



AMERICAN COLLEGE of SPORTS MEDICINE® Southeast Chapter



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SEACSM Annual Meeting

Greenville, SC
February 18-20, 2021



News & Notes from SEACSM



Spring 2020 Newsletter

What a long, strange spring it has been! From a successful SEACSM Annual Meeting in February, through a transition to remote teaching and learning, to a pandemic that has thoroughly disrupted our personal, professional, and social lives, this has been a remarkable few months. With a focus on the health and safety of our families, friends, and colleagues, and the closure of our classrooms, clinics, and labs, many things have been put on hold (including this newsletter!). Add to that the uncertainty about when things will get back to normal, this has been a challenging time, for sure.

Since we are missing the chance to get together at the ACSM Annual meeting, this seems like a good opportunity to look back at our annual meeting, catch up on what's going on around Southeast ACSM, and think ahead to next year. We will have more news and information to share later this summer. In the meantime, keep in touch with us on social media and through our the website. And let us know what we can do to make Southeast ACSM better for you.

Wishing you a happy and healthy summer,

Brian Parr, Newsletter Editor



President's Message



John Petrella

With all that has happened in the last few weeks/months, the Annual Meeting in Jacksonville seems like a lifetime ago. It was a well-attended meeting with some fantastic science presented to the members. I am grateful we were able to have the meeting prior to the disruption to safe travel. We hope that each of you is well and

not directly impacted by the virus through illness to yourself or others. Besides the direct issue of illness, we recognize this pandemic is also having indirect consequences to our scientific community. We are meeting and discussing plans to assist SEACSM with some of these disruptions. With universities and labs closed, data collection and projects are suspended and timelines are adjusted continually. Also, abstracts scheduled for the ACSM National meeting were not presented due to cancellation. Given these issues, the Board is considering some creative solutions to assist the SEACSM community in the ability to disseminate, present, and interact at the next meeting. We continue to plan for a strong 2021 Annual Meeting in Greenville, SC (Feb 18-20). We will update you as quickly as possible as plans firm up. The Fall Lecture Tour is scheduled for Florida, Georgia, and North Carolina, the Board is reviewing how that tour might be effectively and safely implemented. Sometime over the summer, be on the lookout for details about the Fall Lecture Tour. Despite the continual change of this pandemic environment, one constant we rely on is the professionalism of the SEACSM members. I am looking forward to hearing all the unique and amazing ways our members continue to push forward the mission of ACSM despite the many obstacles during these very different times. Please contact me at jkpetrel@samford.edu if you have any questions or comments/suggestions.

Past-President's Message



Becki Battista

I hope everyone has settled back into a routine again after a great 2020 SEACSM in Jacksonville! And as usual, the Board is hard at work for 2021 SEACSM where we head back to Greenville, SC.

The theme of my post is **THANK YOU**. I do want to thank everyone who attended and presented. And a really big thank you to all that helped make the conference great - from the faculty who reviewed abstracts, judged posters, assisted with the Student Bowl, participated in the Graduate School Fair, chaired sessions, and worked on the Mentoring Breakfast. Without the assistance of our members we could never put on such a good conference.

A special thank you to our Board Members. Our outgoing Board Members include Dr. Amanda Price and our student representative Emily Bechke. While Brian Parr did rotate off as a Member At Large, he is staying with us as the new Webmaster and Newsletter Editor. Thank you to Dr. Ken Barnes who served as our Clinical Representative. However, a really big thank you goes to our now President, Dr. John Petrella for planning the 2020 conference. Planning a meeting of this size is a very large undertaking, add to that he had to work with a new software format for abstract submissions. But John did a wonderful job and we are grateful for his hard work and dedication to our chapter.

SEACSM is known as a very strong chapter. This was reinforced to me as I spoke a bit with each of our invited speakers and they had a great time and were impressed by our meeting and presentations. Thank you for attending their presentations and impressing them with your engagement at the conference.

