

# SOUTHWEST AMERICAN COLLEGE OF SPORTS MEDICINE

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



## A MESSAGE FROM PRESIDENT-ELECT

Hello SWACSM colleagues and happy spring! I am so excited to serve as your president-elect this year and very anxious to see you all at our annual meeting. The meeting this year is Friday, October 29 and Saturday, October 30 at the Orange County-Costa Mesa Hilton. Prior to the meeting, be sure to download the Guidebook app which you will use to access the schedule, speakers, abstracts, and other important information.



A large part of my role as President-Elect is to lead the planning of the upcoming annual meeting. Since we had to quickly shift to a virtual format last year, many of the planned sessions were postponed to this year. Therefore, I would like to express my deep appreciation to our previous President-Elect, Dr. Marci Raney, who contributed

significantly to this year's program plan. The meeting will begin on Friday morning with two demonstration/workshop options. Friday will be packed with some great sessions, including two different DB Dill lectures. The first will be given by ACSM President, Dr. NiCole Keith from Indiana University – Purdue University Indianapolis, who will speak about Exercise is Medicine and implementation of a community-based cancer exercise program. The second DB Dill lecture will be given by ACSM President-Elect, Dr. Bruce Gladden from Auburn University, who will speak about ATP usage in a world class marathon. The undergraduate and graduate student research presentations will also occur on Friday. During these presentations, students compete for the Dr. Gail Butterfield and Norman James Student Research Awards. The first of two poster sessions will be held on Friday, followed by one

## ANNOUNCING STUDENT TRAVEL GRANT OPPORTUNITY

SWACSM is proud to announce a new Student Travel Grant available to undergraduate and graduate students attending the SWACSM meeting on October 29-30, 2021 in Costa Mesa, CA. Multiple awards will be distributed in amounts up to \$500 to assist students with conference registration and travel-related expenses. The application deadline is **Friday, September 17th at 5pm PDT**. Winners will be notified on or before Friday, October 1st and will be presented their grant during the conference awards ceremony on Saturday October 30th. Eligibility and application [guidelines](#) can be found on the [SWACSM website](#). Students, please consider applying and faculty, please encourage eligible students to apply.

of my favorite events, the Student Jeopardy Competition. On Saturday, The Founder's Lecture will be given by Dr. Rebecca Hasson from the University of Michigan, who will speak about designing and implementing pediatric physical activity interventions with equity in mind. Concurrent sessions include some very interesting speakers, including a sport dietician who works with two

professional teams and an exercise physiologist who works with the Navy. Two exercise physiologists will talk about their personal perspectives and experiences, one with heart transplantation and another who has summited the highest mountain on each of the seven continents! We have also put together a well-known group of exercise physiologists who will talk about the 50+ year of

controversy related to anaerobic threshold. Saturday will conclude in the afternoon after a second poster session. As always, the program was put together with students in mind, and I'm confident there will be something for everyone to learn and enjoy. I hope to see you there!

**Kim Henige, EdD**  
**SWACSM President-Elect**

## COLUMN FROM THE EXECUTIVE DIRECTOR

With the widespread availability of a COVID vaccine and the loosening of some COVID restrictions, it appears that a corner is being turned in the management of the pandemic. With that in mind, the Southwest ACSM annual meeting will be returning to an in-person format this fall. Although the 2020 virtual meeting was a success, judging by the number of individuals who logged into the program, financial and contractual obligations necessitate a more traditional meeting this year. We were fortunate that the OC/Costa Mesa Hilton waived the 2020 contract in exchange for SWACSM contracting for future years. This saved us over \$22,000 in cancellation fees which allowed for the 2020 virtual meeting to be offered for free. However, with the hotel contract in place for 2021, we are obligated to meet in-person again. Frankly, although the 2020 virtual content was well received, the opportunity to personally reconnect with colleagues, a big part of the annual meeting, was missing. The drop-by hallway conversations, poster session, after hours socializing, and student bowl competition are a large part of what makes the annual meeting worth attending. It will be good to have that back. Nevertheless, I would be remiss in not expressing my appreciation to the Board of Trustees for their work during the past year, especially in organizing and presenting the virtual annual



meeting. A special nod to Marci Raney for her leadership in managing the virtual meeting program and revising the chapter bylaws to improve the chapter structure and operation.

