



# SOUTHWEST CHAPTER SPORTS MEDICINE NEWSLETTER

A Biannual Publication of SWACSM—Vol. 19, No. 2—Fall, 2006

## 26th Annual SWACSM Meeting – Something for All

Ben B. Yaspelkis III, Ph.D., FACSM

SWACSM

President-

Elect



Although it has been a few months since the spring SWACSM newsletter was published, it seems like I was just writing to encourage you to consider attending the annual meeting in November. Now, November is just around the corner and I hope that not only has the meeting been put on your calendar (Nov. 10-11), but that you are actively making travel plans and encouraging your students and colleagues to join us in San Diego. The meeting will be held at the Marriott Mission Valley and we have secured a block of rooms for the

nightly rate of \$129. You will need to call the Marriott Mission Valley (619-692-3800) to make reservations. When calling, make sure you identify yourself as attending the SWACSM conference to get the quoted rate. The cutoff date for our block of rooms is October 9<sup>th</sup>. Availability of rooms at the SWACSM group rate cannot be guaranteed after this date. If you do not already have a meeting brochure and registration form it can be downloaded from the SWACSM web site ([www.swacsm.org](http://www.swacsm.org)). Early Registration (with discounted fees) ends on October 30<sup>th</sup>. Make sure that you do not miss out on the meeting. Send in your meeting registration and make your hotel reservation today!

I also encourage you to explore the hotel's web site (<http://marriott.com/property/propertypage/SANMV>) to appreciate how excited we are to be holding our meeting at this location. Make sure to review the "area information" link on the hotel web site, as this provides quite a bit of information regard-

ing what is located around the hotel, including restaurants. If you are interested in getting to Old Town or downtown, the San Diego Trolley station is literally steps from the hotel. A trolley map and fare information can be found on the San Diego Metropolitan Transit System (MTS) web site ([http://www.sdcommute.com/Rider\\_Information/Trolley/TrolleyMap.asp](http://www.sdcommute.com/Rider_Information/Trolley/TrolleyMap.asp)). Finally, it should be noted that the hotel is close to the San Diego Zoo, Sea World, the San Diego Mission, and Balboa Park just in case the content of the meeting is not enough to entice you make a trek to San Diego. However, I think that we have put together an outstanding program that has something for everyone and should be motivation enough to attend the 2006 SWACSM meeting. Remember the dates – November 10<sup>th</sup> and 11<sup>th</sup>, book your hotel room, make your travel plans and we will see you in San Diego (<http://www.seeyouinsandiego.com/>)!

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### Jack Wilmore Receives SWACSM Recognition Award

Robert Conlee, Ph.D., BYU

The Southwest Chapter of the American College of Sports Medicine is pleased to present its annual SWACSM Recognition Award to Jack H. Wilmore, Ph.D. Dr. Wilmore is an internationally recognized scientist and educator and was this year's recipient of the national ACSM Honor Award.

Dr. Wilmore received his B.A. and M.A. degrees in Physical Education from the University of California, Santa Barbara, and his Ph.D. in Physical Education from Continued on P. 2





**Remember, SWACSM 2006.**

**November 10-11**

Marriott Mission Valley  
8757 Rio San Diego Drive  
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Meeting registration online  
www.swacsm.org

Hotel registration by phone:  
1-800-842-5329

**REMINDER: Chapters No Longer Collect CEC/CME Fees -**

Beginning last year, the CEC/CME process was changed so that meeting attendees pay their CEC/CME fees directly to ACSM. You will need to get your CEU application from the meeting and send it to national.

the University of Oregon in 1966. He has held faculty positions at Ithaca College of New York, UC Berkeley, UC Davis, and the University of Arizona. From 1985-1997, he was the Margie Gurley Seay Endowed Centennial Professor and former Chair of the Department of Kinesiology and Health Education at the University of Texas at Austin. He retired in 2003 as a Distinguished Professor in the Department of Health and Kinesiology at Texas A&M University. Dr. Wilmore is presently the Margie Gurley Seay Centennial Professor-Emeritus.

