TACSM President-Elect Nominees

Scott A. Spier, Ph.D.
Associate Professor of Exercise Physiology
Department of Health & Kinesiology
University of Texas at Tyler

Interest in serving as TACSM President:

I am honored to accept the nomination to run for President-Elect of the Texas chapter of the American College of Sports Medicine. TACSM is unique in its support of student members and its efforts to provide them with opportunities for professional development that will help them become future leaders in the field. I experienced this when I first joined TACSM as a graduate student in 1999 and had the opportunities of presenting and discussing research with accomplished scientists in a relaxed, non-threatening atmosphere, as well as competing for research grants and manuscript awards. As President, I would continue the focus on the professional development of students and look forward to continuing to serve this great organization and working to provide even more opportunities for students to serve and become better equipped for future success.

Bio:

Dr. Scott Spier earned his Bachelor of Science in Finance from Louisiana Tech University and both his Master of Science in Kinesiology and Doctorate in Exercise Physiology from Texas A&M University. He is currently an Associate Professor in the Department of Health & Kinesiology at the University of Texas at Tyler. He is also Co-Director of the Performance Running (PR) Lab and the Coordinator for the graduate program in Kinesiology. His research interests have primarily focused on local control of blood flow to skeletal muscle and the brain. Specifically, he has studied the effects of aging and exercise training on microvascular function. Dr. Spier is an active member of the American College of Sports Medicine (ACSM), the Texas chapter of the American College of Sports Medicine (TACSM), and the American Physiological Society (APS). He has served TACSM as the Continuing Education Representative on the Board of Directors from 2004 – 2011 and as a judge or reviewer for poster presentations, Student Research Development Awards, Manuscript Awards, and the Student Bowl. In his spare time, he applies his professional and personal interests in exercise science and distance running, serving as a volunteer coach for cross country and track & field for a local private school.

TACSM President-Elect Nominees (cont.)

Darryn Willoughby, Ph.D., FACSM, FACN, FISSN, FASEP
Professor of Exercise Physiology and Nutrition
Department of Health, Human Performance and Recreation
Baylor University

Interest in serving as TACSM President:

TACSM is such an incredibly dynamic organization due to such a rich membership consisting of professional and student members. I have been associated with TACSM since graduate school in the early 1990s. The organization has grown, flourished, and prospered. What impresses me most about our organization is its dedication to student learning and academic well-being. I would very much like to have a more involved role in this process in serving students by also serving TACSM. If elected I will selflessly do my best to be involved and help the organization continue serve the field of sports medicine and exercise science.

Bio:

Dr. Willoughby holds B.S. and M.S. degrees in Exercise Science from Tarleton State University and a Ph.D. in Exercise/Muscle Physiology with sub-emphases in Nutritional Biochemistry and Molecular Physiology from Texas A&M University. He is a Fellow of the ACSM, International Society of Sport Nutrition (ISSN), American College of Nutrition, and American Society of Exercise Physiologists. He is a Certified Strength and Conditioning Specialist through the National Strength and Conditioning Association, and a Certified Sports Nutritionist through the ISSN. He is also a Past-President of the ISSN. He was recently awarded the Lifetime Achievement Award by the Society of Weight Training Injury Specialists. Dr. Willoughby's primary research focus is the nutrigenomic impacts on the skeletal muscle molecular and signaling mechanisms regulating the effectiveness and efficacy of nutritional supplements and nutritional intervention. Dr. Willoughby has over 150 publications in scientific peer-reviewed research journals He also has over 100 research-related presentations. He serves as the Editor-in-Chief for the Journal of Nutrition and Food Engineering and the International Journal of Kinesiology and Sport Science. He is also an Associate Editor for the Journal of Sports Science and Medicine and a Senior Associate Editor for the Journal of Strength and Conditioning Research. Dr. Willoughby is internationally renowned for being an active scientific contributor to the field of resistance training and exercise/sports nutrition. He has served as a nutrition consultant for several major nutrition/sport supplement companies. He has served as a resistance training and conditioning consultant for high school, collegiate, and professional athletes.