In other chapter notes, we have an excellent slate of candidates for the 2021 President-elect and member-at-large positions. Their candidate statements can be found elsewhere in this newsletter. A ballot will be sent out via email from ACSM shortly. Please take a moment to review the ballot and choose your leaders. I encourage you to support the proposed constitutional amendment which allows for an additional member-at-large position. The Board feels that with the increase in student poster presentations and research competitors, another board position is warranted. Registration for the 2021 annual meeting will again be managed by ACSM. A link to registration will be opened on the Southwest web site in July. Information of hotel room reservations will also be forthcoming as will information on an SWACSM Student Travel Grant. Finally, it is my great pleasure to introduce two of my close colleagues who will be receiving the SWACSM Recognition Award at the annual meeting; Ben Yaspelkis is the 2020 honoree and John Mercer is the 2021 honoree. Congratulations and well deserved to both.

**Jack Young, PhD, FACS**  
**SWACSM Executive Director**

## SWACSM 2021 ELECTIONS

We are pleased to announce several candidates who are running for leadership positions within the Southwest Chapter. In this section of the newsletter, you will find their candidate statements and biographical information. The board is also proposing an Amendment to our Constitution. Members of SWACSM will receive an email inviting them to vote in the 2021 Elections. Please be sure to cast your ballot between May 3-24<sup>th</sup>.

### Candidates for President-Elect



**Trevor Gillam, PhD**

I am excited at this opportunity to serve as President-Elect of SWACSM. It's humbling to think of the proud history of the Southwest Chapter's strong researchers, skillful clinicians, and selfless educators. It would be a privilege to work alongside this board to facilitate the goals of ACSM on a regional level. Striving to continue the rich legacy of our chapter, my primary objectives will be to provide the opportunity for students to develop professionally through participation in the regional meeting, exposing students to pioneering research, and creating an environment to network.

Born and raised in rural Oklahoma and a graduate of the University of Oklahoma, I moved to Montana to pursue a master's degree before completing my Ph.D. from the University of New Mexico in 2010. I have been affiliated with ACSM since 2006, when I presented my master's thesis data at the Northwest chapter meeting while attending the University of Montana. It was such an enriching experience that I have been affiliated with ACSM ever since.

I've been fortunate to previously serve on the SWACSM board, during which I oversaw the abstract submission and student award process. A highlight each year for me was moderating the student research award competition. I left each conference more impressed at the capabilities of undergraduate and graduate students in our region.

Currently, I am a Professor of Kinesiology and serve as the Program Director for Exercise Science at California Baptist University, where I primarily study heat acclimation and exercise in hypoxia. I am thrilled at the opportunity for students to attend and present at this conference because I value the rich teaching and great exposure to research that SWACSM provides. As an advocate of ACSM, both nationally and regionally, I am eager to expand my role in service to our region.



**Kenneth Vitale, MD**

It is an honor to be considered for President of SWACSM. I have been with ACSM since 1997 as a medical student. The past 24 years have been nothing but a wonderful journey into the world of sports medicine and exercise science.

Since med school at NYU, I attended Greater New York and Mid-Atlantic chapter meetings. I then spent a decade practicing sports medicine in NYC before moving to the southwest. I started with SWACSM in 2015 and have been on the board for the past 3 years. At national ACSM I have also served on the Medical Education Committee. I have spoken at SWACSM, national ACSM, the ACSM Team Physician Course, and moderated several sessions. I am now a professor at the University of California San Diego and work in the Orthopedic Surgery department.

In the clinical arena, I have been privileged to treat athletes from the USOC and the Padres. In academia, I teach the Exercise Physiology class at my university. And I try to blend those realms doing clinical research and writing clinical reviews in sports medicine.

This balance between clinical and basic science I first learned 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. Combine and collaborate with the alphabet soup of our organization, whether it be ATC, CEP, CSCS, EdD, MD, MS, PA, PhD, PT, RDN, and so many more! (I can't list the 70 professions that make up the ACSM in one sentence!) That is what makes the ACSM great. We bring so many different things to the table and we all can learn from each other. It feels good knowing we are all so diverse at the ACSM, in cultural background and in profession, and we can get along and learn from each other in a friendly and collegial environment!

If elected, I would do my best to bring national experts to our meeting and balance the clinical and basic science content. I enjoy a wide variety of hot topics like the upper limits of human performance, the latest science on concussion, how exercise "is" medicine regarding chronic disease, what are the newest cardiometabolic and stress biomarkers, smart device tracking, and what is the state-of-the-art on HIIT, ultra-endurance, and sports nutrition. 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 and work to make that happen!

