

SOUTHWEST AMERICAN COLLEGE OF SPORTS MEDICINE

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



A MESSAGE FROM PRESIDENT-ELECT

After countless webinars and virtual meetings, it was refreshing to see so many of you at our conference last fall. I hope you will begin making plans for our 2022 conference being held October 28-29 at the Orange County - Costa Mesa Hilton.



It's an honor to have Anastasia Fischer, the president of national ACSM, deliver the D.B. Dill Lecture at our 2022 meeting. Dr. Fischer's graduate work was in exercise physiology, prior to attending medical school at The Ohio State University. She has a special interest in research and advocacy regarding the adolescent female athlete, concussions, and spondylolysis. Students interested in careers in allied health will want to

make sure to attend her keynote address.

I'm excited to welcome a former mentor of mine, Brent Ruby from the University of Montana, to deliver the Founder's lecture. Dr. Ruby has been studying the limits of human physiology for the past 25 years, and much of this work has been done in the field with wildland firefighters engaged

in fire suppression. In his spare time, he crafts stand up paddleboards, restores his 1970s Volkswagen Westfalia, and writes children books. I'm convinced he's the most interesting man in ACSM – you won't want to miss his lecture. You can watch a video about Brent and his eclectic pursuits [here](#).

Additionally, Ryan Nuccio from the Gatorade Sports Science Institute will address our chapter in 2022 regarding food-based options to supplement exercise performance. The remaining talks

STUDENT TRAVEL GRANTS AVAILABLE FOR 2022

SWACSM is happy to announce a continuation of the Student Travel Grants available to undergraduate and graduate students attending the SWACSM meeting on October 28-29, 2022 in Costa Mesa, CA. Multiple awards will be distributed in amounts up to \$500 to assist students with conference registration and travel-related expenses. The application deadline is **Friday, September 16th at 5pm PDT**. Winners will be notified on or before October 1st and will be presented their grant during the conference awards ceremony on Saturday October 29th. Eligibility and application guidelines can be found on [the SWACSM website](#). Students, please consider applying and faculty, please encourage eligible students to apply.

will cover a wide range of topics from faculty and researchers within our region. Topics include the male athlete triad, the role of fitness in the treatment of obesity, thermoregulation, biomechanics, and cardiac rehabilitation, among others.

Finally, I want to encourage students to attend the meeting (and encourage faculty to bring their students). Students: most all of your faculty had their first professional development experience in the form

of presenting at a chapter meeting like this one. So, don't miss your opportunity at SWACSM 2022! The deadline to submit an abstract for a poster presentation, or an expanded abstract for the student research competition, will be in September. Students will also have the opportunity to hear from a variety of groups regarding certifications and employment opportunities within the industry as well as networking opportunities for grad school. I'm convinced that few things will

impact the professional trajectory of students more than this meeting. It is a wise investment in your future!

I'm grateful for the opportunity to serve the chapter. Should you have any questions about our organization or the upcoming meeting, don't hesitate to reach out. Best of luck navigating the remainder of the spring term and I hope to see you in October!

Trevor Gillum, Ph.D., FACSM
SWACSM President-Elect

EXECUTIVE DIRECTOR COLUMN

Spring is upon us and COVID is hopefully behind us. As the end of the spring semester approaches, and before beginning summer activities, there are Southwest Chapter and national ACSM matters to consider. The annual election for Southwest President-elect and a Member-at-Large will be held in May. An email will be forthcoming from ACSM with the ballot and links to candidate profiles. Candidate statements are also included in this newsletter. Take a few minutes to review the candidates and select next year's chapter leaders. The ballot will also include a constitutional amendment setting the term of the executive director to five years. This does not preclude the executive director from serving consecutive terms, but sets out the expectation for the length of the commitment.

The 2022 ACSM annual meeting is in San Diego, making it convenient for attendees from the Southwest region. If you are planning on attending, be prepared for an increase in registration fees. ACSM has adjusted the pricing structure to meet the increased costs of the convention center, host hotel and associated vendors. There are now two rates, early bird and regular/on-site. For students, early bird is \$129 and regular is \$159, increases of \$29 and \$59



respectively. Registration for professionals has increased to \$369 for early bird and \$469 for regular, increases of \$139 and \$144 respectively. That being said, the cost of attending the Southwest ACSM annual meeting, which includes student membership in the Southwest Chapter has remained fairly constant and might be an attractive alternative for the budget conscious. Spring is also the time to start preparing a research project for presentation as an abstract or an entry into the student competition at the Southwest meeting in October on Halloween weekend. This an excellent opportunity to make a professional presentation in a relaxed, low-stress setting. I can guarantee that every abstract submitted will be accepted for presentation and, unlike ACSM national, there is no abstract submission fee. Information on abstract submission, meeting registration, and student travel awards is included in this newsletter and will be posted on the SWACSM website (swacsm.org) shortly.

