



**AMERICAN COLLEGE**  
**of SPORTS MEDICINE®**  
**Southeast Chapter**



## Call for Abstracts for the 2021 SEACSM Annual Meeting

**To:** All potential presenters for the 2021 SEACSM Annual Meeting  
**From:** Matt Green, Ph.D., SEACSM President-Elect  
**Date:** ~~October 1, 2020~~ updated **October 19, 2020**  
**Subject:** Call for abstracts for the 2021 SEACSM Annual Meeting

In an effort to address individual and public health concerns of convening a large conference early in the new year and the fact that many members are facing funding and other institutional limits on faculty and student travel, **the 2021 SEACSM Annual Meeting will be a virtual conference on Thursday and Friday February 18–19, 2021.**

We have identified a virtual platform that will allow us to provide student and professional members with opportunities to present high-quality research, learn from our regional experts, and connect with friends and colleagues in an online environment. The conference will include original research, pedagogy and research tutorials, research review symposia, clinical case studies, and research proposal presentations. **All presentations will be an online poster format** that includes a short video explanation from the author and a mechanism for engagement and discussion with attendees. Presentations may be synchronous (with a scheduled day and time) or asynchronous (available throughout the conference with no set time).

I encourage you to submit an abstract to present your completed or ongoing research or share your teaching, research, or clinical expertise. Further details about the presentation types and how to submit your abstract are included on the following pages.

All abstracts must be submitted through the SEACSM Annual Meeting website, **which will open on October 26, 2020. The deadline for submission of all free communication abstracts is 11:59 pm EDT on Monday, November 9, 2020.**

### Stay informed about the 2021 SEACSM Annual Meeting

We will be posting announcements, updates, and other information about the Annual Meeting on our web page and on our social media platforms.

<https://www.acsm.org/acsm-membership/regional-chapters/acsm-chapters/southeast/annual-meeting>



@SEACSM Chapter



@SEACSM



@southeastern\_acsm

## SEACSM Abstract Submission Guidelines

Abstracts are only being accepted electronically and must be submitted no later than 11:59 pm (Eastern Daylight Time) on Monday, November 9, 2020. Abstracts submitted after this date will not be accepted.

Please read and follow the directions below for the submission of abstracts. Abstract submissions that do not follow the submission guidelines or do not meet scientific or editorial standards will not be accepted.

### Guidelines for All Abstract Submissions

1. Each person is limited to one first author abstract for this meeting; there is no limit on co-authoring other abstracts.
2. The primary focus of the abstract must be novel. The work must not have been accepted or presented at another meeting, nor published as a full paper at the time of submission.
3. The same abstract (excluding novel categories specific to SEACSM 2021) can be submitted first to SEACSM and later to the national ACSM, but not in the reverse order.
4. All studies must comply with the ACSM Program Committee's statement regarding the use of human subjects and informed consent or animal studies guidelines.
5. To ensure consistency and clarity: The abstract must be written in English and grammatically correct; All acronyms should be defined prior to use; Units of measurement should be reported following Systeme International de'Unite (SI) standards.
6. The recommended font is 12 point Times or Times New Roman. Use of other fonts may result in the loss or changing of characters.
7. No figures, tables, or symbols should be included in the abstract.
8. All abstracts have a limit of 2450 characters, including spaces, but not including the title and authors.
9. The first author is required to be upload their presentation to the online meeting platform and be available to present the submitted abstract at the assigned time. Failure to present the abstract will result in a two-year ban of SEACSM presentations for both the first author and (if applicable) faculty mentor. Therefore, an abstract should not be submitted unless the author is confident that he/she will be able to present at the SEACSM meeting on any of its scheduled dates. If extenuating circumstances prevent the author from presenting, the President-Elect should be contacted as soon as possible to arrange an acceptable alternative.
10. Do not wait until the last day to submit your abstract, as this may result in an overloading of the site and does not allow time to solve technical problems, should they arise.
11. If you have questions about the abstract submission process, please contact Dr. Matt Green (President-Elect) by email at: [jmgreen@una.edu](mailto:jmgreen@una.edu).
12. The email address you provide with your submission will be used to communicate acceptances and other information about the conference. Please double check that you enter in your correct email address to make sure you receive all future communications regarding your abstract.

