



# ACSM's Regional Chapter News

The Official Newsletter of the American College of Sports Medicine Regional Chapters

## Welcome to the Inaugural Regional Chapter E-Newsletter

by William Byrnes

As the Regional Chapter Committee Chair and the Board Trustee for the Regional Chapters, I would like to welcome the regional chapter membership to the electronic version of ACSM's Regional Chapter News. The concept for the centralized newsletter originated with Andy Gresho, the Regional Chapter Manager. Together with Mark Robertson, Assistant Executive Vice President of Publications and David Brewer, Publications Coordinator, the feasibility of the endeavor and a template for its implementation were developed and presented to ACSM's central administration and to the Regional Chapters Committee. The plan received the approval from all concerned. The newsletter is unique in several ways. First, it represents the centralization of a basic function of the regional chapters. Second, it represents a collaboration of resources at the national and regional levels, which will serve as a model for other efforts designed to maximize available resources. Third, the electronic format should help to facilitate distribution to the membership. Finally, the centralized format should enhance the opportunity for obtaining services and information across regional and national levels of the College. I hope that you find the newsletter to be a valuable addition to your professional information sources. Feedback and suggestions regarding this new approach are welcome. Please direct such information to [Andy Gresho](#).

### Click Below to View the News for Your Region

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### Also in This Issue...

- ["Crunches" from ACSM's Health & Fitness Journal®](#)
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### ACSM Registry for Clinical Exercise Physiologist<sup>SM</sup> Examination Location/Dates

Host	City/State	Exam Date	Early Bird Registration Cutoff
Northland Regional Chapter	Sioux Falls, SD	10/11/01	08/30/01
Swedish Covenant Hospital	Chicago, IL	10/13/01	08/30/01
NEACSM Regional Chapter	Providence, RI	10/31/01	09/20/01
SWACSM Regional Chapter	Salt Lake City, UT	11/15/01	10/04/01



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## **ACSM Regional Chapters Promote Activity, Stay Connected on Local Level**

### **Alaska**

The Alaska Regional Chapter held its annual meeting in Sitka, July 18–21. The conference was “The Pediatric Athlete.” Guest speakers included ACSM fellows Russ Pate, Ph.D., FACSM, Sam Case, Ph.D., FACSM, Kent Adams, Ph.D., FACSM, Doug McKeag, M.D., FACSM, and Cary Keller, M.D., FACSM. Recreational activities included hiking, kayaking, an alpine adventure run, clamming, and world class fishing. The closing banquet featured a presentation on the successful summit ascent of 20,320 feet of Mt. McKinley by chapter president Don Lehmann, M.D. and President-elect Eric Speck.

Planning is now underway for next year’s meeting, “The Female Athlete,” to be held in Sitka, tentatively July 17–20, 2002. Mark your calendar now. It is a once in a lifetime chance to visit Alaska at its best!

#### **Contact Information:**

**Mike Wood**

**Tel.: (907) 457-5322, or e-mail by [clicking here](#).**

### **Central States**

Wanted: ACSM University and Medical Facility Recruiters — ACSM is looking for current members who are willing to be the contact person for their university/medical facility. This person would become part of a network of individuals across the nation who would receive ACSM promotion materials each year to post and distribute to students and non-member colleagues who might benefit from ACSM membership. If you are willing to be part of this network, please forward your contact information to Chris Sawyer by [clicking here](#), Fax: (317) 634-7817 or enroll on the ACSM Web Site by [clicking here](#).

The Central States Chapter of the American College of Sports Medicine will hold its annual Fall Conference jointly with the Missouri/Kansas Association for Cardiovascular and Pulmonary Rehabilitation and the Association for Worksite Health Promotion Oct. 19–21, 2001 at the Embassy Suites Hotel on the Plaza in Kansas City, Mo. Featured speakers at the joint sessions of the meeting on Friday, Oct. 19 will be Chris Moranetz, Ph.D., speaking about “Promoting Physical Activity — A Public Health Priority” and Janet Walberg Rankin, Ph.D., FACSM, speaking about “Carbohydrates for High Intensity Exercise”; Saturday, Oct. 20 will be Barry Franklin, Ph.D., FACSM, speaking about “Resistance Training in Cardiopulmonary Rehabilitation”, Frank Booth, Ph.D., FACSM, speaking about “Exercise and Primary Prevention of Chronic Disease, and Howard Houghton, M.D., speaking about “Depression and the Elderly”. Registrants for either meeting will be able to attend all sessions with a single registration fee.

