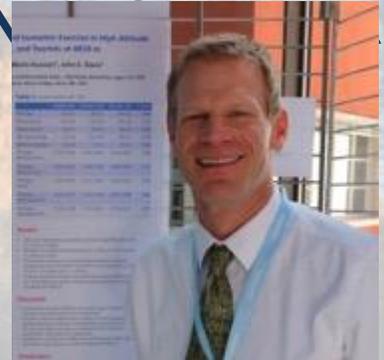




SOUTHWEST CHAPTER OF THE AMERICAN COLLEGE OF SPORTS MEDICINE

**A Message from your President
Dale Wagner, PhD
Utah State University**



Becoming an Active Member of the SWACSM

Greetings from the far northeast corner of our Southwest ACSM chapter. I'm excited and looking forward to this year's meeting. Long Beach is a new venue for our chapter meeting, and the location should provide some fun tourism opportunities to go along with an exciting meeting. Please encourage your friends, colleagues, and students to attend.

I often hear people say, "I would like to become more involved in the SWACSM. What can I do?" There are many ways to increase your service to the chapter. One small way to assist would be to serve as a judge and/or help tally the scores at the Student Jeopardy Bowl, or if you are a faculty member, consider becoming a mentor/coach to a Jeopardy team at your institution. Another avenue of chapter service is to be a reviewer of abstract submissions or serve as a panelist/judge at the Student Research Award presentations. Yet another avenue of involvement would be to have the university that you work for serve as the "host" institution. This involves having students assist with meeting registration. Finally, if you are a researcher or have expertise in an area that would benefit the membership, be a symposia presenter.

Dr. Alan Hargens, 2017 SWACSM Recognition Award Winner

The chapter is honored to present the 2017 Southwest ACSM Recognition Award to Dr. Alan Hargens, Professor and Director of the Orthopaedic Clinical Physiology Laboratory in the Department of Orthopaedic Surgery at the University of California, San Diego (UCSD). Born in Montana, Dr. Hargens undergraduate training was in Chemistry (University of Minnesota) before receiving a Ph.D. in Marine Biology (UCSD). He went on to hold post-doctoral fellowships at the University of Copenhagen, Denmark (National Science Foundation) and at UCSD (American Heart Association and National Institutes of Health). In addition to holding several research and academic appointments at UCSD over the years, Dr. Hargens served as the Chief of the Space Physiology Branch and Space Station Project Scientist at NASA Ames Research Center and as Consulting Professor at Stanford University.

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**A Message from the President-Elect
Dale Wagner, PhD
Utah State University**

Greetings! Have you made your travel arrangements to Long Beach yet? Our October 20-21st regional meeting is rapidly approaching, and I'm excited to share what's on the schedule. Of course, as with course syllabi, the schedule is subject to change. The presentations range from bench to applied science and theoretical to practical application.

We'll have an early bird hour with three options on Friday morning. Dr. Donna Cataldo (ASU) will share her tips for identifying test-terminating EKG patterns. Her ASU colleague, Erin Feser, will develop your skills in identifying movement dysfunction and prescribing appropriate corrective exercises. Your third option is a "how to" for starting an Exercise is Medicine (EIM) initiative on campus. This session's panel of speakers [Natasha Birchfield (ASU) and Drs. Nicole Dabbs (CSUSB), Ayla Donlin (CSULB), Kim Fodran, MD, Chief of Medical Staff, Student Health Services (CSULB), and Jason Ng (CSULB)] represents universities that have successfully begun on campus EIM initiatives.

Keynote presentations by national ACSM President, Dr. Walt Thompson and Stanford's Dr. Katrina Kakarzis will kick off and conclude, respectively, this year's SWACSM conference. Dr. Thompson opens the general session with his D.B. Dill Lecture entitled, "The EIM in our Communities". Dr. Kakarzis closes the conference with the Founders Lecture presentation on the ethics of tracking athletes via biometric technology.

