

MAX!



Fueling Curiosity: Seeking Knowledge to Advance Health

The upcoming Annual Fall Conference will feature speakers from around the world including several from our own chapter. The Knuttgen Lecturer is Dr. Maria Fiatarone Singh, from the University of Sydney, Australia, who will be discussing resistance training in older adults on Thursday. Dr. Eric Rawson, of Bloomsburg University in Pennsylvania will be delivering the Clarkson Lecture on sports nutrition in the 21st century. The Past Presidents Lecture will be given by Dr. Patty Freedson. She will be sharing her research on wearable sensors to assess physical activity and sedentary behavior. Our invited speakers are subject matter experts in the areas of environmental and fluid physiology, group exercise, heat tolerance testing, exercise genomics, pedagogy and pharmacology.

Student presentations are scheduled in new concurrent sessions on Thursday. Please be sure to attend these exciting sessions and support our young NEACSM scholars. We are introducing a new pilot session on ACSM Initiatives and Advocacy to inform and engage you with National ACSM programs at the local level. Be sure to view the next several pages for additional specifics on these important sessions.

Melissa Roti, Ph.D., FACSM, ACSM-EPC, GEI

September 2015



Melissa Roti, Ph.D., FACSM, ACSM-EPC, GEI
President-Elect and Program Chair

Objectives

At the conclusion of the meeting, participants should be able to:

- learn new approaches to addressing problems in exercise science, health promotion, and sports medicine through interaction with leading scientists, clinicians, practitioners and educators.
- recognize the biological, biomechanical and physiological basis, on both the micro-structural and macro-structural levels for the changes, events and adaptations that occur during and following exercise in both normal and pathologic states.
- examine current basic and applied scientific and clinical information to enhance knowledge of disease prevention and management, health and physical activity promotion, physical performance enhancement, exercise, fitness, and sports medicine.



ANNUAL FALL CONFERENCE

OCTOBER 15 & 16, 2015

WE WILL SEE YOU THERE!

2015 Keynote Speakers



Knuttggen Lecture
Maria Fiatarone Singh, M.D.
University of Sydney, Australia
Thursday, 15 October at 10:50am



Clarkson Lecture
Eric Rawson, Ph.D. FACSM
Bloomsburg University, PA
Friday, 16 October at 10:50am

To register online:

Use the NEACSM website:

www.neacsm.org

(Our website uses PayPal for secure online payment)

To register by mail:

Complete and mail the registration form, along with full payment to:

NEACSM

PO Box 4474

Wallingford, CT 06492

Pre-registration will be accepted through **October 9, 2015.**

No registrations by phone.

Executive Committee Highlights

NEACSM has a
new logo.

Chapter receives
ACSM grant to
support NEACSM
history project.

Chapter initiating
new social media
plan.

Student leaders
unveil new
initiative -
President's Cup

NEACSM
celebrates 12th
College Bowl
Competition

NEACSM prepares
for ACSM National
meeting in Boston

ACSM Grant Program Provides Financial Support to Advance Regional Chapter Initiatives

The ACSM recently created a task force charged with making recommendations as to how ACSM could better support the Regional Chapters. After completing its work, the task force made several recommendations to the ACSM Board of Trustees, which included the creation of a new grant program. In 2014, the *ACSM Regional Chapter Grant Program* was launched to provide Regional Chapters with funding to support innovative activities and/or advance current activities that are in-line with the overall strategic priorities of ACSM and the Regional Chapters.

In 2014, the ACSM approved \$20,000 in grants and has since increased the funding to \$40,000 in 2015, and \$60,000 in 2016. The NEACSM was the beneficiary of two grants in 2014 and three grants (each \$2050) in 2015. The three NEACSM grants are entitled: 1) *NEACSM Conference Globalization* which helped supported the Chapter to bring Maria Fiatarone Singh from Sydney Australia to deliver the Knuttgen Lecture; 2) *40 Years of NEACSM* to help support a NEACSM historical initiative; and 3) *NEACSM Brand Value Enhancement* to support an action to enhance brand value of the NEACSM based on our Strategic Planning initiatives. The Brand Value grant helped the chapter to develop our new NEACSM logo.