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ACSM Representative



Hello Everyone, like many of you I am busy working from home. I am trying to design acute physiological studies that I and my students can do from home! One of the things that our chapter is working on is planning SEACSM activities under our current circumstances. We have been participating in the ACSM

Kevin McCully Chapter Leader Huddles. Representatives from the regional chapters are using these huddles to share their experiences and plan chapter activities for the upcoming year. One issue I am particularly interested in is coming up with creative ways to share our research (and research ideas) at our next annual meeting. For many of us, we will have to make do with less data and thus we will have potentially less to present. However, I feel our presentations can emphasize research planning and methodology. How we do this will take some creativity, so if you have ideas, please share them with the SEACSM Board! Stay Safe.



Clinical Representative



The theme of this year's Clinical Track Conference was Sports Medicine by the Sea. We had 10 different speakers and 9 case presentations over the course of two half days at the meeting. This started with beach volleyball and weaved through different sport specific issues. Tom Best, MD, PhD, FACSM

Brent Messick (past president of ACSM) gave the clinical cross over lecture on Regenerative Medicine and discussed his experiences and research. Other presentations covered Scuba, Marine envenomation, surfing, swimming, triathlon and many more. Of the 9 case presentations, one stood out as a clear winner. Christina Gutta, MD (Steadman Hawkins) presented a case of ocular contusion in a college baseball player with hemophilia A. This was an interesting case reminding all of us of the tadpole pupil as well as the treatment recommendations of hemophilia A with Factor VIII.

A theme for next year's conference in Greenville, SC has yet to be decided upon. Our committee will begin brainstorming later in the spring and come up with another great agenda. The planning committee is composed of the following members who have graciously agreed to continue their involvement with SEACSM's Clinical Track Conference: Brent Messick, MD, MS, FACSM--Clinical Representative (Atrium Health); Ryan Draper, DO -Chair (Moses Cone); Leonardo Oliveira, MD, FACSM-Vice Chair (Cleveland Clinic); Kim Kaiser, MD (Kentucky), Amadeus Mason, MD (Emory) John Kiel, DO (Florida).

Get Social with SEACSM

Maintain social distancing by connecting with SEACSM on social media.



@SEACSM Chapter



@SEACSM



@southeastern_acsm

A Message From Your Student Representatives



**Jonathan
Ruiz-Ramie**



Dulce Gomez

Hello Students! We hope you had a wonderful time at this year's SEACSM conference. Please take a moment to look at the exciting news and updates specifically with SEACSM students in mind.

Student Success at the 2020 Annual Meeting

Thank you to all who attended our pre-conference symposium "It's Not Always What You Know, But Who You Know: Lessons in Networking". We hope you all were able to learn something valuable and look forward to your feedback. Ashlyn Schwartz, Lindsay Toth, and Brian Parr also spoke on "Building Your Career Identity" with a specific focus for exercise science students.

Our annual "Rapid Research Race" was also an amazing success and we'd like to congratulate our winners, who were all students! Thank you to everyone who participated. We look forward to bringing back this exciting research presentation format along with some new exciting pre-conference events next year.

Thank you to everyone who submitted abstracts for the undergraduate, masters, and doctoral poster competitions. There were so many amazing posters and presentations at this year's conference! We would like to extend a special congratulations to our student award winners.

Congratulations to the winning team of the Student Bowl from the University of Alabama. This event is a highlight of the annual meeting, so thank you to all the teams that participated.

New Student Representative

Let's welcome Dulce Gomez as our new student representative! Dulce is currently in her Doctoral program at the School of Kinesiology at Auburn University. Dulce will surely be an amazing resource for students as she's presented her award-winning work at both the regional and national ACSM levels. Furthermore, she has participated in the Leadership and Diversity Training Program (LDTP) at both the national and regional (SEACSM) levels. She is excited and honored to be serving as the 2020-2022 Southeast ACSM Student Representative.

