



President's Message- Edmund Acevedo

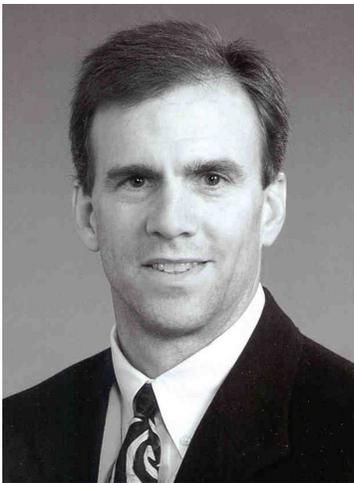
As the academic year quickly approaches I hope that you are staying cool and enjoying a respite before our campuses reignite with energy and excitement. As a part of our SEACSM regional chapter activities, the Executive Board begins the cycle of annual activities with our Spring planning meeting in May. During this meeting we briefly reflect on our recent conference and plan for the activities of our next year. As many of you know, our 2013 meeting was a tremendous success, primarily due to your participation in all conference activities. As conference program coordinator, I must express my sincere appreciation to all who made this conference a success: the SEACSM Executive Board for helping to plan and coordinate the program, the reviewers of our submitted abstracts, our invited speakers, our presenters from our region, and all who came and enjoyed the ride. Most importantly, I greatly appreciate the quality of your contributions to enhance our understanding of human movement and health. Finally, my work on the program was critically supported by Paul Davis, our past president; David Pasco, our past president once removed; Don Torok, our webmaster and newsletter editor; and Kyle Cassas, our clinical program coordinator.



Our chapter activities for this year are already in motion. The SEACSM Fall Lecture Tour is being coordinate by Dawn Coe from the University of Tennessee. This year's lecture is scheduled to visit Tennessee, Mississippi, Louisiana, and Kentucky. Please contact Dawn (dcoe@utk.edu) if your institution is interested in hosting this year's lecturer, Dr. Karin Pfeiffer, from Michigan State University and an expert in physical activity in children and adolescents. Our President-Elect, Kevin McCully, has identified our invited speakers for our annual conference to be held February 13 through 15, 2014. In addition, he plans to incorporate new programs that will direct attention to the excellent research conducted by the students in our chapter. I hope that you and your colleagues are planning to join us for the forty-second annual SEACSM conference. Please consider submitting an abstract for review by the October 1 deadline, and feel free to contact Kevin (mccully@uga.edu) with any questions regarding conference events.

Our chapter activities are not limited to our region. This year we have two chapter members who are serving as trustees for the American College of Sports Medicine. Dr. Kevin Guskiewicz, from the University of North Carolina at Chapel Hill, is an Allied Health and Education Trustee, and Dr. Judith A. Flohr, from James Madison University, is the Trustee representing the Regional Chapters. Our chapter benefits greatly from our close relationship with our national organization, and we appreciate the representation and leadership that Kevin and Judith are providing.

It is an honor for me to serve as the President of our SEACSM Regional Chapter. Your Executive Board and I look forward to another successful year of activities and events that support the promotion of physical activity and health. Please do not hesitate to contact me with any comments or question that you may have regarding our chapter activities; eoacevedo@vcu.edu or 804-828-1948.



Sponsor and Exhibitor Opportunities **Michael Berry**

There are still opportunities for exhibitors and sponsors at the upcoming 2014 meeting. Exhibitors and sponsors help to defray the cost of the annual meeting and offer conference attendees the opportunity for one-on-one contact 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 conference attendees frequently use in their professions. If you know of a potential sponsor or exhibitor, or if you would like to participate as an exhibitor or sponsor, please contact Michael Berry (berry@wfu.edu) immediately. There are a variety of opportunities to market products and services to sports medicine and exercise science professionals in the southeast and to gain local, regional and national exposure. Last year was a record breaking year for SEACSM in terms of attendance and participation of exhibitors. In fact, all our exhibitor spaces were occupied. Hopefully, this year will be similar.

