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Upcoming ACSM Meetings

Advanced Team Physician Course 2015—
Dec 10-13, 2015
Austin, TX

ACSM Team Physician Course—
Part I
Feb 3-7, 2016
Jacksonville, FL

Health & Fitness Summit
Mar 29-Apr 1, 2016
Orlando, FL

National ACSM Conference—San Diego, CA

Some highlights and information from the National ACSM Conference in San Diego:

- Board members at National met for an informal lunch for the first time at a National Conference. It was really nice to see people face to face since our regular meetings are via teleconference.
- 25 people enjoyed the RMACSM Chapter social held at a local restaurant.
- The ACSM database is being updated and regional chapters will have better access to member information and improved interface for registration and membership. There may be some changes in how registration looks for our 2016 meeting. Hopefully it will be improved.
- RMACSM membership has increased from 107 in 2010 to 230 in 2014.
- RMACSM is very generous in terms of awards given at the regional chapter conference. We are 3rd highest in awards (grants, abstracts, student bowl) and 4th lowest in membership. Comparatively we provide \$16/member in awards where Texas (highest \$ value of awards) provides \$13/member. Some chapters provide less than \$1/member in awards.
- Announcement of the President's Cup Award Competition—new this year. See page 4 for complete details. Please note, this may be subject to minor changes pending Board discussion.

2016 RMACSM Annual Meeting

Planning is underway for the 2016 RMACSM Annual Meeting. Mark your calendars now for Friday, April 8 and Saturday, April 9, 2016. The meeting will once again take place at the Springhill Marriott in Denver.

The theme for the meeting hasn't been developed yet, but because this is an Olympic year, plans are to focus on Olympic training and nutrition and how Olympic training compares with other exercise populations. Once again, students will be offered the opportunity to submit abstracts and grant proposals.

Stay tuned for more information.

President's Message – *Melissa J. Benton*

Pay it forward –locally, regionally, nationally, and internationally...

How often do we think about our participation in professional organizations as *paying it forward*? As the 16th incoming president of the Rocky Mountain Chapter of ACSM, I want to take this opportunity to recognize the contributions that our past chapter presidents have made to the growth and development of RMACSM. Since the chapter was founded in 2000, 15 board presidents have instilled the chapter with their individual visions. In recognition of their contributions, at this year's annual meeting in Denver we sponsored the first Past President's Lecture, during which Dr. Scott Drum (2012-2013) presented the inaugural lecture about the benefits of exercise training for cancer survivors. His topic exemplifies not only our mission to provide educational and practical applications of exercise science and sports medicine through scientific research, but also how our members integrate research and practice to *pay it forward* so that others may benefit. The idea for this lecture series originated from Dr. Enette Larson-Meyer (2014-2015), who took time while chapter president to provide guidance to me as president-elect and *pay it forward* so that our annual meeting will continue to provide a comprehensive program that is applicable and of interest to all members. In the coming year I hope to carry on the tradition of my predecessors. My goal this year is to *pay it forward* by increasing membership through high quality chapter offerings that are consistent with our mission and meet our members' needs.



Since its inception in 2000, RMACSM has seen a steady growth in membership. Attendance at our annual meetings is increasing and this year was one of the highest attended meetings in chapter history. But this is not a trend we can continue without effort on the part of individual members to get the word out. Let your colleagues and fellow students know about the benefits of chapter membership. Among all other ACSM chapters, in 2014 Rocky Mountain provided the greatest amount of grants and awards per number of actual members. With 230 professional and student members, we provided almost \$4,000 in awards. This is a remarkable investment in our membership and demonstrates the commitment of the Executive Board to identifying and accessing funding opportunities. In fact, in this newsletter there is a grant opportunity announced that will provide funding for undergraduate and graduate students to attend ACSM sponsored meetings and educational sessions. Our student members are encouraged to participate in this program, and for those students who are not current members, I remind you that student membership is one of the best “deals” out there and for only \$15 you can join RMACSM as a graduate or undergraduate student.

