



SOUTHWEST CHAPTER OF THE AMERICAN COLLEGE OF SPORTS MEDICINE NEWSLETTER



A Message from your President Ann Gibson, PhD *University of New Mexico*

Before bringing you up to speed with current happenings in our chapter, I want to thank everyone who attended our annual meeting last year in Long Beach. Special thanks go to the speakers, slide and poster presenters, Jeopardy Bowl participants and judges, as well as those who filled speaker vacancies resulting from a couple of unanticipated speaker scheduling conflicts. Of the 793 SWACSM members, over 500 attended the 2017 SWACSM meeting and a record number (N = 190) of posters were presented in the two poster sessions!

This year's annual chapter meeting finds us returning to the Costa Mesa/Orange County Hilton on the October 26-27 weekend. Todd Astorino, PhD, has been busy organizing the 2018 meeting and identifying an exciting group of speakers. Be sure to read all about it in the President-elect's column; I am positive you will recognize some of the names in this renown lineup. Additionally, the Board of Trustees has been successful in receiving two grants from the national ACSM office – both promise to improve your conference going experience. One focuses on expediting the registration and badge printing processes. The other brings the chapter into the app and integrated social media world. Member-at-Large Nicole Dabbs, PhD, with assistance from SWACSM student representative, Roberto Nava, have been populating the app with conference details as well as other useful features that will place the program and vicinity at your fingertips. More details can be found in the SWACSM Student Representative column.

For students and faculty interested in becoming more involved in SWACSM, there are several opportunities to do so. The easiest is simply to attend the annual meeting, and it's less expensive to do so if you register in groups of ten. Online registration will open July 1st; look for the link on the SWACSM Facebook site. Submit an abstract for consideration as a poster presentation; make a few new professional connections, identify potential collaborators, and rekindle friendships made at past annual meetings. For faculty interested in or curious about becoming a candidate for future vacancies on the Board of Trustees, speak to as many of the current Board members as possible. If you have an idea for a symposium or a topic you think the chapter members will be interested in learning more about, reach out to the President-elect organizing the 2019 meeting.

I am looking forward to seeing you in October. In the meantime, follow chapter news via our web page and Facebook account. Together, we can surpass the successes of last year!

President Elect's Column	page 2	Student Representative	page 7
Nominees – President Elect	page 3 - 4	Nominees – Members-at -Large	page 8 -11
Executive Director's Column	page 5	Awards Winners	page 12

© Renzo Cataldo



**A Message from the President Elect's
Todd Astorino, PhD
CSU, San Marcos**

I hope all of you are having a pleasant and productive spring and thank you again for supporting my nomination as President-elect for the upcoming year. After a 1-year stay in Long Beach, the annual SWACSM meeting returns to Orange County in 2018, and will be held at the Orange County-Costa Mesa Hilton on Friday and Saturday October 26-27, 2018. This location is in the heart of Orange County and offers opportunities to indulge in many pastimes including theme parks such as Disneyland and Knott's Berry Farm, world-class dining and shopping at South Coast Plaza, and access to local beaches. Information regarding the meeting Program as well as lodging and registration will be posted on our website (www.swacsm.org) by April 1, 2018. The Board of Trustees and I have worked together to develop a rigorous and diverse Program for our upcoming meeting. Whether you are a scientist, student, or clinician, this breadth of topics should be appealing. Highlights for the upcoming meeting include presentations by three world-renowned scientists who are recognized for their work examining adaptations to physical activity in various populations. These include:

Dr. Mark Nash from the University of Miami will present the D.B. Dill lecture regarding efficacy of exercise and nutritional interventions on cardiometabolic health in persons with spinal cord injury. Dr. Martin Gibala from McMaster University will present the Gatorade Sports Science Institute lecture regarding the utility and efficacy of high intensity interval training in various populations. Dr. Michael Joyner from the Mayo Clinic will present the Founder's lecture regarding the limitations to human performance and the potential for a 2 hour marathon.

In addition to these sessions, we will have symposia concerning energy compensation in response to exercise training, effects of exercise training on cognition, muscle power and bone health in older adults, biomechanics of human touch interfaces, and development of an app to monitor physical activity levels in persons with spinal cord injury. Students will have the opportunity to present their work at one of two poster sessions, or compete in an undergraduate or graduate Student Research Competition held on Friday, October 26th. In addition, those who are interested in testing your knowledge in Sports Medicine are encouraged to compete in Student Jeopardy which will be held Friday evening, with the winning team competing at the annual ACSM meeting in 2019. Lastly for students, we will hold a symposium on Saturday morning October 27th regarding various career options for students majoring in Sports Medicine-Exercise Science and related disciplines.

