

SOUTHWEST AMERICAN COLLEGE OF SPORTS MEDICINE

WINTER 2021: VOL 34, NO. 1



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



A MESSAGE FROM YOUR PRESIDENT

Hello Fellow SWACSM student and professional members. I hope you have had a safe and healthy start to 2021. It's hard to believe it has been a full year since the first coronavirus case was identified in the United States.



Although the pandemic forced us to abandon traditions and normal practices, we still found a way to come together and celebrate the work of students and scholars in the region this past October. I am proud and grateful for the quick thinking and flexibility practiced by my fellow SWACSM board members. I also want to extend my deepest appreciation to all of the poster presenters and symposium speakers and to the

conference attendees who made the first-ever virtual conference a success. The conference, hosted on the Symposium ForagerOne platform,

included 65 poster presentations complete with video introductions, 8 student research award presentations, 10 symposiums, 26 symposium speakers, and 3 live Q and A sessions. More than

600 individuals accessed conference content during the month that the conference site was live. There were more than 3,000 separate visits to the event, more than 30,000 poster/presentation views, and a total of 343 online comments made by conference attendees. These conference analytics far surpassed my original expectations. Thank you for your participation!

GET INVOLVED WITH SWACSM!

If you are interested in serving the chapter, please complete the [application form](#) no later than February 20, 2021. In addition, please encourage your professional colleagues to consider Board service. Our chapter has a strong history of supporting students in the field of exercise science. We look forward to welcoming Board members with fresh perspectives and ideas related to our mission.

Mentors and students that are looking to compete at this year's SWACSM Student Research Competition, please be on the lookout soon for more information about abstract submission guidelines and deadlines.

In case you missed SWACSM Chapter Representative Glenn Gaesser's presentation 'Can you outrun a bad diet?' or if you want an opportunity to learn more, Dr. Gaesser will be delivering his talk as part of the national ACSM [Brown Bag Speaker Series](#) on Feb 25th at 12pm EST. The SWACSM Board of Trustees cannot think of a better scholar to highlight in our region. In addition, we would like to wish the three-member undergraduate team from California Polytechnic State University San Luis Obispo and Alisha Poudel, of University of California, San Diego the best of luck as they represent the Southwest region in the student Jeopardy Bowl and President's Cup competitions, respectively, at the National ACSM meeting in June 2021.

Since the 2020 SWACSM annual meeting, the SWACSM Board of Trustees has been hard

at work evaluating our current leadership structure with a focus on inclusivity. Many proposed changes to the SWACSM Bylaws are on the horizon, some of which require Constitutional Amendments and will be presented to the SWACSM membership for vote. Please stay tuned.

In a first step towards making the Board of Trustees a more inclusive and representative body, we have transitioned to a board position application process. As indicated in a recent email, SWACSM is currently soliciting applications for President-Elect and Members-at-Large (MAL) in Communications and Abstracts and Awards. The President-Elect is a one-year term followed by 2 additional years of service as President and Past-President. Previous board service is strongly preferred for President-Elect applicants. All Member-at-

Large positions are three-year terms. Previous service on the board is not required for MAL applicants. Position descriptions can be found in the [application form](#). New officers will assume their duties at the conclusion of the SWACSM Annual Meeting in October 2021. The current Board of Trustees will review all applications at its Winter Board Meeting and select candidates who will proceed to run-off elections held in spring 2021. All SWACSM members are eligible to vote in run-off elections.

As your SWACSM President, I welcome any feedback you have related to the chapter and our educational offerings. Please feel free to email me anytime (raney@oxy.edu).

I wish you the very best in the coming months!

Marci Raney, PhD
SWACSM President

2020 RESEARCH COMPETITION WINNERS

Congratulations!

The SWACSM Board of Trustees would like to congratulate our 2020 Student Research Competition winners. Both winners competed against other remarkable students and their projects came out on top. Ultimately, Alisha was selected to represent SWACSM in the ACSM President's Cup Competition in June 2021. Congratulations to both our winners and good luck to Alisha in the President's Cup.



Alisha Poudel, from UC San Diego, was the winner of the Norman James award that recognizes the top undergraduate research presentation for her topic "Ground Reaction Forces Generated by a Lower Body Negative Pressure Exercise Device for Space Flight".



Landon Deru, from BYU, was the winner of the Gail Butterfield award that recognizes the top graduate research presentation for his topic "The Effects of Exercise on Beta-Hydroxybutyrate Concentrations Over a 36-Hour Fast: A Randomized Crossover Study".

EXECUTIVE DIRECTOR COLUMN

Southwest Chapter is entering into 2021 hopeful that there will be a return somewhat closer to normal. Despite disappointment that ACSM is again hosting a virtual 2021 annual meeting with no opportunity to physically reunite with colleagues in Washington, DC, the 2021 Southwest annual regional meeting is going forward with plans to meet in person at the Orange County/Costa Mesa Hilton in Southern California on Halloween weekend. Although the 2020 annual regional meeting was forced to a virtual format by COVID, the outcome was deemed to be a success. Over 90% of respondents to a post-meeting survey rated the virtual meeting as excellent or good. The only downside to the virtual meeting was a sharp decrease in the number of posters presented. Just 65 posters were submitted: only 1/3 as many as in previous in person meetings. Unfortunately, the lack of networking opportunities, social interaction, and connecting with colleagues was a victim of the virtual format. Also, due to the virtual format, the 2020 Recognition Award and President's Recognition will be presented at the 2021 annual meeting. The Dill and Founders' Lectures scheduled for 2020 will be presented in 2021 instead.