#### **Contact Information:**

**For information on Missouri/Kansas Association for Cardiovascular and Pulmonary Rehabilitation call Ginny Locke, RN at Tel.: (816) 276-3970 or contact Jeffrey L. Roitman, Ed.D., FACSM by [clicking here](#). For information on Central States Chapter of the American College of Sports Medicine please [click here](#) to see the registration form. For information on Association for Worksite Health Promotion call Donna Allen at Tel.: (620) 341-5929 or [click here](#).**

### **Greater New York**

The Greater New York Regional Chapter (GNYRC) of the American College of Sports Medicine has been working hard both in the community and for its members to bring the latest Sports Medicine information and service to the New York City (NYC) area!

This year, we have partnered with the NYC Department of Health as well as Plus One fitness centers to bring the “Wellness at Work” initiative to 20 NYC work sites. Through our GNYRC — ACSM Fit Society, we placed certified personal trainers at work sites conducting six week fitness programs. Participants learned how to make exercise a part of their life forever. Additionally, they will receive year-round access to “MyFitnessExpert.com” Web site, a strategic partner of ACSM, as well as its Web-based newsletter, The Better Letter. We are now anticipating bringing this same type of program, again partnering with the NYC Department of Health and Plus One in conjunction with the New York City Housing Authority (NYCHA), to Senior Citizen Centers in the five boroughs of New York.

Our Annual Meeting is set for Sunday Dec. 2, 2001. This year it will be held at NYU Medical Center in NYC. 2 tracks are planned this year:

- 1) The Health & Fitness Symposium: This will be geared for exercise scientists and personal trainers with the latest new information being presented. Tentative topics include: Using the Kinetic Chain in Functional Shoulder Rehabilitation, The Definitive Program for the Client with Low Back Pain, Methods of Converting Strength into Functional Power, Physical Training, and Obesity Nutrition Counseling.
- 2) The Team Physician Summit: The NYC area has more professional teams than any local area in this country. Team physicians from every sport have committed to be here to provide a primer on what it means to be a team physician and provide “clinical pearls” about common sports injuries they see on the field and how

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they treat them to get their athletes back to play quickly. These physicians have committed to stay all day, whether speaking or not so as to provide attendees the opportunity to interact personally as well as listen to the lectures. All attendees will receive a copy of the visual PowerPoint presentation of the speakers; a handout they will want to keep as a reference.

At lunch time, Comedians seen at Caroline's and on the David Letterman Show will entertain everyone as a welcomed break in the middle of the day. All attendees will receive a "Certificate of Attendance."

The Annual Awards Banquet will be held Saturday, Dec. 1, 2001 at 6 p.m. at The Pierre Hotel. A one-hour reception will be followed by a three-course sit down dinner and dancing. A Stand-up Comedy Show will highlight the evening, featuring comedians from local comedy clubs. We will also have local sports celebrities speak about their teams' performance and learn inside details about what is really going on. Tickets are \$225 each in advance or \$1800 for a table of eight. Tickets must be purchased no later than Nov. 16 to ensure a place at this fun night for all.

**Contact Information:**  
For further information about any of the above programs or if you wish to be a sponsor and/or exhibitor at these events, please contact our President, Lewis G. Maharam, M.D., FACSM, during regular business hours, Monday through Friday, 9 a.m.–4 p.m. at: 800A Fifth Avenue (at 61st Street); Suite 302, New York, NY 10021, Tel.: (212) 308-B-FIT (2348), or e-mail by [clicking here](#).

## Mid-Atlantic Regional Chapter

The Mid-Atlantic Regional Chapter (MARC) Annual Meeting will be Nov. 2–3, 2001 at the Fernwood resort in Bushkill, Pennsylvania. The contact number for Fernwood is Tel.: 1-888-FERNWOOD. The highlights of the meeting include a Keynote presentation by William Morgan, Ph.D., FACSM. There will be several other symposium on Enhancing Athletic Performance, Obesity, and Current Research in the MARC region. In addition, you can sit for several American College of Sports Medicine written Certification exams. To register for the meeting you can either [click here](#), or call Craig W. Stevens, Ph.D., at Tel.: (610) 738-0497.

Notice: Craig W. Stevens, Ph.D., is the new Executive Director for MARC. The Chapter's new home office will be located at West Chester University of Pennsylvania. The MARC home office phone number is Tel.: (610) 738-0497 and e-mail can be sent by [clicking here](#). Dr. Stevens is the successor to Edward Zambraski, Ph.D., FACSM, of Rutgers University. Dr. Zambraski served the Chapter very well for many years in several different capacities. MARC extends its sincere thanks to Dr. Zambraski for guiding the Chapter's progress over the last several years.

