



A Message From Your President

Ann Gibson, PhD, FACSM

University of New Mexico

What an absolutely amazing time to be a promoter of the "magic pill"! We hold in our hands, hearts, and heads the ability to help individuals and communities around us delay the onset or reverse the trajectory of many debilitating noncommunicable disorders (NCDs). Our "magic pill" is known to have wide-reaching side effects – improved mental, physical, and emotional health! Yes, there is an appropriate dosage, but our prescription is appropriate for children, teens, and adults of all ages. Research investigating the variety in dosages is providing the evidence base on which we can build our individualized prescription – our version of personalized medicine, if you will. The depth and breadth of this evidence is a result of the work of us all – from the practitioners who implement it to the bench scientists who identify the mechanisms underlying it to the faculty and students who teach, study, and learn about how best to tailor the prescriptions.

Dr. Glenn Gaesser, 2018 SWACSM Recognition Award Winner

The chapter is honored to present the 2018 SWACSM Recognition Award to Glenn Gaesser, professor of exercise physiology in the College of Health Solutions at Arizona State University. Professor Gaesser grew up in the San Francisco bay area and completed all his degrees at U.C. Berkeley (A.B. 1972, M.A. 1975, Ph.D. 1978). Both his masters and doctoral studies were completed under the mentorship of George Brooks, who arrived at Cal in 1971, the same year Glenn had transferred from UCLA. Together they conducted ground-breaking research that challenged prevailing scientific dogma. His master's thesis on muscular efficiency during exercise was published in the *Journal of Applied Physiology* in 1975. His review article on excess postexercise oxygen consumption (historically referred to as the Oxygen Debt), which was based on his doctoral dissertation research and co-authored with Dr. Brooks, was published in *Medicine and Science in Sports and Exercise* in 1984. These two exercise physiology classics remain the most cited articles on these topics in the scientific literature.

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A Messge from your President-Elect Todd Astorino, PhD CSU, San Marcos

It is that time of year again when faculty and students are going back to campus, and our annual SWACSM meeting is approaching. This year, the meeting is returning to Orange County, CA and is being held from October 26-27th at the Costa Mesa/Orange County Hilton. I have prepared the Program in an attempt to satisfy the varied interests of our regular attendees, and hopefully attract many new SWACSM members too. The Friday morning Program has something for everyone: first, the D.B. Dill lecture will be given by Dr. Mark Nash from the University of Miami, who will discuss his work concerning cardiometabolic dysfunction in persons with spinal cord injury. Following this session are concurrent symposia concerning energy compensation, spinal cord injury and exercise, as well as the Undergraduate Student Research Competition. This event was instituted for the first time last year and was a tremendous success, and we are looking forward to getting more high-quality presenters at this session. Afternoon highlights are sessions ranging from biomechanics of multi-touch devices to muscle-bone interactions and exercise and cognition. In addition, we are holding the Graduate Student Research Competition which will allow Master's and doctoral students to present their research. The evening highlights include our first poster session, which is a fantastic opportunity to share your research and interact with others, and in the case of Jeopardy, test your knowledge of Sports Medicine.

Our Saturday session kicks off with our second poster session as well as a Career Panel which will be overseen by professionals working in fields including Allied Health, Strength and Conditioning, Medicine, and Cardiac Rehabilitation. We hope that students seeking information about various career opportunities will attend this session and utilize the expertise of our panelists. Following this is the Gatorade Sports Science Institute talk which will be given by world-renowned Physiologist Dr. Martin Gibala from McMaster University who will discuss the various adaptations to high intensity interval training in various populations. Lastly, our meeting's General Session will culminate with Dr. Michael Joyner of the Mayo Institute giving our keynote lecture concerning the 2 hour marathon and limitations to human performance.

Overall, I am looking forward to this meeting and thanks for attending our meeting and supporting our Chapter.

