



Winter 2004/05

American College of Sports Medicine

ACSM presents life-long strategy to help prevent osteoporosis

New Physical Activity and Bone Health Position Stand outlines effective activities, intensities and durations for various age groups

INDIANAPOLIS—Physical activity is presented as the only known intervention that can potentially increase bone mass and strength in the early years of life and reduce the risk of falling in older populations according to a new Position Stand from the American College of Sports Medicine (ACSM). The official ACSM pronouncement, published in the November issue of *Medicine & Science in Sports & Exercise*®, encourages the adoption of specific exercise prescriptions designed for various ages to best capitalize on the chances to accrue and preserve bone throughout the various stages of life.

The paper cites worldwide predictions that the number of hip fractures will double by the year 2025, with a mortality rate of 15 to 20 percent within the first year following such a fracture for elderly individuals, as reasons to encourage a better understanding of the types, durations and frequencies of physical activities that help build and maintain bone. These include high-intensity, high-impact activities for children to build bone and moderate-to-high intensity weight-bearing activities for adults to maintain bone mass.

“As we live longer lives, we increase our chances of suffering from debilitating falls and fractures,” said Wendy M. Kohrt, Ph.D., FACSM, lead author. “Children and adults need to understand and perform the right kinds of physical activities that promote bone health to prevent these problems.”

For adults, experts have established these recommendations to help preserve bone:

- Mode—weight-bearing endurance activities such as tennis and jogging, activities that involve jumping, and resistance exercise (weight lifting)
- Intensity—moderate to high
- Frequency—weight-bearing activities 3 to 5 times per week, resistance exercise 2 to 3 times per week
- Duration—30 to 60 minutes a day combined

For children, especially in the years surrounding the onset of puberty, experts recommend the following activities to help build bone:

- Mode—impact activities such as gymnastics and jumping activities combined with moderate resistance training
- Intensity—high, but with appropriate weights for resistance training (no more than 60 percent of the maximum amount a person can lift one time)
- Frequency—at least three days per week
- Duration—10 to 20 minutes with multiple sessions within the same day potentially being more effective

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Northwest Region Newsletter

Winter 2004/5

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

<i>Issue</i>	<i>Deadline</i>
Spring	March 14, 2005
Summer	July 15, 2005
Winter	Nov. 21, 2005

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

The NWACSM Annual Meeting is scheduled for February 11-12, 2005, at the University of Idaho in Moscow. The theme for the conference, "Maximizing Human Performance," will provide something new and interesting for both students and professionals. A priority for the conference, however, is to continue attracting students throughout the Northwest so that they may meet fellow students and working professionals from other areas and benefit from the exciting knowledge exchange that can happen outside the class room environment.

In recent years, between five and ten students from Montana State University (MSU) attended the NWACSM conference annually. For the 2005 meeting, however, we plan to have as many as six graduate students presenting and a total of 15-20 students attending. This is remarkable because prior to 1999 not a single MSU student had ever attended this conference. This commitment is also considerable because, driving from Bozeman, we must cross at least two mountain passes to attend almost any NW conference site. I am praising my own students, of course, but their efforts are remarkable.

If MSU's small program can get 15-20 students to cross two mountain passes, drive 7-8 hours in their own vehicles, and find the funding to pay for their conference expenses, then what about other Northwest programs?

I would like to personally challenge each university and college faculty member attending this year's conference to bring at least five students from their program. There is no reason why programs east of the Coastal Range cannot achieve this goal in 2005. Programs west of the Coastal Range have a greater distance to travel than all others this year, but a total of five students and/or faculty members from those schools should be a reasonable number for future conferences at Oregon State University (2006) and in Seattle (2007).

In fact, if any program outside the Moscow/Pullman area has more students than MSU attending the 2005 NWACSM conference, then I promise to run naked through the conference hall wearing nothing but flip-flops and a lamp shade! So, with that challenge clearly stated, start planning now to attend the 2005 NWACSM Annual Meeting.

See you all in Moscow!

—Dan Heil, Ph.D., FACSM, NWACSM President
Associate Professor, Montana State University



Upcoming Events

NWACSM Annual Meeting

February 11 and 12, 2005

University of Idaho, Moscow, ID

Maximizing Human Performance

Keynote Speakers and Topics

Michael Joyner, Ph.D., Mayo Clinic

Factors regulating skeletal muscle blood flow during intense exercise.

Roger Enoka, Ph.D., Univ. of Colorado, Boulder, CO

Neuromuscular strategies dealing with task failure.

Scott Montain, Ph.D., U.S. Army Research Institute
Environmental Medicine

Role of Environmental Factors in Limiting Human Performance.

James Stray-Gundersen, M.D., Park City, UT

Live-High, Train-Low: current training strategies for enhancing sport performance.

Lawrence Spriet, Ph.D., Univ. of Guelph, Canada

Ergogenic Aids that really enhance performance.

Additional Speakers

Damon Burton, Ph.D., Sport Psychologist, University of Idaho

Role of Periodization Principles in Designing Psychological Skills for Athletes.

Daniel Heil, Ph.D. Montana State University

Modeling of elite cycling performance.

Michelle Stusek, Ph.D., Boise State University

Anterior Cruciate Ligament Injuries in Females- Current modelling techniques.

Other speakers will address issues related to dietary manipulation to enhance performance, current trends in strength and conditioning, and controversies over stretching prior to athletic competition. There will 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

Dennis Dolny, Ph.D., Conference Co-chair

Kathy Browder, Ph.D., Conference Co-Chair

Nikki Hughes, M.S., Conference Committee Member
University of Idaho, Moscow, ID

Wendy Repovich, Ph.D., Conference Committee Member,
Eastern Washington University, Cheney, WA

Bob Weathers, Ed.D., Conference Committee Member
Seattle Pacific University, Seattle, WA

Chris Minson, Ph.D., Conference Committee Member
University of Oregon, Eugene, OR

Tony Wilcox, Ph.D., Conference Committee Chair
Oregon State University, Corvallis, OR

Chad Harris, Ph.D., Conference Committee Member
Boise State University, Boise, ID

C. Joyce Kratz Klatt, M.S., Conference Committee Member
Kootenai Medical Center, Coeur d'Alene, ID

Stasinos Stavrianeas, Ph.D., Stud. Research Coord.
Willamette University, Salem, OR





List of Invited Speakers

Damon Burton, Ph.D.

