



# Midwest News

The Official Newsletter of the Midwest Chapter of American College of Sports Medicine

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December, 2007

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## Message from Outgoing MWACSM President

Hi Everyone,

Wow! I cannot believe that my year as President has come to a close so quickly. I think for the Board and the Chapter, it has been a year full of accomplishments.

I think our recent meeting was a huge success, thanks to the hard work of Carmen Babcock and the individuals at Ohio State. The meeting was highlighted by 4 excellent keynote speakers, the 1<sup>st</sup> Annual Undergraduate Quiz Bowl, and outstanding attendance numbers! I look forward to planning our meeting for next fall and plan to continue this positive momentum. Updates on our next annual meeting will be coming your way in future newsletters.

Thank you to all of the members who have worked this year to increase the participation in MWACSM. In my initial column as incoming President, I had asked that this be an initiative for the year.

Based on the attendance and participation at our recent meeting, I conclude that the members have done an excellent job on moving this initiative forward. Thank you for a job well done!

I would like to take this opportunity to thank the board for their hard work throughout the year. Board members have been very instrumental in updating and fine tuning policies and procedures, preparing the slate for the upcoming elections, helping the annual meeting to run smoothly, exploring new initiatives, and contributing to discussions on ways to move the chapter forward. I thank them for their open and frank comments and feedback throughout the year.

I look forward to seeing the chapter continue to move forward. I know the chapter is in capable hands as Craig Broeder becomes President, and that he will work very hard to continue the momentum we have built this year.

*Amy Morgan*  
**MWACSM President**

## ACSM Meeting Night at the Ball Park

The MWACSM Regional Chapter is working with local affiliates to provide a social event at the Annual ACSM Meeting in June. The meeting will be held in Indianapolis, home of the minor league baseball Indianapolis Indians. More details will follow in our next newsletter.

## Message from Incoming MWACSM President

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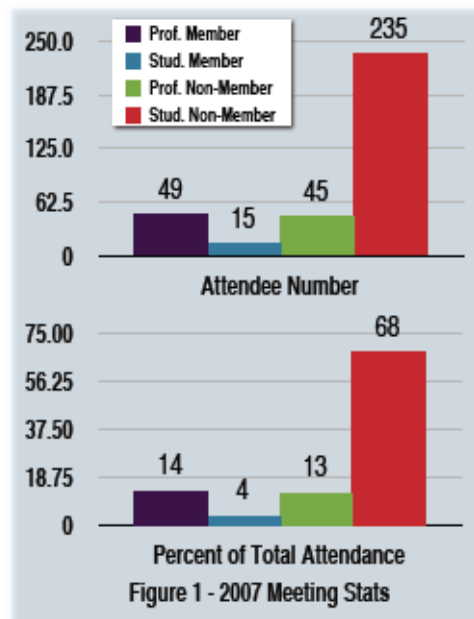
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Well, as our 2007 MWACSM year winds down, we are about to head into an exciting time for our chapter. Thanks to the excellent organizational work and programming content for our annual meeting at Ohio State University by Dr. Carmen Babcock, we had both an excellent program and turn out (See figure 1). This in combination with the hard work of the board and previous meeting organizers, our chapter had an excellent year financially and professionally.



On January 1, 2008 I begin my tenure as MWACSM President. I am truly looking forward to this honor and have dedicated next year to helping us develop and grow as an organization in several areas. The key objectives I hope to move forward for our organization are the following.

I would like help us increase our community and membership visibility by establishing our first video conference seminar series. The first event will be hosted through my university in the first quarter of 2008. If you attended my seminar at MWACSM on Calcium Supplementation and Weight Loss, you heard that we were going to record and set up our first MWACSM PODCAST blog page.

Well the PODCAST is completed and I am happy to announce that it will be up on-line on our chapter website by the end of the year.

Finally, I have begun to recruit interested individuals within our region that represent some of the finest research universities in the country. I will be conference calling with them and possibly have a strategic planning meeting through sponsorship funding to help improve our attendance from students and faculty of these universities and groups.

My hope is to develop highly specialized sub-theme session at our annual meeting that allow members to attend quality presentations in fitness, clinical exercise physiology, and various applied and research based seminars covering state-of-the-art topics in our profession presented by some best researchers the American College of Sports Medicine has to offer.

