

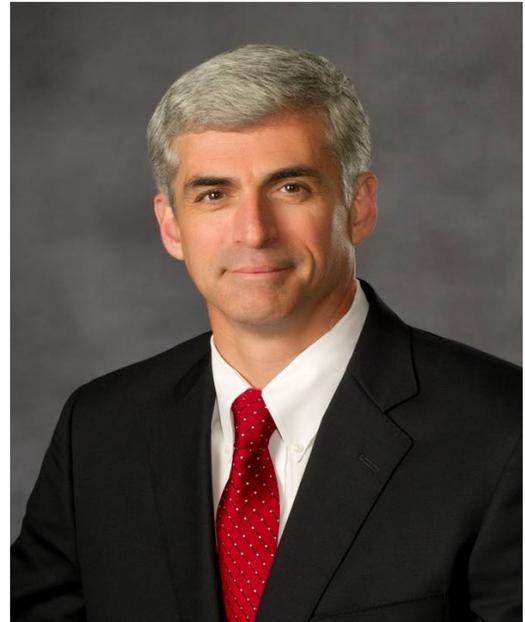


President's Message

Edmund Acevedo

As you warm from the winter freeze and settle into your semester schedules, please accept my invitation to join us at the Southeast American College of Sports Medicine. The program for the Southeast American College of Sports Medicine's 42nd annual meeting is complete and posted on our website.

Thank you to all who have submitted abstracts for presentation, reviewed submitted abstracts, and agreed to participate in our conference activities.



Once again the program has surpassed all past programs with respect to number of presentations, and without doubt the quality of the program will be unmatched. Kevin McCully, our president-elect, has done a tremendous job of developing the program, including a fantastic list of invited speakers. In addition, Paul Davis, our past president, has recruited a stellar ballot of candidates for election to the Executive Board. Paul has also coordinated our ACSM supported Undergraduate Leadership and Diversity Training Program (LDTP). Additional appreciation goes out to Franklin Sease for developing the Clinical Program; Andy Bosak and Danielle Wadsworth for coordinating the Student College Bowl and Grad Fair; Paul Miller and John Petrella for coordinating our audio-visual teams, and Amber Kinsey for ensuring that all of our programs meet our students' expectations. Finally, thank you to Michael Berry for recruiting exhibitors and securing sponsors, to Lynn Berry for managing the financials associated with the conference and hotel, and to Don Torok for coordinating all our SEACSM communications. Please note that behind each of these activities and coordinators there are many of you who have helped to make this conference a success. Thank you. I look forward to seeing all of you on February 13.



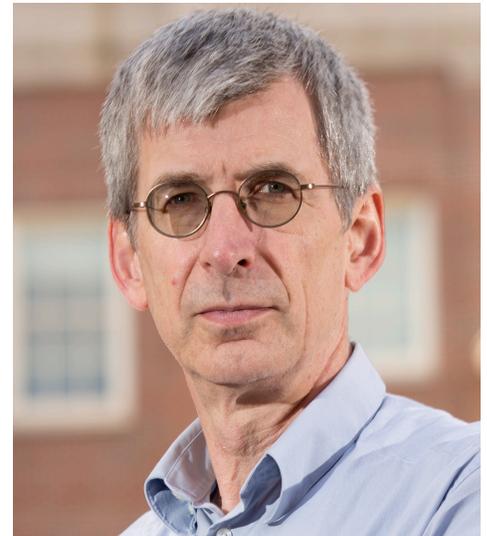
Sponsor and Exhibitor Opportunities Michael Berry

The Southeast American College of Sports Medicine has a variety of opportunities available for 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 opportunity for one-on-one interactions with exhibitors participating in the meeting. The opportunity to learn more about the products and services that companies and organizations have to offer sports medicine and exercise science professionals is an important part of the meeting. The sponsors and exhibitors that participate at the annual meeting are from a wide variety of industries and offer products, equipment or services that the conference attendees frequently use in their professions. 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. 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 or that you would like to see at the meeting, please contact Michael Berry (berry@wfu.edu) as soon as possible to discuss these opportunities.

