



President's Message- Alan Utter

From Boone, NC

It is my pleasure to give you a brief update as to the status of the Southeastern American College of Sports Medicine. The bottom line is that the SEACSM is alive and well. The 37th Annual SEACSM meeting is now behind us and all indications are that the meeting went extremely well with over 500 SEACSM members attending even with these challenging economic times. Planning is underway for the 38th Annual SEACSM meeting which will be held at the Hyatt Hotel & Resort in Greenville, SC on February 11-13, 2010. Our President-Elect, Dr. Pete Granjean-Auburn University, has coordinated an exciting group of invited speakers for the 2010 SEACSM meeting. To my knowledge, this is the first time in the 38 year history of the SEACSM that we will hold our annual meeting in Greenville, SC, and based upon our Executive Board meeting held in Greenville this past May I do not think you will be disappointed. Should you have any questions regarding the 2010 SEACSM Annual Meeting please do not hesitate to contact myself or Dr. Pete Granjean: email: grandpw@auburn.edu.



Our current President of the American College of Sports Medicine, Dr. Jim Pivarnik-Michigan State University, has declared his Presidency: "The Year of the Student". I would bet that the majority of you taking the time to read this newsletter got involved with ACSM as a student. I would like to encourage all of you to join Dr. Pivarnik in promoting the 2009-2010 year as "The Year of the Student". If each of us would consider inviting one student, intern or mentee to join the SEACSM as a student-member or attend the 2010 SEACSM Annual meeting, we will accomplish the majority of the message that Dr. Pivarnik is leading.

The 2009 SEACSM Fall Lecture Tour is being finalized by Coordinator, Dr. John Quindry- from Auburn University. The Fall Lecture Tour will be delivered by Dr. Russell Moore-University of Colorado at Auburn University, University of Georgia, and University of Florida between September 28 and October 1. Should you have any questions regarding the 2009 Fall Lecture Tour please do not hesitate to contact Dr. John Quindry: email: [jqc0001@auburn.edu](mailto:jcq0001@auburn.edu).



Finally, I want to encourage all SEACSM Faculty who may be interested to consider serving as a Mentor in ACSM's Diversity Leadership Training Program. This program is designed to promote leadership training to underrepresented students and Faculty within ACSM. One of our current SEACSM Executive Board Members, Student Representative: Brandon Hollis-Louisiana State University has recently completed this program. Recent Faculty Mentors of this program include Dr. Diane Ward-UNC-Chapel Hill and Dr. Sue Graves-Florida Atlantic University. All students, Faculty, and Faculty Mentors who are accepted and complete this program will receive an all-expense paid trip to the 2010 ACSM Annual Meeting in Baltimore, MD. For more information on ACSM's Diversity Leadership Training Program please contact Chris Sawyer: email: csawyer@acsm.org or phone: 317-637-9200, ext. 104.

I look forward to working with you this upcoming year. If you have questions about any of the information mentioned in the newsletter or simply want to get more involved with the Southeastern American College of Sports Medicine please do not hesitate to contact me at: utterac@appstate.edu or phone: 828-262-3094. I hope that your schedule will allow you to join us at the 38th Annual SEACSM meeting in Greenville, SC on February 11-13, 2010.

AV Teams Needed for The 2010 SEACSM Meeting



We will again be using student AV teams. Please contact the executive board member below if you can help. We need eight AV teams for the 2010 SEACSM meeting. Each team will be responsible for managing the AV equipment and providing support for presenters during keynote presentations and free communication sessions. AV teams are composed of two or three students and will be required to bring a laptop computer, data projector and supporting peripherals (cord connectors, etc...). SEACSM will pay lodging expenses for each AV team. A faculty sponsor from the student team's university should contact Ed Acevedo at eoacevedo@vcu.edu or 804-828-1948 by December 1, 2009.

