



# SOUTHWEST CHAPTER OF THE AMERICAN COLLEGE OF SPORTS

**A Message from your President**  
**Matt Lee, PhD**  
*San Francisco State University*



## **ACSM: Ideas on How to Get Involved**

Greetings and I hope everyone had a relaxing and productive summer and are settling in for an exciting Fall. I assume that since you are reading this newsletter, you are either a member of SWACSM and/or are planning on attending our upcoming SWACSM conference in October. Since we always have a large student attendance at our annual SWACSM meeting and it is such a great opportunity to learn more about the field of Exercise Science, I thought I would write about some ideas for students to get involved in ACSM and/or gain research experience at their own institution.

For undergraduate students, there are a few ways to get involved with ACSM. More than likely most of your professors are already involved in professional organizations such as ACSM so you could start by reaching out to them and getting their input regarding opportunities. One of the things they will likely suggest is attending the regional SWACSM meeting. Attending such a meeting as an undergraduate will likely be an eye-opening experience. In addition to the many symposia and presentations, our regional meeting has several events geared towards undergrads. The annual Student Jeopardy competition is a fun way to get involved. It is a fun way to show your school pride and show everyone everything you've been learning in your classes. The winning team will have their travel expenses and registration covered to compete at the 2016 national ACSM meeting in Boston, so start preparing now! There can even be multiple teams from the same school, so there is no excuse not to play. *(Continued on page 2)*

## **Dr Marialice Kern, 2015 Recognition Award Winner**



It is a great honor to present the 2015 Southwest ACSM Recognition Award to Dr. Marialice Kern who is Professor of Kinesiology at Cal State University San Francisco. Marialice grew up in Rocklin located approximately 20 miles from Sacramento. Early on, she became a loyal Cal Bear fan (UC Berkeley) so it is not a surprise that she received her Bachelor's degree in Physiology from Cal (1979). Her love for anything related to exercise physiology was ignited at Cal when she completed Dr. George Brooks' class in Exercise Physiology. This motivated her to continue her studies in this area. Marialice went on to complete her Masters degree (1981) in Physical Education from the University of California at Davis where she worked with Dr. Paul Mole. She then came back to her alma mater to complete her PhD degree (1987) working with Dr. George Brooks. She was then awarded an NIH Post-doctoral Fellowship to work with Dr. G. Lynis Dohm at East Carolina University. *(Continued on page 6)*

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**A Message from the  
President Elect's  
Glenn Gaesser, PhD  
Arizona State University**

The 2015 SWACSM annual meeting is less than two months away. If you have not already registered, please do so. Information about the annual meeting, October 16<sup>th</sup> and 17<sup>th</sup> at the Orange County / Costa Mesa Hilton (<http://www.hiltonorangecounty.com/>) can be found on the SWACSM website ([swacsm.org](http://swacsm.org)). A pdf of the program is available.

The program features 19 sessions, and is bookended by the D.B. Dill Lecture, presented by David Poole, Ph.D., D.Sc., professor of exercise physiology in the Department of Kinesiology at Kansas State University, and the Founders' Lecture, presented by Edward Archer, Ph.D., a physiologist and obesity theorist at the Nutrition and Obesity Research Center at the University of Alabama at Birmingham.

Dr. Poole started his professional career as a SWACSM member who actively participated in the chapter. We welcome him back to provide a great start to the 2015 annual meeting. Dr. Poole's presentation, "Critical Power: Defining Human Physiology and Evolution," will postulate how humans were able to migrate out of Africa triumphing over faster prey and predators, and illustrate the importance of the critical power concept in understanding human endurance potential, including man-powered flight. He will also relate the critical power concept to our understanding of the physiology of exercise tolerance in health and disease in the present day.

