



Winter 2006/07

American College of Sports Medicine

ACSM announces fitness trends for 2007 Survey results name top 20 trends in health and fitness industry

INDIANAPOLIS — Programs to address and combat the childhood obesity epidemic ranked number one in a survey of top health and fitness trends released on November 13 by the American College of Sports Medicine (ACSM). The survey, administered to health and fitness professionals worldwide, is published in the November/December issue of ACSM's Health & Fitness® Journal.

The survey was designed to reveal trends in commercial, corporate, clinical, and community fitness program environments. The 20 trends included in the survey were ranked from highest to lowest based on the expert opinions of nearly 500 respondents around the world.

"These trends are expectations of the front-line fitness professionals, not the latest infomercial spokesperson, so there's a lot of credibility and accuracy here as we look forward into the new year," said lead author Walter R. Thompson, Ph.D., FACSM. "It's also a fascinating peek at what to hope for as we seek health and fitness solutions for our overweight and inactive citizens. Hopefully, by this time next year we will have addressed and even accomplished some of our own predictions."

The Top 10 predictions for 2007 health and fitness trends are:

1. **Children and Obesity.** Program development to reduce obesity among children was the number-one trend identified in the survey. Health and fitness professionals predict schools are unlikely to increase time devoted to physical education or nutrition education, and providing physical activity for kids may fall in the hands of the health/fitness industry along with fitness professionals.
2. **Special Fitness Programs for Older Adults.** Fitness clubs and retirement communities stand to benefit from health and fitness programs that cater to the older adult. The number-two prediction notes the baby boom generation is growing older and living longer, and their physicians are recommending they remain active.
3. **Educated and Experienced Fitness Professionals.** Fully accredited education and certification programs for health/fitness professionals are on the rise. The importance of obtaining certification through academic accreditation is highly recognized by the fitness industry.
4. **Functional Fitness.** Functional fitness training, using strength training to improve performance for activities of daily living, will become more prominent in 2007. Exercises that mimic actual job tasks or other activities will help improve balance, coordination, strength, and endurance.
5. **Core Training.** A greater emphasis on and understanding of core training will occur, focused on forming the foundation for training the upper and lower extremities, including sport skill development. Core exercises, which strengthen, condition, and stabilize the abdominal and back muscles, often use props such as stability balls, BOSU balance balls, wobble boards, and foam rollers to provide support for the spine.

Continued on Page 3 — Fitness Trends



Northwest Region Newsletter

Winter 2006/07

President's Message

NWACSM Mission Statement:

It is the mission of the Northwest Chapter of the American College of Sports Medicine to provide educational opportunities for professional development in exercise science and sports medicine and to be a resource for the general public regarding sports medicine and health and fitness issues.

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Fall is about transition. It's the color of leaves, the first frost, and other noticeable changes. Our Chapter is also undergoing a transition this season. So far, many of the changes have been "behind the scenes" or have been in development, but in the next few months they will be as apparent to our membership as the change in the weather. Want to know the forecast?

1. *Forecast of a fun meeting in a fun city!*
The forecast for February 16-17 includes workshops and seminars at our 2007 Annual Meeting in Seattle. This will be the place to learn latest science and its application as we explore the frontiers of health and fitness. Meeting Director Dan Heil has lined up some fantastic speakers who will give lively talks of interest to everyone from student to seasoned professional. More and more of our region's finest graduate programs are being represented at this Annual Meeting, so this is always a great opportunity for undergraduate students to network with graduate mentors. This year we will be offering a Certified Strength and Conditioning Specialist certification in conjunction with the Annual Meeting. It's a great opportunity for anyone attending the meeting.
2. *We forecast a new Faculty Ambassador at every university and college in the Northwest!*
Thanks to the efforts of our Student Reps (Jessica Meendering, Nicole Miller, and Jenni McCord), we have jump-started this new program that will serve as a link between each institution and our Chapter. One of our goals as an organization is to reach out to the student population and foster their professional development. Participating in the Chapter gives students majoring in exercise science, sports medicine, athletic training, human physiology, biomechanics, motor control, sports psychology, pre-medicine, health, physical education, recreation, and other related fields the opportunity to network with other students and faculty throughout the northwest region. It also provides the opportunity to attend a professional conference, explore a variety of post-bachelors degree options, and build professional skills. Faculty Ambassadors help introduce students to the

This ACSM Northwest Region Newsletter was produced by Henriette Heiny, Ph.D., FACSM.

This is the last newsletter of this kind. In the future news items will be communicated through an E-bulletin and will be available on the ACSM Northwest Website. URL: <<http://northonline.sccd.ctc.edu/nwacsm/>>



Chapter and the opportunities it provides, and encourage them to attend the Annual Meeting.