Also in this newsletter is an announcement for our 2015 fall lecture series. RMACSM will sponsor three educational sessions at university and college campuses throughout the region. Attendance is free and both students and faculty are encouraged to participate. When more members take advantage of the numerous offerings provided throughout the year, the Executive Board has a greater stimulus to provide even more and better opportunities.

This year I challenge all members to get involved locally with RMACSM. Participate in chapter events and look for opportunities to contribute to chapter growth and development. Each chapter has the potential to influence national and international ACSM activities. If we *pay it forward* today, our commitment to the mission of RMACSM through active chapter membership will ensure current as well as long-term progress at regional, national, and international levels.

Call for Proposals: Rocky Mountain ACSM Student Development Grant

The specific aim of this grant is to provide funding to support undergraduate and graduate students in RMACSM to attend ACSM sponsored events such as workshops, courses, meeting, and symposia that will enhance their education and help develop them as professionals.

A total of \$2,000 is available to full time undergraduate and graduate student members of RMACSM to assist with travel and registration for ACSM sponsored meetings, conferences, workshops, and symposia that will assist in professional development. Review of grant proposals will begin **September 15, 2015** and will continue until funds are no longer available. Students are therefore encouraged to submit proposals as close to the review start date as possible to ensure that funds will be available.

Full time undergraduate and graduate student members of the RMACSM interested in receiving Student Development Grant funds to cover costs to attend ACSM sponsored events will submit proposals to the RMACSM Executive Director, Rose Steen (rjsteen2009@gmail.com). Proposals will then be distributed to and reviewed by the Student Development Grant Subcommittee consisting of RMACSM Governing Board members.

The following components will be required for RMACSM Student Development Grant Proposals, and proposals will be scored on each of the following:

- 1. Description of Education Opportunity** - Proposals will include a detailed description of the event that the student is proposing to attend.
- 2. Student's Background and Career Goals** - Proposals will include a detailed description of the student's background and formal education as well as any additional training that the student has received. A detailed description of the student's career goals will also be included in this section.
- 3. Impact on Student's Education and Career** - Proposals will include a detailed description of how the proposed education opportunity will impact and enhance the student's education and allow the student to better achieve career goals.
- 4. Impact on the future of the ACSM** - Proposals will include a detailed description of how the student's attending the proposed event will impact the future of the ACSM. Special attention should be placed on how the student's development through the event relates to the mission of the ACSM.
- 5. Budget** - Proposals will include a detailed budget for the student to attend the education event. The budget should include, but not be limited to, the cost of event registration (workshop, course, symposium, meeting, etc.) cost of travel, and housing costs. It should be noted that not all proposals will include the same budget items due to differences in needs for travel.

Additional Criteria:

- | | |
|---------------------|--|
| Page limit: | 6 pages |
| Font: | Standard sizes and fonts are recommended (e.g., size 12 Times New Roman or size 11 Arial) |
| Institution: | Proposals should identify the institution in which the applicant is enrolled full time undergraduate or graduate student |
| Faculty Advisor(s): | Proposals should identify the student's faculty advisor at current institution |



PRESIDENT'S CUP

POSTER COMPETITION

WHAT?

Graduate student poster competition held at the ACSM Annual Meeting, where students will present their research for prizes!

WHO?

All graduate students (PhD, MD, DPT, DO, EdD, MS) from ACSM regional chapters who are participating in research are eligible to compete!

RULES

Graduate students will present their research (poster or oral) at their annual, regional ACSM chapter meeting. Each regional chapter will determine the top graduate student presentation. The selected graduate student will be given a \$1,200 travel allowance to attend the ACSM Annual Meeting, and registration fees will be waived. Each regional President Cup winner will present their research in a poster format at the ACSM Annual Meeting to compete for prizes! Detailed rules will be sent to the executive boards for each ACSM regional chapter.

We look forward to the "President's Cup" award and encourage you to spread the word to your graduate students!

QUESTIONS?

