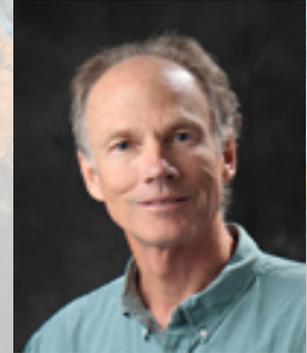




SOUTHWEST CHAPTER OF THE AMERICAN COLLEGE OF SPORTS

A Message from your President
Glenn Gaesser, PhD
Arizona State University

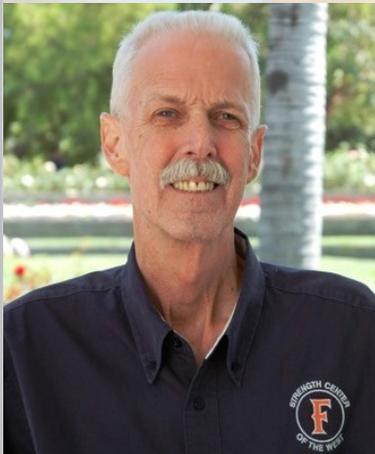


Never a better—or more important—time to be an exercise scientist

There has never been a better, or more important, time to be in exercise science. The health benefits of exercise are well established, and members of ACSM have played key roles in developing physical activity guidelines for Americans. These guidelines have focused largely on the physical benefits of regular physical activity. And there many, as a lack of regular physical activity increases risk of most chronic degenerative diseases. In fact, the World Health Organization estimates that a sedentary lifestyle is responsible for more than 5 million deaths each year worldwide. This places physical inactivity second only to smoking as a contributing cause of death.

Despite the well-documented health benefits of exercise, participation rates in physical activity necessary to achieve these benefits has remained unacceptably low for decades. But a recent report published in the September 2016 issue of the *Journal of the American Heart Association (JAHA)* suggests that there may be a substantial monetary rationale for exercise—to the tune of \$2,500 per year. These are personal, out-of-pocket costs, not the expenses picked up by insurance or government programs.

Dr Lee Brown, 2016 Recognition Award Winner



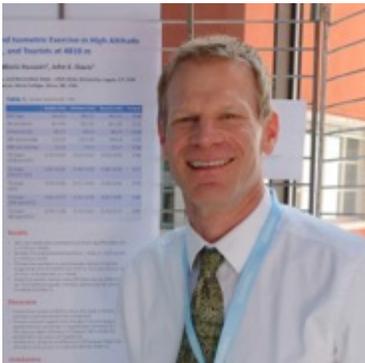
It is a great honor to present the 2016 Southwest ACSM Recognition Award to Dr. Lee Brown who is a professor of Kinesiology at California State University, Fullerton.

Dr. Brown grew up in Southern California and received his B.S. in physical education from East Tennessee State University in Johnson City, Tennessee and completed his graduate work and obtained his Ed.D. from Florida Atlantic University in Boca Raton, Florida. While a graduate assistant, he was responsible for isokinetic performance testing specifically designed to determine human responses to high velocity training. Dr. Brown joined the faculty at Cal State Fullerton in 2002 and is the current Director of the Center for Sport Performance and the Human Performance Laboratory. Prior to coming to California, he spent two years at Arkansas State University in Jonesboro, Arkansas as director of the Human Performance Laboratory. *(Continued on page 6)*

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**A Message from the President Elect's
Dale Wagner, PhD
Utah State University**

Greetings from Logan, Utah! The annual SWACSM meeting is fast approaching. The meeting will be held October 21-22 at the Orange County/Costa Mesa Hilton in Costa Mesa, CA. Here are 10 reasons why YOU should attend the SWACSM meeting this year:

