



Midwest News

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

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Message from the MWACSM President

Greetings!

In this column, I would like to encourage everyone to attend our Annual Meeting, held each fall. This year, it will be held October 25 – 27 at The Ohio State University, in Columbus, Ohio. There are numerous reasons why you should consider attending the Annual Meeting of Midwest ACSM.

First and foremost, our annual meeting is an excellent opportunity to learn about a variety of topics relevant to professionals in the sport sciences, including students, practitioners, researchers, and educators. The setting at the meeting is always professional, yet is less formal and ‘frenzied’ than the ACSM annual meeting. This provides an excellent chance for all attendees to ask questions and interact with the speakers. This year, many nationally recognized individuals will be presenting, such as Dr. Steve Keteyian and Dr. Jack Wilmore.

Secondly, the annual meeting is a terrific time to meet new people and to learn about other sites and programs. It may lead to future professional interactions, such as collaborative workshops or research projects. If you are a student looking for a graduate program, it will give you a chance to meet and get to know the faculty at various schools so you can make an informed decision about the program that best suits you and your needs.

Third, if you would like to get more involved in ACSM, beginning at the regional level is the best way to do that. At the Annual Meeting, you will have the opportunity to talk to and interact with the current Board members, as well as to participate in the annual business meeting. You can also participate by running for a vacant seat on the board and becoming more involved!

New to this year's meeting are two events – first, the Quiz Bowl, where students from different colleges and universities will compete to be the best school in the region, and second, an ‘Ask the Experts’ breakfast, where all attendees can have discussions with experts in their specific interest area.

Attending the annual MWACSM meeting this year will also give you the chance to check out the new facilities at Ohio State, which are sure to be impressive!

And finally, attending the annual meeting is FUN – a great time to catch up with old friends and make new ones! I hope to see you there!

Amy Morgan, Ph.D.
MWACSM President

MWACSM Board of Directors

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MWACSM Board Member Call for Nominations

The MWACSM Board of Directors is soliciting nominations for the Board. The positions that need to be filled are 2 Member-at-Large positions, President Elect, and a Student Representative. The elections are in November, but we are looking to have an initial slate of candidates by the MWACSM regional meeting in Columbus. If you would like to serve the MWACSM region as a Board Member or want to nominate someone for one of these positions, please e-mail one of the members of the nominating committee. The committee is Dr. Jeff Lemmer (jlemmer@msu.edu), Dr. Jeff Betts (betts1jj@cmich.edu), and Shel Levine (slevine@emich.edu).

MWACSM Award Nominations

Nominations are currently being accepted for the following three awards that will be announced during the MWACSM Annual Chapter Meeting held October 25-27, 2007, at The Ohio State University:

- 1) **MWACSM Founder's Award.** Nominees should be or have been an active and contributing members of the MWACSM chapter.
- 2) **MWACSM Health Fitness Professional of the Year.**
- 3) **MWACSM Clinical Exercise Professional of the Year.** These achievement awards are aimed at ACSM certified professionals working as professionals in the field.

The purpose of these awards is to recognize the achievements of Midwest region ACSM certified personnel.

In addition, up to six awards will be made to the **Outstanding Student Poster and Free Communication presentations** at the MWACSM Annual Chapter meeting.

There is no need to register for these awards. All student abstracts accepted will be eligible and automatically included in the evaluation unless they note otherwise. Each award will be in the amount of \$150.00.

For additional information about these MWACSM awards and others, please see <http://mwacsm.org/> -or- contact Dr. Michael Kushnick at Kushnick@ohio.edu.



Health Fitness Workshop October 27– 28, 2007

The MWACSM Board is pleased to announce that an HFI Certification Workshop will be held immediately following the meeting on October 27-28, 2007. This workshop is being hosted by Baldwin Wallace College and The Ohio State University. The early registration deadline for this workshop is August 07, 2007 and the late registration deadline is September 12, 2007.

For additional information contact: bethm@acsm.org.

