



President's Message

Sue Graves

First, I want to formally invite everyone to our **44th Annual Meeting**, February 18-20, 2016, at the Hyatt Regency Hotel in Greenville, South Carolina. Please mark your calendars now.

SEACSM set an attendance record in Jacksonville this year, over 900 attendees. We had a growth in exercise physiology, motor learning/development, and biomechanics. Our undergraduate students had more presentations than in the year's past. Many participants indicated the meeting was an excellent opportunity to network, had high-quality featured lectures, and presentations. Our Mentoring Breakfast was very popular. Each table had a SEACSM facilitator, with Dr. Flohr presenting the history. The Graduate Fair had over 25 schools represented. They showcased future educational opportunities, research collaborations, and potential jobs. Of course, the Social and Student Bowl (Jeopardy-type game challenge based on sports medicine knowledge) were very well attended. We also had a great Saturday luncheon. Many of you have expressed interest in becoming involved with SEACSM. Please contact me or any other executive committee member for specifics.



At the national ACSM meeting in San Diego, California, SEACSM will be having the Social on Thursday, May 28th from 8:00-9:30 p.m. Food and drinks will be served. Remember to wear your name tag, as our regional social is often the destination for several "Southeast want to be" attendees and very well attended. We will have specifics regarding the SEACSM lecture tour in May, hopefully, at the National Meeting. The 2015 fall lecture tour will be available to universities within the states of Alabama, Florida, and Georgia. Heidi Kluess of Auburn University is the faculty member working on this tour.

Please make sure you vote in the 2015 ACSM election. National ACSM officers and trustees from our region include: Dixie Thompson (Trustee Candidate: Basic & Applied Science); Heather Chambliss (Trustee Candidate: Education & Allied Health); Kevin Vincent (Trustee Candidate: Medicine). These individuals follow a strong tradition of leadership from the Southeast regional chapter. Please remember many **leadership opportunities** begin at the regional Southeast organization for many other organizations. We hope that you consider getting involved in the meeting beyond the experiences provided by attending and presenting at the meeting. We are constantly seeking

individuals who want to take on leadership roles: Session moderators, student Audio Visual teams (hotel room covered), Student Bowl team representing your school, and Executive Board officers. Please let us know your desire to become involved.

As a final note, the Southeast ACSM Executive Board has worked very hard to make SEACSM outstanding and an important part of your professional career. In my short time as president, I appreciate everyone's hard work and dedication to our region. Our Board really appreciates your membership and values your participation in our chapter and regional meeting. If there is any way that we can improve our regional chapter or meeting, please feel free to contact me, Sue Graves, SEACSM President, sgraves@fau.edu or 954-675-5782.



Sponsor and Exhibitor Opportunities **Michael Berry**

I would like to thank the supporters and exhibitors who participated in the 2015 meeting. These included: [Steadman Hawkins Clinic of the Carolinas](#), [Donjoy](#), [Lippincott, Williams and Wilkins](#), [National Strength and Conditioning Association](#), [YSI Life Sciences](#), [American College of Sports Medicine](#), [Gatorade Sports Science Institute](#), [ActiGraph](#), [BioPac](#), [Cosmed](#), [ParvoMedics](#), [Terason](#), [VacuMed](#) and [SECA](#). The Southeast American College of Sports Medicine chapter is very lucky to have these companies and organizations attend and help support our annual meeting. We are even more fortunate to have a number of exhibitors that return yearly. I was pleased to see a large number of attendees visiting the exhibits and interacting with the company representatives. A high volume of traffic to the exhibits is one way to insure they continue to participate in our annual meeting. I hope to see many of these same supporters and exhibitors at next year's meeting in Greenville, SC.

If you would like to exhibit or know someone who might be interested please contact Michael Berry (berry@wfu.edu) as soon as possible to discuss these opportunities.

Past-Presidents Message – Kevin McCully

This last SEACSM annual meeting in Jacksonville was one of the most enjoyable meetings I have ever attended. The enthusiasm of our members towards their scholarship and the dedication and passion of everyone to make the meeting a success was so wonderful to see and be a part of. The quiz bowl and grad fair were enthusiastically attended and were a highlight of our meeting. I very much enjoyed our key speakers: Patty Freedson from UMass, Karyn Esser from Kentucky and Jeff Woods from Illinois. We also had the pleasure of hearing two Montoye Speakers (Art Weltman from Virginia and Tony Hackney from UNC Chapel Hill). This year we introduced thematic poster sessions to our meeting, and these appeared to be very successful. The mentoring/women's breakfast was a chance to meet new people and discuss some of the future directions SEACSM can take. It is not too soon to be thinking about the 45th annual SEACSM meeting in Greenville, SC. This includes planning on



submitting presentations, including symposium and tutorial sessions. If your school wants to participate in the quiz bowl, the grad fair, or have an AV team, these need to be organized and ready by early fall.