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## Candidates for Member At Large - Abstracts and Awards



**Jeffrey Bernard, PhD**

Hello SWACSM student and professional members! It's an honor to be considered for Member-at-Large on the SWACSM board. As an Associate Professor in the Department of Kinesiology at CSU Stanislaus I'm enthusiastic for the opportunity to become more active in SWACSM. I earned a BA in Integrative Biology from UC Berkeley, MS in Kinesiology from CSU Northridge, and PhD in Exercise Physiology from the University of Texas, Austin. My research interests center around the effects of diet and exercise on health and well-being. Most recently, I'm focusing on how both diet and exercise influence metabolic health in college students, particularly during these unique pandemic times.

I first became involved with SWACSM as a student when I volunteered at the registration desk representing the host school CSU Northridge. Looking back on this, the registration desk was a fantastic introduction to SWACSM. This vantage point showed first-hand the exceptional quality and diversity of our members. From the apprehensive students attending their first conference, or about to make their first presentation, to the seasoned professors with years of experience and many conferences under their belt, all interacting with their shared interest in sports and science. It's this student-centered, and collegial atmosphere that draws me back each year, and why I hope to serve SWACSM.

I'm running for the position of Member-at-Large for Abstracts and Awards. This position is of special interest because I've been both the "apprehensive student" and "seasoned professor" at SWACSM. Despite the many years that have passed, I still vividly remember presenting in the student research competition. Although I didn't deliver the winning presentation, it was an important experience that gave me the confidence to continue my scholarship and be involved with SWACSM. Since that time, I've served as a judge for the research competition and had the privilege to mentor my own students presenting at SWACSM. SWACSM has always recognized the value of student presenters, whether it be poster or oral presentations. Therefore, I'd like to continue this tradition by opening more doors for our diverse student members, find creative ways to provide more opportunities for students to present their research, and to draw attention to our outstanding student scholars.

In conclusion, I am thankful for the opportunities provided through my SWACSM membership and believe I can make many positive contributions as a board member. Thank you for your time and I greatly appreciate



**William Boyer, PhD**

It is truly an honor to be considered as a Member-at-Large for the Southwest Chapter for the American College of Sports Medicine. I look forward to the potential of serving the chapter in encouraging and facilitating student-led research, fostering an environment for student engagement across their respective fields of study, and providing opportunities for collaboration while advocating for the core principles of the SWACSM and ACSM organizations.

The regional chapters and affiliated meetings of the ACSM have always held a special place in my life (my first regional meeting was in 2012 at the southeast ACSM as a Masters student). These meetings catalyzed my passion for research, cultivated an enthusiasm for the field, and built lifelong friendships with colleagues.

The ability to give back to an organization and community that played an integral role in my academic journey and serve the students who are in the beginning of their respective journey would be a sincere privilege.

My personal educational journey began in Jacksonville, Florida where I received both my Bachelor's and Master's degrees in Exercise Physiology. Following completion of my Master's, I attended the University of Tennessee Knoxville where I received my PhD in Kinesiology with a specialization in Physical Activity Epidemiology. I currently am in my fourth year as an Assistant Professor of Kinesiology at California Baptist University. My current research is focused on the dose-response relationship between physical activity and mortality/cardiometabolic risk factors while considering the potential moderating effects of race-ethnic identity. In addition to my faculty duties, I serve as a member of the Physical Activity Committee for the American Heart Association's Council on Lifestyle and Cardiometabolic Health, a section editor for the Technology, Epidemiology, and Physical Activity Section for the International Journal of Exercise Science, and served as a contributing author for the 11<sup>th</sup> edition of ACSM's Guidelines for Exercise Testing and Prescription.

I have been involved with the SWACSM since 2017, when I began my position at CBU. One thing that immediately stood out to me at the first SWACSM regional meeting I attended (2017) was the incredible focus on student involvement and student-led research. There is a particular environment in this organization that places the focus on education, mentoring, and growth. To me, students are the heart of the SWACSM. Continually developing this environment, one that encourages inclusivity and equity, is my foremost goal in serving as your Member-At-Large for the SWACSM.



**Sarah Camhi, Ph.D.**

It is my pleasure to be nominated for the SWACSM member-at-large position for Abstracts and Awards. In Fall 2020, I relocated from Boston, Massachusetts to take a new academic position as an Associate Professor in Kinesiology at University of San Francisco. One of the first things I did was join SWACSM as a member! While I am new member to SWACSM, I am no stranger to ACSM, and have over 20 years of leadership experience with both regional chapters (New England ACSM) and national ACSM. I am excited at the opportunity to continue to serve and support ACSM at the local level, and meet and network with new local colleagues as I settle into my new position in California.

