



**A Message from your President—Todd A. Astorino**

I wish all of you a pleasant and productive spring and hope 2019 is treating you well. I want to thank the 579 students, faculty members, scientists, and clinicians for attending our Fall 2018 meeting in Orange County, California. I planned the meeting to attract speakers of various expertise, which I hope appealed to all of you. Please reserve October 25-26, 2019 on your calendar for this year’s meeting, which will be held at the Renaissance Newport Beach hotel. Very soon, information will be placed on our website regarding the Meeting program, conference registration, hotel lodging, and abstract submission. I will emphasize a few important elements regarding the meeting here:



All individuals who submit an abstract must register for the meeting which includes paying the cost of registration. Please do not forget to do this, and remember that you can register on-line before the meeting or on-site.

The meeting Program will again be posted on Guidebook, and we learned that last year, it had over 6,000 visits during the meeting. We hope this piece of technology helps you better manage your schedule during the meeting.

If you are a student and plan to attend the meeting in a group of 10 or more, please contact Heather Turner at the ACSM at [hturner@acsm.org](mailto:hturner@acsm.org) who will give you a group discount. This should be done prior to the meeting.

There are many ways to be involved in our Chapter which include attending and/or presenting at the meeting. In addition, we are always interested in individuals who may want to help us manage the Chapter through vying for a seat on our Board of Trustees. Please contact me or any other current Board members concerning open seats and the requirements of these positions.

I look forward to seeing you all next fall, and thanks for following our Chapter and for supporting the Southwest ACSM.

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**A Message from your President Elect—Michele LeBlanc**

I am thrilled to be your President Elect this year and am grateful for this opportunity. I know this is a busy time of year for everyone, but it is not too early to be thinking about and planning for the annual Southwest Chapter of the American College of Sports Medicine (SWACSM) meeting this fall. This year we will be at a new venue, the Renaissance Newport Beach Hotel. The new location is only 5 minutes from the John Wayne Airport and less than 10 minutes from last year's venue. The Orange County area offers great recreational activities such as Disneyland, Knott's Berry Farm, great shopping at the South Coast Plaza, and close access to several picturesque beaches. The 2019 meeting opens early on Friday, October 25<sup>th</sup> and extends until mid-day on Saturday, October 26<sup>th</sup>.

This year's meeting will continue some of our newer and popular items and sessions. Attendees should plan to download the Guidebook app to be able to easily see the schedule, speakers, abstracts and other important meeting information. The D.B. Dill Lecture will open the meeting on Friday with Dr. William Kraus, President Elect for the national ACSM from Duke University speaking about the ACSM Guidelines and how they have been developed. The undergraduate and graduate student oral presentation sessions will be held Friday before and after lunch, respectively. Both of these sessions require students to apply to participate and will be judged for the opportunity to win prizes. See the SWACSM website for the abstract submission form and deadlines. The first of two poster sessions will be held Friday late afternoon, followed by the exciting and always competitive (and lively!) Student Jeopardy Bowl. Throughout the day and on Saturday morning there will be concurrent sessions being presented on topics such as sports biomechanics, the effects of nutrition and exercise on pregnancy and infants, osteoarthritis and physical activity, exercise and autism spectrum disorder, physics and physiology of endurance sports, and concussions. On Saturday, along with more concurrent sessions we will have the Founders Lecture to be given by Dr. Stella Volpe, Professor and Chair of Nutritional Sciences from Drexel University, who will share her cross-sectional research on athletes over the past six years. This year's meeting will finish with the second interactive poster session. The meeting affords everyone the opportunity to learn cutting-edge research from experts in their fields in a friendly and supportive environment while making new friends and connecting with past friends. We look forward to seeing you (and maybe your research!) in Newport Beach in October.



**A Message from your Executive Director —Jack Young**

Although Spring has just arrived, plans are already underway for the Fall Southwest ACSM annual meeting. The venue for the 2019 meeting has changed to the Renaissance Newport Beach Hotel (Oct 25-26) which is still in the neighborhood of the John Wayne Airport in Orange County, so travel to the meeting will be largely unaffected. President-elect Michele LeBlanc is continuing our tradition of organizing a program with something for everyone. Poster presentations will again be divided into two sessions and the discounted registration for student groups will be offered.

The election for positions on the Board of Trustees is a major agenda item for the winter/spring Board meeting. It is a challenge to find candidates who are willing to serve, given how involved most faculty are in their professional lives. We encourage anyone who would like to be considered for a Board position to make your interest known to a current Board member. Injecting fresh perspectives on the Chapter is always welcome. However, if you have previously served on the Board and would like to serve again, there is nothing in our bylaws or constitution that would prevent a Grover Cleveland moment. You should receive an e-mail from ACSM (Heather Turner) near the end of April with a link to the ballot. The candidates' pictures and statements are included in this newsletter and posted with the ballot. Please take a moment to vote.