Between these bookend presentations are the concurrent colloquia, intended to include clinical, applied, and mechanistic perspectives in each. The high-intensity interval training session brings a clinical exercise physiologist's (Cornel Puiulet, UNM Hospital) approach to applying HIT in a cardiac rehabilitation program. Dr. Todd Astorino (CSUSM) is highlighting the importance of looking at individual responses to HIT protocols. With an eye on post-HIT program adaptations, Dr. Fabiano Amorim (UNM) will lead us through several issues regarding detraining. Who better to highlight responses to a systematic approach of body weight training than Chris Frankel, Head of Human Performance at TRX? Could it be Sam Gardner, strength and conditioning coach of US Paralympians at the USOC in Chula Vista? Or, perhaps Dr. Rob Hyldahl (BYU) holds the key. He will literally give us an inside look at the repeated bout effect. When you hear the term "environmental physiology," what comes to mind? Is it heat? Cold? High altitude? Sea level? Arid? Humid? Have you considered cooling your palms before lifting or wondered if there is any cross-tolerance between heat and hypoxia? Dr. Young Sub Kwon (Humboldt State) has some answers as to how and why palm-cooling favorably influences lifting performance. Dr. Christine Mermier and her co-presenter James Jeremy McCormick (UNM) will provide insights into altitude physiology and controversy regarding related approaches to training, and Dr. Ailish Sheard (CSULA) knows if there is (or is not) any cross-tolerance effect on performance between hot and hypoxic conditions. Reaching people with your message is all about how you communicate. Learn how to create and deliver impactful presentations with the recent International Fitness Hall of Fame Inductee, Dr. Len Kravitz (UNM), and to lead your clients toward healthy lifestyle choices by applying the motivational interviewing techniques of Dr. Robert Scales (Mayo Clinic, Scottsdale, AZ). The number 1 fitness trend in 2017 is wearable technology. Some of these technologies have found their way into the work of these three presenters. Dr. Michelle Alencar (CSULB) will share with us how she induced favorable health outcomes by combining wrist-worn devices with remote monitoring and telemedicine. "Haptic robotics" describes a new generation of machines that can actually feel; this is the technology Dr. Charmayne Hughes (SFSU) is investigating in rehabilitation settings. Can your grandparents sync wireless devices with their own smartphone? If so, Dr. Nobuko "Kay" Hongu (UA) may want to recruit them as she investigates mobile technology use by older adults. Faculty (Drs. David Keeley, Sang-Rok Lee, and Robert Woods) and a student (Eryn Murphy) from NMSU are sharing their varied efforts investigating the functional capacity of aging adults.

Congratulations to Our Newly Elected Officers



Member-at-Large

Sarah Dunn, PhD.

University of La Verne



President Elect

Todd Astorino, PhD.

CSU - San Marcos

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 20th, 2017

Last year was the 7th Southwest Student Jeopardy Bowl event, with CSU Bakersfield 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 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 8th annual Southwest Student Jeopardy Bowl will be held in Long Beach, again at the Hilton, on Friday October 20th, 2017. 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 10)*



