



President's Message- Paul Davis

The State of SEACSM: 40 Years and Growing Strong!

How time flies! This past February, ACSM's Southeast Chapter held its **40th meeting** in Jacksonville, Florida. Despite the poor economy and the meeting being on the periphery of our 10-state region, we had approximately 700 attendees and a record number of presentations (well over 200!). To honor our 40 years, many of SEACSM's "heavy hitters" (several of them being past-presidents) stepped up and made special presentations. Also, as SEACSM president, David Pascoe took on the task of Skype™-interviewing several past-presidents (these interviews were shown at the meeting and should be available soon on SEACSM's web site). In addition, a touching tribute to all of the women who have served as SEACSM president was made at the Women's Breakfast. Our other usual "main events", including the opening night social, all of the invited lectures, the College Bowl (congratulations to this year's winners, Kennesaw State!), the Graduate Student Fair, and the Saturday luncheon, were also all big hits. We continued to highlight student research by presenting awards for the best student poster presentations. To recognize the growth of undergraduate involvement in the Chapter, we offered separate awards for undergraduates and also had one of the free communication poster sessions dedicated specifically to undergraduate research (sponsored by the Council of Undergraduate Research). The Clinical Track Program, focusing on both younger and older athletes, was also as strong as ever. After four decades, our great Chapter is certainly not showing any signs of slowing down!



SEACSM also continues to shine outside the realm of our annual meeting. As usual, we currently have a strong presence at the national level. One of SEACSM's past-presidents, Janet Walberg Rankin, serves as president. In addition, another past-president, Larry Durstine, serves as treasurer and Janet Fulton, Bruce Gladden (SEACSM past-president), Andrew Gregory, Jennifer Hootman, and Bill Krauss serve as trustees.

We are also continuing to disseminate strong exercise science throughout our region via SEACSM's Fall Lecture Tour. This past fall, John Jakicic from the University of Pittsburgh delivered eloquent obesity-related lectures at the University of South Carolina, Virginia

Commonwealth University, and the University of North Carolina at Greensboro. This fall's lecturer will be Lee Jones from Duke University. As the Tour rotates through specific sections of our region, Dr. Jones will visit the states of Florida, Georgia, and Alabama to discuss the effects of exercise on cancer. This year's lecture sites are currently being scheduled and announcements should be made within the next several weeks. Lynn Panton has been kind enough to organize this fall's Tour. If you have any questions, please contact her at lpanton@admin.fsu.edu.

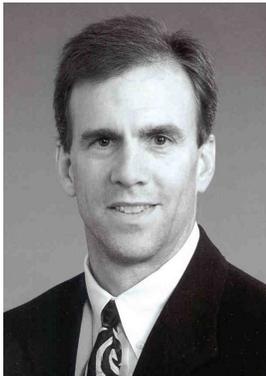
Despite the success that SEACSM has experienced over the years, we are not resting on our laurels. For our upcoming meeting in February in Greenville, SC, president-elect Ed Acevedo has a *very* impressive slate of speakers scheduled (described later in this newsletter). In addition, given the ever-increasing number of abstract submissions each year, we are taking steps to insure that the quality of presentations remains high. One of those steps has been to edit the abstract submission requirements to make it clearer as to what will be expected in order to have an abstract accepted for presentation. I encourage all of you who are considering submitting an abstract for presentation at the 2013 meeting to read these instructions as soon as possible. We are also investigating some audiovisual options to help the College Bowl run more smoothly this year. All-in-all, we hope to make SEACSM's fifth decade its strongest ever! In time, I hope as many of you as possible will join me in another 40 years to celebrate SEACSM's 80th meeting (which I plan on attending as a spry 90 year-old!).

Respectfully,



Paul G. Davis, PhD, RCEP, FACSM
SEACSM President
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Sponsor and Exhibitor Opportunities.-Michael Berry



There are still opportunities for exhibitors and sponsors at the upcoming 2013 meeting. Exhibitors and sponsors help to defray the cost of the annual meeting and offer conference attendees the opportunity for one-on-one contact 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 conference attendees frequently use in their professions. If you know of a potential sponsor or exhibitor, or if you would like to participate as an exhibitor or sponsor, please contact Michael Berry (berry@wfu.edu) immediately. There are a variety of opportunities to market products and services to sports medicine and exercise science professionals in the southeast and to gain local, regional and national exposure. Last year was a record breaking year for SEACSM in terms of attendance and participation of exhibitors. In fact, all our exhibitor spaces were occupied. Hopefully, this year will be similar.