In other highlights from the winter/spring Board meeting, we continue to be on a healthy financial footing after a successful 2018 annual meeting. Congratulations go out to Dr. Todd Hagobian and the Student Bowl team from Cal Poly San Luis Obispo who will be representing Southwest in the competition at the ACSM annual meeting in Orlando and to Lloyd Ruiz, CSU-Los Angeles who will be the Southwest representative to the President's Cup competition also at the ACSM annual meeting. Lloyd was the Gail Butterfield Award winner at the Graduate Student Research competition for his presentation "The Genetic Profile of Individuals with Traumatic Spinal Cord Injury Following an 8-Week Group Exercise Program". Finally, we have contracted at very favorable rates, to return to our previous venue, the Orange County/Costa Mesa Hilton for 2020, and 2021.

In another note, I read a recent article describing a way to predict VO<sub>2</sub>max by entering values such as your waist circumference and resting heart rate into a calculator formula. The link to the calculator site is at [worldfitnesslevel.org](http://worldfitnesslevel.org). The results are purported to accurately correlate with measured VO<sub>2</sub>max and will give you your fitness age. Give it a try; I did and it was intriguing – might make a good project if anyone is looking for a poster idea.



**Candidate for President Elect—Marci Rainey**

It is my honor to be considered for President of SWACSM. I joined the chapter more than sixteen years ago as a basic science graduate student at the University of Southern California and from 2011-2014, I served as the SWACSM Member-at-Large in charge of abstracts and the student research award competition.

Every October, I look forward to reconnecting with my SWACSM family and sharing the experience with undergraduate student presenters and Jeopardy competitors in my current role as an Associate Professor of Kinesiology at Occidental College and an ACSM Certified Exercise Physiologist. In the classroom, I am committed to creating an environment that encourages integration and application of knowledge for the purpose of individual and societal progress. Outside of the classroom, I engage students in Physical Activity and Public Health community-based research that assesses physical activity promotion efforts in low-income urban neighborhoods. Most recently, I joined a team of interdisciplinary colleagues and community members in a longitudinal study that examined the impact of a large-scale greening project at a Title 1 school on physical activity and social interaction recess behaviors.

I am proud to be a part of an organization who is dedicated to helping people worldwide live longer, healthier lives and a chapter who continues to provide aspiring student researchers with an opportunity to refine research skills and network with professionals in the field. If elected SWACSM President, I would work with chapter membership and the board to plan an annual meeting that showcases work within the basic, applied, and translational science domains and that appeals to a diverse audience. I would also support and advocate for student participation at the regional and national level. I look forward to the opportunity to serve SWACSM in this capacity.



**Candidate for President Elect— James Navalta**

It is an honor to be considered for SWACSM President-elect. My first involvement with any ACSM organization came as a graduate student in the 90's when I had the opportunity to serve as a student AV technician for the SWACSM conference back when slide projectors were still in use. From that time, I have been involved with regional chapters as I have moved to Purdue University for a doctoral degree (Midwest ACSM), then to Southern Arkansas University in my first job (Central States ACSM, where I served for a year on the Advisory Council as the Arkansas State Representative), and then at Western Kentucky University (Southeast ACSM) before ending up full-circle at my alma mater UNLV and back at home in the SWACSM.

Once joining the professional ranks, I have made it a point to include student attendance at both regional and national conferences. I have found that long van rides (4 hours to Costa Mesa; 5 hours to Birmingham, AL; 7 hours to Kansas City, MO; or 13 hours to Baltimore, MD) are perfect opportunities to get to know students better, and for them to see you in a different light. In addition, I am one of the founders and a co-Editor of the *International Journal of Exercise Science*. The purpose has been to provide students with opportunities and insights into the peer-review process that usually does not come until later in one's professional career. Over the last several years it has been a rewarding experience to observe the growth and development of students who earned their wings with IJES and are progressing into outstanding professionals. My own research has focused on exercise and the immune system, and more recently on wearable technologies and their functions in natural environments. If elected, I would continue to seek out ways in which our chapter could provide both students and faculty mentors with beneficial and meaningful professional experiences.



**Student Representative — Jacky Quintero**

Hello to all SWACSM students and mentors! I am a junior at Cal Lutheran University and I am the student representative for the chapter. I would like to share with you some information about the 2019 SWACSM meeting. This year's meeting will be held in a new location, Newport Beach at the Renaissance Newport Beach Hotel. The new location is not far from last year's location and is very close to the John Wayne Airport and the freeway so it is not difficult to get there.

There are a few things about the SWACSM meetings that are of particular interest for students. If you have never attended a professional meeting you will be in for a very happy surprise! The first thing you should know is that last year we launched our interactive smartphone app, which was popular amongst those who attended. The app can help you navigate through the conference by providing information regarding the program, biographies of SWACSM members, and information on the various sessions. The app can be accessed using the Guidebook app and searching for SWACSM.

There are a variety of types of presentations to attend throughout the two days. There are two poster sessions (one on Friday afternoon and one on Saturday morning) where researchers present their innovative research. The poster sessions are intended to be interactive and welcome attendees to ask questions. It is a great opportunity to see a lot of research ideas at once and to get good ideas for your own future research. Another favorite, especially amongst the students, is the Jeopardy Quiz Bowl. Students from all different schools in the chapter join to compete in their knowledge in subjects such as exercise physiology, biomechanics, anatomy, etc. The competition gets pretty lively and is a lot of fun to watch or participate. I encourage you to register a team of students from your school for a chance to win the title. The winning team attends the national ACSM meeting to compete with the other chapters.