2014 Annual Meeting Preview

Kevin McCully: President-Elect

This year's annual meeting of the Southeast Chapter of the American College of Sports Medicine will be held **February 13 through February 15, 2014** at the Hyatt Regency Hotel Greenville SC. In keeping with New Year's theme, we have something old and something new in our meeting this year. The program is similar to years past with an exciting mixture of invited speakers, symposiums, tutorials, and oral & poster presentations. The meeting includes the Thursday evening reception, the Friday afternoon Undergraduate Quiz Bowl, the Friday evening Grad Fair, and the Saturday luncheon. The meeting also includes a clinical track, which will be held Friday afternoon and Saturday morning. The 2014 meeting will be the biggest ever in terms of the number of presentations. I suggest looking over the program (short and long versions) to plan out your schedule. If you want a printed copy of the program, you will need to print it before you arrive.



There will be some new 'twists' to the program as well. Led by our Presidential Address, we will have a definite 'clinical' theme to our program. National President William Dexter will be joined by Don Hooten at 11am on Friday to discuss 'Steroid abuse in sports'. Earlier on Friday there will be a tutorial on the 'Athletic heart syndrome' as well as a poster session that includes chronic disease and disability and clinical exercise evaluations. Saturday programming includes a tutorial on 'Exercise as cardiovascular medicine' and a symposium on 'Promoting physical activity in people with disabilities'. These and other presentations should provide ample opportunities to link the main program to the clinical track programming. New this year will be a booth at the graduate student fair on 'Exercise is Medicine' for medical students, with the intent of setting up an ACSM interest group for premedical and medical students.

There will also be interesting programming in various areas of fitness testing and professional development. This programming will be highlighted by a tutorial presentation Friday morning on: "Is there a future for exercise professionals?" This presentation is part of a nation-wide effort by the ACSM Certification Department and the ACSM Committee on Certification & Registry Board. Four other symposiums and tutorials spaced throughout the meeting will focus on professional development. The traditional Women's Breakfast has evolved into the Mentoring Breakfast and will be held as usual early Friday morning. The topic is 'Mentoring: it is for everyone'. Everyone is welcome and encouraged to come, so sign up early as it was sold out last year).

A new aspect to our meeting this year will be 'thematic poster sessions'. Each thematic poster session will have approximately eight posters on similar topics. A session leader will guide the viewers through question and answer sessions on the different posters with each presenting author having a couple of minutes to highlight the major point(s) of the poster. The goal of these sessions is for the attendees to come away with specific knowledge from the individual posters as well as a general idea of how the presented research fits together as a whole

I also want to highlight the Saturday luncheon. This includes announcements of the student awards, an exciting lecture on 'Exercise and health in people with disabilities', and the announcement of the new SEACSM officers. Please put this in your schedule, and remember to sign up early to allow us to plan adequately.

I am looking forward to seeing you all at the meeting. Plan to come early and stay late. I would like to challenge everyone to join me in trying to meet as many new SEACSMers as you can.

MEAL TICKETS – NEW THIS YEAR – We have to give the hotel a meal count by Feb 9 therefore there will not be on-site reservations.

Women's Mentoring Breakfast –everyone welcome (Regency Ballrooms F & E) (Prior Registration is required- *Tickets need to be purchased on-line before Feb. 3,2014*).

Tickets can be held for on-site purchase by emailingCarolynn Berry (berryc@wssu.edu before Feb 8).

SEACSM LUNCHEON AND LECTURE (Continental Ballroom)Tickets need to be purchased on-line before February 3,2014*.** Tickets can be held for on-site purchase by emailingCarolynn Berry (berryc@wssu.edu before Feb 8).

CASES, CASES, CASES!**Message from Franklin Sease, MD, FAAFP (Clinical Representative and Planning Committee Chair) to Clinical Members**

The Clinical Track is set to go!

Fellows, thank you so much for your Clinical Case Submissions. We had a great response and difficult decisions on which ones to include.

Thanks to all the ACSM Members and Fellowship Directors for engaging in this educational endeavor by agreeing to speak and or sit on our discussion panels.

We have a wealth of experience in our southeast region and it will be on display this February.

