



## President's Message

Kevin McCully

The fall semester is a busy time, and preparations for our 43<sup>rd</sup> annual meeting are well underway. Thanks to our membership, we have a record number of submissions. The SEACSM annual meeting will be held on February 12-14, 2015 at the Hyatt Regency Jacksonville Riverfront Hotel. Specific information regarding the 2015 conference is presented later in this newsletter. Our President Elect, Dr. Sue Graves, and our Clinical Program Coordinator, Dr. Franklin Sease, along with Executive Board members Drs. Becki Battista and Jim Carson have been working diligently to ensure that we have the highest quality conference program possible. This year we have reorganized the duties of the executive board to get more people involved in managing what has become an increasingly diverse and valuable meeting. The President will take over inviting the main speakers, and two board members will take over the reviews of the free communications, symposiums, and tutorials. As we continue to grow, future meetings with 300 presentations and over a thousand participants are possible. The challenges of having a meeting this size include growing out of the current hotel based meetings that we currently use. We also face the reoccurring challenge of where to hold our future meetings (north, south, east west!). This year's meeting will include a very important Mentoring/Women's breakfast on Friday morning, please don't miss that! There are also mentoring opportunities as part of the Leadership and Diversity Training Program (LDTP). If you are interested in LDTP; either as a student or serving as a mentor, please contact Dr Paul Davis ([pgdavis@uncg.edu](mailto:pgdavis@uncg.edu)). SEACSM is also growing in other ways. We continue to receive abstract submissions from South America, and this year we have an official request to accept Puerto Rico into SEACSM. We are also expanding our regional chapter activities to include events outside of the annual meeting. We have an exciting 2014 SEACSM Fall Lecture Tour scheduled for Nov 10, 11, and 12<sup>th</sup> to be presented by Dr. John Jakicic from the University of Pittsburgh. This year he will be visiting



Costal Carolina, UNC Wilmington, and the College of Charleston. SEACSM is hosting an Exercise is Medicine workshop and has student lead activities. Finally, remember to vote for our Executive Board positions while at the annual meeting. Determining the membership of our executive board will play an important part in shaping the future of SEACSM. Please do not hesitate to contact me with any comments or question that you may have regarding our chapter activities: [mccully@uga.edu](mailto:mccully@uga.edu) or 706-542-1129

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### **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. We have already sent out the Sponsors and Exhibitors Guide for the upcoming 2015 meeting, and responses are coming in. Please be sure to contact us soon 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. Contact Michael Berry ([berry@wfu.edu](mailto:berry@wfu.edu)) as soon as possible to discuss these opportunities.



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### **2015 Annual Meeting Preview**

#### **B. Sue Graves, President Elect**

We are working diligently on the 2015 SEACSM program for this year's conference in Jacksonville, Florida, February 12 through 14. We had another record number of abstract submissions, 281 in total. This includes 31 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. Remember, our meeting is very student oriented; with 219 of the 281 submissions having a student as first author. Twenty-nine undergraduate, 33 masters, and 36 doctoral students will be competing for our 24 student award finalists, whose names will be



included in our 2015 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. Dr. Kevin McCully, our SEACSM president, has done an excellent job of organizing all of them. Below is a list of them.

**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, McKinney, Texas

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**

Jeffrey Woods, Ph.D.

Professor of Kinesiology, Division of Nutritional Sciences, College of ACES, University of Illinois—Urbana-Champaign

The title of his presentation is: No guts, no glory: A role for exercise in inflammatory bowel disease and dysbiosis. Link to his website: <http://nutrsci.illinois.edu/directory/woods1>

Thursday night, we all look forward to the fun Social Event, 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. Make sure you stop by their displays.

In addition, our program includes the always entertaining jeopardy-style Student Bowl on Friday afternoon. Undergraduate students from around SEACSM universities 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.

The Graduate Fair, right after the Student Bowl, is a great way to learn about future career and academic opportunities. Last year our conference had over 1000 attendees scheduled, but

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because of inclement weather, we were not able to meet. This year we expect even more attendees. Be sure to register early and finalize your hotel arrangements. Jacksonville is a great location with a view of the river. Walking and running paths are right by the hotel with many local restaurants and pubs within walking distance. The ocean is only a short drive away. Other fun things to do are to visit the Cummer Museum of Art and Gardens, Jacksonville Zoo & Gardens, Riverside Arts Market, Veteran's Memorial Wall, Catty Shack Ranch Wildlife Sanctuary, Museum of Southern History, and the Jacksonville Symphony Orchestra. If you have any questions regarding the 2015 SEACSM meeting, please contact Dr. Sue Graves, [sgraves@fau.edu](mailto:sgraves@fau.edu), 954-675-5782.