Meet Dr. Patty Freedson - 2015 Past President's Lecturer

Dr. Freedson was the 28th NEACSM President. She received her B.S., M.S., and Ph.D. from the University of Michigan. Dr. Freedson then completed a Postdoctoral Fellowship at the Institute for Environmental Stress, University of California Santa Barbara. She is currently in the Department of Kinesiology, University of Massachusetts, Amherst. Her professional interests include: physical activity measurement, wearable sensors

Honors & Awards: University of Rhode Island Fredrika Wild Schweers Lecturer, 1986; Recipient of the American Alliance for Health, Physical Education, Recreation, and Dance President's Award, 1996; Pioneer Valley Girl Scouts, Woman of Merit in Science and Technology, 1996; McCloy Lecturer for the Research Consortium of AAHPERD, 2000; President's Lecturer for the 2001 ACSM Annual Conference, 2001; Cureton Lecturer for the 2003 ACSM Annual Conference, 2003; University of Massachusetts Distinguished Faculty Lecturer, 2004; 2007 University of Massachusetts Outstanding Accomplishments in Research and Creative Activity Award; American College of Sports Medicine Citation Award, 2009; Margaret Safrit Lecturer, University of Wisconsin, Madison, 2009; Dill Lecturer for the 2011 ACSM Annual Meeting, 2011

Dr. Freedson talked with our Historical Committee about her time leading NEACSM.

1. What first inspired you to enter the exercise science field? What made you decide to pursue your advance degree and/or line of research/service?

My love of sports and science. I was inspired by my undergrad exercise physiology professor, Dr. Vic Katch who took me under his wing as an undergraduate and mentored me through my M.S. and Ph.D. degrees.

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?

Vic Katch was truly an inspirational advisor to me and in the early 1970s he was an extremely active researcher. He gave me numerous opportunities to work in the lab and with his guidance I was able to develop research ideas. He challenged me to think creatively and how to build my work on previous discoveries that at the time was a very young field. Priscilla Clarkson served as mentor to me in the early stages of my professional career and I will always remember her for the many pearls of wisdom she offered to me throughout my career at the University of Massachusetts.

3. What is it about exercise science/sports medicine that still inspires you today?

The amazing positive effects that can be realized by physical activity participation. It is also inspiring to see the number of other disciplines that intersect with exercise and physical activity research. And finally, the direct translation of research discoveries to the lives of people that are of high value and make a difference in the lives of people.

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

My involvement with the national ASCM organization led me to become involved with the New England Chapter. I also saw it as a way to involve both undergraduate and graduate students in our primary professional organization.

(continued from previous page)

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

Participating in our annual conference, serving as president and playing a key role in planning some of the conferences.

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

At the time the management of the organization was not well developed and managing the budget was particularly a challenge. Also figuring out how to best serve the research and practical needs of our members.

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

Serving in leadership role in the organization and working to provide valuable and cutting-edge conference content.

8. What do you think are your most meaningful contributions to the field of exercise science/sports medicine?

My research on wearable sensors to detect and monitor physical activity. I have 25 years, much of the time, under the radar. Now the field is much larger with many groups interested in having objective tools to assess physical activity and sedentary behavior. I am watching the consumer wearable market with much interest and I am stunned at the lack of concern for monitor accuracy and precision.

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

Serving the regional chapter is a great way to participate at the grass roots level, in the region of the country in which you live. Making a difference and contributing time and effort to sustain an active regional chapter of ACSM is very important for future leaders and can serve as a stepping-stone towards leadership in the national ACSM.

