

SOUTHWEST AMERICAN COLLEGE OF SPORTS MEDICINE

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



EXECUTIVE DIRECTOR'S COLUMN

I would like to thank the SWACSM board in expressing their confidence in my ability to lead the organization by naming me Executive Director this past winter. The board asked me to write a brief article to introduce myself to the chapter membership.

I am a native of Ventura, California. I earned my undergraduate degree in Sports Medicine from Pepperdine University, and my M.A. and Ph.D. in Exercise Physiology from the University of Texas at Austin. I was awarded a Howard Hughes Medical Institute (HHMI) post-doctoral fellowship to work at the University of Pennsylvania School of Medicine.

I accepted a faculty position in the Department of Kinesiology at California State University, Northridge (CSUN) in 1996, and am the Director of the

Exercise Physiology and Biochemistry Laboratories. My research interests have focused on aspects of glucose utilization and insulin signaling in skeletal muscle. I have served on multiple NIH study sections, an Ad Hoc reviewer for numerous scientific journals, and an invited international reviewer for research councils and dissertation committees. I have over 50 peer-reviewed publications, was the recipient of 14 consecutive years of NIH funding and have received over \$3 million dollars in grants to fund the research activities of my laboratory.

I am a Fellow of ACSM and have been a member of ACSM for over 30 years. I was a member of SWACSM as a student at Pepperdine, a Texas ACSM Chapter member when I was a graduate student at the University of Texas and re-joined SWACSM on my arrival at CSUN. I have served as presenter, abstract reviewer, session moderator, student competition judge and faculty mentor of several SWACSM student

research award winners. I served a term as member-at-large for abstracts and was President of SWACSM in 2006-2007. I have served as Associate Executive Director of the Southwest Chapter since 2008.

I am very happy that I can continue my service to SWACSM as Executive Director. I would like to acknowledge the efforts of our outgoing Executive Director, Jack Young. He led the chapter for a significant number of years and has left it in a very strong state. Please do not hesitate to reach out to me should you have any questions or concerns about the chapter.



Ben B. Yaspelkis III, Ph.D., FACSM
SWACSM Executive Director

PRESIDENT ELECT'S COLUMN

Hello Southwest ACSM membership! I am very excited to bring you a preview of the upcoming annual meeting. We have some great presentations lined up in addition to a few new events that I am hoping will spark networking and collaborations.

The DB Dill lecture is going to be presented by Dr. Irene Davis, President of the American College of Sports Medicine and Professor in the School of Physical Therapy & Rehabilitation Sciences at the University of South Florida. A personal mentor of mine, I couldn't be more delighted to hear her talk titled "Born to Move: The Effect of Evolutionary Mismatch on Biomechanics and Musculoskeletal Injuries". In 2015, Dr. Davis was named 'One of the 50 Most Influential People in Running' and has a long history of examining musculoskeletal injuries in runners. With more than 160 peer-reviewed publications and 6 book chapters, Dr. Davis is considered one of the foremost experts on running biomechanics and gait retraining. I'm excited that she will venture to the west coast and provide an exceptional presentation on running biomechanics.

Dr. J. Jay Dawes will be presenting the Founders Lecture titled "Tactical Strength and Conditioning: What You Didn't Learn in Textbooks". Dr. Dawes has over 150 publications, with an emphasis on improving the health, fitness, and human performance for the tactical athletes/first responders, as well as sport athletes. He is the Vice President on the Board of Directors for the National Strength and Conditioning

Association. In 2021, Dr. Dawes was recognized by the NSCA as the Tactical Strength and Conditioning Professional of the Year for his significant contributions to the field of study. I have had the opportunity to see and talk with Dr. Dawes at several conferences and hope his presence at SWACSM will spark new collaborations with our region.

