



## President's Message- Alan Utter

*From Boone, NC*

As we wrap up the Fall semester I would like to remind you that the 38<sup>th</sup> Annual SEACSM meeting will soon be here. The event will take place at the Hyatt Regency Hotel in Greenville, SC on February 11-13, 2010. The SEACSM Executive Board recently completed our Fall conference call to review and finalize the remaining details for our upcoming meeting. I am pleased to report that all seems to be in order for an exciting meeting in which new knowledge will be shared and discussed. Should you have any questions regarding the 2010 SEACSM Annual Meeting please do not hesitate to contact myself or our President-Elect: Dr. Pete Granjean: email: [grandpw@auburn.edu](mailto:grandpw@auburn.edu).



As I mentioned in the August newsletter, our current President of the American College of Sports Medicine, Dr. Jim Pivarnik - Michigan State University, has declared his Presidency: "The Year of the Student". To support his message ACSM will provide **130 FREE National ACSM Student Memberships** to students of the SEACSM. These memberships will be given away at our upcoming Annual SEACSM meeting. To be eligible students must be signing up as 1<sup>st</sup> time ACSM national members. Students who have never been ACSM National members but are SEACSM chapter-only members would be eligible. These memberships will be

given out in a first-come, first-served basis and application will be found at the ACSM information desk in the registration area. Students may choose to receive a free year of Graduate membership, Undergraduate membership or Student Alliance membership. It is my hope that as a Chapter we will be able to execute all 130 free ACSM student memberships. Please join me and invite 1-2 (or as many as like) students to attend our Annual meeting to take advantage of this unique opportunity that is being offered through the National ACSM office.

I look forward to seeing you at the 38<sup>th</sup> Annual SEACSM meeting in Greenville, SC on February 11-13, 2010. If you have questions about any of the information mentioned in the newsletter or simply want to get more involved with the Southeastern American College of Sports Medicine please do not hesitate to contact me at: [utterac@appstate.edu](mailto:utterac@appstate.edu) or phone: 828-262-3094.

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## **AV Teams Needed for The 2010 SEACSM Meeting**



We will again be using student AV teams. Please contact the executive board member below if you can help. We need eight AV teams for the 2010 SEACSM meeting. Each team will be responsible for managing the AV equipment and providing support for presenters during keynote presentations and free communication sessions. AV teams are composed of two or three students and will be required to bring a laptop computer, data projector and supporting peripherals (cord connectors, etc...). SEACSM will pay lodging expenses for each AV team. A faculty sponsor from the student team's university should contact Ed Acevedo at [eoacevedo@vcu.edu](mailto:eoacevedo@vcu.edu) or 804-828-1948 by December 4, 2009.

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**SAVE THE DATE-SEACSM: FEBRUARY 11-13, 2010**

**The 2011 SEACSM 39<sup>th</sup> Annual Meeting  
Will be back in Greenville, SC  
On February 3-5, 2011**

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### **Sponsor and Exhibitor Opportunities.-Michael Berry**

One of the ways by which the Southeast American College of Sports Medicine defrays the cost of the annual meeting is through the use of sponsors and exhibitors at the meeting. The chapter offers a variety of opportunities to companies and organizations to market their products and services to sports medicine and exercise science professionals in the southeast and to gain local, regional and national exposure for their company. One of the highlights of the conference is the exhibitors that participate in the meeting. The participants enjoy one-on-one contact with the exhibitors to learn more about the products and services they have to offer. The sponsors and exhibitors that participate at the annual meeting are from a wide variety of industries that offer products, equipment or services that the conference attendees use frequently in their professions. If you or your business would like to participate as a sponsor or exhibitor, or if you know of a company or business that you think would like to participate, please contact Michael Berry at [berry@wfu.edu](mailto:berry@wfu.edu) to discuss these opportunities.