Dr. Burton is professor in the Division of Health, Physical Education, Recreation and Dance at the University of Idaho, Moscow, ID. He is president of the American Association for the Advancement of Sport Psychology. Dr. Burton has served as a sport psychology consultant for the US Ski Jumping team. His presentation will apply the psychological principles of mental training in a periodized program which coincides with the physiological preparation of the athlete.

Roger M. Enoka, Ph.D., FACSM

Dr. Enoka is professor in the Department of Integrative Physiology at the University of Colorado, Boulder. Dr. Enoka will discuss neuromuscular strategies during fatiguing tasks and their implications for exercise performance.

Daniel Heil, Ph.D.

Dr. Heil is associate professor in the Department of Health and Human Development at Montana State University in Bozeman, MT. He will present evidence for an effective modeling technique to predict elite cycling performance during events such as the Tour de France, track time trialing, and the Hawaii Ironman.

Michael J. Joyner, M.D., FACSM

Dr. Joyner is professor in the Department of Anesthesiology at the Mayo Clinic and Foundation in Rochester, MI. He will discuss the physiological factors that regulate cardiac output and skeletal muscle blood flow during intense and maximal exercise.

Jeni McNeal, Ph.D.

Dr. McNeal is associate professor in the Physical Education, Health & Recreation Department at Eastern Washington University in Cheney, WA. Dr. McNeal will review research findings regarding stretching and subsequent exercise performance and provide insight for the effective use of stretching for the sport and fitness practitioner.

Scott J. Montain, Ph.D., FACSM

Dr. Montain is a research scientist at the United States Army Research Institute for Environmental Medicine in Natick, MA. Dr. Montain will review how environmental factors influence peak performance during various forms of intense exercise.

Suzanne Steen, R.D.

Ms. Steen is the sports nutritionist for the University of Washington Husky Athletic Department in Seattle, WA. She will address nutritional concerns for competitive athletes and review current strategies for manipulating dietary intake to enhance sport performance in collegiate athletes.

James Stray-Gundersen, M.D., FACSM

Dr. Stray-Gundersen is in private practice in Park City, UT. He has served as head coach for the US Ski team Nordic combined event. Dr. Stray-Gundersen will present evidence for the Live-High/Train-Low method for using altitude exposure to enhance elite performance.

Michelle Sabick, Ph.D.

Dr. Sabick is an assistant professor in the Department of Mechanical Engineering Department at Boise State University in Boise, ID. Dr. Sabick has developed modeling strategies for examining overuse injuries in the shoulder as they relate to throwing and striking activities in competitive athletes. She will present these models and discuss future trends in overuse injuries research.

Edward Tingstad, M.D.

Dr. Tingstad is in private practice in the Inland Orthopaedic Surgery & Sports Medicine Clinic in Moscow, ID. He will review the etiology of anterior cruciate ligament (ACL) injuries in female athletes, identify potential risk factors, and discuss possible preventative measures to reduce the incidence of ACL injuries in this population.



NWACSM Annual Meeting

February 11-12, 2005

University of Idaho

Moscow, Idaho

Registration Form



Please complete the form below for each individual attending. Please print or write clearly. Advance registration accepted up to February 4th, 2005, after that date you will have to register on-site. On-site registration will be available February 11 and 12, 2005.

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)

	Early	On-Site Registration		Early	On-Site Registration
	before 2/04/05	after 2/04/05		before 2/04/05	after 2/04/05
2005 NWACSM Member			Non-NWACSM Member		
Student	<input type="checkbox"/> \$30	<input type="checkbox"/> \$40	Student	<input type="checkbox"/> \$45	<input type="checkbox"/> \$55
Professional (Member of ACSM)	<input type="checkbox"/> \$65	<input type="checkbox"/> \$75	Professional (Member of ACSM)	<input type="checkbox"/> \$95	<input type="checkbox"/> \$105
Professional (Non-member of ACSM)	<input type="checkbox"/> \$80	<input type="checkbox"/> \$90	Professional (Non-member of ACSM)	<input type="checkbox"/> \$110	<input type="checkbox"/> \$120

(*Includes NWACSM Annual Membership for Jan.- Dec. 2005)

ACSM Continuing Education Credit

ACSM Member \$10
Non-ACSM Member \$15

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 2005 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 2004: (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 2005 member. We won't be able to process your registration without the fee(s).)

NWACSM Membership Fees: (check category)

\$15.00 Student \$30.00 Profession(member of ACSM) \$45.00 Professional (non-member of ACSM)

Total fee(s) enclosed _____

Visit the NWACSM website at: <http://northonline.northseattle.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 debt cards. Cancellations must be in writing and received by the NWACSM Executive Office c/o Wendy Repovich or Penny Rose by February 4, 2005. A \$10.00 handling fee will be charged on all refunds. If questions please call Wendy at (509) 359-7960.



ACSM's Health & Fitness Summit & Exposition

March 29-April 1, 2005
Las Vegas, Nevada

On Line Registration: <https://www.acsm.org/meetings/forms/2005summitregform.asp>

Keynote Line-up

- Liz Applegate, Ph.D., FACSM
Eight Nutrition Necessities You Should Know (and Tell Your Clients)
- Mark Fenton
How Do I Get 10,000 Steps If I Can't Even Cross the Darn Street
- James O. Hill, Ph.D.
Strategies to Reverse the Obesity Epidemic
- Gin Miller
Live The Life You Want Just Add Brains

Highlights:

Two Pre-Conferences—Tuesday, March 29th:

- Absolute Truths of Nutrition: What You Need to Know!*
- Career Enhancement: Practical Skills for Students and Aspiring Health and Fitness Professionals*

Afternoon Plenary Sessions

Community Physical Activity Promotion and Youth Health Promotion issues will be the focus of the lectures.