In the closing Founders' Lecture, Dr. Archer will challenge conventional wisdom with his presentation, "The Real Reason that People are Obese." This presentation is based on his article published in the January 2015 issue of the Mayo Clinic Proceedings, "The Childhood Obesity Epidemic as a Result of Nongenetic Evolution: The Maternal Resources Hypothesis." In between these compelling opening and closing presentations, the 2015 program offers a wide range of topics. After the Dill Lecture, three concurrent colloquia round out the Friday morning sessions. Janet Tomiyama, assistant professor in the Psychology Department at UCLA, will be joined by two of her colleagues, Jeff Hunger of UC Santa Barbara and David Frederick of Chapman University, to address the impact of dieting, body weight obsession and stigma on health.

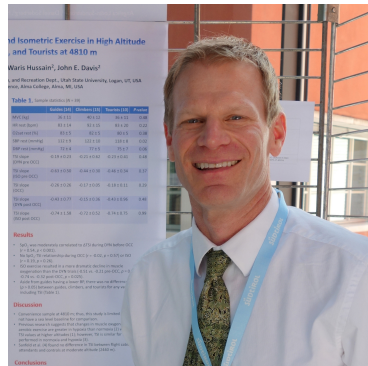
*President's Column continued from page 1*

Additionally, the student breakfast usually has a panel of experts to discuss career opportunities, so there is no shortage of opportunities to ask your questions.

And regarding getting your feet wet in research, don't be afraid to ask to volunteer to help with research projects in your own departments. I know it can sometimes feel intimidating for undergraduate students to try to get involved in departmental activities, but it shouldn't. Most faculty in our field rely heavily on student help and really appreciate how helpful undergraduates can be. If you are an undergraduate trying to get ideas on what research opportunities are available, set up a meeting with one of your professors and ask how you can get started.

If you are a graduate student, you likely are aware of what research activities are occurring in your departments and likely have some type of research requirement to obtain your degree. In addition to assisting faculty with research, as a graduate student you can begin to incorporate some of your own ideas into research projects. As you begin to develop your own research questions and ideas, make sure you keep it simple and realistic. Every research lab is different and you may not have access to some of the techniques that other labs utilize. As you become more proficient in data collection and analysis you will soon find yourself writing up your data to present. Although several avenues exist to present research, in my opinion, there is no better place for a first research presentation than a regional meeting such as SWACSM. There are generally two options for research presentations at our conference: poster and oral. If presenting research for the first time, most find a poster presentation to be less stressful. However, I would encourage graduate students to consider submitting research for the student award. This will be an oral presentation with the opportunity to win cash prizes. The judges will rank the presentations based on criteria such as the rationale of the study, its scientific merit, and the presenter's ability to answer questions. This would also be a great way to prepare for a presentation at a national ACSM meeting, which will significantly enhance your academic career. *(Continued on page 7)*

## Congratulations to Our Newly Elected Officers



**President Elect**

**Dale Wagner, PhD.**



**Member-at-Large**

**Nicole Dabbs, PhD.**



**Member-at-Large**

**Micah Drummond, PhD**

### ***ACSM Jeopardy Bowl - Calling All Faculty And Students***

### **Show the Chapter your school pride by participating in this year's Southwest Student Jeopardy Bowl on Friday October 18th, 2015**

Last year was the 5th Southwest Student Jeopardy Bowl event, with Arizona State University proving victorious! Last years 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 San Diego was a highlight to their graduating year. Additionally, the team reported studying and working together really underscored for this group the importance of being a strong team player. And positive team building experience related to the importance of carrying their own weight, while also putting their trust in their fellow student team members.

Our 6th annual Southwest Student Jeopardy Bowl will be held in Orange County, again at the Hilton, on Friday October 18th, 2015. 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! *(Continued on page 11)*



## **Message from the Executive Director**

**Jack Young, PhD., University of Nevada, LV**

As summer winds down and most of us are gearing up for another return to the classroom, it is time to remember that the Southwest ACSM annual meeting is right around the corner. Several deadlines will be arriving in the next few weeks. The meeting will be at the Orange County/Costa Mesa Hilton again this year; room reservations at the block rate must be made before September 15. Last year, some folks lost out on rooms because the hotel sold out. It is also important for us to fill our room block in order to reduce the overall expenses for the meeting. Our cost-free use of the meeting space is predicated on booking our contracted number of room nights. Expanded abstracts for the Student Research Award are due by September 12; all other abstracts are due September 26. There will be some unique programming at this year's meeting. Last Spring, Southwest ACSM was awarded two grants to initiate innovative projects related to ACSM's SOAR initiative – a mini-conference on certification held at CSU Fullerton and Fitness-4-Finals, a UNLV project. A report of the project outcomes will be featured at the annual meeting. ACSM will be soliciting grant proposals for next year so if you have ideas or suggestions for a proposal, bring them forward to a Board member for consideration.

