

ACSM



Rocky Mountain Chapter

## Quarterly Newsletter

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## 2014 RMACSM Annual Meeting

Yes, I know that next year's meeting is several months away and it seems like the 2013 meeting was just completed. For those who have never served on the RMACSM Board, planning for the next year begins almost as soon as the previous year's meeting is finished.

Most importantly, we have dates and a location secured for the meeting so you can all save the date. **We will be meeting at the Marriott Springhill Suites at Metro State University in Denver on March 28-29, 2014.** Speakers and a theme for the meeting are yet to be determined. There are plans to include some nutritional topics as this is an area consistently requested on evaluation forms. Other areas that were identified as needing improvement include: allowing more time for questions/keeping speakers to a stricter time frame, changing the room set-up from round tables to classroom style, provide some guidelines to speakers preparing their PowerPoint presentations and including some participation courses to incorporate physical activity into the conference.

We plan to re-vamp the poster viewing so it is less crowded and easier to walk around. Our space will depend on what is available at the hotel. There is no plan at this time to change the schedule substantially from previous years'. We will start in the early afternoon on Friday and continue through early afternoon on Saturday.

As an FYI to students who may be considering submitting abstracts or grant proposals, those items are generally due about 6 weeks (around mid-February) prior to the conference and submission is through the RMACSM website. You must be a member of RMACSM to submit either a grant or an abstract. If you are considering submitting an abstract or grant, please go to [ACSM.org](http://ACSM.org) and click on the Join Now tab.

The mission of the Rocky Mountain Chapter of ACSM (RMACSM) is to advance and integrate scientific research to provide educational and practical applications of exercise science and sports medicine. Our chapter consists of over 200 academic, medical, professional, and student members in the Colorado and Wyoming area.

## ACSM Membership Benefits

(Please pass this information to your colleagues who are not members)

### Students

**ACSM invests in the future.** In traditional membership associations, students are often overlooked because you lack time and money. But ACSM sees your true potential. We get that you're short on cash, but we also know you're full of ideas and passion for sports medicine and exercise science. By giving you the resources, discounts and networking opportunities you need now, ACSM hopes we can be part of your promising career.

Though you'll love the cost of your ACSM student membership (just \$10 for your first year), we know you also need opportunities to connect with potential employers and to present your research. By [joining ACSM](#), you'll gain access to the following student resources:

- [Award and grant opportunities](#) to fund your research and your travel.
- Free [career webinars](#) to help you weigh your professional options.
- Networking opportunities at [ACSM meetings](#) and through [regional chapters](#) that could land you that dream job.

### Health & Fitness Professionals

**ACSM eliminates the middle man.** Sure, other fitness associations can offer you networking opportunities, celebrity speakers and useful resources. But look closer. Where are these resources and sports medicine experts coming from? Chances are, many are coming from ACSM. Because ACSM attracts expert clinicians, researchers and academicians, we are the only organization in the world that can give you first-hand access to the leading-edge science, clinical advancements, and policy changes that shape your practice.

Though you'll sail past your competitors with the knowledge and connections you gain in ACSM, we know you also need resources you can use every day. By [joining ACSM](#), you'll gain access to the following health-and-fitness resources:

- Subscriptions to [ACSM's Health & Fitness Journal](#)<sup>®</sup>.
- Discounts to [ACSM certification](#) exams, self-test fees, insurance and other products.
- 24/7 access to the ACSM Membership Directory for networking and referrals.
- Useful scientific resources such as [Position Stands](#) and [roundtable statements](#).

### Academicians

**ACSM's resources can make you a better teacher.** Unlike restrictive professional associations, ACSM wants the benefits you gain as a academician member to trickle down to your students. Read an interesting journal article? Discuss it with your class. Make a new discovery? Invite student researchers to present the findings. Meet a difference-making clinician or policymaker? Introduce him or her to a student. ACSM knows that giving you ready-made resources to share with your students not only benefits them as young professionals, but it could also earn you that "world's best professor" mug you've been eyeing.

Though you'll love the networking and exposure ACSM offers you and your students, we know it's also important to have tangible resources you can use in the classroom. By [joining ACSM](#), you'll gain access to these academician-focused resources:

- Opportunities to present your research at [ACSM meetings](#) or publish your work in [ACSM journals](#).
- [Awards](#) to fund research and travel for both you and your students.
- Subscription to the weekly [Sports Medicine Bulletin](#), keeping you in-the-know about the latest news in the field.
- 24/7 access to the ACSM Membership Directory for networking and referrals
- Resources such as publications, [career information](#) and [continuing education opportunities](#) you can pass along to your students.

