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Upcoming ACSM
Meetings

March 31-April 3,
2015—ACSM
Health and Fitness
Summit and Expo,
Phoenix

April 13-14, 2015—
Moving Active
Transportation to
Higher Ground:
Opportunities for
Accelerating the
Assessment of
Health Impacts,
Washington, DC

May 26-30, 2015—
ACSM 62nd An-
nual Meeting, San
Diego

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Rocky Mountain Chapter

VOLUME 1 ISSUE 14

WINTER 2015

Quarterly Newsletter

Mark your calendars! RMACSM 2015 Annual Meeting March 27-28, 2015 Springhill Marriott in Denver

Registration Information (including Abstract and Grant Submission Instructions)
on-line on the RMACSM Website:

<http://www.rmascsm.org/annualmeeting.html>

Reminders:

- Register by March 1st to be included in a drawing for one of two \$50.00 gift cards
- Abstracts and Grant Proposals are due by February 27, 2015
 - Abstract prizes total \$1600.00 for 6 winners
 - Grant winners awarded \$500.00/each
- You must be a member of RMACSM to submit a grant or abstract
- We still need a few volunteers, contact Rose Steen at rjsteen2009@gmail.com
- Students should be prepared to register a Student Bowl team at registration
 - Student Bowl winning team will receive \$1000.00 towards travel expenses to ACSM Conference in San Diego
- 2nd Annual Honor Award will be presented
- There will be a physical activity session scheduled for Saturday morning at 6:45 AM—come prepared to exercise!

New this year:

- **Past President's Lecture** provided by **Scott Drum, PhD**, Northern Michigan University - "*Physiologic Response to Exercise Training among Cancer Survivors*"
- **Fellow's Lecture** provided by **William Byrnes, PhD**, University of Colorado at Boulder - "*Muscle Activation and Health: Avoiding the Dangers of Too Much Sitting*"
- **ACSM Representative** will be presenting "*ACSM Certification—The Basics*"
- **Tim Behrens, PhD, CHES, FACSM**, University of Colorado at Colorado Springs will provide a lunchtime talk on "*ACSM Fellowship Opportunities*"

See pages 2 and 3 for full schedule—please share with your colleagues who may not be members of RMACSM

For information on submitting Research Grant applications and Abstracts, click on the Student Awards tab on the RMACSM.org website.

ROCKY MOUNTAIN CHAPTER—

RMACSM Annual Meeting Brochure

March 27-28, 2015

Marriott Springhill Suites

1190 Auraria Parkway, Denver, Colorado 80204

Phone: 303-705-7300

Toll Free: 888-236-2427

A limited number of rooms are being held at the rate of \$129/room. Call now to make reservations—to receive the special rate, let them know you are with RMACSM.



Students who want to volunteer at the meeting should contact: Rose Steen at rjsteen2009@gmail.com

To Register: visit the RMACSM.org website or register at the door.

To join ACSM: Acsm.org—click on Join ACSM

7.5 CEU credits will be granted to those attending



Registration Fees:

Professional ACSM Members: \$80.00

Professional Non-ACSM: \$130.00

Student ACSM Members: \$40.00

Student Non-ACSM: \$60.00

Schedule of Events

Friday, March 27th

11:00 AM—1:00 PM	Registration
1:00 PM—1:15 PM	Welcome and Introduction of the Board Enette Larsen and Melissa Benton
1:15 PM—2:15 PM	Keynote: “Dysfunctional Muscle in Aging, Obesity, and Neuromotor Disabilities: Unraveling Cause from Consequence” by Mark D Peterson, PhD, University of Michigan
2:15 PM—3:15 PM	Gatorade Lecture: “Small Changes, Big Rewards: Strategic Communication for Physical Activity” by Dixie Stanforth, PhD, University of Texas—Austin
3:15 PM—3:30 PM	Break
3:30 PM—4:20 PM	2014 Grant Winner Presentations
4:30 PM—6:30 PM	Opening Reception and Poster Judging (Students remain by their posters as follows: Odd numbers from 4:30—5:30 PM, Even number posters from 5:30—6:30 PM)
6:45 PM	RMACSM Dinner get-togethers—complete information at registration