The annual SWACSM meeting has been a huge success in the last few years, with approximately 500 attendees each year at the meeting. The Board and I thank our members for supporting the mission of SWACSM and are confident that this year's meeting will be a worthwhile event to attend. Take care and see you next fall in Orange County!

SWACSM Candidates for 2018—Nominee for President-Elect

Michelle LeBlanc, PhD



Daryl Parker, PhD

I am honored to be considered for the position of president-elect. The SWACSM chapter has played an important role in my development as a professional. As a master's student my advisors recommended that I become a member of the SWACSM, little did I know that would be the first of my 26 years in the chapter.

In the years to follow the chapter helped to shape my professional career. As a master's student I made my first research presentation at the SWACSM meeting and met many of the outstanding professionals that compose the chapter. I completed my doctorate at the University of New Mexico studying environmental physiology, a connection that I made at the SWACSM chapter meeting. As a doctoral student I continued my involvement with the chapter, becoming increasingly more active with research presentations and student research competitions. Following the attainment of my doctorate I was offered a faculty position at Sacramento State University, where I continued my research into altitude and reinvigorated my interest in the physiology of cycling. I have continued to bring students to the annual meetings to introduce them to what it means to be a professional. Over the last 18 years I have mentored a number of graduate students who went on to obtain their PhD. Every one of these students began their career by giving a research presentation at the SWACSM meeting. Currently, I serve as the graduate coordinator for the Kinesiology program at Sacramento State University, improving my ability to help students obtain advanced degrees and training. This opportunity has allowed me to have greater influence on developing students to become young professionals. In addition, this has afforded me an opportunity to advance my administrative skills.

Over the years I have served the chapter as a session moderator, symposium speaker, abstract reviewer, and judge for the outstanding research award. Given my teaching, scholarly, administrative background, and previous service to the chapter, I feel prepared to serve as the president of the SWACSM. I believe that the strength of the SWACSM chapter lies in the opportunities that it provides for both professional and student members. As president I would seek to continue these opportunities and maintain the strength of the chapter to which I have been a proud member for so many years.



Michele LeBlanc, Ph.D.

I am honored to be nominated for President Elect of the Southwest chapter of the American College of Sports Medicine. I am currently a professor and department chair at California Lutheran University in Thousand Oaks, California where I have taught since 2003. My research has been varied over the years and includes many years of grant work with USA Track & Field and the USOC analyzing elite-level javelin throwers and a more recent focus on lower extremity mechanics in sports and training movements. My academic background includes a BS and MS in Mathematics from Indiana University and the University of North Carolina at Chapel Hill, respectively, and a Ph.D. in Human Performance (Biomechanics) from Indiana University.

I attended my first SWACSM meeting in 2005 where my first undergraduate research student presented. That experience was incredibly meaningful to her and I am reminded each year what a powerful impact this meeting has on aspiring professionals. Since that first meeting, I have had students present most every year and my department supports up to twenty five students to attend the meeting. I served on the SWACSM board as Member at Large from 2007-2010 and CLU was the host institution in 2007. I value the many opportunities that the SWACSM organization and meeting offers students, both undergraduate and graduate, faculty and professionals in a wide range of disciplines. I welcome the chance to play a role in continuing the excellent meeting that has been provided and to consider how we can make it even better.



Jack Young, PhD

SWACSM Executive Director

Do you ever wonder what goes on at the administrative level of the Southwest Chapter? A short review of the minutes of the Winter Board meeting might answer that question. As a cost saving measure, the Board meets by teleconference in the Spring. As Executive Director, I set the agenda with input from the President who chairs the meeting. A review of the previous Fall annual meeting is usually the first item discussed, starting with a budget review – income and expenses – followed by a discussion of what went right and what needs fixing. This year, we focused on the two poster sessions. We were pleasantly surprised by the success of the Saturday poster/breakfast session and have adjusted the schedule for 2018 to allow more time for interaction at this poster session.