**To join, go to ACSM.org and click on the *Join Now* tab. You can join your regional chapter, RMACSM, at the same time. RMACSM membership is an additional \$35.00 for professionals and \$15.00 for students.**

## Upcoming ACSM Meetings

### 2nd Annual Sports Cardiology Summit

October 4-5, 2013, Rosemont, IL

### Developing the Young Athlete: Innovation and Best Practices in Going the Distance

November 6-8, 2013, Orlando, FL

### Advanced Team Physician Course

February 19-23, 2014, Las Vegas, NV

### ACSM Health and Fitness Summit and Exposition

April 1-4, 2014, Atlanta, GA

March 31-April 3, 2014, Phoenix, AZ

March 28-April 1, 2014, Orlando, FL

### ACSM Annual Meeting

May 28-31, 2014, Orlando, FL

## ACSM News

### Certification Process

ACSM is currently reviewing the certification process. There is work being done on certification exams and an effort to boost the profession by only licensing candidates with at least a bachelor's degree. If anyone has any questions or concerns, please contact Richard Cotton at [rcotton@acsm.org](mailto:rcotton@acsm.org)

### Advocacy Representative

ACSM supports evidence-based public policy that encourages healthy lifestyles and the safe enjoyment of sports and other physical activities. In addition, ACSM's members serve as expert resources for federal, state and local policy makers, ensuring that decisions are founded on the latest research. ACSM advocates on several different issues on the federal, state and local level. It is through this advocacy that ACSM is able to affect positive change that results in healthy lifestyles.

There was discussion at the ACSM meeting in Indianapolis regarding each chapter having an Advocacy Representative. For more information, contact Monte Ward at [mward@acsm.org](mailto:mward@acsm.org)

## American Fitness Index

ACSM developed the American Fitness Index (AFI) in 2007 to provide an evidence- and science-based measurement of the state of health and fitness at the community level throughout the United States. Communities, organizations and individuals will be able to assess factors that contribute to health and fitness and measure the progress.

The program features a data report that ranks and assigns a score to the 50 most populous metropolitan areas in the United States. The AFI data report reflects a composite of preventive health behaviors, levels of chronic disease conditions, health care access, as well as community resources and policies that support physical activity. In addition to a data report, AFI is a program designed to help communities identify opportunities to improve the health of their residents and expand community assets to better support active, healthy lifestyles.

The Denver Metropolitan area is one of the 50 Metropolitan Fitness Areas (MSA) that is being tracked and consistently scores in the top 10. Additionally, in 4 of the 6 years studied has placed in the top 5. Areas that have been identified as Improvement Priority Areas (meaning worse than 20% of target goal) are:

- Higher percent currently smoking
- Higher percent of days when mental health was not good during the past 30 days
- Higher percent with asthma
- Lower percent of city land area as parkland
- Lower level of state requirement for physical education classes

Colorado has **NO** state requirement for physical education at any grade level—one of only three of the 50 MSAs included in the fitness index that scored a zero in this category. The other two are Detroit and Oklahoma City. Eight other MSAs are deficient in this area.

For more information on the ACSM American Fitness Index, visit the ACSM website and click on the AFI tab on the right side of the opening page. Full reports from years 2008-2013 are available for review.

## *In Memoriam*



It is with great sadness, we announce that Dr Carole Schneider passed away on July 30, 2013 at the age of 63 after a long battle with cancer. Dr Schneider was an ACSM Fellow and a former RMACSM board member. As a professor of exercise physiology at the University of Northern Colorado, she was one of the founders and Director of the Rocky Mountain Cancer Rehabilitation Institute (RMCRI) which was established in 1996. RMCRI is the only facility of its kind in the country which focuses on countering the negative effects of cancer treatments with prescriptive exercise and nutritional interventions. Under Dr Schneider's direction, RMCRI has helped over 1,000 cancer survivors combat side effects during and following treatments.