1. **Something for everyone.** Whether you are a student, teacher, researcher, or clinician you will benefit from this meeting. Biomechanist? There are symposia that address the mechanics of cycling, running, and water running. Into muscle physiology? Talks about muscle fiber types and neuromuscular function should appeal to you. Functional fitness? We've got that. What about metabolism and nutrition? Yes, we have you covered with talks on mitochondrial health, substrate utilization, and the applied Gatorade Sports Science Lecture on fueling recovery. Do you have more of a clinical interest? Lectures on treatment options for chronic tendinosis/tendonitis, exercise for cancer survivors, and aquatic exercise for rehabilitation should be of interest to you. Anything "cutting edge?" How about microgravity (aka space medicine) research and how results from this research benefits us here on earth, or a presentation about how innovative technology can be used to promote physical activity as well as engage students in the classroom!
2. **World-class featured speakers.** Our featured presenters are among the top in their respective fields. Dr. Liz Joy is the current ACSM President, and she will give the D.B. Dill Lecture on Friday morning. Her presentation is titled, "Screening, Evaluation, and Management of the Female Athlete Triad." Dr. Peter Hackett will conclude the meeting with the Founders Lecture on Saturday. Dr. Hackett is an internationally known authority on high altitude illnesses.
3. **Present your research.** The conference provides a great opportunity to present (and get feedback on) your research. If you are a student, consider submitting an expanded abstract for inclusion in the student research competition. But, you need to hurry; the deadline is Sept. 9. If you miss this deadline or you are not a student, the deadline for submitting a standard abstract for a poster presentation is Sept. 23. Let everyone know how hard you have been working and the cool things that you have discovered by presenting your research! An added bonus is that research presented at the SWACSM meeting can also be submitted for consideration at the national meeting, which will be in Denver, CO, May 30 – June 3, 2017.
4. **Student breakfast and career advice.** Are you a student? Come enjoy a free breakfast on Saturday morning! Additionally, there will be a raffle and you could win some free stuff (textbooks, gift cards). Whether you are planning a career in academia, the fitness industry, or in the clinical field, you will have the opportunity to ask questions to people who have been where you are and are where you want to be.
5. **Socializing.** This is truly one of my favorite meetings of the year because it gives me the opportunity to catch up with friends, former classmates, former students, and colleagues from other institutions that I see only once or twice a year. I know this is the case for many others, too. Think of the SWACSM meeting as a mini reunion.
6. **Demonstration tutorials.** This is an opportunity to learn a technique or procedural nuances that you may have heard about but are not that familiar with. The added bonus is that these tutorials are taught by leading experts in that area! This will likely be educational for faculty as well as students.
7. **Location, location, location.** I can think of few places that are better to visit in the middle of the fall semester than Southern California. The weather is usually ideal. It is conveniently located for the many SWACSM members that live in the Southern California area. For those that need to fly in, the conference hotel is a very short (and free) shuttle ride away from the John Wayne (Orange County) airport. Both shopping (South Coast Plaza) and the beach (Newport Beach) are nearby for those who can afford a bit of free time before or after the conference.

Congratulations to Our Newly Elected Officers



Member-at-Large
Kim Henige, PhD.
CSU-Northridge



President Elect
Ann Gibson, PhD.
University of new Mexico

ACSM Jeopardy Bowl - Calling All Faculty And Students

Show the Chapter your school pride by participating in this year's Southwest Student Jeopardy Bowl on Friday October 21st, 2016

Last year was the 7th Southwest Student Jeopardy Bowl event, with Arizona State University proving victorious! Last years team members recall their experiences with enthusiasm having had the opportunity to travel and compete in the regional competition. Moreover, the excitement of having the opportunity to immerse themselves in all the lectures offered at the national conference in Boston was a highlight to their graduating year. Additionally, the team reported studying and working together really underscored for this group the importance of being a strong team player. And positive team building experience related to the importance of carrying their own weight, while also putting their trust in their fellow student team members. This was further evidenced by their win at the nationals in Boston! Congratulations to the winning ASU team and representing their SWACSM chapter so well.