Bye Emily! We are sad to see Emily Bechke leave us but we know she will do great things as she is finishing up her first year in her Doctoral Program at the University of North Carolina Greensboro. Emily did an amazing job in engaging with our student members and increasing student involvement. Did you participate in the morning run? Maybe you volunteered at the student help desk, or were lucky enough to get one of our conference t-shirts? You can thank Emily for that! We hope to continue the example set by Emily in engaging and involving students at SEACSM. THANK YOU EMILY!

Stay Connected!

We are very proud of the strong student focus provided by SEACSM, so be sure to take advantage of the many student-centered opportunities available to you. Got an idea for a student event you'd like to see at future meetings? Let us know!

Check out our website at 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! Follow us on Twitter (@SEACSM) and Instagram (@southeastern_acsm) as well!

Stay Healthy and Active,

Jonathan Ruiz-Ramie and Dulce Gomez

Exhibits, Sponsorships, and Fund Raising

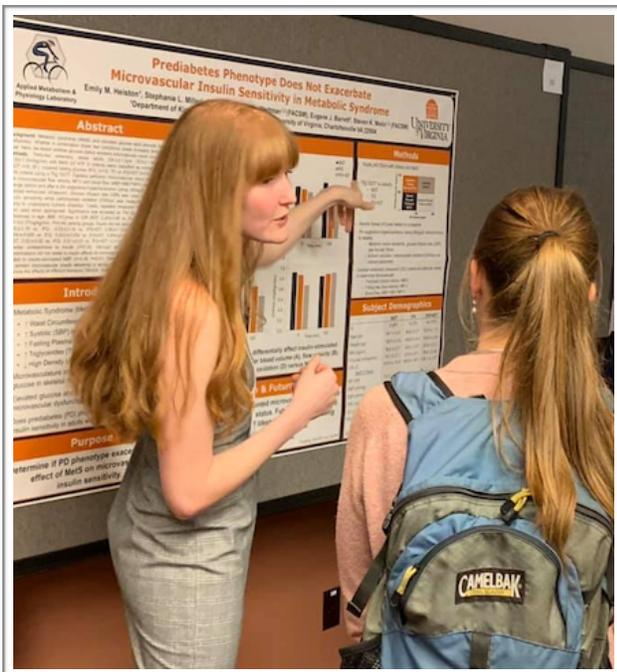


Thank you to our supporters and exhibitors who helped make the 2020 Annual Meeting possible.

Supporters: Kennesaw State University, Supporter of the Student Bowl; Nova Southeastern University, Supporter of the Graduate Fair; The Dairy Alliance and Dairy Council of Florida, Supporter of the Mentoring Breakfast; Citadel Center for Performance, Readiness, Resiliency, and Recovery; DJO; FUJIFILM Sonosite; Hologic; Parker University; American College of Sports Medicine; Gatorade Sports Science Institute.

Michael Berry Exhibitors: Creative Health Products; COSMED USA, Inc.; FitLight; Gannon University; Lipscomb University; Palmer College of Chiropractic; ParvoMedics; Phi Epsilon Kappa.

Sponsorship and exhibitor opportunities for the 2021 Annual Meeting are available. Contact Michael Berry for more information at berry@wfu.edu.



Past-President's Message

(Continued from p. 2)

We also tend to have some pretty amazing faculty in our region, including our Henry Montoye Scholar Awardee Dr. Ed Acevedo and our Service Award Winner Dr. Sue Graves.

Finally, some updates and information for you. If you are interested in volunteering we have lots of opportunities, please visit the website and look under Volunteer Opportunities to register. I am sad that we cannot see each other again at the ACSM Annual Meeting in San Francisco this May but I hope everyone is safe and healthy. My best wishes to everyone on finishing up our online Spring Semester.