In addition to the above-mentioned general session presentations, we have a great line up of other presentations. The Gatorade Sports Science Institute will later be determining our speaker for their 'Sweat Testing for Heat Safety' presentation. The remaining talks will cover a wide range of topics from faculty and researchers within our region. These topics include muscle physiology, virtual reality for gait and balance rehabilitation, tobacco exposure effects on cardiac and skeletal muscle, best practices for student research, and teaching practices for the exercise science classroom.

I am excited to bring two new networking events to our region. A Faculty Social will be held on Friday evening where faculty and researchers can mingle while discussing upcoming and ongoing research projects. The goal is to provide an opportunity for those in attendance to increase their network and potential collaborations with faculty at different schools and universities. I encourage all faculty in attendance at the meeting to join us for this new event. Additionally, we are hosting a Student-Faculty Research and Mentorship Breakfast Saturday morning. This will provide students with an opportunity to meet with faculty at other universities and develop connections for

graduate programs. I encourage undergraduate students to attend and meet with faculty of other potential graduate programs to assist them in their continued academic journey. I am hoping these two new events are successful and will be carried forward in future meetings.

Finally, I want to encourage students (and faculty) to attend the meeting. Our chapter meeting provides a unique opportunity for professional development, with many of us current faculty having had our first presentations at SWACSM. The deadline for abstract submission, and the expanded abstract for the student research competition, will be in September and I am looking forward to seeing many of you in October.

I'm grateful to have the opportunity to serve the chapter and put together a program for the 2023 SWACSM regional meeting. Should you have any questions about the meeting and/or our organization, don't hesitate to reach out. Enjoy your summer and I will see you all soon.



Jenevieve Roper, Ph.D.
SWACSM President-Elect

SWACSM ELECTIONS

We are pleased to announce elections for SWACSM elections. Please see the candidate statements below for each position. For each position, candidates are listed in alphabetical order. Members of SWACSM will receive an email inviting them to vote in the 2023 Elections. **Please be sure to cast your ballot between May 15th and June 5th.**

Candidate for President-Elect

Kenneth Vitale MD, FACSM, FAAPMR, CAQSM

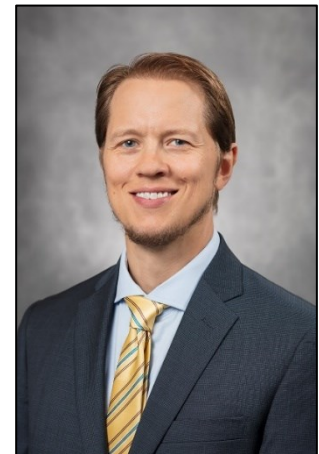
It is an honor to be considered for President of SWACSM. I have been with ACSM since 1997 as a medical student. The past 25 years have been nothing but a wonderful journey into the world of sports medicine and exercise science.

Originally, I attended Greater New York and Mid-Atlantic chapter meetings and spent a decade practicing sports medicine in NYC before moving to the southwest. I started with SWACSM in 2015 and have served on the board from 2018-2021. I have spoken at SWACSM and national ACSM meetings, as well as the ACSM Team Physician Course. At national ACSM, I have also served on the Medical Education Committee.

At UCSD I currently serve on the Wellness Committee, as I feel that is a very important and growing concern in our field, to improve our collective well-being and prevent burnout. In the clinical arena, I am a professor at the University of California San Diego and work in the Orthopedic Surgery department, division of Sports Medicine. In academia, I teach Human Anatomy, Exercise Physiology, and Sports Medicine courses at the Division of Extended Studies.

I first learned this balance between clinical and basic science at the ACSM in the 1990's. Put simply, the title of our flagship journal *MSSE* rang true with everything I wanted to do as a student. The title itself was inspirational. I wanted to "be" the *Medicine & Science*, I wanted to "live" the *Sports & Exercise* in everything I did. I want to keep that inspiration going, that spark to learn more, as President.

My vision with SWACSM and our annual meeting is simple, to bring both sides of our college together, the clinical side and basic science side. That is what makes ACSM great. If elected, I would do my best to recruit experts to our meeting and bring a balance of clinical and basic science content. I also want to grow the SWACSM presence and participation at national ACSM, especially with our students. What do you want to learn? What topics would you like to hear about? As President I would love your input on what you want covered at the meeting.