Congratulations to Our Newly Elected Officers



Member-at-Large

Jenevieve Roper, PhD

Loyola Marymount University



Member-at-Large
Kenneth Vitale, MD
UC San Diego



President Elect

Michele LeBlanc, PhD

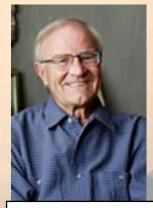
California Lutheran Umiversity



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

The Fall issue of the 2007 SWACSM newsletter included an article written by my son Jeramy describing a service project in which we participated as part of the 2007 ACSM annual meeting in New Orleans. As you recall, hurricane Katrina had a devasting effect on people and property in New Orleans. The rebuilding effort required that homes be gutted rather than be demolished. Our project, spearheaded by Dr. Kris Clarke of Penn State, involved stripping a flooded house which meant clearing debris and removing moldy wallboard and fixtures. It was an emotional experience as we viewed the remnants left behind when the inhabitants escaped the flood which had a lasting effect on me. Who would have thought that a decade or so later we would be making New Orleans our home. Yes, after retiring from my faculty position at UNLV, my wife and I have relocated to the New Orleans area. However, thanks to electronic communications technology, and at the behest of Associate Execute Director Ben Yaspelkis and President Ann Gibson, I will continue as the SWACSM Executive Director. Nothing has changed except the mailing address. So, I will be seeing you at this year's annual meeting as we return to the Orange County/Costa Mesa Hilton.

We lost two of the greats in exercise science this year. Larry Golding passed away in May and John Holloszy passed away in July. The careers of both individuals illustrate the breadth of the exercise science discipline. Before it was described as translational research, Larry Golding was a leader in promoting fitness from a scientific perspective. He was a co-author of the "Y's Way to Physical Fitness", the first editor of ACSM's Health & Fitness Journal, and was instrumental in organizing the ACSM Health & Fitness Summit. Through his pioneering studies on the mitochondrial adaptations to aerobic endurance exercise, John Holloszy is considered the father of exercise biochemistry. John published over 400 scientific papers and mentored nearly 100 postdoctoral fellows. He was awarded the 2000 IOC Olympic Prize in Sports Medicine for his contributions to our understanding of the cellular mechanisms behind the exercise-induced improvements in athletic performance and disease states. I was privileged to have interacted with both individuals in my career. Larry was a colleague during my tenure at UNLV and I had the great good fortune to complete a postdoctoral fellowship in John's lab at Washington University in St. Louis.



Larry Golding,



John Holloszy, M.D.

A Message from Your President (continued)

As you've surmised, the "magic pill" is exercise and a physically active lifestyle fueled by a healthy diet. The synergy between exercise and nutrition is greater than either alone. Our "pill" works; we know it does. We are in the perfect position to assist those around us in assuming more responsibility for their health. Let's reach out, get involved, share what we know, listen and continue to learn. Our scopes of practice will differ from state to state, but the networking begins and gains strength by our attending gatherings such as SWACSM. I challenge each and every one who reads this newsletter to establish a mutually beneficial professional with new people over the weekend. Our new SWACSM meeting app should be able to help you shy ones. Enjoy the conference. Reach out, get involved, share what you know, listen and continue to learn! Remember to check out our newly formatted and updated website and logo! And you can access information about the conference at our new conference guidebook app. You can search SWACSM18 to find the guidebook. https://guidebook.com/g/swacsm18/. Individually, our potential impact is great; together, our impact is revolutionary.

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 26th, 2018

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 9th annual Southwest Student Jeopardy Bowl will be held in Long Beach, 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! (Continued on page 8)