Our web master for the last few years has closed her business, so we have asked Heather Turner at ACSM to take on management of the web page for us. Heather has redesigned the page and we'll be rolling the new web page out in September. I think you'll like it, so look for the announcing the launch of the new swacsm.com web site. As always, thanks for your support of the chapter and don't forget to register for the meeting and reserve your room now.



## **Message from Your Student Representative**

**Wesley Tucker, PhD Candidate**

**Arizona State University**

Greetings SWACSM student and professional members! As the newly appointed SWACSM Student Representative, I want to welcome you all to the start of a great year and express my praise for all of you who make this organization what it is. I would also like to invite you to "like" and join our Facebook page ([facebook.com/SWACSM](https://facebook.com/SWACSM)). This year's annual conference is taking place in Costa Mesa, California, at the Orange County Hilton, October 16<sup>th</sup>-17<sup>th</sup> 2015, and should not disappoint. The Hilton does offer a complementary shuttle service from John Wayne Airport which runs from 5:30am-11:15pm; you just need to inform the front desk. In addition, the hotel has a fitness center, spa, complementary Wi-Fi, restaurant and lounge. There will be a variety of symposia and presentations that include but are not limited to: the impact of exercise physiology on the recovery of spinal cord injury, biological variability of fat loss following exercise training, wearable technology and behavior change, dieting, weight obsession and stigmas directed towards obesity, muscle physiology, efficiency of muscular work across the lifespan, as well ultrasound imaging and gait analysis workshops. This year's keynote speaker is Dr. David Poole and his lecture will focus on critical power and its role on human physiology and evolution. As a current student I would like to encourage all the past, present and future students to attend the annual conference as it is a great way to discover new areas of research and network with fellow students and faculty.  
*(Continued on page 8)*





**100 Citizens: Kinesiology and Public Health**  
**Steven Loy, Ph.D.**  
**California State University, Northridge**  
**Department of Kinesiology**

**Will the kinesiology major become obsolete?**

Your alums ... are they using their KIN education? Are we becoming a pre-requisite program for other allied health professions and not practicing what we've learned? People must know what a kinesiology major is capable of performing. We must be proactive and push for job creation in health care and public health settings where we can make differences in people's lives. We must value our knowledge and share it. The public health arena is our greatest untapped frontier to improve human performance. If we do not establish greater relevance, we will fade into obsolescence.

**What is 100 Citizens?**

A groundbreaking FREE to the community exercise program delivered by kinesiology students in partnership with public parks. 100 Citizens (100citizens.org) is sustainable, affordable, accessible, and replicable requiring no external funding. Developed by Cal State Northridge Kinesiology in 2011, we went to the White House after winning the popular choice award from Michelle Obama's Let's Move! Video Challenge for Faith-Based and Community-Based Organizations.

We are relevant. We deliver a free diabetes prevention program (DPP) adapted from the CDC's National program. The Affordable Care Act is demanding affordable diabetes prevention programs. Few exist and most don't have exercise because those who have grants for DPP don't know exercise. You can lead 100 Citizens from your university!

Do you just "tell people what to do for health" or "help them BE healthy?" Is your answer different for underserved communities?

You say, "do moderate intensity activity for 150 minutes a week, etc." The message is ubiquitous yet more than half of the adults in the US are not doing it! Those with less education and income get less physical activity and non-Hispanic White adults average more exercise than non-Hispanic Black adults and Hispanic adults. We are paying the health insurance bill for this nationwide lack of physical activity. What are YOU doing to help community health?