Candidates for Member-at-Large: Abstracts and Awards

Scott Drum, Ph.D., FACSM, ACSM-CEP, CSCS

It would be a pleasure and honor to serve on the SWACSM Board as part of the Abstracts & Awards Committee. I've been a National ACSM member since 1993 and recently became a SWACSM member. I've been heavily involved in regional ACSM chapters since 2001. For instance, ever since I was a student representative as part of the Rocky Mountain (RM) ACSM Chapter (in the early 2000's as a graduate student at the University of Northern Colorado), I embraced the friendships and strong, influential camaraderie promoted by ACSM regional boards, fellow members, and the general conference atmosphere. Helping young scholars, from undergraduate to graduate students, interact through informative and professional research presentation formats, informal introductions to top tier researchers, and other networking experiences (e.g., the student Quiz Bowl) is what the regional ACSM chapters have always meant to me. Hence, it's the student-centered focus that always draws me in to become part of or attend the various ACSM regions. In the past (2001 – 2014), when part of the RMACSM Chapter, I served as the West Slope member-at-large, Pres-Elect, President, and Past-President. I eagerly helped run elections, organize annual regional meetings, recruit speakers, promote and plan for student quiz bowls, and arrange abstract and award sessions. Furthermore, I have been a member of or attended the Southeast, Northwest, and Midwest ACSM Chapters throughout my career as a student and academic.



Currently, I am an Assistant Professor (fall 2022 - present) in Fitness Wellness in the Department of Health Sciences at Northern Arizona University (NAU, Flagstaff, AZ). My academic career path has been deliberate and led me to tenured positions at Western Colorado University (2004-2012) and Northern Michigan University (2012-2022). At both past institutions, I directed undergraduate and graduate student research projects that were frequently presented at regional and national ACSM conferences. To date, two NAU students, one undergraduate and one graduate, Jordyn Keddy and Seth Long, respectively, presented posters at the October 2022 SWACSM Conference. Additionally, "7" other NAU undergraduate students attended along with Jordyn and Seth.

If elected to the SWACSM Board, I will actively build on my 2022 SWACM conference connections and past regional influences to foster well-rounded and experiential abstract and award programming sessions. Impactful student poster sessions and presentations are already a part of the SWACSM programming along with a streamlined abstract submission and publication process. Per the guidance of the current Board and prospective feedback from SWACSM members, I will work to strengthen or maintain current best practices and brainstorm possible new ways to promote student-centered professional development opportunities.

Candidates for Member-at-Large: Abstracts and Awards

Jake Hinkel-Lipsker, Ph.D.

The first academic conference I ever attended was the 2011 SWACSM meeting in Reno, NV as a M.S. student at Cal Poly, San Luis Obispo. I can truly say that this conference opened my eyes to how exciting research in the sport, exercise, and rehabilitation domains can be, and helped solidify my goals of a career in academia. Therefore, I am thrilled by the opportunity to work to provide the same experiences and inspiration for the current generation of students as a candidate for the Member at Large-Abstracts and Awards position on the SWACSM board.



I grew up in the San Francisco Bay Area and received a B.A. from San Diego State University, M.S. from Cal Poly, San Luis Obispo, and a Ph.D. in Human Physiology from the University of Oregon. I am currently an Associate Professor of Kinesiology at California State University, Northridge (CSUN), where I study biomechanics and motor control of gait and standing balance—particularly in the context of new technologies such as virtual and augmented reality. Since beginning at CSUN, SWACSM has served as a 'home' conference for myself as well as students that I work with. On an annual basis my students have presented their research at this conference, including at the graduate and undergraduate student awards sessions. I have witnessed firsthand how inspired, motivated, and satisfied students feel after attending their first conference and I have seen a handful pursue graduate studies or research-based careers as a result of their attendance. Further, I have previously served as a judge for the undergraduate and graduate research awards at SWACSM, and thus am well aware of the duties that a board member for Abstracts and Awards performs.