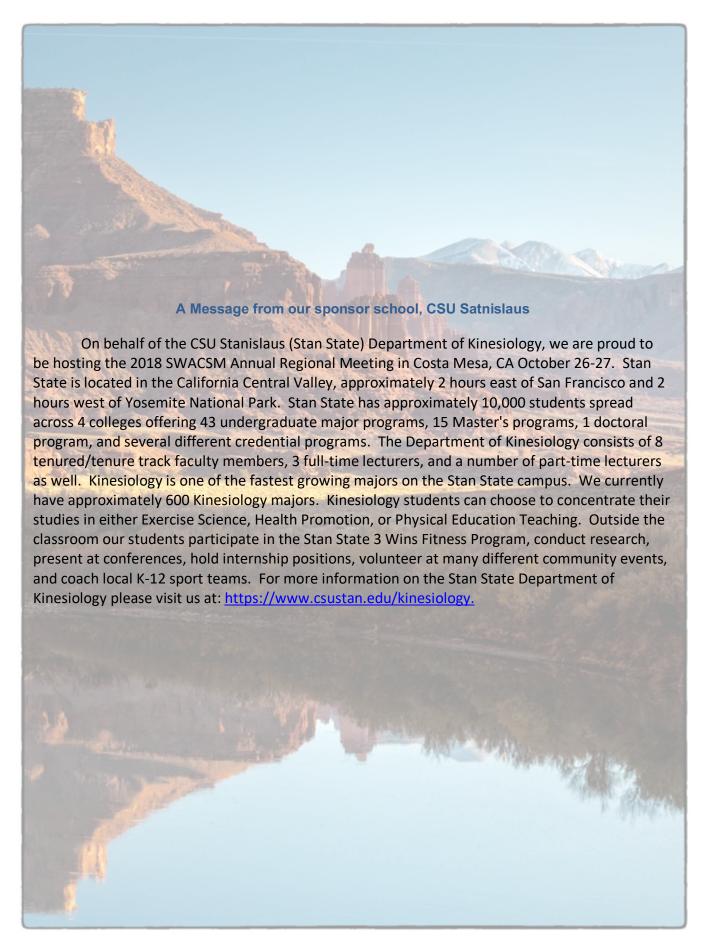
Recognition Award Continued from page 1

They provided the background to his later work on the slow component of oxygen uptake kinetics during high-intensity exercise, which has applications to endurance performance and exercise tolerance. His seminal review on the topic, published in *Exercise and Sports Sciences Reviews* in 1996, is the most cited article on the subject.

Professor Gaesser is also renowned for his contributions to understanding the cardiometabolic adaptations to exercise training, particularly the role of exercise intensity. He has conducted more than 20 exercise training interventions over the past 35 years. Largely because of his expertise in this area, professor Gaesser co-chaired the writing group responsible for revising ACSM's Position Statement on the "Recommended Quantity and Quality of Exercise for Developing and Maintaining Cardiorespiratory and Muscular Fitness in Healthy Adults," in 1998. He also was elected to ACSM's Board of Trustees (1996-1999), and served as associate editor of *Medicine and Science in Sports and Exercise* (1996-2000) and as chair of ACSM's Pronouncements Committee (1993-1996). Professor Gaesser, has been a member of ACSM since 1973, a Fellow of the College since 1983 and, has also served as SWACSM's president (2015-2016).

For the past 22 years professor Gaesser has also been widely acclaimed for his work on alternative viewpoints on the health implications of obesity, stemming from his iconoclastic book, *Big Fat Lies: The Truth About Your Weight and Your Health*, initially published in 1996 and updated in 2002. He has given over 200 invited presentations on the topic of obesity, lifestyle and health during the past 20 years; mostly on college campuses and at professional meetings. In 1997 he received a public service award "For dedication to and promotion of health and rationality concerning body weight and fitness" from ANAD—the National Association of Anorexia Nervosa and Associated Disorders.

Professor Gaesser has spent his entire life in academia, first at San Jose State University, then UCLA and Occidental College, followed by an 18-year stint at the University of Virginia, before moving to his current position at ASU in 2008. He has been a mentor to dozens of graduate students, many of whom are current faculty members across the country and at institutions within the SWACSM region. For his lifetime body of work and contributions to exercise science and to serving the mission of ACSM at the national and regional levels, we are pleased to honor professor Gaesser with SWACSM's 2018 recognition award.





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 2018. 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.

SWACSM 2018 Abstract Submission Instructions

(more details can be found on the SWACSM website)

SWACSM Annual Meeting and Conference - Costa Mesa/Orange County - October 26-27, 2018

All student members and those joining the Southwest Chapter of the American College of Sports Medicine (SWACSM) are invited to submit abstracts of studies for presentation.