Other meeting related items included space allocation and utilization as well as the meeting location in general. While Long Beach was a nice venue, concerns about the small meeting space, lack of hotel rooms, and difficult access by air were addressed as we will be returning to the Orange County/Costa Mesa Hilton in 2018. Since most Board Member-at-Large responsibilities revolve around the annual meeting, reports from those members were next on the agenda. Suggestions for improving each area of responsibility – abstracts, operations, administration, and social media – were offered which we agreed to try in 2018. Following the review of the annual meeting, we moved on to business items for 2018. Candidates of the president-elect and member-at-large positions were identified. The statements of those agreeing to run are posted elsewhere in this newsletter. It was agreed to continue with the two poster sessions and the separate graduate and undergraduate student award sessions. Consideration was also given to a host school for 2018 and an annual meeting location for 2019.

Finally, we were able to announce the awarding of two chapter grants from ACSM – one for equipment to improve the on-site registration process and one to produce an app for use by attendees at the annual meeting. As you can see, most of the work at the Board of Trustees level is focused on the annual meeting which is the main activity of the chapter. As we continue to improve our financial solvency, the Board is open to initiating other chapter sponsored activities. We are open to any suggestions that you may have.

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 26st, 2018

Last year was the 7th 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. Moreover, the excitement of having the opportunity to immerse themselves in all the lectures offered at the national conference in Long Beach was a highlight to their graduating year.

Our 8th annual Southwest Student Jeopardy Bowl will be held in Orange County, again at the Hilton, **on Friday October 26th, 2018**. 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!

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 12th, 2018, 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.



Roberto Nava, SWACSM Student Representative

Greetings fellow SWACSM students! As you know, the National ACSM and SWACSM meetings are rapidly approaching and we look forward to seeing you there. The SWACSM chapter meeting will be held at the Costa Mesa Hilton near the Orange County airport. If you are flying in, the Hilton offers a free shuttle to and from the airport. More information about discounted hotel rates will be available soon.

This year, we are excited to debut an interactive smartphone app that will help you navigate the conference and hopefully enhance your learning experience. When complete, the app can be accessed by downloading the Guidebook app and searching for SWACSM. Some of the app features will include program information, biographies of SWACSM members and presenters, as well as information on nearby hotels and restaurants. The app can also be used as a networking tool, enabling you to see those in attendance and send others direct messages. You can also link this to popular social media platforms and see what others are saying and doing at the conference. Lastly, the app will feature a scavenger hunt in which participants can compete to win some fun prizes.

For those new to SWACSM, our chapter meeting is a great way to share your research, learn about the researchers of others and network with fellow students and faculty. Preregistration will open soon and discounted rates are offered for groups of 9 or more. I encourage all of you to submit an abstract for poster or oral presentation. Prizes will be given to the top undergraduate and graduate student presenters. In addition, be sure to register a team for the annual Jeopardy Quiz Bowl. There was some stiff competition between universities last year and Cal State SLO will be looking to defend their title.

For those planning on attending the ACSM national conference, you may be able to cover some of the cost of registration by volunteering to help at the conference. To do this, register as a student for the ACSM national conference and contact Karen Pierce (kpierce@acsm.org)

Nominee for Member-At-Large, Board Member



James LeCheminant, PhD

I am an Associate Professor and Associate Chair in the Department of Exercise Sciences at Brigham Young University. I completed my doctoral work at the University of Kansas working with Dr. Joe Donnelly, and recently completed a 4-month Sabbatical at the National Institutes of Health campus in Bethesda, Maryland. I have been a member of the American College of Sports Medicine (ACSM) since 2000 and an ACSM Fellow since 2009.

During my career, I have participated in several Regional Chapters of the ACSM, including, Southwest, Central States and Midwest Regional Chapters. I first participated in the Southwest ACSM (SWACSM) conference in 2000 as a student; and as a professional since 2011. I have co-authored 61 peer-reviewed papers in physical activity and health and obesity and weight management. My research program is multi-disciplinary, collaborative, and has produced a combination of epidemiological and experimental studies in Sports Sciences, Nutrition & Dietetics, Neurosciences, and Public, Environmental & Occupational Health.