3. *Forecast of a bold new name and a bold new look.*

The Northwest Regional Chapter of the American College of Sports Medicine will soon be known simply as “ACSM Northwest”. In conjunction with this shift to a shorter more dynamic name, we will soon unveil a trademark logo to identity all Chapter materials. It is going to be a bold stylish contemporary logo, one that you will be proud to wear on hats and shirts. We are building our identity around the concept that ACSM Northwest means “Standards you can trust.” We are an organization comprised of students, fitness experts, professors, scientists, and healthcare professionals that stands on high standards. We are linked to our national organization, the American College of Sports Medicine, but it is our connection to the Northwest that sets us apart and makes us who we are. Bringing ACSM to the Northwest. ACSM Northwest. Watch for it soon!

4. *Forecast of new correspondence for the new year.*

This is the last newsletter of its kind that you will receive from the Chapter. Starting in the new year, you will receive more frequent updates on ACSM Northwest activities and news by way of a monthly E-Bulletin. It will be a short easy-to-read package of information that will bring you timely updates on upcoming events in the Northwest and highlights of information available on the ACSM Northwest Website. Our membership includes the most knowledgeable experts in the region on exercise science and sports medicine and they give honest opinions based on facts and scientific proof. Soon their views will be hosted on an improved website, dedicated to disseminating important information within our region and helping you network with experts you can trust. Our Regional Representative to National ACSM, Steve Conant, is setting the groundwork for this new website that will provide better service to our members.

5. *Forecast of the best skiing season ever!* Ok, even as Board President, there are some things I can't forecast. But the rest of these predictions will come true soon, and I have high hopes for the skiing as well.

—John R. Halliwill, PhD, FACSM, NWACSM Board President

Continued from page 1 — Fitness Trends

6. **Strength Training.** The health benefits of incorporating strength training into a fitness regimen will receive continued emphasis. Women and older adults are credited with keeping this long-lasting trend popular.

7. **Personal Training.** Personal trainers will continue to gain recognition and credibility among other health care professionals for higher professional standards and accreditation. Also, now more than ever, the personal trainer is more accessible to potential clients.

8. **Mind/Body Exercise.** Variations of yoga, Pilates, Tai Chi and other mind/body exercises will be introduced and remain popular next year. Research supports that the mind benefits from these programs as much as the physical improvements in muscular strength, aerobic capacity, flexibility and balance.

9. **Exercise and Weight Loss.** Weight-loss programs will include an exercise component. Most diet programs already incorporate some exercise/physical activity recommendations, but professionals expect more visibility to be placed on energy balance in the weight-loss equation.

10. **Outcome Measurements.** Defining and tracking outcomes of a fitness program will have a higher profile in the future. Professionals expect advances in technology to help determine success in disease management or changes in negative lifestyle behaviors.

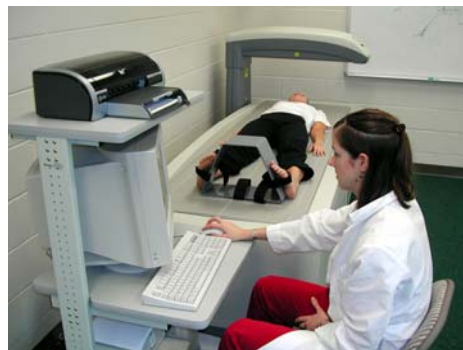
The full list (Top 20 trends) can be found in the article, *Worldwide Survey Reveals Fitness Trends for 2007*. This list is based on the findings from an international survey sent to more than 4,000 fitness professionals. Surveys were received from all over the world, including countries within Asia and Europe.

—From a Press Release by ACSM, November 13, 2006

Northwest ACSM Annual Conference

“Exploring the Frontiers of Health and Fitness”

February 16-17, 2007



Friday, February 16th, 12:00-6:30 PM

8:00-11:00 Pre-Conference CSCS Certification Exam

12:00-1:00 Welcome Students Session

1:15-2:30 Respiroics Sponsored Keynote Speaker
Patty Freedson, Ph.D., FACSM

5:00-6:30 Research Poster Presentations
& Northwest ACSM Social

Saturday, February 17th, 8:00-5:00 PM

8:00-9:00 GSSI Sponsored Speaker
Stella Volpe, Ph.D., R.D., L.D./N

3:30-4:45 Northwest ACSM Highlighted Speaker
Luanne Freer, M.D.

Location - Northwest Rooms of the Seattle Conference Center, downtown Seattle, WA - Next to the Space Needle.