SEACSM Annual Meeting

Greenville, SC
February 18–20, 2021



Meet the New Executive Board Members

President-Elect: Matt Green



I am the Associate Dean of the College of Education and Human Sciences and a Professor in the Department of Kinesiology at University of North Alabama. I attended my first SEACM conference in 1997 and have missed only two meetings since. I became a

Fellow of ACSM in 2005. Without hesitation, the Southeast chapter of ACSM annual meetings have encouraged and motivated me professionally in a profound way. In addition to being a presenter, as a member at large, I was able to see firsthand how the Chapter functions so well. It is difficult to overstate the incredible contributions of so many individuals who have helped to make our chapter what it is. I have attended and spoken at other regional meetings. While all are of high quality, in my opinion the Southeast exceeds them all. I attribute this to exceptional leaders, exceptional institutions, exceptional mentors and exceptional commitment. It is no wonder we always have an exceptional meeting. The SEACSM chapter has had a significant positive impact on my career. My hope is to contribute to the organization in order to continue the long, well established tradition of excellence that characterizes SEACSM. I am privileged to serve on the Executive Board as President Elect and encourage engagement at all levels from undergraduates through senior faculty members. The people make it what is – be a part!!

Member-at-Large: Eric Plaisance



I am currently an Associate Professor of Exercise Science and Chair of the Department of Human Studies at the University of Alabama at Birmingham (UAB). I have served the Southeast Chapter for several years, having chaired numerous

tutorials/symposia, and delivered symposia, thematic posters, and traditional poster presentations with colleagues and students. I have been an active member of ACSM and SEACSM since 2000 and a Fellow of the College since 2017. I am certified by ACSM as a Clinical Exercise Physiologist (CEP) and served as an examiner for the Clinical Exercise Physiologist (CEP) and Exercise Physiologist (EP-C) certifications from 2000-2002. My research program primarily focuses on nutrition and exercise-based strategies to reduce weight re-gain following weight loss. As a member-at-large, I am thrilled about the opportunity to serve you and to help advance the work of the Southeast Chapter. As part of my service as member-at-large, I would like to work with the Chapter to examine our recruitment and retention strategies to ensure the most diverse student and faculty representation. I would also like to work with our leaders and membership to explore strategies that will increase collaboration among faculty/students among member institutions, which could have important benefits on scholarship and professional opportunities.

Want to get involved?

We are always looking for volunteers to serve on subcommittees, review submissions for the annual meeting, 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/>

Meet the New Executive Board Members

Member-at-Large: Kimberly Reich



I am honored to have the opportunity serve as a member-at-large on the SEACSM executive board. My experience with ACSM began as a graduate student member in 2003, and I joined SEACSM in 2009. My SEACSM colleagues welcomed me with open arms, and over the

years they have been my mentors, collaborators, and friends. Coming from a smaller university, this has been invaluable to my professional growth, and I have been gratified by the opportunities I have had to serve the regional chapter. My service to the college has also extended to the national level where I currently serve as the Chair of the ACSM Exercise Science Education Special Interest Group, review abstracts, and chair sessions at the ACSM annual meeting.

SEACSM can be such an impactful catalyst for undergraduate students in their professional growth, and for this reason, I am dedicated to introducing undergrads to this outstanding chapter. I bring students to the SEACSM meeting every year, and some of them have even returned to SEACSM as graduate students, where our relationships have continued as colleagues in the chapter.

Thank you to our “retiring” board members

A special thank you to the following SEACSM members who are rotating off the board:

- Lynn Panton**, Past President
- Amanda Price**, Member-at-Large
- Emily Bechke**, Student representative
- Ken Barnes**, Clinical Representative
- Don Torok**, Webmaster & Newsletter Editor

Student Representative: Dulce Gomez

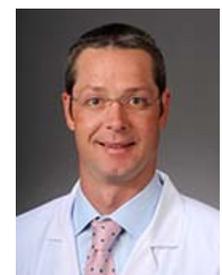


I was ecstatic to be nominated as a 2020-2022 SEACSM Student Representative! I received my BS in Exercise Biology from UC Davis and my MS in Kinesiology with an emphasis in Exercise Physiology from San