SAVE THE DATE-SEACSM: FEBRUARY 11-13, 2010

2009 SEACSM Fall Lecture Tour John Quindry-Auburn University

We are delighted to announce that our SEACSM Fall Lecture Tour Speaker is Dr Russell Moore from the University of Colorado. Dr. Moore will be giving three lectures on " Aberrant cardiolipin metabolism in heart failure: the problem and a possible solution" at Auburn University, the University of Georgia, and the University of Florida between September 28th and October 1st. Check the SEACSM

Sponsor and Exhibitor Opportunities.-Michael Berry

One of the ways by which the Southeast American College of Sports Medicine defrays the cost of the annual meeting is through the use of sponsors and exhibitors at the meeting. The chapter offers a variety of opportunities to companies and organizations to market their products and services to sports medicine and exercise science professionals in the southeast and to gain local, regional and national exposure for their company. One of the highlights of the conference is the exhibitors that participate in the meeting. The participants enjoy one-on-one contact with the exhibitors to learn more about the products and services they have to offer. The sponsors and exhibitors that participate at the annual meeting are from a wide variety of industries that offer products, equipment or services that the conference attendees use frequently in their professions. If you or your business would like to participate as a sponsor or exhibitor, or if you know of a company or business that you think would like to participate, please contact Michael Berry at berry@wfu.edu to discuss these opportunities.

SEACSM Graduate Student Fair

Dear Graduate Coordinators and Internship Supervisors:

Once again, the Graduate Student Fair was an overwhelming success with nearly 250 students attending and 29 universities and internship sites hosting booths at the 2009 annual meeting. The 2010 Graduate Student Fair will be held on Friday, February 12 from 5:30-7:00 PM. Those interested in having a table at the Fair to advertise internship sites or graduate programs can download an application form at <http://www.fau.edu/divdept/exsci/seacsm/gradfair08.pdf>. The fee for hosting a booth is



\$75.00 with an additional \$15.00 if an electrical outlet is required. Applications and payment are due by Friday, January 22, 2010. Any questions regarding the

Graduate Student Fair may be addressed to Dr. Lynn Panton at lpanton@fsu.edu or (850) 644-4685.

Don't miss this chance to network with some of the brightest students in the Southeast!!!

2010 Annual Meeting Preview-

President-Elect Peter Grandjean

Preparation for the 2010 SEACSM, Feb. 11-13, 2010, Greenville, SC is well underway. The call for abstracts was sent out in early August, 2009. We encourage all SEACSM members and students to submit abstracts, tutorials, and symposia for the upcoming meeting. **The deadline for receipt of all abstracts is midnight (12 PM) Eastern Time October 1, 2009.** To submit, please go to the SEACSM web site (<http://www.seacsm.org>), after AUGUST 31, use the button for 2010 Meeting Information, and complete the appropriate form(s).



An exciting program has been organized and includes the following guest speakers:

Featured Presentations

2010 Southeast Chapter of the American College of Sports Medicine Meeting

Keynote Address:

"The Biological Basis to Fear Physical Inactivity"

Dr. Frank W. Booth

Dr. Frank W. Booth, Professor of Biomedical Sciences at the University of Missouri-Columbia, received his Bachelor of Science degree from Denison University in Granville, OH in 1965 and his Ph.D. from the University of Iowa in 1970. Dr. Booth is currently interested in the determining how exercise signals are sensed, transduced, and effect the expression of genes in skeletal muscle. To this end, multiple animal models of exercise and physical inactivity are employed. The end point of such investigations is to provide on the molecular level of evidence-based medicine for why sedentary lifestyle increases the risk of many unhealthy conditions. Skeletal muscle affects the health of other organs (heart, adipose tissue, brain, etc.) by altering insulin resistance, blood hypertriglyceridemia, blood

HDL levels, and neuro-integrative pathways. Thus, all molecular events to decreased contractile activity must be integrated into models of how inactive skeletal muscle diminishes the expression of putative "health" genes. Dr. Booth has received multiple awards and formal recognition for his outstanding research, including an NIH Merit Award, an ACSM Citation Award "...for bringing the discipline of exercise physiology into the realm of molecular biology", Honor Awards from the International Conference on the Biochemistry of Exercise and the Environmental and Exercise Section of American Physiological Society. Dr. Booth currently serves on the editorial boards for: the *Journal of Applied Physiology*, the *American Journal of Physiology: Cell Physiology*, *Physiological Genomics*, and *CardioMetabolic Syndrome*. Visit <http://www.dbms.missouri.edu/BoothF.htm> for additional information on Dr. Frank W. Booth.