### Submit your abstract online

The online abstract submission portal will be available starting on October 12, 2020, and can be accessed from the SEACSM Annual Meeting web page:

<https://www.acsm.org/acsm-membership/regional-chapters/acsm-chapters/southeast/annual-meeting>

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## Presentation Types

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To make use of the virtual format of the annual meeting, accommodate professional and student members whose research activities have been disrupted, and address issues relevant to the COVID pandemic, we are introducing several new abstract types for this year's meeting.

### **Original research presentations**

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Describe the results of a completed study involving basic, applied, and/or clinical aspects of exercise science and sports medicine that would typically be submitted as a free communication oral or poster presentation.

### **Pedagogy and research tutorials**

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An opportunity to share ideas and best practices about teaching and research during the COVID pandemic. Research topics may focus collecting data with physical distancing and associated restrictions, working with undergraduate and graduate student researchers, and coping with changes in research funding and support. Pedagogy topics can include how to adapt teaching for face-to-face, virtual, hybrid, and hyflex models, pedagogical research, and other issues related to teaching and education.

### **Research review symposiums**

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Presentations on topics of current interest to researchers and/or practitioners. These presentations should familiarize attendees with the basics of a subject, review relevant research, and discuss current issues, questions, and problems related to the topic.

### **Research proposal presentations**

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A format for undergraduate and graduate students to present the background, methods, and expected findings for a research project in the proposal stage they were not able to complete due to the COVID pandemic. These presentations provide an opportunity for students to get feedback in designing a pending study.

### **Clinical case presentations**

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Part of the Sports Medicine Physician program, these presentations include history, physical examination, differential diagnosis, diagnostic tests performed and results, final working diagnosis and treatment, and outcome for a clinical case.

### **Want to get involved?**

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We are looking for volunteers to review abstract submissions for the annual meeting, serve on subcommittees, and help make the annual meeting run smoothly. Fill out the volunteer form at:

<https://www.acsm.org/acsm-membership/regional-chapters/acsm-chapters/southeast/get-connected/>

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## Preparing Your Abstract

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### Original Research Abstracts

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Original research abstracts describe the results of a completed study involving basic, applied, and/or clinical aspects of exercise science and sports medicine that would typically be submitted as a free communication oral or poster presentation.

All original research presentations will be in an online poster format that includes a short video explanation by the author and a mechanism for engagement and discussion with attendees. Presentations may be synchronous (with a scheduled day and time) or asynchronous (available throughout the conference with no set time).

Follow the guidelines below when preparing your original research abstract and follow all instructions on the online abstract portal when submitting your abstract. Incomplete abstracts or submissions that are missing required information may not be accepted. Multiple abstracts reporting partial data from a single experiment may be rejected.

**Title:** The title should be limited to 15 words. All words in the title must be in capital letters.

**Authors:** The first and last names of the authors will be included in the author block. Do not include degrees.

**Institutions:** Institutions of all authors will be included. Do not include departments.

**Body:** Do not include the title or author information in the abstract body when you submit it. No figures, tables, or special symbols should be included in the abstract. The abstract must include the following sections, using these headings:

**BACKGROUND:** One or two sentences that provide a brief context for the research including a clear statement of the purpose of the study.

**METHODS:** Brief statements describing procedures to acquire data, including statistical procedures used to evaluate data and determine significance

**RESULTS:** A summary of the results obtained must be reported with proper units. Lack of inclusion of experimental data or stating that “the results will be discussed” will result in the abstract being rejected. Projects that include only one outcome variable or limited data may be rejected. It is not satisfactory to simply describe what was found (such as, “the treatment group increased their fitness more than the control group”) or to only include statistical results (such as, “associations were significant at  $p < 0.05$ ”).

**CONCLUSIONS:** A statement of the conclusions that are appropriate based on your data

**Grant or funding information:** Indicate grant or funding information, if applicable.

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## Preparing Your Abstract

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### **Pedagogy and Research Tutorial Abstracts**

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Pedagogy and research tutorials are an opportunity to share ideas and best practices about teaching and research during the COVID pandemic. Research topics may focus on ways to collect data with physical distancing and other restrictions, working with student researchers, and issues related to research funding. Pedagogy topics can include how to adapt teaching for face-to-face, virtual, hybrid, and hyflex models, pedagogical research, and other issues related to teaching and education.

