



### A Message from your President— Michele LeBlanc



I hope that as you read this newsletter you and your family are safe and healthy! We are certainly experiencing a very unique time in all of our lives and I hope that you are using this time away from your typical lives to explore some new and positive activities. It is the perfect time to test the concept of Exercise is Medicine, for certain 😊

Thank you to all of you who attended the Fall 2019 meeting in Newport last October. I am so appreciative of the speakers who donated their time and expertise to create a very interesting and vibrant meeting. I was so impressed by the many posters presented in our two sessions and feel confident that our profession has a **very** bright future. As always, it was great to visit with those of you that I already knew and to have the chance to meet so many great new colleagues in our region.

Giving our members the opportunity to present their research and to learn from others about their cutting-edge research is a priority for our chapter. Because of this, your SWACSM Board has decided to still offer the 2020 Chapter meeting, but do so virtually. We have been in contact with the national office and many of the other chapters to learn about the various modes of delivery and have chosen what we think will serve our members the best. We want to make sure that everyone knows about the poster abstract submission process. The deadline for abstracts to be submitted (both for the general poster sessions and the student competitions) is September 25, 2020 at 5:00 pm PST.

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A Message from your President Elect—Marci Rainey

Hello Fellow SWACSM student and professional members. As your president-elect, I am happy to provide you with something to look forward to in the midst of the COVID-19 pandemic. The 2020 SWACSM meeting promises to be one you do not want to miss. This year's meeting will be the very first virtual conference in the region's history. There will be a mix of pre-recorded lectures, live Q and A webinars, and an online poster session. All content will be available to members free of charge!



I would like to thank my fellow board members for their support and advice during the planning process. I would also like to extend my appreciation to members who completed the session interest questionnaire and submitted session proposals and to speakers who have agreed to share their expertise in an unconventional format. The final program is rich and diverse because of you.

In addition to the traditional highlights such as the undergraduate and graduate student research competitions, the program includes academic research symposia on a range of topics and fitness industry insights. Researchers and academics will be presenting their work on plant-based diets, nervous system disorders and exercise, wearable technology, female athlete challenges, Paralympic athlete performance enhancement, among others. A preview of the final program complete with session titles and speaker lists will be made available on the SWACSM website later this summer. In the next couple of months, additional details related to conference registration and content access will also be posted on the website.

I encourage you all to start thinking now about preparing an abstract for the poster session. Celebrating the accomplishments in the field during the poster session is one of my favorite parts of the meeting. This year promises to be no different. In addition to uploading the poster, the conference platform will allow direct communication between poster presenters and conference goers. I look forward to unveiling the first virtual SWACSM annual conference this fall. I hope you will join me!

Until then, I wish you and your families the very best during this unprecedented time in history.

A Message from your Executive Director —Jack Young



May you live in interesting times. I am reminded of the ancient Chinese proverb, or curse, as we consider what the new normal will be in the post corona virus era. For Southwest ACSM, the status of the Fall annual meeting has been changed. Due to the continuing COVID pandemic, the 2020 annual meeting will be going virtual. Because of our previous contracts with the Orange County/Costa Mesa Hilton, the hotel has offered to forego our contract for 2020 in exchange for SWACSM agreeing to a contract for the 2022 meeting. Specifics of the virtual meeting are still being worked out, but there definitely will be an opportunity for

poster presentations and the student awards competition. Some changes in the format for abstract submission and student award competition entries will be necessary, but the opportunity for students and faculty to present their work will remain. Details on the submission process will be posted on the website as they are formulated. Registration will not be required for this year's meeting, however an account with the virtual platform (Forager One) will be required to access the content. There is no cost associated with this. Be sure to watch your e-mail and the web page for instructions. Content will be viewable for 30 days and CECs will be offered. The speakers selected for the 2020 Dill and Founders lectures have agreed to present at the 2021 annual meeting. Having two Dill lectures, two Founders lectures and recognizing the 2020 Recognition Award honoree and 2020 President will make for an interesting 2021 meeting. President-elect Marci Raney had organized an excellent program for 2020 and it is regrettable that it will not take place in person as planned. Nevertheless, with her outstanding leadership, we will make the most out of this unfortunate circumstance with a virtual SWACSM annual meeting. Be sure to check the Southwest ACSM website for the updated program.

