

In Memoriam: **Dr. Henry J. Montoye**



Dr. Henry J. Montoye (“Monty”) was the moving force in the creation of our SE Regional Chapter in 1973. After a long and productive life, Monty passed away on October 29 at the age of 98.

Monty began his academic career at Michigan State University in 1949, where he moved through the academic ranks. In 1961, he moved to the University of Michigan, where he was appointed a Professor of Physical Education and research associate in the Department of Epidemiology.

Monty was hired in 1971 at the University of Tennessee, Knoxville. He was one of the most productive scholars in the areas of exercise physiology and physical activity and health. Immediately prior to his appointment he was a principal investigator of the Tecumseh (Michigan) Health Study, an epidemiological investigation of an entire community that examined, among other things, the link between physical activity and heart disease. Despite being heavily involved in teaching, grant writing, and publishing manuscripts from data collected in the Tecumseh study, he provided leadership in numerous ways. He was the driving force in the creation of UT’s Faculty/Staff Fitness Program, which was modelled on the best programs in the nation. In addition, he was a strong promoter of anything ACSM, and that included Regional Chapters.



Monty was a charter Fellow of the American College of Sports Medicine and was the first physical educator to be elected ACSM President, serving from 1962-63. He had been directly involved in the creation of the Midwest Regional Chapter of the ACSM, which received the first permanent charter from ACSM in 1972. He saw a similar need for a Southeast Regional Chapter soon after arriving in Knoxville. Monty took the lead in establishing our chapter, interacting with the national office to get a list of ACSM members in the region, sending out letters to see who might be interested, and planning the first meeting to establish a Regional Chapter, which was held in Gatlinburg, TN on November 10, 1973 (see SEACSM History (<https://www.acsm.org/acsm-membership/regional-chapters/acsm-chapters/southeast/about-us/seacsm-history>)). As was typical of Monty, he stayed in the background and encouraged others to take on leadership positions.

Monty was a very productive scholar throughout his life, having published 10 books, 15 book chapters, and 200 journal articles. One of the major areas in which he was a true pioneer was in



the use and development of technology on how to measure physical activity and energy expenditure. Such information was crucial to examine the relationship between physical activity and health. His early studies with pedometers (many of them done at the University of Tennessee) led him to co-invent the Caltrac® accelerometer that could measure an intensity aspect of physical activity that pedometers could not. He published extensively in this area, including an important textbook, *Measuring Physical Activity and Energy Expenditure*. Dr. Montoye served as a faculty member at the University of Wisconsin-Madison from 1977-1989. His scholarly achievements were recognized in 2008 with the ACSM Honor Award, the highest award offered by the ACSM.

Monty was a friend to all, supported numerous students and professionals in their careers, and had an enormous impact on the ACSM and its regional chapters. He will be missed.

Provided by Dr. Edward Howley.