Our 8th annual Southwest Student Jeopardy Bowl will be held in Orange County, again at the Hilton, on Friday October 21st, 2016. All Universities and Colleges are invited to bring a **team of 3 undergraduate students** to answer questions on categories such as anatomy, physiology, cardiovascular physiology, EKG, biomechanics, and exercise prescription, just to name a few. The format will be similar to that of the long standing television show, Jeopardy, with single jeopardy questions being easier than double jeopardy questions, and a final jeopardy question being the most difficult. All questions will have a dollar amount associated with the answer, and the team with the highest total at the end of the night, WINS! *(Continued on page 11)*



**Jack Young, Ph.D., SWACSM Executive Director,
University of Nevada, Las Vegas**

School has started for most of us – students and faculty at least – and that means it is time to think about the Southwest ACSM annual meeting. With the ACSM data base program now operative, there is a change in the registration process for this year's meeting. When you link on the Southwest ACSM web site (swacsm.org) to register, you will be connected to the ACSM Regional Chapter site. When you link to register, you will be asked to log-in using your ACSM user name and password. If you are not a national ACSM member, you will be asked to set up an account. Your registration fee will be sent to ACSM and then forwarded to us. This new process may take some getting used to, but it will allow us to better manage on-line registrations. We will continue to offer the group discount (10 or more students from the same institution). If this is for you, you will be directed to contact Heather Turner, the chapter liaison at national, who will facilitate this for you. The benefit will be no longer having to register and pay for each student individually. Hotel reservations should be made by contacting the hotel directly and identifying yourself as a Southwest ACSM attendee to avoid being told that the hotel is booked for that weekend. We have a block of rooms held for Southwest ACSM; the cut-off date is September 20, after which unreserved rooms will be released, so it is important to reserve your room early. In other news, the 2017 annual meeting will be moving to a new site – the Long Beach Hilton. We were not able to secure the desired dates at the Orange County/Costa Mesa Hilton where we have been meeting, but are excited about the opportunity to visit Long Beach. Nevertheless, as you can read elsewhere in the newsletter, Dale Wagner has proposed a well-rounded program and we look forward to another successful meeting. I encourage you to join us.



Message from Your Student Representative

Talin Louder, PhD Candidate

Utah State University

Greetings SWACSM student and professional members! As the newly appointed SWACSM Student Representative, I would like to express my excitement for the upcoming regional chapter conference and invite everyone to follow SWACSM on social media (www.facebook.com/SWACSM).

The 36th annual chapter conference is being held in Costa Mesa, California, at the Orange County Hilton, October 21st – 22nd, 2016. The Hilton offers a complimentary airport shuttle service to and from John Wayne Airport. The shuttle, which runs from 5:30 am to 11:15 pm, is available by request from the front desk. Additional hotel amenities include a fitness center, a spa, complimentary Wi-Fi, dining, and a lounge.

(Continued on page 7)