MWACSM

Midwest Regional Chapter of the American College of Sports Medicine

Annual Meeting

Please plan to join us October 25-27 (Thursday – Saturday) for the 2007 MWACSM Annual Meeting at The Ohio State University in Columbus, Ohio. We have many things to be proud of at Ohio State— our high academic quality, long standing traditions, prominence as one of America's preeminent research institutions, and of course our diverse and successful faculty, staff, students, and alumni.

PAES SCHOOL OF
Physical Activity &
Educational Services



The School of Physical Activity and Educational Services (PAES) is proud to host the MWACSM Annual Meeting in their own newly completed facilities known as the Recreation and Physical Activity Center (RPAC). The RPAC is over 600,000 square feet and is a magnificent state-of-the-art facility that serves as the largest and most comprehensive student recreation and academic facility in the country.

We are very pleased by the high quality of programming which will be shared with our membership at this year's annual meeting. If you are interested in submitting an abstract please do so on-line at www.mwacsm.org prior to September 15th. We will also be featuring the 1st Annual MWACSM Quiz Bowl. You will find additional information on this event inside this newsletter. We will have student awards for presentations, a graduate and internship fair, social events, and more! For more in depth information regarding the meeting please visit www.mwacsm.org. We look forward to seeing you in Columbus!

The hotels listed below have rooms blocked for the meeting.

Holiday Inn On The Lane
328 West Lane Ave
Columbus, OH 43210
Phone: 614.294.4848
(mention Midwest)
Rate: \$94/night
Closest to the meeting

Red Roof Inn
441 Ackerman Rd
Columbus, OH 43210
Phone: 800.733.7663
(mention group B121001247)
Rate: \$64/night

Student Graduate Fair

This fall 2007, for our annual meeting on October 25th-27th, MWACSM will be providing students a unique opportunity to learn about graduate programs and internship opportunities in our region.





We are inviting all universities with graduate programs or internship sites in the MWACSM region an opportunity to set up a booth to market and promote their programs to potential students. In other regional chapters, this is one of the most important events of the regional meeting that provides students with an opportunity to learn about post-baccalaureate graduate programs and universities in MWACSM.

At the graduate fair, students will get to meet with faculty of various graduate programs and learn about a variety of graduate education and internship options. We are also planning on having a student raffle and refreshments. We personally invite you to participate by reserving a university or internship site booth for this year's meeting.

If you are interested in hosting a display, please contact:

Dr. Craig E. Broeder, FACSM,
E-mail: cbroeder@ben.edu,
Phone: 630-829-6227

MWACSM Featured Speakers

			
<p>David Lamb, Ph.D. <i>Gatorade Sport & Science Institute</i></p> <p>Dr. Lamb is an emeritus professor of Exercise Physiology at The Ohio State University, past president of ACSM, and recipient of the ACSM Citation Award.</p>	<p>Larry Durstine, Ph.D. <i>University of South Carolina</i></p> <p>Dr. Durstine is currently chair of the Department of Exercise Science in the Arnold School of Public Health. He is also the 2006-2007 president of ACSM.</p>	<p>Steven Keteyian, Ph.D. <i>Henry Ford Hospital</i></p> <p>Dr. Keteyian is the Program Director of Preventive Cardiology. He is also an adjunct Professor at Wayne State University, and Clinical Professor at Oakland University</p>	<p>Jack Wilmore, Ph.D.</p> <p>Dr. Wilmore is the 2006 ACSM Honor Award Recipient. He received this prestigious award in honor of his academic achievements in exercise and integrative physiology and leadership in Exercise Science over the last 40 years.</p>