Presidential Lecture:

"Physical Activity During Pregnancy and Postpartum: so What's Old, and What's New?"

Dr. Jim Pivarnik

James Pivarnik, Professor of Kinesiology and Epidemiology, is the Director of the Center for Physical Activity and Health at Michigan State University. Dr. Pivarnik received his Bachelor's degree from Indiana University in 1973, Master's degrees in Physical and Health Education from James Madison University and in Epidemiology from Michigan State, and his Ph.D. from Indiana University in 1982. As an exercise physiologist and epidemiologist, he studies the exercise responses of females, particularly during pregnancy, and children, both healthy and those with chronic diseases. His focus is on the role of physical activity in reducing the risk factors for chronic disease development (e.g., cardiovascular disease) and the morbidity and mortality of those suffering from such conditions. Dr. Pivarnik helped write federal guidelines on physical activity during pregnancy. Dr. Pivarnik, who has studied physical activity and pregnancy for more than 20 years, is currently keeping track of the offspring of women he studied several years ago to determine how the children's development - in terms of growth, body fat, fitness and blood pressure, among other factors - have been affected. Dr. Pivarnik now serves as the President of the American College of Sports Medicine. Visit <http://www.epi.msu.edu/faculty/pivarnik.htm> for more on Dr. Jim Pivarnik.

Basic Science Lecture:

"Coupling of Old Age-Induced Cardiovascular Dysfunction and Osteoporosis."

Dr. Michael D. Delp

Michael D. Delp, Ph.D., FACSM, is a Professor and Chair of the Department of Applied Physiology and Kinesiology at the University of Florida. The primary focus of Dr. Delp's research is understanding the effects of physical activity on the cardiovascular system. Work from the Delp laboratory has used exercise training

to investigate the effects of high levels of physical activity on cardiovascular function, and microgravity (simulated and actual), aging and type II diabetes as models where low levels of physical activity are a key component of the condition. According to the American Heart Association, physical inactivity is a major risk factor for developing coronary artery disease, stroke and peripheral vascular disorders. It also contributes to other risk factors, including obesity, high blood pressure, low levels of HDL cholesterol, and diabetes. Specific areas of Dr. Delp's research include: **1.** The effects of aging and exercise training on vascular control mechanisms in skeletal muscle. (Delp et al. Ageing diminishes endothelium-dependent vasodilatation and tetrahydrobiopterin content in rat skeletal muscle arterioles. *J. Physiol.* 586: 1161-1168, 2008.) **2.** The effects of simulated microgravity on microvascular control mechanisms in the brain, splanchnic tissue and skeletal muscle, and how these alterations contribute to the incidence of orthostatic hypotension. (Colleran et al. Simulated microgravity alters rat mesenteric artery vasoconstrictor dynamics through an intracellular Ca^{2+} release mechanism. *Am. J. Physiol. Reg. Int. Comp. Physiol.* 294: R1577-R1585, 2008.) **3.** The possible coupling of diminished blood flow and microvascular endothelial function to bone loss associated with old age, disuse and type II diabetes. (Prisby et al. Aging reduces skeletal blood flow, endothelium-dependent vasodilation and nitric oxide bioavailability in rats. *J. Bone Min. Res.* 22: 1280-1288, 2007.) Dr. Delp's research has been supported by grants from the National Aeronautics and Space Administration, the National Space and Biomedical Research Institute, the National Institutes of Health, and the American Heart Association-Texas Affiliate. He has authored or co-authored over 75 refereed research articles and 12 invited reviews, book chapters and symposium proceedings. Visit <http://www.hhp.ufl.edu/dir/links/delpM.php> for more information on Dr. Michael Delp.

Luncheon Presentation:

"Physical Activity as a Strategic Business Priority: Implications for Leadership, Workforce, and Policy"

Dr. Nicolass P. Pronk

Nicolaas P. Pronk, Ph.D., FACSM is the vice president and Health Science Officer for JourneyWell at HealthPartners, a large non-profit, member-governed integrated health system in Minneapolis, Minnesota. He is also a Senior Research Investigator at the HealthPartners Research Foundation where he conducts research in the area of health behavior change and population health.

