



Winter 2005/6

American College of Sports Medicine

ACSM Certification exam format changed for 2006

The ACSM Committee on Certification and Registry Boards (CCRB) announced that all ACSM certification exams will be delivered in a computer-based testing (CBT) format in 2006. Previously, the ACSM certified Personal Trainer and ACSM Registered Clinical Exercise Physiologist exams were available via CBT. The two remaining exams, ACSM Health/Fitness Instructor (HFI) and ACSM Exercise Specialist (ES), will have both the written and practical sections of their current examination format integrated into a single comprehensive assessment instrument that will be delivered via CBT.

ACSM provides the following reasoning for their decision:

Background

The function of the CCRB credentialing process and certification program is to identify and recognize those individuals who have met the CCRB requirements for exam eligibility and have demonstrated a minimal level of knowledge and skill in various health and fitness occupations as defined by CCRB sponsored Job Task Analyses (JTAs). Foremost in every decision made by the CCRB is the effect on public safety. As a credentialing entity, the CCRB is committed, through its goals and objectives, to serve the public by identifying health and fitness professionals through its examination program, standards of practice, continuing education opportunities, and code of professional conduct

for ACSM Certified Professionals. The specific Knowledge, Skills and Abilities (KSAs) resulting from the JTAs for all four of the above certifications can be found in Appendix F of ACSM's Guidelines for Exercise Testing and Prescription, 7th edition (Lippincott, Williams and Wilkins). Of primary importance to the CCRB are concerns relating to travel time and costs for the candidate, costs associated with administering the exam, exam security and the reliance on volunteers for successful exam delivery. It is with these concerns in mind that the CCRB decided to convert its remaining two exams to CBT format. There are currently dozens of medical specialties and other allied health professions that already successfully utilize CBT for their examinations, and the Board of Certification for Athletic Training recently made the decision to convert their Athletic Trainer exams to CBT format as well.

Evidence

From a psychometric perspective, low correlations exist between the written component and practical components of both the HFI and ES examinations, respectively. As a result, these two components are measuring separate and unique KSAs (i.e., each section of the exam measures different parts of the entrylevel health and fitness professionals' KSAs). Furthermore, this pattern of examination results

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Northwest Region Newsletter

Winter 2005/6

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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Newsletter Submission Deadlines

Issue	Deadline
Spring	March 13, 2006
Summer	July 17, 2006
Winter	Nov. 20, 2006

The ACSM Northwest Region Newsletter is produced by Henriette Heiny, Ph.D., FACSM, Director of the International Institute for Sport and Human Performance, University of Oregon. Members of the ACSM Northwest Region are invited to submit contributions to the newsletter.

NWACSM information can also be seen on the Internet, URL: <<http://northonline.sccd.ctc.edu/nwacsm/>>

President's Message

Hard Work, creativity, and enthusiasm pay off for you and NWACSM

Every year, the members of the NWACSM Board of Directors meet at the site of the upcoming Annual Meeting to outline, strategize, and prepare for the upcoming year and to make decisions regarding the future of the Chapter. In late October of this year, the board met in Corvallis, Oregon. Most members were present, and the meeting, by all accounts, was a great success. I was truly impressed by the enthusiasm each of them brought to the table for making challenging decisions and setting us on course for exciting changes. Everyone deserves a heart-felt thanks from me, as each person's dedication and contribution to NWACSM makes my job much easier.

During the meeting, we were able to hear the summary of the on-line survey that was put forth by Janet Peterson. We were happy with the number of people who responded and the insightful suggestions offered. An overview of this summary is in **on page X** in this newsletter. One of the most interesting aspects of this survey was that a number of people expressed that they did not receive enough information from the board and the home office about upcoming events and deadlines. We have tried to limit the number of e-mails and information sent out (as it seems that everyone is overwhelmed with e-mails these days). It has become clear, though, that the majority of people want to receive more information. This is great news in my opinion, as it shows that the membership wants to be more involved.

We also heard a report from Dan Heil on the upcoming (now current) elections. Despite the number of people with strong suggestions in the survey, we continue to have very few people run for one of the elected positions. In a number of elections (including this year) some candidates are unopposed

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Upcoming Events

NWACSM Annual Meeting

February 24 & 25, 2006

Oregon State University, Corvallis, Oregon

Nutrition & Physical Activity

Supplements for weight loss and exercise performance

Jacqueline R. Berning, Ph.D., R.D.
University of Colorado--Colorado Springs

Behavior versus biology on weight regulation

Chris Melby, Dr.P.H.
Colorado State University

Physical activity interventions: what works; what doesn't; do we really know?

Stewart Trost, Ph.D.
Kansas State University

Bone Health Session

Alcohol effects on bone
Russ Turner, Ph.D.
Oregon State University

Building strong bones in children

Kathy Gunter, Ph.D.
Oregon State University

Ultraendurance exercise and oxidative stress

Angela Mastaloudis, Ph.D.
Pharmanex

Female Athlete Triad

Susan Verscheure, Ph.D.
University of Oregon

Testing of elite and eastern athletes

Dan Heil, Ph.D. & Julie Downing, Ph.D.
Montana State University, Bozeman
Central Oregon Community College

There will also be a two hour free communication session presenting original student research, and a 90-minute poster session for students and faculty members to display research projects.

Conference Committee

Conference Committee

Anthony Wilcox, Ph.D., Conference Chair
Oregon State University, Corvallis, OR
Melinda Manore, Ph.D., Conference Committee Member
Oregon State University, Corvallis, OR
Jeff Widrick, Ph.D., Conference Committee Member
Oregon State University, Corvallis, OR
Wendy Repovich, Ph.D., Conference Committee Member
Eastern Washington University, Cheney, WA
John Halliwill, Ph.D., Conference Committee Member
University of Oregon, Eugene, OR
Stasinos Stavrianeas, Ph.D., Stud. Research Coord.
Willamette University, Salem, OR





List of Invited Speakers

Jacqueline Berning, Ph.D., R.D.

Dr. Berning is the chair of the Biology Department at the University of Colorado at Colorado Springs. She has served as the sports nutrition coordinator for U.S. Swimming and as nutrition consultant for professional baseball, basketball, and football teams.

Julie Downing, Ph.D.

Dr. Downing is on the faculty of the Health and Human Performance Department of Central Oregon Community College. She is also the director of their Exercise Physiology Lab, with extensive experience testing athletes of all abilities.

Kathy Gunter, Ph.D.

Dr. Gunter is a researcher in the Bone Research Lab in the Department of Nutrition and Exercise Sciences at Oregon State University. Her research focuses on physical activity interventions that affect bone density, as well as risk factors for falls.

Dan Heil, Ph.D.

Dr. Heil is on the faculty of the Department of Health and Human Development at Montana State University at Bozeman. His research focuses on physical activity assessment, and evaluating and/or predicting endurance performance in athletes.

Angela Mastaloudis, Ph.D.

Dr. Mastaloudis is an associate senior scientist in New Product Research and Development for Pharmanex in Provo, UT. Her research has focused on the role of antioxidant supplements in attenuating oxidative stress during ultramarathon events.

Chris Melby, Dr. P.H.

Dr. Melby is the head of the Department of Food Science and Human Nutrition at Colorado State University at Fort Collins. His research focuses on diet, exercise, and energy metabolism and on nutritional epidemiology.

Stewart Trost, Ph.D.