10. What advice would you give to students who are looking to pursue a career in exercise science/sports medicine?

Find a faculty mentor who can help guide you in the right direction for careers in research, allied health, or health/fitness/ wellness. Volunteer, participate in lab experiments and health related community service events. Do well in school, make friends with fellow students in your field and take

Patty Freedson, Ph.D., FACSM
28th President NEACSM
Professor, University of Massachusetts, Amherst

**JOIN DR. FREEDSON
ON THUR. OCT 15
FOR THE NEACSM
PAST-PRESIDENT'S**



2015 Invited Speakers



Thomas Buckley, MPH



Monica Hubal, Ph.D., FACSM



Patricia Deuster, Ph.D., MPH, FACSM



NiCole Keith, Ph.D., FACSM



Grace DeSimone, BA

Be sure to review the
Fall Annual Conference
brochure online at
www.neacsm.org



Adam Persky, Ph.D., FACSM



Nina Stachenfeld, Ph.D., FACSM

NEW IN 2015: President's Cup Poster Competition

The top abstract presented by a graduate student in the student competition at the 2015 Fall NEACSM meeting will be chosen to represent the New England chapter at the 2016 ACSM Annual Meeting in a poster competition!

The winner will be awarded a ***\$1,200 travel allowance and registration fee waiver*** for the annual meeting to be held **May 31-June 4, 2016 in Boston.**

* The research *must be presented as a poster* on Wednesday night (June 1, 2016) at the annual meeting. Awards and cash prizes will be given for the top three presenters there.

* Student research will be reviewed and judged on the merits of the research, how the research is presented and the student involvement in both the research and presentation. President's Cup winner may not be the same as winner in Masters or Doctoral category due to different scoring criteria.

* Winning student **MUST** be a currently enrolled graduate student at the time of

NEACSM Membership Committee Presents The 2nd Annual Professional Development Workshop

Friday, October 16th from 2:00pm to 3:30pm.
NEACSM Fall Meeting
Providence, RI

Students and Young Professionals – Review your CV and discuss professional development with an established professional in your field!

Reserve your spot:

Please RSVP to colleen.d.munoz@gmail.com by October 1st. Please include your school affiliation and field of interest (i.e., academia, physical therapy, medical school, clinical exercise physiology, industry, etc.)

Dr. Muñoz will respond with your exact 30 minute appointment and confirm which professional you will be meeting with. Meetings will occur in small groups. Please bring a hard copy of your CV with you to your appointment.

Celebrating Excellence and Leadership

On, Thursday March 26th, 2015 the New England Chapter of the American College of Sports Medicine held its annual Spring Meeting with a theme of Celebrating Excellence and Leadership in Exercise Science and Sports Medicine: Past, Present, Future. It was held at Central Connecticut State University (CCSU), in New Britain, CT. With this theme, there is one interesting historical item to note regarding a special connection CCSU has with one of the founding members and leaders of the American College of Sports Medicine. Dr. Josephine Rathbone began her career here in the early 1920's and worked in health and physical education at what was then known as the Normal School. The Normal School is now known as Central Connecticut State University and the department name has changed to Physical Education and Human Performance. Now almost one hundred years later, five current or past presidents of the American College of

Sports Medicine, shared insights of their professional work in their respective areas of expertise and leadership experiences.

After opening remarks from NEACSM Immediate Past President, Dr. Sean Walsh, current ACSM President, Dr. Carol Ewing Garber delivered a talk titled "Clinical Exercise Physiology: From Research to Practice. (continued on the following page)



Dr. Russell Pate, Dr. Carol Ewing Garber, Dr. Sean Walsh, Dr. Janet Walberg Rankin, Dr. Larry Armstrong, Dr. Robert Cantu

medicine. The meeting can be summed nicely by feedback from It was fitting in having Dr. Garber open up the meeting for it was under her leadership that NEACSM initiated its first Spring meeting that was held in 1992 at the University of New Hampshire. ACSM Past President, Dr. Janet Walberg Rankin next gave a talk titled “Career Path: Journey or Destination? Dr. Rankin shared her career path and her own development in leadership positions which ultimately led her to her current ACSM presidential initiative, ActivEarth, dedicated to promoting active transportation through accessible and safe walking and biking options as a means to better health, environments, and sustainable economies. The morning session concluded with a talk titled “From Concussion to CTE, Myth, Fiction, and Fact”, whereby Dr. Robert Cantu, ACSM’s 36th President and a 1996 Citation award recipient, was able to share his experiences in over five decades worth of seminal work in the fields of medicine, neurosurgery, sports medicine, and spine, head and brain injuries.