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## Back to the Basics! The Bread and Butter of Sports Medicine!



Message from Franklin Sease, MD, FFAFP (Clinical Representative and Planning Committee Chair) and Kenneth Barnes, MD, MSc., FACSM Planning Committee Chair and Matthew Close, DO Planning Committee Vice Chair.

Current PCSM Fellows: Please submit Cases for consideration to Dr. Matthew Close [mclose@ghs.org](mailto:mclose@ghs.org) by 12/15/14. You will be notified of your acceptance by 1/5/15. If accepted your conference fee is waived and you have the opportunity to win a cash prize for the best case presentation.

The agenda is nearly set for February's meeting. Please see the website for complete details on the link for the clinical track flyer.

**Goals and Objectives:** At the end of this educational activity, participants should be able to quickly recognize and efficiently manage common clinical conditions in younger and older athletes. Recognize and triage sideline urgencies as it relates to fractures and head, ears, eyes, nose and throat injuries. Confidently manage training room maladies. Incorporate exercise science into your athlete's management plan.

Anyone interested in playing Saturday afternoon or Sunday morning at TPC Sawgrass, please contact Dr. Ken Barnes [kpbarnes14@gmail.com](mailto:kpbarnes14@gmail.com) or me [wsease@ghs.org](mailto:wsease@ghs.org).



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**SAVE THE DATE -FEBRUARY 12-14, 2015****Jacksonville, Florida**

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**AV Teams Needed for the 2015 SEACSM Meeting**

AV teams are still needed for the upcoming conference. This is a very important aspect of the meeting so please carefully consider providing this service. AV teams 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. If you are interested in participating, please have a faculty sponsor from the student team's university contact John Petrella at [jkpetrel@samford.edu](mailto:jkpetrel@samford.edu) or (205) 726-4548. The conference still needs 2 or 3 more schools to commit so please consider serving the chapter. Acceptance will be based on a first come first serve basis.

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**2014 SEACSM Fall Lecture Tour**

2014 SEACSM Fall Lecture Tour is being coordinated by Dr. Michael Flynn from College of Charleston. This fall the SEACSM Lecture Tour will visit the states of North and South Carolina and Virginia. Our guest speaker for the 2014 SEACSM Lecture tour will be John Jakicic from University of Pittsburg. His lecture is titled: "Step it up? The importance of physical activity for weight control and health." The lecture tour will be November 10<sup>th</sup> at 5 PM (College of Charelston), November 11<sup>th</sup> (Coastal Carolina), and November 12<sup>th</sup> (UNC Wilmington). Check the SEACSM website for more specific information in the near future.

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**News from ACSM**

ACSM is hosting Exercise is Medicine (EIM) Professional Credential Florida Regional Workshop on November 7 & 8, 2014 at the Rosen Shingle Creek Resort in Orlando, FL.

The EIM Professional Credential Workshop developed by the American College of Sports Medicine (ACSM) is a 2-Day Workshop that includes the proctored exam. The curriculum of this workshop offers the foundational knowledge you need to become a community resource as you learn from EIM's faculty about the:

- EIM Solution™ for healthcare and community
- Impact of physical activity on chronic diseases
- Modalities for successful referrals engagement

- Supporting of sustained lifestyle behavioral change
- Evaluation of intervention program outcomes

As an EIM Professional, your role is more advanced and increasingly vital to the delivery of physical activity intervention programs that slow, stop and reverse the progression of chronic diseases. This workshop prepares you to provide the quality of care necessary as a trusted community care team member for receiving patients, employees, eligibles (insurers), beneficiaries (Medicare and Medicaid), and underserved residents for intervention program participation.

Use this link for more information: <http://ezregister.com/events/11208/>

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## ***A Message From Your Student Representatives***

### ***A Message From Your Student Representatives***



Bridget Peters



Amber Kinsey

### **Hello Students and Happy Fall!**

We hope that you are having an awesome and successful fall semester at your respective institution. Despite, the minor upset in college football this season there are a lot of exciting things going on within our region! By now you all should have submitted your abstracts for the upcoming SEACSM annual meeting.