Jack has a long and productive career as an educator and researcher. He has published 53 chapters, over 320 peer-reviewed research papers, and 15 books, including the *Physiology of Sport and Exercise*, which is currently a very popular un-

dergraduate exercise physiology textbook used at universities throughout the country. The list of coauthors on his publications reads like a Who's Who in the field of exercise science. Currently, he is one of 5 principal investigators for the HERITAGE Family Study, an NIH-funded study. The HERITAGE Family Study is a large multi-center clinical trial investigating the possible genetic basis for the variability in the responses of physiological measures and risk factors for cardiovascular disease and type 2 diabetes mellitus to endurance exercise training.

Jack's service to the profession is equally impressive. A former President of the American College of Sports Medicine, he has chaired many ACSM organizational committees. Dr. Wilmore is Continued on P. 3

**Message from the Executive Director**

Jack Young, Ph.D., University of Nevada—Las Vegas



I am frequently asked about the benefits of joining the regional chapter. To me the answer is obvious. No, it's not the annual meeting. To me, the most important benefit of chapter member-

ship is the opportunity of getting to know the people who make up the chapter. While the annual meeting provides a valuable forum for student presentations and scientific interaction, the things we most often remember from the annual meeting are the people we meet, the conversations around the pool or at the lounge, or the off site, after hours socialization that takes place. For students, this is often the time when you will meet a faculty member who will become your graduate mentor or to present your work in a non-threatening environment. Professionals have the opportunity to catch-up with colleagues and make new connections. I find Southwest ACSM to be Continued on P. 2, Column 1

**President's Column Pam Swan, Ph.D. ASU—Polytechnic**

*SWACSM-- It's ALL GOOD!!!*

**LEARN—INFLUENCE—INFORM—ATTEND.** These are the keyword choices on the National ACSM web page. These are also the exact words I would use to describe how our Southwest Regional Chapter can serve you. **LEARN:** At the annual meeting, top scientists will present tutorials, symposia and cutting edge research, students can gain career guidance from profes-

sional members and young researchers have opportunities to present their research at the annual chapter meetings. **INFLUENCE:** One of the primary goals of the regional chapters is to provide regional networking, leadership and professional growth opportunities. We provide the opportunity to influence the next generation of professionals. **INFORM:** Educators and researchers are given the mandate to present and update everyone on the latest findings and most important aspects of our field. **ATTEND:** The annual meeting is the time to collaborate regionally with professionals in var-

ied disciplines, see old friends and colleagues, meet new ones, have fun, and earn continuing education credits too. **SWACSM** is a great and growing regional chapter and we want to be better. Although the field of exercise science is quite diverse, SWACSM strives to have its annual meeting address the needs and desires of students, certified professionals, clinicians, and researchers who attend. This is quite a challenge. The board continually has discussions about how little or how much focus there should be on clinical vs. basic vs. applied topics. We want to Continued on P. 3, Column 2

formerly a member of the United States Olympic Committee's Sports Medicine Council, having chaired their Research Committee; and is currently a member of the American Physiological Society; and a Fellow and Former President of the American Academy of Kinesiology and Physical Education. He has also served as a Consultant for a number of professional sports teams, the California Highway Patrol, the President's Council on Physical Fitness and Sport, NASA, and the U.S. Air Force. He has served on a number of Editorial Boards for journals such as *Medicine and Science in Sports and Exercise*, *International Journal of Obesity*, *Sports Medicine*, *Journal of Pediatric Exercise Science*, *Journal of Sports Nutrition*, *Physician and Sportsmedicine*, and *Clinical*

*Exercise Physiology*.

If he were asked to tell you what he feels are his greatest accomplishments in life, he would be quick to say that his marriage to his lovely wife, Dottie, the raising of their three daughters, Wendy, Kristi, and Melissa, and six grandchildren and his relationship with deity are the most important things in his life. A deeply devout man, Jack is admired by his family, friends and peers as a genuinely good and humble person. It is with great pleasure that the Southwest Chapter gives its highest award to a wonderful colleague, Jack H. Wilmore.

**Reminder:**

**The ACSM Integrative Physiology of Exercise Conference will be held September 27-30 in Indianapolis**

people who have stepped forward and volunteered. Thank you to those members who have volunteered to give presentations, those who have volunteered their time whether it be in an elected office, as a candidate for an office, as a committee member or as a student worker. Because of you, SWACSM is a great chapter.