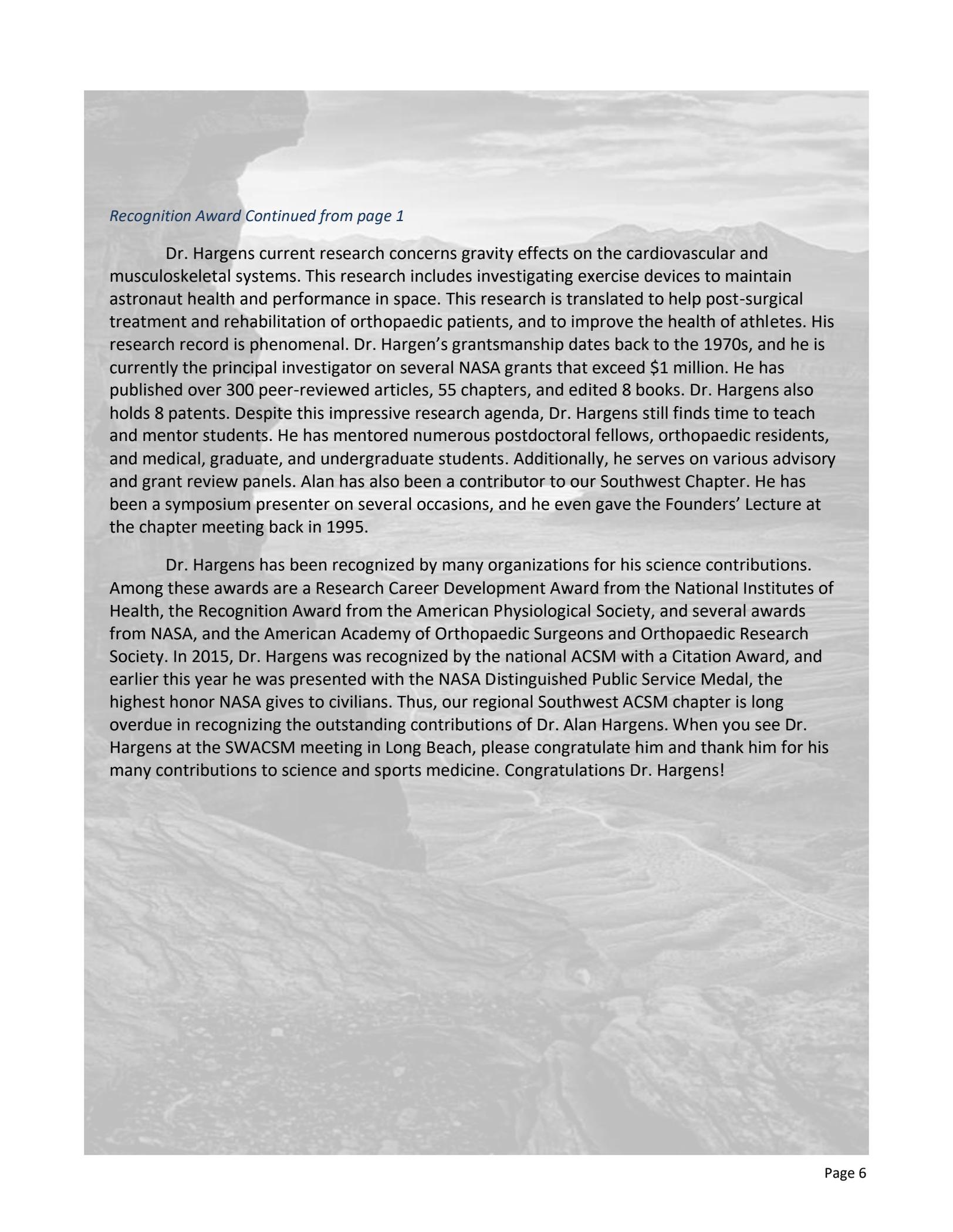
**Jack Young, Ph.D., SWACSM Executive Director,
University of Nevada, Las Vegas**

As summer comes to a close, those of us in academics are feeling the pressure of starting the upcoming academic year. In the chaos that is the start of a new semester, don't overlook the 37th Southwest ACSM annual meeting. Registration will again be coordinated through ACSM national. The link for registration is on the Southwest ACSM web page (swacsm.org). Discounts for groups of 10 or more students can be arranged by contacting Heather Turner at ACSM (hturner@acsm.org). The cutoff date for room reservations in the SWACSM block is September 28. Last year, the block of rooms in at the Orange County/Costa Mesa Hilton filled early, so I would advise contacting the Hilton Long Beach directly (562-983-3400) and booking your room sooner rather than later. Be sure to ask for the Southwest ACSM (or Southwest American College of Sports Medicine) rate. Those are the target words the reservation staff is looking for. Other important dates are September 15 for abstract submissions for the student competition and September 29 for all other abstracts. New this year will be separate competitions for undergraduate and graduate students. Also new this year will be two poster/social hour sessions. The number of poster submissions has simply grown too large – a good problem to have. So, in addition to the now traditional Friday evening session, there will be a Saturday morning session with continental breakfast. This year, the meeting is scheduled to end at lunchtime on Saturday; a link to information about recreational opportunities in and around Long Beach is included on the Southwest ACSM web page.

Congratulations to Todd Astorino and Sarah Dunn who were elected as president-select and member-at-large respectively. And as always, thanks to the Board of Trustees and all others who work on behalf of the Southwest ACSM chapter.