SEACSM Graduate Student Fair Dear Graduate Coordinators and Internship Supervisors:

Several schools have already registered for the 2013 Graduate Student Fair. The event to be held on Friday, February 15 at 5:45-7:00 PM is expected to attract representation from over 20 universities and hundreds of prospective students. Encourage your students to attend. Door prizes and other incentives will be available for those in attendance. Those interested in reserving table at the upcoming Fair in order to advertise internship sites or graduate programs can download

an application form at http://www.seacsm.org/gradfair2013_app.pdf Table fees received after November 1 are \$85 (\$100 with electrical) and \$100 (\$115 with electrical) after December 1. All applications and payments must be received by Friday, January 25, 2013. Any questions regarding the Graduate Student Fair may be addressed to Dr. Michael McKenzie at <mailto:mckenziemi@wssu.edu> or (336) 750-3136.



2013 Annual Meeting Preview

Edmund Acevedo: President-Elect

Program development for the 2013 SEACSM, February 14-16, 2013, Greenville, S.C., is ongoing. The call for abstracts was sent out in early August, and we encourage you to consider submitting abstracts, tutorials and symposia for the upcoming meeting. **The deadline for receipt of all abstracts is midnight (12:00 PM) Eastern Time Tuesday, October 1, 2012.**

To submit, please go to the SEACSM website (<http://www.seacsm.org/annualmeeting.html>) and use the link on this page to complete your submission(s).

We look forward to your symposia, tutorial, and free communication submissions that will complement our slate of excellent invited speakers.



Keynote Address

Molly Bray, PhD
Professor, Department of Epidemiology/Genetics
Director, Heflin Center for Genomic Science Core Labs
University of Alabama at Birmingham

Dr. Bray's work is focused on understanding the genetic basis of obesity using both statistical and experimental models. Dr. Bray's lab is genotyping several large cohorts of obese and lean individuals for candidate polymorphisms within genes related to obesity and related comorbidities (e.g. diabetes, NAFLD) using advanced high throughput genotyping techniques. She and her team are analyzing this genetic variation for association to obesity and related quantitative traits within the context of environmental factors. The topic of her presentation will be on the genetics of physical activity and obesity. Link to her website: <http://www.soph.uab.edu/epi/directory?facname=4040>

ACSM Presidential Address

Janet Rankin, PhD
Associate Dean of the Graduate School
Department of Human Nutrition, Foods & Exercise
Virginia Tech University

Dr. Rankin's laboratory focuses on nutritional interventions in two populations: athletes and obese individuals. One goal is to clarify the optimal nutritional strategy to reduce inflammation and related health complications in response to stresses including strenuous exercise and the metabolic disturbances in obesity. A second goal is to determine dietary strategies for optimal body composition and physical performance in these two populations. The topic of her presentation will be on the optimum nutritional strategies for health and human performance. Link to her website: http://www.hnfe.vt.edu/about_us/Bios_faculty/bio_rankin_janet.html

Basic Science Lecture

Douglas R. Seals, PhD
Arts and Sciences College Professor of Distinction
Department of Integrative Physiology
University of Colorado

Dr. Seals' research goals within the context of the integrative physiology of aging are primarily focused on "vascular aging". In particular, the development of large elastic artery stiffness and impaired arterial endothelial function with advancing age. Dr. Seals utilizes a wide range of contemporary experimental techniques to study these issues in human subjects, rodents, and cell cultures using cross-sectional, intervention, and longitudinal study designs. Emphasis is placed on the integrative nature of the physiological and pathophysiological processes involved from a mechanistic perspective. The topic of his presentation will be on the aging artery and physical activity. Link to his website: <http://www.colorado.edu/intphys/faculty/seals.html>

Luncheon Lecture

Michael Joyner, MD
Caywood Professor of Anesthesiology
Human Integrative Physiology
Mayo Clinic

Dr. Joyner's research interests are in the study of how the peripheral circulation and autonomic reflexes adapt to physical stresses such as standing, exercise or body heating. He has also studied the influence of gender and age on these factors. In many of his studies he has assessed blood flow using both invasive and non-invasive techniques in humans while infusing agonist and antagonist drugs to understand the mechanisms that govern the responses. He received numerous national and international awards for his work on muscle blood flow, nitric oxide and human physiology. The topic of his presentation will be on the physiology of a 2-hour marathon. Link to his website: http://mayoresearch.mayo.edu/mayo/research/joyner_lab/



Student Article

SEACSM is all about Student networking! Getting involved with the Southeastern chapter of ACSM is a great opportunity for students to speak directly to graduate students and faculty to learn about potential educational or employment opportunities. Annual Southeastern meetings give students an opportunity to learn about a variety of research applications through personal interaction, and to present their research in a professional setting. Not to mention- its fun!