One final request, I would like to challenge each of you to invite and/or bring at least one 'non-SWACSM' exercise professional to the annual meeting this November. Inform, educate, influence and give them reason to attend the meeting. Encourage these 'non-SWACSM' professionals to join, enjoy the networking that the Chapter provides and see for themselves the value of being active in our regional organization. So, the next time someone asks you, 'Why should I come to the SWACSM meeting'... or 'What's in it for me?'... try to remember, these four words... "SWACSM: It's all good".

**Executive Director Column, fr P. 2**

like a large, extended family. As a faculty member, I value the opportunity to learn, but more than that, I enjoy sharing with faculty members from other institutions because we often have similar concerns. I encourage you to attend this year's annual meeting in San Diego. It is a new old venue for us. Take advantage of the scientific sessions of course; the program has something of interest for everyone. But, I urge you to go beyond the meeting program. Take advantage of the opportunity to meet some new colleagues, relax, and enjoy. If SWACSM is like a family, then the annual meeting is our home. Remember, home is where if you go there, they have to take you in. You're all welcome to come home. See you in San Diego.

**President's Column, cont from P. 2**

strike the right balance between these areas while showcasing the incredible depth of research emerging from our own region. We are always open to suggestions for ways to strengthen all aspects of the meeting.

As you can imagine it takes a lot of hard work, determination, and dedication by many volunteer members to keep the chapter running and to put on the meeting each year. As we are not a financially rich chapter, most of the tutorials, lectures, symposia etc. are given for free. Many members put in long hours, for nothing other than the pride of helping the profession and their colleagues move forward. Thus, I want thank those

**Why Students Should Attend Southwest ACSM Annual**

Haim Mamane, San Fransisco State U. SWACSM Student Representative.

President-elect, Ben Yaspelkis III, has put together a diverse and well-balanced program with several sessions specifically geared towards students' interests including *Poster Presentations*, *Future Trends in Employment Opportunities in the Field*, and of course, the *Student Research Competition*. I am certain that students attending the annual meeting in San Diego will enrich their aca-

demic, professional, and social experiences.

As in every year, top researchers in our field will present their work at the meeting and it is a great opportunity for students to get the most up-to-date information related to sports medicine, sports nutrition, exercise physiology, and other related topics. Furthermore, students can present their own work at the *Poster Presentations* session while socializing with other students and faculty members,

and/or present their research at the *Student Research Competition*. No matter what the level of participation, students attending will get great educational benefits.

On the professional level, students have the chance to develop their network contacts, interacting with presenters, faculty members, and students from other schools. At another event, stu  
Continued on P. 4

**Len Kraviz, Ph.D. University of New Mexico. SWACM Board Member at Large**

Recently Time magazine published a feature theme section (Berryman, A. et al. Time, August 21, 2006, pp. 37-44) on the new rules of university student recruitment. Whether a faculty or student member of SWACSM, some insightful particulars were brought forth from this article that could prove of interest and insight. Most universities nationwide have vastly expanded their outreach programs designed to increase student recruitment. Presently, 62% more students are going to college than in the 1960's. However, because of this noteworthy percentage increase

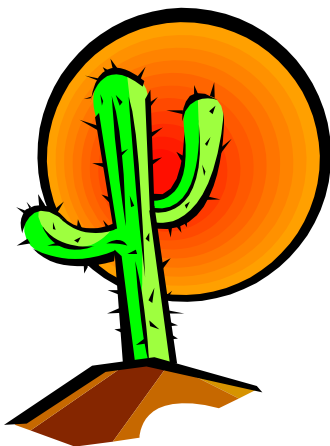
in student enrollment, accompanied by fervent student recruitment campaigns by universities, many schools are also refusing more applicants than ever before. The number of students graduating with doctorate degrees has doubled from 1968 to 1998. This has made job-hunting more competitive for the new Ph.D.'s seeking university employment, yet positively, it also has allowed some universities to expand their professor ranks. Currently, at larger universities, professors are spending more time doing research than teaching. However, as full-time tenured professors spend more time and energy on research, a resultant happening in some schools is the handing off of teaching responsibilities

to graduate students. Yet the message is clear from the student perspective. Student university satisfaction comes from creating an overall pleasant student education and life environment. Students are steering away from colleges with large lecture-hall classroom environments and seeking more 'personalized' educational opportunities. In evaluating, modifying or designing academic curriculums for your students, remember, "College is supposed to be about the Best Four Years of Your Life." In future editions of the Southwest Chapter Sports Medicine Newsletter we will highlight the doctorate granting universities in the SWACSM district to help potential students become more familiar with their educational prospects available in our region.