Although no registration fee was charged for this first ever virtual meeting, the chapter finished 2020 in sound financial shape. The cost of the virtual meeting was offset by income granted to the chapter by ACSM and Gatorade so that 2020 ended with a small increase in net income. Although our first attempt at a virtual meeting was well received, we cannot be expected to



hold virtual or hybrid annual meetings in the near future. We had previously contracted with the Hilton for the 2020 and 2021 annual meetings. The Hilton offered to waive the cancellation penalty for the 2020 annual meeting in exchange for contracting for 2022 and 2023 annual meetings. You may not realize that it costs the Chapter approximately \$40,000 to stage our annual meeting. The hotel contract

includes approximately \$22,000 in food and beverage guarantees, and a commitment to book a given number of guest room nights. In exchange, SWACSM is not charged for the meeting room space. This means that in order to meet the cost of hosting the annual meeting we need to

charge a meeting registration fee and have SWACSM attendees book guest rooms at the hotel. While the virtual format may be convenient, it does not offer the same experience as an in-person poster session, a lively student quiz bowl, or the undergraduate and graduate student competitions in front of a live audience, nor is there the opportunity for personal connections that are such an important benefit of a face to face meeting. Please keep this in mind as we return to the Hilton in October. I look forward to seeing many of you there.

As we enter 2021, we are anticipating that widespread distribution of the COVID vaccine will allow for a return to a traditional annual meeting in October. Look for program announcements and other opportunities on the website and in newsletters. Until then wear a mask, practice social distancing, and stay safe.

Jack Young, PhD, FACS
SWACSM Executive Director

SWACSM ELECTION RESULTS

It is a great pleasure to announce that our new President-Elect is Dr. Kimberly (Kim) Henige of California State University, Northridge and our new Member-At-Large is Dr. James Navalta of University of Nevada, Las Vegas!



Kim Henige, Ph.D.



James Navalta, Ph.D.

The Board of Trustees extends its congratulations to our newest members and warmest gratitude to Dr. Donna Cataldo (ASU) and Dr. Michelle Alencar (CSULB) for their continued interest in serving the SWACSM membership!

NEWS FROM OUR STUDENT REPRESENTATIVE



Salutations SWACSM students and mentors! My name is Joshua Vicente, and I am your new student representative ushering in the new year. I am currently finishing up my first year as a Graduate Student and Research Assistant at CSU Northridge (CSUN) and recently obtained my bachelor's degree from CSUN last spring. As a student attendee of SWACSM for the last 2 years and a volunteer for SWACSM in Fall 2019, I can affirm that SWACSM continues

to be a unique place for students to present a wide breadth of research to further inspire one another and to investigate their academic curiosities. As a personal goal for myself, I always try to pursue an interdisciplinary approach in my education. Whether that be to pursue a specific topic relating to exercise science like nutrition, public health, biomechanics, or physiology, all these wonderful topics bring together a breadth of knowledge and I believe that SWACSM continues to embody that goal for all its members and attendees.

With the completion of SWACSM's first virtual meeting, I was very happy to see the prompt and orderly proceeding of the live talks and presentations. Combined with the ease of pre-recorded presentations surrounding the various online posters. I loved that I was able to field specific questions towards my poster in a timely manner and that other participants were able to build from each other's questions, really capitalizing on the online format. As we await

more news and continue to lay the groundwork for the next program, I want to thank the hard-working members for their continued diligence and organization skills to create a safe place for us to learn and collaborate.

Be sure to continue to check in on the SWACSM website for updates regarding details of future meetings and SWACSM program. As we navigate these uncertain times and look forward to when we can have meetings in person, or watch jeopardy matches among school teams again, I want to commend everyone for continuing to persevere and pursue their intellectual pursuits and passions despite the continued uncertainty and imminent vaccine rollouts across the nation. I am appreciative of the opportunity to serve this fantastic group and look forward to connecting and learning with you all.

Joshua Vicente, B.S
SWACSM Student Representative

WE APPRECIATE YOUR SERVICE

The SWACSM Chapter would like to thank Todd Astorino who recently completed his term as Past-President. We are also grateful to former Member-at-Large, Sarah Dunn, especially for her work on abstracts for the chapter conference, student award competition, and the ACSM Regional Chapter Grant which will increase support for student attendance at future SWACSM annual meetings. Lastly, we appreciate outgoing student representative, Daviona Moore, for her help in facilitating the 2020 virtual conference.



Todd Astorino, Ph.D.



Sarah Dunn, Ph.D.



Daviona Moore

Thank you to the many virtual conference attendees who completed the post-conference feedback survey. An overwhelming 92% of respondents rated the quality of the SWACSM 2020 Virtual Conference as "good" or "excellent". We also learned that many of you would like to see more clinical content at a future regional conference. The information provided via the survey is insightful and helpful in planning future programming.

ACSM STATEMENT ON COVID-19 VACCINE



As a trusted champion for health, ACSM supports science, the use of science in public policy and the use of the COVID-19 vaccination to control the pandemic and save lives. We encourage our members and certified professionals, as well as the public, to get the vaccine when it is made available.

We also encourage you to post about your vaccination on social media and use #ThisIsOurShot. Be sure to follow the hashtag on Twitter for more information. Click [here](#) to learn more about COVID-19 Updates and Resources from ACSM.

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