In other chapter business, nomination forms for Board positions and Recognition Award honorees will be posted on the website and your input is encouraged. Most importantly, don't forget to vote in the SWACSM election for the President-elect and Member-at-Large positions. Their candidate statements are included in this newsletter. The link to an electronic ballot will be sent by e-mail from ACSM.

In news from ACSM, because the annual meeting was cancelled, a virtual President's Cup competition was held in June. Our Butterfield Award winner, Ashley Tovar, from UC Davis, still had a chance to compete. You can view the President's Cup competitors' presentations and abstracts on ACSM's 2020 Virtual Experience website. Unfortunately for the Cal Poly San Luis Obispo team, logistics prevent an on-line student jeopardy competition. However, the Board has decided to invite a team from CAL POLY SLO to represent the Southwest chapter in the 2021 student jeopardy bowl competition in Washington DC.

Finally, the ACSM commitment to diversity is expressed in the Statement on Diversity, Equity and Inclusion which can be found on the ACSM website with a link in this newsletter. I submit that

Southwest ACSM shares this commitment in theory as well as in practice, as shown, for example, by the make-up of the Board of Trustees and the individuals selected as our student award winners. There is a need to recognize that each person is a unique individual with their own set of talents. We are diminished when that talent is wasted by excluding individuals because they are somehow different from us, whoever us is. Have we done enough? I doubt it will ever be enough, but we must keep trying. After all, A man's reach should exceed his grasp, Or what's a heaven for? (Robert Browning)

### ACSM Statement on Diversity, Equity and Inclusion

ACSM released [this official statement on diversity, equity and inclusion](#) recently from ACSM President NiCole R. Keith, Ph.D., FACSM; ACSM Immediate Past President William E. Kraus, M.D., FACSM; ACSM President-elect L. Bruce Gladden, Ph.D., FACSM; and ACSM Chief Executive Officer Kristin Belleson. The members of the SWACSM firmly support the ACSM's official statement.

### SWACSM Election E-mail

Please be on the lookout for an e-mail from ACSM with a link that will provide you the opportunity to vote for your new president elect and members at large. New members will be considered for 2020.



Candidate for President Elect—Kim Henige



It is an honor to be considered for President of the Southwest Chapter of ACSM. I attended my first SWACSM when I was an undergraduate student in 1988. I have attended the majority of the meetings since then and have a strong appreciation of and loyalty to the chapter. I recently served as a Member-at-Large in charge of registration. SWACSM has helped me develop and grow as a student and colleague and now does the same for my students.

I was born and raised in Southern California where I received all of my education at CSU Northridge (CSUN) and the University of Southern California. I hold ACSM's Exercise Physiologist certification (EP-C) and the Exercise is Medicine credential. I also hold NSCA's Certified Strength and Conditioning Specialist certification (CSCS). I am currently a Professor of Kinesiology at CSUN. Also, at CSUN, I hold the position of Director of Academic First Year Experiences and Secretary of the Faculty Senate. In addition, I am the Program Director for the Exercise Physiology Peer Learning Facilitator (PLF) program in the CSUN Kinesiology Department. I created the program in 2011 and it has grown significantly over the years. The PLF program provides extra resources and support for students taking Exercise Physiology and related coursework. I was also the Director of Commit to be Fit, a staff, faculty, and community fitness program on the CSUN campus for several years. Both of these programs provide valuable experience for our students, which is my primary objective in everything I take on.

My motivation in serving as President is to be able to give back to an organization that has given me so much over the years. I would like to contribute to the ongoing efforts to provide important resources, opportunities, and experiences for the students in our region. I would also like to continue to be an advocate for active involvement and a role model for students and junior faculty. Thank you very much for this opportunity.