Tentative Meeting Schedule

Thursday, Oct. 25, 2007	Friday, Oct. 26, 2007	Saturday, Oct. 27, 2007
<p>2:00pm: Registration begins</p> <p>HIGHLIGHTS Jackie Buell, Ph.D. NFL Charities study on Metabolic Syndrome in Football Linemen Craig Broder, Ph.D. Calcium and Weight Loss Jeff Betts, Ph.D. & Elaine Betts, Ph.D. Insulin Sensitivity Symposia</p> <p>Gatorade Keynote Speaker David Lamb, Ph.D. IMPROVING PERFORMANCE: A Recapitulation of Nutritional Manipulation</p> <p>Social Event: Snacks and Tours of OSU Facilities</p>	<p>HIGHLIGHTS Breakfast Poster sessions Larry Durstine, Ph.D. <i>Lipids, Lipoproteins & Exercise</i> Steve Keteyian, Ph.D. <i>Clinical Exercise Physiology Skills</i> Jack Wilmore, Ph.D. <i>The Obesity Epidemic: Fact or Fiction?</i> Maurie Leukemeyer, Ph.D. <i>Urinary Protein Loss during Exercise at Altitude</i> Carmen Babcock, Ph.D. <i>Simulated Altitude via Re-Breathing Improves Cycling Performance</i></p> <p>Luncheon Graduate Fair & Student Quiz Bowl President's Social</p>	<p>HIGHLIGHTS Breakfast: Ask the Experts Joe Eisenmann, Ph.D. Metabolic Syndrome in Children Nicole Leenders, Ph.D. <i>Energy expenditure estimation by accelerometry: which equation to use?</i></p> <p>Free communications Special session Adjournment at noon</p> <p>Deadlines for Abstract Submissions: Symposia Sept. 1, 2007</p> <p>Poster/Free Communications, Sept. 15, 2007</p> <p>CEC's available</p> <p>For complete information go to www.mwacsm.org</p>

**‘COLLEGE
QUIZ BOWL’
TO DEBUT
AT
MWACSM
MEETING**



On *Friday evening October 26, 2007* the MWACSM will host the first annual “MWACSM College Bowl”. Teams of 3 undergraduate students will represent their schools in an exercise science trivia game resembling the television program, “Jeopardy”. Questions, with topics ranging from kinesiology, exercise physiology, and environmental physiology to pathophysiology, clinical exercise physiology, and ACSM trivia will be asked in a College Quiz Bowl format.

The winning team will be awarded the “MWACSM College Bowl” trophy which they will be able to proudly display at their school until next year’s competition at the 2008 MWACSM Fall Meeting.

The number of schools in the competition will be limited and entry will be based on a first come, first served basis. Don’t miss this opportunity to show your school colors and have a good time in this friendly competition.

A faculty sponsor can enter the school team by sending an email to the Midwest ACSM office mwacsm@mwacsm.org. Further information will be provided to entering schools.

**Tenth Annual
Twin Cities Sports Medicine
Conference,
Marathon Weekend**

October 5 & 6, 2007

**Doubletree Hotel-Park Place
Minneapolis, Minnesota**

Keynote Speaker

Daniel Lieberman, PhD

Professor of Anthropology, Harvard University

PURPOSE

The purpose of this course is to provide health care professionals an update on the evolving field of sports medicine by providing expert talks, panel discussions, and hands-on workshops on clinically important topics, including:

- Running and marathon issues
- Pediatric sports
- Sports medicine and core strengthening
- Injuries of the shoulder, elbow, knee, foot and ankle

EDUCATIONAL OBJECTIVES

Following this conference, participants should be able to:

- Develop treatment options for injuries of the running athlete
- Appraise and treat pediatric sports injuries
- Assess the effect of current knowledge of core strengthening on athletic performance
- Examine injuries of the shoulder, elbow, knee, foot and ankle
- Evaluate and treat sideline injuries
- Assess cardiovascular risk for athletic participation

AUDIENCE

Primary care physicians, physiatrists, physical therapists, athletic trainers, and other sports-related health care professionals

ACCREDITATION

AMA PRA Category 1 credits:
11.5

American Academy of Family Physicians Prescribed credits:
11.5

Certified Athletic Trainers BOC Category A continuing education:
11.5

A Statement of Attendance will be provided to other health care professionals for requesting CEU’s in accordance with state nursing boards, specialty societies, or other professional associations.

For more information:

Office of Continuing Medical Education

University of Minnesota

612-626-7600 or 800-776-8636

E-mail: cme@umn.edu

Register online:

www.cmecourses.umn.edu

Home page: www.cme.umn.edu

Visit our website to access conference brochures, view our complete course calendar, or register online. Check back often; we regularly update our course information.