All pedagogy and research tutorial presentations will be in an online poster format that includes a short video explanation and a mechanism for engagement and discussion with attendees. Presentations may be synchronous (with a scheduled day and time) or asynchronous (available throughout the conference with no set time).

Follow the guidelines below when preparing your pedagogy or research tutorial abstract and follow all instructions on the online abstract portal when submitting your abstract. Incomplete abstracts or submissions that are missing required information may not be accepted.

**Title:** The title should be limited to 15 words. All words in the title must be in capital letters.

**Authors:** The first and last names of the authors will be included in the author block. Do not include degrees.

**Institutions:** Institutions of all authors will be included. Do not include departments.

**Body:** Do not include the title or author information in the abstract body when you submit it. The abstract must contain a brief description of the proposed session which includes the purpose and a summary of the major points of the presentation. At least one learning objective should be identified as well as changes attendees should be able to make following your session.

**Grant or funding information:** Indicate grant or funding information, if applicable.

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## Preparing Your Abstract

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### Research Review Symposium Abstracts

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Symposiums are “state of the art” presentations on topics of current interest to researchers and/or practitioners. These presentations should familiarize attendees with the basics of a subject, review relevant research, and discuss current issues, questions, and problems related to the topic.

All symposium presentations will be in an online poster format that includes a short video explanation and a mechanism for engagement and discussion with attendees. Presentations may be synchronous (with a scheduled day and time) or asynchronous (available throughout the conference with no set time).

Follow the guidelines below when preparing your research review symposium abstract and follow all instructions on the online abstract portal when submitting your abstract. Incomplete abstracts or submissions that are missing required information may not be accepted.

**Title:** The title should be limited to 15 words. All words in the title must be in capital letters.

**Authors:** The first and last names of the authors will be included in the author block. Do not include degrees.

**Institutions:** Institutions of all authors will be included. Do not include departments.

**Body:** Do not include the title or author information in the abstract body when you submit it. The abstract must contain a brief description of the proposed session which includes the purpose and a summary of the major points of the presentation.

**Grant or funding information:** Indicate grant or funding information, if applicable.

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## Preparing Your Abstract

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### Research Proposal Abstracts (Students Only)

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Research proposals are a way for undergraduate and graduate students to present the background, methods, and expected findings for a research project they were not able to complete due to the COVID pandemic. These presentations provide an opportunity for students to get feedback on an ongoing or future study.

All research proposal presentations will be in an online poster format that includes a short video explanation and a mechanism for engagement and discussion with attendees. Presentations may be synchronous (with a scheduled day and time) or asynchronous (available throughout the conference with no set time).

Follow the guidelines below when preparing your research proposal abstract and follow all instructions on the online abstract portal when submitting your abstract. Incomplete abstracts or submissions that are missing required information may not be accepted.

**Title:** The title should be limited to 15 words. All words in the title must be in capital letters.

**Authors:** The first and last names of the authors will be included in the author block. Do not include degrees.

**Institutions:** Institutions of all authors will be included. Do not include departments.

**Body:** Do not include the title or author information in the abstract body when you submit it. No figures, tables, or special symbols should be included in the abstract. The abstract must include the following sections, using these headings:

**BACKGROUND** – A short section that provides a brief context for the study, including relevant supporting research and a clear statement of the purpose of the study.

**METHODS** - A description of the subjects, procedures to acquire data, treatments, and statistical procedures that will be used to evaluate data and determine significance.

**ANTICIPATED RESULTS** - A description of the expected results of the study, based on previous research.

**Grant or funding information:** Indicate grant or funding information, if applicable.

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## Sample Abstracts

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### ORIGINAL RESEARCH Abstract

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#### ENERGY EXPENDITURE DURING TREADMILL WALKING AND RUNNING: ACCURACY OF THE 100 KCAL PER MILE ESTIMATE.