CONTACT

David Ferguson, PhD, RCEP

Chair of Student Affairs Committee

davidpferguson13@gmail.com

Fall Lecture Series Kickoff

RMACSM is happy to announce that the Fall Lecture Series is back. After a hiatus of several years, the Rocky Mountain Chapter is again hosting a series of educational presentations throughout the region. Three sites have been identified for the kickoff year – **University of Wyoming** in Laramie, **Colorado Mesa University** in Grand Junction, and **Adams State University** in Alamosa. Dates and speakers have not yet been finalized, so please stay tuned for further information on this exciting new opportunity to learn more about current knowledge and opportunities in sports and exercise science. The faculty members who are coordinating at each site are Dr Enette Larson Meyer (University of Wyoming), Mr Brent Alumbaugh (Colorado Mesa University), and Dr Tracey Robinson (Adams State University).

Funding for the lecture series is being provided by a grant from the American College of Sports Medicine. RMACSM looks forward to having a greater impact upon some of the outlying areas in the Rocky Mountain Region.

Welcome to our Newest Board Member Emily Guseman, PhD—Wyoming Representative

University of Wyoming
Assistant Professor
Exercise Physiology, Physical Activity Epidemiology
Pediatric Physical Activity Lab

RESEARCH INTERESTS

Dr. Guseman's research interests center around the development of obesity and metabolic syndrome during childhood and adolescence, especially around the time of puberty. More specifically, her research focuses on how stress and psychosocial functioning, sleep habits, and physical activity influence metabolic health, and how these relationships vary as children grow and mature. She is also interested in medical management of pediatric obesity and family-based interventions to prevent excessive weight gain and improve child health.



EDUCATION

Ph.D. in Kinesiology: Exercise Physiology Concentration, Michigan State University (2012)

M.A. Exercise and Sport Science: Exercise Physiology Concentration, University of North Carolina (2005)

B.S. Kinesiology, The Pennsylvania State University (2003)

TEACHING

- KIN 3021 - Physiology of Exercise
- KIN 4900 - Topics: Physical Activity Epidemiology

AFFILIATIONS, ASSOCIATIONS, CONSULTATIONS

- American College of Sports Medicine
- North American Society for Pediatric Exercise Medicine
- Registered Clinical Exercise Physiologist - American College of Sports Medicine

ACSM Grant Program Provides Financial Support to Advance Regional Chapter Initiatives

ACSM created a task force charged with making recommendations as to how ACSM could better support the Regional Chapters. After completing its work, the task force made several recommendations to the ACSM Board of Trustees, which included the creation of a grant program. In 2014, the ACSM Grant Program was launched with nine ACSM Regional Chapters receiving a total of \$20,000 in funding to support innovative activities and/or advance current activities that are in-line with the overall strategic priorities of ACSM and the Regional Chapters. Nine ACSM Regional Chapters participated in the 2015 Regional Chapter Grant program and received a total of \$40,000 in funding. ACSM Regional Chapters participating in the 2015 Regional Chapter Grant Program received awards between \$1050 and \$6150, depending on the number of applications submitted. The program has been approved for 2016 with a total \$60,000 to be distributed. Grant funds are in addition to the yearly financial operating support and ACSM Foundation support already provided to the Regional Chapters.

SOARing from Here to There

SOAR! is a plan of accelerated progress and dramatic transformation for ACSM from now to 2017. Below are some – a representative sampling – of the areas of change and achievement envisioned. SOAR! will build on the legacy of the past, identify needed steps in the present, and achieve transformational results in the future.

A FEW OF THE ACHIEVEMENTS ENVISIONED BETWEEN 2014 AND 2017

1. **Contribute to efforts to achieve IMPROVED HEALTH WORLDWIDE through increased levels of physical activity and advances in exercise science and sports medicine.**
2. **Restore unrivaled leadership in BASIC SCIENCE.**
3. **Establish a highly valued and distinctive platform for CLINICAL SPORTS MEDICINE excellence.**
4. **Become the unprecedented leader and resource in EVIDENCE PRACTICE.**
5. **Have an historic role in changing healthcare and patient and public health through EXERCISE IS MEDICINE.**
6. **Greatly expand INTERNATIONAL LEADERSHIP AND COLLABORATION.**
7. **Profoundly increase MEMBER ENGAGEMENT.**
8. **Create an important COMMITTEE IDENTITY AND IMPACT for all endeavors.**
9. **Complete a HIGHLY SUCCESSFUL CAPITAL CAMPAIGN.**
10. **Create new levels of success for ACSM core activities, including PUBLICATIONS, CONFERENCES AND EDUCATION, RESEARCH, CERTIFICATION, AND REGIONAL CHAPTERS.**

Below are the four areas that the SOAR plan is built around:

Science—Advance and disseminate leading-edge discovery in basic, clinical and population sciences of exercise, physical activity, sports, and human performance.