Lodging - The Hampton Inn & Suites Downtown Seattle is serving as the headquarters hotel, is providing \$109 discounted rate rooms. Rooms available first come - first serve. Call 206-282-7700 or visit: www.hamptoninn-seattle.com. The special rate of \$79 is also available at the Comfort Suites Seattle Center. To make reservations call 206-282-2600 or visit: www.comfortsuites-seattle.com.

Earn CECs - 10 Continuing Education Credit hours have been applied for through the American College of Sports Medicine.

Conference Abstract Deadline
Friday, December 1st, 2006

For more information visit the Northwest ACSM Homepage at:
northonline.secd.etc.edu/nwacsm

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Friends and Colleagues:

On behalf of the Northwest ACSM Conference Planning Committee, as well as the Northwest ACSM Executive Board, it is my pleasure to invite you to the 2007 Northwest ACSM Annual Conference, *“Exploring the Frontiers of Health and Fitness”*.

This year’s conference is the first of three consecutive years to be held at the Seattle Conference Center, adjacent to the Space Needle, in downtown Seattle, WA. We are hopeful that consistency of location and an attractive venue will prove a successful formula.



The planning of this year’s conference is a direct result of feedback from previous conference attendees. Specifically, the program includes a greater variety of research topics, more breaks between talks, as well as continued emphasis of poster and slide presentations by the region’s best student researchers. The conference planning committee is especially proud of this year’s lineup of national caliber speakers including Patty Freedson, Stella Volpe, and Luanne Freer.

Please join us at the Seattle Conference Center February 16-17, 2007, and enjoy a weekend in beautiful Seattle.

See you in Seattle,

Dan Heil, Ph.D., FACSM
Chair, NWACSM Conference Committee

2007 Northwest ACSM Keynote Speaker

Patty Freedson, Ph.D., FACSM, University of Massachusetts - Amherst

“Do Small Increases in Energy Expenditure Reap Rewards in Prevention of Weight Gain?”



Dr. Freedson is Professor and Chair of the Department of Kinesiology, University of Massachusetts/Amherst. She arrived at UMass in 1981 after completing a post-doc at the University of California/Santa Barbara at the Institute of Environmental Stress. She received her PhD from the University of Michigan in 1980. She is a Fellow of the American College of Sports Medicine, is currently a second vice president of ACSM and a former president of the

New England Chapter of ACSM.

Gatorade Sports Science Institute (GSSI) Sponsored Speaker

Stella L. Volpe, Ph.D., R.D., L.D./N, FACSM, University of Pennsylvania

“Environmental Approaches to Prevent Obesity”



Dr. Volpe is a nutritionist and exercise physiologist whose work focuses on obesity prevention, body composition, bone mineral density, and mineral metabolism and exercise. She has recently begun researching the effects of environmental changes to prevent obesity, providing a "passive intervention" to avert the obesity epidemic occurring in the United States and throughout the world. Dr. Volpe is also a Faculty member of the Physiology of the Body Compartment Fellowship Program in the Department of Neuroscience, Human Nutrition and

Food at the Università Degli Studi "Tor Vergata", Roma, Italia. Dr. Volpe is a Registered Dietitian and certified by the American College of Sports Medicine as a Preventive and Rehabilitative Specialist.

Northwest ACSM Highlighted Speaker

Luanne Freer, M.D., Founder/Director - Everest Base Camp Medical Clinic

“Clinic in the Clouds”



Dr. Freer started as an ordinary ER doctor – with a comfortable job in the big city. But after a few years, she challenged herself by leaving her comfort zone and following her interest in the wilderness to a job as medical director for Yellowstone National Park.

There she discovered her personal recipe for professional fulfillment -- exploration and improvisation. Through stunning photography and video of her clinic in action, the audience follows her colorful journey from Yellowstone to the Himalayas and her Everest clinic as Dr. Freer demonstrates how to define a personal passion, develop a partnership between profession and passion, and shows how that process can keep anyone in any profession happy, stimulated and productive.



NWACSM Chapter Matters

Elections close on December 8

Please take a moment to VOTE electronically in the 2007 NWACSM Election. Your input is vital in determining the future leadership of the chapter. The voting deadline is December 8, 2006. Each members in good standing has been contacted by email, which contains a link that takes you to the online ballot. Should you have any questions regarding this email please contact <hturner@acsm.org>.

Following is a list of candidates, their background and statements.