Congratulations to Dr. Judith A. Flohr, our Regional Chapter Representative to ACSM from James Madison University, on her election as the Chapter Trustee, she will serve on the ACSM board of trustees through the 2016 annual meeting.



SAVE THE DATE -FEBRUARY 13-15, 2014

The Undergraduate Student Bowl

Congratulations to the 2013 Undergraduate student bowl winners from East Carolina University: Jacob Ridings, Beth Ackerman and Jonathan Powell. Do you and your two smartest friends have what it takes to compete in the undergraduate student bowl in 2014? Earn bragging rights by winning this jeopardy style inter-university competition! Be sure to sign up for the 2014 Student Bowl early, as the team selection will be based upon when your entry was received. There will be a link on the website (annual meeting page) directing you to: Danielle Wadsworth @ wadswdd@auburn.edu.



SEACSM Graduate Student Fair

Dear Graduate Coordinators and Internship Supervisors:

The 2014 SEACSM Graduate Student Fair will be held on Friday, February 14 at 5:45-7:00pm and is expected to attract representation from over 25 universities. Hundreds of prospective students are anticipated to participate in this event and it would be great if your students would as well. Thus, please encourage your students to attend this event to further their preparations for their academic future. Door prizes and other incentives will be available for those in attendance. The initial cost of reserving a table is \$75.00, plus an additional \$15.00 for electricity if you require it. Those universities/colleges interested in reserving a table at the upcoming Graduate Fair, in order to advertise internship sites or graduate programs, can download an application form at http://www.seacsm.org/gradfair2014_app.pdf, complete the form, and then mail the form and their check to the following address:

Andy Bosak, Ph.D., HFS, CSCS
Associate Professor of Sports Medicine
Department of Health Sciences
201A Solms Hall
Armstrong Atlantic State University
11935 Abercorn Street
Savannah, GA 31419

Table registration fees received after November 1, 2013 are \$85.00 (\$100 with electrical) and \$100.00 (\$115.00 with electrical) after December 1, 2013. All registration forms and payments must be received by Friday, January 24, 2014. Also, please do not include your Graduate Fair table registration fees with any other payments (ie. individual conference registration fees, etc.) to SEACSM. Instead, please keep your table registration fee separate and mail it to the contact listed above. Please contact Dr. Andy Bosak at andy.bosak@armstrong.edu or (912) 344-3317 with any questions regarding the Graduate Student Fair. Thanks for your efforts in advance and we look forward to your participation in this educationally important and excellent student event.



2014 Annual Meeting Preview

Kevin McCully: President-Elect

This year's annual meeting of the Southeast Chapter of the American College of Sports Medicine will be held **February 13 through February 15, 2014** at the Hyatt Regency Hotel Greenville SC. We have an exciting program organized that includes: Dr. Patty Freedson, Dr. Karyn Esser, Dr. William Dexter, and Dr. James Rimmer. Dr. Patty Freedson is Professor and Chair of the Kinesiology Department at University of Massachusetts, and is an international expert on measuring physical activity. Dr. Karyn Esser directs the Skeletal Muscle Biology Laboratory at the University of Kentucky and is an expert on circadian rhythms in skeletal muscle. Dr. William Dexter is the current President of ACSM and along with Don Hooten will discuss anabolic steroid use in athletes. Dr. James Rimmer is the Lakeshore endowed Professor and Chair of Health Promotion and Rehabilitation Sciences at the University of Alabama Birmingham. He will speak on physical activity and health for people with disabilities. The program will also include tutorials, symposia, free communications (oral and poster), clinical case studies, student graduate fair, and a chance to network with other Southeast colleagues.



In addition to the program, Greenville is an inviting destination where you can experience the city's rich heritage and culture, from arts to outdoor adventures. Tee off on Greenville's beautiful golf courses, catch to your favorite concert at Bi-Lo Center, be an ultimate driver at the BMW Performance Driving, or walk to 60 restaurants and shops in downtown Greenville. In addition, there is the Swamp Rabbit Trail, which is a 17.5 mile multi-use trail system located in close proximity to the hotel. The hotel has a fitness center that is open 24 hours a day.