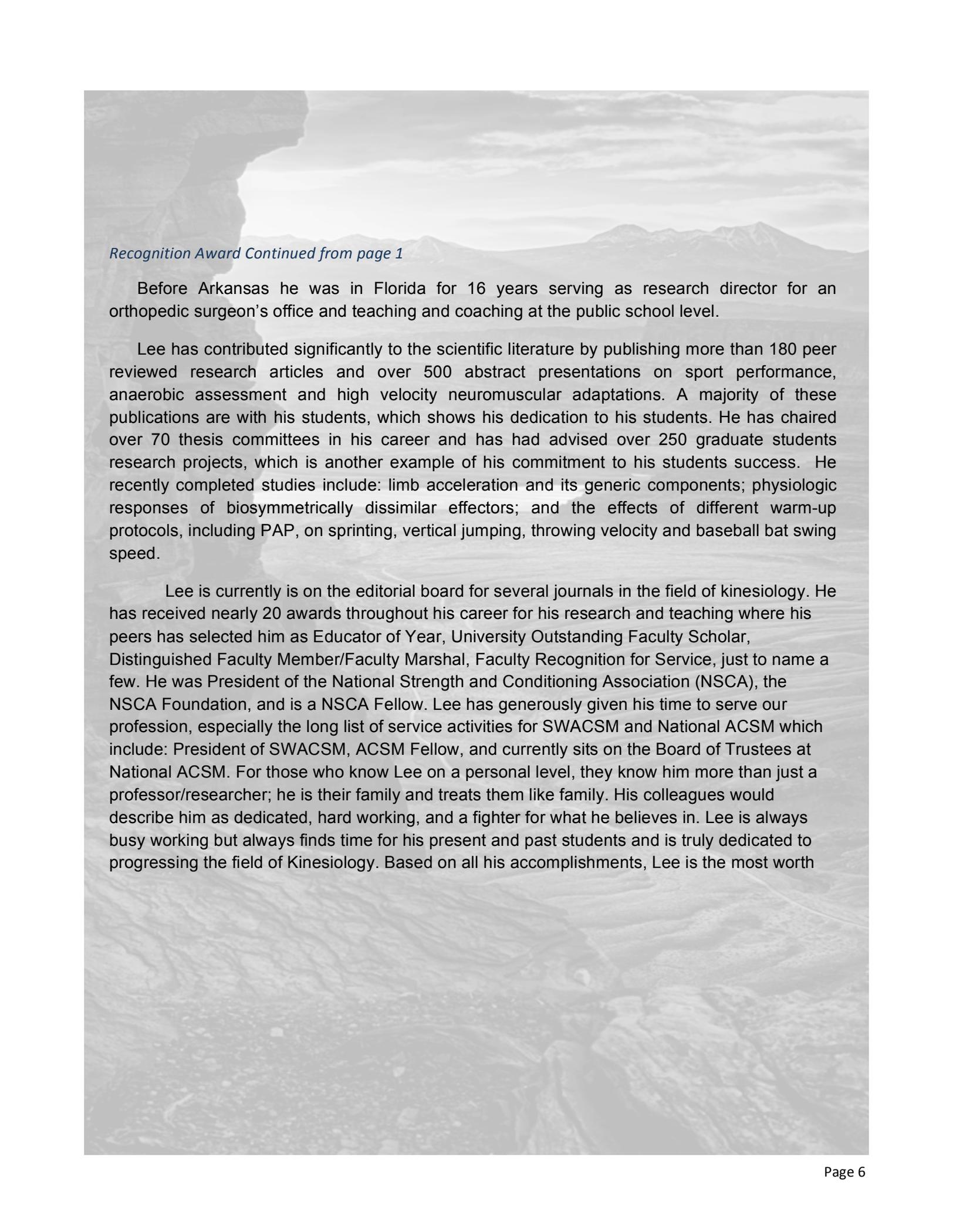
Previous cost estimates of a sedentary lifestyle have focused largely on total health care burden. For example, a report published in *Lancet*, in July 2016, estimated that a lack of regular exercise costs the world economy almost \$68 billion each year in medical expenditures and lost productivity. Just in the United States alone, the figure is nearly \$28 billion annually. Although most of these costs are picked up by governments and businesses (costs that citizens ultimately will have to share), almost \$10 billion worldwide is paid directly by individuals.

To quantify the cost for an individual, the researchers of the *JAHA* study analyzed data from the 2012 Medical Expenditure Panel Survey, and included 26,239 men and women. As it turned out, adults who engaged in at least 150 minutes per week of at least moderate-intensity physical activity (about 47% of the sample) paid roughly \$2,500 less per year in out-of-pocket expenses compared with those who did not meet the minimum physical activity guidelines. Costs included hospitalizations, prescribed medications, outpatient visits, emergency room visits, and other expenditures associated with home health care. In addition to spending about \$400 less per year in medications, the odds of being hospitalized, having to visit the emergency room, or requiring an outpatient visit were significantly lower among men and women who met physical activity guidelines.

Even among men and women with a diagnosis of heart disease, and those with CVD risk factors, annual costs were lower for those who met or exceeded physical activity guidelines. The reduced medical costs were also observed after controlling for health insurance, meaning that individuals with more comprehensive policies but who failed to meet physical activity guidelines still paid more annual out-of-pocket expenses than individuals who met or exceeded the guidelines but who had less comprehensive coverage. Advantage exercise.