Saturday, March 28th

6:45 AM—7:45 AM	Physical Activity Session—(optional) with Mike Brown, MEd—Your Movement Health! Boulder, CO—come dressed to exercise!
8:00 AM—8:30 AM	RMACSM Business Meeting Board Members
8:30 AM—8:45 AM	Announcements and Introduction of New Board Members and Poster Winners
8:45 AM—9:45 AM	ACSM Certification: “The Basics” (speakers TBA)
9:45 AM—10:45 AM	Fellow’s Lecture: “Muscle Activation and Health: Avoiding the Dangers of Too Much Sitting” by William Byrnes, PhD, University of Colorado at Boulder
10:45 AM—11:00 AM	Break
11:00 AM—Noon	Past President’s Lecture: “Physiologic Response to Exercise Training Among Cancer Survivors” by Scott Drum, PhD, Northern Michigan University
Noon—12:45 PM	Box Lunches and presentation by Tim Behrens, PhD, CHES, FACSM University of Colorado “ACSM Fellowship Opportunities”

Track #1

Track #2

1:00 PM—1:40 PM	“Implications of a Vegan Diet for Athletic Performance” by Andrea Gorman, PhD, RD, Rocky Mountain University of Health Professions	“Optimizing Design of the Exercise Drug for Cardiometabolic Health” by Barry Braun, PhD, Colorado State University
1:45 PM—2:25 PM	“Stability, Mobility and Movement Training for Law Enforcement Officers” by Jay Dawes, PhD University of Colorado at Colorado Springs	“Capsaicin Fuels a Fire in Fat: A Novel Approach to Counteract Obesity” by Baskaran Thyagarajan, PhD, University of Wyoming
2:30 PM—3:10 PM	“Exercise Therapy for Peripheral Artery Disease” by Mark Patterson, MEd, RCEP Kaiser Permanente of Colorado	“Use of Skeletal Muscle Ultrasound to Measure Skeletal Muscle Glycogen” by Inigo San Millan, PhD, University of Colorado at Denver
3:10 PM—3:30 PM	Break	
3:30 PM—4:00 PM	Student Bowl	
4:00 PM—4:30 PM	Winning Student Poster Presentations	
4:30 PM	Closing Remarks and Farewell	

ACSM Current Comment “Corporate Wellness”

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Enlightened companies have sponsored sports teams and, in some instances, have provided sports fields at their worksites throughout much of the twentieth century. Such initiatives were viewed mainly as a method of building a team spirit and increasing employee morale. However, the proportion of employees who were actively involved in worksite sports teams was relatively small. Brief calisthenic breaks for all employees were introduced at some European worksites as early as the 1960's, and it was claimed that such programs enhanced the performance of both physical and mental well-being. In the mid-1970's the Canadian government launched a similar plan, providing taped music and written instructions to volunteer exercise leaders in many large office buildings. Unfortunately, the concept that an entire working group could cease operations for 7-8 minutes of exercises twice each work day did not fit well with many modern industrial business operations.

Nevertheless, the interest of the US and Canadian governments in the promotion of health-related fitness developed rapidly during the 1970's. Government agencies still perceived the worksite as a favorable location for program delivery. Suggested advantages relative to community-based fitness programming included a discreet population of manageable size, with established channels of administration and communication, a strong potential for the recruitment of volunteer assistant exercise leaders, and peer support of those who were beginning fitness programs for the first time. Moreover, the introduction of a fitness program was seen as an important first step in the development of a healthy overall working environment ranging from a wise choice of canteen foods to a smoke-free worksite. Above all, no travel time was needed in order to attend a worksite fitness program, so that the usual excuse of the sedentary person (lack of time) was overcome.