**Do Kinesiology jobs belong in the Public Health arena?**

These two questions are related. We must be proactive, demonstrate our value, and *make our* place at the table. 100 Citizens is a program that is creating greater awareness of what Kinesiology can do for the public's health leading to the recognition for exercise leadership and job creation in public health.



### *President's Column continued from page 2*

For those interested in working in the rehabilitation, fitness, and wellness industries, other options to get involved include obtaining one of ACSM's certifications and/or attending ACSM's Health/Fitness Summit. I recently wrote an article in the Spring SWACSM newsletter which you can refer back to in order to learn more about all of ACSM's updated certifications, which include clinical, health/fitness, and specialty areas. Obtaining an ACSM certification will likely set you apart from your peers as these are generally recognized as gold standard certifications in the area of exercise science.

Lastly, in this new and exciting electronic age, I was excited to recently discover that ACSM has its own YouTube channel. So if you haven't been able to make some of the meetings and conferences that you have really wanted to attend, this is a great way to learn about recent ACSM activities and research findings in the field of exercise and sports medicine. You can check it out at: <https://www.youtube.com/user/ACSM1954/videos>. There are some really cool and interesting videos here including research findings, keynote addresses, upcoming events, certification news, and practical health/fitness information.

In closing, I hope some of this information gives you some ideas on how to become more active at your institution and within ACSM. As students and young professionals you are the future of our field and I know that you will continue to push the field of exercise science and sports medicine to the forefront of the scientific community. And with that, I hope to see you in October at our 2015 Annual meeting!

### *Recognition Award Continued from page 1*

After two years, Marialice was awarded an American Diabetes Association Fellowship to work with Dr. Gerald Reaven at Stanford University. She was then awarded a President's Fellowship to return to Cal to work with Dr. Tim White. In 1994, Marialice became an Associate Professor at Cal State University San Francisco and since then she has made SFSU her academic home. She has been a Visiting Professor at St. Mary's College (Moraga, CA) and in the Department of Integrative Biology at Cal.

Marialice has contributed significantly to the scientific literature by writing seminal papers on the impact of high fat feeding, exercise training and aging on glucose uptake and GLUT4 expression. As a faculty at San Francisco State, Marialice's research interests have been cross-disciplinary and have included projects on the impact of hydration on exercise performance, the validation of the Bod Pod for estimating body composition in older adults as well as evaluating the use creatine supplementation in children and adolescents. Over the years, Marialice has accepted numerous invitations to give consensus presentations on these topics at national and international meetings. Marialice's research endeavors have been funded by the National Science Foundation and the Cal State University Office of Biomedical Research as well as some private companies. Her teaching and service activities have been recognized by the Cal State University system. Indeed Marialice has been awarded the CSU's Certificate of Recognition for Outstanding Teaching (1998) and for Outstanding Service (1999).

Marialice has generously given of her time to serve our profession, especially via a long list of service activities for Southwest and National ACSM. She was elected to the Southwest ACSM board in 1997 and became President of Southwest ACSM in 2001. Since 2008 she has volunteered her time to work as our Regional Chapter Representative to the National Office. In this capacity, Marialice has represented our region when Chapter representatives meet during the annual ACSM meeting. Marialice was the motivating force behind the development of our Jeopardy Bowl competition (2010) at the Southwest ACSM annual meeting. We all know how popular this yearly competition has become so we owe our thanks to Marialice her motivating us to get it started. To those of us who know Marialice on a personal level, she has remained a wonderful and trusted friend as well as a fantastic mentor. Despite being extremely busy, Marialice always has time to sit down and chat and offer suggestions to solve problems. Based on all of her accomplishments, Marialice is a most worthy recipient of the Southwest ACSM Recognition Award. Our warmest Congratulations!



Wayne Johnson, associate professor in the department of Exercise Sciences at BYU, will be joined by four BYU co-workers (Bill Meyer, Kathryn Brewerton, Ronald Hager, Tiffany deVries) to provide an overview of the use of ultrasound imaging in exercise science research.