In addition, as a board, we will be establishing and developing a Risk Management plan in accordance with national ACSM guidelines and suggestions. For those of you who are interested in helping us succeed and grow as a chapter, feel free to contact me directly with suggestions or offering your time to volunteer ([cbroeder@ben.edu](mailto:cbroeder@ben.edu), 630-829-6563). I look forward to serving each and every member of our chapter and organization.

Sincerely,

Craig E. Broeder, Ph.D. FACS, FNAASO  
President Elect- MWACSM

## MWACSM Annual Meeting



“Thank you” to all who joined us October 25-27th for the 2007 MWACSM Annual Meeting at The Ohio State University. The School of Physical Activity and Educational Services (PAES) and Exercise Science Laboratory proudly hosted this year’s meeting in the newly completed PAES and RPAC buildings.

We had a record attendance (at least in recent years) of 350, who enjoyed high quality programming from not only around the region but also from our nationally recognized featured speakers. Dr. David Lamb kicked off the event with a much anticipated and entertaining keynote on Thursday evening. Dr. ’s Durstine, Keteyian, and Wilmore followed on Friday – packing the rooms with attendees who were thrilled to meet the legends. We felt fortunate to have such wonderful speakers.



However, it is important to point out, it mattered not if they were students, faculty, clinicians or renowned experts – all presenters were well received and I continue to get positive feedback on them all.

We held the 1<sup>st</sup> Annual MWACSM Quiz Bowl at this year’s meeting. It was a huge success and I want to personally thank all of the team’s who were involved. The current MWACSM Quiz Bowl Champion was determined after fierce competition, to be those representing The Ohio State University. These students will represent the Midwest Chapter when competing at the national ACSM quiz bowl event in June!

Our social events were also well-received by the meeting attendees. The tour of the OSU Exercise Science facilities really got the ball rolling for an enjoyable first night, or was that the wine we served? The graduate/internship fair provided a relaxed environment for students to inquire about future directions and also socialize among the membership. The socializing continued at Tommy’s Pizza where we packed the house and ate a lot of pizza! I even had the chance to waitress for a bit. A fun time was had by many!

In closing, I want to extend a special thanks to the board of MWACSM who was crucial in making various aspects of this year’s meeting a success. As well, thank you to all those at OSU - Tim Kirby, Rebecca Nguyen and all of the students who helped along the way! My last bit of gratitude is to you, as a MWACSM member your contributions directly lead to our success as a chapter, thank you. I look forward to seeing you again next year at the 2008 MWACSM Meeting!

Best,  
*Carmen Babcock, PhD*  
MWACSM Past President, 2007

## Founder’s Award

Congratulations to the 2007 Founder’s Award recipient, Professor Lynn Darby!



This award is presented each year at the MWACSM Annual Meeting to honor a member showing exceptional dedication and participation in the Midwest Chapter.

Dr. Darby received her Ph.D. from The Ohio State University and is currently the Kinesiology Division Chair and Associate Professor at Bowling Green State University.

Dr. Darby has shown dedication to the Midwest Chapter of ACSM in a variety of ways over the years. She has served as President, Board Member, and Nationally as the Regional Chapter Representative. Furthermore, her leadership was instrumental in bringing our regional meeting back “on campus” to make it more student friendly. As referenced in our President-Elects column, this format seems to be working and we saw a large increase in student attendees this year.

Thank you to Dr. Lynn Darby for her years of service and commitment to the Midwest American College of Sports Medicine.

## MWACSM Student Awards

The MWACSM Awards Committee thanks all of the 2007 Annual Meeting student participants. We had a large number of oral presentations and poster presentations to judge and the level of competition was high. The awards committee is proud to present awards to the following exceptional members:

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### Outstanding Poster Presentations

#### Undergraduate

- **Lisa Guth**- Ball State University  
*The Effects of Carbohydrate Supplementation on Fatigue during Intermittent Cycling in Healthy Young Men*

#### Masters

- **George Schweitzer**- University of Michigan  
*Carbohydrate Timing Effects on Exercise Performance: Front, End, & Continual Loading of Carbohydrate Beverage*

#### Doctoral

- **Chris Herman**- University of Michigan  
*An Analysis of the Association between Leisure-Time Physical Activity and Breast Cancer Risk*

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### Outstanding Free Communications

#### Undergraduate

- **Lindsay Kelly**- Central Michigan University  
*Perceived Competence and Social Acceptance Among African American Children Following a 5-Week Summer Sports Camp*

#### Masters

- **Erin Kuffel**- Michigan State University  
*Validity of Estimating Minute-by-Minute Energy Expenditure with Accelerometry*

#### Doctoral

- **Tyrone Washington**- University of South Carolina  
*Interleukin-6 Deficiency Attenuates the Recovery of Skeletal Muscle Mass from Disuse-Induced Atrophy*

## News from National ACSM

### Meet the 2008 ACSM Election Candidates

Don't miss your opportunity to vote in the 2008 ACSM Election. Candidates are running for President, Vice President, Trustee, Student Trustee and Treasurer. View the candidate roster on the ACSM web site. To receive voting rights, members must join or renew by February 1, 2008.