Applications for a tutorial or symposium, or research presentation are strongly encouraged and must be completed and submitted electronically. No paper submissions will be reviewed or accepted. To submit electronically, go to the SEACSM web site (<http://www.seacsm.org>), use the button for Annual Meeting, complete the appropriate form(s), and submit them from the web site. If you are unable to access this site please contact Kevin McCully by phone at 706-542-1129 or email mccully@uga.edu. We urge you to submit research, clinical case, tutorial, symposia abstracts, and student research awards. You need to keep the message that appears after you hit the submit button, as verification that your submission was received. Another e-mail message will be sent to you during November indicating whether or not your submission has been accepted for presentation at the annual meeting. Please ensure that the e-mail address you provide with your submission will be available during November (if in doubt, list your major professor's or another accessible e-mail address).

You will be notified in November as to whether or not your abstract has been accepted.
The deadline for receipt of all abstracts is mid-night (12PM) Eastern Time October 1, 2013.

To submit, please go to the SEACSM website (<http://www.seacsm.org/annualmeeting.html>) and use the link on this page to complete your submission(s). Available after September 1, 2013.

Message from Franklin Sease, MD, FAAFP (Clinical Representative and Planning Committee Chair) to Clinical Members



The planning committee is putting the final touches on our clinical track program for 2014 to be held in Greenville, SC. Based on the planning committee's assessment of need and feedback from participants of the 2013 SEACSM Clinical Track Program, this year's course is: "Back to the Basics" and focus will be on Best Practices for common medical conditions encountered in the office and on the sideline, to include integration of exercise physiology, strength training and nutrition.

Our speakers will be anchored by Primary Care Sports Medicine Fellowship Faculty. We are excited to kick off our Track with a combined session address by our National ACSM President, Dr. William "Bill" Dexter.

Fellows will present cases and compete for a prize as usual. Please submit those to Dr Matthew Close, mclose@ghs.org. Fellowship Faculty and Southeast ACSM members please look for correspondence from the Chair of this years Clinical Track, Dr Ken Barnes. See the Clinical page on the SEACSM website for a look at the tentative 2014 clinical agenda. Hope to see you in Greenville! Franklin Sease.

FASEB MARC Travel Awards for Minority Students and Faculty

Do you have a minority student who needs funding to present research at a regional or national meeting? The *Minority Access to Research Careers* (MARC) Program offered through the *Federation of American Societies for Experimental Biology* (FASEB) offers funding for these and other activities. Information on the MARC Program may be found at <http://www.faseb.org/MARC>.

ACSM is co-hosting with ESPN Wide World of Sports titled, **Developing the Healthy Youth Athlete: Innovation and Best Practices in Going the Distance.**

The link will provide general information about the two-day event. The registration web site is now live: www.attendaconference.org/sportseries.

Where: Disney's Coronado Springs Resort and ESPN Wide World of Sports Complex

When: 6-8 November 2013

Target audiences: Coaches, team physicians, athletic trainers, youth sports administrators, physician assistants.

There are early registration rates available only until August 31, 2013! Be sure to check this out and share the information with all that would be interested.

Past Presidents Message August 2013

Paul Davis

Nominations – SEACSM Officers and Montoye Scholar Nominations

At the SEACSM Annual Meeting (February 13-15, 2014 in Greenville, SC), we will be electing a new President-Elect, as well as two Members-At-Large and a Student Representative to the Executive Board. While the President-Elect nominees will be chosen from our past Executive Board members, the Elections Committee is seeking nominations for the other Board positions. *If you would like to nominate someone for **Member-At-Large** or **Student Representative**, please send your nomination to Past-President Paul Davis at pgdavis@uncg.edu by September 15.* With your nomination, please include 2-3 sentences as to why you believe the nominee is qualified to serve on the SEACSM Board. Also, please keep in mind that these are 2-year positions. Therefore, it is expected that nominees will be affiliated with an institution within the SEACSM region through the 2016 Annual Meeting.



