 at 6:00 pm

Adams State University
Carson Auditorium
Alamosa, CO
Contact: Dr. Tracey Robinson
Department of Human Performance and Physical Education

Tuesday, November 29 at 12:30 pm

University of Northern Colorado
Gunter Hall, Room 1720
Greeley, CO
Contact: Dr. Laura Stewart
School of Sport and Exercise Science

Everyone is welcome!
The American College of Sports Medicine – Rocky Mountain Chapter
Undergraduate and Graduate Student Poster / Presentation Guidelines

At this 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 can recuse themselves for that particular poster and the remaining two score sheets will be averaged. All judge’s sheets will be returned to a student who will enter the scores into an electronic spreadsheet to provide scores. 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 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.

Additional information and scoring rubrics are available at rmacsm.org
Starting Date: August, 2017

Position Description:
Adams State University is looking for an energetic and motivated teacher-scholar to assume the dual position of Visiting Assistant Professor of Sport Management & Coordinator of the MA in Sport Management (online) program with the Department of Human Performance and Physical Education (HPPE).

This position offers opportunities which include serving as the online MA in Sport Management program coordinator and teaching undergraduate and graduate courses, both online and face-to-face. Graduate coordinator responsibilities include, but are not limited to, overseeing the operations of the program including curriculum design, assessment, admission decisions, advising, and communication across other graduate programs. Teaching opportunities may include economics of sport, sport law, ethics in sport management, international perspectives of sport management, sport facility and event management, statistics, and others. 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 overload/summer teaching stipends.

Minimum Qualifications for Visiting Assistant Professor:
- MA, MBA, or Doctoral degree in sport management, sport leadership or closely related field;

Minimum Qualifications for Coordinator of MA in Sport Management:
- Doctoral degree in sport management, sport leadership or closely related field
- Experience teaching economics of sport, sport law, ethics in sport management, international perspectives of sport management, and sport facility and event management at the undergraduate and graduate levels
- Experience with teaching online
- Record of scholarly activity and commitment to continued scholarly growth
- Experience in the sport management, sport leadership, or related field
- ability to work with underrepresented populations
- work that has advanced an institution’s commitment to diversity and inclusive excellence among faculty, staff, students, research, teaching, and outreach

Completed applications must include the following:
1. 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 (including email), and telephone numbers of three references who can address the candidate's qualifications for this position.

Send all applications to:
Caryn Chavez
Department of Human Performance and Physical Education Adams State University
208 Edgemont Blvd.
Suite 4005
Alamosa, CO 81101
Email: carynchavez@adams.edu

Complete job posting available at: http://adams.edu/administration/hr/visiting_assist_prof_sports_management.pdf
Rocky Mountain Chapter
American College of Sports Medicine

David Hydock
President

Phone: 970-351-3053
E-mail: david.hydock@unco.edu
Please contact me if you have ideas for articles in future Newsletters.