Brian Parr, Andrew Hatchett, Lianna Epstein, Rachael Herring, Harli Eggenberger.  
University of South Carolina Aiken

**BACKGROUND:** Energy expended during walking or running can be measured in a lab or estimated based on speed, grade, and body mass. However, these assessments are not easily completed by the general population, so a crude estimate of energy expenditure (EE) of 100 kcal•mile<sup>-1</sup> is commonly used. Although the equations for estimating EE at a given walking or running speed have been validated, the accuracy of the 100 kcal•mile<sup>-1</sup> value has not been specifically evaluated. The purpose of this study was to determine the accuracy of the 100 kcal per mile estimate across a wide range of walking and running speeds. **METHODS:** A sample of 21 subjects (age 23.6±8.8 y) walked or ran one mile at a self-selected speed on a motorized treadmill while VO<sub>2</sub> was measured using a Parvomedics TrueOne 2400 metabolic measurement system. The EE was calculated from VO<sub>2</sub> measured after subjects achieved steady-state. The significance of differences in measured kcal•mile<sup>-1</sup> and the 100 kcal•mile<sup>-1</sup> estimate were determined using t-tests. **RESULTS:** There were no significant differences between the measured EE and the 100 kcal•mile<sup>-1</sup> estimate (108.6±31.5 vs. 100±0 kcal•mile<sup>-1</sup>, p=0.22) across both running and walking speeds (range: 72.4–187.6 mmin<sup>-1</sup>). There were also no significant differences between the actual and estimated EE at walking speeds (95.6±12.6 mmin<sup>-1</sup>; 100.1±23.1 vs. 100±0 kcal•mile<sup>-1</sup>, p=0.98) running speeds (158.8±19.4 mmin<sup>-1</sup>; 115.0±36.2 vs. 100±0 kcal•mile<sup>-1</sup>, p=0.18). However, the measured EE during running was significantly higher (p=0.03) than during walking. **CONCLUSIONS:** The widely used EE estimate of 100 kcal•mile<sup>-1</sup> appears to be accurate across a wide range of walking and running speeds. While the measured EE during running was significantly higher than during walking, neither was significantly different from the 100 kcal•mile<sup>-1</sup> estimate. This suggests that this value may be useful for estimating EE for fitness or weight loss purposes in a general population.

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### RESEARCH REVIEW TUTORIAL Abstract

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#### BLOOD FLOW RESTRICTION: IMPORTANT UPDATES AND APPLICATIONS

Matthew Jessee<sup>1</sup>, Grant Mouser<sup>2</sup>, Samuel Buckner<sup>3</sup>

<sup>1</sup>University of Southern Mississippi, <sup>2</sup>Troy University, <sup>3</sup>University of South Florida,

Blood flow restriction (BFR), by itself or combined with low-load resistance training, has been shown to elicit both skeletal muscle and cardiovascular adaptations. Using pneumatic cuffs, elastic wraps, or other devices applied at the most proximal portion of the limbs, BFR decreases arterial flow and limits venous return. As BFR training has become more popular in athletic, clinical, and general populations, literature has placed a greater focus on standardizing BFR methodology. Specifically, efforts have been made to understand variables affecting the amount of pressure applied and how that pressure influences muscular and cardiovascular responses. In addition, the understanding of the mechanisms involved in how BFR works is evolving. Given the greater implementation of BFR in a range of populations, the purpose of this symposium is: 1) discuss important considerations and current best practices in the application of BFR, 2) discuss the cardiovascular adaptations observed following low-load resistance training combined with BFR, and 3) discuss muscular adaptations observed following low-load resistance training combined with BFR. Researchers and practitioners gain an understanding of the latest recommendations for standardized BFR application, an understanding of BFR mechanisms, and what adaptations can be expected following a program that includes BFR. Researchers and practitioners may change how they apply restrictive pressure and will be able to better design protocols to elicit desired adaptations.

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## Sample Abstracts

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### RESEARCH PROPOSAL Abstract