### Student Rep<sub>1</sub> from P. 3

dents will get an idea of future trends in employment opportunities in the field from various health and fitness professionals that can help students make better career choices.

Lastly, students always have a lot of fun at the annual meetings. Socializing with their fellow students and faculty members, students get to know their peers on a personal level. This year's meeting will be held in San Diego, a city that offers great attractions. So please, save the date, November 10-11. See you there.



## Exercise and Wellness at Arizona State University

The Department of Exercise and Wellness at Arizona State University prepares practitioners, managers and research scholars for careers in various fields related to health, health promotion, fitness and wellness. Our departmental focus of study is healthy lifestyle research and promotion primarily concerning the impact of physical activity on optimal health and wellness through the life span. Another focus is on healthy nutrition, smoking cessation, stress management and successful aging.

The need for promoting healthy lifestyles is crucial. The combination of physical inactivity and poor nutrition will soon replace smoking tobacco as the primary preventable cause of death in the U.S. An accompanying epidemic of Type II Diabetes is now seriously impacting children. Physical activity and healthy nutrition are central to preventing obesity, Type II Diabetes and other chronic diseases. This evidence has prompted government agencies, corporations, clinicians and numerous health and fitness organizations to adopt a paradigm of healthy lifestyle promotion.

Exercise and Wellness offers an **undergraduate degree** with two concentrations (exercise and wellness & health promotion), a **Master's Degree** and an Interdisciplinary **Doctoral Degree** in Physical Activity, Nutrition and Wellness (PANW). The Master's Degree Program in Exercise and Wellness offers unique op-

portunities for those interested in becoming scholarly professionals and contributors to public health through the delivery of effective exercise and wellness programs to all segments of society. The unique PhD in PANW is for the preparation of research scholars, teachers, and professionals who study physical activity, nutrition, healthy lifestyles, and wellness. The Program will prepare graduates for careers in higher education, government agencies, and health-related positions in private industry.

The departments of Exercise and Wellness and Nutrition moved from the ASU Tempe campus to the ASU Polytechnic campus in 2001 and 2000 respectively, and increased their interdisciplinary collaboration. They constitute the nucleus of a growing cluster of ASU Polytechnic units focusing on research and promotion of health and healthy lifestyles. The two departments are also partners in the Healthy Lifestyles Research Center (HLC). The goal of this center is to develop as national center of excellence for the study and promotion of healthy lifestyles (physical activity, nutrition and wellness).

ASU at the Polytechnic campus is located in Mesa, AZ, approximately 20 miles east of the Tempe campus. For information about the program contact the Graduate Program Coordinator: Pamela Swan, Ph.D., Phone: (480) 727-1934; E-Mail: [pswan@asu.edu](mailto:pswan@asu.edu).

## ACSM News Release

### ACADEMIC ACHIEVEMENT HIGHER AMONG MOST ACTIVE KIDS Vigorous Physical Activity Linked to Better Grades

INDIANAPOLIS – Children who participate in vigorous physical activity, such as sports, perform better in school, according to a new study released today by the [American College of Sports Medicine](#) (ACSM). The examination of activity and physical education (PE) compared to academic achievement shows the most active kids more often have better grades. The study is published in the August issue of [Medicine & Science in Sports & Exercise](#)®, the official journal of ACSM.

The study was conducted to determine the effect of physical education class enrollment and overall physical activity on academic achieve-

ment. The link between activity and academic performance was most significant when kids met Healthy People 2010 (HP2010) guidelines for vigorous activity 20 minutes a day, at least three days a week. Grades were not affected among kids who were moderately active for 30 minutes at least five days a week.