Outcomes—Achieve clear and measurable results that increase active and healthy lifestyles, improve sports safety and performance, and advance therapeutic interventions across the lifespan.

Advocacy—Increase media advocacy and policy influence, and be an exceptional leader and effective collaborator.

Resources—Build the organizational infrastructure and resources necessary for exemplary success in the Roadmap's aim in science, outcomes and advocacy.

ACSM American Fitness Index 2015 Denver Area Update

Since 2009, The American Fitness Index has reported fitness levels in the 50 most populous metropolitan units in the United States. The Denver area, which includes Aurora and Broomfield has consistently scored in the top 10 of these 50 areas. Denver's best ranking was 3 in 2009 and the lowest ranking to date was 9 in 2013. In 2015, Denver ranked 6th.

There are 6 components to the Fitness Index including: Health behaviors (activity levels, personal nutrition, smoking); Chronic Health Problems (obesity, asthma, report of poor health, cardiovascular disease, diabetes, etc); Built Environment (parkland, use of public transportation, farmer's markets, bicycling/walking to work, etc); Recreational Facilities (ball diamonds, dog parks, playgrounds, golf courses, rec centers, etc); Policy for School PE; and Park Related Expenditures/Resident.

Top four improvements in the Denver area since 2009 are:

- Number of farmers' markets per 1,000,000 increased from 9.7 to 20.8
- Number of dog parks per 10,000 increased from 1.1 to 1.5
- The amount of park-related expenditures per capita increased from \$108 to \$146.
- The death rate per 100,000 for cardiovascular disease decreased from 191 to 137.1

Improvement priority areas for Denver (worse than 20% of target goal):

- 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
- Fewer acres of parkland per capita

The 10 metropolitan areas ranking highest are as follows: Washington, DC, Minneapolis, MN, San Diego, CA, San Francisco, CA, Sacramento, CA, Denver, CO, Portland, OR, Seattle, WA, Boston, MA, and San Jose, CA. Indianapolis was last in the rankings.

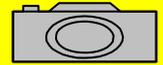
Overall scores ranged from 79.6 (Washington, DC) to 26.8 (Indianapolis) with Denver scoring 71.1.

For more information on this interesting review of fitness throughout major metropolitan areas in the country, visit the American Fitness Index website at www.americanfitnessindex.org.

The ACSM American Fitness Index® Data Report is a scientific snapshot of the state of health and fitness at the metropolitan level.



Summer is Picture Taking Time!



Summer is a great time to take photos. We spend more time outdoors, participate in different activities, and visit with people we don't see all the time. Take advantage of all that natural light and snap some pics.

The newer smart phones have all but eliminated the need for a separate camera. We always have them with us, they take pretty good pictures and will hold hundreds if not thousands of shots. There are some things to remember when using your phone for picture taking. I found this list on a website www.popphoto.com. Visit the website if you are interested in more detail.

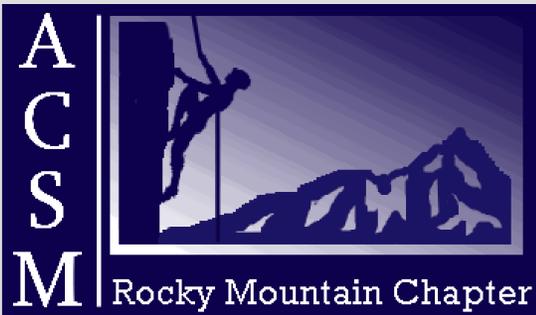
- 1) Get close to your subject—not only will you have greater detail, but lighting will be easier to control.
- 2) Crop, don't zoom—images start to degrade as you zoom. Cropping utilizes the pixel information already recorded.
- 3) Edit, don't filter—if you want a

unique photo, avoid using the Instagram filters that are in wide use. Some photo editing apps you might try are Snapseed, PhotoShop Express or iPhoto.