**Contact Information:**  
For further information, please contact Craig W. Stevens, Ph.D., West Chester University, Department of Kinesiology, West Chester, PA, 19383, Tel.: (610) 738-0497 or e-mail by [clicking here](#).

## Midwest Regional Chapter

The Midwest Chapter 2001 Annual Meeting to be held this year in Columbus, Ohio at the Fawcett Center Hotel & Conference Center on the campus of The Ohio State University will start Sunday afternoon October 14 through Tuesday

Oct. 16. The meeting will feature some outstanding invited keynote speakers. John Lombardo, M.D., FACSM, will speak on aspects of the Olympic Experience from the standpoint of a former Olympic team physician. Priscilla Clarkson, Ph.D., FACSM, will speak on the topic of muscle soreness and damage as an aftermath of overexertion exercise, John Lucas, Ph.D., will speak at the luncheon (part of registration fee) on historical aspects of the Olympics.

In addition to invited speakers the meeting will include poster sessions, free communication presentations, and student research presentation based on submitted and reviewed abstracts. Four tutorial sessions and seven symposia on a variety of clinical, training oriented and basic research topics will be offered throughout the meeting. A student breakfast and forum with educational, clinical, corporate and internship opportunities is a regular feature of great interest to students.

Further information about the meeting can be found in the upcoming Midwest ACSM (MWACSM) newsletter *MidwestNews*, which have reached members in mid-September.

**Contact Information:**  
If you would like to receive more information contact the MWACSM office by [clicking here](#). Special room rates are available at the Fawcett Center prior to Sept. 17, 2001. Contact the Fawcett Center at their Web Site by [clicking here](#), or call Tel.: 1-800-637-2316.

## New England Regional Chapter

2001: An Exercise Odyssey, the theme for the 2001 annual meeting co-sponsored by New England ACSM (NEACSM) and New England Health, Racquet, and Sports Association (NEHRSA) to be held in Providence,

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RI on Nov. 1–2, promises to be an interesting voyage! Over 70 speakers will be presenting the latest and newest information. The conference and fitness exposition is designed to be at least a one-day trip for clinicians, scientists and health-fitness professionals. Thursday will be clinically focused with Friday being slanted towards basic and applied science. On both days there will be topics organized into Health/Fitness, Clinical, Basic and Applied Science, and Management tracks. To view the entire program, log onto the NEACSM Web Site by [clicking here](#).

Keynote Speakers will include Patty Freedson, Ph.D., FACSM — The Burden of Physical Inactivity in Children and Youth (Keynote Lecture) and W. Larry Kenney, Ph.D., FACSM — The Long Hot Summer: Heat, Hearts, Health and Hormones (Knuttgen Lecture).

This year our NEACSM and NEHRSA Invited Speakers on Thursday comprise: Kyle J. McInnis, Sc.D., FACSM (physical activity and cardiovascular health), Ernest V. Gervino, Sc.D., FACSM (competency in exercise testing), William A. Condon, Ph.D. (cloning and Tiger Woods), and James McPartland, BA (emerging trends in fitness). On Friday we will hear from Avery D. Faigenbaum, Ed.D. (strength training), Steven J. Swoap, Ph.D., (molecular biology and skeletal muscle), Gale B. Carey, Ph.D., FACSM (fat cells) and Ian McKenzie (effective leadership).

There are many new things going on at the annual meeting this year! They consist of a Web page with the entire program, interest group meetings, lunch table topics, Clinical Exercise Physiology Registry Exam (to be offered on the Wednesday evening before the conference-

but must pre-register with ACSM), NEACSM business meeting and NEACSM t-shirts for sale!

In addition to the appealing program NEACSM and NEHRSA has put together, Friday will feature the second annual regional Team Physician Course organized by William W. Dexter, M.D., FACSM focused on field emergencies, dermatological conditions, altitude related conditions, and foot and ankle problems.

To view the entire program for both the NEACSM and NEHRSA Conference and Fitness Exposition and the Regional Team Physician Course, [click here](#). We would love to have you attend any and all parts of our annual meeting this year. We hope to send you back to work refreshed and with new ideas!

**Contact Information:**  
**For further information, contact the NEACSM Office by [clicking here](#). Visit the Chapter Web Site by [clicking here](#), or call Tel.: (860) 224-5888.**

### **Northland Regional Chapter 26th Annual Meeting: Physical Activity: Challenges for Healthy People 2010**

- Oct. 11-12, 2001
- Augustana College  
Sioux Falls, SD
- Keynote: Barbara Ainsworth, Ph.D., FACSM, University of South Carolina
- Online registration opens Aug. 27

The role of the ACSM, NACSM, and health care institutions in promoting wellness and supporting individual, community, and national initiatives is an important topic. The U.S. needs to refocus its health care into preventive versus curative interventions. This is what Healthy People 2010 is all about. The cost of lifestyle and behavior drains over half of our trillion dollar health care budget. Organizations like ours

need to champion population based wellness issues. Clinicians, therapists, exercise physiologists and nurses have a golden opportunity to participate in this process. The purpose of the fall meeting is to provide you with the information necessary make a contribution to this process.