President Elect

Daniel McCann, PhD

Background Statement

I am currently a professor in the Department of Exercise Science at Gonzaga University. I came to Gonzaga in 1992 after completing my Ph.D. in physiology at UC Davis. My research interests include thermoregulation, comparative exercise physiology, muscle metabolism, and understanding the effects of body size on resting and exercise metabolism. I have been a member of NWACSM and attended the annual meeting continually since 1992. I served on the annual meeting committee and as a reviewer of graduate abstracts. I also have been active over the years at the national level by attended numerous national meetings to present research and by publishing a number of original research articles in *Medicine and Science in Sports and Exercise*.

Campaign Statement

If elected, I would continue past and current efforts to grow the student and professional membership of NWACSM, thereby enhancing the impact the College has on regional and national issues relevant to our mission of research, application and education. I am also very excited about the possibilities of holding our future meetings in Seattle. I believe our annual meeting is the cornerstone of our success and as president would focus on two aspects of the annual meeting: 1) bringing in an increased number of leading scientists and clinicians so that our members

and the public might benefit from the very best work being done regarding issues of health and human performance, and 2) increasing the opportunities for our students to present their research and become contributing members of the College.

Treasurer

Colin M. Davis, MS, ACLS, CSCS

Background Statement

While preparing my master's thesis in exercise physiology on rock-climbing performance training, I found a paper that described personality traits of climbing athletes. "Self-directed," "detail-oriented," "organized," and "prone to risk-taking" were the most prominent; as a climber and alpinist myself, now entrepreneur, I identified with this description and recognized parts of my personality in the list. However, I believe these must be balanced with moderation and a conservative attitude towards risk, in climbing as in business. My graduate education was hallmarked by the conservative perspective of the ACSM by Dr. Dan Heil, my adviser. As a Director of Alliance Sports Medicine, I believe strongly in the idea of best practices as guiding framework for both client-oriented and managerial operations of our company. This framework includes detailed and organized record keeping, viewing current actions relative to planned outcomes, and the regular use of a quality improvement planning and review process.

Campaign Statement

My approach to the position of NWACSM Treasurer will be organized, conservative, and outcome-oriented. I will act to enable the strategic vision of the chapter while improving fiduciary effectiveness, through a balanced approach of managed risk. In addition to serving in the traditional role as a board member and as treasurer, I will be in the advantageous position of being able to act as liaison between the NWACSM and the health/fitness industry in Alberta and British Columbia, an underserved population with great potential to embrace ACSM. Thus I will consider my duties as treasurer to include informal outreach



activities in this area, broadening the reach of the NWACSM and thereby furthering our mission.

Member-At-Large (Clinical)

Karen Ann Kile Edwards, MS, PES

Background Statement

I graduated from Eastern Washington University in 1999 with a Bachelor of Science in exercise science. From August 2000 to February 2004, I was employed as a Health/Fitness Instructor at Valley Medical Center in Renton, Washington. In June 2002, I passed the American College of Sports Medicine Exercise Specialist Exam. Currently, I am the Pulmonary Rehabilitation Coordinator and a staff exercise physiologist at Auburn Regional Medical Center's Heart Care Center. The services include cardiac/pulmonary rehabilitation, diabetes education, and stress testing. In December 2004, I obtained a Master of Science in exercise science and health promotion from California University of Pennsylvania. Through the coursework at CUP, I completed the National Academy of Sports Medicine Performance Enhancement Specialist Certification. I plan to be certified by ACSM as a Registered Clinical Exercise Physiologist by the end of December 2006.

Campaign Statement

My true passion has always been to educate and help others. I enjoy using the knowledge and skills that I have learned to help make a difference in a person's life. My mission is to understand what people need, then use the knowledge and skills I have learned to assist them in creating a productive and healthy lifestyle. I am applying for the Member-at-Large Clinical Position because I am truly dedicated to this profession. I will work hard to promote the ideals of NWACSM and share my passion with other professionals. I believe that in order to lead, one must first help others to achieve!

Aaron Harding, MS

Background Statement

I am currently the Coordinator of the Cardiac and Pulmonary Rehabilitation program at the Oregon Heart & Vascular Institute in Eugene, Oregon. I have a master's degree in exercise physiology from the University of Oregon and have 14 years of clinical

experience in cardiac rehabilitation. I am the Immediate-Past President of the Oregon Society of Cardiovascular and Pulmonary Rehabilitation (OSCVPR), having served as President in 2003, 2004, and 2005. I currently serve on the OSCVPR executive committee. I am an active member of both the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR) and of ACSM. I have served as workshop director and certification director for ACSM Exercise Specialist workshops and exams. I am certified as an ACSM Exercise Specialist and an ACSM Registered Clinical Exercise Physiologist.