"Meet the Pros" Networking Session

Join us for this standing room only event! Top-notch conference speakers will be available up close and personal for this unique networking session.

ACSM Annual Meeting

Gaylord Opryland Resort in Nashville, Tennessee
June 1-5, 2005

On Line Registration: https://www.acsm.org/meetings/forms/52nd_annual_meeting_reg_form.asp

Joseph B. Wolfe Memorial Lecture

Pieces of the Same Human Puzzle: Evolution, Physical Activity, Chronic Disease, Public Health and Policy—Frank W. Booth, FACSM

D.B. Dill Historical Lecture

The Disabled Athlete: From Paralysis to Paralympics—Maria T.E. Hopman, FACSM

President's Lectures

- Exercise-Induced Hyponatremia*—Joseph G. Verbalis
- Physical Activity and Aging: The Role of Self-Regulatory Processes*—Edward McAuley
- Preventing Injuries in Sports—A Scientific Approach*—Roald Bahr, FACSM
- Skeletal Muscle Hypertrophy: Exercise, Growth Factors and Supplements*—Karyn A. Esser, FACSM

Gisolfi Tutorial Lecture

The Science of Sports Drinks—Robert Murray, FACSM

Gollnick Tutorial Lecture

Title TBD—George Brooks, FACSM

Pollock Tutorial Lecture

Exercise Physiology: Essential for Desired Procedural Outcomes After Heart Transplantation—Randy W. Braith, FACSM

Fitness Assessment and Training

Highlighted Symposium | *Pacing Strategy: The Unexplored Territory in Sports Performance*—Carl Foster, FACSM, Jos de Koning, Alan St Clair Gibson, David T. Martin, Alejandro Lucia

Cardiovascular, Renal and Respiratory Physiology

Featured Science Session | *Oxygen Sensing and its Role in the Cardiorespiratory Response to Exercise*—Benjamin Levine, FACSM, Russell Richardson, Jerome Dempsey, FACSM



Skeletal Muscle, Bone, and Connective Tissue

Featured Science Session | *Physiological Versus Pathological Hypertrophy in the Heart*—Gary Diffie, Leslie Leinwand

Neutral Control and Biomechanics of Movement

Featured Science Session | *Using MRI in Biomechanics Research*—Joseph Hamill, FACSM, Jane Kent-Braun, FACSM, Bruce Damon

Metabolism and Nutrition

Featured Science Session | *Exercise Training Effects on Insulin Resistance and Type 2 Diabetes*—Janet Walberg Rankin, FACSM, John Ivy, FACSM, Juleen Zierath

Psychology, Behavior, and Neurobiology

Highlighted Symposium | *Exercise, Sport Performance, and the Human Brain - Overview of Assessment Techniques with Selected Applications*—Romain Meeusen, FACSM, Carl Cotman, Sean Deeny, Arthur Kramer, Charles Hillman, Jon Williamson, FACSM

Environmental and occupational Physiology

Featured Science Session | *Musculoskeletal Challenges to Long-Duration Spaceflight: To Infinity and Beyond?* James Pawelczyk, FACSM, Kenneth Baldwin, FACSM

Athlete Care and Clinical Medicine

Highlighted Symposium | *Evidence on Clearance for Sport: When is it Safe?* Thomas Best, FACSM, Roald Bahr, FACSM, William W. Dexter, FACSM, W. Ben Kibler, FACSM, Gordon O. Matheson, FACSM, Ian Shrier, FACSM, Andrew L. Pipe, FACSM, Stanley A. Herring, FACSM

Immunology/Genetics/Endocrinology

Featured Science Session | *The Psychoneuroimmunology of Exercise* J. Mark Davis, FACSM, Keith Kelley, Monika Fleshner

Clinical Exercise Physiology

Highlighted Symposium | *Perspectives on Cardiovascular Risk During Exercise: Clinical, Legal and Practical Considerations* Kyle McInnis, FACSM, Paul Thompson, FACSM, Barry Franklin, FACSM, Neil Gordon, FACSM, William Herbert, FACSM, Barry Maron

A Proprioceptive Neuromuscular Application to Sports Medicine PNF Rehabilitation of the Lower Quadrant

Friday, January 28, 4:30PM-9:00 PM
and Saturday, January 29, 8:00 AM-4:45 PM
Registration Deadline: January 14, 2005

Workshop Information.

A brochure with registration form is available at <http://www.uoregon.edu/~iishp/PNF.html>

Course Description

The purpose of this 11-hour course is to give the participant an introduction in the use of PNF techniques. Specifically, the techniques presented in this course are designed to enhance the function of the lower quadrant. The course is appropriate for physical therapists, physical therapy assistants, athletic trainers, occupational therapists, certified occupational therapy assistants, and massage therapists.

Course Objectives

At the conclusion of this course, the participant will be able to demonstrate an understanding of the use of basic PNF principles, techniques and patterns for rehabilitation of the lower quadrant in both the neurological and orthopedic patient, including utilization of PNF

- to enhance mobility and stability,
- to facilitate neuromuscular control, and,
- specifically, to improve gait.

The class is limited to 22 participants. Registration is open to students and the professional community on space-available basis. Workshop fee is \$295. Applicants will be accepted until the maximum number has been reached.

For more information about this workshop please call (541) 346-4114 or send an e-mail to rlt@uoregon.edu.

All participants will receive a certificate of attendance from the International Institute for Sport and Human Performance (IISHP) following completion of the course. IISHP is recognized by NATABOC to offer continuing education for certified athletic trainers—NATABOC Approved Provider P737. Athletic trainers may apply for 11 credits at the time of on-site



ACSM Certifications

ACSM Certification is available to any professional within the preventive and rehabilitative exercise field who meets the established prerequisites.

Once certification has been earned, practitioners are reviewed every four years to ensure ongoing competence and that the ACSM's high level of standards are maintained.