All program information is available by [clicking here](#).

**Contact Information:**  
**Contact John Keener, Ph.D., NACSM Executive Director with questions at Tel.: (218) 726-8531 or by [clicking here](#).**

### **Northland Regional Chapter Spring 2002 NACSM Spring Tutorial Meeting: Central and Peripheral Factors of Fatigue**

- Friday April 5, 2001
- St. Cloud State University,  
St. Cloud, Minnesota
- Keynote: Brian Whipp, Ph.D., FACSM, St. George's Hospital and Medical School, London; William J. Kraemer, Ph.D., FACSM, The University of Connecticut

Review of old and recent research literature reveal that reasons of fatigue are poorly understood and that they are multifaceted events or phenomena that affects both the central and peripheral factors. Several researchers contribute the occurrence of exercise/sport performance fatigue lasting few minutes to several hours to various metabolic mechanisms (peripheral factors) and some contribute the events to central nervous function (central factors) or combination of both. It appears that there is not just one single factor that causes fatigue, however, there may be a few factors that predominate over others leading to fatigue. Researchers have identified several possible culprits associated with fatigue. So, the question is what causes fatigue in a short-term exercise compared

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to a long-term endurance exercise? Are the factors contributing to fatigue in a short-term high-intensity exercise the same as those in the long-term endurance events lasting from one to several hours the same or do they differ? Some have proposed that oxygen delivery to the muscles is the issue because oxygen delivery affects performance. Is anaerobic capacity limited by glycogen depletion, muscle fiber composition, or muscle fiber depletion? Is it the accumulation of metabolic byproducts (acids, pH) or the inability to buffer that causes fatigue? This is negated since acids do not accumulate in muscle fibers at lower intensities or long duration performance events. Several investigators have reported that fatigue may be associated with changes in intracellular ionic events such as potassium, calcium, intracellular carbon dioxide accumulation, etc. ... and their effect on aerobic enzymes. Fatigue causes a possible disturbance in muscle-excitation-contraction coupling involved in muscular force production. Reduction in muscular force production has been contributed to reduced action potential amplitude in the T-tubules, an increased intracellular magnesium concentration, decreased muscle glycogen stores, and decreased intracellular ATP concentration among others. Some have contributed causes of fatigue to proton accumulation and their inhibitory affect on enzyme function. Perhaps these peripheral changes are only sensory and an extension of CNS activity. How much of fatigue is due to changes or modifications in CNS activity and only sensed by the peripheral mechanisms or is it reverse?

We have invited to the 2002 Northland Chapter ACSM (NACSM) spring tutorial at St. Cloud State speakers who will address relevant questions of "what causes fatigue."

You are encouraged attend the spring tutorial meeting and gain new and excited information about "fatigue" and take part in several other sessions that will benefit both the graduate and undergraduate students. Several additional sessions have been scheduled that will directly benefit students in their professional development *i.e.*, how to present an effective poster or slide presentation and measurement of common biochemical markers of performance (hands on approach). Join us for the NACSM meeting in Spring Tutorial Meeting in St. Cloud on April 4–5, 2002.

### Contact Information:

**Contact John Keener, Ph.D., NACSM Executive Director with questions on the Northland Chapter Annual Meeting or Spring Meeting at Tel.: (218) 726-8531 or by [clicking here](#). To access their Web Site, [click here](#).**

### Northwest Regional Chapter 2002 NWACSM Annual Meeting

- Feb. 22–23, 2002
- West Coast Grand Hotel, Spokane, WA

The theme for the conference is the Musculoskeletal System-Micro to Macro. The program will be finalized in the next two months. A variety of continuing education credits, including CMEs, will be available. On Friday, the meeting will feature a dual track of offerings. The next issue of this newsletter will include the program and registration information. Requests for abstracts will be mailed directly to members and will be published on the Northwest Chapter ACSM (NWACSM) Web Site, which can be accessed by [clicking here](#).