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### **SEACSM Graduate Student Fair**

**Dear Graduate Coordinators and Internship Supervisors:**

The Southeast Chapter of the American College of Sports Medicine (SEACSM) is hosting its annual Graduate Student Fair at the February 2010 meeting in Greenville, SC. This is an excellent opportunity for universities to share information about their graduate programs and for employers to share information about their internship opportunities. The Fair generally draws 200-300 students from universities across the Chapter (AL, FL, GA, KY, LA, MS, NC, SC, TN, VA). Free refreshments will be provided.



The Graduate Student Fair will be held from 5:30-7:00 PM on Friday, February 12, 2010 at the Hyatt Hotel in Greenville, SC. The room will be available approximately one hour beforehand for set-up. Those interested in having a table at the Fair to advertise internship sites or graduate programs can download an application form at [http://www.seacsm.org/gradfair2010\\_app.pdf](http://www.seacsm.org/gradfair2010_app.pdf) and send a check for the appropriate amount (see below) to:

Dr. Lynn Panton  
Department of Nutrition, Food & Exercise Sciences  
Florida State University  
436 Sandels Building  
Tallahassee, FL 32306

SEACSM Federal Tax Number: 35-17771465

A fee of \$75.00 (plus an additional \$15.00 if an electrical outlet is needed) payable to SEACSM should accompany all applications. All applications must be received by Friday, January 22, 2010. If you have questions or if you need an invoice for payment, please contact Lynn Panton at lpanton@fsu.edu or (850) 644-4685.

*Don't miss this chance to network with some of the brightest students in the Southeast!!!*

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## **2010 Annual Meeting Preview-** **President-Elect Peter Grandjean**

Preparation for the 2010 SEACSM, Feb. 11-13, 2010, Greenville, SC is well underway. The call for abstracts produced a record number of submissions. We thank all SEACSM members and students for your submitted abstracts, tutorials, and symposia for the upcoming meeting. **Be sure to register for the meeting and to book your room at the Hyatt Regency hotel in Greenville, SC. See the SEACSM website for more information.**

An exciting program has been organized and includes the following guest speakers:





**Featured Presentations**  
**2010 Southeast Chapter of the American College of Sports Medicine Meeting**

**Keynote Address:**

**"The Biological Basis to Fear Physical Inactivity"**

***Dr. Frank W. Booth***

Dr. Frank W. Booth, Professor of Biomedical Sciences at the University of Missouri-Columbia, received his Bachelor of Science degree from Denison University in Granville, OH in 1965 and his Ph.D. from the University of Iowa in 1970. Dr. Booth is currently interested in the determining how exercise signals are sensed, transduced, and effect the expression of genes in skeletal muscle. To this end, multiple animal models of exercise and physical inactivity are employed. The end point of such investigations is to provide on the molecular level of evidence-based medicine for why sedentary lifestyle increases the risk of many unhealthy conditions. Skeletal muscle affects the health of other organs (heart, adipose tissue, brain, etc.) by altering insulin resistance, blood hypertriglyceridemia, blood HDL levels, and neuro-integrative pathways. Thus, all molecular events to decreased contractile activity must be integrated into models of how inactive skeletal muscle diminishes the expression of putative "health" genes. Dr. Booth has received multiple awards and formal recognition for his outstanding research, including an NIH Merit Award, an ACSM Citation Award "...for bringing the discipline of exercise physiology into the realm of molecular biology", Honor Awards from the International Conference on the Biochemistry of Exercise and the Environmental and Exercise Section of American Physiological Society. Dr. Booth currently serves on the editorial boards for: the *Journal of Applied Physiology*, the *American Journal of Physiology: Cell Physiology*, *Physiological Genomics*, and *CardioMetabolic Syndrome*. Visit <http://www.dbms.missouri.edu/BoothF.htm> for additional information on Dr. Frank W. Booth.