The ACSM Exercise Specialist®

is a healthcare professional certified by ACSM to deliver a variety of exercise assessment, training, rehabilitation, risk factor identification and lifestyle management services to individuals with or at risk for cardiovascular, pulmonary, and metabolic disease(s). These services are typically delivered in cardiovascular/ pulmonary rehabilitation programs, physicians' offices or medical fitness centers. The ACSM Exercise Specialist® is also competent to provide exercise-related consulting for research, public health, and other clinical and non clinical services and programs.

Minimum Requirements

- A bachelor's degree in an allied health field* from a regionally accredited college or university (one is eligible to sit for the exam if the candidate is in the last term of his or her degree program); AND
- Minimum of 600 hours of practical experience in a clinical exercise program (e.g., cardiac/pulmonary) including exercise testing; and
- Current certification in Basic Life Support (BLS)

* Examples: Nursing, Occupational Therapy, Physical Therapy, Physician Assistant, Physical Education, Exercise Science, Kinesiology, Kinesiotherapy, Physiology, Biology, Exercise Physiology and Human Performance.

The Health/Fitness Instructor certification

provides professionals with recognition of their practical experience and demonstrated competence as a leader of health and fitness programs in the university, corporate, commercial or community settings in which their clients participate in health promotion and fitness-related activities.

Minimum Requirements

- An associate's degree or a bachelor's degree in a health-related field* from a regionally accredited college or university (one is eligible to sit for the exam if the candidate is in the last term or semester of his or her degree program), AND
- Possess current adult CPR certification

* Examples: Nursing, Occupational Therapy, Physical Therapy, Physician Assistant, Health Care Administration, Physical Education, Exercise Science, Kinesiology, Kinesiotherapy, Athletic Training, Physiology, Sports Management, Biology, Exercise Physiology, Human Performance, Health Science, Recreation Management/Science, and Nutrition.

ACSM Registered Clinical Exercise Physiologist

For information go to <<http://lww.com/acsmrc/rcep.html>>.

2005 ACSM Northwest Region's Certification Schedule

	Wrkshp Dates	Certification	Early Bird Deadlines	Deadline
ACSM Health/Fitness Instructor_{SM}				
Seattle Athletic Club, Seattle, WA	Feb 23-24	Feb 25-26	Dec 15, 2004	Jan 1, 2005
Montana Tech, Butte, MT	May 18-19	May 20	March 15, 2005	April 1, 2005
IISHP, University of Oregon, Eugene, OR	None	Jun 24-25	April 15, 2005	May 1, 2005
PRO Sport Club, Bellevue, WA	June 23-24	June 25	April 15, 2005	May 1, 2005
Seattle Athletic Club, Seattle, WA	Aug 17-18	Aug 19-20	June 15, 2005	July 1, 2005
PRO Sports Club, Bellevue, WA	Nov 17-18	Nov 18-19	Sep 15, 2005	Oct 1, 2005
ACSM Exercise Specialist®				
IISHP, University of Oregon, Eugene, OR	Aug 25-26	Aug 26-27	June 15, 2005	July 1, 2005



Candidates for nomination to the NWACSM Board of Directors

President-Elect

Roy Stevenson, M.S.

BIOGRAPHY

Roy has a master's degree in exercise physiology from Ohio University. He founded the Fitness Specialist/Personal Trainer program at Lake Washington Technical College in 1986, where he is an instructor and head of the department. He is on the editorial board of ACSM's Health and Fitness Journal, serves on the American Council on Exercise Personal Trainer certification committee, and recently received an award from the National Strength and Conditioning Association for promotion of their Certified Personal Trainer exam. Roy has presented at numerous regional and national conferences including NWACSM's Annual Conference, the ACSM Health & Fitness Summit, and WAHPERD. He has served on the NWACSM Regional Chapter committee for many years, and remains dedicated to promoting NWACSM's objectives to its members and the public.

CAMPAIGN STATEMENT

I welcome the opportunity to return to serving the NWACSM Regional chapter as president. In the past I have served as newsletter editor, member-at-large, and president. I have also hosted two NWACSM Annual Meetings at Lake Washington Technical College, both of which were very successful. I consider it an honor to have worked alongside the dedicated professionals on the NWACSM board and, if I am elected, will work to make joining the regional chapter more attractive to students, my academic colleagues, professionals in the medical field, and of course the front line of fitness, the personal trainers. In addition to continuing supporting the student membership of the chapter, I would like to see more involvement from sports medicine professionals,

personal trainers, and fitness instructors. If elected, I will continue to advise the directors of the NWACSM Annual Meeting as I consider this a high priority. Our annual conference is one of our flagship events. I would also like to invite our Canadian colleagues and students from north of the border to become more involved with our chapter events. They consist of a dedicated and knowledgeable group who have much to contribute. I am also interested in any suggestions members of our chapter have in regards to improving the benefits of regional chapter membership.



Member-at-Large (Research)

John R. Halliwill, PhD FACSM

BIOGRAPHY

I graduated from Ohio State University in 1991 (BS in zoology) and Medical College of Virginia in 1995 (PhD in physiology). I subsequently trained as a post-doctoral fellow under Michael Joyner at the Mayo Clinic, until my appointment to the Clinic's staff as an assistant professor in 1999. In 2002, I joined the University of Oregon's Department of Human Physiology. My research relates to how the human cardiovascular and respiratory systems adapt and respond to exercise and other stresses encountered during everyday life. One focus of this research is on understanding why blood pressure is lower after exercise (post-exercise hypotension). A second focus is on trying to identify what hormonal, neural, or metabolic factors are responsible for regional changes in blood flow during exposure to various stresses, such as altitude or gravitational stress. Both of these focus areas are related to issues of human health and disease.