Campaign Statement

Much of the research conducted in exercise science leads to advances in how we treat patients with chronic diseases. And many students in exercise science programs are interested in careers in medicine, physical therapy, and cardiac rehabilitation, but often have little exposure to those fields. I would like to draw experts in those disciplines to NWACSM to provide educational and networking opportunities for students and other practicing clinicians. I also plan to work with the leadership of ACSM and AACVPR to move the profession of clinical exercise physiology forward and eventually to licensure. I look forward to serving on the NWACSM board as the Member-at-Large, Clinical.

National Student Representative

Carlye Hill

Background Statement

Carlye Hill is a senior exercise science major at Linfield College in McMinnville, Oregon. She has plans to pursue a master's degree in physical education with a focus in exercise science, and her career aspirations as an exercise physiologist include specializing in cardiac rehabilitation. She recently completed a pilot study to determine the relationship between breast adipose tissue and cardiovascular disease risk. Carlye's contributions in the interest of wellness include conducting a weekly blood pressure clinic and organizing the physical activity day for the campus' Wellness Week. She currently works as an assistant in the Health and Human Performance Lab at Linfield College.



Campaign Statement

As I am moving from the strictly educational aspect of my undergraduate health and fitness career into the graduate and professional aspects, I see a greater need to bridge these two worlds. My vision for ACSM is to provide students with more opportunities to apply their health and physical activity knowledge base before leaving their undergraduate studies. In addition, I would like to see professionals be open to new possibilities for marketing the world of health and fitness and avoid overspecialization. As the student representative for NWACSM, I would work to increase student membership, promoting a greater awareness and appreciation for the opportunities an ACSM membership has to offer. I would like to expand my own professional experience by networking with other student representatives at the national meeting in order to bring together the academic and applied realms of health and fitness education.

Tom Pellingier, M.A., ACSM – RCEP & HFI

Background Statement

Originally from Minnesota, I earned a master's degree in health and exercise science from Furman University in 2000. I then served as a clinical exercise physiologist and subsequently as Clinical Coordinator at Beaufort Memorial Hospital (BMH), where I worked with patients in our Cardiac and Pulmonary Rehabilitation programs and Diabetes Care Center. While at BMH, I earned both my ACSM Health Fitness Instructor and Registered Clinical Exercise Physiologist credentials. Desire to impact the field in a more global manner led me to the University of Oregon, to pursue my Ph.D. in human physiology. I'm currently studying the relationship between postexercise cardiovascular and metabolic regulation. In addition, I teach human physiology labs and a class on exercise testing and prescription.

Campaign Statement

I am enthusiastic about the opportunity to represent the students in the Northwest region of ACSM, because they are a valuable component of this organization and, as such, I would like to see an increase in their involvement in the chapter. During my long-standing association with ACSM, I have grown to appreciate the opportunities afforded its members. As this region's National Student Representative, I would strive to increase awareness of these opportunities via increased interaction amongst students and established professionals. By doing this, I could facilitate collaboration and innovation, as well as

help bridge the gap between theory and application. Moreover, my diverse background—as a student, teacher, clinician, and researcher—makes me uniquely qualified to serve as a resource to the students of the northwest chapter.

Jamie Skiles

Background Statement

Jamie Skiles is currently a second year student in Lane Community College's Professional Fitness Training Program. She became certified with the Aerobics & Fitness Association of America as a Group Exercise Instructor last year. She will graduate June 2007 with an Associate of Applied Science Degree (Fitness Specialist), and an Associate of Art Oregon Transfer Degree. Next year she plans to transfer to Oregon State University and achieve a B.S. in nutrition through the University's Dietitian Program. She also is planning to attend the University of Oregon to obtain a M.S. in exercise physiology.

Campaign Statement

I have always had a strong interest in the world of fitness, and the sciences associated with the field. I am eager to continue learning about the exercise science field, and then relaying that information to other students. I see the National Student Representative position as a great opportunity to do just that, not just for myself but also to facilitate student participation within the NWACSM, as well as gain more experience as a professional in this industry. I feel that my education of nutrition and exercise science coupled with the experience I will gain from ACSM will prepare me greatly to be an eager and passionate contribution to this field and to the prospective students I will meet. I would greatly appreciate this opportunity and look forward to being involved with and contributing to NWACSM.