### NWACSM Student Grant

During the 2000-01 year, NWACSM developed and awarded its first Student Grant. The objective of the NWACSM Student Grant is to promote and support new undergraduate and graduate student

research conducted within the geographic boundaries of the Northwest Region of the American College of Sports Medicine, in the broadly-defined area of Human Movement/Kinesiology. A three-person review committee selected the winning application, submitted by Deborah H. John, M.S., of Oregon State University, during February of 2001. Applications for the 2001–02 NWACSM Student Grant must be submitted by Monday, Oct. 29, 2001. For more information about submission procedures, evaluation criteria and announcement/project start dates, please [click here](#).

### Rocky Mountain Regional Chapter

#### Fall Lecture Series: Exercise, Antioxidants, and Cardioprotection

- Oct. 17 (Thursday) 4–5 p.m.
- Colorado State University (Room TBD), Fort Collins, Colo.

#### Fall Lecture Series: Exercise, Antioxidants, and Cardioprotection

- Oct. 18 (Friday) 10:30–11:30 a.m.
- University of Colorado Health Sciences Center (Sabin Auditorium), Denver, Colo.

#### Fall Lecture Series: Rates of Muscle Atrophy Differ between Locomotor and Respiratory Muscles during Unloading

- Oct. 18 (Friday) 4–5 p.m.
- University of Colorado (Humanities 150), Boulder, Colo.

Rocky Mountain chapter of ACSM annually holds the Fall Speaker Series. This year we are delighted to host Scott Powers, Ed.D., Ph.D., FACSM, from the University of Florida as the speaker for this event. Currently, Dr. Powers is a Professor and the Director in the Center for Exercise within the Department of Exercise and Sport Sciences at the University of Florida in Gainesville. He obtained a

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Masters degree from the University of Georgia, an Ed.D. from the University of Tennessee, and a Ph.D. from Louisiana State University. He is a Fellow and a past Vice President of the American College of Sports Medicine. Dr. Powers has published more than 100 original scientific articles in such prestigious journals as American Journal of Physiology and Journal of Applied Physiology. His research is consistently funded by extramural agencies including the National Institutes of Health. His primary research interests include modulatory influences of aging, disease process, and exercise on skeletal and cardiac myocyte functions. He will give presentations at three different institutions as described below. Each seminar is open to the public, and we encourage every member of the Rocky Mountain Chapter ACSM (RMACSM) to take advantage of these intellectual opportunities. This year's Fall Speaker Series is supported by the Gatorade Sports Science Institute (GSSI).

### Winter Meeting Spring 2002

RMACSM will be moving their annual meeting from the mountains of Colorado to the front range of the Rocky Mountains in order to attract even more people. The list of speakers includes:

- Bill Byrnes, Ph.D., FACSM, from the University of Colorado will present, "The physiology associated with extreme load carrying in Nepal"
- Peter Davis, Ph.D., from the Olympic Training Center will present the VanHandel Lecture
- Bob Eckel, Ph.D., from the University of Colorado Health Sciences Center will present on the human genome project
- Moni Fleshner, Ph.D., from the University of Colorado will present on exercise and stress immunology
- Tracy Nelson, Ph.D., from Colo-

rado State University will present on the genetic and environmental influences on CVD

- Other speakers include Chris Melby, DHSc, from Colorado State University, Joe Eisenmann from the University of Wyoming, Jed Friedman from the University of Colorado Health Sciences Center and Reid Hayward, Ph.D., from the University of Northern Colorado.

More information about the Rocky Mountain Chapter's annual meeting will be provided in the Chapter's next annual newsletter.

### Southeast Regional Chapter

The Southeast Chapter ACSM (SEACSM) now has a new URL, which can be accessed by [clicking here](#). This new URL should make it much easier for everyone to find our web site. Please take a few minutes to visit our site and [click here](#) to send Don Torok, Ph.D., FACSM, some suggestions on how it can better serve your needs. Be sure to see the SEACSM Web Site for the complete August Electronic Newsletter.

Carolynn Berry, Ph.D., of Winston-Salem State University was selected as SEACSM Executive Director. Dr. Berry will replace Vaughn Christian, Ph.D., the day after the 2002 SEACSM annual meeting. Dr. Berry currently is the Interim Director of the Office of Institutional Effectiveness/ Research at Winston-Salem State University and can be reached by [clicking here](#). Dr. Berry has agreed to continue the current "university based" system of managing SEACSM, using Dr. Christian's seven year tenure as a template. After much discussion, we decided not to contract with an outside agency to manage our annual meetings. Jeff Rupp, Ph.D., (past-SEACSM president) spent much time and effort exploring this option during the past two years, and we commend Dr. Rupp for showing us a system that SEACSM may have to adopt in the future. We

are grateful for Dr. Berry's willingness to duplicate Dr. Christian's style of management, which will cost far less, but will require a cadre of volunteers and university support.