- 4) Don't add fake blur—if you want to call attention to an object in a picture, make it the center of your frame.
- 5) Try a different camera app—(Camera Awesome was listed on the website) and practice with it so you know where all the controls are—for example how to turn the flash on and off.
- 6) Try to do without the flash if possible. The flash on smart phones is the LED flashlight and it stays on longer than a strobe flash on a camera. You may end up with washed out colors and the dreaded red eye. As a substitute for the flash, try moving the subjects into better lighting if possible.
- 7) Keep the lens clean. Phones are kept in pockets or purses and pick up lint or dust—wipe it once in awhile.
- 8) Watch the lens flare—the tiny lenses on smart phones pick up light more

than full size cameras. Try moving around to get a different angle of lighting or hold a hand over the lens to avoid lens flare—unless this is an effect you are trying for.

- 9) Make some prints of your photos and share them with family and friends. Not everyone is on FB or has a phone that accepts pictures. It's really nice to send printed pictures once in awhile—everyone seems to really appreciate receiving a picture.
- 10) Don't forget the basic rules of photography composition—they are important no matter what you are using to take the photo: Rule of thirds, balancing elements, leading lines, symmetry and patterns, viewpoint, background, depth, framing, composition and experimentation. For more detailed information on photography composition visit www.photographymad.com



**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
Boulder	B Strong Ride	Aug 8, 2015
Greeley	Superhero Run/Walk 5K	Sept 12, 2015
Estes Park & Loveland	Loveland Marathon/Half Marathon/ Marathon Relay/Sylvan Spur/Backbone 5K	Sept 13, 2015
Denver	Colorado Symphony 5K Run/Walk 2015	Sept 19, 2015
Ft Collins	Blue Sky Trail Marathon	Oct 4, 2015
Boulder	Boulder Rez Marathon/Half Marathon, 10K & 5K	Oct 4, 2015
Denver	Rock & Roll Marathon and Half Marathon	Oct 18, 2015
Loveland	Phantom 5K	Oct 31, 2015

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

Top Fitness Trends 2015 By Rose Steen

ACSM has announced its annual fitness trend forecast for 2015 in the November/December issue of *ACSM's Health & Fitness Journal*®.

Top trends predicted for 2015 are as follows:

- Body Weight Training**—uses minimal equipment and can be done anywhere making it affordable and accessible—allows people to “get back to basics” with fitness.
- HIIT**—short bursts of activity followed by a short period of rest or recovery—usually completed in 30 minutes or less.
- Educated and Experienced Fitness Professionals**—important for consumers to choose professional certified by accredited agencies. ACSM is one of the largest and most prestigious fitness-certification organizations in the world.
- Strength Training**—central emphasis for many fitness centers. Incorporating strength training is an essential part of a complete exercise program for all levels and genders.
- Personal Training**—more and more students are majoring in kinesiology, which indicates they are preparing themselves for careers in allied health fields such as personal training. Education, training and proper credentialing have become increasingly important to health and fitness facilities.
- Exercise and Weight Loss**—Health and fitness professionals who provide weight loss programs are increasingly incorporating regular exercise and caloric restriction for better weight control in clients.
- Yoga**—Based on ancient tradition, yoga utilizes a series of specific bodily postures practiced for health and relaxation. Some yoga classes incorporate other exercise techniques with yoga—such as Yoga-lates which combines yoga and pilates.
- Fitness Programs for Older Adults**—Large baby boom generation population with available discretionary money is encouraging fitness professionals to create fitness programs to keep older adults healthy and active.
- Functional Fitness**—trend toward using strength training to improve balance and ease of daily living. Functional fitness and fitness programs for older adults are closely related.
- Group Personal Training**—Training two or three people at a time makes economic sense for the trainer and the clients during challenging economic times.