Dr. Trost is on the faculty of the Kinesiology Department at Kansas State University. His research focuses on the psychosocial and environmental determinants of physical activity behavior and the prevention and treatment of childhood obesity.

Russell Turner, Ph.D.

Dr. Turner is the director of the Bone Research Lab in the Department of Nutrition and Exercise Science at Oregon State University. His research focuses on how exercise, nutrition, and lifestyle interact to influence life-long skeletal health.

Susan Verscheure, Ph.D., A.T.C.

Dr. Verscheure is director of the NATA-accredited athletic training program in the Department of Human Physiology at the University of Oregon. Her research focuses on issues specific to athletic women, such as sport bra design and the effect of estrogen fluctuation on the anterior cruciate ligament.



NWACSM Annual Meeting

February 24-25, 2006
Oregon State University — Corvallis, Oregon



Registration Form

Please complete the form below for each individual attending. Please print or write clearly.
Advance registration postmarked by **February 10th, 2006**, after that date you will have to register on-site. On-site registration will be available **February 24 and 25, 2006**.

Member of National ACSM? ___ Yes ___ No: ACSM ID # _____ FACSM? ___ Yes ___ No
First Name _____ M.I. _____ Last Name _____
Professional Title: _____ Name you want on your conference badge: _____
Permanent Mailing Address: _____
City: _____ State/Province _____ Zip Code _____
Business Telephone: _____ Home Telephone: _____
Fax Number: _____ Email Address: _____

(PS: An e-mail address is needed for NWACSM to communicate with its members. Your email address will not be sold to other organizations.)

Special Needs for Annual Meeting: _____

.....
Registration Fee: (please check the appropriate registration fee and indicate total enclosed)

2006 NWACSM Member	Early before 2/10/06	On-Site Registration	Non-NWACSM Member	Early before 2/10/06	On-Site Registration
Student	<input type="checkbox"/> \$30	<input type="checkbox"/> \$40	(*Includes NWACSM Annual Membership for Jan.- Dec. 2006)		
Professional (Member of ACSM)	<input type="checkbox"/> \$75	<input type="checkbox"/> \$85	Student	<input type="checkbox"/> \$45	<input type="checkbox"/> \$55
Professional (Non-member of ACSM)	<input type="checkbox"/> \$90	<input type="checkbox"/> \$100	Professional (Member of ACSM)	<input type="checkbox"/> \$110	<input type="checkbox"/> \$120
			Professional (Non-member of ACSM)	<input type="checkbox"/> \$140	<input type="checkbox"/> \$150

ACSM Continuing Education Credit

ACSM Member \$15 Non-ACSM Member \$20

Check if you are a student speaker: (If you are a student speaker, your conference fee is waived. You must also pay the \$15.00 membership fee unless you are already a current NWACSM 2006 member. We won't be able to process your registration without the fee.)

Check if you are an individual who has completed an ACSM certification or workshop since the last NWACSM conference in March 2005: (If you have completed an ACSM certification or workshop, your conference fee is waived, but you will still need to pay for continuing education fees. Also you must pay the membership fee unless you are already a current NWACSM 2006 member. We won't be able to process your registration without the fee(s).)

For NWACSM Membership Fees ONLY: (check category)

\$15.00 Student \$35.00 Profession(member of ACSM) \$50.00 Professional (non-member of ACSM)

Total fee(s) enclosed _____

Visit the NWACSM website at: <http://northandline.sccd.ctc.edu/NWACSM> for information on the sessions. Return this completed registration form with a **check or money order payable in U.S. funds to NWACSM** to:

NWACSM Conference, c/o Wendy Repovich or Penny Rose
200 Physical Education Building, PEHR Department
Eastern Washington University
Cheney, WA 99004-2476

Sorry we can't accept credit or debit cards. Cancellations must be in writing and received by the Nwacsm Executive Office c/o Wendy Repovich or Penny Rose by February 17, 2006. A \$10.00 handling fee will be charged on all refunds.

If questions, please call Wendi at (509) 359-7960.



10th Annual Health & Fitness Summit & Exposition

April 11-14, 2006
The Buena Vista Palace
Walt Disney World Resort
Orlando, Florida.

2006 Keynote line-up

- Lawrence A. Golding, Ph.D., FACSM
As Chair of the Summit Program Committee since its inception, he will look at the early years of the Summit, its growing pains and progress; then help us to gauge what he sees as the future of the industry's leading health and fitness meeting.
- Carolyn M. Kaelin, M.D. M.P.H., F.A.C.S.
As a physician dedicated to not only to women's health, breast cancer research and treatment, she will inspire the group with her personal life experience with the disease and provide insights about working with clients facing challenging issues during their lifespan.
- Barry Franklin, Ph.D., FACSM
As an ACSM Past president, leader in the field of cardiac rehabilitation, and passionate researcher in exercise physiology, Barry will carve out a dynamic lecture focusing on several 'hot' topics health and fitness professionals face today.
- Jim Pawelczyk, Ph.D., FACSM
As the first member of the Penn State faculty to venture into space aboard the Space Shuttle Columbia, Jim will bring his 'universal' experience to the forefront of our health and fitness attendees.

ACSM 53rd Annual Meeting

Denver, Colorado
May 31 – June 3, 2006

Schedule

- Tuesday, May 30
Registration opens at noon
RecTech Meeting
- Wednesday, May 31
Joseph B. Wolfe Memorial Lecture
Scientific/Clinical Sessions
RecTech Meeting
Exhibit Hall opens (evening)
Student Colloquium (evening)
Interest Group Events (evening)
Welcome Party (evening)
- Thursday, June 1
President's Lectures
John R. Sutton Clinical Lecture
Scientific/Clinical Sessions
Exhibit Hall
Business Meeting
Regional Chapter Events (evening)
Interest Group Events (evening)
- Friday, June 2
D.B. Dill Historical Lecture
Scientific/Clinical Sessions
North American Society for the Psychology of Sport and Physical Activity (NASPSA) Meeting
Exhibit Hall
New Fellow Reception (evening – invitation only)
Awards Banquet (evening)
- Saturday, June 3
President's Lectures
Scientific/Clinical Sessions
NASPSA Meeting
Board Meeting (begins)
- Sunday, June 4
Board Meeting (continuation)



Computer-based testing – cont. from page 1

over time indicates that performance on the practical component contributes less independent information to the overall pass versus fail decision for each candidate than does performance on the written component. In other words, candidates who pass the written component of the exams are highly likely to pass the practical component.

Action

Based on positive results from both the ACSM certified Personal Trainer and ACSM Registered Clinical Exercise Physiologist CBT exams, in combination with a thorough review of CBT technology capabilities, the CCRB decided to convert the remaining two (HFI and ES) certification exams to a CBT format that will assess cognitive skills, decision making and practical skill applications as defined by the KSAs. The new CBT format will allow the CCRB to assess the candidates knowledge with regard to many skills and procedures required for higher level critical thinking to a degree not currently possible. Additionally, this method will allow the CCRB to evaluate techniques that could potentially cause serious harm to the population that the health and fitness professional serves. The new CBT format will allow greater breadth of skill and knowledge assessment because the constraints of equipment and space will no longer be limiting factors in the exam administration.

“What does this mean for candidates taking the exam in 2005?”