### ACSM's Next Deskside Learning Event December 12

George J. Pfeiffer, President, The WorkCare Group, Inc., will present the event titled, "Work Promotion: Creating and Maintaining a Healthy and Productive Workforce." The event will be held on December 12 at 12:00 pm ET for one hour. The fee is \$25 per phone line reserved. This educational telecast is designed to provide current, evidence-based worksite health promotion information to practitioners across the country. It is presented using a combination of telephone conference and concurrent webinar presentation. For more information, view the full event description online.

### Fall 2007 ACSM Fit Society Page® Newsletter Now Available

This quarterly electronic newsletter is written for the general public on a variety of popular health and fitness topics. Expert commentary and features on exercise, nutrition, sports, and health offer tips and techniques for maintaining a physically fit lifestyle. Download your FREE copy to get the latest information from ACSM's leading authorities. Be sure to share these newsletters with your patients, clients, family and friends! View the newest issue of the ACSM Fit Society Page® Newsletter online today.

### 2008 Certification Catalog

The newly designed and updated 2008 Certification catalog is now available. For your free copy call 1-800-486-5643, or download a copy from ACSM's website. This is a great resource to have on hand so you can stay up-to-date on requirements for certification, workshop locations, and recertification.

# 2008 MWACSM Board Elections

Please vote for your candidates in response to the e-mail ballot you have or will receive soon from Heather Turner (hturner@acsm.org).

## ***2 President-Elect Candidates***

### **1. Shel Levine**

Currently, Shel is Coordinator of the Exercise Science Program and Associate Professor of Clinical Exercise Physiology at Eastern Michigan University (1999-present) in Ypsilanti, MI. In addition to his responsibilities at EMU, Shel is also a Clinical Instructor at Oakland University in the Exercise Science Program teaching classes in Electrocardiography (EKG); and frequently guest lectures in the Wayne State University Physical Therapy Program and the University of Detroit Physicians Assistant program. Shel has also served on the editorial board of *Clinical Exercise Physiology* from 2000-2003. Previously, Shel had been a Clinical Exercise Physiologist for the Total Rehabilitation and Athletic Conditioning Center (TRACC), an outpatient physical therapy clinic of Botsford General Hospital from 1991-1999. His primary responsibilities included coordinating all clinical exercise programs: The Preventive Medicine Program (risk factor reduction and diabetes), Weight On The Run, Parkinson's Exercise Program, Cancer Wellness Program, Bones In Motion Osteoporosis Program, and Cardiac Rehabilitation. Shel was also a Visiting Instructor at Eastern Michigan University (1996-97) teaching courses in EKG and Laboratory Techniques of Human Performance. Prior to arriving in Michigan, Shel was Assistant Director of the Hospital Wellness Center at the Medical College of Ohio for five years.

Shel has been active in MWACSM since 1999. He has served on several committees and is currently serving as a Member at large on the Board of Directors. In service to national ACSM, Shel served on the national Professional Education Committee from 1997-2003; and currently (2004-present) serves on the CCRB's Exercise Specialist committee.

Shel is ABD from Syracuse University and has earned two Masters Degrees, one in Health Administration from Central Michigan University and one in Exercise Physiology from West Virginia University. Additionally, a Bachelors Degree in Pharmacology was earned from the University of Buffalo. Additionally, Shel is certified by the American College of Sports Medicine as an Exercise Specialist (C.E.S).

### **2. Karin Allor Pfeiffer**

Karin Allor Pfeiffer, Ph.D., FACSM, is an Assistant Professor in the Department of Kinesiology at Michigan State University. Dr. Pfeiffer completed her post-doctoral training working on three NIH-funded research projects with Dr. Russ Pate at the University of South Carolina. Her research foci are measurement of physical activity and physical activity interventions in all ages of children and adolescents. She has experience with school-based interventions and is now starting to concentrate her efforts on family-based interventions. Currently, she teaches Anatomy lecture and laboratory courses. Dr. Pfeiffer was involved with the Midwest ACSM chapter as a graduate student and now serves as a Member-at-Large for the chapter. She is the Chair of the Pediatric Special Interest Group for national ACSM. She also serves on the board for the North American Society for Pediatric Exercise Medicine (NASPEM) and organized the 2006 biennial meeting.