The afternoon began with Dr. Russell Pate, ACSM’s 37th President and the 2012 Honor Award recipient, speaking on policies to promote physical activity and prevent obesity in youth. As an exercise physiologist who is recognized as one of the world’s authorities in these areas, Dr. Pate gave an impassioned talk about changes that need to be made to improve physical activity and physical fitness in children and the health implications of doing so. To conclude the event, Dr. Larry Armstrong, President-elect of ACSM and recognized expert regarding human fluid-electrolyte balance and assessment of hydration status shared his work in this area by delivering a talk titled “Assessing Human Hydration: the Difficult Search for a Gold Standard”. Members walked away from this talk with the take home message that “Body water movements are complex and dynamic!”

This NEACSM Spring meeting allowed our Chapter members the pleasure of hearing from leaders in various disciplines of exercise science and sports medicine. What a great opportunity it was to become well versed and to expand our knowledge in these areas in celebrating excellence and leadership in exercise science and sports one of our student members: “The Spring NEACSM conference was an amazing opportunity to meet and hear from people who have excelled not only through their respective academic and professional careers, but also rose up through the ACSM to reach the prestigious position of President. For a person interested in achieving the level of success similar to that of the conference speakers, it was important for me to closely watch the process of presenting research. Listening to the amazing speeches by these esteemed professionals was an excellent opportunity to learn about the specific topics of their presentations but also identify the common positive attributes they displayed in presenting.” *Written by Sean Walsh, Ph.D. FACSM*



REGISTER FOR THE 12TH ANNUAL NEACSM COLLEGE BOWL

**THURSDAY, OCTOBER 15TH 2015
AT THE
NEACSM FALL CONFERENCE**

Completed Registration Forms Must Be Submitted

ON OR BEFORE October 1st, 2015.

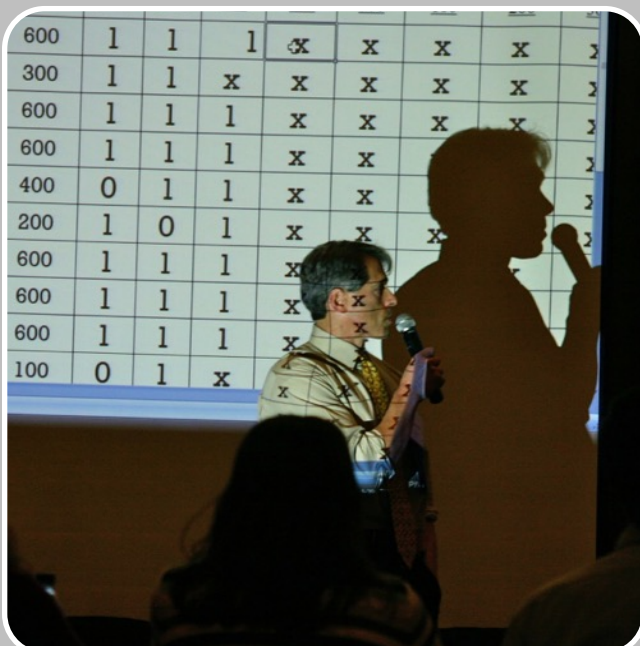
Registration fee is \$100 per team.

Submit team registration to:

NEACSM Office
Attn: Dino
Costanzo
PO Box 4474

OR

Register online via PayPal
www.neacsm.org/sponsorshippayments.html
AND completed registration form to
neacsm1@gmail.com



Peter Ronai Leads NEACSM College Bowl in 12th Year.