Despite the cancellation of last year's meeting we look forward to seeing you all in Jacksonville, FL **February 12-14<sup>th</sup>, 2015**. Jacksonville is both beautiful (warm!) and student-friendly with several attractions in close proximity to the conference. We look forward to your attendance at the annual meeting, whether you are presenting or coming to support friends and/colleagues; we guarantee that you will learn something new, make life-long connections, and have a great time! We look forward to seeing you there!

### **Student Opportunities:**

**SEACSM Leadership and Diversity Training Program.** For the past two years, SEACSM has piloted ACSM's Level 1 Leadership and Diversity Training Program specifically for

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undergraduate students. The purpose of the Undergraduate Level ACSM Leadership & Diversity Training Program (LDTP) is to promote the establishment of ACSM membership and involvement for undergraduate students of ethnically diverse backgrounds. This year's application is due by [midnight Monday, October 27, 2014](#).

**The 2015 Undergraduate Student Bowl.** Hey undergraduate students! Be sure to sign up for the 2015 Student Bowl by contacting Rebecca Battista [battistara@appstate.edu](mailto:battistara@appstate.edu) on [November 3, 2014, after 9 AM](#) to get a spot in this jeopardy style interuniversity competition! This competition will consist of 20 teams (3 undergraduate students per team, per university) and selection is based on a first come first serve basis and spots will go fast! To see which teams have signed up, check out the link on the student section of the website listing the teams that have contacted Rebecca Battista on [November 3, 2014 after 9 AM](#).

**Student Volunteers for AV Teams Needed.** Looking to volunteer and get your lodging expenses paid? Student AV teams are needed to manage and provide support for our presenters during our annual meeting in Jacksonville. AV teams 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. If you are interested please contact John Petrella at [jkpetrel@samford.edu](mailto:jkpetrel@samford.edu) or (205) 726-4548. Acceptance will be based on a first come first serve basis as well as the amount of AV support needed.

**Student Spotlight on Facebook!** This fall we will be starting a student spotlight on our Facebook page to highlight the achievements of students in our region! [A professor\(s\) can nominate students or they can nominate themselves!](#) All nominees must be students, post-docs, or recent graduates from a SEACSM institution. Submit your nominations and a photo to [SEACSMStudents@gmail.com](mailto:SEACSMStudents@gmail.com)! **Look out for the first student feature in November on our SEACSM facebook page!**

**Stay Connected!** Check out our website at [www.seacsm.org](http://www.seacsm.org) and be sure to join **SEACSM on Facebook (SEACSM Chapter)** 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 at [SEACSMStudents@gmail.com](mailto:SEACSMStudents@gmail.com)!

See you in February!

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### **Editor's News- Don Torok**

With another record number of submissions, we are planning on another great meeting. Please keep these things in mind when preparing your abstracts and presentations.

#### **REQUIREMENTS FOR ALL SEACSM 2015 MEETING SUBMISSIONS:**

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 at the Hyatt Riverfront Regency.

[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://jacksonville.hyatt.com/hyatt/hotels/services/maps/index.jsp>

The airport is about 20 miles from the hotel-Southwest, JetBlue, Airtran, American, Delta, Continental, United, and US Airways all fly into Jacksonville. Use the above link for typical costs for fares from the airport.

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 on 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 in the student section of the newsletter. Don't be left out because you didn't enter your team. Entries begin on November 3rd at 9 AM. See you in Jacksonville, FL in February.

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. See you in Jacksonville!

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#### **Past-President's Message**

**Ed Acevedo, PhD**



It's hard to believe that my three-year tenure on the Executive Board will soon be over. The experience of serving our Chapter has been a highlight in my career. The quality of our members is reflected in the quality of our excellent conference and activities. It goes without saying that most of my responsibilities could not be accomplished without a tremendous group of committed professionals on the Executive Board, and our chapter's numerous volunteers. Most meaningfully, I have had the honor and privilege to serve with colleagues who have become friends. My service to SEACSM has fed my passion for developing and promoting knowledge on the physical and mental health benefits of physical

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activity. It hasn't always been easy or pretty, but it has been a pleasure and an honor to serve the most prolific and dynamic ACSM chapter.