Invited Speakers for the 2002 Annual Meeting — Michael Berry, Ph.D., FACSM, President-elect

Program planning for the 2002 annual meeting in Atlanta is well under way and includes a great educational experience. William Dietz, M.D., Ph.D., from the Centers of Disease Control will deliver the Keynote Address "The Role of Physical Activity in the Prevention and Treatment of Childhood Obesity." Angela Smith, M.D., FACSM, ACSM President, from the Department of Orthopaedic Surgery at the Children's Hospital in Philadelphia will present the ACSM Presidential Address "Risks and Benefits of Exercise for Women." Dr. Jack Guralnik from the Epidemiology and Demography Office at the National Institute on Aging will present the Invited Lecture "Physical Performance and Disability in Older Populations." Michael Hogan, Ph.D., FACSM, from the department of Medicine at the University of California San Diego will give the Basic Science Lecture "Oxygen Dependence of Skeletal Muscle Function: From Whole Body to Single Cell." The Luncheon Address "Beating Stress Together: The BEST Way to Work/Life Balance" will be delivered by Wayne Sotile, Ph.D., of Sotile Associates in Winston-Salem, NC.

### Alan Utter-Coordinator of the SEACSM 2001 Lecture Tour

Bob Robertson, Ph.D., FACSM, University of Pittsburgh, Professor and Co-Director of the Center for exercise and Health-Fitness Research had agreed to be the guest speaker for the 2001 SEACSM Lecture Tour. He will be speaking on

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“Perceived Exertion.” The lecture time will be one hour. Please [click here](#) to communicate any questions or concerns back to Alan Utter, Ph.D., FACSM.

### **Here are the dates, sites, and the contact person for the 2001 SEACSM Lecture Tour**

- Oct. 22, 2001
- Virginia Commonwealth University, Richmond, Va.
- Beverly Warren, Ph.D., FACSM
- Tel.: (804) 828-1948
  
- Oct. 23, 2001
- University of North Carolina, Chapel Hill, NC,
- Bonnie Marks, Ph.D., FACSM
- Tel.: (919) 962-2260.
  
- Oct. 24, 2001
- Appalachian State University, Boone, NC
- Alan Utter, Ph.D., FACSM
- Tel.: (828) 262-3094.

- Oct. 25, 2001
- University of South Carolina, Columbia, SC
- Larry Durstine, Ph.D., FACSM
- Tel.: (803) 777-7680.

The call for abstracts has been mailed out for the 2002 SEACSM Annual Meeting. If you did not receive the information, please [click here](#) to download the materials.

### **Southwest Regional Chapter**

The Southwest Chapter will hold its annual meeting in Salt Lake City on Nov. 16-17. President Marialice Kern, Ph.D., FACSM, has assembled an outstanding program in keeping with the upcoming Winter Olympic Games. There are a number of special events that participants can take advantage of including ice-skating and the Mormon Tabernacle choir during non-meeting times. Of economical importance is that the room rates are only \$79 per night and special discounts have been arranged with Southwest Airlines.

The chapter would like to recognize Larry Golding, Ph.D., FACSM, who recently stepped down from the

Executive Director position, for his many years of outstanding service. He has performed this service in addition to his Editor-in-Chief responsibilities for *ACSM's Health & Fitness Journal*® and teaching responsibilities. His leadership for our chapter and the profession has been outstanding.

On a sad note, Paul Mole, Ph.D., our past President, passed away suddenly in January and we will have a session that recognizes the work of Paul that will be organized by George Brooks, Ph.D., FACSM.

We look forward to seeing all of you in Salt Lake. [Click here](#) for further information.

### **Texas Regional Chapter**

The Texas Regional Chapter (TACSM) Annual Meeting will be held February 23-24, 2002, in Fort Worth Texas. For meeting information, contact the Chapter's Executive Director, Betty Protas, Ph.D., FACSM, by [clicking here](#) or call Tel.: (713) 794-2069.

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## A Taste of ACSM National Membership Benefits

# ACSM's Health & Fitness Journal®

The following section from ACSM's Health & Fitness Journal® is just a small taste of the vast amount of valuable information this journal contains. In addition to the Crunches section, ACSM's Health & Fitness Journal® also includes self-practice tests for ACSM Continuing Education Units, ACSM Newsbriefs, Events Calendars, Classified Advertising — a great career services and employment section, and Featured News topics containing the latest information to bring you and your clients up to speed.

Chapter and National members can receive this bimonthly publication for \$30 annually. If you are interested, please contact the Regional Chapter Resource Center, (317) 637-9200, ext. 138, or [click here](#).