Special thanks to Drs. Barnes and Close, their efforts have ensured a quality conference.

Our speakers will be anchored by Primary Care Sports Medicine Fellowship Faculty. We are excited to kick off our Track with a combined session address by our National ACSM President, Dr. William "Bill" Dexter.

Student Article

Hello Students and Happy 2014!!! The annual meeting for SEACSM is just around the corner! Are you ready? I'm looking forward to seeing you all in Greenville, SC February 13-15th 2014 for our annual meeting. Be sure to **register early** and **get your tickets** for the Mentoring Breakfast on Friday and the Luncheon on Saturday!

Vote for the second student representative. We are adding a second student representative to join the SEACSM Board and this year's nominees are: **Bridget Peters** (Auburn University) and **Matthew Wittbrodt** (Georgia Tech University). Be sure to check out their candidate statements

and vote at the meeting!

Let's Get Ready to Rumble! Come support all of the teams and test your own knowledge at the **Student Bowl**, which will take place Friday February 14th. The winning team will represent SEACSM in the Student Bowl Competition at the National ACSM meeting in Orlando, FL. Congrats to the 20 teams that will be competing in the Student Bowl and may the odds ever be in your favor.

Considering graduate school or other professional opportunities? Be sure to attend **Graduate Student Fair** Friday February 14th right after the Student Bowl. You'll have an opportunity to discuss your future plans and talk with current students, professors and other professionals in your area of interest.

Stay Connected! Check out our website at www.seacsm.org and be sure to join **SEACSM on Facebook** to have direct access to all our current information, job opportunities and interacting with other SEACSM members!

Got an idea for a student event you'd like to see at future meetings? Share it with us on Facebook or contact me directly! **Find me in Greenville, introduce yourself and share your ideas!**

See you soon!
Amber

Amber W. Kinsey, Ph.D. Candidate
SEACSM Student Representative
Dept. of Nutrition, Food and Exercise Sciences
The Florida State University
Awk10d@my.fsu.edu

SAVE THE DATE -FEBRUARY 12-14, 2015

Jacksonville, Florida



The Undergraduate Student Bowl

The competing will be fierce at the student bowl this year! The 20 Teams who are participating are listed below. For those competing please remember that all teams consist of 3 undergraduate students and you must arrive a minimum of 30 minutes before the bowl starts.

Entered Teams: Campbell University, Columbus State University, Elon University, Florida Atlantic University, Gardner Webb University, Georgia College and State University, Georgia State University, High Point University, Kennesaw State University, Liberty University, Roanoke College, University of North Alabama, University of North Carolina at Charlotte, University of North Carolina at Greensboro, University of North Florida, University of South Carolina, University of Southern Mississippi, Virginia Commonwealth University, Virginia Tech, Winston-Salem State University.



SEACSM Graduate Student Fair Dear Graduate Coordinators and Internship Supervisors:

The 2014 SEACSM Graduate Student Fair will be held on Friday, February 14 at 5:45-7:00pm and is expected to attract representation from close to 30 universities. Hundreds of prospective students are anticipated to participate and we hope you will encourage your students to attend this event as well. Door prizes and other incentives will be available for those in attendance. Those universities/colleges interested in reserving a table at the upcoming Graduate Fair, in order to advertise internship sites or graduate programs, can download an application form at http://www.seacsm.org/gradfair2014_app.pdf, complete the form, and then mail the form and their check to the following address:

Andy Bosak, Ph.D., HFS, CSCS
Associate Professor of Sports Medicine
Department of Health Sciences
154N University Hall
Armstrong Atlantic State University
11935 Abercorn Street
Savannah, GA 31419

Table registration fees are \$100.00 (\$115.00 with electrical) and all registration forms and payments must be received by Friday, January 24, 2014. Also, please do not include your Graduate Fair table registration fees with any other payments (ie. individual conference registration fees, etc.) to SEACSM. Instead, please keep your table registration fee separate and mail it to the contact listed above. Please contact Dr. Andy Bosak at andy.bosak@armstrong.edu or (912) 344-3317 with any questions regarding the Graduate Student Fair. Thanks for your efforts in advance and we look forward to your participation in this exceptional student event.