Candidates who are taking the exam during 2005 will continue to take the exams according to the published schedule for both HFI and ES exams. Keeping in mind that the timetable outlined below is tentative, any candidate who has not successfully completed either section of a CCRB HFI or ES examination (written or practical) by the end of the 2005 examination year (December 31, 2005) will have two options:

1. Participate in a final re-test opportunity of either the HFI or ES written and/or practical components, to be held in January / February, 2006 (date and location TBD);
2. Participate in the new CBT format examinations for either HFI or ES to achieve certification. These are re-tests for this group of candidates, and as such, will be provided a re-test discount to take the exams in the new CBT format.

“What does this mean for candidates who failed either the written or practical component of the exam in 2004?”

Candidates who failed either the written or practical component of their respective exam in 2004 have a 2-year window from their original test date to sit for a re-test. So, these re-test candidates may continue to take the exams according to the published schedule for both HFI and ES exams throughout the remainder of 2005. Similar to 2005 candidates, any candidate from a 2004 exam, that has not successfully completed either section of a CCRB HFI or ES examination (written or practical) by the end of the 2005 examination year (December 31, 2005), AND is still eligible for a re-test opportunity in 2006, will have two options:

1. Participate in a final re-test opportunity of either the HFI or ES written and/or practical components, to be held in January / February, 2006 (date and location TBD), only if they are still within the 2-year window for a retest opportunity;
2. Participate in the new CBT format examinations for either HFI or ES to achieve certification, only if the candidate is still within the 2-year window for a re-test opportunity.

These are re-tests for this group of candidates, and as such, will be provided a re-test discount to take the exams in the new CBT format.

Updates will be published as additional information becomes available. See ACSM website (www.acsm.org) – follow the links to Certification.



President's Message—cont. from page 2

and often the current board members are struggling to find new candidates. This is perplexing, and led me to ask “*Why would anyone want to serve on the Board anyway?*”

It was suggested at the Board Meeting that the board members be compensated in some fashion, such as having a free registration or some coverage of travel for the annual meeting, as this might get people more interested in considering running for a position. However, it was decided by the board that this could be, in reality or perception, a conflict of interest. So, if it can't be financial, *what must be the motivator for people?* Certainly in any discipline, showing involvement in the field is very important, and can go a long way towards promotion within a current job or position, and will always look good on a resume or curriculum vitae. This is true for all levels, from students, to those in the various academic disciplines, to professionals in the fitness, nutrition, or medical fields. However, there is more to be gained than a line or two on a resume.

Let's face it, when you get down to what all jobs in exercise science or sports medicine are really about, it's working with people. Communicating, building relationships, working towards common goals, being the leader of a team, or serving as a competent and dynamic team-member. Unfortunately, people skills are not often taught in university settings or during training for jobs. Real-life experiences and working with people on a multitude of problems are what provides the development of people skills. Joining the NWACSM Board of Directors also broadens an individual's perspective about the challenges and problems others are facing in our field. Understanding the concerns and challenges of others while working as a team to overcome problem helps to stimulate the creative process and can lead to problem-solving skills that can be applied in numerous other circumstances. As a board member you become a representative of your field (particularly in one of the member-at-large positions) and can work towards policy change or get more of

your colleagues involved to further develop their own skills. You will also make numerous contacts with people and learn how to create win-win situations.

Concerned that you don't have board experience? Serving on the NWACSM Board of Directors is a fairly casual way to learn the role of a board member. *Not sure about what each position actually involves?* I didn't either when I was first asked to run, and I think we have made some real progress. One of my main goals for the most recent board meeting was to have each board member start a notebook to outline the responsibilities for their position and to include a set of *action items* that each of them can then work towards. This notebook will have all the contacts and a summary of the progress the person made during his or her time of service and will be passed from the outgoing to the incoming board member. This will help the new person to understand the expectations for the position and, importantly, will provide them with a record of the contributions and actions of the person before them. I have noticed that NWACSM, throughout its history, had very motivated people elected to the positions, but there was little information transfer from the outgoing to the incoming member. This forced each person to start from the beginning, making the job harder than necessary. Hopefully, in the future each position will be better defined and there will be a history of activities upon which new members can build and expand.

So, hopefully I have convinced more of you to leave your comfort zone and run for positions on the Board of Directors. By the way, one of the past-president's action items is to organize and run the elections. Hopefully, I have made my upcoming job easier by convincing many of you to run for a position on the board in next year's elections.

I wish everyone very Happy Holidays, and I hope to see you in February!

—Christopher Minson, Ph.D.,
NWACSM Board President



Candidates for nomination to the NWACSM Board of Directors

President-elect

Julie J. Downing, Ph.D., ACSM HFD. & cPT
Professor of Health & Human Performance
Exercise Physiology Lab Director
Mazama Hall, Central Oregon Community College
2600 NW College Way, Bend, OR 97701
Phone: 541-383-7764; Fax: 541-317-3061; E-mail:
jdowning@cocc.edu

Background: Julie Downing is a professor of health and human performance and Director of the Exercise Physiology Lab at Central Oregon Community College in Bend. She received a B.S. in corporate and community fitness with a minor in coaching from North Dakota State University in 1989. She went on to obtain an M.S. in exercise physiology from St. Cloud State University in Minnesota, 1991. Her Ph.D. in human performance with a minor in public health was completed in 2002 from Oregon State University in Corvallis. Also, she is currently certified as an ACSM Health Fitness Director, ACSM Personal Trainer, and American Heart Association Basic Life Support Instructor. She was hired at Central Oregon Community College in 1991 and has been the Health/Human Performance Department chairperson for the past five years. Currently, besides performing lab testing, interpreting test data, and providing fitness training plans for hundreds of clients, she teaches both health and exercise science courses. She is also Team Physiologist for XC Oregon, a group of elite level cross country skiers in Bend. She has been on the ACSM Committee for Certification and Registry for 6 years working originally on the Group Exercise Leader certification, more recently on the Health Fitness Instructor and now exclusively on the Certified Personal Trainer committee where she has been extremely involved in item writing for the new cPT exam. Julie has been a certification director and/or examiner for several ACSM certifications including Oregon, Japan, and Portugal.

Campaign Statement: I have been very involved for several years on ACSM national certification committees and look forward to bringing my knowledge and experience from the national arena to the regional level. I am very involved with the local fitness community as I am constantly placing COCC exercise science students at fitness facilities for internship purposes. Several of my past students now work in these facilities and I would like to find avenues to help them and all regional fitness professionals realize the importance of: 1) continued ACSM membership, 2) renewing ACSM certifications, and 3) continuing health/fitness education. I practice what I preach, am a true believer in life-long learning, life-long physical activity, and I sincerely welcome the opportunity to serve the Northwest Chapter.

Secretary

Marisa Hastie, M.S.
Fitness Education Program Coordinator and
Instructor
Professional Fitness Training Program, Department
of Health, Physical Education and Athletics
Lane Community College, Eugene OR
Phone: 541-463-5552; E-mail: hastiem@lanecc.edu

Background: Marisa Hastie is the Fitness Education Coordinator at Lane Community College in Eugene, Oregon. She serves as program coordinator for the Professional Fitness Training Program and the fitness center and is an instructor as well. She teaches classes in exercise testing and prescription, and exercise physiology and also serves as the program advisor for students in the Professional Fitness Training Program. Lane Community College's Fitness Training Program is endorsed by ACSM. She received her B.S. in Exercise Science from Gonzaga University in Spokane, Washington and her M.S. in Exercise and Movement Science from the University of Oregon in Eugene, Oregon. While at Gonzaga

Candidates



University, Marisa served as the Regional Student Representative for NWACSM.