**Presidential Lecture:**

**"Physical Activity During Pregnancy and Postpartum: so What's Old, and What's New?"**

***Dr. Jim Pivarnik***

James Pivarnik, Professor of Kinesiology and Epidemiology, is the Director of the Center for Physical Activity and Health at Michigan State University. Dr. Pivarnik received his Bachelor's degree from Indiana University in 1973, Master's degrees in Physical and Health Education from James Madison University and in Epidemiology from Michigan State, and his Ph.D. from Indiana University in 1982. As an exercise physiologist and epidemiologist, he studies the exercise responses of females, particularly during pregnancy, and children, both healthy and those with chronic diseases. His focus is on the role of physical activity in reducing the risk factors for chronic disease development (e.g., cardiovascular disease) and the

morbidity and mortality of those suffering from such conditions. Dr. Pivarnik helped write federal guidelines on physical activity during pregnancy. Dr. Pivarnik, who has studied physical activity and pregnancy for more than 20 years, is currently keeping track of the offspring of women he studied several years ago to determine how the children's development - in terms of growth, body fat, fitness and blood pressure, among other factors - have been affected. Dr. Pivarnik now serves as the President of the American College of Sports Medicine. Visit <http://www.epi.msu.edu/faculty/pivarnik.htm> for more on Dr. Jim Pivarnik.

### **Basic Science Lecture:**

### **"Coupling of Old Age-Induced Cardiovascular Dysfunction and Osteoporosis."**

#### ***Dr. Michael D. Delp***

Michael D. Delp, Ph.D., FACSM, is a Professor and Chair of the Department of Applied Physiology and Kinesiology at the University of Florida. The primary focus of Dr. Delp's research is understanding the effects of physical activity on the cardiovascular system. Work from the Delp laboratory has used exercise training to investigate the effects of high levels of physical activity on cardiovascular function, and microgravity (simulated and actual), aging and type II diabetes as models where low levels of physical activity are a key component of the condition. According to the American Heart Association, physical inactivity is a major risk factor for developing coronary artery disease, stroke and peripheral vascular disorders. It also contributes to other risk factors, including obesity, high blood pressure, low levels of HDL cholesterol, and diabetes. Specific areas of Dr. Delp's research include: **1.** The effects of aging and exercise training on vascular control mechanisms in skeletal muscle. (Delp et al. Ageing diminishes endothelium-dependent vasodilatation and tetrahydrobiopterin content in rat skeletal muscle arterioles. *J. Physiol.* 586: 1161-1168, 2008.) **2.** The effects of simulated microgravity on microvascular control mechanisms in the brain, splanchnic tissue and skeletal muscle, and how these alterations contribute to the incidence of orthostatic hypotension. (Colleran et al. Simulated microgravity alters rat mesenteric artery vasoconstrictor dynamics through an intracellular Ca<sup>2+</sup> release mechanism. *Am. J. Physiol. Reg. Int. Comp. Physiol.* 294: R1577-R1585, 2008.) **3.** The possible coupling of diminished blood flow and microvascular endothelial function to bone loss associated with old age, disuse and type II diabetes. (Prisby et al. Aging reduces skeletal blood flow, endothelium-dependent vasodilation and nitric oxide bioavailability in rats. *J. Bone Min. Res.* 22: 1280-1288, 2007.) Dr. Delp's research has been supported by grants from the National Aeronautics and Space Administration, the National Space and Biomedical Research Institute, the National Institutes of Health, and the American Heart Association-Texas Affiliate. He has authored or co-authored over 75 refereed research articles and 12 invited reviews, book chapters and symposium proceedings. Visit <http://www.hhp.ufl.edu/dir/links/delpM.php> for more information on Dr. Michael Delp.

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**Luncheon Presentation:  
"Physical Activity as a Strategic Business Priority: Implications for  
Leadership, Workforce, and Policy"**

***Dr. Nicolaas P. Pronk***

Nicolaas P. Pronk, Ph.D., FACSM is the vice president and Health Science Officer for JourneyWell at HealthPartners, a large non-profit, member-governed integrated health system in Minneapolis, Minnesota. He is also a Senior Research Investigator at the HealthPartners Research Foundation where he conducts research in the area of health behavior change and population health.