After graduating from Briar Cliff College (Sioux City, IA) in 1972 with a BS in physical education, she earned graduate degrees in exercise physiology from Iowa State University (MS, 1982) and the University of Minnesota (PhD, 1986). She then worked as an assistant professor at Baylor College of Medicine (1986-1988) and the University of Kansas (1988-1992) before joining the faculty at the University of Northern Colorado in 1992. While at UNC, Dr Schneider taught and mentored over 550 undergraduate and nearly 300 graduate students, and in doing so, she was instrumental in shaping many of today's researchers, educators, and cancer rehabilitation practitioners.

Dr Schneider was extremely passionate about her work, and her contributions to the fields of exercise physiology and cancer rehabilitation are beyond measure. To read more about Dr. Schneider and the impact that she had on so many lives, please follow the links below.

[http://www.unco.edu/rmcric/tribute\\_carole\\_schneider.html](http://www.unco.edu/rmcric/tribute_carole_schneider.html)

[bit.ly/RMCRI](http://bit.ly/RMCRI)

## **RMACSM Leadership Structure and Opportunities**

RMACSM serves the states of Colorado and Wyoming. Every year there are opportunities for new people to serve on the Board. A president-elect is chosen every year, a student representative is elected every two years and two or three general board members are elected yearly. Currently, the board meets on a monthly basis via phone conference. Days and times of the meeting are subject to change based on the needs of the majority of the board members. At this time, the meetings are on (usually) the third Thursday at 4:00 PM. Elections will take place in March of 2014 and new officers will accept their roles at the RMACSM Annual Meeting. The main activity of the board is to plan and execute the Annual Meeting. Being a Board member is an opportunity to network with other professionals and to utilize or learn new skills in conference planning and management.

## **RMACSM Membership**

There are currently 227 members of RMACSM and breakdown of types of professions are as follows: Alliance (37), Faculty Member (18), Grad Student (27), PIT (5), Professional (61), S Alliance (36), and Undergrad (43).

Knowing the breakdown of our membership is an important aspect in planning relevant conferences.



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

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

## Upcoming Events

Location	Event	Date
Westminster	Westminster Trail Half Marathon and 10K	10/6/2013
Commerce City	LozilLu Women's Mud Run—Dick's Sporting Goods Park	10/12/2013
Denver	Denver Gorilla Run 5K Wynkoop Brewing Company	10/26/2013
Longmont	39th Annual Longmont Turkey Trot	11/9/2013
City Park, Denver	Pumpkin Pie 5K/10K	11/16/2013
Arvada	10K Turkey Trot	11/23/2013
Loveland	Turkey Trot 5K	11/28/2013
Denver	Resolution 5K—Washington Park	12/31/2013

This is just a small sample of events listed on active.com. For more information on any of the above or to register, go to active.com

## Another Year, Another Disaster...September 2013 Flood

By Rose Steen

Well, I had another column set to go last Wednesday, but with all that has happened since then, I had to change it.

Such a hot August and early September—we were all hoping and praying for rain and a break in the temperatures. I know that some areas in and around Denver had some rain during that time frame, but here in Loveland it was very dry.

Then on Monday night it started to rain and we were so happy and continued to be happy through the day on Tuesday as more rain fell and everything smelled so fresh. On Thursday morning when we got up and turned on the television, we were shocked by flooding in the Boulder area.

We live off Glade Road west of Loveland so we decided to walk to the

bridge over the Buckhorn Creek and were shocked to see it completely out of its banks—probably 5 times its normal width. Later that day we tried to go into town but were turned back as water was starting to cross Glade near Highway 34. We could have left the area by going to the north by Horse-tooth Reservoir so were never truly home bound.

Friday morning, we could hear the roar of the Buckhorn from our house—at its nearest point to us, it is probably a half mile from us (down hill)- and walked to see what was happening. What a mess. Water had crossed one yard and had deposited much of the family's belongings in the middle of the road. Their pickup was still sitting in water up to the hood. Fortunately their house was up on a little rise so didn't appear to be in water.

As we walked along Glade Road towards Highway 34, we were amazed at the high water marks on homes, piles of mud left on the road, debris caught in fences, utility poles snapped and wires across Glade.

Now that the skies have cleared, we once again listen as helicopters fly back and forth on their mission to rescue those who are stranded. Last year we watched them as they fought the High Park fire. We are so grateful for the work, skill and dedication of all first responders.

I know that at least two of our Board members have had flooding in their homes and I wish them and anyone else who has been affected by the flood, the best in their clean up efforts.