I believe that inclusion of students in research is a high-impact educational practice that helps them connect better with what they are learning in the classroom as well as develop 'hard' (e.g., technical lab work) and 'soft' (e.g., presentations) research skills. In addition, the literature indicates that inclusion of students in research can be especially impactful for those from traditionally underrepresented backgrounds and first-generation students, as it solidifies their identities as scholars and provides a sense of belonging to the scientific community, to name a couple of benefits. Therefore, as a SWACSM board member for Abstracts and Awards I would seek to facilitate and enhance opportunities for researchers to share their work with our community in order to make conference experiences as impactful as possible for students, faculty, and industry professionals alike. In total, I am eager to give back to the conference that in many ways was my first foray into research, and I believe with your support this position would allow for me to do just that.

Candidates for Member-at-Large: Abstracts and Awards

Matthew Seeley, PhD ATC

I enthusiastically announce my candidacy for a position on the SWACSM Board of Trustees, as a member of the Abstracts & Awards Committee. The primary reason I now seek this position is to become able to effectively mentor more SWACSM student members. I first joined ACSM in 2000 when I made my first research presentation as a graduate student at the national ACSM meeting. Since that meeting, my students and I have made numerous research presentations at regional and national ACSM meetings, including multiple invited presentations. I am a certified athletic trainer and sports medicine researcher who knows how to effectively mentor students, evidenced by the 35 and 48 different undergraduate and graduate student coauthors, respectively, listed on my 73 peer-reviewed scientific publications. I have published these papers while being funded through various mechanisms, including the National Science Foundation. I am deeply committed to mentoring students in the field of sports medicine. As a member of the SWACSM Board of Trustees, serving on the Abstracts and Awards committee, I will promote evidence-based clinical practice and research, and be dedicated to the needs and interests of all SWACSM members, especially student members. I will actively represent all SWACSM members while promoting diversity, equity, and inclusion within our chapter. I will work towards creating an inclusive environment that embraces all members, regardless of their background, experience, or perspective.



Candidates for Member-at-Large: Abstracts and Awards

Bülent Sökmen, Ph.D.

It would be a pleasure and honor to serve as an at-large member of the SWACSM Board of Trustees and its Abstracts and Awards Committee. My first SWACSM meeting, in 1998 in Las Vegas as a Cal State Fullerton grad student assisting my mentors, was a turning point for my academic development and career. Since my first SWACSM meeting, being involved in the ACSM has provided me with many great opportunities in my professional development. I have been an ACSM member since 1998, and continue participating in both regional and national conferences regularly. I have served as a volunteer, and consistently presented research papers in regional and national meetings (first as a student, now as a faculty mentor). I find great satisfaction in introducing the ACSM to my students and helping them present their research findings in regional and national meetings. I seek to serve as an SWACSM board member-at-large in gratitude for the opportunities my mentors and the full network of ACSM colleagues have provided me, and I am ready to provide and promote opportunities to our Southwest Chapter students and new faculty through chapter service and advocacy. In addition to the responsibilities of the Abstracts and Awards Committee, my main objectives as board member-at-large will be 1) to encourage students and emerging faculty to attend SWACSM meetings for their personal, academic, and professional development, 2) to ensure that students continue to be involved in the national and regional organization and meetings, and 3) to promote research opportunities for students and emerging faculty among the SWACSM academic institutions and professional partners. I embrace the SWACSM's principles and its goal to implement those principles in learning, research, and giving back to community, and with your support I will contribute to this effort on the SWACSM Board