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## ***4 Member-At-Large Candidates***

### **1. Kevin Carlson**

Dr. Kevin Carlson is currently an Assistant Professor in the Department of Applied Health Science at Wheaton College. He has been at Wheaton since 2002. His responsibilities at Wheaton include teaching Human Anatomy, Biomechanics for the Health Sciences and Orthopedic Injuries. He also serves as the Research Coordinator for the department. He holds an Ed.D. in Biomechanics from Kansas University. Dr. Carlson's research interests include gait analysis, as well as, the mechanisms and prevention of musculoskeletal injury. He is currently working on a project with two undergraduate students examining the intrinsic risk factors for lateral ankle sprain. He has published two articles with undergraduate students and presented this and other research regionally and internationally. Dr. Carlson has been a member of ACSM & MWACSM since 2002. He is also a member of the International Society for Biomechanics in Sports.

### **2. Adam Coughlin**

Dr. Adam Coughlin is currently an Assistant Professor and Department Chair in the Department of Exercise Science/Physical Education at Adrian College, where he also serves as the college's Honors Program Director. He holds a Ph.D. in Exercise Physiology from Michigan State University. His graduate research included fibrinolytic responses to exercise and other physical exertion, as well as genetic influences and adaptations due to cardiac rehabilitation. His involvement in athlete testing at MSU led to an undergraduate research line of athlete testing at Adrian College. His services include the Men's and Women's ice hockey teams, track and field teams, basketball teams, cross country teams, Women's soccer, and Women's lacrosse. This type of testing, along with internal funding, has allowed for the opportunity to start tracking fitness levels in cancer survivors to assess the possible fitness influences on secondary occurrences of cancer. He has co-authored five articles, and has presented many works at ACSM national, regional, and Michigan meetings. Dr. Coughlin has been a member of ACSM and MWACSM since 2000. He has brought several students from Adrian College to MIACSM meetings since he started and had four students present at the 2007 meeting.

### **3. Mike Godard**

Dr. Mike Godard is currently an Assistant Professor in the Department of Kinesiology at Western Illinois University. He holds a Ph.D. in Human Bioenergetics from the Ball State University. Prior to his current position, Dr. Godard was an Assistant Professor of Applied Physiology and Internal Medicine at the University of Kansas and Director of the Applied Physiology Laboratory. Previous to that Dr. Godard was an Assistant Professor in the Department of Sports Medicine at the University of Southern Maine. His research interests focus on how aging and chronic disease affect the skeletal musculature and body composition at both the whole muscle and cellular level. He has authored or co-authored over twenty peer reviewed articles in his seven-year research career, and has consistently presented his work at ACSM national meetings. Dr. Godard has been a member of ACSM since 1995 and is a fellow of ACSM since 2006. Dr. Godard has served as a member of the administrative council of the ACSM Central States Regional Chapter, the Maine State Representative and on the student scholarship committee for the New England ACSM Chapter. Dr. Godard has been a member of MWACSM since 2006.

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## ***Member-At-Large Candidates –continued***

### **4. Paul R. Nagelkirk**

I am currently an Assistant Professor and Coordinator of the undergraduate Exercise Science program at Ball State University. I hold degrees in exercise science from Calvin College, East Stroudsburg University and Michigan State University, where I earned a Ph.D. in 2005. Previously I held positions as a clinical exercise specialist and Research Physiologist for the Department of Veterans Affairs. My research findings have been presented at regional and national ACSM meetings dating back to 1997. I've been a member of the ACSM since 1998, the Midwest chapter since 2001, and I am an ACSM certified Exercise Specialist. I am deeply appreciative of the opportunities provided to me by the MWACSM in the past several years, and would like to return the favor by serving the chapter as a member of the board of directors.