Steven Loy and Sloane Burke, of Cal State University Northridge, along with Deborah Cohen of the RAND Corp., will present an overview of the 100 Citizens program, a student-driven effort with kinesiology, public health and parks, partnering for a healthier America.

The afternoon sessions include the student research competition, seven colloquia, and the Gatorade Sports Science Lecture, which will feature Ellen Coleman speaking on "Fueling Endurance Athletes." Ellen is the author of *Eating for Endurance*, and *Ultimate Sports Nutrition*.

In one of two colloquia concurrent with the student competition, George Brooks, professor in the Department of Integrative Biology at UC Berkeley, Gwenael Layec of the University of Utah, and Wesley Tucker of Arizona State University, will address the subject of muscular efficiency across the lifespan. Marc Adams, assistant professor in the School of Nutrition and Health Promotion at Arizona State University, will speak on the "Vegas Experience," which explores what "Sin City" can teach us about behavior change.

The high impact of exercise physiology on the recovery of spinal cord injury will be presented by Parag Gad, a researcher in the Department of Integrative Biology and Physiology at UCLA. The "experimental continuum" of muscle hypertrophy and atrophy will be the subject of another concurrent colloquium, presented by Kurt Sollanek, assistant professor in the Department of Kinesiology at Sonoma State University, Robert Hyldahl of BYU, and Bradley Nelson of Ohio Dominion University. The afternoon sessions will also provide an opportunity for our chapter to highlight the two ACSM opportunity grants awarded to SWACSM, which include a mini-conference on certification awarded to CSU-Fullerton, and a Fitness-4-Finals grant awarded to UNLV.

Rounding out the Friday afternoon sessions are the final two of seven colloquia offered on the first day. Matt Buman and Shawn Youngstedt of Arizona State University will update attendees on the use of wearable technology for monitoring physical activity and sleep, and for changing behavior. Joel Trinity, assistant professor in the Division of Geriatrics at the University of Utah, and Sid Angadi, assistant professor in the School of Nutrition and Health Promotion at Arizona State University, will discuss the merits of using exercise to assess central and peripheral cardiovascular function. Following the poster presentations, the always popular Student Jeopardy Bowl on Friday evening will cap off first day of the conference.

Preceding the conference-closing Founders' Lecture on Saturday, six colloquia will be offered in the morning. Brandon Sawyer, assistant professor at Point Loma Nazarene University, and Catherine Jarrett of Arizona State University, will discuss the enormous biological variability in fat loss in response to exercise training, highlighting the paradoxical observations that both fat loss and fat gain are routinely observed after exercise training. Pat Vehrs and Paul Hafen, in the Department of Exercise Sciences at BYU, will offer a session on "lactate and performance 101," discussing the lactate threshold, maximal lactate steady state, training and performance. Chris Roberts, of the VA Greater Los Angeles Healthcare System, will highlight the efficacy of intensive lifestyle modification for the treatment of chronic diseases.

Harry Rossiter, associate professor of Medicine at Harbor-UCLA Medical Center, will examine central and peripheral mechanisms of exercise intolerance. Jared Dickinson and Sid Angadi, both assistant professors in the School of Nutrition and Health Promotion at Arizona State University, will highlight research findings on the role of exercise for the prevention of cardiometabolic complications associated with breast cancer chemotherapy. Among the final group of concurrent colloquia, William Burns, of Tekscan, Inc., will present a gait analysis workshop.



One of the highlights of the conference is the Student Research Presentations in either oral or poster format. For those of you who are preparing an abstract to submit, there are two important deadlines – **September 12<sup>th</sup>** is the deadline for the Student Research Award competition and **September 26<sup>th</sup>** is the deadline for all other abstracts. Please see the call for abstracts elsewhere in this newsletter. I am also pleased to announce the Inaugural President's Cup Poster Competition which will take place at next year's ACSM Annual Meeting. The winner of our Student Research Award competition (**must be oral presentation and graduate student to be eligible**) at our regional meeting in October will be given a \$1,200 travel allowance to attend the ACSM Annual Meeting in Boston 2016, and registration fees will be waived. At the ACSM Annual Meeting, each regional President's Cup winner will present their research in a poster format to compete for prizes. For more information on this contest, visit our Facebook page at [facebook.com/SWACSM](https://facebook.com/SWACSM) and see the post in the Visitors Section. Other highlights for students include the annual student jeopardy competition, (last year Arizona State University finally ended its run of near misses and won the competition). In addition, Thursday night is early registration, which offers time to mingle with other students and faculty.

