



Midwest News

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

March 2007

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Hello and Happy Spring!

As my role as the President Elect of the Chapter has begun, I would like to take a few moments to share some of my thoughts. As I stated in my last message, I am very excited to help continue to move the chapter forward. I feel very fortunate to have a very strong Board of Directors to work with to help us all achieve this goal.

As a Board, we have been communicating regularly by email and we recently held a Board meeting at Bowling Green State University. My initial impression of these interactions with the current board was excitement, because the members all bring incredible enthusiasm and energy to help us grow and move forward. We have had excellent discussions on old issues and many fresh new ideas both for the chapter and for our annual meeting. In terms of the annual meeting, Past-President Carmen Babcock has already done a tremendous amount of work in organizing speakers and symposiums for our meeting in Columbus.

Utilizing ideas and input from the Board, we believe there are some new and exciting things for attendees to look for at this year's meeting. For example, we plan on having a student 'quiz bowl' with teams from different schools competing, a more inclusive student opportunities fair that will include both graduate schools and internships, and an 'Ask the Professional' breakfast!

At the recent Board meeting we also worked on our strategic plan. One idea that we hope to implement over the next 3 years is to focus on holding our annual meeting at the same location for two consecutive years. We believe this will help with planning for both the planners and the attendees.

If any members have suggestions or ideas that you would like the Board of Directors to consider, please contact me and I will be sure to bring them to the Board's attention. As in my previous column, I look forward to all of us working together to reinvigorate our chapter and to get more people involved. So, as I have mentioned previously, please encourage your friends, colleagues and students to join MWACSM and get involved!

As I continue with the opportunity to serve as president of the Chapter, I look forward to meeting you and hearing from you. I look forward to continuing to serve you, and to seeing you in New Orleans and Columbus!

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Election Announcement for the 2007 MWACSM Board

Thank you to everyone who participated in the MWACSM Board of Directors election process. The following are the newly elected officials for 2007:

President-Elect: Craig Broeder

Chapter Rep: Timothy Kirby

Members-at-Large:

Dawn Coe

Karin Pfeiffer

MWACSM 2006 Annual Student Award Winners

Congratulations to the 2006 MWACSM Annual Award Winners! The student award winners are selected by the MWACSM Awards Committee based on the criteria of each award.

Outstanding Graduate Student (\$500 winner):

Richard Carpenter, Michigan State University.

Outstanding Student

Research Project (\$500 winner):

Juame Padilla, Indiana University.
"Endothelial Function Following a High-fat Meal in Middle-aged Adults: The Influence of Habitual Physical Activity"

Outstanding Undergraduate Student (\$200 winner):

Rebekah Kuczynski, Central Michigan University.

The Board and Awards Committee encourage student participation in our chapter as it is a critical component of our mission. So, please visit our website for more details on the awards available to our students.

Visit: www.mwacsm.org

Call for Nominations- FASEB Excellence in Science Award: "Recognizing the Research Accomplishments of Women Scientists"

The FASEB Excellence in Science Award is sponsored by Eli Lilly and Company to recognize outstanding achievement by women in biological science. As ACSM is a member society of FASEB, all women who are ACSM members will be eligible for nomination. Nominations recognize a woman whose career achievements have contributed significantly to further our understanding of a particular discipline by excellence in research. Nominees are typically women who are relatively senior in their field and nationally known for their outstanding contributions in research, leadership and mentorship. The awardee will present an Excellence in Science Lecture.

The award will be presented at an annual meeting of a FASEB member society. The award includes a \$10,000 unrestricted research grant; funded by Eli Lilly and Company, travel expenses, complimentary registration at the meeting, and a plaque in recognition of the award.

[Please visit FASEB Excellence in Science Award Website complete details.](#)



MWACSM 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.



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.

The 2007 line-up of invited speakers is sure to please the MWACSM community.

Highlighted Speakers:

- David Lamb, Ph.D., Gatorade Sport & Science Institute. *Improving Performance: A Recapitulation of Nutritional Manipulation.*
- Jackie Buell, Ph.D., The Ohio State University. *Metabolic Syndrome in Football Linemen.*
- Elaine Betts, Ph.D. & Jeff Betts, Ph.D., Central Michigan University. *Insulin Sensitivity Symposia.*
- Steven Keteyian, Ph.D., Henry Ford Hospital. *Essential Physical Examination Skills for the Clinical Exercise Physiologist.*
- Jon Ehrman, Ph.D., Henry Ford Hospital. *Clinical Exercise Physiology.*
- Shel Levine, M.S., Eastern Michigan University & Amy Jo Sutterluety, Ph.D., Baldwin-Wallace College. *ACSM Certification Exams.*
- Maurie Luetkemeier, Ph.D., Alma College. *Urinary Protein Loss During Exercise and Altitude.*
- Carmen Babcock, M.A., The Ohio State University. *Effect of Simulated Altitude Via Re-Breathing on Cycling Performance.*

The MWACSM board encourages the membership to actively participate in the meeting.

In addition to the high-quality presentations and a great facility, MWACSM will also host several more exciting events. The 1st Annual MWACSM Student Quiz Bowl will be held directly following the Student Fair featuring internships, graduate schools and job opportunities on Friday night! Student's sign-up now at www.mwacsm.org. There are lots of cool prizes to be won!