These results are consistent with many previous reports that indicated lower health care costs associated with a physically active lifestyle. The new perspective from the latest *JAHA* study is that it quantified this cost in terms that might resonate better with adults in the United States. During a period in our history where average household incomes have remained relatively stagnant for several decades, knowing that engaging in regular physical might translate to a \$2,500/year “raise” might provide sufficient incentive to get Americans moving. Or moving more than they currently are. In fact, the cost benefit might be even greater than \$2,500/year because the researchers restricted their analyses to medical expenses related only to cardiovascular disease. Thus the real cost savings may be greater when considering the potential for exercise to reduce medical costs associated with other chronic disease, such as diabetes.

As exercise professionals, we must use every means possible to increase physical activity participation in the general population. Exercise *is* medicine, with a number of comparative effectiveness trials indicating that exercise has medicinal effects equal to or greater than many traditional therapies, including surgical procedures and medications—but with lower costs. This latest study shows that in addition to producing physical fitness, exercise may be a sound strategy for enhancing fiscal fitness as well. We, and those we advise, should be mindful of this.



Recognition Award Continued from page 1

Before Arkansas he was in Florida for 16 years serving as research director for an orthopedic surgeon's office and teaching and coaching at the public school level.

Lee has contributed significantly to the scientific literature by publishing more than 180 peer reviewed research articles and over 500 abstract presentations on sport performance, anaerobic assessment and high velocity neuromuscular adaptations. A majority of these publications are with his students, which shows his dedication to his students. He has chaired over 70 thesis committees in his career and has had advised over 250 graduate students research projects, which is another example of his commitment to his students success. He recently completed studies include: limb acceleration and its generic components; physiologic responses of biosymmetrically dissimilar effectors; and the effects of different warm-up protocols, including PAP, on sprinting, vertical jumping, throwing velocity and baseball bat swing speed.

Lee is currently is on the editorial board for several journals in the field of kinesiology. He has received nearly 20 awards throughout his career for his research and teaching where his peers has selected him as Educator of Year, University Outstanding Faculty Scholar, Distinguished Faculty Member/Faculty Marshal, Faculty Recognition for Service, just to name a few. He was President of the National Strength and Conditioning Association (NSCA), the NSCA Foundation, and is a NSCA Fellow. Lee has generously given his time to serve our profession, especially the long list of service activities for SWACSM and National ACSM which include: President of SWACSM, ACSM Fellow, and currently sits on the Board of Trustees at National ACSM. For those who know Lee on a personal level, they know him more than just a professor/researcher; he is their family and treats them like family. His colleagues would describe him as dedicated, hard working, and a fighter for what he believes in. Lee is always busy working but always finds time for his present and past students and is truly dedicated to progressing the field of Kinesiology. Based on all his accomplishments, Lee is the most worth

President Elect Column continued from page 2

8. Networking. Are you an undergraduate student considering graduate school at one of the regional 7member seeking collaboration with someone from another institution? Regarding your future career success, a few minutes of face-to-face at the SWACSM meeting can be far more meaningful (and memorable) than an impersonal email or text.

9. Budget friendly meeting. The cost of attending the SWACSM meeting is the same as it was last year. The Board works hard to keep the registration cost low to encourage attendance and participation. You'll find few conferences with a lower fee.

10. Student Jeopardy. Come see if anyone can beat Arizona State University or if they will retain the title of SWACSM Student Jeopardy Bowl Champions. If you are an undergraduate student, get your 3-person team together to compete. If you are not a student, just come and enjoy the fun (and be impressed by the students' exercise science knowledge). The winning team represents the chapter at the national meeting in Denver.

Please visit the chapter web site (www.swacsm.org) to submit your abstract, register for the meeting, and download the meeting brochure. I look forward to seeing you in Orange County in October.

