

Meet Our NEACSM Past President



NEACSM's 5th President: Carl S. Christensen

Education: Springfield College, B.S. 1949-1953, University of Illinois, M.S. 1953-1954, University of Maryland, Ph.D. 1964-1967

Current or most recent affiliation: My most recent affiliation was Northeastern Dept. of Health, Sport, and Leisure Studies of Boston Bouve' College

Honors & Awards: President of MAHPERD 1973-74, President of NEACSM 1976-77, Fellow of ACSM, Phi Kappa Phi, Phi Delta Kappa, AAHPERD Joseph McKenney Award

Professional Interests: Relative strength differences between male and females. Strength as a variable of hamstring muscle strain.

NEACSM Service

1. What first inspired you to enter the Exercise Science/Sports Medicine Field? What made you decide to pursue your advance degree and/or line of research/service?

My inspiration for entering the field of Exercise Science/Sports Medicine can be attributed to the example set by my professors: P. Karpovich, T. K. Cureton, C.O. Jackson, D. Clark, and D. Kelley.

2. As a student, who were your mentors and what role did they play in your professional development? As a professional, was there anyone who was also instrumental in your career development?

My mentors were E. Champlin and G. Grover. The latter followed the former as New York State Director of Physical Education. At various phases of my career they assisted me with counsel and advice.

3. What is it about Exercise Science/Sports Medicine that still inspires you today?

Although I have been retired for 22 years and inactive in the field, I have been very impressed by the constant progress and excellence of the ACSM.

4. Why and how did you decide to get involved with NEACSM? How did your service help you grow as a professional?

I became involved with NEACSM before it had the name. I had just been hired as an Associate Professor at Northeastern University to teach Exercise Physiology and Kinesiology when I learned of a group of people in other institutions who were meeting annually to share their research and knowledge in the areas of exercise.

5. What are your most memorable moments from your service to NEACSM?

Looking back 40+ years for memorable moments while serving the NEACSM presents a vague picture for someone 84 years old. I would have to say it would be that in some small way, in its early years, I helped it to become the NEACSM.

6. What were some of the main issues confronting NEACSM at the time of your presidency?

The main issues at the time I was president were education and certification leading to careers in sports medicine and exercise science.

7. What do you think are your most meaningful contributions to NEACSM?

In most organizations it is rarely one person who makes a meaningful contribution. Ideas were presented, discussed, and voted and I was part of that process. What ideas or suggestions might have been mine have long been forgotten and I have no meeting minutes.

8. What do you think are your most meaningful contributions to the field of Exercise Science/Sports Medicine?

As Chairman of the Department of Health, Sport, and Leisure Studies at Northeastern University, I assisted in the development and approval of the Cardiovascular Health and Exercise curriculum at the undergraduate and graduate levels. In addition, as a founding member of NEACSM, I supported its growth.

9. What advice would you have for future leaders of NEACSM?

I am too old and out of touch to be giving advice to future leaders other than to tell them to build on the strong base of NEACSM and make it even better.

10. What advice would you give to students who are looking to pursue a career in Exercise Science/Sports Medicine?

Students thinking about a career in Exercise Science/Sports Medicine would do well to talk with as many persons in the profession as possible. Find out what they do, what they earn, and what are the problems they face. Spend as much time as you can as an assistant or volunteer in various aspects of the field. Take a biology or premed major in undergraduate school.