Candidates

CAMPAIGN STATEMENT

I look forward to being involved in the chapter throughout my career. My running for this position reflects my goal of becoming more involved in both NWACSM and the greater field of exercise science. I have had a successful career as a researcher, funded by both the National Institutes of Health and the American Heart Association. I have served on the Editorial Board for the *Journal of Applied Physiology* and have been a reviewer for numerous journals including those that serve the field of exercise physiology. I have served as an ad hoc member of study sections for NIH and the Army. These experiences give me considerable insight into how research works in the academic, government, and military settings. I have recently (2002) taken a position in a department with a strong tradition in the areas of exercise physiology and sports medicine, and I now teach our department's capstone course in exercise physiology. I see my work in the classroom and service to the exercise science community as becoming pivotal to my sense of contributing to my field. I intend to contribute toward the ACSM goal of integrating scientific research and education on both the national and regional levels, and hope to do so by providing leadership for research-oriented initiatives within NWACSM.



National Student Representative

Jenni Lockwood

BIOGRAPHY

I grew up in Yreka, CA (a blink and you'll miss it type of town); I then received my bachelors degree in exercise science from California State University at Chico in 2001. Last Spring, I received my master's degree from the University of Oregon in human physiology. Presently, I am a doctoral student at the University of Oregon (UO) in the Department of Human Physiology. The research I am currently working on, regarding a role for histamine during postexercise hypotension, is an extension of my

master's research which I completed and published this last year. In addition to my roles as a researcher and student, I have also been teaching human and exercise physiology labs for three years at the UO. My goals are to use this experience to contribute to physiology by both furthering research in the field and being a part of the academic community.

CAMPAIGN STATEMENT

I am interested in becoming the National Student Representative for the NWACSM because it would be a valuable opportunity to contribute to the society. As a new graduate student, three years ago, I relied not only on my advisor but also on the more established graduate students to help me learn how to be a successful graduate student, teacher, and researcher. I now have more experience to help other students make their way not only in school but as they pursue their career goals in health-related sciences. I am also always open to learning from others and find this is one of the best ways to learn. I would also like the opportunity to get current student members involved in the chapter. This involvement could be as little as just getting to know undergraduate/graduate students from another university. All of us are in the same situation, it would be great if we can learn from and teach each other. Another goal of mine is to get more students involved with NWACSM, starting with my own department at the UO. Every day I learn new ways to becoming a successful graduate student; I will be able to further my own and contribute to others' learning in becoming the National Student Representative for the NWACSM.

Tommy Manning

BIOGRAPHY

I am a masters' degree graduate student in exercise physiology at Montana State University. My health, physiology, and sports background includes school, athletic competition, and coaching. My interests are in the area of human endurance performance and my thesis is on the assessment of energy expenditure while running outdoors using global positioning system (GPS). I am currently a competitive



runner and have been a competitive mountain biker, swimmer, and triathlete in the past. Prior to graduate school, I taught high school chemistry and coached cross-country, ice hockey (1 year), and track for 3 years. During the summer of 2004, I earned the ACSM H/FI certification (May) and did research at the University of Tulsa Exercise Physiology Lab.

CAMPAIGN STATEMENT

I am interested in becoming NWACSM National Student Representative for the next two years. I would like to become more involved in the chapter and look forward to serving both students and the chapter. I became a member of NWACSM last year when I attended the conference in Seattle. After the conference, I decided to attend the National ACSM Conference in Indianapolis. There I was completely overwhelmed, but intrigued at the same time. I learned a great deal from lectures and research presentations and met many great people. I met Larry Kenney in an elevator, had lunch with Barry Franklin, saw a former professor, and met people from my home town. I had no idea that I would learn so much and meet so many people. From that experience, I am thoroughly engrossed in the ACSM. As National Student Representative and liaison between students and the NW board, I would like to see more students get involved in the ACSM. I feel the ACSM conferences are wonderful places for students to learn from presentations, network, and hopefully start thinking about future academic and/or research pursuits. I will work to promote NWACSM by publicizing the meetings and recruiting students as I have already started doing at MSU. I have a good working relationship with students. I've been a teaching assistant for 2 years at MSU and serve as VP of the Sports Medicine Club. The club is comprised mostly of undergraduates in the Department of Health and Human Development. With my background of working closely with undergraduates on a daily basis and my ongoing interest in the ASCM, I feel I am qualified to be your next National Student Representative.

James McKenzie

BIOGRAPHY

Originally from northeast Ohio, I moved to the Northwest to pursue graduate studies at Montana State University – Bozeman where I am studying exercise physiology. My undergraduate degree is in political science, which I finished in 2003 from the University of Cincinnati. When I'm not in school, I enjoy skiing, running, cycling, and swimming. As an extension of these interests, I race triathlon, and will be competing in my fourth Ironman race this summer in Coeur d'Alene.

CAMPAIGN STATEMENT

I am interested in representing the students in the Northwest region at ACSM. I believe that the students are the future of both the Northwest region, and the ACSM in general, and there needs to be more opportunity and interest for student involvement. Achieving this will require greater participation from the student body, as well as a greater recognition of the students as a viable part of the ACSM by the administration. Getting students involved in ACSM while still students seems to be a better way to keep them involved when they move out into the real world. There is a realization of this at both the national and regional conferences, with the student meeting at NWACSM, and the student/past-presidents lunch in Indianapolis, and I hope this is just the start. I feel a need for more inter-university student interactions, as well as more opportunity for professionals and students to interact. This may be simply social, but it will provide students with an opportunity to network, and create greater student interest in the college. How do I intend to do this? I plan on making myself available to the students, mainly through e-mail and at conferences, to express opinions, concerns, and ideas. With my position on the board of NWACSM, and as the representative to national ACSM, I can then share these thoughts with the people in charge of the conferences and the organizations in general. I do not expect an instant change, but I do see the position as one to create incremental change, with National Student



Representatives continuing the work of the previous to pursue the interests of the student population.

Steve Sears, ACE

BIOGRAPHY

I am a senior at Gonzaga University. I am originally from Bozeman, Montana, a beautiful place I hope to return to at some point following my education. Ideally, I will attend medical school following graduation, whereupon I hope to practice oncology. Studying the health sciences over the last few years has sparked my passion for health and fitness. I have taken my knowledge of exercise science and applied it as a personal trainer. It was in this profession where I truly appreciated the necessity of dispelling fitness myths and educating people as to the value of a healthy lifestyle. Currently I am the president of the Gonzaga Exercise Science Club and in the past I have served as the club's activities coordinator. Recently, I traveled to China to study Eastern medicine. This trip not only expanded my horizon but it gave me insight into an eastern perspective of health, medicine and fitness.