This year's annual meeting of the Southeast Chapter of the American College of Sports Medicine will be held February 14-16, 2013 at the Hyatt Regency Hotel in Greenville, SC. This is a great location with plenty to do and see within walking distance. Aside from all of the great presentations and exhibits, there are plenty of activities for students such as Student Quiz Bowl- the entertaining Jeopardy style inter-University competition, Graduate Student Fair, Student research award poster competition, and last but certainly not least the famous SEACSM social. The 2012 meeting had great participation and we expect the same for this coming year!

Want to get involved?

Contact me, Lindsey Miller, your student representative for the SEACSM. I am currently seeking faculty and student representatives from Universities across the Southeastern region to join our Student Coalition. The goal of the SEACSM Student Coalition is to aid student's realization of professional and personal goals by providing an inter-university platform to improve student involvement, networking opportunity, and mentorship. The SEACSM student coalition will function in conjunction with University interest clubs (such as Exercise Science Club, Athletic Training Club, Pre-physical Therapy Club, etc.), led by a faculty advisor. The faculty advisor and student members are encouraged to share their experiences, such as volunteer/outreach and research projects, which may be published in the SEACSM Student newsletter to highlight their achievements. Participation in the SEACSM Student Coalition makes it possible for students to learn what others are doing in the southeast region and stay informed on SEACSM Chapter meeting information.

Another great way for students to get involved is to present research at this year's meeting! Abstract submission deadline is midnight on October 1st – be sure to keep this deadline in mind as Fall semester gets underway. All meeting information will be posted at www.seacsm.org. Also, make sure to join SEACSM on Facebook to have direct access to all our current information!



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Past Presidents Message August 2012
David Pascoe

A new academic year is upon us and the SEACSM Board has been already planning and working on the upcoming 2013 SEACSM Annual meeting to be held in Greenville, North Carolina on February 14th -16th. Our President Elect, Ed Acevedo has developed a comprehensive meeting program with an impressive invited speaker agenda. Our regional



chapter is very active in providing a meeting that provides lectures, symposium, tutorials, open communication, and posters that enhance our scientific understanding of our discipline. We continually encourage the involvement of all members, faculty and students from all discipline areas. The meeting provides a great venue to network with regional scholars and encourages leadership opportunities. We also take great pride in the role that Southeast ACSM fulfills with the National organization. This truly speaks to the quality of our regional members, organization, and meeting. Mark your calendar, Come one –come all and be professionally involved.

At our meeting, we will be electing new SEACSM Executive Board members. These elected officers will be providing the leadership for our regional in the near future. We are seeking nominations for President-Elect, Members at Large (two), and Student Representative Member. Please send your nominees to David Pascoe at pascodd@auburn.edu. Be advised that the President elect position requires that the individual has previously served on the SEACSM Executive Board before. After receiving the nominations, an election nominating committee will select the candidates to develop the ballot for the election in February. During our meeting, we are seeking nominations to honor the outstanding contributions and leadership of regional leaders through the Montoye Scholar Award and SEACSM Service

Award. With your nomination, a letter of nomination is requested. These letters can be sent to David Pascoe at pascodd@auburn.edu. You may also suggest other individuals that the committee might contact for letters of support. These are very prestigious awards within our chapter and sincerely want these awards to reflect the best of our leaders within our

region. I ask that you send all of your nominations by September 15th. Thank you in advance.

I want to take this opportunity to once again thank you for your support of SEACSM. It is a great honor to be able to be involved and serve our regional chapter. I hope to see you at this year's 41st meeting. Last year we celebrated our 40th anniversary and celebrated a strong organization and bright future for the years to come.

