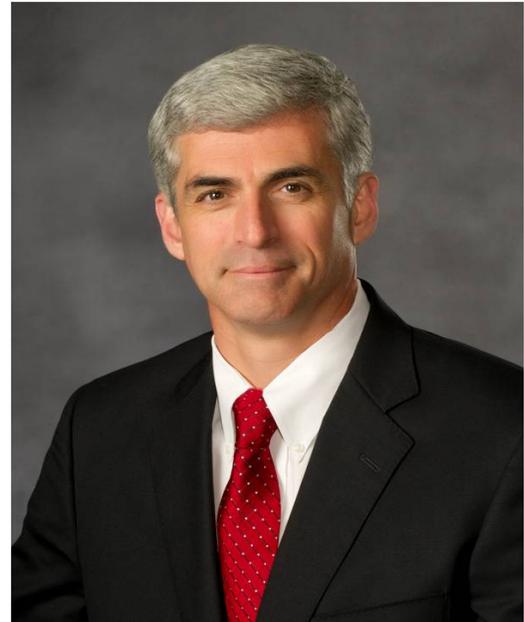




## President's Message

### Edmund Acevedo

The Fall semester always seems to speed by us. I hope you have had some time to appreciate the changing foliage and the pleasant temperatures. Many of you have submitted your abstracts to SEACSM. Thank you for planning to contribute to our 42<sup>nd</sup> SEACSM annual meeting to be held on February 13-15, 2014 at the Hyatt Regency Hotel in Greenville, SC. Our President-Elect, Dr. Kevin McCully, and our Clinical Program Coordinator, Dr. Franklin Sease, along with our Executive Committee have been working diligently to ensure that we have the highest quality conference program possible. More specific information regarding our conference is presented in this newsletter. I have heard very positive reports regarding our 2013 SEACSM Fall Lecture Tour presented by Dr. Karin Pfeiffer from the Department of Kinesiology at Michigan State University. I hope that you have had a chance to see Dr. Pfeiffer present.



SEACSM is committed to nurturing the academic and professional development of our student members, and we are proud of the recent tremendous growth in student members and the increase in participation of universities and colleges within our region. I urge students to come watch East Carolina University defend their regional championship in the Student Bowl and participate in the Graduate Student Fair. This fair provides an opportunity for students to engage professors and students from our region to learn more about the graduate educational opportunities. Also, don't miss the opportunity to meet new friends and colleagues at our social events. Finally, please vote for our Executive Board positions. We want your vote to count.

Please be sure to register and make reservations for this meeting, prepare your team for the Student Bowl, submit an application for a booth at the Graduate Student Fair, and plan to participate in the Leadership and Diversity Training Program. Please do not hesitate to contact me with any comments or question that you may have regarding our chapter activities: [eoacevedo@vcu.edu](mailto:eoacevedo@vcu.edu) or 804-828-1948.

We look forward to seeing you in February.

## Sponsor and Exhibitor Opportunities

### Michael Berry



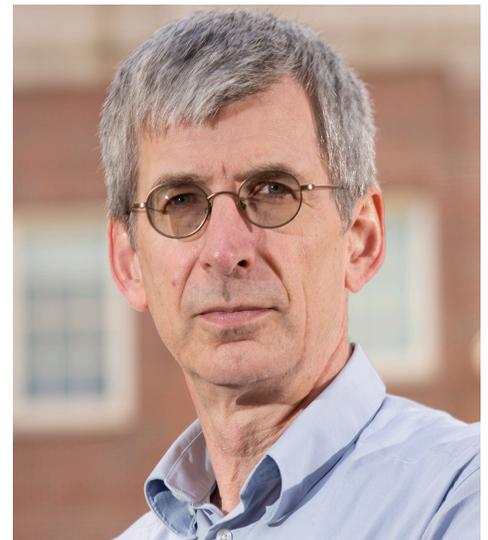
The Southeast American College of Sports Medicine has a variety of opportunities available for companies and organizations to market their products and services to sports medicine and exercise science professionals in the southeast and to gain local, regional and national exposure for their company. 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](mailto:berry@wfu.edu)) as soon as possible to discuss these opportunities.