Two calls asking for your involvement

How to achieve adherence

On Saturday afternoon on February 17th, 2007, during the ACSM Northwest Annual Conference, we will have the opportunity to discuss our most challenging clients and their problems with adherence. My objective is to explore the issue of adherence across the lifespan. In order to best meet your needs, I am asking your help. Please send me a brief note by email, <james.laskin@umontana.edu>, regarding the concerns you would like us to discuss. I would like to hear how your clients are overcoming adherence challenges and to engender discussion among interested members about various approaches and ideas that have been used to encourage adherence. Hopefully some common threads will become apparent, which we will share with next year's conference director and stimulate further investigation for the Annual Meeting.

I hope to see you in Seattle in February. Please feel free to contact me regarding any questions, concerns,

Support the profession of Certified Athletic Trainer

Athletic trainers are in the middle of a fight to defend our reputation as qualified sports medicine professionals. The Center for Medicare and Medicaid Services (CMS) passed a ruling in 2005 that says the only medical professionals qualified to be reimbursed for physical medicine services are physical therapists and occupational therapists. Certified athletic trainers are trained in injury evaluation, assessment, and rehabilitation as well as emergency care, and we feel that as professionals we are qualified to provide physical medicine (or "physical therapy"). The CMS ruling has sent a wave through our profession that has caused athletic trainers to lose their jobs and has

also resulted in fewer job opportunities for those searching for jobs.

Athletic trainers have organized to overturn the CMS ruling since 2005, and these efforts have proven very difficult. An opportunity to reestablish our status as qualified to provide physical medicine services exists in a new bill, S.3963, the *Access to Physical Medicine and Rehabilitation Services Improvement Act of 2006*. This proposed legislation has redirected and rejuvenated our efforts. This new bill, if passed, will allow services provided by certified athletic trainers and other therapists to be reimbursed by Medicare, which will likely encourage other insurers to reimburse our services as well.

An action plan has been initiated at the University of Oregon in support of S. 3963. Fellow athletic training graduate students and I have designed a template letter/postcard to be sent to congress at the state and national levels. We have designed a card to be signed by certified athletic trainers, a card to be signed by our athletes/patients/other community members, a card to be signed by other medical professionals such as physicians, and a card to be signed by athletic training students who are the future of our profession. These cards voice support for our profession and we hope to demonstrate that we are a valuable resource for health care and hope to help get S.3963 passed.

We hope this will make a strong statement in support of our profession and the value we see in ourselves as well as support the value of our professional service to users. If you're interested in helping in any way, contact me, Kim Detwiler (kdetwile@uoregon.edu). Athletic trainers at the University of Oregon feel that to do anything less than stand up for our education, skills, and qualification to provide physical medicine services would be a disservice to the profession as a whole. Support your athletic trainers in the northwest by showing your support for this bill!



NWACSM Chapter Announcements

BiosciEdNet (BEN) Scholars Program Award announced

Lorrie Brilla, Western Washington University, was accepted into the BiosciEdNet (BEN) Scholars Program. The first BEN National Leadership Training Institute is scheduled for December 7-10, 2006, in Washington, D.C. The National Science Digital Library (NSDL) Biological Sciences Pathway accepted select undergraduate faculty in the biological sciences to become BiosciEdNet (BEN) Scholars. The BEN Scholars Program is one of the grass roots outreach activities of the BEN Collaborative. BEN Scholars will promote the use of digital libraries and inquiry-based learning in higher education biological sciences lecture and laboratory courses.

BEN Scholars receive (i) training in leadership and effective use of digital libraries, (ii) resources to use in their own classrooms and to share with colleagues through presentations, workshops, and one-on-one mentoring, (iii) integration into the BEN Scholars Network, (iv) recognition from the participating organizations, (v) travel support and a small stipend.

The primary funding source of the BEN Pathway and NSDL is the National Science Foundation, which created the digital library to provide organized access to high quality resources and tools that support innovations in teaching and learning at all levels of science, technology, engineering, and mathematics education. The development, project management, and daily operations of the NSDL is facilitated through the collaborative efforts of UCAR, Cornell University, and Columbia University.



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Dr. Brilla is available to schedule informational in-services as requested. Contact: Lorrie Brilla, Ph.D., Western Washington University Bellingham, WA 98225-9067; Phone: 360-650-3056; Email: brilla@cc.wvu.edu.

Certified Athletic Training Position Spokane, WA

Rockwood Clinic is currently seeking up to two Certified Athletic Trainers to join our growing sports medicine team. Rockwood Clinic is a large, multi-speciality medical practice and our sports medicine programs serve dozens of sports organizations in the Spokane area, including high schools, clubs, colleges, and professional sports. The clinic is continuing to add new sports medicine, exercise/fitness, and wellness programs and is looking for candidates that can help develop these programs. The ideal candidate would be self motivated and passionate about sports medicine. Both positions are full time and salaried. For more information please contact: Keith Eggleston, ATC, CSCS, Sports Medicine Coordinator, Rockwood Clinic, 505 E Third Avenue, Spokane, WA 99202. Office: (509) 838-2531 x2021; email: sportsmedicine@rockwoodclinic.com.