Candidate for President Elect— Donna Cataldo

It is truly my profound honor to be asked to run as a candidate for President Elect for SWACSM. I am humbled and befuddled considering all the great professionals that are associated within our region. I am passionate about what we do; as exercise and sport science professionals we have such an opportunity to influence healthy behaviors and improve health outcomes in our communities that are experiencing declining health. We are a diverse and expansive resource of educated and certified professionals who have great potential to impact health and wellness. The Southwest chapter has a unique ability to increase our visibility through outreach into our communities' translating the basic science with the emphasis on underlying health and performance effects of physical activity and exercise. We have the potential through our membership to provide exceptional employment opportunities for our undergraduate and graduate student members. And continue to increase our prominence so that this chapter is a known resource offering a wide breadth and depth of content areas within special interests, clinical exercise physiology, worksite and occupational wellness.



I was born in Danville, Illinois and grew up in Montreal, Quebec, Canada. I went to school in Utah and New Mexico and since 2001 have been on faculty at Arizona State University. I essentially became an educated adult in the Southwest! I am currently a Clinical Professor in the College of Health Solutions and where I am the Program Coordinator for the Clinical Exercise Physiology MS program and teach also for the Kinesiology undergraduate program. I was elected the Senate President for the Downtown Phoenix Campus and later as the ASU Senate President representing over 4000 faculty. I have been a proud member of ACSM since 1997. For the last five years I have been a contributing member on ACSM's Consumer Outreach Committee and the newsletter editor for this chapter. I am excited about the chance to work together to increase opportunities for our student members, the health of our communities and increase the awareness of the value of what we can provide.



*Student Representative — Daviona Moore*



Greetings fellow SWACSM students and mentors! I am a senior at Occidental College and I am this year's student representative. While I am disheartened we will not meet in person, I am excited to celebrate and learn together virtually during the 2020 annual meeting!

Returning and new attendees are in for a treat this year! In addition to live webinars, there will be an online poster session. This space will grant attendees the opportunity to engage with dedicated students and professional members and learn more about their research! When we aren't picking the brains of our fellow researchers, there will be captivating presentations to view focused on new developments in the fields of nutrition, biomechanics, public health, and much more. The pre-recorded presentations and live webinars will undoubtedly provide an excellent way for student attendees to make connections between what they are learning in classes to the real-world. Be sure to check the website later this summer for updates related to the 2020 SWACSM program.

I would like to express such gratitude to the SWACSM board members and conference participants for their diligent work and flexibility as we continue to plan for this year's meeting. Attending SWACSM is a one-of-a-kind experience, full of learning and networking opportunities for all. Students who are interested in presenting their research are highly encouraged to prepare their abstracts as we embark upon the fall months. Although we will not be meeting in person, I am looking forward to safely connecting with you all virtually!





**Member at Large Nominee – James Navalta**

It is an honor to be considered for a SWACSM Member-at-Large position. My first involvement with any ACSM organization came as a graduate student at UNLV in the 90's when my mentors, Jack Young and Larry Golding, relayed the opportunity to serve as a student SWACSM AV technician back when slide projectors were still in use. From that time, I have been involved with regional chapters as I have moved to Purdue University for a doctoral degree (Midwest ACSM), then to Southern Arkansas University in my first job (Central States ACSM, where I served on the Advisory Council as the Arkansas State Representative), and then at Western Kentucky University (Southeast ACSM) before ending up full-circle at my alma mater UNLV and back at home in the SWACSM.

Once joining the professional ranks, I have made it a point to encourage student attendance at both regional and national conferences. I have found that long van rides are perfect opportunities to get to know students better, and for them to see you in a different light. In addition, I am one of the founders and Executive Editor of the *International Journal of Exercise Science*. The purpose has been to provide students with opportunities and insights into the peer-review process that usually does not come until later in one's professional career. Over the last several years it has been a rewarding experience to observe the growth and development of students who earned their wings with IJES and are progressing into outstanding professionals. My own research has focused on exercise and the immune system, and more recently on wearable technologies and their functions in natural environments.

I would like to become a Member-at-Large on the SWACSM board because it would allow me to give back to the organization that has been instrumental in my development as a professional. As we have one of the most active and diverse of all ACSM chapters, we are on the forefront of innovations that occur in our field. I am excited about the possibility of serving our chapter and would continue to be a passionate advocate in providing our students with outstanding experiences through our SWACSM meetings.