Message from Kyle Cassas, MD, FACSM (Clinical Representative) to Clinical Members

The planning committee is currently in process of putting together our clinical track program for 2013 to be held in Greenville, SC. I am excited to announce Dr. Franklin Sease of the Steadman Hawkins Clinic of the Carolinas will serve as chair of the clinical track program this upcoming year. Based on a review of our previous meeting evaluations topics for this program will include: diagnostic musculoskeletal ultrasound and injections, cartilage injuries (shoulder, hip, knee) with discussion of basic science and current treatment options. We are now accepting clinical cases, please email to Dr. Matt Close: mclose@ghs.org. Case Deadline will be December 14th, 2012 and notification of case acceptance will occur by January 7th, 2013. Please visit the clinical track portion of the SEACSM website for abstract submission details. A preliminary agenda will be posted on the SEACSM website and we look forward to seeing you in Greenville!



Editor's News- Don Torok

In case you missed the award winners from our 40th Annual Meeting, here is a program review:



Henry Montoye Scholar was Gordon L. Warren, from Georgia State University

SEACSM Service Award Winner was Beverly Warren, Virginia Commonwealth University



Doctoral Award Winners:

- 1st PhD – Bradley Gordon-University of South Carolina
- 2nd PhD – Kathleen Gavin – University of East Carolina
- 3rd PhD - Diana Delgado-Diaz – University of South Carolina

Master's Award Winners:

1st Master's – Brittany Collins – University of South Carolina
2nd Master's – Stacy Scott – University of Tennessee-Knoxville
3rd Master's – Kara Hamilton – University of Alabama-Birmingham

Undergraduate Award Winners:

1st Undergraduate – Timothy Brady – Wake Forest University
2nd Undergraduate – Jeremy Towns – Samford University
3rd Undergraduate – Mark Sundman – Elon University



2012 SEACSM Student Bowl Winning Team: Kennesaw University: Kristine Wood, Erin Gainey, and Karletta McCoy.

We would like to thank the following executive board members for their years of service to the chapter as their terms were completed at the annual meeting: Past President Peter Grandjean; National ACSM Representative Beverly Warren; At large Board Members: John Quindry and Cheryl Hultquist.

Check us out on Facebook  You are not going to want to miss this exciting program that is being planned for our 41st Annual Meeting. See you in Greenville, SC!

REQUIREMENTS FOR ALL SEACSM 2013 MEETING SUBMISSIONS:

No figures or tables should be included in abstracts. There is just one submission form for all abstracts, tutorials, and symposia, so be sure to select the correct category for your submission. Abstract submissions 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, City & State (included in your 25 lines of text)** should be included in all abstracts and formatted as in the example on the website. Abstracts should use the following headings: **Purpose, Methods, Results,** and **Conclusions** in your abstract.

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 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 prevent your abstract from being transferred and submitted.** You must also check the box that states-All authors have reviewed this abstract and approve the content as submitted. **Keep a copy of the submission statement as verification of your submission. An author is only permitted to be the first author on one abstract. All student submissions not accepted as a finalists for an award will be reviewed in the general meeting program.**

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 later this fall.

The 2013 SEACSM meeting will be in downtown Greenville, SC at the Hyatt Regency (<http://www.greenville.hyatt.com>) on February 14-16, 2013. More information can be found on the SEACSM.ORG website. See you in Greenville for a great meeting.

2012 SEACSM Fall Lecture Tour

The Fall SEACSM Lecture Tour is taking place the first week of December in the states of Florida, Georgia, and Alabama. The tour is being coordinated by Lynn Panton from Florida State University. This year's speaker will be Dr. Lee Jones who is an Associate Professor and the Scientific Director of the Duke Center for Cancer Survivorship in the Department of Radiation Oncology within the Duke Cancer Institute. Dr. Jones's research program focuses on a translational approach to: (1) evaluate the cardiovascular / functional impact of cancer therapy, and efficacy of defined exercise training to prevent and/or treat dysfunction, and (2) elucidate the effects, and underlying systemic and molecular mechanisms, of defined aerobic training on tumor progression and metastatic dissemination. His research program is supported by the National Institutes of Health, American Cancer Society, and U.S. Department of Defense Breast Cancer Research Program. His tentative lecture title is "Exercise Therapy Following a Cancer Diagnosis: Cardiovascular and Tumor-Related Outcomes". For more information about the lecture tour please contact Lynn at Lpanton@fsu.edu.



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