Campaign Statement: I have a deep interest in the development of young professionals in the exercise science field and see the Regional Chapters of ACSM as a wonderful and accessible tool for professional growth. As a student representative to the NWACSM board, I was able to observe, first-hand, the opportunities that regional and national conferences can offer students. Now as a professional in this field, I am still enjoying the opportunities ACSM offers. I am passionate about bringing continuing education opportunities to professionals in the northwest region, as well as providing networking opportunities for students and professionals. I would sincerely appreciate the opportunity to serve as Secretary to the Northwest Chapter and look forward to contributing to the continued excellence of this board and this region.

Dori Babcock

**Health and Wellness Consultant
Weyerhaeuser Company**

I'm excited to have the opportunity to run for the office of Secretary of the Northwest American College of Sports Medicine. I look forward to giving back to my peers by serving at regional meetings, acting as a resource for the regional chapter, and representing NWACSM. I believe I will be an asset, in that I am knowledgeable, well-organized, thorough, and have a positive attitude.

A little bit about myself, I am the Health and Wellness Consultant for the Weyerhaeuser Company and serve 53,000 employees, primarily in the United States and Canada through the Excel Wellness Program. I have a diverse background in patient-care, health education, health administration, and conflict resolution and worksite wellness. I have conducted research on access to preventive health services that was published by the *American Journal of Health Promotion*. I enjoy sharing and instilling a passion for health and a joy for living in others.

I am a multiple alumna of Eastern Washington University in Cheney, Washington. My educational

background includes Bachelor of Science degrees in sports medicine and health education, promotion and wellness, and a Master's of Science in exercise science. I became a certified Health Fitness Instructor_{SM} through the American College of Sports Medicine in 2002. I look forward to the opportunity to serve you.



Member-at-Large (fitness)

Stephen B. Conant M.S., H/FI, CSCS

President/CEO, Exercise Physiologist/Strength and Conditioning Coach

Advanced Training & Sport Conditioning, Inc.

1446 Juniper Ct., Bozeman, MT 59715

Phone: (406) 581-5545; Email: sbconant@

advSPORTconditioning.com

Website: <http://www.advSPORTconditioning.com/>

Background: Steve Conant is President and founding partner of Advanced Training & Sport Conditioning, which operates out of Bozeman, MT, and Canmore, AB. Conant earned his B.S. (exercise science) in 2001 and M.S. (exercise physiology) in 2004 from MSU-Bozeman. As a capstone to his academic career he passed two nationally recognized certification exams (ACSM H/FI & NSCA CSCS). Conant served the ACSM and NWACSM in a number of different roles. He acted as an H/FI test examiner for two years and presented "alternatives to traditional resistance training" during another H/FI workshop. For the past two years he sat on the board of the NWACSM as the regional student representative. This past year, when the Member At Large-Fitness stepped member down mid-term, Conant was assigned the vacated position by the President of the board.

Campaign Statement: The board of the NWACSM is largely made up of academicians; I bring a shrewd business sense and pure experience in the fitness realm. Through my service on the board I have gained a thorough understanding of the mission of the NWACSM and I have become a key player in the current strategic plan. I am currently working to increase sponsorship and reach out to the fitness professionals and clinicians in the Northwest. As



a student, I was empowered by what I gained at national and regional meetings. Part of my vision includes vast improvements at our regional meeting, so those interested fitness and clinical careers will gain practical knowledge, skills and abilities.

James J. Laskin, PT, PhD

Associate Professor
Director, New Directions Wellness Center
The School of Phys. Therapy & Rehab. Science
The University of Montana, Skaggs Building,
Missoula, MT 59812
Phone: 406.243.4757; FAX: 406.243.2795
E-mail: james.laskin@umontana.edu

Background: James Laskin is an associate professor in the UM School of Physical Therapy. He received a B.S (human performance) from the University of Victoria, a B.S. (physical therapy), an M.S. (exercise physiology) from the University of Saskatchewan, and a Ph.D. (exercise physiology) from the University of Alberta. James is the Director of the Applied Exercise Physiology Laboratory and New Directions Wellness Center (NDWC). James has been involved with sport and recreation for people with physical disabilities since 1987. He has authored or co-authored 20 articles, book chapters, in the area of exercise and people with physical disabilities. The NDWC serves over 100 regular exercising clients with physical disabilities from the community. Besides James' own work, he supervises a number of student projects all directly related to physical activity, exercise prescription/interventions, and the prevention of secondary conditions.

Campaign Statement: I have been involved both programmatically and academically with fitness and health promotion since I first started my undergraduate studies most notable: 1) designed and directed the F.I.T.T program (student fitness center) at the OU Health Sciences Center and 2) developed and directed the NDWC (fitness/wellness programs for people with physical limitations). I have been involved with ACSM (1994) over the years (News Letter editor for the Central States Chapter, and authored/coauthored several chapters for ACSM). I have a diverse background on which to draw as a Member-at-Large and would like to apply my skills

and energy, serving the interests of the Northwest Chapter.



Regional Student Representative

Stephen D. Aquino, B.A., ACSM-HFI, CSCS
1101 S. Westcliff Pl. #G-89
Spokane, WA 99224
E-mail: saquino21@hotmail.com

Background: Stephen Aquino is a post-baccalaureate student at Eastern Washington University in the Exercise Science program. He received his first degree from the University of Washington in Psychology. He is also currently certified through ACSM-HFI, as well as NSCA-CSCS. Stephen's career goal is to become a physical therapist. As such, he has extensive work experience in numerous local Washington state practices including lengthy stints with the Veterans of Affairs Hospital in Seattle, as a PT Aide, and as a student athletic trainer for the University of Washington's athletic department. Stephen is the current interim-student representative and has also been a member of ACSM as both a professional and a student, since 2003.

Campaign Statement: My mission as student representative will be to increase the overall student member population, as well as the student member participation at NWACSM events. I will try to accomplish this goal by creating better awareness within the student population about the benefits of being a NWACSM member and/or being certified through ACSM. It is also my goal to bring a renewed enthusiasm for the conferences by incorporating fun and exciting events to boost student participation. If possible, I would also like to help in bringing more of a practical/application aspect to our NWACSM events. I believe very strongly in the opportunities and the general benefits that are included with being a NWACSM member; student or professional. I believe this is an area that must be delivered more adequately and frequently to our student population. It is my hope that my attitude about NWACSM and the passion I have to help further the growth of this chapter will also give students, members and

Candidates



non-members alike, the ability to discern what the identity of NWACSM is, and how it can help their futures. I'm eager to work with the board on the items I've mentioned above and look to achieve great success at each one of these goals with the help from my peers.

Edward R. Flamand

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Phone: 406-490-6414
E-mail: mountainvelo@hotmail.com**

Background: Edward Flamand is a junior in exercise science at Montana State University. He has plans of continuing his education with a final goal of becoming a physical therapist. While at MSU, Edward has been involved with many activities associated with exercise science including conducting a study to establish an energy expenditure equation using a treadmill climbing wall, Edward is currently conducting a study to determine the accuracy degradation of electronic step counters based on mounting position on the body of a subject. Edward served as the vice president for the MSU exercise science club for the spring 2005 semester and is currently the acting president for the group that in addition to raising awareness about the ACSM to students has promoted exercise to the community through an annual 5K running race. Edward attended the 2005 regional ACSM conference and is currently a regional member.