CAMPAIGN STATEMENT

In accordance with the mission of the American College of Sports Medicine, the position of National Student Representative would allow me to serve as a resource to other students. I would like to expand membership in the College to as many people as possible through extensive networking between students at universities in the Northwest region. Something as simple as establishing health science and sports science clubs at a college could jumpstart student involvement in the discipline of exercise science or other related fields. By engrossing others in the allied health sciences and the ACSM it is my hope that I can help others make a smooth transition from students to professionals. My commitment to the NWACSM would be eclipsed only by my dedication to my education. As a senior I am in the process of educational transition. As such I am in a unique position enabling me to serve as a liaison between other students and the Executive Board. My diverse interests and strong personal motivation will allow

me to better relay the mission of the ACSM to others. In the past I have worked with current National Representative, Sarah Durkee, and Past President, Dr. Tina Geithner. My existing relationships with these current board members would smooth any wrinkles during my transition into office. I strongly believe in the aims of the American College of Sports Medicine. My background in exercise science coupled with my experience, professional relationships, and goals for the organization will provide me with the tools necessary for serving with excellence in the position of National Student Representative.

Ana-Mishel Spiroski, BS, CPT

BIOGRAPHY

As an undergraduate at the University of Montana, my interest in the area of physiology was fostered both by the Biology Department and the Department of Health and Human Performance; I was fascinated by the body's adaptability and plasticity under physiological stress. In addition to being highly involved in the Human Performance Lab as an undergraduate, I was honored as a McNair scholar and awarded funding to complete an independent research project assessing immune function during extended duration endurance exercise in females. As a graduate student I chose to continue my association with the HHP Department at the University of Montana as well as my research in immunology. In the coming years (during my MS as well as PhD) I hope to continue research assessing the interaction of nutrition and immune status under extreme conditions as well as gender comparison studies in immunology.

CAMPAIGN STATEMENT

The NWACSM is an invaluable tool both to students and professionals in the educational as well as clinical fields throughout the Northwest. As a closely knit community, the participating colleges, universities, and professionals assemble to network, exchange knowledge, and collaborate. As an undergraduate, I was appreciative of the chance to participate as a presenter, as well as a spectator at the Winter 2004 conference; the exposure to the



collective base of knowledge and extensive diversity of research interests in the Northwest was inspiring. By interacting and consulting with others outside one's focus, a student has the ability to gain insight into future directions of research and make lasting connections with current and future professionals in their respective fields.

As a student in exercise science and a professional in the fitness and rehabilitation fields, I am acutely aware of the division between scientific research and the functional application of research in the clinical and fitness settings. Through education and interaction of various disciplines, the NWACSM provides a consortium to act as a sounding board for new ideas, application of theory, and dissemination of innovative knowledge; only through student involvement is the future of the NWACSM assured. In order to foster student participation at the local, regional and national levels I plan to organize an ongoing database of current and recent past student members of the NWACSM including focus area, research interests, future directions and contact information; this will enable students with similar concentrations to have open contact with those at other educational institutions. As a permanently available, online option in the NWACSM web site, this database will encourage regular communication, exploration into programs at other institutions, and cultivate a continuing interaction of research-based individuals with those interested in the practical application of that research.

Research Funding Available

Through the ACSM Foundation and the Office of Research Administration and Programs, ACSM offers research grants to ACSM student members and new investigators. Funding areas include, but are not limited to: injury prevention, weightlessness and space physiology, nutrition, epidemiology and sports psychology. The deadline for grant submission is January 28, 2005. For an application and a complete list of current grant opportunities, visit <www.acsm.org/GRANTS/grants.htm>.

ACSM Announcements

ACSM launches updated "Members Only" site

ACSM is pleased to announce the new "Members Only" section of the ACSM web site <www.acsm.org>. The new site allows members to update personal profile information, enjoy direct access to member benefits and publications (based on member type), conduct an expanded search of the ACSM Membership Directory, and view continuing education and dues history information.

In addition, ACSM Regional Chapter members may subscribe to their chapters' online communities. Each chapter has a unique community where participants can view chapter news and participate in discussion forums with other chapter members. To access the site, visit <www.acsm.org>, click on "Members Only", and follow the directions listed.

ACSM recruiting college and university programs for year two of Programs Link

In just one year, ACSM's new resource for college and university information, ACSM's Graduate and Undergraduate Programs Link, has helped connect thousands of students with valuable information on undergraduate and graduate training programs in sports medicine and exercise science. ACSM is now seeking additional programs to be listed on the site through 2005. The Programs Link went "live" in November of 2003, and already more than 8,000 users have registered for the free service. Most of these users are students, with the balance being parents and professionals. The Programs Link allows students to find the right institution by searching the database of programs by keyword, region, and/or state. So far, users have viewed information on individual colleges and universities more than 50,000 times! College and university leaders are encouraged to sign up now for listing through 2005. The \$100 listing includes the ability to post a logo and a link



to the school's program's Web page. Contact ACSM Public Information Specialist Jim Gavin at (317) 637-9200 ext. 117 or via e-mail at jgavin@acsm.org for information on how to submit program information. ACSM's Graduate and Undergraduate Programs Link is found in the Office of Student Affairs section of www.acsm.org.