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#### THE EFFECT OF INDOOR VERSUS OUTDOOR EXERCISE ON MOOD

Morgan Bookstaver, Brian Parr

University of South Carolina Aiken

**BACKGROUND:** Depression is a clinically significant mood disorder that affects a large percentage of the population and is one of the leading health concerns because of the overall negative effects on physical and mental health. Exercise has known health and fitness benefits that can occur with as little as 30 minutes per day. Additionally, exercise can be used as a form of treatment for many depressed patients because it often improves their functional status, reduces effects of potential medical co-morbidities, and improves self-esteem. Previous studies have shown a relationship between engaging in exercise of varying intensities and the reduction of depressive symptoms, negative mood, and anxiety levels. In addition, studies have shown a correlation between contact with nature and improved mood and decreased anxiety levels. The purpose of this study is to determine the effect of a single bout of indoor or outdoor exercise on mood. **METHODS:** I plan to recruit 40 male and female participants between the ages of 18 and 45 for participation in this study. Each participant will complete two 30-minute sessions of moderate-intensity exercise in two environments (indoor track or outdoor walking path), with the condition order counterbalanced, and one week between sessions. Participants will be asked to keep their walking pace at a self-determined level of moderate-intensity exercise and intensity will be monitored by RPE and heart rate recorded every lap. Mood and anxiety will be assessed using the Positive and Negative Affect Schedule (PANAS) administered before and after each exercise session to detect any changes due to the exercise and/or environment and the state portion of the State-Trait Anxiety Inventory (STAI) to assess potential lasting effects on mood. Results will be analyzed using repeated measures ANOVA to determine the significance of differences between indoor and outdoor exercise. The reliable change index will also be used to assess whether changes in mood and anxiety meet clinical significance. **ANTICIPATED RESULTS:** It is hypothesized that outdoor exercise will have a greater positive influence on mood and anxiety compared to the same exercise done indoors.

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### PEDAGOGY AND RESEARCH TUTORIAL Abstract

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#### HANDS-ON FITNESS ASSESSEMENT ACTIVITES: CONCEPTS IN A COVID/REMOTE TEACHING ENVIRONMENT

James Green<sup>1</sup>, Becki Batista<sup>2</sup>, John Patrella<sup>3</sup>

<sup>1</sup>University of North Alabama, <sup>2</sup>Appalachian State University, <sup>3</sup>Samford University

Skills and abilities for assessment of health and health-related fitness components are critical for Health/Exercise Science students as they are used to identify current disease risk status and for subsequent development of individualized fitness programs. Such abilities are most effectively developed in a laboratory setting permitting direct student involvement in hands-on activities. However, teaching fitness assessment concepts in an online/remote manner as necessitated in a pandemic environment compromises interaction among students and faculty and consequently hinders direct engagement in conducting various fitness tests/assessments. Without direct involvement, students may fail to adequately develop these skills, and with imprecise test data, the resulting health/fitness program may be impaired. The purpose of this presentation is to discuss the use of technology-based instructional modalities allowing increased effectiveness of teaching assessment techniques relevant in a health/fitness setting. Concepts will include a) use of video instruction, b) self-assessment of personal fitness, and c) evaluation and dissemination of results to clients. The learning objectives are to a) improve content delivery expertise when providing instruction in a remote/online environment and b) encourage implementation of activities relevant to skill development in such an environment. The target audience for this tutorial will be faculty or others who may be required to teach in a remote/online or hybrid model.

## Preparing Your Abstract

### Clinical Case Abstracts (Sports Medicine Physician Program)

Clinical case studies are presented as part of the Sports Medicine Physician program at the SEACSM annual meeting. Presentations include history, physical examination, differential diagnosis, diagnostic tests performed and results, final working diagnosis and treatment, and outcome for a case.

All submissions must include contact information and email address. There is a 500 word limit, not including title. The following format should be followed when preparing your clinical case study abstract.

- ▶ **Title of case**
- ▶ **History** including history of present illness, past medical history, medications, allergies, etc.
- ▶ **Physical Examination**
- ▶ **Differential Diagnosis List**
- ▶ **Data** including diagnostic tests performed and results, laboratory studies performed and results, etc.
- ▶ **Final Working Diagnosis and Treatment**
- ▶ **Outcome**

**The deadline for clinical case abstract submissions for the 2021 annual meeting is Wednesday, December 9, 2020 at 5:00 pm ET.** Authors of cases that are accepted for presentation during the 2021 SEACSM Sports Medicine Physician program will be notified by Thursday, January 7, 2021.

### How to submit your Clinical Case abstract

Please prepare your case abstract as a Microsoft Word document and send it as an e-mail attachment directly to:

**Dr. Leonardo Oliveira**

**oliveil@ccf.org**

## Awards and Honors

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### SEACSM Student Research Awards

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Southeast ACSM is proud to highlight and reward outstanding research conducted by students at our annual meeting. The Student Research awards categories include undergraduate, masters, and doctoral.