Campaign Statement: I attended my first regional NWASM meeting in 2005 and became inspired to continue my education in this field. I would like to help share the inspiration I felt with new student members who otherwise would not get the opportunity to be exposed to professionals in their particular fields. I felt somewhat overwhelmed at my first conference and did not really know what to expect, this is why I would like to see an orientation for first time conference attendees to become acquainted with proceedings of the meetings. I would also like to see the student members of the organization come together with one another and

with professionals from the Northwest chapter to share ideas and information.

Jessica Meendering, M.S., ATC

**Doctoral Candidate
Department of Human Physiology
University of Oregon
122 C Esslinger Hall; 1240 University of Oregon,
Eugene, OR 97403
Phone: 541-346-4295; Email: jgee@uoregon.edu**

Background: I received my bachelor's degree from South Dakota State University in 2002 with a double major in athletic training and health promotion. I then made a move to the Northwest to start graduate school in the Department of Human Physiology at the University of Oregon. I earned my master's degree in human physiology in 2004, and I am currently working towards my Ph.D. My education at the UO has allowed me many great opportunities, such as: gaining extensive teaching and research experience, publishing manuscripts, and presenting at regional and national meetings in our field. My research is focused around gaining a better understanding of how female sex hormones affect vascular health in young women.

Campaign Statement: I am excited to serve as the regional student representative NWACSM. Students are an integral part of this organization, and it is my goal to get more undergraduate and graduate students involved and excited about the learning experiences and opportunities available to them through ACSM. Although many of us have different backgrounds, there is so much that we can learn from each other about being successful students, teachers, researchers, and—eventually—professionals in our field. I would love the opportunity to facilitate a healthy interaction between the students and the board of NWACSM, and between students from different institutions within our chapter. My diverse background as an athletic trainer, cardiac rehabilitation intern, student, teacher, and researcher would allow me to be a valuable resource to the student members of NWACSM. I would greatly appreciate your vote to allow me to be the next regional student representative for NWACSM.



W. Matthew Silvers, M.S.

Division of Health, Physical Education,
Recreation, and Dance
University of Idaho
Moscow, ID 83844-2401
Phone: 208-310-9369; Fax: 208-885-5929
E-mail: msilvers@uidaho.edu

Background: Matt Silvers is a doctoral student in exercise physiology at the University of Idaho in Moscow, Idaho. He received his B.S. (kinesiology) from Washington State University and his M.S. (sport science) from the University of Idaho. Currently, Matt teaches undergraduate courses related to sport and fitness concepts, and physical activity instruction. He also assists with the instruction of undergraduate exercise physiology labs and serves as a co-advisor for the division's student majors club, PESSHA. Matt's research pursuits include the comparison of cardiovascular and neuromuscular responses between various modalities of overground and aquatic running, integration of on-line interaction with physical activity instruction and fitness training, and the promotion of professional development in undergraduate and graduate students.

Campaign Statement: I am committed to the growth of student involvement and professional development opportunities at the regional and national levels of ACSM. The increased emphasis on student research presentations at the NWACSM annual meeting represents an excellent initiative that has been put forth by current leadership of the regional organization. I would appreciate the opportunity to further this initiative by encouraging the current avenues of student participation and professional development, as well as exploring new opportunities for student contribution at the regional and national levels.

ACSM Announcements

ACSM members receive publication discount

Exercise: *Regulation and Integration of Multiple System*, published by Oxford University Press is available to ACSM members at a 35% discount. The promotion code is available in the September/October 2004 issue of Sports Medicine Bulletin (SMB). SMB may be accessed by member via the "Login" section of the ACSM Web Site (www.acsm.org).

Make a difference on Capitol Hill

ACSM's Advocacy site allows members to be more active on Capitol Hill. In order to harness ACSM's full power and influence, we need members to join this volunteer grassroots effort. Use the ACSM Advocacy site to connect with your congressional representatives or to weigh in on important legislation. As new issues arise, ACSM will assist you in contacting legislatures in the most appropriate and useful ways. To play a key role in ACSM's grassroots policy network, visit the ACSM Advocacy site by logging into the "Login" page of www.acsm.org and clicking on "Advocacy."

ACSM endorses "Physical Activity Recommendations for School-age Youth"

Evidence-based physical activity recommendations for school-age youth recently developed by an expert panel, which included several ACSM members, were published in the June issue of *The Journal of Pediatrics*. Under a contract with the Division of Nutrition and Physical Activity and the Division of Adolescent and School Health of the U.S. Centers for Disease Control and Prevention and the Constella Group, Inc., the panel convened in January 2004 to review and evaluate available evidence on the influence of physical activity on several health and behavioral outcomes in youth 6-18 years of age. The



panelists systematically evaluated relevant articles in the specific areas of adiposity, cardiovascular health, asthma, several domains of mental health, academic achievement, injury, and musculoskeletal health. Results concluded that school-age youth should participate in 60 minutes or more of moderate to vigorous physical activity every day through a variety of enjoyable and developmentally appropriate activities. These recommendations reflect presently available scientific evidence and are in general agreement with recommendations promoted by governmental agencies and professional organizations.

Build your sports medicine practice at the ACSM Team PhysicianSM Course, Part I

If you are a clinical practitioner who cares for or manages athletic teams as part of your total practice, save the date for the ACSM Team PhysicianSM Course, Part I. To be held February 1-5, 2006 in Orlando, Florida. The course will address the delivery of medical care for athletes, the organization of medical care for a team, how to provide coverage for athletic events and more! Information is available on the ACSM web site.

Novus Sport works to protect Student athletes from harmful drugs

Elite athletes and steroid abuse continue to make national headlines. But the problem isn't isolated to elite athletes. A 2003 survey by the U.S. Centers for Disease Control and Prevention reveals that steroid use among high school students more than doubled from 1991 to 2003. Motivated in part by this trend, Novus Sport, the sports-centered life science collaboration between BioCrossroads and ACSM, is pursuing its first major project to develop tools to enhance high school and college drug testing programs. Novus Sport anticipates creating a National Center for Anti-Doping Education and Prevention. The goal: to increase a high school or college program's ability to test for the use of steroids

and other drugs. Current estimates indicate that 3.5 percent, or nearly 250,000, of the more than 7 million high school students who participate in extra curricular activities have admitted to using steroids. Novus Sport and its partners hope that by providing solutions for schools, they can help protect student athletes from harmful drugs – and also protect school athletic programs from the broader effects of student drug use. To receive information and updates about Novus Sport, visit <http://www.novussport.com/contact_form.shtm>.

ACSM Fit Society Page[®] Newsletter Available Online

This quarterly electronic newsletter is written for the general public on a variety of popular health and fitness topics. Expert commentary and features on exercise, nutrition, sports, and health offer tips and techniques for maintaining a physically fit lifestyle. Download your FREE copy to get the latest information from ACSM's leading authorities. Be sure to share these newsletters with your patients, clients, family and friends! The newest issue of the ACSM Fit Society Page[®] Newsletter is available on the ACSM Web Site.