Dr. Pronk is widely published in both the scientific and practice literature and is currently an Editorial Board member for several scientific journals. He is the founding president of the International Association for Worksite Health Promotion (IAWHP). Some of his current activities include being a member of the Task Force on Community Preventive Services which publishes the Guide to Community Preventive Services, the Clinical Obesity Research Panel at the National Institutes of Health, and a faculty member of the *World Health Organization Non-Communicable Disease Prevention course*. He is a former member of the Defense Health Board (Armed Forces Epidemiological Board), ACSM's Behavioral Strategies Committee, and the Institute of Medicine's Committee to Assess Health Promotion Programs at NASA. Dr. Pronk is the author of the National Physical Activity Plan for Business and Industry white paper and the Senior Editor of *ACSM's Worksite Health Handbook, Second Edition*. Dr. Pronk received his doctorate degree in exercise physiology at Texas A&M University and completed his post-doctoral studies in Behavioral Medicine at the University of Pittsburgh Medical Center and Western Psychiatric Institute and Clinic in Pittsburgh, Pennsylvania. Visit <http://www.keepitoff-hprf.org/KIO/Nicolaas.html> for more information on Dr. Nicolaas Pronk's work.

The program will also include tutorials, symposia, free communications (both oral and poster) as well as clinical case presentations. If you have any questions regarding the 2010 SEACSM meeting please contact: Dr. Peter Grandjean at: [grandpw@auburn.edu](mailto:grandpw@auburn.edu) or 334.844.1462.

<b>SAVE THE DATE-SEACSM: FEBRUARY 11-13, 2010</b>
<b>Hotel Registration:</b> <a href="http://www.greenville.hyatt.com">http://www.greenville.hyatt.com</a>
Be sure to ask for the SEACSM Conference rate
<b>Online Meeting registration</b>
<a href="http://152.12.30.116/IPAR/aa/RegistrationForSeacsm.asp">http://152.12.30.116/IPAR/aa/RegistrationForSeacsm.asp</a>

## Student Article

**Travel Awards:** Don't miss out on these available student travel awards to ACSM associated National Meetings (Applications available at [www.acsm.org](http://www.acsm.org)).

**Lawrence A. Golding Health/Fitness Scholarship** - \$1,000 and free registration to the 2010 Health and Fitness Summit in Austin, TX. The scholarship is available to undergraduate students who have made significant outstanding contributions to their communities in health, fitness and/or education.

**Michael L. Pollock Award** - In memory of **Michael L. Pollock**, ACSM's 26th President. Two (2) \$200 scholarships to graduate students who are presenting research projects at the 2010 ACSM Annual Meeting in Baltimore. Awards based on the two best research projects, *focused in the areas of health & fitness and/or clinical exercise physiology*. Deadline: Friday, April 2, 2010.

**Steven M. Horvath Award** - In memory of **Steven M. Horvath**, FACSM. Two (2) \$500 scholarships to aid two underrepresented minority graduate students to present their scholarly work at the ACSM Annual Meeting in Baltimore, Maryland. Deadline: Friday, April 2, 2010.



**Student Bowl:** We are still fielding teams for the 2009 Student Bowl at the SEACSM meeting in Greenville! The "Student Bowl" is a fun and friendly competition consisting of "Jeopardy" style play with categories and questions from an exercise science curriculum. Teams must consist of 3 students (consisting of at least 2 undergraduates) and one alternate. The winner will represent the Southeast Region in the National Student Bowl Competition in Baltimore! The winning teams will receive some great prizes!

**Faculty:** Please help the students of SEACSM continue to build the Student Bowl into tradition by being a faculty sponsor for a team. In addition, we are seeking faculty members to help in the formulation of a pool of questions for this year's competition.

Sincerely, Brandon C. Hollis, M.S. Student Representative to the Board of SEACSM



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**Past President's Message Fall 2009****Judith A. Flohr**

As the fall semester of the academic year begins to wind down I hope that you have put the annual SEACSM meeting in Greenville on your spring semester calendar. (**February 11-13, 2010**). Pete Grandjean has designed a great program and one that promises to include an appropriate mixture of symposiums, tutorials and free communications to make it one of the best regional meetings in the United States.