Dr. Pronk is widely published in both the scientific and practice literature and is currently an Editorial Board member for several scientific journals. He is the founding president of the International Association for Worksite Health Promotion (IAWHP). Some of his current activities include being a member of the Task Force on Community Preventive Services which publishes the Guide to Community Preventive Services, the Clinical Obesity Research Panel at the National Institutes of Health, and a faculty member of the [*World Health Organization Non-*](#)

Communicable Disease Prevention course. He is a former member of the Defense Health Board (Armed Forces Epidemiological Board), ACSM's Behavioral Strategies Committee, and the Institute of Medicine's Committee to Assess Health Promotion Programs at NASA. Dr. Pronk is the author of the National Physical Activity Plan for Business and Industry white paper and the Senior Editor of *ACSM's Worksite Health Handbook, Second Edition*. Dr. Pronk received his doctorate degree in exercise physiology at Texas A&M University and completed his post-doctoral studies in Behavioral Medicine at the University of Pittsburgh Medical Center and Western Psychiatric Institute and Clinic in Pittsburgh, Pennsylvania. Visit <http://www.keepitoff-hprf.org/KIO/Nicolaas.html> for more information on Dr. Nicolaas Pronk's work.

The program will also include tutorials, symposia, free communications (both oral and poster) as well as clinical case presentations. If you have any questions regarding the 2010 SEACSM meeting please contact: Dr. Peter Grandjean at: grandpw@auburn.edu or 334.844.1462.

SAVE THE DATE-SEACSM: FEBRUARY 11-13, 2010

Student Article

Student Bowl: Don't forget to begin forming your Institution's team to compete in this year's Student Bowl at the SEACSM meeting in Greeneville! Teams must consist of 3 students (consist of at least 2 undergraduates) and one alternate. The Student Bowl will take place on Friday February 12 from 4:30-5:30pm. The winning team will have the opportunity to represent the Southeast chapter in the National Student Bowl Competition in Baltimore!

Graduate Fair: The Graduate Fair will take place from 5:45-7:00pm on Friday. Anyone interested in graduate school or other professional opportunities are encouraged to attend this great event.



Faculty: To help organize student teams for the Student Bowl we are seeking faculty members who are willing to be a "faculty sponsor" for a team from their institution. We encourage faculty to seek institutional support funds to aid the students in their travel to the meeting if possible. Please help the students of SEACSM continue to build the Student Bowl into tradition by being a faculty sponsor for a team. Contact Brandon Hollis at bholli1@lsu.edu by the end of November if you are interested. In addition, we are seeking faculty members to help in the formulation of a pool of questions for this year's competition. Please contact Brandon if you would be willing to submit questions from your area of expertise.

We are also asking faculty members to participate in the Student Bowl as an emcee, judge (3), and/or scorekeeper (3). Anyone interested in participating please contact Brandon Hollis.

Students: Please consider being a student contact from your school to SEACSM. This is a great way to be involved in the chapter. We are asking that you help recruit three students (at least 2 undergraduates) and one alternate to represent your institution at this competition. You will work closely with a faculty sponsor from your institution in helping bring a team of undergraduates and graduate students to compete in the Student Bowl in February. Please contact Brandon Hollis at bholli1@lsu.edu if you are interested in being a student contact.

Sincerely, Brandon C. Hollis, M.S. Student Representative to the Board of SEACSM

Past President's Message Fall 2009

Judith A. Flohr

As you begin to gear up for the academic year I am hopeful that you will put the annual SEACSM meeting on your calendar (**February 11-13, 2010**). Pete Grandjean has invited a number of good speakers and our members always provide intellectually stimulating symposiums, tutorials and free communications to make the SEACSM one of the best regional meetings in the United States. The added bonus of holding the meeting in Greenville is the proximity of good restaurants and night life to the hotel as well as great places to run or bike.

One component of the annual meeting is the election of new board members so please send your **nominations** for **President-Elect** and two **Members at Large** to me Judith Flohr via email at flohrja@jmu.edu. The President elect nominee must have served on the Executive



Board. The nominating committee will contact each of the candidates and develop a slate for the election in February.