Student Representative continued from page 4

The chapter conference will feature a variety of clinical and sports performance colloquia including, but not limited to, the following topics: Mitochondrial health and metabolic regulation, oncology, tendinosis / tendonitis, neuromuscular function, muscle fiber types, and aquatic exercise and rehabilitation. Dr. Liz Joy, from Intermountain Healthcare and the University of Utah, will provide this year's DB Dill Lecture. Dr. Joy will be speaking on the topic of screening, evaluation, and management of the female triad.

As a current student and attendee of previous annual chapter conferences, I strongly encourage all past, present, and future students to attend this year's event. The SWACSM does an excellent job organizing a conference program that promotes student involvement, discovery of new research topics, and networking opportunities with faculty and students from regional universities. Highlighting the annual conference are student research presentations given in either poster or oral format. I would like to encourage all interested students to submit an abstract, as this is a great opportunity to gain experience in presenting work at a professional conference. Students that wish to submit their abstract for consideration in the Student Awards Competition must do so by the September 9th, 2016 deadline. All other abstract submissions must be completed by the September 23rd, 2016 deadline.

In addition to presentation opportunities, students also have the chance to participate in demonstration tutorials, a student colloquium session, and the annual Student Jeopardy Competition. The demonstration tutorials, offering students the opportunity to advance their laboratory skills, will take place on Friday morning. Specifically, demonstrations on ECG, motion analysis, and multi-frequency bioelectrical impedance will be provided. On Saturday morning, students will have the opportunity to participate in a student colloquium session. This session, which includes a free continental breakfast, will feature presentations and discussion on career planning. Additionally, students will have the opportunity to participate in a career-focused Q & A session with academic, clinical, and industry professionals (Also, the chance to win give-away prizes). And don't forget! The always popular Student Jeopardy Competition will be held on Friday evening, immediately following the student poster presentation session.



PRESIDENT'S CUP

POSTER COMPETITION

WHAT?

Graduate student poster competition held at the ACSM Annual Meeting, where students will present their research for prizes!

WHO?

All graduate students (PhD, MD, DPT, DO, EdD, MS) from ACSM regional chapters who are participating in research are eligible to compete!

RULES

Graduate students will present their research (poster or oral) at their annual, regional ACSM chapter meeting. Each regional chapter will determine the top graduate student presentation. The selected graduate student will be given a \$1,200 travel allowance to attend the ACSM Annual Meeting, and registration fees will be waived. Each regional President Cup winner will present their research in a poster format at the ACSM Annual Meeting to compete for prizes! Detailed rules will be sent to the executive boards for each ACSM regional chapter.

We look forward to the "President's Cup" award and encourage you to spread the word to your graduate students!

QUESTIONS?

CONTACT

David Ferguson, PhD, RCEP

Chair of Student Affairs Committee

davidpferguson13@gmail.com

Call for Abstracts for the 2015 SWACSM Meeting

Trevor Gillum, PhD., SWACSM Member-at-Large

One of the highlights of each SWACSM chapter meeting is the poster presentation. Here, undergraduate and graduate students have the opportunity to demonstrate novel findings from research they've conducted. This is a great opportunity for students to practice presenting the details of their research in a scientific forum. To present at the chapter meeting, an abstract must be submitted by September 23, 2016. At last year's meeting, we had over 150 poster presentations. The poster session will be held on Friday evening prior to the Jeopardy competition. Further, all attendees will have the opportunity to vote for their favorite poster. During the poster presentations, attendees will submit ballots for their "Favorite Poster" in both undergraduate and graduate student categories. The winners will be announced during Saturday's business meeting.

In addition to posters, students have an opportunity to submit an expanded abstract for the Student Award Competition. Three professional SWACSM members will review expanded abstracts. As many as six finalists will be selected to give an oral presentation on Friday. The top two researchers will be recognized as the Norman James and Gail Butterfield Student Award recipients, in addition to receiving a monetary award for their accomplishments. Updates from previous student research award winners can be found on the SWACSM website in a column entitled "Where are they now?" The deadline to submit an expanded abstract for the student award competition is September 9, 2016. Professional members that would like to become more involved with the chapter, please consider submitting your name as a reviewer.