## ***3 Student Representative Candidates***

### **1. Angela DeMano**

Angela DeMano is a doctoral student, pursuing her degree in Health Promotion and Disease Prevention with a dual title in Gerontology at Purdue University. Her main research interests include physical activity among older adults, chronic disease and quality of life. She received her Bachelor's Degree in Exercise Science and Wellness from Ball State University and her Master's Degree in Exercise Science from Northeastern Illinois University. Angela has extensive experience in the health and fitness field. Prior to returning to school, she worked as a personal fitness trainer for nearly 10 years. During that time, Angela worked with clients ranging from the apparently healthy to those with high risk conditions. She also worked in CardioPulmonary Rehabilitation where she performed patient education, and helped patients treat and manage their cardiovascular and pulmonary disease. Angela is currently a graduate assistant for the Purdue employee wellness program, as well as a research assistant in the Department of Health and Kinesiology. She also is a graduate student representative for the Center for Aging and the Life Course Steering Committee, as well as the Coalition for Living Well After 50. Angela has been a member of ACSM since 2006.

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## ***Student Representative Candidates –continued***

### **2. Erin Kuffel**

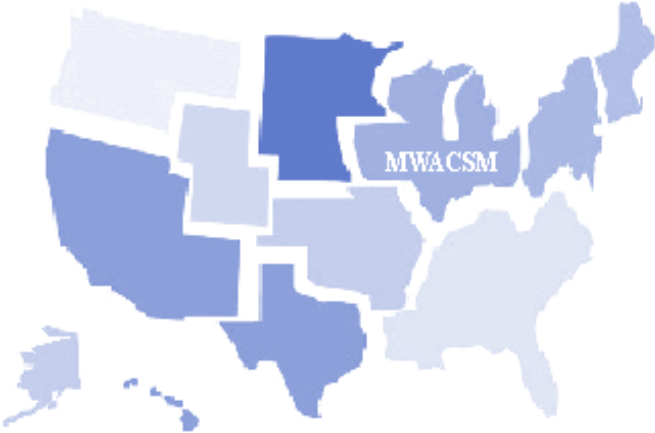
Erin Kuffel, MS is currently a first year doctoral student at Michigan State University in the Department of Kinesiology under the direction of Dr. James Pivarnik. As a graduate assistant at MSU, she is teaching two sections of the senior level “Laboratory Experiences in Exercise Physiology” course and a graduate research assistant. Erin is investigating the role of physical activity in pregnant women and its outcome on their children’s health. Her Masters degree from the University of Tennessee-Knoxville is in Exercise Science with an Exercise Physiology Concentration and was under the direction of Dr. David Bassett. Her master’s thesis examined the validity of several regression equations used to estimate energy expenditure from accelerometers. While at UTK, she was a graduate teaching assistant instructing all sections of the senior level Exercise Physiology lab, a graduate research assistant, a graduate teaching associate of physical activity classes, and an academic tutor at the Thornton Athletics Student Life Center. At the University of Wisconsin-LaCrosse she earned a Bachelors degree in Exercise and Sport Science with a Fitness emphasis and Coaching competitive Athletics Concentration. While there, Erin assisted Dr. Carl Foster with research as preparation to study in Norway with Dr. Stephen Seiler, for her senior internship, in which she helped two MS students complete their theses.

Erin Kuffel has been a member of ACSM since 2005, SEACSM ( 2006-2007), and most recently MWACSM this past year. Erin is a co-author on two publications and has presented at both the national and regional levels of ACSM. Specifically, Carl Foster (former President of ACSM), David Bassett (current ACSM Board member), and James Pivarnik (current ACSM Vice-President) all have/had leadership roles within ACSM. Erin has learned much about the organization from these individuals, and has gained knowledge that would help her in the position of student representative.

### **3. Lanay Mudd**

Ms. Lanay Mudd is currently a dual-major doctoral candidate in the Departments of Kinesiology and Epidemiology at Michigan State University (MSU). Prior to coming to MSU, she completed her Masters in Health and Exercise Science at Wake Forest University. Since being at MSU she has been involved in several research projects, the results of which she has presented at national and regional ACSM meetings as well as epidemiological meetings. To date, Ms. Mudd has one publication concerning differences in bone mineral density between female athletes involved in different kinds of NCAA Division I varsity sports. Her primary research interests involve the effects of maternal physical activity during pregnancy on the health of both the mother and her unborn child. Her dissertation research will examine the effects of pregnancy physical activity on fetal growth and toddler body size. Once completing her doctoral degrees, Ms. Mudd plans to continue her education with post-doctoral research with the goal of becoming a professor of Kinesiology and Epidemiology. Ms. Mudd has been a member of ACSM since 2002, and a member of MWACSM since 2004.

# MWACSM



# [www.mwacsm.org](http://www.mwacsm.org)

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