Conference on older adults slated for February 2007 in Seattle

The Prevention Research Centers Healthy Aging Research Network will hold a conference with the title, "Effective Community-Based Physical Activity Programs for Older Adults: From Research to Practice," February 14-15, 2007 in Seattle, WA. The conference is designed for service providers, public health professionals, researchers, and others involved in the dissemination and sustainability of community- and evidence-based physical activity programs for older adults. For more information, visit <http://www.son.washington.edu/cne/secure/postcard.asp?SKU=07107-C>.

HFI Workshop opportunity

Lane Community College in Eugene, OR, will be hosting the ACSM Health/Fitness Instructor (HFI) two-day workshop, May 19th and 20th, 2007. This workshop will provide both a review of the Knowledge, Skills, and Abilities (KSAs) of the HFI and a forum for the acquisition of new knowledge and skills. For more information: www.acsm.org/register.

Theses and Dissertations

Below is a list of in-progress or completed doctoral dissertations and master's theses in the Northwest region of which we learned since the 2006 summer newsletter.

Oregon State University

Doctoral Dissertations

Sources of variability in daily physical activity for secondary students with and without developmental disabilities. So-Yeun Kim. Adviser: Joonkoo Yun (2006)

Effects of teaching games for understanding on game performance and understanding in middle school physical education. Stephen Harvey. Adviser: Hans van der Mars (2006)

Efficacy of lateral heel wedge orthotics for the treatment of patients with knee osteoarthritis. David A. Wallace. Adviser: Rod A. Harter (2006)

Master's theses

Preventing falls from unpredictable balance disturbances. Lisa R. Welsh. Adviser: Michael J. Pavol (2006).



ACSM News

ACSM Regional Chapter members receive 15% discount on select certifications

The ACSM Certification Office is pleased to announce a special promotion for ACSM Regional Chapter members. Now through 12/31/06, members may receive a 15% discount on two of ACSM's prestigious certifications. Candidates may register at www.pearsonvue.com/acsm using the following promotional codes:

- ACSM Health/Fitness Instructor—enter promo code "REGHFI"
- ACSM Exercise Specialist—enter promo code "REGES"

For additional information on ACSM certifications, please visit www.acsm.org/certification, e-mail certification@acsm.org, or call 317-637-9200 ext. 115. Certification workshops are also available nationwide for exam preparation or to earn continuing education credits. For a complete list of workshop sites and dates visit www.acsm.org/register. For more information on workshop content, CEC information, or to become a workshop host site, visit www.acsm.org/workshops.

Take advantage of the early-bird rate for the 11th Annual ACSM Health & Fitness Summit

Mark your "to do" list this month with registering online for the 11th Annual ACSM Health and Fitness Summit, March 21-24, 2007. Register on or before 12/31/06 to save up to 30% on registration fees and become eligible for ACSM's early-bird drawing!

The event will open with Rob Swettgall's keynote entitled, "Motivating the masses—bridging the gap between our physical activity research and the

Great American Lounge Lizard." After trekking 7 times across America (including an 11,208-mile foot journey through all 50 states in 365 straight days), he will share his road experiences, philosophy and motivational insights on physical activity, walking, cross-training, aerobics, weight management, stress, humor, longevity and aging. (Warning: There is a good chance you will leave this keynote with a somewhat different perspective on health, fitness, and the meaning of life.)

Featured on Thursday, March 22 is the Summit's second keynoter, Paul D. Thompson, MD, FACSM, who will present "The role of exercise in contemporary Cardiology." We frequently hear that "exercise is medicine," but how is exercise used in contemporary cardiology? This presentation will explain the uses of therapeutic exercise in modern cardiology and review the evidence demonstrating the utility of exercise training. The principles to be presented are applicable to many other aspects of exercise training and therefore useful to most exercise specialists.

Also, three pre-conferences are scheduled on the opening day, March 21:

- Exercise and bone health throughout the lifespan
- The business of fitness
- Evidence-based practice in health & fitness

On Friday, March 23 of the Summit, Muffy Davis will present a keynote lecture titled, "Never give up and other lessons that made me a champion." She will share lessons learned through her quest to become a world champion ski racer despite her complete paraplegia. Now as a retired ski racer after winning Paralympic silver medals and World Cup titles, Muffy Davis is building her career in motivational speaking, book writing, and endeavoring into new outlets like waterskiing, scuba diving, swimming and more.