TACSM Non-Medicine Representative Nominee

Darpan I. Patel, PhD
Associate Professor/Research
Barshop Institute for Aging and Longevity Studies
Mays Cancer Center at UT Health San Antonio
School of Nursing
UT Health San Antonio

Interest in serving on TACSM Board of Directors:

My interest in becoming involved with TACSM as a board member is to support the growth of the organization and the undergraduate and graduate students in the State of Texas. Since joining the faculty at UT Health San Antonio, I have actively participated in the Texas ACSM as either an attendee and a judge for undergraduate and graduate abstract and poster presentations. For the past several years, I've sent my undergraduate students to the TACSM annual meeting because of the value I see in this organization to support and encourage students in their pursuit of advancing the science of exercise and their academic and professional careers. I have a similar focus in my lab, working with underrepresented students and assisting them in finding their footing as scientists. If elected to the Board, I will continue advocating for student development opportunities and fulfilling the mission of the TACSM.

Bio:

I am an Associate Professor/Research in the School of Nursing, Co-Director of the Biobehavioral Research Laboratory with adjunct faculty positions in the Graduate School of Biomedical Sciences and School of Health Professions at UT Health San Antonio and the Institute for Interdisciplinary Salivary Bioscience Research at the University of California, Irvine. I am also a member of the Mays Cancer Center and Barshop Institute for Longevity and Aging Studies at UT Health San Antonio. The long-term objective of my research is to elucidate the mechanisms by which physical activity improves outcomes in cancer patients. My laboratory investigates 1) how physical activity and dietary interventions modulate tumor growth, 2) the signal transduction of by which exercise and natural products attenuate muscle loss associated with cachexia, and 3) translating discoveries made in the lab to the clinical population to improve patient outcomes. My lab employs both pre-clinical studies using transgenic, knockout and orthotopic animal models and clinical studies to determine the molecular transducers that underlie adaptations associated with physical activity. We are also currently working on the NIH funded exercise consortium title MoTrPAC, the Molecular Transducers of Physical Activity Consortium, investigating the underlying mechanisms of the benefits of exercise. I have been fortunate to obtain funding to support this work from the NIH, Department of Education, Patient Centered Outcomes Research Institute, Texas Department of State Health Services, UT Health San Antonio Mays Cancer Center and the UT Health San Antonio School of Nursing.

TACSM Non-Medicine Representative Nominee (cont.)

Yunsuk Koh
Associate Professor
Graduate Program Director, Exercise Physiology
Department of Health, Human Performance and Recreation
Baylor University

Interest in serving on TACSM Board of Directors:

Dr. Koh first joined both national and Texas chapter of ACSM in 2002 as a doctoral student and has maintained his membership for both organizations since then. Dr. Koh has actively served on TACSM as an abstract reviewer, faculty judge for student poster competitions, and faculty panel for the student bowl. Dr. Koh would like to become more involved with TACSM to serve and support the organization and more importantly our student members.

Bio:

Dr. Yunsuk Koh is an associate professor and graduate exercise physiology program director in the Department of Health, Human Performance, and Recreation at Baylor University. Prior to Baylor University, he was an assistant professor in the department of Health and Kinesiology at Lamar University from 2009 and 2013 and at Henderson State University in Arkansas from 2008 to 2009. Dr. Koh earned his BS degree in Industrial Engineering and MPE degree in Exercise Science in South Korea. He received his second MS degree in Exercise Science (Exercise Physiology Concentration) from Mississippi State University in 2002 and his Ph.D. in Kinesiology (Exercise Physiology Concentration with Nutrition minor) from Texas Woman's University in 2008. Dr. Koh is active in both teaching and research and mentored many undergraduate and graduate students for their honors projects, theses, and dissertations. He was also awarded a top university merit award in 2012 for his excellent teaching and research. His current research primarily focuses on examining the role of exercise, nutrition, and obesity in risk factors for inflammation, atherosclerosis, and endothelial dysfunctions. Some of the key biomarkers in which he is interested are cell adhesion molecules, matrix metalloproteinases, interleukins, and oxidative enzymes. One of his current projects examines the effects of high-fat diet and exercise on inflammation and endothelial function.

TACSM Non-Medicine Representative Nominee (cont.)