This year's SWACSM annual conference will offer a perfect environment for students to take part in recent research, network for future opportunities and meet other students from various universities in our Southwest Chapter. I hope to see you all in October.

A flyer for the President's Cup Poster Competition. It features a large gold trophy in the center. The title "PRESIDENT'S CUP POSTER COMPETITION" is prominently displayed above the trophy. Below the trophy, the flyer is divided into sections: "WHAT?", "WHO?", "RULES", "QUESTIONS?", and "CONTACT". The "WHAT?" section describes the competition as a graduate student poster competition held at the ACSM Annual Meeting. The "WHO?" section lists eligible students as PhD, MD, DPT, DO, EdD, and MS from ACSM regional chapters. The "RULES" section explains that students present at their regional meetings, and the top student is selected to present at the ACSM Annual Meeting with a travel allowance and waived fees. The "QUESTIONS?" section directs students to the executive boards of their regional chapters. The "CONTACT" section provides the name and email of David Ferguson, PhD, RCEP, Chair of Student Affairs Committee.

**PRESIDENT'S CUP  
POSTER COMPETITION**

**WHAT?**  
Graduate student poster competition held at the ACSM Annual Meeting, where students will present their research for prizes!

**WHO?**  
All graduate students (PhD, MD, DPT, DO, EdD, MS) from ACSM regional chapters who are participating in research are eligible to compete!

**RULES**  
Graduate students will present their research (poster or oral) at their annual, regional ACSM chapter meeting. Each regional chapter will determine the top graduate student presentation. The selected graduate student will be given a \$1,200 travel allowance to attend the ACSM Annual Meeting, and registration fees will be waived. Each regional President Cup winner will present their research in a poster format at the ACSM Annual Meeting to compete for prizes! Detailed rules will be sent to the executive boards for each ACSM regional chapter.  
We look forward to the "President's Cup" award and encourage you to spread the word to your graduate students!

**QUESTIONS?**

**CONTACT**  
David Ferguson, PhD, RCEP  
Chair of Student Affairs Committee  
[davidpferguson13@gmail.com](mailto:davidpferguson13@gmail.com)



## Call for Abstracts for the 2015 SWACSM Meeting

Trevor Gillum, PhD., SWACSM Member-at-Large

We invite you to showcase your research at SWACSM this fall. The deadline for general abstract submission is September 26. All abstracts must be submitted through the online link provided on the SWACSM website using the **2015 Abstract Submission Form**. Previous abstract submission form versions will not be accepted. All students presenting their work will automatically be entered into the 4<sup>th</sup> annual "Favorite Poster" contest with undergraduate and graduate student categories. The winners will be announced during Saturday's business meeting.

The Poster Session will be held on Friday evening during the No Host Wine and Cheese reception. SWACSM will also host a Student Research Competition. Professional member judges will review all expanded abstracts and select finalists to deliver oral presentations on Friday afternoon. Based on a combination of scores from the abstract and presentation, the top two researchers will be recognized as the Norman James and Gail Butterfield Student Award recipients. **The deadline for the Student Research Competition is September 12.**

**Please note that students submitting an expanded abstract will also need to complete the general abstract submission form by the September 12th deadline.**

Detailed instructions for abstract submission as well as poster and student research award presentations can be found on the SWACSM website. We look forward to celebrating your recent accomplishments.