Find your next job on ACSM's Online Job Center

The ACSM Job Center is a comprehensive Web Site which allows job seekers to post resumes/CVs and search sports medicine and exercise science jobs, internships and assistantships based on a number of criteria. Seekers may also save searches, research companies and request e-mail notices when new jobs are posted. Employers may post notices and search from a pool of qualified candidates. To view the job site, visit <<http://acsm.medcareers.com>>. For more information on posting online or print job advertisements, contact Carol Miranda <miranda@ad-rep.com>.



NWACSM News and Announcements

Draft wording for constitutional change to add emeritus status to chapter

This fall, the NWACSM Chapter received a request to consider recognizing emeritus status, which is conferred by National ACSM. The reason for the request is an effort to retain emeritus fellows and members involved in college activities, both at the national and chapter level. In considering this request, one might ask “who are these individuals?” To be eligible to apply for emeritus status, a person must have been an ACSM member for 5 years prior to retirement. Some of these individuals are from the northwest area, others may have moved into our region in retirement. Currently, there are 13 individuals with this distinction in our region. They have been vetted by ACSM in receiving this status. By recognizing their status within our chapter, we would be asking them to share their accumulated wisdom with the next generation of NWACSM members and fellows. If they take up this request, we have much to gain; if not, it has cost us nothing. In the spirit of reaching out to these individuals, I ask you to consider the following additions to the NWACSM Chapter Constitution. This is draft wording for the changes; the finalized wording will be presented at the Annual Meeting in Corvallis, and will be voted on during the Chapter Meeting.

Existing Constitution Wording:

ARTICLE IV - The Executive Board shall maintain a roll of the members. All members shall be eligible to vote. Membership categories and criteria are listed and described as follows:

Professional National Membership is open to anyone holding non-student membership in the national organization (ACSM).

Professional Non-National Membership is open to

any non-student who is not a member of ACSM. Student Membership is open to anyone who is enrolled in any institution of higher education.

Draft for additional wording:

Emeritus Fellow and Emeritus Member are open to anyone holding these memberships in the national organization (ACSM).

Proposed additions to NWACSM Chapter Constitution

Individuals with ACSM National Emeritus Fellow or Emeritus Member status will be eligible for Emeritus status membership in the NWACSM Chapter by completing the Northwest ACSM Membership Form. The categories of Emeritus Fellow and Emeritus Member would be added to the Northwest ACSM Membership Form.

In line with national ACSM’s example of recognizing a lifelong commitment to the field, and in an effort to keep emeriti involved in College activities, Emeritus Fellows and Emeritus Members receive complimentary membership in the chapter and complimentary registration at the chapter annual meeting.

—John Halliwill, Ph.D., President-Elec

Summary of the NWACSM member survey results

During October 2005, an electronic survey was sent to all members of the NW Chapter of ACSM as well as all ACSM certified individuals who are currently residing in the Pacific Northwest. The purpose of the survey was to better understand the membership and identify several areas for improvement within the NWACSM and to provide feed back on areas that are going well. The following is summary of the results of this survey.



The survey was presented in three categories: Demographics, membership/certification, and annual meeting. A total of 117 surveys were completed.

Demographics

Gender:	Female: 64%	Male: 37.6%	
Age:	< 30 years: 42.8%	30-40 years: 17.9%	> 40 years: 39.3%
Education:	Highschool degree, non student	0.9%	
Student:	Undergraduate:	24.0%	
	BS Degree earned, non student:	29.1%	
	Student: Master's degree	4.0%	
	M.S. earned, non student	19.7%	
	Student: Doctoral degree	0.9%	
	PhD (or equiv.)	17.1%	
	Medical professional	4.3%	
Professional area of interest (all that apply)			
	Basic science	12.1%	
	Applied science	31%	
	Education (K-12)	7.8%	
	Medicine	19.8%	
	Allied health (PT, OT, or AT)	30.2%	
	Allied health, other	6.9%	
	Clinical-incl. cardiac rehabilitation	18.1%	
	Health education	26.7%	
	Fitness and wellness	66.4%	
	Preventive care	35.5%	
	Higher education	23.3%	
	Other (please specify):	10.3%	

Those who selected other indicated cardiopulmonary rehabilitation, mental health, chiropractic, dentistry, special populations, well coaching, sports nutrition, occupational safety, message therapy, electromolecular medicine and community based rehabilitation exercise.

Membership

A total of 52.1% and 55.6% reported that they were members of NWACSM and National ACSM, respectively. Fifty two percent indicated that they were currently certified as follows:

Personal trainer	1.7%
H/FI	78%
Exercise specialist	18.6%
RCEP	3.4%
Other	11.9%

Other certifications included: Health/Fitness Director, Exercise Test Technologist, Group Fitness Instructor and Exercise Leader.

Annual Meeting

The 2006 Annual meeting will be held on the Oregon State University Campus in Corvallis, February 24th and 25th. Forty-Five percent of respondents indicated that they would be attending the NWACSM annual conference this year. Of those who indicated that they would not be attending, 24.6% indicated that it was too expensive and 18.5% indicated that it was too far to travel. Fifty-four percent indicated other reasons for not attending the meeting including: first time they have heard about the meeting, haven't received any information on the meeting, and would depend on the content.

Conference Focus

Thirty-seven percent of respondents reported that they prefer to have the conference focus on several topics that are related and 32.7% would prefer a broad focus with a wide variety of topics. Over half of those surveyed indicated that they would prefer the focus for the seminars, lectures, and colloquium to be applied in nature with presentations that focus on prevention and rehabilitation (n=54). Ranked 2nd highest were both clinical lectures (n=42) and paper presentations (n=42) with basic science ranking the lowest (n=39). Suggestions for areas to focus lectures or symposia include: practical, hands on work shops, health and fitness colloquia, nutrition, sport physiology, wellness, workplace health promotion, and fitness summit type activities.

Conference Mechanics

and 54% indicated that starting at 8 a.m. on Saturday was not too early. A few individuals indicated that they would prefer to have the meeting on Saturday and Sunday. Most indicated that time for formal networking is essential and should be built into the agenda. When asked about time for networking between sessions, most indicated that 15-20 minutes between sessions would suffice. There were a few suggestions to include some sort of physical activity prior to the meeting on Saturday (such as yoga or an organized run).



Students

Twenty-five percent of respondents reported attending the student meeting at a NWACSM conference. Of these, many reported the student meeting to be informative and useful. Specific activities for students included: certification, job and internship opportunities, meeting faculty at other institutions, research opportunities, discussion tables, opportunities for oral presentations (as opposed to mostly poster presentations), and opportunities to “meet the experts”.

Overall satisfaction with the NWACSM

Satisfaction was rated as follows: Very satisfied (13.8%), satisfied (40.4%), neutral (43.1%) and not satisfied (2.8%). The following comments/suggestions were made in order to improve the service to the membership: more workshops, include a broader range of interests, meetings should be offered in major cities through out the PNW, more involvement of the fitness industry, send out more information, and increased advertising,

The NWACSM Board would like to thank all of you who took the time to complete this survey. This information will be useful during planning of the annual meeting and to improve service the membership.

—Janet Petersen, Assistant Professor
Health, Human Performance and Athletics
Linfield College

News from the State of Washington

St. Joseph Hospital (Bellingham) Cardiac Rehab Staff are certified! All five members of the Cardiac Rehab staff at St. Joseph Hospital in Bellingham, Washington—Shenelle Higbee, Misty Parris, Sharon Sheremeta, Holly Timmer, and Mandy VanHofwege— have achieved the gold standard in their profession. They are all certified by the American College of Sports Medicine as Certified Exercise Specialists. This rigorous credential included both a written and a practical exam, and focused on skills needed to treat patients with

cardiac, pulmonary, and other chronic diseases. Congratulations to them all!