All abstracts must be submitted through the online link provided on the SWACSM website using the 2016 abstract submission form. Previous abstract submission form versions will not be accepted. Detailed instructions for abstract submission as well as poster and student research award presentations can be found on the SWACSM website.

Any questions regarding abstracts, the Student Award Competition or serving as a reviewer should be addressed to Trevor Gillum, Ph.D., Member-at-Large for Abstracts, Department of Kinesiology, California Baptist University, Riverside CA 92504; Phone: (951) 343-4950; e-mail: tgillum@calbaptist.edu or raney@oxy.edu.



California State University, San Bernardino is Hosting the 2016 Meeting

The department of Kinesiology at California State University, San Bernardino is looking forward to hosting the Southwest American College of Sports Medicine Annual Meeting this year!

With over 800 undergraduate majors, our department provides students an opportunity to learn about physical activity and movement. Movement, in its various forms, provides meaningful experiences for individuals and has significance for their societies. The California State University, San Bernardino (CSUSB) provides direction and guidance for these activities and their organizational forms through general education, core and specialized areas, service, and research toward the end of developing students who will make constructive changes in an ever-evolving field of Kinesiology.

The mission of the Department of Kinesiology at CSUSB is to become a recognized leader in the field of human movement studies. We intend to fulfill this mission by offering unparalleled opportunities and experiences in classes, seminars, fieldwork experiences, clubs, and organizations involved with the study of human movement. These activities are an integral part of the total education of our students. Additionally, CSUSB students not majoring in Kinesiology deserve these same opportunities and receive them through our general education life long learning and activity classes.

The primary purpose of the undergraduate professional preparation program is to provide a strong foundation of interdisciplinary and academic studies capped by specializations, internships, field experiences, and research. The goal is to establish a tradition of excellence in developing independent, critical thinkers who possess a broad-based education, with an in-depth understanding of Kinesiology. The curriculum is designed to educate and prepare future professionals to become leaders capable of living and working effectively in a changing world.

Located at the foothills of the San Bernardino mountains in the inland southern California serving over 20,000 students each year and graduates about 4,000 students annually. The "value added" by a CSUSB education ranks in the top 4 percent in the nation, according to the Collegiate Learning Assessment, a sequence of tests used by hundreds of colleges and universities nationwide that measure student learning in the freshman and then in the senior year. For more information about the Kinesiology department at CSUSB, please visit <http://kine.csusb.edu/index.html>



Regional Chapter Jeopardy Bowl continued from page 3

I'm looking forward to having more Universities participate, resulting in the "best and brightest" representing the Southwest Chapter at the ACSM annual meeting in 2016. Registration is paid for by the National ACSM and the Regional Chapter will contribute funds for travel, lodging, and food. Each University is also expected to contribute a portion of the cost. Your University will also receive a plaque, with the students' names, commemorating the occasion.

Faculty should work together to identify a team who can complement each other in answering questions from our field. Each University is encouraged to bring as many students to support their team, wear their school colors, and cheer them on to victory!

All Universities that are interested in competing in Orange County this Fall must contact Dr. Marialice Kern at mkern@sfsu.edu before October 10, 2015, so I can make arrangements for the room and necessary audio-visual equipment. The more Universities that participate, the better the selection process will be, and the stronger the team we send forward to National.



Have you registered yet? Don't delay!

Registration and credit card payments may be made via PayPal through the SWACSM web page (<http://www.swacsm.org>) or by mail to the address below (Make checks payable to SWACSM).



SAVE SOME MONEY! Go for a group discount. Here's how:

1. Get a group of 10 or more students
2. Find someone (i.e. faculty member at your school) willing to be the contact point
3. Have each student give that contact point person their \$65 payment (cash or check made to SWACSM) and a completed registration form
4. When all have paid the contact point person, then the contact point person will forward the completed registration forms and all payments to the address below.

There will be an opportunity to register on-site, but why wait?

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