If you are looking for even more involvement, consider running for a position on the SWACSM Board of Directors. Board members serve 3-year terms and help to move the organization forward. These are elected positions, and they are staggered in such a way that every year there is a vacancy for President-Elect and at least one Member-at-Large position. If you are interested in serving on the Board, please come and see me at this year's meeting.

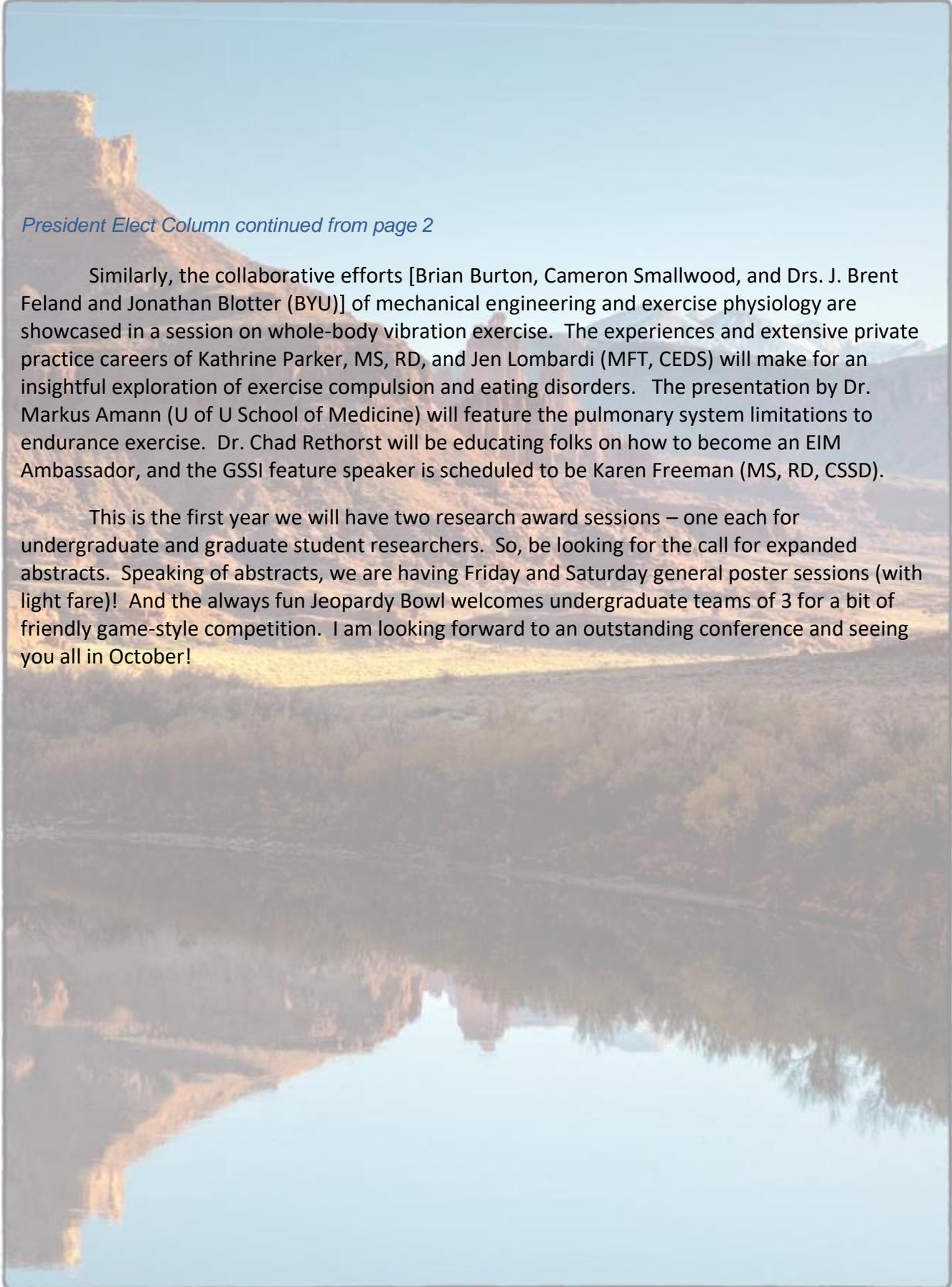
As I transition from being President to past-President, I want to take this time to publicly recognize and thank the current Board members. In so doing, this might also serve as a way to educate you about the Board and possibly encourage you to run for one of these positions in the future. Donna Cataldo (Arizona State) is the newsletter editor, and she is responsible for putting together this newsletter twice a year. There are 4 Members-at-Large: Micah Drummond (U. of Utah), Nicole Dabbs (CSU-San Bernardino), Trevor Gillum (Cal. Baptist U.), and Kim Henige (CSU-Northridge). Each Member-at-Large has a specific role, as well as providing insight into what is working well (and sometimes not so well) within the chapter and/or at the meeting. Micah assists with the flow of the meeting and serves as the operations coordinator or liaison between the chapter and the hotel audio/video professionals to facilitate the presentations. Nicole keeps our chapter current on various social media outlets. Trevor is in charge of abstract submissions and the Student Research Award competition. Kim oversees the meeting registration. Ann Gibson (U. of New Mexico) is the current President-Elect, and she had the arduous task of recruiting and selecting symposia presenters. Glenn Gaesser (Arizona State) is the outgoing Past-President, and he was responsible for identifying and securing candidates for the Board of Directors elections; thus, the cycling of outgoing and incoming Board members continues. Additionally, the chapter has an Executive Director (Jack Young, UNLV) and an Associate Executive Director (Ben Yaspelkis, CSU-Northridge). They do all of the behind the scenes work such as identify and secure conference venues, reserve blocks of hotel rooms, order the food, reserve the poster boards, etc. The meeting really would not be possible without their efforts. Thank you. It has been a pleasure and honor to serve as the SWACSM President, and I look forward to working with you next year as Past-President. I hope to see everyone at Long Beach, and I encourage you to be not only a member of the SWACSM but to become an active member.