If you would like to be considered for one of these awards, indicate this when submitting your abstract. Make sure you indicate which award category (undergraduate, masters, or doctorate) you are applying.

For the 2021 SEACSM annual meeting, students can submit their abstracts for the student competition if they were a student during the time of their data collection. In other words, if a student collected data in the spring of 2020 and was an undergraduate student, he/she can submit his/her abstract for the 2021 SEACSM meeting as an undergraduate student. Likewise, if he/she was a masters or doctoral student and collected data in the spring of 2020, he/she can submit his/her abstract for the 2021 meeting as a masters or doctoral student. These student categories criteria require that this is the first submission of the data and that the project was done primarily by the student.

The finalist abstracts in each student category will be selected based upon the submitted abstract by a review committee selected by SEACSM Board members. Each of these finalists will be required to submit a PDF file of their final poster, one week before the meeting for the judges to review. During the meeting, finalists will present their posters to a panel of judges who will select the winners. For those not selected for the Student Award Poster session, their posters will be presented at the annual meeting in a regular poster session.

The award winners will be announced at the conference award ceremony and all finalists are expected to attend. SEACSM presents an award to the top three winners in each category.

Each regional chapter will select the top graduate poster (masters or doctoral) to compete in the 2021 ACSM Presidential Cup at the ACSM National Meeting in Washington, DC in 2021. The top chapter award winners will then present at the national meeting. SEACSM will select our top Graduate Poster based upon finalist presentations in the masters and doctoral categories from our 2021 meeting.

### SEACSM Scholar and Service Awards

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SEACSM members are invited to submit nominations for the annual SEACSM Scholar Award and the SEACSM Service Award. The Scholar Award was instituted to honor and recognize outstanding contributions to the body of knowledge related to medicine and science in sports and exercise. The Service Award was instituted to honor and recognize outstanding service to the organization.

Nominations should be received by November 9, 2020. All letters of nomination should provide at least two reasons supporting the nomination award. It is recommended that the prerequisite be five years of active SEACSM participation.

Letters of nomination for the SEACSM Scholar and Service Awards should be sent to:

Dr. Becki Battista  
SEACSM Past President  
Appalachian State University  
battistara@appstate.edu

## Connect with SEACSM

### SEACSM Board Members

**John Petrella**, President. Samford University, jkpetrel@samford.edu

**Rebecca Battista**, Past-President. Appalachian State University, battistara@appstate.edu

**Matt Green**, President-Elect. University of North Alabama, jmgreen@una.edu

**Jennifer Bunn**, At-Large Member. Sam Houston State University, jab229@shsu.edu

**Yuri Feito**, At-Large Member. Kennesaw State University, yfeito@kennesaw.edu

**Eric Plaisance**, At-Large Member. University of Alabama-Birmingham, plaise@uab.edu

**Kim Reich**, At-Large Member. High Point University, kreich@highpoint.edu

**Dulce Gomez**, Student Representative. Auburn University, dhg0008@auburn.edu

**Jonathan Ruiz-Ramie**, Student Representative. Augusta University, jruizramie@augusta.edu

**Brent Messick**, Physician Representative. Atrium Health Musculoskeletal, brent.messick@atriumhealth.org

**Carolynn Berry**, Executive Director. Winston-Salem State University, berry@c@wssu.edu

**Michael Berry**, Exhibits, Sponsorships and Fund Raising. Wake Forest University, berry@wfu.edu

**Kevin McCully**, Representative to ACSM. University of Georgia, mccully@uga.edu

**Brian Parr**, Communication Director. University of South Carolina Aiken, briarp@usca.edu

### Upcoming events

Abstract submission deadline for the 2021 SEACSM Annual Meeting, Nov. 9, 2020

ACSM Advanced Team Physician Course, Dec. 3-5, 2020.

Clinical case submission deadline for the 2021 SEACSM Annual Meeting, Dec. 9, 2020

Abstract submission deadline for the 2021 ACSM Annual Meeting, Jan. 6, 2021

SEACSM Annual Meeting, Feb. 18-19, 2021.

ACSM International Health & Fitness Summit, April 8-11, 2021

ACSM Annual Meeting, June 1-5, 2021.

### Keep in touch!



[www.seacsm.org](http://www.seacsm.org)



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