Two hundred fourteen middle school-aged students participated, all of whom were randomly assigned to a PE course for either the first (August to mid-January) or second (mid-January to June) semester of the academic year. The research team measured students' physical activity in and outside school in 30-minute blocks, and compared their individual grades in core subjects, such as English, world studies, science and mathematics.

"Physical education and activity during the school day may reduce boredom and help keep kids attention in the classroom," said Dawn Podulka Coe, Ph.D., the study's lead author. "We were expecting to find that students enrolled in PE would have better grades because of

the opportunity to be active during the school day. But, enrollment in PE alone did not influence grades. The students who performed better academically in this study were the most active, meaning those who participated in a sport or other vigorous activity at least three times a week."

Most of the vigorous activity was achieved outside the classroom, in sports such as soccer, football, basketball and baseball/softball. Since academic performance was favorably influenced by this level of activity, the researchers suggest incorporating vigorous activity in PE classes.

"This is a good tool for all of us—parents, teachers and researchers alike—to understand what motivates students and possibly coordinate their activity and academic needs," said Coe.

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# News From National ACSM

## Quality Worksite Health Promotion Education Delivered to You

Access first-rate educational lectures from the convenience of your home or office through ACSM's Deskside Learning Series. On September 14, 2006, Joseph A. Leutzinger, Ph.D. will present, "Health and Productivity Management: An Overview." Learn why the HPM model is important for employers and how to implement an HPM program at your worksite. Organized by ACSM's Interest Group on Worksite Health Promotion, the one-hour program consists of a teleconference with corresponding PowerPoint presentation. Access complete information, speaker biography and registration information on the ACSM Web site.

## Join Us at ACSM's 11<sup>th</sup> Annual Health & Fitness Summit on March 21-24, 2007 in Dallas, TX

The 2007 ACSM's Health & Fitness Summit once again will showcase cutting-edge health and fitness information as well as special events, workouts and keynote addresses. Programmatic and registration details will be available soon on ACSM's Web site.

## Build Your Sports Medicine Practice at the ACSM Team PhysicianSM Course, Part II-

If you are a clinical practitioner who cares for or manages athletic teams as part of your total practice, save the date for the ACSM Team PhysicianSM Course, Part II. To be held February 28-March 4, 2007 in La Jolla, California, the course will address the delivery of medical care for athletes, the organization of medical care for a team, how to provide coverage for athletic events and more! Additional information will be available on the ACSM web site in September.

## ACSM Supports *We Can!* (Ways to Enhance Children's Activity & Nutrition)-

*We Can!* is a national education program designed for parents and caregivers to help children 8-13 years old stay at a healthy weight. *We Can!* offers parents and families tips and fun activities to encourage healthy eating, increase physical activity and reduce sedentary or screen time. It also offers community groups and health professionals exciting resources to implement programs and fun activities for parents and youth. Resources include: a community toolkit, parent handbook, posters, print ads, and wristbands. For more information, visit the *We Can!* Web site.

## Submit Your Photos for Publication

- Would you like to see your health and fitness photos appear in ACSM's Health & Fitness Journal®? The Journal is now accepting photo submissions for publication consideration. We are interested in photographs of activities at gyms, wellness centers, and medical facilities, as well as photos of health and fitness professionals at work, people of all ages exercising indoors and outdoors, personal trainers assisting clients, and more. For those in academia, please encourage your students to submit photos too! To find out more about the journal's photo submission requirements, check out [www.acsm-healthfitness.org](http://www.acsm-healthfitness.org) and click on "Get Your Photos Published."

## ACTIVE COMMUTING walk, bike, or skate to school!

A new study shows walking, biking or skating to school has a significant impact on kids' physical activity levels, particularly in young girls.

Only 15 percent of kids walk or bike to school, representing a lost opportunity for physical activity. Physical inactivity is a strong contributor to overweight and obese kids. Many schools have cut back on their physical education programs and even outdoor recess in some cases.

## Reminders

Don't Forget the Annual SWACSM Meeting, November 10 and 11 at the Marriott—Mission Valley, San Diego

The abstract deadline for the national ACSM meeting is rapidly approaching. If you plan to submit an abstract, it must be in by November 1.



### ABOUT THIS PUBLICATION

Do you have a contribution or a comment that you would like to share with the membership? If so, we encourage you to submit them. Please contact the editor:

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