Recognition Award Continued from page 1

Dr. Hargens current research concerns gravity effects on the cardiovascular and musculoskeletal systems. This research includes investigating exercise devices to maintain astronaut health and performance in space. This research is translated to help post-surgical treatment and rehabilitation of orthopaedic patients, and to improve the health of athletes. His research record is phenomenal. Dr. Hargen's grantsmanship dates back to the 1970s, and he is currently the principal investigator on several NASA grants that exceed \$1 million. He has published over 300 peer-reviewed articles, 55 chapters, and edited 8 books. Dr. Hargens also holds 8 patents. Despite this impressive research agenda, Dr. Hargens still finds time to teach and mentor students. He has mentored numerous postdoctoral fellows, orthopaedic residents, and medical, graduate, and undergraduate students. Additionally, he serves on various advisory and grant review panels. Alan has also been a contributor to our Southwest Chapter. He has been a symposium presenter on several occasions, and he even gave the Founders' Lecture at the chapter meeting back in 1995.

Dr. Hargens has been recognized by many organizations for his science contributions. Among these awards are a Research Career Development Award from the National Institutes of Health, the Recognition Award from the American Physiological Society, and several awards from NASA, and the American Academy of Orthopaedic Surgeons and Orthopaedic Research Society. In 2015, Dr. Hargens was recognized by the national ACSM with a Citation Award, and earlier this year he was presented with the NASA Distinguished Public Service Medal, the highest honor NASA gives to civilians. Thus, our regional Southwest ACSM chapter is long overdue in recognizing the outstanding contributions of Dr. Alan Hargens. When you see Dr. Hargens at the SWACSM meeting in Long Beach, please congratulate him and thank him for his many contributions to science and sports medicine. Congratulations Dr. Hargens!



President Elect Column continued from page 2

Similarly, the collaborative efforts [Brian Burton, Cameron Smallwood, and Drs. J. Brent Feland and Jonathan Blotter (BYU)] of mechanical engineering and exercise physiology are showcased in a session on whole-body vibration exercise. The experiences and extensive private practice careers of Kathrine Parker, MS, RD, and Jen Lombardi (MFT, CEDS) will make for an insightful exploration of exercise compulsion and eating disorders. The presentation by Dr. Markus Amann (U of U School of Medicine) will feature the pulmonary system limitations to endurance exercise. Dr. Chad Rethorst will be educating folks on how to become an EIM Ambassador, and the GSSI feature speaker is scheduled to be Karen Freeman (MS, RD, CSSD).