We are also seeking nominations for the 2014 Henry Montoye Scholar Award. This annual award honors an SEACSM member with exemplary research contributions. The winner will deliver the Montoye Scholar Lecture at the SEACSM Annual Meeting. *If you would like to nominate someone for the **Henry Montoye Scholar Award**, please send your nomination to Dr. Davis at pgdavis@uncg.edu by September 15.* With your nomination, please include a short paragraph as to why you think the nominee is deserving of this award.

If available, feel free to include a copy of your nominee's curriculum vita with your nomination (if not included, the selection committee will request a c.v. from the nominee or her/his institution if s/he is under serious consideration). Thank you for your thoughtful contributions to SEACSM!

Leadership & Diversity Training Program

In parallel with initiatives for young professionals and graduate students at the national level, ACSM has chosen the Southeast Chapter to pilot its Leadership & Diversity Training Program (LDTP) with undergraduate students. The mission of the LDTP is to promote the establishment of ACSM membership and involvement for persons of ethnically diverse backgrounds. For each of the three years of the pilot program (last year and the next two), five Southeast region undergraduate students from ethnic groups underrepresented

in the sciences are being awarded trips to the SEACSM annual meeting and are being paired with professional mentors during the meeting. The mentors are to discuss their protégés' career goals, assist them in planning their meeting agenda, and help them network with other professionals at the conference.

Students chosen to participate in the 2013 LDTP in Greenville, SC were Kellyn Colclough (Winthrop University), Ashley Kizzie (University of North Carolina at Greensboro), James Montgomery (East Carolina University), Nicolai Pineda (Georgia State University), and Carolina Sarmiento (University of Florida) (Some of these students even attended ACSM's national meeting in Indianapolis!). Mentors were Mindy Millard-Stafford (Georgia Institute of Technology), Larry Durstine (University of South Carolina), Jerry Brandon (Georgia State University), Bruce Gladden (Auburn University), and Sue Graves (Florida Atlantic University). Members of SEACSM's LDTP Committee, which was responsible for refining the undergraduate application process and choosing the protégés and mentors were Jerry Brandon, Paul Davis, Sue Graves, and Trudy Moore-Harrison. The Committee operated under the guidance of NiCole Keith, chair of ACSM's *ad hoc* Diversity Action Committee.

Please begin to consider exceptional students who may benefit from this opportunity and encourage them to apply for the 2014 LDTP. A call for both LDTP applicants and



professionals interested in serving as mentors will be issued in early fall. The information will be posted on the website in August, with an October 15, 2013 as the deadline for submission of your application. Please contact SEACSM Past-President Paul Davis at pgdavis@uncg.edu if you have any questions.

2013 LDTP protégés, mentors, and committee members (L-R): Larry Durstine, Jerry Brandon, Carolina Sarmiento, Kellyn Colclough, James Montgomery, Sue Graves, Nicolai Pineda, Bruce Gladden, Trudy Moore-Harrison, Paul Davis, NiCole Keith (not pictured: Ashley Kizzie, Mindy Millard-Stafford).



Student Article



SEACSM is all about Student networking! Getting involved with the Southeastern chapter of ACSM is a great opportunity for students to speak directly to graduate students and faculty to learn about potential educational or employment opportunities. Annual Southeastern meetings give students an opportunity to learn about a variety of research applications through personal interaction, and to present their research in a professional setting. It's a great time with great people who share your similar interest. What more can you ask for?