Robert J. Kowalsky, Ph.D., ACSM-CEP
Assistant Professor
Department of Health & Kinesiology
Texas A&M University-Kingsville

Interest in serving on TACSM Board of Directors:

My TACSM involvment stems from my desire to engage students in unique experiences to further students' love for the exercise sciences, as mentors did for me. I believe ACSM is a leader in the field due to student engagment at its foundation. ACSM's commitment to student engagment at all levels is a critical component to continue the advancement of our field. The student members are the future of our disciplines and of the College, and they will be the keepers of our history. Regional chapters play an undeniably critical role in this development of students at the grassroots level, however TACSM is unique from others due to the continued success by evidence of TACSM students competing (and winning!) at the undergraduate and graduate levels nationally. I believe that my record of affiliation and service to TACSM speaks to my dedication and continued commitment for progression as a leading regional chapter.

Bio:

Dr. Kowalsky is an ACSM certified clinical exercise physiologist and currently an assistant professor in the Department of Health & Kinesiology at Texas A&M University-Kingsville (TAMUK) while also serving as the program coordinator for the exercise science/pre-physical therapy concentration. Dr. Kowalsky earned his B.S. (Exercise Science) from Slippery Rock University in Pennsylvania, while earning his M.S. (Physical Activity, Health, and Chronic Disease) and Ph.D. (Exercise Physiology) from the Unversity of Pittsburgh under the guidence of Drs. Bethany Barone Gibbs and John M. Jakicic. Upon completion, he started his career at TAMUK, and is currently serving in his third year. His current research interests are focused on understanding the cardiometabolic impact as well as the broader health impact of prolonged sedentary behavior. Additonally, he is interested in finding creative and successful interventions designed to interrupt sedentary behavior while combating these negative health effects in multiple settings (workplace, assisted living facilitites, schools). Dr. Kowalsky has been involved with ACSM as a student and faculty at the national level since 2015, and the regional level for the Mid-Atlantic regional chapter from 2015-2017 and the Texas regional chapter since 2017. For TACSM, he has previously served in the capacity as a student bowl referee, poster/abstract judging for the undergraduate level, and grant application judging at the Master's level. Furthermore, Dr. Kowalsky has mentored several TAMUK students who have showcased their research at the regional meetings in previous years and has served as a co-faculty advisor for TAMUK's highly competitive student bowl team.

TACSM Non-Medicine Representative Nominee (cont.)

Joni A Mettler, PhD, ATC, CSCS
Associate Professor
Department of Health and Human Performance
Texas State University

Interest in serving on TACSM Board of Directors:

Attending the TACSM and National ACSM conferences have provided valuable opportunities for listening to outstanding speakers, meeting influential people in the field, and engaging with students. I have also had the opportunity to play an active role with the TACSM conference, serving as abstract reviewer, poster presentation judge, student development research awards reviewer, and committee chair. I have been serving on the TACSM Board of Directors for the last year. As a board member, I am committed to engage our undergraduate and graduate students to pursue careers in Exercise and Sport Science and to foster a sense of excitement for research and careers in academia by providing important professional development, networking, and mentorship opportunities for students. It is an honor to be nominated as the non-medical representative for the TACSM Board of Directors.

Bio:

Dr Mettler is an Associate Professor of Exercise and Sport Science at Texas State University. Dr Mettler's research interests are in the area of neuromuscular and skeletal muscle physiology. The focus of her research centers around skeletal muscle adaptations and the anabolic response associated with exercise and physical rehabilitation interventions, physical inactivity, and muscle fatigue with an emphasis on how these changes translate to muscle function. Much of Dr Mettler's work has implications for evidence-based practice concerning strategies for maintaining healthy skeletal muscle and physical function during aging, and for physical rehabilitation for persons with stroke. She has published extensively in this area in peer-reviewed scientific journals and is the recipient of internal and external research grants. Dr Mettler has a strong history of actively mentoring undergraduate and graduate students in her lab on research skills and professional development.

Dr Mettler earned her PhD in Kinesiology from The University of Texas at Austin in neuromuscular physiology and completed a post-doctoral research fellowship in Muscle Metabolism and Nutrition at The University of Texas Medical Branch in Galveston, TX. She is also a Board Certified Athletic Trainer and a Certificated Strength and Conditioning Specialist (CSCS) and incorporates these valuable clinical and field experiences into her research and teaching. Dr Mettler is currently serving in her first year on the TACSM Board of Directors in the role of non-medicine representative. She is also a member of the TACSM, ACSM, National Athletic Trainers' Association (NATA), and National Strength and Conditioning Association (NSCA).