*Any questions regarding abstracts, the Student Award Competition or serving as a reviewer for future meetings should be addressed to Trevor Gillum, Ph.D., Member-at-Large for Abstracts, Department of Kinesiology, California Baptist University, 8432 Magnolia Ave, Riverside CA 92504; Phone: (951) 343-4950; e-mail: [tgillum@calbaptist.edu](mailto:tgillum@calbaptist.edu).*

*100 Citizen's continued from page 5*

### Marisol Diaz, B.S., 100 Citizens Student Program Leader

#### Where is Your Future?

*100 Citizens is implemented by Kinesiology students.* Students grow as professionals through positions such as 1) Exercise Director who creates and implements exercise plans and trains current and incoming students, 2) Program Director who is the liaison between the park and the university, manages the administrative side of the program, creates marketing tools, and ensures all volunteers and participants complete required documents, and 3) Lead Instructor who leads participants in a safe exercise routine and modifies exercises according to participant fitness level and 4) Internships. Our students interact with community participants and team members to build their interpersonal communication skills. Our students promote the program at events throughout the community to recruit new participants and learn how to network and market the program and themselves. 100 Citizens has been successful since its initiation in 2011 because students working together change people's lives. Students develop transferable skills for any job setting but most importantly, they understand how impactful Kinesiology and an accessible exercise program can be for public health and they appreciate how a student-empowered team can change a community and the world.

As of Fall 2015, California State Universities, Los Angeles, San Francisco, Dominguez Hills, and Northridge (6 programs) will be overseeing their own 100 Citizens at one of their local public parks. Stanislaus and Monterey Bay are currently in the process of initiating 100 Citizens. In February 2016, Northridge will host a 100 Citizens Expansion Workshop for all CSUs and other universities in the Southwest to learn the steps necessary to establish this program. If we, as Kinesiology students, in one of the fastest growing majors in the country don't control our destiny by showing the country what we can do for public health, then where will we get our jobs and build our careers?

**Attend our Friday morning presentation and find out how to start your own 100 Citizens program and show the country what KIN CAN DO.**



## **Loyola Marymount University in Westchester California is Hosting the 2015 Meeting**

The Department of Health and Human Sciences at Loyola Marymount University is looking forward to hosting the Southwest American College of Sports Medicine Annual Meeting this year!

With just under 200 students, our Department provides students an opportunity to learn about the human body and health by combining classroom training with state-of-the-art hands laboratory experiences. Students pursuing a B.S. in Health and Human Sciences are interested in kinesiology, exercise science, understanding chronic disease, use of exercise and nutrition to promote health, or the prevention and treatment of musculoskeletal injuries. With the variety of class offerings, laboratory experiences, and internship opportunities, this major will prepare students for graduate studies in physical therapy, occupational therapy, exercise science, nursing, physician assistant, public health, entry-level graduate programs in athletic training, and other health professions. The Department also offers a B.S. in Athletic Training, a program accredited by the Commission on Accreditation of Athletic Training (CAATE). This degree program is no longer accepting new students.

It is an exciting time in the Department of Health and Human Sciences at LMU because we recently moved into a brand new, \$110 Million Life Sciences Building. The 100,000 ft<sup>2</sup>, three-story building houses programs in the life sciences. In its labs and classrooms, undergraduates will have access to equipment and technology that most college students would not be allowed to use until they begin a doctoral program.

In total, the building features 35 research and teaching laboratories, 9,000 ft<sup>2</sup> of faculty research space, a 273-seat auditorium with adjoining terrace, and a three-story green roof that also acts as a "living laboratory" for research on soil runoff and drought-tolerant landscaping. The Life Sciences Building is notable for its open design, creating an environment where science is on display. The teaching laboratories have glass walls, allowing students and guests to observe the activity inside these rooms. The building was constructed and designed to qualify for LEED Gold rating, a recognition reserved for projects that show a high level of sustainability. Including the green roof, the building's sustainable features also include solar panels that produce about 10% of the facility's energy needs

LMU offers rigorous programs to academically ambitious students committed to lives of meaning and purpose. We benefit from our location in Los Angeles, a dynamic city that brings into sharp focus the issues of our time and provides an ideal context for study, research, creative work, and active engagement. By intention and philosophy, we invite men and women diverse in talents, interests, and cultural backgrounds to enrich our educational community and advance our mission:

- The encouragement of learning
- The education of the whole person
- The service of faith and the promotion of justice

Located in Westchester, between the Pacific Ocean and downtown Los Angeles, Loyola Marymount University is a comprehensive university offering 60 undergraduate, 39 masters, and three doctoral degree programs. Founded in 1911, LMU is ranked third in "Best Regional Universities/West" by U.S. News & World Report. LMU is the largest Jesuit Catholic University for undergraduates in the Southwest, with more than 6,000 undergraduate students and more than 3,000 graduate and law students. For more information on the Department of Health and Human Sciences at Loyola Marymount University, please visit <http://cse.lmu.edu/departments/healthandhumansciences/home/>.

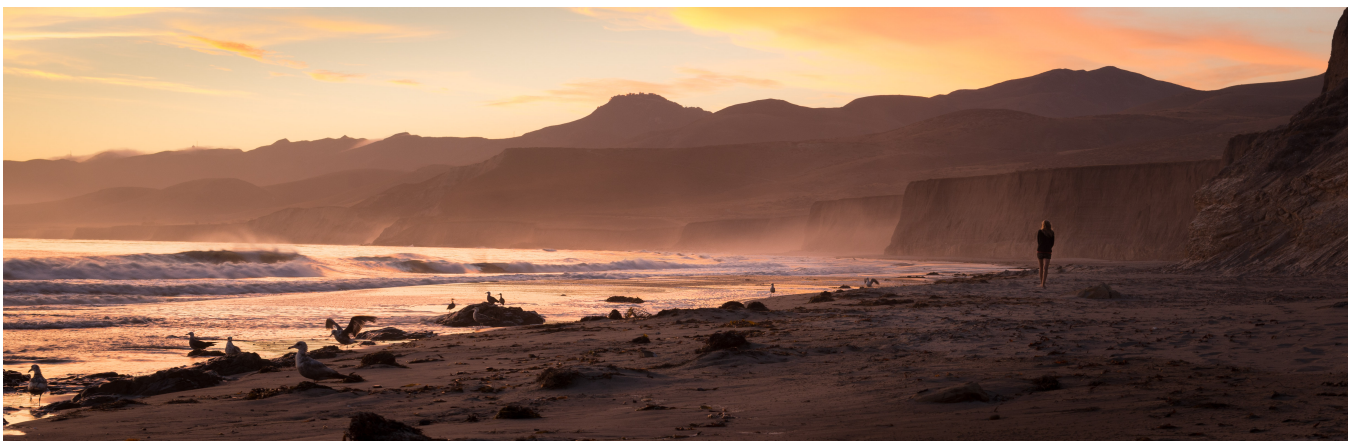


### ***Regional Chapter Jeopardy Bowl continued from page 3***

I'm looking forward to having more Universities participate, resulting in the "best and brightest" representing the Southwest Chapter at the ACSM annual meeting in 2016. 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. Your University will also receive a plaque, with the students' names, commemorating the occasion.

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. Marialice Kern at [mkern@sfsu.edu](mailto:mkern@sfsu.edu) before October 10, 2015, so I can make arrangements for the room and necessary 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.



### **Have you registered yet? Don't delay!**

Registration and credit card payments may be made via PayPal through the SWACSM web page (<http://www.swacsm.org>) or by mail to the address below (Make checks payable to SWACSM).

**SAVE MONEY!** Go for a group discount. Here's how:

1. Get a group of 10 or more students
2. Find someone (i.e. faculty member at your school) willing to be the contact point
3. Have each student give that contact point person their \$65 payment (cash or check made to SWACSM) and a completed registration form
4. When all have paid the contact point person, then the contact point person will forward the completed registration forms and all payment to the address below.

There will be an opportunity to register on-site, but why wait?

For SWACSM info contact: 702-895-4626 or visit our website: <http://www.swacsm.org>

**Mail registration form      SWACSM**

**with payment to:      P.O. Box 50469**

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