To inquire about all your certification needs, contact the ACSM Certification Resource Center (CRC): Call Tel.: 1-800-486-5643 (outside the U.S. Tel.: (410) 528-4185), FAX 1-800-447-8438, or [click here](#).

## Crunches

### Three New Registries from NIH

The National Institutes of Health (NIH), in cooperation with the National Institutes of Arthritis and Musculoskeletal and Skin Diseases (NIAMS), have created three new registries that will benefit patients suffering from these different autoimmune disorders: Antiphospholipid Syndrome (APS), Rheumatoid Arthritis (RA), and Alopecia Areata (AA).

APS is a disorder in which the body produces antibodies against the fatty molecules in cell membranes. People with APS may experience blood clots leading to heart attack or stroke. The National Center on Minority Health and Health Disparities will help sponsor this registry. The coordinating center will reside at the University of North Carolina, Chapel Hill.

In RA, the body's immune system attacks its own tissues. The RA registry will provide clinical and X-ray data and DNA to help scientists analyze genetic and nongenetic factors that might help predict the course and outcomes of the disease. The investigators intend to register 600 African American participants, and patient enrollment is projected to begin in late Spring 2001.

AA is a disease in which the body's natural defense system attacks the hair follicle. The result is hair loss

ranging from patchy baldness to complete loss of all scalp and body hair. The registry scientists will seek out and classify medical and family history data for patients with three major forms of alopecia areata: alopecia areata, alopecia totalis, and alopecia universalis. A Web Site is currently being developed for the registry.

For further information about patient enrollment or about NIAMS, visit the NIAMS Web Site at: [www.nih.gov/niams/scientific/registry.html](http://www.nih.gov/niams/scientific/registry.html).

### Raising Health Literacy

The Center for Medicare Education, a resource for professionals and volunteers who provide consumer education about the Medicare program, has partnered with the Center on an Aging Society to release a report entitled "Health Literacy: Responding to the Need for Help." The report addresses the numerous adults who have difficulty reading or understanding what they have read in a world where the complexity of the health-care system can be daunting. According to the report, few health plans have health-care providers or consumer assistance programs that have implemented efforts to assist this population in making health-care decisions. Included in the report are guidelines for program administrators or coordinators to follow in establishing health literacy efforts of their own. For more information about the Center for Medicare Education, or to obtain a copy of

this report, visit their Web Site at: [www.MedicareEd.org](http://www.MedicareEd.org) or call Tel.: (202) 508-1210.

### Osteoporosis Breakthroughs

In response to the rising threat of osteoporosis to public health and the need for more research on the condition, the Federation of American Societies for Experimental Biology (FASEB) has published an article entitled "Bone Builders: Preventing and Treating Osteoporosis." Osteoporosis, or porous bone, is a disease characterized by decreased bone mass and deterioration of bone, which increases the incidence of fractures of the hip, spine, and wrist. Currently, osteoporosis affects more than 28 million Americans, 80 percent of whom are women. This article, the latest essay in FASEB's Breakthroughs in Science series, traces the path of discovery that led to an understanding of how bone is remodeled. Scientists were able to use this knowledge to identify compounds that could be manufactured as effective drugs for preventing and treating the disease. To view these articles, log onto [www.faseb.org/opar/break](http://www.faseb.org/opar/break). (From: *FASEB News, Volume 34, Number 2*)

### Time to Shape Up!

Shape Up America!, a national initiative founded by former U.S. Surgeon General Dr. C. Everett Koop to promote increased physical activity and healthy weight maintenance,

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## **Crunches**

*(continued from the previous page)*

nance among Americans, has an interactive Web Site that provides a variety of resources to help individuals achieve their weight and fitness goals. The Web site features various centers that provide fitness assessments, personalized exercise programs, and tips on how to improve eating habits and lose weight. Viewers can access the following centers at no cost: the BMI Center, which calculates your Body Mass Index; the Fitness

Center, which helps assess your current level of fitness; the Cyberkitchen, which helps you balance your food intake with physical activity; and the Support Center, which provides information, motivation, and solutions to weight-loss obstacles. To view this Web Site, go to: [www.shapeup.org](http://www.shapeup.org).