For information on the many other sessions to be offered or to register today, visit the 2007 ACSM Health & Fitness Summit section of the ACSM Web Site.

Meet the 2007 ACSM Election Candidates

Be sure to vote in the 2007 ACSM Election. View the candidate roster on the ACSM web site, <www.acsm.org>. To receive voting rights, members must join or renew by January 15, 2007. ACSM's election is held online to provide a safe, cost-effective and convenient way for members to vote. Watch the mail and upcoming issues of *Sports Medicine Bulletin* for additional information on the online voting process.

ACSM's Health and Physical Activity Reference Database now online

The ACSM Office of Museum, History, and Archives is pleased to provide the Health and Physical Activity Reference Database of articles and books published over the past 200 years or more related generally, to the connection between health and physical exercise and the early history of the physiology of exercise. Most of the material was written in English and was published in North America. However, some material was published in France, Germany, and England, among a few other countries. The listings are divided into two distinct reference databases. One, titled "Health and Physical Activity", includes 3,131 separate citations to literature. The second, titled "Exercise Physiology", includes 223 references from the literature. The members of the Office of Museum, History, and Archives hope these two searchable reference databases will be helpful to researchers in the field, but warn that they are not exhaustive lists of the entire published literature on these topics. Instead, they are "selected" lists and should be supplemented by searching other available databases. Access the Health and Physical Activity Reference Database online today .

ACSM research funding available

ACSM offers research grants to ACSM student members, as well as new investigators. Funding areas include but are not limited to: basic, applied, clinical, behavioral, translational issues related to exercise physiology and clinical sports medicine, injury prevention, weightlessness and space physiology, the psychological and emotional benefits of physical activity, epidemiological research on physical activity, thermoregulation and hydration, minority health issues, wellness solutions and education using internet technology. The deadline for grant submission is January 26, 2007. For an application and a complete list of current grant opportunities, visit the Research section of ACSM's Web site .



Student Page



ACSM Northwest welcomes new Regional Student Representative

Our current Regional Student Representative, Jessica Meendering, has accepted a position as assistant professor in the department of Health, Physical Education, and Recreation at the University of Nebraska Omaha. Congratulations Jessica! We are sad to see you leave the Northwest but know you will serve the Midwest community superbly!

The vacant position of Regional Student Representative is being filled by Nicole Miller. Nicole is pursuing a master's degree in Human Physiology at the University of Oregon and is very excited about this opportunity. "I have big shoes to fill, but I cannot wait to get more students involved in this unique organization. There are so many opportunities available to students, we just need to develop ways to spread the word," said Nicole. If you have any ideas about increasing student participation in our area or have questions as to how you can become involved with Northwest ACSM please do not hesitate to contact Nicole at <nmiller2@uoregon.edu>.

Student meeting and social announced for Annual Meeting

The student meeting and social will be held on Friday, February 16th, 2007, 12:00 -1:00 pm., an hour before the annual meeting begins. Please plan ahead to get yourself or your students to Seattle early enough for this meeting.

- Find out what's happening and how you can benefit from the Annual Meeting
- Enjoy a free lunch
- Participate in the trivia game and win prizes!
- Meet undergraduate, masters, and doctoral students from across the region.

Be on the look out for more information on the ACSM Northwest Website at <northonline.sccd.ctc.edu/nwacsm/>.

Students are encouraged to vote

Did you know the NWACSM elections are here? This newsletter features the biographies of the executive board candidates on page 6. Take a stand and vote for the persons who you think would best benefit the ACSM Northwest's main stakeholders (YOU, the STUDENTS!). By now you will have received an email asking you to vote. Please do so in case you have not done so already. Better yet, consider running for one of the student representative positions next year!

—Jenni L. McCord, M.S., National Student Representative



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2007 Northwest American College of Sports Medicine Membership Form

Name: _____
 First Middle Last

Date of Birth: _____

Mailing Address: _____

City _____ State _____ Zip Code _____

Home Phone () _____

Business Phone () _____

Fax: () Email: _____

Area of Interest ()Fitness ()Research ()Clinical _____

Occupation: _____

Highest Degree Earned: _____

Are you a member of the national ACSM? _____

Your ACSM member no. _____

If yes, check any that apply

- Professional
- Professional-in-Training
- Associate Member
- Undergraduate Student
- Graduate Student

Chapter membership category and yearly dues

- Professional ACSM member (\$30)
- Professional ACSM nonmember (\$45)
- Student (\$15)
 - Undergraduate Student
 - Graduate Student

Mail this form and a check made out to NWACSM to:

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