My academic training includes a Kinesiology BS from the University of Michigan, a Clinical Exercise Physiology MS from University of Queensland, Australia, and a Kinesiology

PhD from University of Maryland. My area of research is understanding the role of physical activity, sedentary behavior, and/or diet in modifying cardiometabolic risk within obese individuals across the lifespan.

I have been a member with ACSM since 2000 when I became an ACSM Certified Exercise Physiologist. When I became a professor, the NEACSM president-elect was a fellow graduate student friend from the University of Maryland. He invited me to give a guest lecture at the NEACSM annual conference as a way to connect. From there, I was asked to be an abstract grader, a student awards judge, and then the opportunities to get even more involved kept coming! I served as the Massachusetts State Representative for a 2-year term for the New England region, which I chaired in my 2<sup>nd</sup> year. In 2016, I was elected to be on the Executive Board as Member-at-Large

(Free Communications Committee), where I was responsible for programming and organization of the submitted scientific abstracts for the NEACSM Annual conference as well as student competitions. In 2019, I was appointed to the College Bowl committee where we re-organized and re-structured the scoring procedure for the event in Fall 2019. Finally, I have mentored and co-authored with 10 undergraduate and graduate students to present their research at regional ACSM conferences. I also presently serve at the National level on 2 committees: Pronouncements Committee, and Exercise is Medicine Education Committee. I served as the faculty advisor for our ACSM's Exercise is Medicine: On Campus Committee (EIM-OC) for University of Massachusetts Boston, and in 2020 we received Silver level status. Currently, I am establishing an EIM-OC committee at my new location at University of San Francisco and in 2021 I recently received my Exercise is Medicine Level 2 Credential to continue that work!

In conclusion, while I am new to SWACSM, I have shown to be an engaged and committed member and have the experience serving with NEACSM in several capacities related to the SWACSM Abstracts and Awards member-at-large position. I have experience locally, regionally and nationally with ACSM which can bring rich perspective to our local chapter. Thank you for your consideration!

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**Brent Peterson, PhD**

It is my profound honor to be considered for a SWACSM Member-at-Large position. The American College of Sports Medicine was the first organization that I became involved with in 2008 while I was a M.S. student at Cal. State University, Fullerton. I then moved to Colorado to earn a PhD at the University of Northern Colorado (UNC) and an MPH through the Colorado School of Public Health. During this time, I continued to attend and present at a majority of the regional (RMACSM) and at national conferences as a graduate student and post-doc. In 2016, I returned back to Southern California where I am currently employed as an Associate Professor in the department of Kinesiology and Health Science at Biola University. I have always found such great value in the experiential learning and mentorship that members of the ACSM have

extended to me as a student. Now, as a faculty member it is a joy to observe students of my own, learning and developing because of their own regional and national conference experiences.

As a native Southern Californian, born and raised in Orange County, my educational journey began locally at Concordia University Irvine (CUI) directly following the completion of an A.A. degree at Saddleback Community College in Mission Viejo. It was during this time that as a track and field athlete studying in an Exercise and Sport Science program, my passion for exercise physiology and human performance grew. However, it was during my PhD at UNC that I was blessed to not only study in a cancer-focused and clinically-based exercise physiology program, but to be able to gain daily experience working with directly cancer patients at the University of Northern Colorado Cancer Rehabilitation Institute (UNCCRI). Not only were my years working at UNCCRI richly rewarding, but I also had the opportunity to gain experience in both human and animal research modeling. These experiences, in combination with my post-doctoral work in Public Health have catalyzed my approaches to the research I conduct, the courses I teach, and the manner in which I mentor my students today.

My goal and motivation toward serving as a Member-at-Large is precisely to contribute back to the organization and chapter where, as a student (and now as a faculty member), I have been graciously and encouragingly supported to continue in my intellectual pursuits by exceptionally gifted peers and faculty mentors. I aim to embody these attributes in how I serve SWACSM, advocating for our students, and working toward providing an intellectually stimulating environment that allows for our students to learn and grow, but also gain insightful guidance from faculty experts, to one day thrive in their respective fields of study.