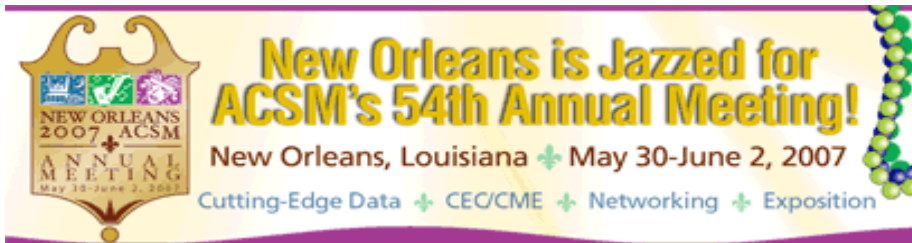
A social event will follow at Tommy's Pizza.

If you would like to submit an abstract, on-line submission is at www.mwacsm.org.

The hotels listed below have rooms blocked especially for you. Hurry to get the special rate. We look forward to seeing you soon!

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



ACSM's 54th Annual Meeting

New Orleans, Louisiana

Plan to join more than 5,000 of your colleagues including world renowned experts in exercise science and sports medicine at the 2007 Annual Meeting. Exciting programming in a variety of formats awaits you.

To peruse sample offerings, click here to download the PDF version of the Annual Meeting Preview. [CLICK HERE](#)

Blood Drive

Tuesday, May 29

12:00-8:00 p.m.

Ernest N. Morial Convention Center

Sponsored by the Southeast Regional Chapter

All Annual Meeting attendees are invited to participate. Appointments may be scheduled in advance to guarantee participation, or attendees may simply show up on-site. Those attendees wanting to donate should visit the Blood Drive table near the ACSM Registration area on the day of the event.

Each donor receives:

Complimentary t-shirt

Free cholesterol testing

(Results from the cholesterol tests will be mailed to you after the meeting)

Regional Chapter Competition-

Members of ACSM's 12 Regional Chapters are encouraged to participate in the Chapter Donor Competition. The chapter with the most individual donors will receive \$300 to help fund student scholarships or research awards.

For more information or to schedule an appointment, please contact Heather Turner at (317) 637-9200, ext. 138 or hturner@acsm.org.

Attention Students

Here are a few events designed just for students at the annual meeting:

Wednesday, May 30

5:30 p.m. - 7:00 p.m.

Student Colloquium

This is a free informational session for students at various stages of their scholastic careers.

This year a panel of three experts will present:

"It's All in the Delivery: The Keys to Presenting Yourself Well in Professional, Scientific, and Interview Settings"

Friday, June 1

11:45 a.m. - 12:45 p.m.

Meet the Expert Luncheon

This event is free to students, but you must obtain a ticket at the Student Help Desk located in the registration area. Limited to first 100 students.

To see a list of the experts go to www.acsm.org and check out the advance program.

Three Ways Students Can Contribute to New Orleans

As prepared as New Orleans is for ACSM, the ACSM Annual Meeting will present an opportunity for us to contribute to New Orleans as well, making a special contribution to the full renewal of a city and people.

There are three ways you can help New Orleans:

NUMBER 1: Attend the Annual Meeting.

This is the easiest part. Simply by being at the meeting, you will be helping to bring millions of dollars into the local economy, and helping New Orleans sustain its leadership as a top international destination for conventions and tourism.

NUMBER 2: Make a donation while having fun.

Participate in the 7th Annual Gisolfi Fun Run and Walk and the 4th Annual ACSM Foundation Silent Auction. Contributions associated with both events will go to an initiative to promote healthy lifestyles and increased physical activity in New Orleans.

NUMBER 3: Participate in a community project.

Participate – for an hour or a day – in a range of community projects ACSM has identified in New Orleans. Contribute to the rebuilding of a home. Give the gift of life during the blood drive.



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 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.

Position Available

Assistant/Associate Professor: Exercise Science - Central Washington University. Responsibilities include teaching graduate and undergraduate courses, mentoring students, partake in scholarship, and provide service. Earned doctorate in exercise science or related field, a strong commitment to effective teaching and a record of scholarship are required.

For full details and the application process, go to www.cwu.edu/~HR. Review of applications will begin February 5, 2007 and will continue until the position is filled. Search contact: Vince Nethery, Ph.D. (netheryv@cwu.edu). AA/EOE/Title IX Institution.

Attention students

BGSU is currently looking for a masters student Research Assistant (RA) who will be responsible for assessing metabolic responses of obese individuals at rest and exercise using the OxyCon mobile. We routinely assess obese individuals participating yearly in a behavioral weight loss program. The RA would have training and practical experience in all aspects of graded exercise testing and other physiological measurements for this group.

For more information on the masters degree program in Developmental Kinesiology with an emphasis in exercise physiology see: <http://www.bgsu.edu/colleges/edhd/hmsls/grad/index.html>

The RA could also interact with our other exercise physiology faculty: Dr. Amy Morgan (exercise and aging), and Mr. Todd Keylock (exercise and wound healing/immunology).