Demonstration worksite fitness programs in Canada and the US suggested that they held a number of advantages for the sponsoring corporations. Program participants usually claimed to feel better, with an increased personal productivity. Objective comparisons with companies or worksites where programs had not yet been introduced suggested that companies with a worksite exercise facility: 1) recruited employees with a favorable attitude toward both work and health, 2) had a low rate of employee turnover among program participants, 3) experienced a small increase of productivity, and a small reduction in

absenteeism, and 4) noted a trend to lower health costs. Participants also enhanced their physical fitness, with a reduction in cardiac risk factors and, thus, their risk of health problems as they became older.

Most commonly, corporations have introduced programs because of the favorable personal experience of a senior executive or a desire to offer an attractive benefit to employees, rather than as a means of improving corporate profitability. Nevertheless the cumulative financial benefits listed earlier should be more than sufficient to cover the costs of providing and operating a modest fitness facility. Few studies have examined the optimal investment in facilities, but available information suggests that cost effectiveness is greatest for a limited facility that offers enthusiastic leadership.

In small companies, the exercise facility can often be shared with other neighboring corporations, and if this is not feasible, much valuable activity can be gained by simply installing showers and encouraging employees to walk or cycle to work.

The big challenge is usually to sustain the interest and enthusiasm of employees over the long term. When a worksite fitness program is first launched, as many as a third of employees are likely to join, but up to half of these become non-compliant within a few months.

Attendance can be enhanced by the favorable involvement of senior management, the adoption of flexible class hours (to accommodate those who travel frequently for the company or are involved in car-pool commitments), the admission of family members, and the introduction of a modular program that addresses not only exercise needs, but also other aspects of health (nutrition, obesity, low-back pain, smoking cessation, pregnancy, etc). However, as in any exercise program, strong, warm, enthusiastic leadership is the key to long-term success.

Written for the American College of Sports Medicine by Roy J Shephard, MD, PhD, DPE, FACSM



American College of Sports Medicine Regional Chapter Grant Program

In 2014, The American College of Sports Medicine initiated a grant program open to the twelve regional chapters located throughout the United States. In 2014 seventeen grants of approximately \$1000/each were awarded to regional chapters. ACSM increased the amount of the grants in 2015 to \$2000 each.

We are pleased to announce that RMACSM applied for two grants in 2015 and both grants were approved. Thanks to Board Members Dave Hydock and Joi Wilson for developing these proposals and submitting them to ACSM. Funding will be provided to the chapters in early spring and should be used by December 31, 2015.

Grant #1 has been designated the Student Development Grant. This grant will be used to provide funding for a student or students to attend a national conference in their area of study. ACSM is recommending that the funds be used only for students attending ACSM meetings or meetings that are jointly sponsored by ACSM (e.g Health & Fitness Summit, Integrative Biology, other Regional Chapter meetings, Team Physician Course, etc). The application process has not been developed to date and as soon as all the criteria are in place, RMACSM membership will be notified of the process for applying for a grant.

Grant #2 has been designated the University Outreach Meetings Grant. The goal of this grant is to increase student engagement and membership in ACSM and RMACSM by reaching out directly to students at universities and colleges—especially those institutions without easy access to front range conferences and meetings. The time frame for providing the meetings will be fall semester 2015. To date there are no set plans for which universities or colleges will have one of these meetings. The RMACSM Board is in the process of developing criteria and finding appropriate speakers. The general idea would be to have an informal meeting at the university/college that would include an educational talk, an introduction to ACSM and RMACSM and refreshments.

ACSM Announces Name Change for Exercise Physiologist Certifications

The American College of Sports Medicine (ACSM) announced today (February 4, 2015) that the names of two ACSM exercise professional certifications will be revised to better represent the scope of practice and expertise of the exercise professionals holding these titles. The new titles, ACSM Certified Exercise Physiologist and ACSM Certified Clinical Exercise Physiologist, will replace ACSM Certified Health Fitness Specialist and ACSM Certified Clinical Exercise Specialist, respectively.