Back to Greenville! This past year's annual meeting of the Southeast Chapter of the American College of Sports Medicine was a success! We had a great turnout with **over 900 in attendance!!!** Overall, with the great presentations, exhibits, and student activities such as the Graduate Student Fair, Research Poster Competition, and the Undergraduate Quiz Bowl we had an amazing time in Greenville, SC and we are excited to go back for next year's meeting. Everything is in walking distance so it's a great student-friendly location! We hope to see some old faces as well as some new ones at **next year's meeting February 13-15th, 2014**. I challenge you to bring a new friend or two!

Got a competitive spirit? Does your university/college have what it takes to compete in our undergraduate student bowl (a jeopardy style inter-university competition)? If you are up for the challenge get your team of three together (undergraduates only) and bring your A-game!!! Congrats to East Carolina University for winning this past year's SEACSM student bowl and representing the Southeast Chapter at the National ACSM meeting. Will the reigning champions keep their crown or will a new challenger claim the throne? There will be a maximum of twenty teams in the student bowl, so acceptance is based on a first come, first serve basis!

Getting Involved!

I, Amber Kinsey your student representative, am currently seeking student representatives from Universities throughout the Southeastern region to join our Student Coalition! The purpose of the Student Coalition is to provide a platform for students to communicate and provide information about meetings, potential funding opportunities, and even ride and room sharing for conferences. Whether you are seeking information about a prospective graduate program or you just enjoy meeting others with similar interests, networking with other students is great experience that you cannot find anywhere else!

Want to be a student representative? Starting next year we will be looking for a second student representative to join the team for the Southeast Chapter!

Stay Connected! Check out our website at www.seacsm.org and be sure to **join SEACSM on Facebook** to have direct access to all our current information!

Got an idea for a student activity you'd like to see at future meetings? Share it with us on facebook or contact me directly!

I hope you can join us for our 2014 meeting and stay tuned for our next newsletter coming in **October**.

Amber Kinsey, PhD Candidate
SEACSM Student Representative
Department of Nutrition, Food and Exercise Sciences
The Florida State University
Awk10d@my.fsu.edu

Editor's News- Don Torok

In case you missed the award winners from our 41th Annual Meeting, here is a program review: **Henry Montoye Scholar** was Dianne Stanton Ward, EdD, FACSM, from University of North Carolina at Chapel Hill.



Service Award Winner was Judith Flohr, James Madison University



Doctoral Award Winners:

- 1st PhD – Melissa Puppa -University of South Carolina
- 2nd PhD – Melissa L. Erickson – University of Georgia
- 3rd PhD - Terence E. Ryan – University of Georgia

Master's Award Winners:

- 1st Master's – W. M. Southern -University of Georgia
- 2nd Master's – Andrew G. Thompson - Old Dominion University
- 3rd Master's - R.L. Ingram -Georgia Southern University



Undergraduate Award Winners:

1st Undergraduate – Kojo Thompson - Appalachian State University
2nd Undergraduate – Thomas F. Mahar -East Carolina University
3rd Undergraduate –Lexi Bauer & Chase Inman- Samford University

2013 SEACSM Student Bowl Winning Team: East Carolina University,
Team Members: Jacob Ridings, Beth Ackerman, and Jonathan Powell



2013 Clinical Case Award Winner: Daniel Herman, MD, PhD. from University of Florida

We would like to thank the following executive board members for their years of service to the chapter as their terms were completed at the annual meeting: Past President **David Pascoe**; At large Board Members: **Matt Green** and **Michael McKenzie**; Student Rep: **Lindsey Miller**.

Check us out on Facebook  Check out the jobs and other announcement that get posted on the site. Get the latest on the exciting program that is being planned for our 42st Annual Meeting. See you in Greenville, SC on February 13-15, 2014!

2013 SEACSM Fall Lecture Tour

The Fall SEACSM Lecture Tour is taking place in the states of Mississippi, Louisiana, Kentucky, and Tennessee. The tour is being coordinated by Dawn Coe from the University of Tennessee. This year's speaker is Dr. Karin Pfeiffer, an Associate Professor in the Department of Kinesiology at Michigan State University. Dr. Pfeiffer's research agenda includes physical activity assessment in children as well as interventions designed to increase physical activity levels in youth. Dr. Pfeiffer's lecture will focus on the Physical Activity Guidelines for Americans Midcourse Report, concentrating on children and adolescents. Please direct any questions to Dawn Coe (dcoe@utk.edu).