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## 2014 Annual Meeting Preview

### Kevin McCully: President-Elect

We are finalizing the 2014 SEACSM program for this year's conference in Greenville, S.C., on February 13 through 15. We have had a record number of abstract submissions, 260 in total. This includes 34 tutorial and symposium submissions. The expertise and commitment of our SEACSM chapter members will be clearly on display in the symposia, tutorials, oral presentations and poster presentations. Once again our meeting is very student oriented; with 192 of the 260 submissions having a student first author. Forty undergraduate, 28 masters, and 27 doctoral students will be competing for our 24 student award finalists, whose names will be included in our 2014 SEACSM program. The awards will be given in three categories: undergraduate, masters, and doctoral. The slate of nationally recognized, invited speakers is always a highlight of our conference. Below is a list of our invited speakers.



**Keynote Address**

Patty Freedson, Ph.D.

Professor and Chair of Kinesiology Department

The University of Massachusetts

The topic of her presentation will be: Trials and tribulations of measuring physical activity.

Link to her website: <http://www.umass.edu/physicalactivity/newsite/index.html>

**ACSM Presidential Address**

William Dexter, M.D., FACSM

Maine Medical Center

Joining President Dexter will be Don Hooton of the Taylor Hooton Foundation

The title of their presentation will be: What ACSM is doing in regards to the issue of anabolic steroid use by athletes.

Link to their websites:

[http://www.mainehealth.org/meded\\_body.cfm?id=1369](http://www.mainehealth.org/meded_body.cfm?id=1369)

<http://taylorhooton.org/>

**Basic Science Lecture**

Karyn Esser, Ph.D.

Professor in Physiology Department at the University of Kentucky

The title of her presentation is: Circadian rhythms, the molecular clock and skeletal muscle: why your muscles need to keep time.

Link to her website: [http://www.uky.edu/~kaesse2/lab\\_web\\_7\\_2007/SMBL/](http://www.uky.edu/~kaesse2/lab_web_7_2007/SMBL/)

**Luncheon Lecture**

James Rimmer, Ph.D.

Lakeshore Foundation Endowed Chair in Health Promotion and Rehabilitation Sciences, University of Alabama Birmingham

The title of his presentation is: Physical activity, sports, and health in people with disabilities.

Link to his website: <http://www.uab.edu/shp/home/about-shp/deans-office/20-rimmer>

In addition, our program includes the always entertaining jeopardy style Student Bowl. Undergraduate students from around SEACSM will demonstrate their knowledge in exercise science and sports medicine. Make sure your teams sign up early as there may not be enough space for all the teams that want to compete.

There will also be a Graduate Fair to learn about future career and academic opportunities. And on Thursday night look forward to the Social, which will give us an opportunity to meet and network with new and old friends. Throughout the meeting, we also have exhibitors that will promote and demonstrate their latest equipment, software, and supplies.

Last year our conference had over 800 attendees and more are expected this year. Be sure to register early and finalize your hotel arrangements. Greenville is centrally located within our region and features a river park and a variety of local restaurants and pubs that are within walking distance from the conference hotel. If you have any questions regarding the 2014 SEACSM meeting please contact Dr. Kevin McCully – [mccully@uga.edu](mailto:mccully@uga.edu) or 706-542-1129.



### **CASES, CASES, CASES!**

Let your academic work pay for your meeting and a chance to win the Clinical Case Award.

Fellows, please send cases to your Clinical Case Moderator Dr. Matthew Close, [mclose@ghs.org](mailto:mclose@ghs.org), by November 15th, 2013.

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

The planning committee is putting the final touches on our clinical track program for 2014 to be held in Greenville, SC. Based on the planning committee's assessment of need and feedback from participants of the 2013 SEACSM Clinical Track Program, this year's course is: "Back to the Basics" and focus will be on Best Practices for common medical conditions encountered in the office and on the sideline, to include integration of exercise physiology, strength training and nutrition.

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.

Fellows will present cases and compete for a prize as usual. Please submit those to Dr. Matthew Close, [mclose@ghs.org](mailto:mclose@ghs.org). Fellowship Faculty and Southeast ACSM members please look for correspondence from the Chair of this year's Clinical Track, Dr. Ken Barnes. See the Clinical page on the SEACSM website for a look at the tentative 2014 clinical agenda. Hope to see you in Greenville! Franklin Sease.

### **2013 SEACSM Fall Lecture Tour**

The Fall SEACSM Lecture Tour is taking place in the states of Mississippi, Louisiana, Kentucky, and Tennessee. The tour is being coordinated by Dawn Coe from the University of Tennessee. This year's speaker is Dr. Karin Pfeiffer, an Associate Professor in the Department of Kinesiology at Michigan State University. Dr. Pfeiffer's research agenda includes physical activity assessment in children as well as interventions designed to increase physical activity levels in youth. Dr. Pfeiffer's lecture will focus on the Physical Activity Guidelines for Americans Midcourse Report, concentrating on children and adolescents. Please direct any questions to Dawn Coe ([dcoe@utk.edu](mailto:dcoe@utk.edu)).