One component of the annual meeting is the election of new board members I am pleased to report that Dr. David Pascoe (Auburn University) and Dr. Michael Turner have been nominated to run for President-Elect. The four individuals who are running for the two Member at Large position on the Executive Board are Dr. Andy Bozak (Life University), Dr. Cherilyn Hultquist (Kennesaw State), John Quindry (Auburn University) and Susan Tsvitse (UNC Charlotte). Voting for the President Elect and Members at Large occurs at the annual meeting. In addition to the election the annual meeting provides an opportunity for the membership to recognize the Montoye Scholar recipient.

**2010 Montoye Scholar Award Winner:**

It is my pleasure to report that Dr. J. Timothy Lightfoot has been selected as the 2010 Montoye Scholar. Dr. Lightfoot, PHD, FACSM, RCEP, ES, is a faculty member in the Department of Kinesiology at UNC Charlotte. Dr. Lightfoot's general area of research interest is in exercise genomics and he has been funded by the National Institutes of Health. The overall focus of his lab group has been to identify the genetic factors that regulate daily physical activity and exercise endurance. Some of the exciting results from the lab in this area deal with specific chromosomal locations that control daily activity and maximal aerobic capacity as well as the determination that somewhere between 38-52% of a person's physical

activity level is probably influenced by genetic factors. In addition to the Montoye Scholar the annual meeting will feature the presentation of Student Research Awards.

The SEACSM annual meeting has a tradition of being "student focused" and the Student Research Awards are an integral part of the chapter's history. A total of 45 student abstracts were submitted for consideration. I am pleased to report that this year ten finalists from the master/undergraduate and ten from the doctoral categories will present their research on February 11, 2010 at 4:00-6:00 PM in a special poster session. The top three posters from each category will be selected by judges and the awards will be presented during the Luncheon on Saturday February 13, 2010.

A couple of additional reminders to put on your schedule for the annual meeting the Women's Breakfast will be held February 12, 2010 at 6:30 and is open to all SEACSM members, students and professionals, so on your pre-registration materials indicate your whether you will be attending the breakfast. All Past Presidents do not forget to put the Past Presidents Luncheon on your agenda for the meeting. If you are interested in attending please send me an email at [flohrja@jmu.edu](mailto:flohrja@jmu.edu). I am looking forward to a great meeting in Greenville, see you there!

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## Clinical Track Program Info

If you have not attended a Clinical SEACSM Conference Meeting, then now is the time. Based on the planning committee's assessment of need and feedback from participants of the 2009 SEACSM Clinical Track Program, this year's course is designed to educate clinical professionals interested and engaged in the healthcare of athletes of all ages participating in organized and recreational sports with regard to established and emerging technologies in sports medicine. Here are some of the invited presentation for the 2010



**SEACSM Clinical Track Program: Friday February 12, 2010**

Bone Stimulators for Acute Fractures by Andrew Gregory, MD; Extracorporeal Shock Wave Therapy for Recalcitrant Plantar Fasciitis by Brian Thompson, MD; Platelet Rich Plasma Injections for Recalcitrant Tendinopathy by Ken Mautner, MD; Viscosupplement Injections for Osteoarthritis by Christian Latterman, MD; Biomechanical Basis for mTBI by Gunnar Broolinson, DO; Lessons Learned in Planning, Developing and Implementing a Computer Based Neuropsychiatric Testing Center for Athletes at Risk for mTBI by Michael Collins, PhD

**Saturday February 13, 2010**

Ingestible Thermometers for Heat Illness Prevention by Eric Coris, MD; Prolotherapy by Brian Shiple, DO; Office Based Ultrasound Guided Musculoskeletal Interventions by John McShane, MD.

Don't miss this exciting program and watch for more details on the SEACSM website ([www.seacsm.org](http://www.seacsm.org)) under the "Clinical Information" tab.