Francisco State University. I am currently a second year doctoral student in the School of Kinesiology at Auburn University. I am training in the Hypertension and Vascular Health Laboratory, directed by Dr. Michael Brown which is focused on human endothelial function/dysfunction, clinical hypertension, endothelial cell research, and the effects of exercise training on human hypertension. I have been involved in ACSM since 2015 and joined the SEACSM chapter in 2018. Although I am new within the regional chapter, I have taken part as an abstract reviewer and hope to continue being more involved under the guidance of Mr. Jonathan Ruiz-Ramie to make the upcoming regional conferences a success!

Clinical Representative: Brent Messick

Dr. Messick, a native of Winston-Salem, NC attended Appalachian State University where he received a B.A. in psychology and english. He attended medical school at the American University of the Caribbean for Medical School and then went on to complete his residency in family medicine at Cabarrus Family Medicine. Dr. Messick served as the Clinical Coordinator for the 2020 SEACSM meeting.



2020 Annual Meeting Recap

The Numbers

A total of 874 attendees, including 300 students and 574 professional members.

A total of 424 presentations, including 3 preconference sessions, 24 student award poster presentations, 8 rapid fire assistant prof/post doc award presentations, 10 rapid research race presentations, 32 oral free communication presentations, 256 poster free communication presentations, 26 tutorials, 6 symposia, 36 thematic poster presentations, 16 clinical presentations, and 7 invited speakers.

Invited Speakers



KEYNOTE ADDRESS

Jim Pivarnik, Ph.D.
Michigan State University

Thoughts on Over Three Decades of Studying Exercise During Pregnancy



MENTORING BREAKFAST

Jim White
Dairy Alliance

Build to Last: Starting a Fitness and Nutrition Business from the Ground Up



ANDREW KOZAR ACSM PRESIDENTIAL ADDRESS

William E. Kraus, M.D.
Duke University

The Science Behind the Physical Activity Guidelines: Past, Present and Future



CLINICAL CROSSOVER LECTURE

Tom Best, M.D., Ph.D.
University of Miami

Regenerative Sports Medicine: The Science Behind the Hype



BASIC SCIENCE LECTURE

Stella Volpe, Ph.D.
Drexel University

Food-based Supplements for Performance



SEACSM LUNCHEON LECTURE

Karin Pfeiffer, Ph.D.
Michigan State University

Sport for All: Promoting Physical Activity Through Youth Sports



HENRY J. MONTOYE AWARD LECTURE

Ed Acevedo, Ph.D.
Virginia Commonwealth University

Exploring Physical Activity and Stress: Academic Adventures with Colleagues and Students

2020 Annual Meeting Recap

Awards and Honors



Rapid Fire Assistant Professor/Post Doc Awards

1. Ronald Snarr, *Georgia Southern University*
2. Hunter Bennett, *Old Dominion University*
3. Harish Chander, *Mississippi State University*



Rapid Research Race Awards

1. Dulce Gomez, *Auburn University*
2. Jason Thomas, *Georgia State University*
3. Megan Ware, *University of Georgia*



Quiz Bowl Champions

- Delanie Anderson
Nick Barefoot
Keith Saffold
Brittany Tretter
University of Alabama



Clinical Fellow Case Award

- Christina Gutta, MD
Steadman Hawkins



Doctoral Poster Awards

1. Emily Heiston, *University of Virginia* (Presidential Cup Representative)
2. Christian Behrens, *University of Alabama–Birmingham*
3. Mallory Law, *Georgia State University*



Masters Poster Awards

1. Emily Colster, *University of Alabama*
2. Luke Arieta, *University of North Carolina–Chapel Hill*
3. Gabrielle Brewer, *University of North Carolina–Chapel Hill*