I have personally benefited from the purpose of the ACSM and the goals of the Southwest ACSM Regional Chapter. While a graduate student, my mentors promoted and supported National and SWACSM meeting attendance. Presenting research at these meetings and learning about the cutting-edge research occurring at other institutions was foundational for my career. Further, I was first introduced to my eventual doctoral mentor at a National ACSM conference. I have sought to follow the example of my mentors by encouraging my students to participate in the ACSM and SWACSM. Since 2011, my students have presented nine abstracts at SWACSM conferences.

In short, I am running to be on the SWACSM Board of Directors to support the goals of the Southwest Regional Chapter. Specifically, to help students learn, gain experience, and connect with other professionals at both the Southwest Regional and National ACSM conferences.

Nominee for Member-At-Large, Board Member



Jeffrey Bernard, PhD

I am an Assistant Professor in the Department of Kinesiology at CSU Stanislaus. Before joining the faculty ranks I earned my undergraduate degree from UC Berkeley, master's degree from CSU Northridge, and doctorate from the University of Texas, Austin. It was about 15 years ago where my mentor, Dr. Ben Yaspelkis, introduced me to the SWACSM. After attending my first SWACSM conference, I left with a feeling of excitement. It was an interactive conference in which both students and professionals shared their common passion for sport and science, and I continue to see this grow. It is the student-centered, and collegial atmosphere that draws me back each year, and why I look forward to the opportunity to serve SWACSM.

I have been an active participant at the SWACSM conferences, presenting as a student myself, to more recently, having my own students present. Thus, I am passionate about the ACSM in general, and our SWACSM chapter in particular. The greatest strength of SWACSM is its exceptional quality and diversity of its members. Our professional members are current leaders in their field, while our student members are developing into the future leaders of our field and the organization. The continued advancement of SWACSM depends on the active involvement of all of us. It is important for us to move forward in a thoughtful manner, to be adaptable, and to be aware of the changing world around us. We can accomplish this through the continued prioritization of strong educational opportunities, networking, and mentorship. I am committed to these endeavors, as well as dedicated to further advancing the field of sport science. In conclusion, I am thankful for the opportunities provided through my SWACSM membership and embrace the opportunity to serve on the Board of Directors. Thank you for your consideration.

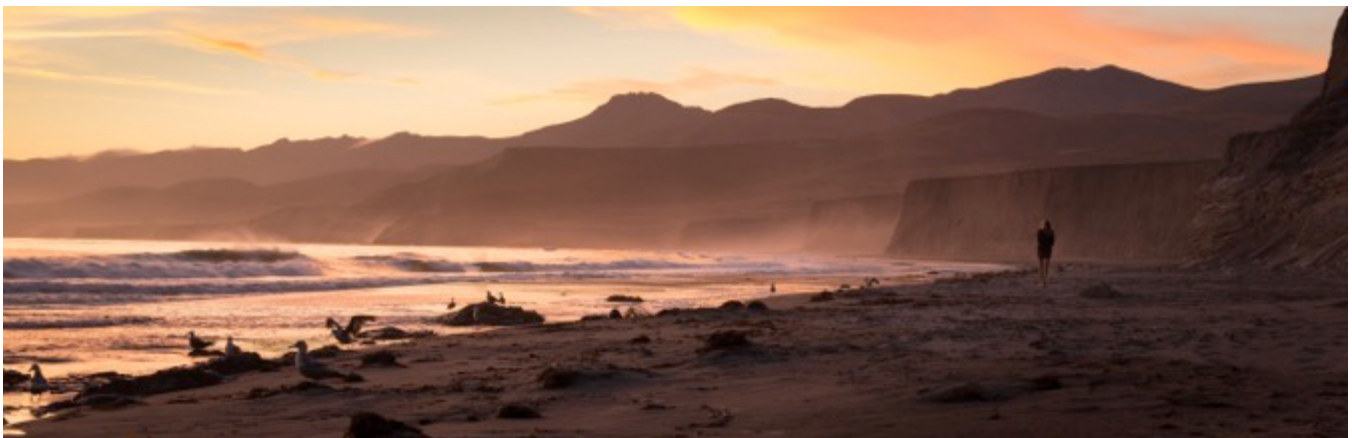
Nominee for Member-At-Large, Board Member



Jenevieve Roper, PhD

I am an assistant professor in the Department of Health and Human Sciences at Loyola Marymount University. I received my PhD in Physical Education, Sports and Exercise Science, with a concentration in Exercise Science from the University of New Mexico in 2015. My research specialty is biomechanics and focuses on gait retraining in runners with patellofemoral pain, the link between patellofemoral pain and knee osteoarthritis, and the development of assessment tools that will help clinicians in the early identification of patients at risk for patellofemoral pain and knee osteoarthritis.