## Student Article

**Hello Students!!!** Congratulations to you all for being a part of SEACSM (the best chapter of all might I add). I hope your fall semester is going well. October is a very busy month! By now you have submitted your abstracts for next year's annual SEACSM meeting, have completed or are just about to complete midterms, and managed to figure out what you are going to be for Halloween. Ok, maybe you haven't got that far but at least you are thinking about it now. ☺

We had a great turnout at the 2013 SEACSM meeting in Greenville, SC with over 900 in attendance! **Will you help us reach the 1000 mark in 2014?** We are heading back to Greenville, SC for our next meeting **February 13-15<sup>th</sup>, 2014**. It's a great student-friendly location as everything is in walking distance. Whether you are presenting your research or just coming to support your friends, the SEACSM annual meeting is an all-around good time and we hope to see you there! Bring your friends!

### Student Opportunities

**Want to get involved?** We are currently looking for a second student representative to join SEACSM Board! This is a two year position. You'll get an opportunity to be part of the great team and see how we make these regional meetings come together!

**Get your squad together!** Does your university/college have what it takes to compete in our undergraduate student bowl (a jeopardy style inter-university competition)? If you are up for the challenge get your team of three together (undergraduates only) and bring your A-game!!! **The winning team will represent SEACSM in the Student Bowl Competition at the National ACSM meeting in Orlando, FL.** Congrats to East Carolina University for winning this past year's SEACSM student bowl and representing the Southeast Chapter at the National ACSM meeting. **Since national ACSM is coming to our region this year, we've got to claim the throne for our chapter. Register for the SEACSM Student Bowl NOW!!! There are only a few spots left and acceptance is based on a first come, first serve basis!** Check out the student page at SEACSM.org to see who has already registered. To get your team officially registered, you must contact Dr. Danielle Wadsworth by email: [wadswdd@auburn.edu](mailto:wadswdd@auburn.edu).

**Considering graduate school or other professional opportunities?** Be sure to attend our next meeting in February and check out the graduate school fair. 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](http://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!

I hope you can join us in Greenville for our 2014 meeting!

Stay fit,  
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](mailto:Awk10d@my.fsu.edu)

## **SAVE THE DATE -FEBRUARY 13-15, 2014**

The meeting will again be held at the Hyatt Regency in Greenville SC. Room rates are \$139 plus tax and fees. There is a parking in an adjacent deck for a nightly fee. Those with large vans and buses should contact the hotel to find alternative parking. Registration for the meeting will open on-line in early December 2013 and continue until the first of February.



### **The Undergraduate Student Bowl**

Do you and your two smartest friends have what it takes to compete in the undergraduate student bowl in 2014? Earn bragging rights by winning this jeopardy style inter-university competition! Be sure to sign up for the 2014 Student Bowl by contacting Danielle Wadsworth @ [wadswdd@auburn.edu](mailto:wadswdd@auburn.edu)

Only the first 20 teams (all undergraduates) that register will be able to participate. There will be a link on the student section of the website listing the teams that have contacted Danielle Wadsworth @ [wadswdd@auburn.edu](mailto:wadswdd@auburn.edu) to register your team. Hurry as the spots are going fast!

### **AV Teams Needed for The 2014 SEACSM Meeting**



We will again be using student AV teams. Please contact Paul Miller (see below) if you can help. We need eight AV teams for the 2014 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 Paul Miller at [millerp@elon.edu](mailto:millerp@elon.edu) or (336) 278-5882 ASAP.

**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 over 25 universities. Hundreds of prospective students are anticipated to participate in this event and it would be great if your students would as well. Thus, please encourage your students to attend this event to further their preparations for their academic future. Door prizes and other incentives will be available for those in attendance. The initial cost of reserving a table is \$75.00, plus an additional \$15.00 for electricity if you require it. 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](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  
201A Solms Hall  
Armstrong Atlantic State University  
11935 Abercorn Street  
Savannah, GA 31419

Table registration fees received after November 1, 2013 are \$85.00 (\$100 with electrical) and \$100.00 (\$115.00 with electrical) after December 1, 2013. 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](mailto: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 educationally important and excellent student event.