As Past-President, it is my pleasure to thank the outgoing SEACSM board members. Ed Acevedo, John Petrella, Danielle Weidman, Amber Kinsey, and Mindy Millard-Stafford did a wonderful job for us. They have led us in a time of challenge (the snow meeting) as well as growth. SEACSM is a better organization because of their service. Speaking of service, I need to acknowledge our service winners: Andrew Gregory (2014) and Dixie Thompson (2015). I would like to welcome our newest members to the SEACSM board: John Quindry, Jody Clasey, Ron Evans, Brittany Wilkerson and Alan Utter.

One of my duties in the upcoming year is to lead the effort to form a slate of candidates for the 2016 SEACSM board. We need members willing to stand for president (a three year term), for member at large (two year term) and student member (two year term). If you are willing or know someone who would be willing, please contact me. And if I ask you: please strongly consider serving!

Past Presidents have also served to articulate issues that the SEACSM faces in the future. In part due to our size and our growth, SEACSM will need to make some tough choices, and the board values and needs your opinions. Please feel free to contact your board members and let them know what you feel is best for SEACSM. One of the issues we face is how to select teams for the quiz bowl and the AV teams. At the moment there is a much greater demand than we can accommodate. An exciting aspect of SEACSM is that we are expanding our mentoring activities, and how we going about doing this is going to be a challenge. We currently have a mentoring/women's breakfast, the LDTP program, and a grant from ACSM to encourage first time attendees from medical schools and historically black colleges and universities. We are also reorganizing our meetings and our board member responsibilities to match our increasing size. Remember, the strength of SEACSM is its membership, and your opinions matter.

SAVE THE DATE -FEBRUARY 18-20, 2016

Greenville, SC



The 44th Annual SEACSM meeting will be at the Hyatt Regency Greenville, 220 North Main Street, Greenville, South Carolina 29601. See the photo above of the hotel. Start to make plans to attend our next SEACSM meeting.

A Message From Your Student Representatives



Hello Students! What an amazing annual meeting. The energy and enthusiasm shown from all of you was absolutely exhilarating! As we prepare for our 62nd national conference in May and our normal academic lives (e.g. research, course work, etc.) we would like to highlight some of the awardees as well as upcoming announcements.

❖ **Join in with me in welcoming our new student representative Brittany Wilkerson!**

Brittany is a doctoral student in the Department of Kinesiology, Recreation, and Sport Studies in the College of Education, Health, and Human Studies at The University of Tennessee. She joins the board with the great enthusiasm and willingness to collaborate and assist students at the regional and national levels of ACSM.

❖ **Congratulations to our Student Research Presentation Winners!**

We would like to congratulate all students who presented at the meeting. Each research topic adds great value to our working knowledge and is integral to fostering new ideas and collaborations. Below are the awardees for the Student Research Presentations:

Undergraduate Student Research Award

1st Place: Arun Majaraj, Florida Atlantic University

Fibroblast Growth Factor 21 Expression and Insulin Resistance to Acute Aerobic Exercise in Obese Individuals

2nd Place: Katherine Hsieh, University of Georgia

Functional Performance Test and BMI Scores in Adolescent Athletes with Chronic Ankle Instability

3rd Place: Kara Soler-Sala, Elon University

Neurocognitive Function in Athletes with Attention Deficit Disorder and History of Concussions

Masters Student Research Award**1st Place: Jordan Lee, University of North Carolina at Chapel Hill**

Feasibility of an 8-week Home-Based Isometric Strength Training Program for Improving Dressage Test Performance in Equestrian Athletes

2nd Place: Aaron Slusher, Florida Atlantic University

The Impact of Obesity of Pentraxin 3 and Inflammatory Milieu to Acute Aerobic Exercise

3rd Place: Erica Schleicher, Florida State University

Relationship Between Dietary Protein Intake and Body Composition in Breast Cancer Survivors

Doctoral Student Research Award**1st Place: Justin Hardee, University of South Carolina**

Cachectic Skeletal Muscle Response to Eccentric and Concentric Contractions: A Role for STAT3 Signaling

2nd Place: Brooks Mobley, Auburn University

Inducible Overexpression of P21C1P1 in Myotubes Promotes Increases in Protein Synthesis and Myotube Hypertrophy

3rd Place: Melissa Erickson, University of Georgia

Metabolic Responses to Endurance Electrical Stimulation Training in Persons with Spinal Cord Injury

❖ SEACSM Leadership and Diversity Training Program

For the past two years, SEACSM has piloted ACSM's Level 1 Leadership and Diversity Training Program specifically for undergraduate students. We would like to congratulate **Brandon Baker, Conrad Edler, Louis Jackson, Lauren Smith and Devonte Thomas** for their acceptance to the 2015-2016 **SEACSM Leadership and Diversity Training Program (SELDTP)**. We were also happy that our 2014-2015 **SEACSM Leadership and Diversity Training Program participants (Taylor Buchanan, Lola Fisher, Tamara Gilchrist, Latisha "Lety" Gonzalez, and Alexis Pitts)** were able to attend the meeting. We hope that you all enjoyed this year's meeting and will continue take part in new learning and professional opportunities.