Electronic submissions are required.

Please follow the general instructions below which will assist you in submitting your abstract electronically in addition to the student research award specific instructions.

Abstract Submission Link: https://laverne.co1.qualtrics.com/jfe/form/SV 6ojJkh1C5PXUkXX

General Poster Presentation and Student Award Competition Extended Abstracts Due: September 21, 2018 at 5pm PDT.

General Instructions

- Each individual is permitted to be first author on only one abstract, but may co-author several abstracts.
- The first author is considered a presenter and must present the abstract at the annual meeting.
 - o (Schedule details provided on the SWACSM website)
- At least one of the authors must be a member of the SWACSM.
- If one of the authors is a Fellow of the American College of Sports Medicine (ACSM), the letters FACSM should follow his/her name.
- Expanded abstracts undergo a blind review by three experts in the field.
- All abstracts (maximum 2000 characters without spaces) will be published in the program as submitted. Since published abstracts will be photo-reduced, it is crucial that all figures and tables be neatly organized and all type be of the same font. Minimum acceptable type size will be 11 cpi and no larger than 12 cpi. Arial type font is preferred.
- Abstracts should not have been published previously in any other printed or electronic format. Keep a copy of the abstract for your records.
- All presenters must be registered for the meeting.
- Presenting at SWACSM does not preclude submitting the same abstract for presentation at an ACSM national meeting.
- Keep a copy of the abstract for your records.

Student Research Award Specific Instructions

- 1) If you are submitting your expanded abstract for the Student Research Award competition, you must indicate this in this electronic submission form AND you must submit an expanded abstract. The expanded abstract is limited to 5 pages (not counting references) and must be double spaced. The expanded abstract should provide the study's background, purpose, design/methods, results (including tables and figures), discussion and conclusions.
- 2) For the Student Award competition, be sure to include the name of your advisor/mentor and his/her email address. An email message may be sent to your advisor/mentor verifying your student status and to confirm the expanded abstract is appropriate for presentation at the SWACSM Annual Meeting and Conference.
- 3) All work reported in the expanded abstract must have been conducted while you were a registered student at an institution in the Southwest Region and the abstract may have multiple authors/investigators although only one individual is to present.
- 4) Following review by competition judges, one individual associated with the undergraduate or graduate expanded abstract selected for the competition will be asked to present in either the undergraduate (10:45am 12:15pm) or graduate (1:45pm to 3:15pm) competition presentation sessions on Friday, 10/26/2018.
- 5) All expanded abstracts NOT selected for the competition will be presented in one of the General ACSM conference poster presentation sessions.

Following submission of an abstract, an electronic email confirmation will be sent to the applicant and if included, a faculty mentor/advisor. Email notification of acceptance and a presentation timeslot should will be sent following submission. Make sure to reserve a hotel room early (the hotel room rate cut-off date this year is September 25, 2018). See the SWACSM website for more details.

All questions regarding the abstract submission or the student research award competition should be directed to:

Sarah L. Dunn, Ph.D. SWACSM Member-at-Large Abstracts
Department of Kinesiology and Director of Research and Sponsored Programs
University of La Verne
Office: 909-448-4788 or Email: sdunn@laverne.edu



Have you registered yet? Don't delay!

All conference info is all on the new website https://www.acsm.org/acsm-membership/regional-chapters/acsm-chapters/southwest/southwest-l2/meeting-info

Registration is here https://members.acsm.org/ACSM/Events/Event_Display.aspx?EventKey=SW2018F but is also linked on the website.

The hotel should be called directly at 714-540-7000; the block is under <u>Southwest ACSM</u> or the default <u>Southwest Chapter 36th Annual Meeting</u>. The cutoff for room reservations is September 25. Remember that the last time we met at this hotel, the block sold out so reserve early.

And please check out the new conference guidebook app. You can search SWACSM18 to find the guidebook. https://guidebook.com/g/swacsm18/.



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