Editor's News- Don Torok

Now that another record submission deadline has past, you need to prepare for attending this year's meeting in Greenville, SC. Please share this information with colleagues or students who may not have received it. Remember that all presenters must register for the conference. The earlier that you do this, the cheaper your costs will be. **New this year**, all tickets for the Women's Mentoring Breakfast and Saturday Luncheon must be purchased on **online before February 3rd**. We must give the hotel our final numbers at that time, so be sure to order your tickets.

There are links on the website to the online meeting registration and to reserve a hotel room (hotel sold out last year-deadline for the SEACSM conference rate is 1/16/14) at the Hyatt Regency Greenville. www.seacsm.org/annualmeeting.html Remember that if you

want to attend the luncheon on Saturday, you need to purchase a ticket by 2/3/14. This event has been selling out, so don't forget to reserve your ticket early! Directions to the hotel can be found here: <http://greenville.hyatt.com/hyatt/hotels-greenville/>

The airport is about 14 miles from the hotel-The Hyatt Regency Greenville (864-235-1234) offers registered guests complimentary, scheduled, Shuttle Service to and from the Greenville-Spartanburg International Airport (GSP). Airport pick up should be arranged 24 hours prior to arrival and departure with a member of the hotel guest services team to help ensure shuttle availability. Transportation without prior arrangements will be provided within 60 minutes of notifying the hotel upon your arrival. Non-registered guests may purchase transportation in advance at \$20.00 one way. Shuttle operates from 5:30 am – 12:00 am.

Posters should be made to fit on a board which is 4'x 6'. Presenters should bring their own pins to present their poster. If you have an oral presentation, you will receive instructions on where and when you need to send your presentation, so that it get properly uploaded onto the conference computers. There is complimentary Wi-Fi access in the first floor lobby area, but not in the meeting rooms. Internet access is not available for your presentations, so plan your presentation with this in mind.

Check us out on Facebook  There are a number of jobs and other announcements that are posted on the site. Don't miss the exciting program that is being planned for our 42nd Annual Meeting. There are a number of other major conferences in our SEACSM region this year: Health & Fitness Summit in Atlanta; ACSM National Meeting in Orlando; ACSM Integrative Physiology of Exercise in Miami; use this link for more details: <http://www.seacsm.org/conferences.html>. See you in Greenville, SC!

Past-President's Message **Paul G. Davis, PhD, RCEP, FACSM**

As Past-President, I have been in charge of putting together a number of committees to choose the Henry Montoye Scholar Award recipient, The Leadership and Diversity Training Program participants, the Doctoral, Master's, and Undergraduate Research Award finalists, and the 2014 SEACSM Executive Board candidates. I want to express my sincere thanks to everyone who has volunteered their time to serve on these important committees. Their hard work will be evident at our meeting in Greenville next month.

Every year the **Henry Montoye Scholar Award** is given to an SEACSM member with a strong history of research and mentoring in our Chapter. I am happy to announce that this year's recipient will be Arthur Weltman from the University of Virginia. As an SEACSM member for over three decades, Dr.



Weltman has published approximately 200 peer-reviewed articles, has served on our Executive Board, and has mentored a number of prominent exercise scientists. At our annual meeting in Greenville, Dr. Weltman will deliver the lecture "The Effects of Intensity of Exercise on Cardiometabolic Risk" at 9:30 Saturday morning.

As mentioned in our last newsletter, the undergraduate version of **ACSM's Leadership and Diversity Training Program** is being piloted in the Southeast Chapter. This competitive program provides meeting expenses for five undergraduate students from underrepresented minorities. It also pairs them with faculty mentors at the meeting. This year's protégés are listed below. (As the selection process is still underway, the mentors will be recognized at the annual meeting.)

Taylor Buchanan (Auburn University)

Lola Fisher (Auburn University)

Tamara Gilchrist (Georgia State University)

Latisha Gonzalez (Florida Atlantic University)

Alexis Pitts (East Carolina University)

I would also like to congratulate the 24 finalists (8 per category) for the **Student Research Awards**. All of the finalists, along with their affiliations and abstracts, will soon be listed in the annual meeting program, which will be available on our web site (www.seacsm.org). Each finalist will be presenting their research at 4:00-6:00 Thursday at the annual meeting.