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### Editor's News

Congratulations, now that you have gotten to this part of the newsletter, you are very well informed on the exciting program that is being planned for you on your trip to Greenville, SC.

#### **REQUIREMENTS for all Posters for the SEACSM 2010 MEETING**

Posters should be made to fit on a board which is 4'x 6'.

Presenters should bring their own pins to present their poster.

Here are some other things that you will need to know about the meeting. 1) Online registration for the meeting is listed in an earlier section of this newsletter.

The 2010 SEACSM meeting will be in downtown Greenville, SC at the Hyatt Regency ([www.greenville.hyatt.com](http://www.greenville.hyatt.com)) on February 11-13, 2010. More information can be found on the SEACSM.ORG website.

#### **Transportation: To / From Greenville Spartanburg International Airport:**

Transportation services are available through Greenville Spartanburg International Airport or Hyatt Regency Greenville. Transportation fees vary and should be confirmed directly. To make your travels as simple as possible, we recommend calling local taxi cab services, visiting transportation kiosks in the baggage claim area, or calling the hotel in advance for assistance or recommendations.

#### **Parking**

Hyatt Regency Greenville is pleased to offer our guests convenient parking options:

- **Valet Parking: Cost:** \$15.00 per day, with in / out privileges
- **Indoor or Self-Parking: Cost:** \$6.00 per day

Please note, maximum garage clearance is 6'8". RV and van parking is available in a nearby lot. Please contact our concierge if you require additional information.

## Maps & Directions



### Hotel Address

*Hyatt Regency Greenville*  
 220 North Main Street,  
 Greenville, South Carolina, USA 29601  
 Tel: +1 864 235 1234 Fax: +1 864 232 7584

### Directions

**Use the Hotel Address below for Mapquest/GPS directions:**

50 Beattie Pl  
 Greenville, South Carolina, USA 29601

### From Greenville Spartanburg International Airport (14 miles):

Depart the airport heading south on GSP Drive. Proceed straight toward I-85 / Greenville / Spartanburg, then merge onto I-85 South toward Greenville. Merge onto I-385 North via Exit 51, toward Downtown / Greenville. I-385 North becomes Beattie Place. Hotel is located on the left side of Beattie Place.

### From Chattanooga and Atlanta

Take I-24 East toward Atlanta / Knoxville. Merge onto I-75 South via Exit 185A toward Atlanta (crossing into Georgia). Take the I-285 West / I-285 East exit #259 toward Birmingham / Tampa / Greenville / Augusta. Merge onto I-285 East / GA-407 East via Exit 259B toward Greenville / Augusta. Merge onto I-85 North via Exit 33B toward Greenville (crossing into South Carolina). Merge onto US-29 North via Exit 42, then turn left onto Beattie Place. Hotel entrance is located on the left side on Beattie Place.



**From Columbia**

Take US-76 West, which becomes I-26 West. Merge onto I-385 North via Exit 51 on the left, toward Laurens / Greenville. I-385 North becomes Beattie Place. Hotel is located on the left side of Beattie Place.

**From Charlotte**

Take I-85 South toward Gastonia (crossing into South Carolina). Merge onto I-385 North via Exit 51 toward Downtown / Greenville. . I-385 North becomes Beattie Place. Hotel is located on the left side of Beattie Place.

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**2009 SEACSM Fall Lecture Tour  
Dr. Russell Moore**

The 2009 Southeast American College of Sports Medicine Fall Lecture Tour featuring Dr. Russell Moore from the University of Colorado proved to be an overwhelming success. Over 4 days in late September, early October, Dr Moore gave his lecture titled "Aberrant cardiolipin metabolism in heart failure: the problem and a possible solution" at Auburn University, the University of Georgia, and the University of Florida. Lecture attendance ranged from 30 to 135 persons at the various sites. Dr. Moore received a nominal honoraria from each university and his travel expenses were sponsored by the SEACSM and hosting universities. Additional funding was provided by the Auburn University Special Lecture Committee.

## SEACSM Executive Board

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