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## Candidates for Member At Large - Communication



**Bülent Sökmen, PhD**

It would be a pleasure and an honor to serve on the SWACSM Board as a member at large on the Communications Committee. My first SWACSM meeting, in 1998 in Las Vegas as a Cal State Fullerton grad student assisting my mentors Drs. Bill Beam and Gene Adams, was a turning point for my academic development and career. I had recently immigrated to the US and as a first-generation college student, I was uncertain how my life might take shape in my new country; I was inspired and motivated to see the exchange of information and knowledge among conference participants.

Since that first SWACSM meeting, being involved in the ACSM has provided me with many great opportunities in my professional development. I continue participating in both regional and national conferences regularly. I have served as a volunteer and present 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 our professional meetings.

I seek to serve as an SWACSM board member at large on the Communications Committee in gratitude for the opportunities my mentors and the full network of ACSM colleagues have provided me. I embrace SWACSM's principles to serve students, professionals and the community, and am committed to diversity in our fields and in our academic programs. I am ready to provide and promote opportunities to our Southwest Chapter students and new faculty through chapter service and advocacy. With your support I will contribute to this effort on the SWACSM Board.



**Zachary Zeigler, PhD**

I attended my first Southwest Chapter of ACSM in 2012 as an undergraduate student. I have attended virtually every meeting since then. As a university faculty member, I now enjoy the opportunity to bring my undergraduate students to the Southwest regional meeting every year.

I was born and raised in Mesa, Arizona, where I received all my education at Arizona State University. My undergraduate and master's degrees are in Exercise and Wellness, while my Ph.D. was in Physical Activity, Nutrition, and Wellness. I have held the ACSM Certified Exercise Physiologist credential and currently hold the Exercise is Medicine Credential.

I am an Associate Professor at Grand Canyon University (GCU) in Arizona and have been at CGU since 2016. I was hired at GCU to start an undergraduate research program. I currently lead a vibrant research team of roughly 25 undergraduate students. I have been honored in 2017 and 2018 by the University Faculty Scholarship recognition program and was awarded the Distinguished Faculty Scholar award in 2018. I also serve as a Methodologist within the College of Doctoral Studies at GCU. This position requires me to serve on dissertation committees to verify methodological approaches. I have also helped implement the Exercise is Medicine on-campus initiative. GCU holds gold status in this initiative.

My motivation in serving in the position is to give back to SWACSM. It was such a tremendous experience for me to come to these conferences every year and rub shoulders with giants in the field and other students desiring to learn. I thank you for your consideration.

## Constitution Amendment

The 2021 SWACSM Board of Trustees is proposing an amendment to the SWACSM constitution. This amendment would serve to increase representation in Chapter leadership. In addition, due to the growing number of abstract submissions seen pre-COVID and SWACSM's continued focused support of student engagement in the annual meeting, it has become clear to the Board that an additional Member-at-Large is necessary. As stated in the SWACSM constitution, Board-approved amendments must be presented to the SWACSM membership for vote. A two-thirds affirmative vote by the Members is required to adopt any amendment. A copy of the current constitution and bylaws can be found on our [website](#). Please be sure to cast your vote on the amendment in your upcoming SWACSM ballot.

## SWACSM ANNUAL MEETING OCTOBER 29-30<sup>TH</sup>

Please save the date for our upcoming regional chapter meeting at the OC/Costa Mesa Hilton in Costa Mesa, CA. Registration for the conference will be available on our website beginning July 1<sup>st</sup>. We are happy to announce a reduced COVID-19 special registration rate for the return to an in-person meeting; \$65 for students and \$125 for professionals. Be sure to check our website for more updated information as the conference date approaches.

Research abstract submissions for the annual meeting poster session are due **September 24<sup>th</sup>**. Submission instructions will be available on our website beginning August 1<sup>st</sup>. As usual, we will be hosting a student research competition. Competitors should be prepared to submit an expanded abstract for the competition by **September 17<sup>th</sup>**. We will also resume the annual Jeopardy bowl competition on sports medicine knowledge for teams of three students from institutions within the region which will be held at the SWACSM meeting on Friday evening, October 29<sup>th</sup>. We will put out a call for teams later this summer.

### THANK YOU FOR YOUR SERVICE!



**Donna Cataldo, Ph.D.**



**Nicole Dabbs, Ph.D.**

The SWACSM Chapter would like to thank Donna Cataldo who served our chapter as the Newsletter Editor from 2015-2021. We are also grateful to former Member At Large, Nicole Dabbs, who also served as Webmaster from 2016-2021. Thank you both for all your valuable contributions to our chapter!

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