In addition to nominations for Board Members please send me nominees for the **Montoyo Scholar Award** and the **SEACSM Service Award**. For each of these awards a letter of nomination is requested and the individuals curriculum vitae (if available). Thank you in advance for your help in identifying the individuals deserving of these awards.

The SEACSM annual meeting has a tradition of being "student focused" and the **Student Research Awards** are an integral part of the chapter's history. Faculty members please insure that your students submit their abstracts for consideration. There are two categories for the awards, doctorate and masters/undergraduate and three awards are given in each category.

Don Torok is requesting your help in identifying a faculty representative and an undergraduate student representative for each of the academic institutions within the Southeast that have either an Exercise Science and/or Health Promotion program. All of the colleges and universities within the southeast are listed on the SEACSM web page at

<http://www.seacsm.org/acdinst.htm>. If you scroll through the page you will note each of the institutions and the faculty and student rep are listed. If your institution is not listed or a faculty and student rep are not listed and you and a student are interested in serving in this capacity please contact Don Torok via email Torok@fau.edu. I am looking forward to seeing you in Greenville in February. My best wishes for a productive and enjoyable 2009-2010 academic year.

Clinical Track Program Info

If you have not attended a Clinical SEACSM Conference Meeting, then now is the time. Based on the planning committee's assessment of need and feedback from participants of the 2009 SEACSM Clinical Track Program, this year's course is designed to educate clinical professionals interested



and engaged in the healthcare of athletes of all ages participating in organized and recreational sports with regard to established and emerging technologies in sports medicine. At the conclusion of this educational program, participants should be able to:

1. Describe various established and emerging technologies in the field of sports medicine.
2. Discuss the scientific evidence supporting the use of these established and emerging technologies as well as the risks, benefits, indications and limitations of using these technologies when assessing, diagnosing, treating or managing appropriate patients.
3. Understand the appropriate format for scientific case presentations, be able to prepare and present scientific case reports involving sports medicine topics and discuss their clinical relevance.

Don't miss this exciting program and watch for more details on confirmed speakers and times to be posted on the SEACSM website (www.seacsm.org) under the "Clinical Information" tab.

Editor's News

Congratulations, now that you have gotten to this part of the newsletter, you are very well informed on the exciting program that is being planned for you on your trip to Greenville, SC.

REQUIREMENTS FOR ALL SEACSM 2009 MEETING SUBMISSIONS:

No figures should be included in abstracts, and the use of tables is discouraged. Abstracts will appear in the program as submitted. Your abstract must fit into a box with the following dimensions: **5.75 inches wide by 5 inches high. There is a limit of no more than 25 lines of text.** Review the call for abstract materials on the website for required materials in the abstract. Title, Authors, and Institution should be included in all abstracts and formatted as in the example on the website.

In order to make all abstracts readable in the program, no more than 14 characters and spaces per horizontal inch and 6 lines-per vertical inch should be used or the abstract will be rejected without review. Required fonts for all electronic submissions are either **TIMES-12 point or TIMES NEW ROMAN- 12 point.** Use of other fonts may result in the loss or changing of characters. **DO NOT USE SYMBOLS,** as they do not always transfer electronically.

One of the most important items to check before you submit your abstract is that **ALL BOXES are filled in on the submission page. Failure to enter something in ALL of the BOXES will result in failure of your submission to work. You must also check the box that states-All authors have reviewed this abstract and approve of the content as submitted.** The number one problem that individuals encounter with the submission process is not filling in all of the boxes.

Do not wait until the last day to submit your materials, as the site becomes very overloaded and it might prevent your materials from arriving on time. Please share this information with colleagues or students who may not have received it. Remember that all presenters must register for the conference.

Here are some other things that you will need to know about the meeting. 1) Online registration for the meeting will be posted on the chapter website: SEACSM.ORG, as well as the hotel registration materials. These links should be operational some time during late fall.

The 2010 SEACSM meeting will be in downtown Greenville, SC at the Hyatt Regency (www.greenville.hyatt.com) on February 11-13, 2010. More information can be found on the SEACSM.ORG website. See you in Greenville for a great meeting.