SWACSM is a great opportunity for those who would like to share and present their research with fellow students and faculty. Students can choose to present at one of the poster sessions or apply to present during the undergraduate or graduate student oral presentation session. Prizes are given to the top undergraduate and graduate student presenters. The deadline for abstracts to be submitted online for review is September 20, 2019 at 5:00 PST.

I encourage you to coordinate with other students at your school before you register for the meeting. Registration for the meeting is discounted if you register nine or more students from your institution. See the website for more information on how to do this. I hope to see you all there for another successful chapter meeting!



**Member at Large Nominee—James Bernard**

I am an Assistant Professor in the Department of Kinesiology at CSU Stanislaus. Before joining the faculty ranks I earned my undergraduate degree from UC Berkeley, master's degree from CSU Northridge, and doctorate from the University of Texas, Austin. My current research interests focus on the effects of diet and exercise on muscle metabolism.

It was about 15 years ago where my mentor, Dr. Ben Yaspelkis, introduced me to the SWACSM. After attending my first SWACSM conference, I left with a feeling of excitement. It was an interactive conference in which both students and professionals shared their common passion for sport and science, and I continue to see this grow today. It is the student-centered, and collegial atmosphere that draws me back each year, and why I look forward to the opportunity to serve SWACSM. I have been an active participant at the SWACSM conferences, presenting as a student myself, to more recently, having my own students present.

A strength of SWACSM is its exceptional quality and diversity of its members. Our professional members are current leaders in their field, while our student members are developing into the future leaders of our field and the organization. The continued advancement of SWACSM depends on the active involvement of all of us. I believe we can accomplish this through diverse educational opportunities, networking, and mentorship. In conclusion, I am thankful for the opportunities provided through my SWACSM membership and embrace the opportunity to serve. Thank you for your consideration.



**Member at Large Nominee— Hawley C Almstedt**

As a Professor in the Department of Health and Human Sciences at Loyola Marymount University, I am eager to become more active in an organization, such as SWACSM, which has contributed so much to my development as a student, researcher, and faculty member. My Bachelor’s degree in Nutritional Science and Master’s degree in Kinesiology are both from San Jose State University (SJSU). At Oregon State University (OSU), I completed a doctoral degree in Exercise and Sport Sciences where I worked in the Bone Research Laboratory studying skeletal health across the lifespan. My current research efforts focus on how diet and exercise influence bone mineral density. In particular, I am interested in how lifestyle choices, including exercise, affect development of peak bone mass and the prevention of osteoporosis.

I became involved with SWACSM at the encouragement of my professors at SJSU and first presented research at a chapter meeting almost 20 years ago. While at OSU, I was a regular attendee and presenter at the Northwest Chapter meetings. From the very beginning, I enjoyed the collegiality and student-centered focus of regional chapter membership. Since, moving to Loyola Marymount University in 2006, I have enjoyed attending, presenting, and bringing students to our regional chapter meetings. It was an honor to participate in a “Current Colloquia” presentation at the 2012 Chapter meeting and a great experience for me to supervise our students of Loyola Marymount in hosting the SWACSM Chapter meeting in 2015.

I would like to become a Member-at-Large on the board of SWACSM because I am motivated to give back to an organization that has played an important role in my professional development. I truly value membership in the Southwest Chapter and am grateful for the opportunities SWACSM membership has presented to me. I appreciate the rich tradition of our Chapter and how we continue to honor our history while also adapting to changing times and staying current in the field of sports medicine and exercise science. I feel that student participation and presenting are core values of the Southwest Chapter meeting and I would love to grow and enhance the student experience at our regional meetings.

## SWACSM Jeopardy Bowl - Calling All Faculty and Students

Last year was the 8th Southwest Student Jeopardy Bowl event, with Cal State Poly, San Luis Obispo victorious. Last year's 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 Minneapolis was a highlight to their graduating year.

Our 9th annual Southwest Student Jeopardy Bowl will be held in Orange County at the Renaissance Hotel in Newport Beach on **Friday October 25th, 2019**. 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!

I'm looking forward to having more Universities participate, resulting in the "best and brightest" representing the Southwest Chapter at the 2020 ACSM annual meeting in San Francisco. 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. 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 Matt Lee at [cmlee@sfsu.edu](mailto:cmlee@sfsu.edu) before October 15<sup>th</sup>, 2019, so he can make necessary arrangements for the room and 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.

## Cal Poly San Luis Obispo- 2018 Jeopardy Bowl Winners



**Leah S. Meuter, Ashlen Michelle Kuntz and Megan N. Long**

**Good luck at Nationals!!**

**Dr. Gail Butterfield Award**

**2018 Graduate Award Winner**



**Lloyd Ruiz**

**California State University, Los Angeles**

**Norman James Award**

**2018 Undergraduate Award Winner**



**Kaitlin Abbott**

**Brigham Young University**