Past Title	New Title	Scope of Practice
ACSM Registered Clinical Exercise Physiologist	No change	Required master's degree in exercise science Certified to work in clinically monitored exercise settings with individuals with cardiovascular, pulmonary, metabolic, orthopedic, musculoskeletal, neuromuscular, neoplastic, immunologic or hematologic disease
ACSM Certified Clinical Exercise Specialist	ACSM Certified Clinical Exercise Physiologist	Required bachelor's degree in exercise science Certified to work in clinically monitored exercise settings with patients with cardiovascular, pulmonary and metabolic diseases and disorders
ACSM Certified Health Fitness Specialist	ACSM Certified Exercise Physiologist	Required bachelor's degree in exercise science Certified to train apparently healthy populations and those with uncomplicated medically controlled diseases cleared for independent physical activity Includes fitness management, administration and supervision

For more information visit acsm.org

RMACSM Leadership Opportunities

Consider volunteering to be a candidate for one of the open positions on the RMACSM Board. Election will take place during March of 2015 and winning candidates will be announced at the Annual Meeting, March 27-28, 2015. New Board members will take office at the Annual Meeting.

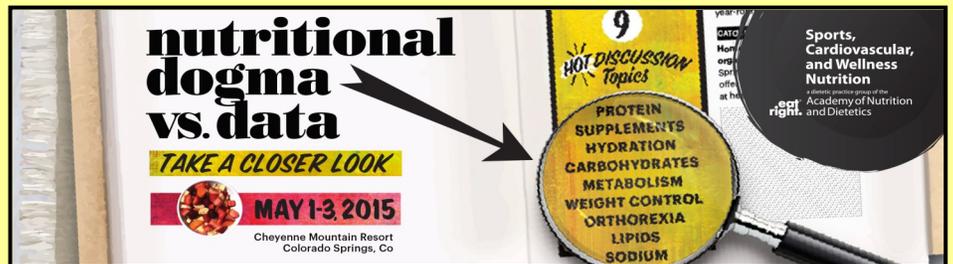
- President-Elect (3 year commitment—1 year as president-elect, 1 year as president and 1 year as past-president)
- Front Range Rep - (currently filled by Dave Hydock) - 2 year commitment
- Front Range Rep - (currently filled by Teresa Sharp) - 2 year commitment
- Southwest Rep - (currently filled by Tracey Robinson) - 2 year commitment
- Regional ACSM Chapter Rep (currently filled by Tim Behrens) - 3 year commitment

The Board meets monthly via telephone conference. Timing of the calls is subject to change based on the majority of members' availability. Currently we are meeting on the first Tuesday of the month at 3:00 PM. Other duties center around all aspects of the Annual Meeting, usually held during the last of March or first of April. Candidates should submit a biography to Rose Steen—rjsteen2009@gmail.com—by March 1, 2015.

31st Annual SCAN Symposium

May 1 – 3, 2015

[Nutritional Dogma Vs. Data: Take a Closer Look](#) at [Cheyenne Mountain Resort](#), Colorado Springs, Colorado



Event Details

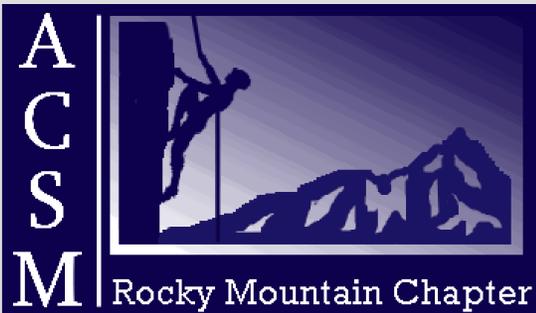
Are you guilty of being dogmatic in your practice of nutrition? It's not uncommon that as practitioners we cling to our ideologies, despite contrary accumulating scientific evidence. It doesn't help that nutrition research and dietary recommendations tend to be contradictory and often leave us in a state of confusion. Often we hear evidence that refutes a deeply held practice and while we will internally acknowledge its significance, somehow we dismiss it and revert back to the familiar.