❖ Student Bowl:

Congratulations, to all teams that participated in the annual student bowl! Each team represented their institution well. The bowl was very exciting due to your genuine enthusiasm. We would like to extend our congratulations to the winners who hail from The University of Tennessee at Chattanooga (Team Members: Christine Hagemeyer, Megan Ware, and Brianna Mullins)!

**❖ Stay Connected!**

Check out our website at www.seacsm.org and be sure to join **SEACSM on Facebook (SEACSM Chapter)** to have direct access to all our current information, job opportunities and interacting with other SEACSM members!

❖ Student Survey:

Please do not forget to fill out the student survey, which can be accessed on the SEACSM webpage or by clicking the following link:

<http://www.seacsm.org/studentinformation.html>

❖ Got an idea for a student event you'd like to see at future meetings?

Share it with us on Facebook or at SEACSMStudents@gmail.com!

Stay Healthy and Active,

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Editor's News- Don Torok

Meet our **2015 NEW SEACSM EXECUTIVE BOARD MEMBERS**

President-Elect: John Quindry-Auburn University-Bio

John Quindry received a BS and MS in Exercise Science/Physiology at Illinois State University in 1994/96. After working as a clinical exercise physiologist he undertook a PhD in Biomedical Sciences – Physiology from the Quillen College of Medicine at East Tennessee State University, finishing in 2002. Quindry then completed postdoctoral training with Dr. Scott Powers at the University of Florida where he began his research



on exercise induced cardioprotection. After several years at Appalachian State University, Quindry moved to Auburn University and the School of Kinesiology where he currently serves as a tenured associate professor and graduate program officer for Exercise Science. John is director of the Cardioprotection Research Laboratory and actively mentors PhD students through a host of externally funded projects related to oxidative stress and cardioprotection against myocardial infarction and heart failure.

Member-at-Large – Ronald K. Evans, Virginia Commonwealth University

Ron Evans received his BS degree in Physical Education from Lander University in 1985, his MS in Exercise Science from the University of South Carolina in 1989, and his PhD in Exercise Physiology from Auburn University in 2000. He is currently an Associate Professor and Director of Graduate Studies in the Department of Kinesiology and Health Sciences at Virginia Commonwealth University where he also has affiliate faculty appointments in the Departments of Pediatrics and Physical Medicine and Rehabilitation. Dr. Evans serves as the Director of Clinical Exercise Physiology for the Children's Hospital of Richmond at VCU's Health Lifestyles Center and his research has focused on the role of physical activity and physical fitness on weight loss outcomes, weight loss maintenance, and cardiometabolic health in adolescents and adults.



Member-at-Large-Jody Clasey, University of Kentucky-bio

I am a longtime member of the American College of Sports Medicine and the Southeast Chapter of the American College of Sports Medicine (SEACSM). The SEACSM has a strong history of providing excellence in leadership, mentorship, professional development, and contributions to the Exercise Science and related disciplines. If elected to serve as a member of the SEACSM Executive Board I would be committed to significantly contributing to the continuance of this tradition, and exploring additional ways ensure continued success. I believe SEACSM provides an excellent opportunity for undergraduate and graduate students, postdoctoral fellows, young professionals, and "seasoned" professionals to form new and strengthen established collaborative effort; to share creative, important and timely findings, to both teach and learn from others, and to find and give much needed mentorship.



SEACSM Student Representative-Brittany Wilkerson, University of Tennessee/Knoxville

My name is Brittany Wilkerson and I am a current doctoral student working under Dr. David Bassett, Jr. at the University of Tennessee. I obtained my B.S. in Exercise Science at Salisbury University (Salisbury, MD) and my M.S. in Clinical Exercise Physiology at Ball State University (Muncie, IN). I am also an ACSM Registered Clinical Exercise Physiologist. My current research involves examining psychological aspects of exercise, with a focus on how to improve enjoyment of exercise. I look forward to serving as the 2015-2017 Southeast ACSM Student Representative.