ACSM partners with USA Track & Field to encourage kids to "Be A Champion"

"Be A Champion" is aimed at educating youth, parents, educators and coaches about the positive results that come from leading an physically active, drug-free and healthy lifestyle. The program will be introduced first through community outreach activities in schools and regional youth organizations, and later through clinics for coaches, trainers and healthcare personnel involved with youth sports. Beginning this October, U.S. track and field star athletes will appear in school convocations to deliver health promotion messages and encourage kids to take the "Be A Champion" pledge. Students in grades K-12 will be introduced to the "Be A Champion" program and recite the pledge, a promise to incorporate more activity into each day and pursue drug- and supplement-free participation in sports and recreation. The program will be launched October 7 at the USA Track & Field Elite Athlete Summit in Miami, Florida, and will be incorporated into the 2004 USATF Annual Meeting in Portland; all 2005 USATF Golden Spike Tour stops; elite athlete camps and events, USATF national championship events; and other official gatherings around the country. In the professional sector, "Be A Champion" will highlight opportunities for sport-specific continuing education, enhanced meeting programming and greater professional development opportunities for sports medicine and exercise science professionals. For more information, contact the ACSM Communications and Public Information office at cdickey@acsm.org

Important changes planned for ACSM certifications

In August the ACSM Administrative Council approved converting the RCEP exam from a paper and pencil format to a computer-based testing format. This become effective as early as January 1, 2005. The same conversion is already being discussed for the written examinations of both the Exercise Specialist and Health Fitness Instructor certifications; however, exact dates for this change have not yet been identified.

Finishing touches are being put on new, simple procedures that will allow students who graduate from a University Connection endorsed school to waive sitting for the practical examination. ACSM originally hopes to have this process in place by the end of September. The Commission on Accreditation of Allied Health Education Programs (CAAHEP) approved standards and guidelines for separate undergraduate and graduate curriculums in exercise science and exercise physiology, respectively.

ACSM certified Personal TrainerTM

ACSM will offer a new credential for individuals without a degree in an exercise science field. The scope of practice for this professional is listed below and more information is available at www.pearsonvue.com/acsm. The ACSM Certified Personal TrainerTM is the professional involved in developing and implementing an individualized approach to exercise leadership in healthy populations and/or those individuals with medical clearance to exercise. The ACSM Certified Personal TrainerTM is familiar with forms of exercise used to improve, maintain, and/or optimize health-related components of physical fitness and performance. The ACSM Certified Personal TrainerTM is proficient in writing appropriate exercise recommendations, leading and demonstrating safe and effective methods of exercise, and motivating individuals to begin and to continue with their healthy behaviors.



NWACSM Announcements

A message from the Secretary

Each year since 2001, colleges and universities posting academic program information on the NWACSM web site have been asked to provide updates or revisions to their respective postings. A huge “thank you” to the eight schools that responded to the request sent early in November, including Clark College (Vancouver, WA), a new addition to the web site. I appreciate everyone’s assistance in providing the latest program information for current, future, and potential students.

To view the list of academic institutions posted on the NWACSM web site, look for the “NW Colleges” link on the home page, or travel directly to http://northonline.northseattle.edu/nwacsm/nwacsm_inst_info.html.

The NWACSM presented proposed changes to its constitution and bylaws at the 2004 business meeting, held during the regional conference. Those in attendance approved the changes, though a request was made for the Executive Board to define the elections process. In putting together proposed elections process language, I would like to thank Dr. Christina Geithner, who detailed her work on last year’s elections. The Board will review the proposed language by the end of the 2005 Annual Meeting.

—Trish Root, MS, NWACSM Secretary

Position Announcements

Wellness Mentor

The Summit Health and Fitness Center in Kalispell, MT, is seeking an individual to provide consultations & evaluations for participants in a wellness program. This will include initial & follow-up assessments to determine client’s present health/risk levels along with implementation of an individualized health/

fitness program for participant. Qualifications: Bachelor degree in health/fitness/education field preferred; one year minimum experience as mentor, counselor, coach, or teacher; ACSM Health & Fitness Instructor, ACE Clinical Exercise Specialist, ACE Lifestyle /Management Consultant, or ACE/ NSCA Personal Trainer certification preferred. Contact: Northwest Healthcare, Laurie O’Leary /Human Resources, 310 Sunnyview Lane, Kalispell, MT 59901, (406) 752-1706 FAX (406) 257-5430, <www.summithealthcenter.com>.

Full-time, Athletic Trainer, Certified

Cascade Rehabilitation Associates in Everett, WA, is offering a full-time opportunity for an enthusiastic team player with a desire to work in an orthopedic outpatient clinic with other dedicated professionals, providing high quality care and customer service. Opportunities also include school sports programs, teaching/instructing wellness, fitness and functional training programs. Located in the beautiful Pacific Northwest, we offer excellent benefits, including generous continuing education, career development opportunities and an energetic, rewarding work environment. Strong candidates will have a BS or master's degree in exercise physiology, exercise science or athletic training and certification by the NATA. Must also have excellent inter-personal and communication skills with the ability to work with minimum supervision. To apply, please send resume by fax: (425) 806-5779 or e-mail to <jobs@cascaderehab.com>. To learn more about us, visit us online at <www.HealthForcePartners.com>.

Motor Behavior/Motor Learning

Assistant/Associate Professor, Tenure Track

Boise State University, Department of Kinesiology
Qualifications: Earned Doctorate in motor behavior or related area with an emphasis in motor learning, motor development, or the psychology of motor



behavior. Teaching experience, university level desired. Responsibilities:

- Teach motor learning at the graduate and undergraduate level.
- Based on qualifications, additional teaching responsibilities will include courses in sport/exercise psychology, physical education-pedagogy, or health.
- Pursue a scholarly agenda including professional presentations, publications, and external funding.
- Serve on graduate committees and advise graduate students.
- Participate in institutional and professional service.

Salary: Commensurate with qualifications. Effective Date: August 1, 2005. Application: Send letter of application that addresses qualifications and responsibilities, curriculum vitae, official copies of all academic transcripts, and a minimum of three letters of professional recommendation to: Search Committee Chair, #AA-0048-45, Department of Kinesiology, Boise State University, Boise, ID 83725-1710. Contact: Jane Shimon (208) 426-1531 or <jshimon@boisestate.edu>. Deadline: Review of applications will commence January 10, 2005 and will continue until the position is filled. — Boise State University is a metropolitan university, located adjacent to beautiful foothills and a multitude of outdoor recreational activities. The Department of Kinesiology has 14 full-time faculty serving more than 400 undergraduate students seeking bachelor's degrees in Athletic Training, Exercise Science, Health Promotion, and K-12 Physical Education, and 40 graduate students pursuing master's degrees in Exercise and Sports Studies. The department facilitates interdisciplinary collaborations through The Center for Physical Activity and Sport and The Center for Orthopedic and Biomechanical Research. Visit <www.boisestate.edu> to learn more about Boise State University and the Department of Kinesiology.