Challenge those nutrition dogmas! Join [Sports, Cardiovascular & Wellness Nutrition](#) (SCAN) at our 31st Annual Symposium, [Nutritional Dogma Vs. Data: Take a Closer Look](#), May 1 – 3, 2015 at [Cheyenne Mountain Resort](#) in Colorado Springs, CO. **Earn up to 24 Continuing Professional Education (CPE) credits** with 24 educational sessions and 30+ speakers that will explore, challenge and debate the recent paradigm shifts in sports nutrition, cardiovascular health, wellness and eating disorders. Attendees will hear new trending research on **dietary supplements, proteins, hydration, sodium intake, diabetes, carbohydrates, eating disorders, athletic performance** and more, all of which will allow them to blaze new trails even as we cling to our ideology. If that isn't enough, register separately for one of SCAN's Pre-Symposiums: **The United States Olympic Committee (USOC) Workshop** will provide attendees an extraordinary opportunity to learn from USOC Sports Dietitians at the USOC Training Facility while the **American Council on Exercise (ACE) Health Coaching Workshop** will prepare attendees to take ACE's nationally accredited Health Coach Exam, and in turn broaden your services offered while increasing marketability. Are you ready to be challenged?

Discounts Available. Learn more & Register at <http://www.scandpg.org/professional-development/professionals/2015-symposium/>. Connect with SCAN [@SCANdpg](#), [#SCANSymposium](#), or [facebook.com/scandpg](https://www.facebook.com/scandpg).

About SCAN

SCAN is the largest dietetic practice group of the Academy of Nutrition and Dietetics. With over 7,200 members, SCAN brings together Registered Dietitians, Registered Dietetic Technicians and others with nutrition expertise in the areas of sports, physical activity, cardiovascular health, wellness, and the prevention and treatment of disordered eating and eating disorders.



**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
Greenwood Village	That Dam 13.1 and 5 K— Conquer the Dam (half marathon and 5 K)	March 1, 2015
Denver	Lucky Laces 5K/10K	March 15, 2015
Westminster	Beat the Heat 5K, 10K, half and full marathon	April 18, 2015
Littleton	Fear the Deer Trail Half Mara- thon	May 9, 2015
Denver	Mother's Day 5K	May 10, 2015
Firestone	Carlton Valley half marathon, 5K and fun run	May 16, 2015
Thornton	Cottonwood Classic 5K run/ walk	May 16, 2015
Golden	Blackhawk Trail half marathon and 10K	August 1, 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 active.com

Happy 100th Birthday to Rocky Mountain National Park!

By Rose Steen



Longs Peak and Mt Meeker are the centerpieces of Rocky Mountain National Park. For those of us who live along the northern front range of the Colorado Rockies, Longs and Meeker make up the backdrop of our horizon. On those rare cloudy or overcast days when we can't see the mountains, we almost become disoriented—wondering which direction is west!

Before RMNP was designated a national park, there were different ideas on how large an area should be in-

cluded. At one time an area that extended from the Wyoming border to the Mt Evans area (near Idaho Springs along I-70) was recommended. In January 1915, President Woodrow Wilson signed the law creating RMNP as we know it today, with an addition in 1929 of the Never Summer Mountains. Today RMNP encompasses 265,761 acres (415 square miles).

Longs Peak is the tallest peak in the park and a very popular destination for climbers of all abilities, though not without dangers. According to internet sources, there have been 59 documented deaths of climbers on Longs.

There are 359 miles of trails in the park which make it a popular destination for hiking, horseback riding, cross country skiing, mountaineering, rock climbing, camping and snowshoeing. The 150 lakes and 450 miles of

streams offer opportunities for fishing, picnicking and just enjoying the beautiful scenery. From 1955 to 1991, Hidden Valley Ski Resort offered downhill skiing.

Visitors to northern Colorado are nearly always treated to a drive on Trail Ridge Road—the highest continuous highway in the United States. Trail Ridge follows US Highway 34 through RMNP for 48 miles from Estes Park to Grand Lake. The road opened in 1932.

A video called *The Living Dream* by Nick Molle which documents the history of RMNP will be shown sometime in the future on Rocky Mountain PBS.

***“The mountains are calling
and I must go.”
(John Muir)***