### **Got Milk?**

Need another reason to increase your calcium intake? According to research done by University of Tennessee's Department of Nutrition, experimental evidence shows that as dietary calcium intake

increases, it acts at the cellular level to alter energy metabolism so that more food energy is burned and less is stored as fat. The studies, conducted on mice, concluded that low-calcium diets lead to increased fat storage and higher calcium diets favor increased burning of fat. Although the study results have not yet been proven with human subjects, they're certainly food for thought. *(From: WIN Notes, Spring 2001)*

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## A Taste of ACSM National Membership Benefits

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### Abstract

## Journal Supplement Reviews Chronic Obstructive Pulmonary Disease and Exercise

### Carefully supervised physical activity can result in improved exercise capacity, if not cure

INDIANAPOLIS-The American College of Sports Medicine (ACSM) published a supplement to the July 2001 issue of its official monthly journal, *Medicine & Science in Sports & Exercise*®, which examines the impact exercise can have on persons with chronic obstructive pulmonary disease (COPD). The supplement is intended to serve as a guide for the management of exercise in pulmonary rehabilitation.

The articles were written by authors based at UCLA, at El Camino College in Torrance, California, and at Queen's University in Ontario, Canada. "Any session of pulmonary rehab should translate into an improvement in the ability to carry out daily activities," said Christopher B. Cooper, M.D., Professor of Medicine and Physiology at UCLA School of Medicine, who chaired the consensus committee. "The most common symptoms of COPD are breathlessness and exercise intolerance. Both of these lead to deconditioning, but deconditioning is reversible. Health professionals can help their patients use exercise to improve their strength and endurance."

Most COPD is related to tobacco use or asthma, noted the writers. The inability to empty the lungs, or

expiratory flow limitation, is the primary cause of the symptoms mentioned above. Trapped air causes hyperinflation, which can contribute to structural changes in the heart, further impeding exercise tolerance. Although dysfunction of ambulatory muscles also contributes to exercise intolerance, that dysfunction is remediable.

The single most important aspect of COPD rehabilitation, notes Cooper, is endurance exercise. It must be very carefully prescribed, administered and supervised for success. Such exercise prescription must be scientifically based, yet consider the COPD patient's individual limitations and safety thresholds. The mode should use the large leg muscle groups, accumulate 30 minutes per session, and begin at a reference value of at least 40 percent of predicted normal VO<sub>2</sub>max. The exercise regimen must be closely watched to be sure of meaningful response, progression and adherence.

Although resistance training has not received a great deal of attention in the rehabilitation of COPD patients, it does have a place. Weak ambulatory muscles are characteristic of lung disease patients, and resistance training can reduce that dysfunction, therefore increasing tolerance for exercise. Skeletal muscle function can be improved with resistance training, and should be investigated as a strategy for pulmonary rehabilitation. Resistance exercises with one set of six to 10 repetitions may be an appropriate starting point, but progression must be incorporated, say the

authors. Any resistance recommendations would be subject to individual adjustment based on the patient's physical, psychological and psychosocial factors. The authors have designed worksheets for exercise professionals on aerobic exercise intensity and resistance exercise training for use with COPD patients.

Anabolic hormones are addressed in the supplement; they have been used to increase muscle mass and strength in healthy men, and are being considered for use by postmenopausal women. Safety and effectiveness must be established before routine use can safely begin, however.

### Abstract

## Effect of caffeine and ephedrine ingestion on anaerobic exercise performance.

**Bell, D. G., I. Jacobs, and K. Ellerington**

Purpose: Ingestion of a combination of caffeine (C) and ephedrine (E) prolongs time to exhaustion during high-intensity aerobic exercise. CNS stimulation by C and E was proposed as part of the mechanism for the improvement. It was thought that this arousal might also be of benefit during anaerobic exercise. The purpose of this study was to investigate the effect of C, E, and C+E ingestion on performance of anaerobic exercise.

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## **Exercise Performance**

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Methods: Two groups were used to evaluate the effect of C and E on anaerobic performance. Group 1 (WIN) consisted of 16 healthy untrained male subjects who performed a 30-s Wingate test. Group 2 (MAOD) consisted of 8 healthy untrained male subjects who performed a supramaximal (125%O<sub>2</sub>peak) cycle exercise trial to exhaustion to determine maximum accumulated oxygen deficit. The

trials commenced 1.5 h after ingesting either C (5 mg·kg<sup>-1</sup>), E (1 mg·kg<sup>-1</sup>), a combination of C+E, or a placebo (P). All trials were randomized and double blind. Blood samples were assayed for lactate and glucose post drug ingestion just before exercise, and again 3, 5, and 10 min post exercise. Catecholamines were measured in the preexercise and 10-min postexercise blood samples.

Results: Ephedrine increased power output during the early phase of the

Wingate test, whereas C increased time to exhaustion and O<sub>2</sub> deficit during the MAOD test. C, E, and C+E increased blood lactate, glucose, and catecholamine levels.

Conclusion: The improvement in anaerobic exercise performance is likely a result of both stimulation of the CNS by E and skeletal muscle by C.

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