News from the State of Oregon

Oregon State University announces the new structure of its Department of Nutrition and Exercise Sciences.

The department has 13 faculty members; 856 undergraduate Students , and 79 graduate students. B.S. majors may choose from exercise science, athletic training, applied exercise sports science, physical education teacher education, pre-therapy, and allied health. M.S./Ph.D majors graduate in exercise physiology, movement studies in disabilities, biomechanics, sport medicine, sport pedagogy, or sport and exercise psychology.

Research and graduate student focus on the application of the biological, physical, social and behavioral sciences in the study of physical activity and sport and their effect on the health, fitness, and quality of life of people of all ages and abilities. Faculty conduct basic and applied research in the following areas of inquiry:

- developing exercise programs across the life span to promote bone health
- the impact and importance of physical activity for persons with disabilities
- the cellular and molecular mechanisms underlying muscle contraction
- understanding sport and exercise behaviors in a social setting
- understanding effective teaching practices in physical activity settings
- measuring and modeling human motion
- understanding the pathomechanics of sport-related orthopedic injuries, for the purpose of more effective clinical treatment and prevention practices

The department webpage is: <<http://www.hhs.oregonstate.edu/>>. Contact Information: Oregon State University, 214 Langton, Corvallis, OR 97331, Phone: (541) 737-2643.



A note from the Treasurer

Dear friends,

I hope this newsletter finds you all in good health and great spirits. This is a busy time for our chapter as we are gearing up for the 2006 Annual Meeting to be held in Corvallis, Oregon, on February 24-25. This promises to be yet another excellent conference with an outstanding program.

From a financial standpoint our chapter continues to grow steadily. The table below summarizes our financial resources and obligations for the year, and includes projected payments to staff.

Income	Amount
Membership Dues	5885
ACSM administrative support	3250
VIASYS gift	10000
2004 Annual Meeting balance	1836
Gatorade Annual Meeting support	1000
ACSM student scholarship	500
TOTAL	22471
Expenses	Amount
Home Office & salaries	4600
Board Meetings	2357
Student Grants & student trips	1250
Social during National ACSM	0
Miscellaneous	425
TOTAL	8632

The next table lists all our financial assets at the end of June 2005 (approximate values).

Description	Amount
Balance for FY 2005	13839
Balance on 12/31/2004	10400
Home Office Balance	1200
2006 Annual Meeting Account	4000
Bank Deposit (CD)	11697
TOTAL ASSETS NOV. 2005	41136

There are a few additional items I wish to share with you regarding our financial activities. First, VIASYS Healthcare added another \$5,000 to its generous gift of \$10,000 announced during the 2005 Annual Meeting. Our Member-at-large for Research, Dr. Frank Stanek, has been instrumental in securing these grants for the chapter, and I hope you will join me in thanking him for his leadership and vision. The Executive Board is engaged in discussions on how best to utilize these funds for the benefit of the membership. You will hear more about our progress as our discussions continue.

Second, membership fees will be adjusted to \$35 in 2006. This change was instituted by National ACSM and applies to all regional chapters. Finally, National ACSM ceased negotiations with Pharmacia-Pfizer, so the regional chapters lost this source of support.

As always, I welcome your questions and comments regarding our chapter's finances. I thank each of you for your constant support of our chapter, and wish you all a most wonderful holiday season and best wishes for your family and friends.

— Stasinios Stavrianeas, Ph.D.
 NWACSM Treasurer
 stas@willamette.edu
 (503) 370-6392



Announcements

Employment opportunity

Assistant Professor

Colorado State University

Colorado State University is seeking a qualified candidate for professor—tenure track— nine-month appointment, starting date, August 2006.

Qualifications: Completed Doctorate in Exercise Science, Applied Physiology, Exercise/Health Psychology, or related field required; post-doctoral experience required; evidence of quality publication record required; evidence of successful or potential for external grant funding required; university-level teaching experience desired. Applicants are sought who would compliment current departmental research strengths. Primary expertise areas within which candidates will be considered include: use of behavioral, clinical, basic, or other research approaches to examine the role of healthy lifestyles in the etiology, prevention, rehabilitation and/or treatment of chronic/lifespan diseases (cardiovascular, obesity, type II diabetes, or cancer) and/or the aging process.

Responsibilities: Conduct independent and collaborative research; aggressively seek extramural funding; direct master's and doctoral student research; participate in implementing a new doctoral program; teach relevant undergraduate and graduate courses; participate in student advisement; and perform relevant university and professional service.

Expectations: The successful candidate is expected to develop and maintain a nationally recognized funded research program, and to integrate their research into current and new academic courses. The successful candidate will have outstanding departmental support, strong research infrastructure, outstanding departmental colleagues, and potential for collaborative opportunities with relevant units on and off campus.

Salary and Rank: Salary: competitive and commensurate with qualifications. Rank: Assistant professor, tenure-track.

Applicants are encouraged to visit the department at: <http://www.caahs.colostate.edu/hes/>

Application Process: : Submit: 1) a letter of application addressing this position and a curriculum vita, 2) three letters of reference specific to this position, and 3) official transcripts supporting all graduate degrees to: Robert Gotshall, Ph.D., Professor, Health and Exercise Science, Colorado State University, Fort Collins, CO 80523-1582; (970) 491-6374; gotshall@caahs.colostate.edu .

Applications must be postmarked by January 31, 2006 for full consideration. The search will remain open until suitable candidates are identified.

Colorado State is an equal opportunity/affirmative action employer and complies with all Federal and Colorado State laws, regulations and executive orders regarding affirmative action requirements.

PRO SPORT CLUB

2006 Continuing Education Training Schedule till April
Call Carl Swedberg at: (425) 861-6211x 7451 for more details and to register

Saturday Jan. 14	11am-3pm	Metabolic Diseases (Obesity & Blood Lipid Disorders)	(0.4)
		Instructor: James Krieger, M.S.	
Tuesday, Jan. 24	1pm-3pm	Current Trends of Nutrition for Weight Management	(0.2)
		Instructor: Stephanie Larson, M.S., R.D.	
Tuesday, Feb. 7	1pm-3pm	Foot Biomechanics and Rehab Principles Part 1	(0.2)
		Instructor: J. Mari Adad, D.P.M.	
Tuesday, Feb. 9	1pm-3pm	Foot Biomechanics and Rehab Principles Part 1	(0.2)
		Instructor: J. Mari Adad, D.P.M.	
Thursday, Feb. 21	1pm-3pm	Pulmonary Disease: Asthma and COPD	(0.2)
		Instructor: Carl C. Swedberg, C.S.C.S.	
Tuesday, March 7	1pm-3pm	Gait Mechanics	(0.2)
		Instructor: J. Mari Adad, D.P.M.	
Tuesday, March 14	1pm-3pm	Current Trends in Behavior Modification	(0.2)
		Instructor: Bill Cooper, LICSW	



Student Page

Applications now accepted for the 2006 Lawrence A. Golding Student Health/Fitness Scholarship

The scholarship is designed to publicly recognize and honor undergraduate students who have made significant outstanding contributions to their communities in health, fitness and/or education. The award is given in honor of Lawrence A. Golding, Ph.D., FACSM. Dr. Golding is the current chair of the Health and Fitness Summit program planning committee and the immediate past editor of ACSM's Health and Fitness Journal®. Healthy Learning™, the award underwriter, will grant two awards per year (one for a female and one for a male). Applicants must be in their sophomore or junior years majoring in exercise and health or a related field, be a current member of ACSM, have a faculty sponsor, and be an exceptional leader at school or in the community. Award recipients will receive a \$1,000 award, complimentary registration to the 2006 Summit in Orlando (April 11-14), and recognition in a feature story in ACSM's Health and Fitness Journal®. The application deadline is February 10, 2006. Download the application from ACSM's Web Site at <<http://www.acsm.org/meetings/summit.htm>>. Scroll down the page and upload the application PDF.