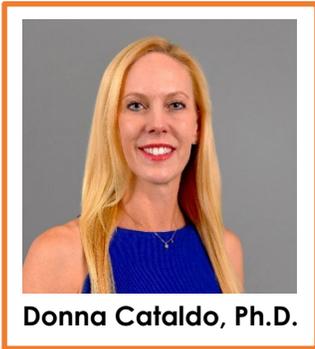
After two years of pandemic related disruptions, a return to normal is sorely needed. I encourage you to start planning now for the fall Southwest ACSM annual meeting. I hope to see you there and don't forget to vote for your new board members in May's election.

Jack Young, Ph.D., FACSM
SWACSM Executive Director

SWACSM 2022 ELECTIONS

We are pleased to announce several candidates who are running for leadership positions within the Southwest Chapter. There are two positions which need to be filled, President-Elect and Member-at-Large Communications, and two candidates for each position. In this section of the newsletter, you will find their candidate statements and biographical information. Thank you to everyone who has expressed interest in serving the region. Members of SWACSM will receive an email inviting them to vote in the 2022 Elections. Please be sure to cast your ballot between May 2-14th.

Candidate for President-Elect



Donna Cataldo, Ph.D.

It is humbling to be asked to run for the position of President-Elect and I am grateful for the confidence that the Board of Trustees has in my abilities to serve the members of this chapter. I have been a proud member of SWACSM since I was a graduate student at the University of New Mexico and attended regularly both the regional and national meetings. I have had the privilege of presenting posters and slide presentations. And I had the honor of serving as the SWACSM Newsletter editor for six years.

I believe that as exercise and sport science professionals we have such an opportunity to influence healthy behaviors and improve health outcomes in our communities. Most recently the value of exercise cannot be overemphasized in supporting our population health. Now more than ever we need reach out to our stakeholders who can benefit from our educated and certified professionals in their exercise facilities, environmental and occupational settings and clinical sites. My interests for our chapter are to increase our professions visibility through outreach into our communities' translating the basic science with the emphasis on underlying health and performance effects of physical activity and exercise incorporating new technologies to enhance our impact in our professional practice. My goal is to be certain that we provide exceptional employment opportunities for undergraduate and graduate student members. We need to reach out and increase our network visibility so that this chapter is a known resource where professionals with expert advice may be contacted across a wide breadth of content areas of special interests, sport performance, clinical exercise physiology and worksite wellness.

I am sincerely invested in the success of our chapter and am passionate about this region having lived in the Southwest since 1990. I completed my undergraduate degree in exercise science at the University of Utah; and pursued my graduate studies at the University of New Mexico. Since graduating in 2001, I 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 teach for the Kinesiology undergraduate program and I am also the Program Director for the Clinical Exercise Physiology MS program. As program director, I see my role as supporting the development of young professionals who will continue in our field and positively influence change within our communities. It would be such an honor to collaborate with our exceptional members and universities to support the continued growth and recognition of the value we bring to our communities. And it would be such an exciting opportunity to serve as your president elect and president and represent and support our regions interests.

Candidate for President-Elect



Jenevieve Roper, Ph.D.

I am humbled and grateful for the opportunity to serve as President-Elect of SWACSM. I have been a part of SWACSM since 2012 and this chapter has provided me with numerous opportunities to grow as an exercise science professional. I am excited at the chance to work alongside our current board with the goals of continuing to increase student engagement and participation at our conferences as well as mentoring and facilitating the professional growth of students and young professionals in the region.

I was born and raised in Fairfield, California prior to moving to Albuquerque, New Mexico at the start of my secondary education. I graduated from the

University of New Mexico, continued my education by pursuing my master's degree at the University of Nevada, Las Vegas before completing my Ph.D. from the University of New Mexico in 2015. A true SWACSM local, I was fortunate enough to present at SWACSM several times with each experience allowing me to grow my professional network and form collaborations with other researchers that improved my own research skills and abilities. SWACSM is truly special in that our conference is student-centered with the goal of showcasing student-led research. That focus is something that I wish to continue and expand so that other students can have similar experiences with our region.

I have previously served on the board for SWACSM and was fortunate enough to wear several hats. I worked with social media for the chapter highlighting different aspects of the meeting. I also oversaw abstracts and awards where I assisted with the abstract submission process as well as the student research competition where I was able to moderate the sessions. This competition truly showcases the work that our students in the region can do which continues to advance scientific knowledge. I am most proud of the chance I had to assist with the creation of the SWACSM Student Travel Grant. Providing resources and assistance to students interested and invested in research has always been a primary objective of mine which I hope to continue and grow.