Hot Topics

- 1) Nominations for the Henry J. Montoye Scholar are requested by September 1.
- 2) Nominations for executive board positions are requested by September 1.
- 3) Interested in volunteering as a faculty member or student at your institution? See if your institution is listed on the SEACSM website and you would like to be your institution's contact person. <http://www.seacsm.org/acdinst.htm>

If your institution has a exercise science program and it is not in the list, please let us know: <mailto:torok@fau.edu>

- 4) SEACSM now has a group page on FACEBOOK. Join us. SEACSM Chapter



SEACSM Executive Board

- Alan Utter, President, Appalachian State University, Department of Health, Leisure, and Exercise Science, 111 Rivers St., Boone, NC 28608 (w) 828-262-3094 (FAX) 828-262-3138 e-mail: utterac@appstate.edu
- Peter Grandjean-President-Elect, Auburn University, Department of Kinesiology, 2050 Memorial Coliseum, Auburn University, AL 36849 (W) 334-844-1462 email: grandpw@auburn.edu
- Judith Flohr, Past-President, James Madison University, Department of Kinesiology MSC 2302, Harrisonburg, VA 22807 (w)540-568-3448 (FAX) 540-568-3338, e-mail: flohria@jmu.edu
- Carolynn Berry, Executive Director, Assistant Provost for Planning, Assessment, & Research, 117 Pegram Hall, Winston-Salem State University, Winston-Salem, NC 27110, (W) 336-750-2110, (FAX) 336-750-2111, e-mail: berryc@wssu.edu
- Michael Berry, Representative to ACSM, Wake Forest University, Department of Health and Exercise Science, P.O. Box 7868, Winston-Salem, NC 27109 (W) 336-758-5847 (FAX) 336-758-4680 e-mail: BERRY@WFU.EDU
- Beverly Warren, Representative to ACSM, Virginia Commonwealth University, Dean's Office, 1015 West Main Street, P.O. Box 842020, Richmond, VA 23284-2020 (W) (804) 828-3382 (FAX) (804) 828-1323, email: bjwarren@vcu.edu
- Edmund O. Acevedo, At-large Member, Virginia Commonwealth University, Department of Health and Human Performance, 1015 West Main St., P.O. Box 842020, Richmond, VA 23284 - 2020 (W) (804) 828-1948 (FAX) (804)-828-1946, e-mail: eoacevedo@vcu.edu
- Don Torok, Webmaster & Newsletter Editor, Associate Dean, College of Education, Florida Atlantic University, Davie, FL 33314 (W) 954 236-1261 (FAX) 954 236-1050 e-mail: Torok@fau.edu
- Sean T. Bryan, MD, Clinical Representative, University of South Florida/Morton Plant Mease/BayCare Health System, 807 N. Myrtle Ave., Clearwater, FL 33755, (W) 727-467-2501, (Fax) 727-467-2471, E-mail: Sean.Bryan@baycare.org
- James Churilla, At-Large Member, University of North Florida, Brooks College of Health, 1 UNF Drive / Bldg 39, Jacksonville, FL 32224-7699 (W) 904-620-1735 (Fax) 904-620-2848 e-mail: j.churilla@unf.edu
- Mark Loftin, At-large Member, Department of Health, Exercise Science & Recreation Management, 215 Turner Center, The University of Mississippi, University, MS 38677, (w) 662-915-5526, (fax) 662-915-5525 e-mail: mloftin@olemiss.edu
- Lynn Panton, At-Large Member, Florida State University, Department of Nutrition, Food & Exercise Science, 436 Sandels Building, Tallahassee, FL 32306-1493(W) (850) 644-4685, (FAX) (850) 645-5000 Email: lpanton@mailier.fsu.edu
- Brandon Hollis, M.S. Student Representative, BOR/SREB Doctoral Fellow, Huey P. Long Fieldhouse, Dept. of Kinesiology, Louisiana State University, Baton Rouge, LA 70803-7101, mail to: bholli1@lsu.edu (706) 951-2987 (cell)

SEACSM

Carolynn Berry, Executive Director
 Assistant Provost for Planning, Assessment, & Research
 117 Pegram Hall
 Winston-Salem State University
 601 Martin Luther King, Jr. Drive
 Winston-Salem, NC 27110

Newsletter Editor:
 Don Torok, Ph.D.
 Dean's Office, College of Education
 2912 College Avenue, 205 ES Building
 Davie, FL 33314