Student meeting and social scheduled at the NWACSM Annual Meeting

Students, this session is just for you! The student meeting and social will be held an hour before the NWACSM annual meeting starts, Friday, February 24th, 2006. The exact time will be announced in January but it is estimated that the student meeting will start between 12:00 -12:30 pm. Please plan ahead to get yourself or your students to Corvallis early enough for this meeting.

- Learn what is happening and you can benefit from the NWACSM Annual meeting
- Free lunch
- Trivia game with prizes!
- Meet undergraduate, masters, and doctoral students from across the region
- Learn why you should and can go to the National ACSM meeting in Denver

Meet other students in the region and have fun! Be on the look out for more information on the NWACSM website and an email coming your way.

Did you know?

Did you know that the National ACSM website has articles written just for YOU? Check out the Student Affairs Committee editorials section at <www.acsm.org/student/index.htm>. Just scroll down the webpage and you will find a wealth of knowledge on topics directed towards you! Topics include: How to get the most out of scientific meetings, what is the ACSM all about, what do other student groups do in their regions, how to get into graduate school, how to survive in school, and many more.

Did you know the NWACSM elections are here? This current newsletter has all the bios of the executive board candidates. Take a stand and vote for who you think would best benefit the NWACSM chapter's main stakeholders (YOU, the STUDENTS!!). Be on the lookout for an email to all members of NWACSM to participate in voting for the new executive board members. Maybe next year you will run for one of the student representative positions!

—Jenni L. McCord, MS, Human Physiology PhD Candidate,
University of Oregon, 151 Esslinger Hal



Get experienced with experience

Why do so many academic programs require internships and why do employers prefer applicants with internship experience? Well, I don't have all the answers, but I can share with you how I made my internship a valuable career enhancing experience.

Finding the right internship started with a mountain of papers and hours at the computer searching internship sites for fitness industry related internships that fell into the league I was interested in. All my searching paid off after I accepted a 12-week summer internship with Green Mountain at Fox Run in Vermont, a women's fitness and health retreat promoting healthy lifestyle change. This was a perfect match to complement my exercise science major and psychology minor. My internship was primarily focused on physical fitness education and fitness instruction along with a touch of nutrition, eating behavior, and stress management training so I would have a basic understanding of all the areas Green Mountain's program offers. My internship offered tremendous hands-on experience where I learned how to instruct a wide variety of aerobic and physical activity classes. By the end of my internship, I was very competent in my skills, and I was working at the same level as the main fitness staff.

Another opportunity I had during my internship was completing a project. I constructed an outdoor adventure guide for the retreat center. Other projects I could have picked from were designing an exercise class or lecture. The project I chose allowed me to demonstrate my own creativity while giving me experience designing a worksite promotion project.

Going into this internship, I had a good amount of knowledge about the physiology and scientific aspect of fitness and exercise, but I was lacking the practical hands-on experience that fitness professionals use every day. Throughout my internship, I worked with a wide variety of clients—women of all ages and various cultures. I also had an opportunity to work with very skilled and motivating staff members. Working with real clients in this setting helped me realize that everyone is very different, and this requires individualizing attention to each client. Everyone doesn't embrace exercise as I do, and it

takes special care and attention to help people enjoy being active. Working in this dynamic environment helped me gain experience teaching and tailoring to many different types of individuals. My internship was valuable in that I was able to take the knowledge I've acquired in the classroom and apply it in a real world situation.

One fine line I learned to walk was the line between professionalism and being casual. I stayed all summer at the retreat, so I was in constant contact with the clients. I had to learn how to keep my professional appearance so I would be respected while allowing myself to show through as a friend. These types of skills can't be learned out of a textbook; rather, they must be learned through experience.

After completing this internship I feel like a more confident person. I now have the practical experience needed to pursue a job in the fitness industry and have a more directed focus for future studies. This experience really spoke to me in that I can now really see the importance of physical activity and good nutrition. Seeing the change I saw in people just after one week of working with them inspires me to continue to be an advocate for balanced, healthy lifestyles.

A few things I learned:

- When your internship is physically demanding make sure you get proper nutrition and stay rested.
- Make sure you have a contract specifying the hours you are responsible for
- Set personal goals before starting your internship. Be flexible, these might change throughout the internship.
- Keep in regular contact with your supervisor and ask questions. Remember this is a learning experience
- Get career advice from staff members. Keep in contact with supervisor(s) for future reference.
- Have confidence in the work you are doing
- Be enthusiastic and have fun.

—Sydney Osborne
Exercise Science Major at Linfield College
Health Human Performance and Athletics, Linfield College



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 2005 summer newsletter.

Graduate advisors, please contact us about a study in preparation as soon as the work takes final shape. Please send an E-mail notice to Henriette Heiny, <hheiny@uoregon.edu>.

Eastern Washington University

Master's theses

Body image, self-concepts, and self-esteem in male and female adolescent cross-country runners. Jayne M. McLaughlin. Adviser: Wendy Repovich (Summer 2003)

Comparison of RPE monitoring with and without instructions in step aerobics. Pamela H. Burke. Adviser: Wendy Repovich (Spring 2004)

Montana State University

Master's thesis

Role of Upper Body Power in Classical Cross-Country Skiing Performance. Nathan Alsobrook. Adviser: Dan Heil (August 2005)

Oregon State University

Doctoral Dissertations

Evaluation of outcomes following thermal, open and arthroscopic glenohumeral capsulorrhaphy for recurrent anterior instability. Jeff A. Sullivan. Adviser: Rod A. Harter (April 2005)

Exploring the physical activity levels of students with mental retardation and students without disabilities in both school and after-school environments. John T. Foley. Adviser: Jeffrey A. McCubbin. (June 2005)

The neuromuscular effects of a long-term static stretching program on the human soleus. Bradley T. Hayes. Adviser: Mark A. Hoffman (July 2005)

Master's Thesis

Sex differences in vertebral bone characteristics, loading patterns, and the factor of risk in prepubertal children. Arwen A. Fuller. Adviser: Christine Snow (March 2004)

University of Oregon

Ph.D. Dissertation

The influence of handedness on cortical plasticity. Jeanne Langan. Adviser: Paul van Donkelaar (Winter 2005)

**Graduate Students,
preserve your thesis or dissertation
with
Kinesiology Publications
University of Oregon**

Kinesiology Publications (KinPubs) will preserve your thesis or dissertation in electronic format and on microfiche. This is a free service.

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Graduate students should contact Dr. Michael Powell at <kinpubs@uoregon.edu>, (541) 346-0932, to inquire about the submission process.

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