Undergraduate Poster Awards

1. Nathan Stewart, *University of Virginia*
2. Clark F. Baily, *University of West Florida*
3. Sera Denlea, *Appalachian State University*

2020 Annual Meeting Recap

Awards and Honors



Montoye Scholar Award

Ed Acevedo, Ph.D.
Virginia Commonwealth University



SEACSM Service Award

Sue Graves, Ph.D.
Florida Atlantic University



Retirement Recognition

Don Torok, Ph.D.
Florida Atlantic University



Leadership Recognition

Judy Flohr, Ph.D.
James Madison University



Leadership and Diversity Training Program

Awardees and Mentors

Tell us what you think about the Annual Meeting

We are always looking for ways to improve the annual meeting. Your feedback is important to us. Please share your thoughts and ideas by completing the Annual Meeting survey. Links to the student and professional surveys are available at the SEACSM Annual Meeting page:

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

Planning Ahead for the 2021 Annual Meeting

Abstract Reviewers and AV Teams



Jennifer Bunn, Member-at-Large

Thank you to everyone who volunteered their time to serve as an abstract reviewer and volunteer for the 2020 SEACSM conference. This included 72 reviewers from all over the southeast region and eight AV teams from Florida Atlantic University, Tennessee Wesleyan University, Campbell University, the University of South Alabama, NC Wesleyan College, Valdosta State University, Truett-McConnell University, and the University of Tennessee.

AV teams are an integral component of the meeting as they help the tutorials, symposia, free communication slides, and clinical presentations run smoothly. Teams typically consist of 2-3 students and they must provide a laptop, projector, laser pointer/clicker, and necessary cables. In return, each team gets a free hotel room for two nights during the conference. More information about volunteering to be an AV team for the 2021 SEACSM meeting will be provided in the fall.

If you are interested in reviewing abstracts, moderating sessions, or helping SEACSM in other ways, please complete the volunteer form on the SEACSM website.

Graduate Fair and Student Bowl



Yuri Feito, Member-at-Large

The graduate fair at this year's Annual Meeting was a complete success with over 30 programs participating. I want to give a big thank you to our sponsor, Nova Southeastern University. We hope to have a similar number of spaces available for the meeting next year in Greenville, and more information will be available later this year.

Congratulations to the 2020 SEACSM Student Bowl Champion team from the University of Alabama: Delaine Anderson, Keith Saffold, Nick Barefoot, and Brittany Tretter. The team from Alabama was able to beat the other 36 teams from across our SEACSM chapter. They will now represent the Southeast chapter at the National ACSM meeting quiz bowl. Applications for Student Bowl teams for the 2021 Annual Meeting will be available later this year.

Resources and opportunities for students

Southeast ACSM wants to support the success of our students. Visit the Student Resources web page for information about undergraduate, masters, and doctoral student poster presentation awards, the Leadership and Diversity Training Program, and first-time presenter travel support.

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

SEACSM News & Notes

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

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

Jennifer Bunn, At-Large Member. Campbell University, bunnj@campbell.edu

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

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

Jonathan Ruiz-Ramie, Student Representative. University of South Carolina, ruizramj@email.sc.edu

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

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

Carolynn Berry, Executive Director. Winston-Salem State University, berry@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, Webmaster & Newsletter Editor. University of South Carolina Aiken, briantp@usca.edu

Upcoming events

Proposal submissions deadline for the 2021 ACSM Annual Meeting, June 22, 2020

Call for abstracts for the 2021 SEACSM Annual Meeting, August 2020.

Abstract submission deadline for the 2021 SEACSM Annual Meeting, Oct. 1, 2020
(tentative)

ACSM Advanced Team Physician Course, Dec. 2-5, 2020.

Abstract submission deadline for the 2021 ACSM Annual Meeting, Nov. 2, 2020 (tentative)

SEACSM Annual Meeting, Feb. 18-21, 2021.

ACSM Annual Meeting, June 1-5, 2021.

Keep in touch!



www.seacsm.org



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