Previous winners
NEACSM College Bowl

- 2004 Southern Connecticut State University
- 2005 Eastern Connecticut State University
- 2006 University of Connecticut University
- 2007 Southern Connecticut State University
- 2008 University of Connecticut
- 2009 University of Massachusetts Lowell
- 2010 Fitchburg State University
- 2011 University of Massachusetts Lowell
- 2012 University of Connecticut
- 2013 University of Connecticut
- 2014 University of Connecticut

THANK YOU TO OUR SPONSORS

Conference Partner



Meeting Sponsors



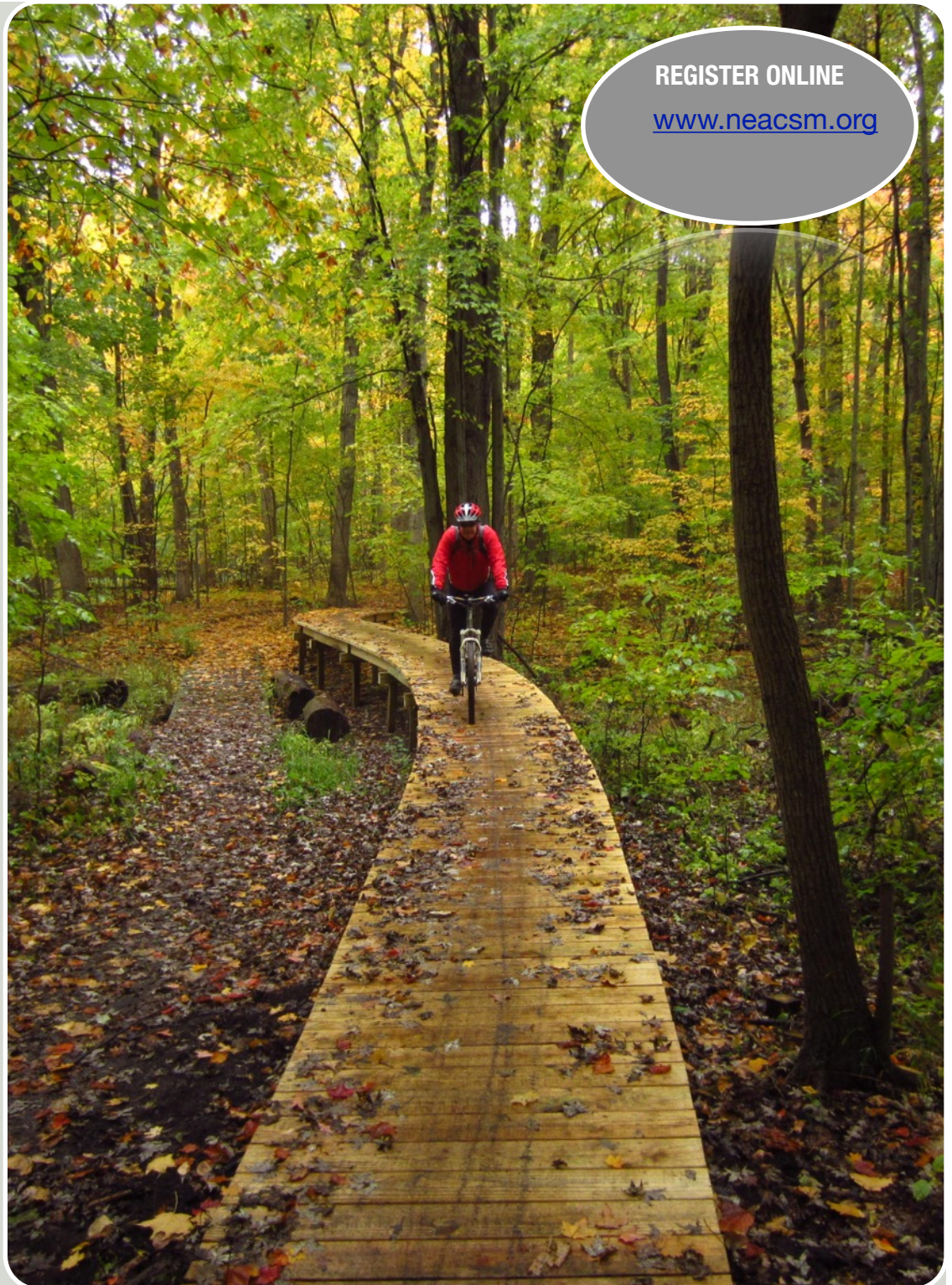
THANK YOU TO OUR EXHIBITORS



Meeting

5 1 0 2 A A F

REGISTER ONLINE
www.neacsm.org



October 15 and 16, 2015