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**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. There will be links on the website to the online meeting registration and to reserve a hotel room (hotel sold out last year) at the Hyatt Regency Greenville. [www.seacsm.org/annualmeeting.html](http://www.seacsm.org/annualmeeting.html) Remember that if you want to attend the luncheon on Saturday, you need to purchase a ticket. 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/>

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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. For those institutions that are considering entering a team for the Student Bowl, be sure to check out the information provided by Danielle in the student bowl section of the newsletter. Don't be left out because you didn't enter your team before the clickers ran out. Only the first 20 teams that enter can participate. See the listing on the student page of the website: <http://seacsm.org/studentinformation.html> .

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 41<sup>st</sup> Annual Meeting. See you in Greenville, SC!



Please join us in welcoming Mindy Millard-Stafford, our SEACSM Regional Representative to ACSM, and thank her for accepting our invitation to assume this very important responsibility. Mindy's past experience as President of both our chapter and ACSM, has provided her with excellent experiences that she can use to represent our chapter. In addition, as several of you have mentioned, her positive and gracious approach will be a wonderful contribution to our Executive Board. Mindy is replacing Dr. Judith A. Flohr, following Dr. Flohr's election as the

Chapter Trustee. Judi will serve on the ACSM board of trustees through the 2016 annual meeting.

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

It is a bittersweet feeling to be nearing the end of my term as one of SEACSM's leaders. While the chores of helping to oversee a number of selection committees are certainly time-consuming, I am honored to have had this involvement in one of ACSM's strongest Chapters. I have been blessed in gaining many new colleagues and friends over the past three years. Collectively, we as a Chapter have continued to disseminate new knowledge of the field of exercise science to our



membership, to include an ever-growing and diverse population of students. In executing my leadership responsibilities, I am indebted to my fellow members of the Executive Board and the numerous volunteers who have stepped up to help make this Chapter the success that it is.

The SEACSM annual meeting is a great one that continues to get better every year. I want to congratulate President-Elect Kevin McCully for putting together such an impressive list of invited speakers. Another highlight of this year's meeting will be the Student Research Award competition at Thursday afternoon's poster session where the top 24 (eight each from Undergraduate, Master's, and Doctoral categories) abstracts out of a total of **96** applicants (*thanks reviewers!*) will be presented.

In addition, for the second year, our Chapter will be the only one nationally to pilot ACSM's ***Undergraduate Leadership and Diversity Training Program (LDTP)***. This initiative is patterned after the national program that targets graduate students and early professionals. With the goals of increasing exposure to exercise science and encouraging future involvement in ACSM's leadership, five undergraduate students from underrepresented minority groups will have expenses covered to attend our annual meeting and will be paired with a mentor throughout the conference. While the selection process for the LDTP protégés is already underway, anyone wishing to serve as an LDTP *mentor* should send their curriculum vita and a paragraph (approximately ½ page) to [pgdavis@uncg.edu](mailto:pgdavis@uncg.edu) stating why they wish to mentor and any relevant qualifications or experience they might have. The LDTP Committee will be forming a pool of mentors, so those not chosen to mentor this year may be asked in the future.

In the spirit of maintaining the Southeast as one of ACSM's top Chapters, this year's Elections Committee has amassed an impressive slate of candidates for the SEACSM Executive Board (listed below). Candidate profiles will be available on our web site toward the end of this year and voting will take place at the annual meeting. I look forward to seeing all of you in February in Greenville!

#### **2014 SEACSM EXECUTIVE BOARD CANDIDATES**

##### **President** (elect one)

Sue Graves – Florida Atlantic University

Lynn Panton – Florida State University

##### **Member-at-Large** (elect two)

Rebecca Battista – Appalachian State University

James Carson – University of South Carolina

Ellen Evans – University of Georgia

Michael Flynn – College of Charleston

##### **Student Representative** (elect one)

Bridget Peters – Auburn University

Matthew Wittbrodt – Georgia Tech

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## 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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:BERRY@WFU.EDU)
- Mindy Millard-Stafford, Representative to ACSM, Georgia Institute of Technology, School of Applied Physiology, 555 14<sup>th</sup> St. Atlanta, GA 30332-0356, (404) 894-6274, Fax (404) 894-9982 E-mail: [mindy.millardstafford@ap.gatech.edu](mailto:mindy.millardstafford@ap.gatech.edu)
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- 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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:awk10d@my.fsu.edu)

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