**Member at Large Nominee – Michele Alencar**

It is an honor to be considered for a SWACSM Member-at-Large position. My name is Michelle Alencar, PhD, CCN, CSCS, ACSM-EP, CPT and I am an Associate Professor in Kinesiology and also serve as co-founder and Chief Science Officer for inHealth Lifestyle Therapeutics, Inc. I am a certified clinical nutritionist, exercise physiologist, and strength & conditioning specialist with a passion for mobile health and virtual lifestyle coaching. I am also very active in academia and in the industry to apply evidence-based principles into clinical medical practice, health plan wellness initiatives, and medical device complimentary services. I am passionate about using exercise, nutrition, and behavior modification strategies to educate and inspire individuals to live a healthy active lifestyle. I have several research publications in the areas of health, mobile health, telemedicine, and body composition. My current research interests include telemedicine and its capability to provide nutrition, fitness and behavior modification strategies for health and holistic wellness through various industry mediums.



**A Message from your President— Michele LeBlanc (Continued from page 1)**

I know that our President-Elect Dr. Marci Rainey has worked hard to put together a stellar program for this fall's meeting. The program is certain to have something for everyone's interests. I am anxious to see the interesting work that has been happening in the region when we meet later this fall. Keep updated by viewing the SWACSM website frequently.

I look forward to seeing you all (even if it is virtually!), and thank you for supporting the Southwest ACSM. Take care of yourselves until then.

Sincerely,

Michele LeBlanc  
President, SWACSM

**SWACSM Jeopardy Bowl**

Last year was the 10<sup>th</sup> Southwest Student Jeopardy Bowl event, with Cal State Poly, San Luis Obispo victorious. Last year's team members recall their experiences with enthusiasm having had the opportunity to travel and compete in the regional competition. Unfortunately, due to COVID-19, the national ACSM Jeopardy competition was canceled. As a result, the SWACSM Board of Trustees has decided to give Cal Poly SLO the opportunity to represent the region in the 2021 annual meeting to be hosted in Washington DC. The next SWACSM undergraduate Jeopardy competition will be hosted in-person at our October 2021 annual meeting. This will give your teams plenty of time to prepare.

# Submit an Abstract for the SWACSM Virtual Annual Meeting and Conference, October 2020

## General Abstract Submission for Virtual Poster Presentation

The Effects of Whole-Body Vibration and Fatigue on Isometric Mid-Thigh Pull

Webster



Presenter(s)  
Sergio Espartero

Abstract  
Intro: When our bodies are subjected to continuous stress, overtime our performance will begin to decrease as a result of fatigue. However, past research has shown that Whole Body Vibration can have a positive effect on performance (Larrent et. al.) by increasing motor unit recruitment, as well as improving recovery by improving blood flow throughout exposed areas. Purpose: The purpose of

**INTRODUCTION:**  
Past research has shown that whole body vibration can have a positive effect on performance by increasing motor unit recruitment and improving recovery.

**RESULTS:**



**DISCUSSION:**

**ACKNOWLEDGEMENTS:**



IN MEMORIAM  
LARRY GOLDING, Ph.D. AND JOHN HOLLOSEY, M.D.

Larry Golding, Ph.D. 1926-2018  
Executive Director  
ACSM's Health & Fitness Journal - Founder  
Health & Fitness Summit - Founder  
YMCA National Treasurer

John Hollosey, M.D. 1933-2018  
Washington University School of Medicine in St. Louis  
ACSM Clinician Award  
ACSM Honor Award  
2008 IOC Olympic Place in Sports Sciences  
"Father of Exercise Biochemistry"

ACSM Clinician Award

## Expanded Abstract Submission for the Student Research Award Competition



**Abstracts Due September 25, 2020, 5:00pm, PDT\***

Abstract Submission Details and Link Coming Soon to the SWACSM Website

\*Posters (and optional video for general poster presentations) and oral video presentations for the student award competition will be due **October 26, 2020, 5pm, PDT**

**Jeopardy Bowl Winners**



**Cal Poly San Luis Obispo**



**Dr. Gail Butterfield Award**

**2019 Graduate Award Winner**



**Ashley Tovar, M.S., R.D.,**

**University of California, Davis**



**Norman James Award**

**2019 Undergraduate Award Winner**



**Cami Christopher**

**California Polytechnic State University, San Luis Obispo**



Dr. John C Young 2019 SWACSM Recognition Award Winner