SEACSM Executive Board

- Edmund Acevedo, President, Virginia Commonwealth University, Department of Health & Human Performance, SOE HHP Dept, Box 842020, Richmond, VA 23284-2020 (804) 828-1948, fax (804) 828-1946 E-mail: eoacevedo@vcu.edu
- Paul Davis-Past-President, University of North Carolina at Greensboro, Department of Kinesiology, 237-J HHP Building, P.O.Box 26169, Greensboro, NC 27402-6170, (336) 334-3030 E-mail: pgdavis@uncg.edu
- Kevin McCully-President-Elect, University of Georgia, Department of Kinesiology, 115F Ramsey Building, Athens, GA, 30602 (W) 706-542-3148, e-mail:mccully@uga.edu
- Carolynn Berry, Executive Director, Office of the Provost, Associate Provost, 201 Blair Hall, Winston-Salem State University, Winston-Salem, NC 27110, (W)336-750-2110, (FAX) 336-750-2202 E-mail: berryc@wssu.edu
- Michael Berry, Exhibits, Sponsorships and Fund Raising, Wake Forest University, Department of Health and Exercise Science, P.O Box 7868, Winston-Salem, NC 27109 (W) 336-758-5847 (FAX) 336-758-4680 e-mail: BERRY@WFU.EDU
- Judi Flohr, Representative to ACSM, James Madison University, Department of Kinesiology-Morrison Bruce Center, MSC 2302 261 Bluestone Drive, James Madison University, Harrisonburg, VA 22807, (540) 568-3448, Fax (540) 568-3338 Godwin E-mail: flohrja@jmu.edu
- Don Torok, Webmaster & Newsletter Editor, Associate Dean, College of Education, Florida Atlantic University, Davie, FL 33314 (W) 954 236-1261 (FAX) 954 236-1050 e-mail: Torok@fau.edu
- W. Franklin Sease, Jr., MD, Clinical Representative, Steadman Hawkins Clinic of the Carolinas, Greenville Health System, 315 Medical parkway Suite 100, Greer, SC 29605, E-mail: fsease@ghs.org web: www.steadmanhawkinscc.com
- John K. Petrella, At-Large Member, Samford University, Kinesiology and Nutrition Science, 800 Lakeshore Drive, Birmingham, AL 35229 (w) 205-726-4548, E-mail: jkpetrel@samford.edu
- Andy Bosak, At-large Member, Armstrong Atlantic State University, Health Sciences Department, Savannah, GA 31406 (W) (912) 344-3317 (FAX) (912) 344-3490, E-mail: andy.bosak@armstrong.edu
- Danielle D. Wadsworth, At-large Member, Auburn University, Department of Kinesiology, 2050 Beard Eaves Memorial Cols., Auburn, AL, 36849, (w) (334) 844-1836, E-mail: wadswdd@auburn.edu
- Paul Miller, At-Large Member, Elon University, Department of Exercise Science, Lindner Hall-Arts & Sciences 2001, 2345 Campus Box, Elon, NC 27244 (W) (336) 278-5882, fax: (336) 278-5918, E-mail: millerp@elon.edu
- Amber W. Kinsey, B.S. Student Representative, Department of Nutrition, Food, and Exercise Sciences, The Florida State University, Tallahassee, FL 32304, mail to: awk10d@my.fsu.edu

SEACSM

Carolynn Berry, Executive Director
Associate Provost
Winston-Salem State University
201 Blair Hall
Winston-Salem, NC 27110

Newsletter Editor:
Don Torok, Ph.D.
Dean's Office, College of Education
3200 College Avenue, 205 ES Building
Davie, FL 33314