Currently I am an Assistant Professor of Health and Human Sciences at Loyola Marymount University where I study clinical running biomechanics and sport performance. As a primarily undergraduate research institution, I am able to expose undergraduates to research early in their careers through various projects in my lab and attendance at regional conferences like SWACSM- something that I truly value. I am eager to expand my role in our region as President, and work to continue moving our chapter forward while preserving the strong legacy of SWACSM.

Candidate for Member-At-Large - Communications



Bülent Sökmen, Ph.D.

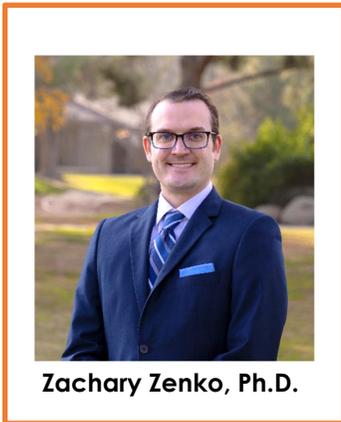
It would be a pleasure and an honor to serve on the SWACSM Board as a member at large on the Communications Committee. My first SWACSM meeting, in 1998 in Las Vegas as a Cal State Fullerton grad student assisting my mentors Drs. Bill Beam and Gene Adams, was a turning point for my academic development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

Since that first SWACSM meeting, being involved in the ACSM has provided me with many great opportunities in my professional development. I continue participating in both regional and national conferences regularly.

I have served as a volunteer, presented research papers in regional and national meetings (first as a student, now as a faculty mentor) and was an invited speaker. I continue to introduce the ACSM to my students and encourage and support them in presenting their research findings in our professional meetings. The ACSM and our regional SWACSM are the best professional and academic development organizations for the sports medicine disciplines and our southwestern regional community.

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

Candidate for Member-At-Large – Communications



I am honored to be a candidate for Member at Large for Communications. I am currently in my fourth year as Assistant Professor of Kinesiology at California State University, Bakersfield. I have been a member of the Southwest chapter of the American College of Sports Medicine since 2018 and I have been attending and presenting at the annual meetings with students.

Previously, I was a postdoctoral associate at Duke University. I earned my PhD in Kinesiology with a focus in exercise psychology from Iowa State University, my MS from the University of Pittsburgh, and my BS from Edinboro University of Pennsylvania. Thus, I have previously been actively involved with the SEACSM (2016-2018), MWACSM (2012-2016), and MARC-ACSM (2009-2012).

I am also heavily involved with the Society for Transparency, Openness, and Replication in Kinesiology (STORK) where I serve as the Publications Chair. I previously served as the Co-Chair of the Executive Committee and served as the inaugural Publications Chair prior to that.

I have also reviewed abstracts for the national American College of Sports Medicine annual meeting and the Southwest chapter's annual meetings. Further, I have served as a judge for the student award competitions at several chapter meetings.

These previous experiences have prepared me to be the Member at Large for Communications with the Southwest chapter of the American College of Sports Medicine. The American College of Sports Medicine is the first organization that gave me a "home" and I am now at the stage of my career where my focus is on giving back to students and the chapters. While I will begin serving the American College of Sports Medicine on the Research Awards Committee in June, I am also keen on serving at the chapter level where students are most heavily involved.

As the Member at Large for Communications, I will work to enhance our communication channels on social media (e.g., Twitter) and work to highlight the excellent work of chapter members. I will also work to keep the website updated and full of useful information and I will work to prepare the chapter newsletters. I will also work to create a useful and informative electronic program for the annual meetings. I will also explore other options for enhanced asynchronous communication and networking opportunities between SWACSM members (e.g., Slack, Discourse).

SWACSM ANNUAL MEETING OCTOBER 28-29TH

Please save the date for our upcoming regional chapter meeting at the Orange County Costa Mesa Hilton Hotel in Costa Mesa, CA. Registration for the conference will be available on our website beginning July 1st. Be sure to check our website for more updated information as the conference date approaches.

Research abstract submissions for the annual meeting poster session are due **September 23rd**. Submission instructions will be available on our website beginning July 1st. As usual, we will be hosting a student research competition. Competitors should be prepared to submit an expanded abstract for the competition by **September 16th**. We will also continue the annual Jeopardy bowl competition on sports medicine knowledge for teams of three undergraduate students from institutions within the region which will be held at the SWACSM meeting on Friday evening, October 28th. We will put out a call for teams later this summer.

WE LOOK FORWARD TO SEEING MANY SOUTHWEST CHAPTER MEMBERS AT THE 2022 [ACSM ANNUAL MEETING](#) AND WORLD CONGRESS IN SAN DIEGO, CA
MAY 31ST – JUNE 4TH

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