SEACSM Regional Representative to ACSM- Alan Utter, Appalachian State University

Dr. Alan C. Utter graduated from the University of Pittsburgh in 1995 with a Ph.D. in exercise physiology and a Master's of Public Health (M.P.H.) in epidemiology. A member of the Appalachian State University faculty since 1995. Dr. Utter is currently a Professor in the Dept. of Health and Exercise Science, Interim Vice Provost for Research, Director of the Health Promotion academic degree program and Director of the University Office of Student Research. Dr. Utter is an American College of Sports Medicine (ACSM) Fellow, an ACSM Certified Exercise Specialist_{sm} for Preventive and



Rehabilitative Exercise Programs, an ACSM Registered Clinical Exercise Physiologist_{sm}, and served for 10 years as the Director for the ACSM Health and Fitness Instructor_{sm} workshop. He is a past member of the ACSM International Certification Subcommittee and current member of the ACSM Budget and Finance Committee. His research focus is body composition assessment, sport performance, and cardiovascular/ metabolic/perceptual responses to exercise. Dr. Utter has over 100 research publications in peer-reviewed journals such as *Medicine & Science in Sports & Exercise*, *European Journal of Applied Physiology*, *Sports Medicine*, and the *American Journal of Clinical Nutrition* as well as numerous presentations at regional, national, and international meetings. He also serves as an Associate Editor for ACSM's *Medicine & Science in Sports & Exercise*, *Journal of Strength and Conditioning Research* and the Health Science Division Editor for the *Council on Undergraduate Research (CUR) Quarterly*. He is a past member of ACSM's Board of Trustees and Administrative Council, Past- President for the Southeast ACSM, Councilor for the Health Sciences Division of CUR and has served on the Sports Medicine Advisory Committee for the National Federation of State High School Associations, and consults regularly to the NCAA and the National Wrestling Coaches Association on weight loss issues in wrestlers.

SEACSM Clinical Track



The Clinical Track committee would like to thank everyone who attended sessions during the past meeting. We had an excellent number of clinical case studies presented, with Dr. Sally Hinman, MD from the University of Florida Family Medicine Residency program selected as the top case study for 2015. As we prepare for the meeting back in Greenville, SC for 2016, if you have topics of interest, please contact our planning committee (See the website for info).

SEACSM Grad Fair

The turnout for the 2015 SEACSM Grad Fair was fantastic. There were over 27 universities sharing information about their programs to the room full of interested students. A special well done for all of the work that went into making this a great event.

ACSM Elections

We have a number of SEACSM members running for positions with the national office. Be sure that you take the time to vote as every vote counts. Be sure to vote before 3/31!

Trustee Candidates: Basic & Applied Science: Dixie Thompson, Ph.D., FACSM

Trustee Candidates: Education & Allied Health:

Heather Chambliss, Ph.D., FACSM & Erica Jackson, Ph.D., FACSM

Trustee Candidates: Medicine: Kevin Vincent, M.D., Ph.D., FACSM

Students

If you attended the 2015 SEACSM meeting in Jacksonville, FL, we need your feedback on the meeting.

Use this link to give us some feedback:

<http://www.seacsm.org/studentinformation.html>

Highlights of the 43rd Annual Meeting of SEACSM-Jacksonville, Fl

**2014 Henry J. Montoye Award Lecture Winner
Arthur Weltman-University of Virginia**



**Keynote Address
Patty Freedson-University of Massachusetts**



Tribute To Hugh G. Welch: SEACSM First Scholar Winner



**Andrew Kozar ACSM Presidential Address
William Dexter-ACSM Past President & Tufts University School of Medicine**



Don Hooton-President of the Taylor Hooton Foundation



**Basic Science Lecture
Karyn Esser-University of Kentucky**



**2014 SEACSM Service Award Winner
Andrew Gregory-Vanderbilt University**



**2015 Henry J. Montoye Award Lecture Winner
Anthony C. Hackney-University of North Carolina/Chapel Hill**



**2015 SEACSM Service Award Winner
Dixie Thompson- University of Tennessee/Knoxville**



**SEACSM Luncheon Lecture
Jeffrey Woods-University of Illinois-Urbana-Champaign**



President-Elect: John Quindry

Greetings to all in follow-up from the highly successful 2015 SEACSM annual meeting in Jacksonville, FL. I'm honored to serve as President elect and am already at work. One of the many benefits of the reorganization of the Presidential duty structure is that I have more than a year to plan for the 2017 meeting. I'm already working on strategies to optimize already excellent programs like the Student Bowl and Graduate Student Fair. But I'm ready and willing to receive additional thoughts and input to make our meeting even better. I have number of thoughts in constructing the speaker list, but here too am interested in your input.



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