Rails-to-Trails Conservancy announces TailLink2005 conference

Rails-to-Trails Conservancy (RTC), a Washington, D.C., nonprofit working to create a nationwide network of public trails from former rail lines, is holding its biennial conference, TrailLink 2005, July 27-30 in Minneapolis/St. Paul, Minnesota. Featuring workshops on public health, trails policy, design and management—plus opportunities to network with experts from around the globe—TrailLink 2005 is a unique and valuable experience for advocates of trails, bicycling, the environment and healthy lifestyles. Visit <www.railtrails.org/traillink2005> for more conference information. Please contact Katie Magers, RTC media coordinator, by e-mail, <katie@railtrails.org> or by phone (202-974-5115) for additional information.

Continued from Page 1, Bone Health

Recently, science has indicated that exercise can increase bone mass in children if they engage in these exercises," said Kohrt. "This has been a very exciting and promising area of discovery."

The Position Stand also explicitly mentions the importance of bone health for men, noting that the predicted increase in osteoporotic falls and fractures in men in the coming decades is even greater than in women. The authors also encourage weight-bearing physical activities for even the most frail and elderly, provided they can still perform them safely.

Physical Activity and Bone Health replaces ACSM's 1995 Position Stand, *Osteoporosis and Exercise*.

— ACSM NEWS RELEASE , November 8, 2004



Student Page

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

Kinesiology Publications (KinPubs) will preserve your thesis or dissertation on microfiche, still the safest long-term archival medium available. This is a free service.

KinPubs will also create a pdf file of your study for speedy electronic distribution to academic libraries and scholars who would like to know about your research. Your study will be accessible and will more likely remain a discussion point in the area of your research. It will also be included in the SportDiscus index. Please check <<http://kinpubs.uoregon.edu>> for more information.

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

Graduate advisors of academic departments are encouraged to establish a submissions procedure for inclusion of student work into the Kinpubs collection. Please contact Dr. Henriette Heiny <hheiny@uoregon.edu>, or Dr. Michael Powell at <kinpubs@uoregon.edu>, (541) 346-0932 to learn more about the benefits of this free service.

Academic libraries can subscribe to the collection to receive either microfiches on a regular basis or unlimited access to the electronic files. Individuals may download pdf-held theses for a reasonable fee. Go to <<http://kinpubs.uoregon.edu>> and select: Search the Collection.

ACSM Research grants and application procedures

Grant application deadline is January 28, 2005

Download a 2004-2005 ACSM Graduate Student Research Grant Application Form in Adobe Acrobat PDF format from <<http://www.acsm.org/GRANTS/grants.htm#ACSMFoundation>> or request an application by mail by sending your name and address to <mwayne@acsm.org>.

EAS Research Grants on Sports Nutrition and Human Performance

Experimental and Applied Sciences provides support through the ACSM Foundation to fund graduate student research in nutrition and human performance. \$10,000, up to \$5,000 per grant, is available to fund graduate student research. Of particular interest are new and innovative approaches to nutrition and the aspects of human performance.

Doctoral Student Research Grants

Foundation Research Grants for doctoral students up to \$5000 for a one-year period. The awards are to be used for experimental subjects, supplies, and small equipment needs. Doctoral students enrolled in full-time programs are eligible to apply.

NASA Space Physiology Research Grants

Through the generosity of the National Aeronautics and Space Administration (NASA), \$10,000 is available for research grants in the area of exercise, weightlessness, and musculoskeletal physiology. Doctoral students enrolled in full-time programs are eligible to apply. Grants can range up to \$5,000 and are available for a one-year period. Only U.S. residents are eligible to apply. Funds available after October 1, 2005.

For these and other research grant opportunities go to <<http://www.acsm.org/GRANTS/grants.htm#ACSMFoundation>>



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 2004 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>.

Boise State University

Master's Theses

The acute effects of high intensity dynamic resistance exercise on sprint performance. Rudy Thomas. Advisor: Chad Harris (2004)

The effects of dimenhydrinate on postural control in the senior adult population. Alys Staten. Advisor: John McChesney (2004)

Eastern Washington University

Master's Thesis

Correlation of step count to aerobic capacity in elementary school children. Sandy Zimmerman. Advisor: Wendy Repovich (Fall 2004)

Oregon State University

Doctoral Dissertations

Objectified body consciousness: a theory-to-practice approach. Deborah H. John. Advisor: Vikki Ebbeck (June 2004)

Master's Theses

Contributions of selected muscles to the dynamic stability of the medial aspect of the elbow. Charles Leddon. Advisor: Rod A. Harder (June 2004)

The relationship between balance and fundamental motor skills in children five to nine years of age. Jennifer Overlock. Advisor: Joonkoo Yun (June 2005)

Psychometric properties of two systematic observation techniques for assessing physical activity levels in children with mental retardation. Christina A. Taylor. Advisor Joonkoo Yun (June 2003)

University of Oregon

Ph.D. Dissertation

Effects of arch supports on foot mechanics during gait. Shing-Jye Chen. Advisor: Li-Shan Chou (Dec. 2004)

Master's Thesis

Asymmetric interference in directing attention during math processing. Erika E. Rodriguez. Advisor: Paul van Donkelaar (June 2003)

Washington State University, Spokane

Master's Theses

Ethanol affects vascular endothelial growth factor and its receptors in coronary microvascular endothelial cells. Sara Minier. (Spring 2004)



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2005 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: (_____) _____

E-mail: _____

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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Cheney, WA 99004

Ph. (509) 359-7960; Fax: (509) 359-4833

E-mail: wrepovich@ewu.edu

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