This is the first year we will have two research award sessions – one each for undergraduate and graduate student researchers. So, be looking for the call for expanded abstracts. Speaking of abstracts, we are having Friday and Saturday general poster sessions (with light fare)! And the always fun Jeopardy Bowl welcomes undergraduate teams of 3 for a bit of friendly game-style competition. I am looking forward to an outstanding conference and seeing you all in October!



Physiology Understanding Week (PhUn Week)

Kim Henige

For the last six years, I have participated in the American Physiological Society's (APS) Physiology Understanding Week (PhUn Week). APS began this community outreach program with five major objectives:

1. Increase student interest in and understanding of physiology in their lives
2. Introduce students to physiology as a possible career
3. Increase teacher recognition of physiology in the curriculum
4. Involve more physiologists in outreach to students and teachers in their communities
5. Reach a broad base of students (grades, gender, race/ethnicity)

Since 2005, more than 100,000 students from grades pre-K to 12 have participated in PhUn Week. The events generally occur the first week of November and APS members work with local schools and teachers and hold events in classrooms, museums, university campuses, and outdoor venues. Students are engaged in learning experiences through interactive, hands-on physiology activities. Through this face-to-face encounter with scientists, students learn how their bodies function and how scientists study the human body.

My participation in this event has been very rewarding. Early each fall semester I ask four undergraduate students to participate. Each student is responsible for planning a 10-15 interactive lesson about one or more of the physiological systems. On the day of the event, we split the children into four groups and rotate them through the four different activities. The undergrad students have a great time, the children have a great time, and the teachers are very appreciative. Activities that include exercise tend to be the most popular. My events have always been about 90 minutes on one day, but others offer a series of activities each day throughout an entire week. APS is very flexible and you can organize the activities many ways.

APS provides resources such as activity ideas, a press release template, and a photo release form. In addition, they supply t-shirts for faculty and teachers, APS career trading cards, and goodie bags for all of the children. For more information about PhUn Week, or if you would like to participate: <http://www.the-aps.org/mm/Education/K-12/EducationProjects/PhUn-Week>

Call for Abstracts for the 2017 SWACSM Meeting

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

One of the highlights of each SWACSM chapter meeting is the poster presentation. Here, undergraduate and graduate students have the opportunity to demonstrate novel findings from research they've conducted. This is a great opportunity for students to practice presenting the details of their research in a scientific forum. To present at the chapter meeting, an abstract must be submitted by September 29, 2017 (<http://www.swacsm.org/abstracts.html> for details). At last year's meeting, we had over 180 poster presentations. Because we had so many poster submissions, we will have 2 different poster sessions at the 2017 meeting: the first will be Friday evening (along with the social) and the second will be Saturday morning (along with a breakfast). Upon acceptance of the abstract submission, presenters will be randomly assigned to a specific session. Similar to last year, all attendees will have the opportunity to vote for their favorite poster. During the poster presentations, attendees will submit ballots for their favorite poster. The winners will be announced during Saturday's business meeting.

In addition to posters, students have an opportunity to submit an expanded abstract for the Student Award Competition. Three professional SWACSM members will review expanded abstracts. For the first time, we will separate the competition into two categories: graduate student research and undergraduate student research. To determine the appropriate category of entry, apply to the group that described you when the data were collected. As many as six finalists will be selected to give an oral presentation on Friday. The top two researchers will be recognized as the Norman James and Gail Butterfield Student Award recipients, in addition to receiving a monetary award for their accomplishments. The deadline to submit an expanded abstract for the student award competition is September 15, 2017 (<http://www.swacsm.org/abstracts.html>). Professional members that would like to become more involved with the chapter, please consider submitting your name as a reviewer (email: tgillum@calbaptist.edumailto:raney@oxy.edu).

All abstracts must be submitted through the online link provided on the SWACSM website using the 2017 abstract submission form. Previous abstract submission form versions will not be accepted. Detailed instructions for abstract submission as well as poster and student research award presentations can be found on the SWACSM website.

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

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. Matt Lee at cmlee@sfsu.edu before October 13th, 2017, so he 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 SOME 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 payments to the address below.

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

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