Somehow we have again surpassed our highest total number of abstract submissions. And, again this will likely be our largest meeting. Congratulations to our Conference Program Coordinator, President-Elect Sue Graves, and our Clinical Program Coordinator, Franklin Sease. This year's program development has also been supported by Executive Board members Becki Battista and Jim Carson. A distinct highlight of our conference is always the Student Research Award Poster session held on Thursday afternoon. This year the top 8 poster presentations for Undergraduate, Master's and Doctoral student categories (24 total posters out of a total of over 90 student award submissions) will be presented and reviewed by three judges per category. Please show your support for the excellent work of our student colleagues, and attend this important session.

ACSM continues to demonstrate its support for our commitment to preparing diverse professionals by once again funding our SEACSM Undergraduate Leadership and Diversity Training Program (LDTP). The goal of this program, patterned after a national program for graduate students and early professionals, is to increase exposure to exercise science and encourage future involvement in SEACSM for five undergraduate students from underrepresented minority groups. The program covers expenses to attend our annual meeting where each student will be paired with a mentor throughout the conference. For further information please contact Paul Davis ([pgdavis@uncg.edu](mailto:pgdavis@uncg.edu)). This program has been tremendously well received by participants, and we are proud to partner with national ACSM in striving to accomplish the goals of this program.

Our Executive Board provides critical service to our chapter. To ensure continual, effective leadership the election of our board members is an important process. This year the Elections Committee has received numerous nominees, all with excellent credentials. In turn, the Committee has identified an excellent ballot of candidates for election to President-Elect, Members-at-Large (2), Student Representative, and SEACSM Regional Representative to ACSM (see ballot of candidates below). I greatly appreciate the selfless commitment that our candidates have demonstrated by seeking election and going through the election process. Candidate profiles will be available on our web site early next year and voting will take place at the annual meeting in February 2015.

I look forward to visiting with you all in February in Jacksonville!

### **2015 SEACSM EXECUTIVE BOARD CANDIDATES**

#### **President-Elect (elect one)**

Dave Bassett, University of Tennessee

John Quindry, Auburn University

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

Jody Clasey, University of Kentucky

Ellen Evans, University of Georgia

Katrina Dubose, East Carolina University

Ron Evans, Virginia Commonwealth University

**Student Representative (elect one)**

Brittany Wilkerson, University of Tennessee  
Brittany Allman, Florida State University

**SEACSM Regional Representative to ACSM**

Allan Goldfarb, University of North Carolina at Greensboro  
Alan Utter, Appalachian State University

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**SEACSM Graduate Student Fair****Dear Graduate Coordinators and Internship Supervisors:**

The 2015 SEACSM Graduate Student Fair will be held on Friday, February 13 at 5:45-7:00pm. The grad fair attracts representation from over 25 universities, with hundreds of students in attendance. Please encourage your students to come!

If your institution would like to reserve a table the initial cost is \$75.00, plus an additional \$15.00 for electricity if you require it. Currently we have 11 spots left! Those universities/colleges interested in reserving a table at the upcoming Graduate Fair, will need to submit an **application form** and mail the form with payment to:

Dr. Danielle D. Wadsworth  
School of Kinesiology, Auburn University  
301 Wire Road  
Auburn, AL 36849

Fees will increase after November 1<sup>st</sup>! Table registration fees received after November 1, 2014 are \$85.00 (\$100 with electrical) and \$100.00 (\$115.00 with electrical) after December 1, 2014. All registration forms and payments must be received by Friday, January 15, 2015. 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. Danielle D. Wadsworth at [wadswdd@auburn.edu](mailto:wadswdd@auburn.edu) if you have questions.

**The Undergraduate Student Bowl**

Do you and your two smartest friends have what it takes to compete in the SEACSM undergraduate student bowl in 2015. Earn bragging rights by winning this jeopardy style inter-university competition! The winning team will be invited to compete at the ACSM annual meeting in San Diego, California. SEACSM contributes \$300 towards travel for each student to the national meeting. Be sure to sign up for the 2015 Student Bowl by contacting Rebecca Battista [battistara@appstate.edu](mailto:battistara@appstate.edu) starting on **November 3, 2014 after 9 AM**.

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 Rebecca Battista to register your team. Be prepared to register your team on **11/3/14**, as the spots will go fast!

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## SEACSM Executive Board

- Edmund Acevedo, Past-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)
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- 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)
- Bridget Peters, Student Representative (2014-2016), School of Kinesiology Graduate Student, Cardioprotection Laboratory, Auburn University, mail to: [bap0019@auburn.edu](mailto:bap0019@auburn.edu)

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