I have been participating in SWACSM since 2012. I have presented multiple posters at the conference since joining SWACSM, including a colloquium presentation on gait retraining in runners with patellofemoral pain. I have also mentored several students who presented research at SWACSM. I am interested in becoming a board member for SWACSM because I believe that I will be able to bring my unique experience, background, and energy to the board and bring about a new perspective for the chapter's endeavors. I am committed to promoting scientific research and education in sports medicine to underrepresented populations and I hope that I can increase minority participation in the chapter by finding new resources that can support their involvement. My goal is to facilitate the growth and success of the chapter by identifying obstacles, opportunities and new directions the chapter should pursue.



Nominee for Member-At-Large, Board Member



Ken Vitale, MD

I am honored for consideration to the SWACSM board. I am a sports medicine physician and Associate Professor at the University of California San Diego in the Orthopedics Department. I first joined ACSM at the Greater New York chapter over 20 years ago, and was instantly a member for life. I've been part of NY, Mid-Atlantic, and Southwest chapters, national ACSM and the ACSM Team Physician Courses. It's been incredible; ACSM has so many levels of involvement, from student to faculty, with opportunities on both sides of the podium. I started out years ago with a simple poster, which opened doors for things like symposium lectures, becoming teaching faculty at the ACSM Team Physician Course, and now serving on the national ACSM Medical Education Committee. It all begins at our regional chapter!

A little about me, I am excited about how Exercise is Medicine and Lifestyle & Preventive Medicine can improve public health. At UCSD, I teach a course on ACSM's Exercise is Medicine initiative. For the state, this year I've given a seminar to the Superior Court of California (San Diego) Education Committee on sedentary lifestyle & prolonged sitting at the workplace. Nationally, in 2018 I collaborated with the CDC on a chapter regarding prevention of youth concussion. Internationally, I give lectures and coordinate international student exchange with universities in Japan.

I'd love to grow the clinical presence at our chapter, which aligns with ACSM's national efforts. I'd like to grow our membership base further into allied fields, clinical and research, to further diversify and strengthen our membership. I'd like to increase student opportunities for presentations and develop clinical tracks at the Southwest meeting to reflect the national ACSM meeting format. As a proponent of EIM, I would love to see more of the Exercise is Medicine initiative at our chapter. Most of all, I would like to increase student participation. You are the core of our chapter, you should guide our chapter's growth. Your opinions can drive what is covered at our meeting and influence your career.

Gail Butterfield Award: Paige E. Lin

Quantifying Compensations at the Whole Body Level during Gait in Individuals Post- ACLR
Division of Biokinesiology and Physical Therapy, University of Southern California

Norman James Award: Lucas M. DiBenedetto

The Effect of Cold-Water Immersion on Running Mechanics
Department of Kinesiology and Nutrition Sciences, University of Nevada-Las Vegas

Regional Jeopardy Winners!! Cal State Poly San Luis Obispo



25 Years Expertise in Metabolic Measurement



ParvoMedics TrueOne® 2400

*The System of Choice at NASA and
U.S. Olympic Training Centers*

- **Accurate**

Precision "Yeh" algorithm for flow calibration. Validated by a highly respected lab. ("Validity of inspiratory and expiratory methods of measuring gas exchange with a computerized system" *J. Appl. Physiol.* 91:218-224, 2001.)

- **Reliable**

3 years standard warranty included.

- **Easy to Use**

Windows XP program. Gas auto-cal takes 30 seconds.

- **Exceptional Customer Support**

Rapid response with "express turnaround" service.

- **Preferred by Exercise Physiologists**

Used to test U.S. Winter Olympic athletes (TOSH) and Canadian Olympic athletes (U of Calgary). Also used at USARIEM, Cooper Institute, Harvard, Stanford, Duke, Florida, and USC.



Call for **FREE Demo Diskette**

ParvoMedics Inc.

8152 South 1115 East, Sandy UT 84093

Toll Free 1-800-942-7255 • Tel/Fax: (801) 942-7796

e-mail: info@parvo.com • Web: www.parvo.com

Photo Credits: Renzo Cataldo

Visit: renzophoto.com