Finally, while the **Executive Board** candidates were listed in our last newsletter, I would like to once again congratulate them on being nominated and to thank them for volunteering to serve. A list of the candidates and their curriculum vita will soon be available on the SEACSM web site. Ballots may be cast at the annual meeting from its opening on Thursday afternoon through 5:00 PM Friday.

This year's SEACSM promises to be one of the best yet! I look forward to seeing you in Greenville!

**Developing the Health Youth Athlete:
The Public Health Challenge and Opportunity.**

Feb 11-12, 2014
Lake Buena Vista, Florida

<http://www.attendaconference.org/sportsseries/>

Early Bird Registration ends 1/22/14
Standard Registration from 1/23/14 to 2/3/14

SEACSM Executive Board

- Edmund Acevedo, President, Virginia Commonwealth University, Department of Health & Human Performance, SOE HHP Dept, Box 842020, Richmond, VA 23284-2020 (804) 828-1948, fax (804) 828-1946 E-mail: eoacevedo@vcu.edu
- Paul Davis-Past-President, University of North Carolina at Greensboro, Department of Kinesiology, 237-J HHP Building, P.O.Box 26169, Greensboro, NC 27402-6170, (336) 334-3030 E-mail: pgdavis@uncg.edu
- Kevin McCully-President-Elect, University of Georgia, Department of Kinesiology, 115F Ramsey Building, Athens, GA, 30602 (W) 706-542-3148, e-mail: mccully@uga.edu
- Carolynn Berry, Executive Director, Office of the Provost, Associate Provost, 201 Blair Hall, Winston-Salem State University, Winston-Salem, NC 27110, (W)336-750-2110, (FAX) 336-750-2202 E-mail: berryc@wssu.edu
- Michael Berry, Exhibits, Sponsorships and Fund Raising, 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
- Mindy Millard-Stafford, Representative to ACSM, Georgia Institute of Technology, School of Applied Physiology, 555 14th St. Atlanta, GA 30332-0356, (404) 894-6274, Fax (404) 894-9982 E-mail: mindy.millardstafford@ap.gatech.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
- W. Franklin Sease, Jr., MD, Clinical Representative, Steadman Hawkins Clinic of the Carolinas, Greenville Health System, 315 Medical parkway Suite 100, Greer, SC 29605, E-mail: fsease@ghs.org web: www.steadmanhawkinscc.com
- John K. Petrella, At-Large Member, Samford University, Kinesiology and Nutrition Science, 800 Lakeshore Drive, Birmingham, AL 35229 (w) 205-726-4548, E-mail: jkpetrel@samford.edu
- Andy Bosak, At-large Member, Georgia Southwestern University, Department of Health & Human Performance, Americus, GA 31709 (W) (229) 931-2155 (FAX) (229) 931-2163, E-mail: abosak@gsw.edu
- Danielle D. Wadsworth, At-large Member, Auburn University, Department of Kinesiology, 2050 Beard Eaves Memorial Cols., Auburn, AL, 36849, (w) (334) 844-1836, E-mail: wadswdd@auburn.edu
- Paul Miller, At-Large Member, Elon University, Department of Exercise Science, Lindner Hall-Arts & Sciences 2001, 2345 Campus Box, Elon, NC 27244 (W) (336) 278-5882, fax: (336) 278-5918, E-mail: millerp@elon.edu
- Amber W. Kinsey, B.S. Student Representative, Department of Nutrition, Food, and Exercise Sciences, The Florida State University, Tallahassee, FL 32304, mail to: awk10d@my.fsu.edu

SEACSM

Carolynn Berry, Executive Director
Associate Provost
Winston-Salem State University
201 Blair Hall
Winston-Salem, NC 27110

Newsletter Editor:
Don Torok, Ph.D.
Dean's Office, College of Education
3200 College Avenue, 205 ES Building
Davie, FL 33314