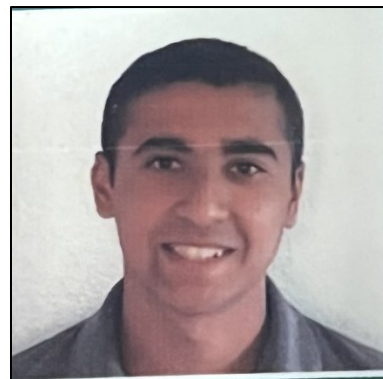


COLUMN FROM THE STUDENT REPRESENTATIVE

Greetings SWACSM students and mentors. My name is Christian Faltas and I am currently a senior at Loyola Marymount University. I am this year's SWACSM student representative. As the SWACSM student representative for this year, I hope to make this a great year for SWACSM as we strive to create a learning environment, discover new academic interests, inspire one another through research, and pique one another's curiosity. When it comes to health, nutrition, biology, physiology, athletic training, and all of the other educational platforms that can assist us in expanding our knowledge and enabling us to further optimize sports medicine, I have always considered it essential to diversify our learning experiences. I believe that SWACSM fully embodies these values for all its members and associates. With the help of mentors and the entire SWACSM team, great advancements in research can be achieved through the cultivation of presentations, talks, and connections made between members.

I'm excited to be a part of such an amazing and innovative experience as we near the SWACSM meeting this year. Watching the different discussions and introductions provides individuals with a superior comprehension of current improvements in sports medication and can assist with expanding their viewpoints with regard to the expansiveness of information accessible at the meeting. The talks and presentations will proceed in a sequential manner, and I anticipate that members will be genuinely interested in learning about the presentations and talks of other participants as well as asking fantastic questions. I want to thank all members of the SWACSM team for their time and dedication to creating such an amazing experience for all members interested in advancing a career in sports medicine and developing innovations to further sports medicine.

Be sure to continue to check in on the SWACSM website for updates regarding details of future meetings and the SWACSM program. I wish everyone well in your future intellectual pursuits. I also want to thank everyone for being willing to share their ideas and assist in advancing the field of sports medicine as a whole. I am appreciative of the opportunity to serve this amazing group and look forward to meeting with you all very soon.



Christian Faltas, M.S.
SWACSM Student Representative

2023 SWACSM ANNUAL MEETING OCTOBER 27-28TH

Please save the date for our upcoming regional chapter meeting at the Orange County Costa Mesa Hilton Hotel in Costa Mesa, CA. Registration for the conference will be available on our website beginning July 1st. Be sure to check our website for more updated information as the conference date approaches.

The deadline to submit applications for the student travel grant and Ruby grant is **September 15th**. Research abstract submissions for the annual meeting poster session are due **September 22nd**. Submission instructions will be available on our website beginning July 1st. As usual, we will be hosting a student research competition. Competitors should be prepared to submit an expanded abstract for the competition by **September 15th**. We will also continue the annual Jeopardy bowl competition on sports medicine knowledge for teams of three undergraduate students from institutions within the region which will be held at the SWACSM meeting on Friday evening, **October 27th**. Teams interested in participating in jeopardy should contact [Dr. Sarah Camhi](#) by October 13th, 2023.

SEEKING SWACSM RECOGNITION AWARD NOMINATIONS

Do you know of someone who has made significant contributions to the field of sports medicine or exercise science through scholarly achievement and/or service to SWACSM? If so, please consider [submitting a nomination](#) for the **SWACSM Recognition Award**. We give out one award each year at our annual meeting in October. 2023 nominations are due by **Monday, August 14th**. The board keeps all nominations on file, so if your nominee is not chosen this year, they will remain in consideration for future years. For a list of previous winners, [please visit our website](#).

RESEARCH SPOTLIGHT

We would like to highlight research from our chapter! If you have had a publication since January 1st, 2022, please email the reference details including authors, year of publication, article title, journal title, volume number, issue number, and page numbers, as appropriate, to Zachary Zenko (zzenko@csu.edu). We will be highlighting these publications in the Summer Newsletter.

WE LOOK FORWARD TO SEEING MANY SOUTHWEST CHAPTER MEMBERS AT THE 2023 [ACSM ANNUAL MEETING](#) AND WORLD CONGRESS IN DENVER, CO
May 30th – June 2nd, 2023

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