



Summer 2004

American College of Sports Medicine

## *A thought-provoking book in view of the 28th Olympic Games*

**Steven Ungerleider.** *Fausts' Gold. Inside the East German Doping Machine*

(New York, NY: St. Martin's Press, 2001). Pp. xiii +234, 34 photos, index. \$23.95. ISBN 0-312-26977-3.

Ungerleider's book, *Fausts' Gold; Inside the East German Doping Machine*, was inspired by the trials of a number of doctors, coaches, and sports officials who were accused of administering anabolic steroids and other performance enhancing drugs to elite and Olympic athletes while under their care and training. In twenty-three chapters, Ungerleider unfolds this state-led assault on unassuming child- and youth-athletes, which went on in the German Democratic Republic (GDR) for almost three decades, affecting the outcome of world championships and Olympic games between the nineteen-sixties and nineteen-eighties. For GDR insiders, this project was termed the State Planning Theme 14.25. Doping documents, which were detected after the demise of the GDR, revealed that the plan was inceptioned as early as in the 1950s and was to raise the GDR's international prestige through the accomplishments of their elite athletes. In the name of the state, about 10,000 athletes were exposed to medical experiments and human engineering.

Trials held between 1998 and 2000 publicly exposed the doping secrets of the East German secret police (STASI). Ungerleider carefully combed through this information and also drew on the research and interviews of two individuals, Brigitte Berendonk, herself a former victim of the system, but later, in the West, a world-class discus thrower, and her husband, Dr. Werner Franke, a respected molecular biologist. Both had led a twenty-five year crusade against the GDR system to expose the doping atrocities and both were instrumental in the launching of the doping trials. In 1991, Berendonk published her book: *Doping Doku-*

*mente, von der Forschung zum Betrug*, (Doping documents, from research to fraud) which addresses the GDR doping practices, exposes secret documents, but also exhibits that the involvement in doping went beyond GDR borders. Also in 1991, the couple received access to the STASI archives in the former GDR military hospital in Bad Saarow, which revealed meticulous records of names of athletes and the drugs they were administered. In 1997 Franke went public with his findings and, in response, the German Bundestag activated sixty-one Berlin prosecutors and filed 412 indictments.

The trials accused the athletes' caretakers of submitting willful bodily harm by doping them without considering the well-documented serious health problems associated with taking the drugs. The drugs, mostly but not exclusively, turinabol and, later, testosterone and its derivatives, were administered in the form of small pills and as injections, and, in all cases, were presented as being vitamin pills and vitamin shots. Among each other, coaches and team physicians referred to them as "supportive means." Original wrappings were kept from the athletes and changes in their bodies were belittled or explained as the outcome of hard training. On acceptance to the elite program, athletes were sworn to secrecy about their training and were forbidden to speak about it among each other or to their parents. Performance improved impressively, but the side effects were equally dramatic: girls' voices deepened, and they experienced dramatic increase of muscle mass, male-like body hair growth, serious acne, and a flaring libido, emotional swings, and depression. As athletes grew older, extended and increasing use of anabolics led to hepatitis, liver tumors, and liver cancer. Women were more vulnerable than men and, in addition, experienced problems with fertility and heart disease. As the trials revealed later, a high number of children born to these athletes showed limb deformities, blindness, or serious organ dysfunctions.

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## Northwest Region Newsletter

Summer 2004

### 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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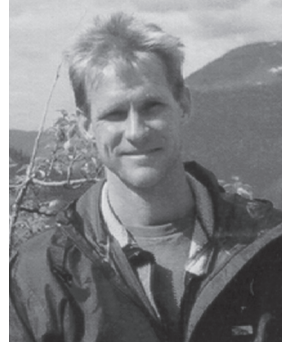
### Newsletter Submission Deadlines

Issue	Deadline
Winter	Nov. 22, 2004
Spring	March 14, 2005
Summer	July 15, 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.northseattle.edu/nwacsm/>

## President's Message



**W**hen I attended my first National ACSM Conference in 1991, I spent every minute between 8:00 a.m. and 5:00 p.m. (and sometimes later) in lecture halls listening to tutorial lectures, original research slide presentations, the President's Lectures, as well as the Wolff Memorial and D.B. Dill Historical

lectures. I simply could not get enough! Having just finished my M.S. in exercise physiology, my mind was like a sponge, waiting to soak up as much information as possible. This approach to attending my first national conference had two effects: 1) My mind was completely wasted by the end of the conference, and 2) I had almost no significant social interactions.

Now, fast forward to the 2004 National ACSM Conference in Indianapolis. I estimate having spent only 20% of my time in lecture halls and the remaining 80% talking with people. Yes, just talking—talking in hallways, talking at the poster sessions, talking over lunch and dinner, and talking with people in the vendors' exposition area. This is quite a remarkable transformation in time utilization; aside, as my wife can attest, I am not an overly talkative person. The transformation was not sudden, I simply spent more and more time socializing at the expense of attending lectures. The importance of developing this social network is highlighted by the ability of my graduate students getting good jobs and my own research collaborations increasing with individuals outside my university.

I guess, the point I'm trying to make is that attending professional conferences has satisfied my needs as I have transformed from student to professional. I honestly cannot imagine staying updated and intensely interested in my field without some level of professional involvement beyond the immediate demands of attending classes.



## President's Message

How about you? Are you satisfied with your current level of professional involvement? If not, attending the upcoming NWACSM Conference in February 2005 could be a great start for both students and professionals. Just in case you are looking for some professional involvement opportunities, the following is a list of upcoming events and topics of interest, which need the involvement of NWACSM members:

### 1. *On-Line Member Survey*

This upcoming August or September, those of you with e-mail addresses will be sent a message asking for your participation in a survey. Please take time to give us your feedback on your professional interests, what you liked about the 2004 annual conference, as well as what benefits you expect to get from being a NWACSM member.

### 2. *NWACSM Elections*

A call will go out this Fall for those interested in running for a NWACSM Board of Directors office. Descriptions for the various board offices can be found at the NWACSM Homepage, <<http://northonline.northseattle.edu/nwacsm>>, within the bylaws.

### 3. *NWACSM Annual Conference*

February 11 and 12, 2005, in Moscow, ID. More detailed information will be available in the next newsletter.

### 4. *Annual Conference Site*

The members of the NWACSM Executive Board have been considering the establishment of a single location for annual conferences beginning in Spring of 2007. The most popular suggestion so far has been the Seattle area. The board will be discussing this issue at the Fall meeting. We would welcome any prior comments or suggestions on the topic. Please feel free to contact any of the board members with comments on this topic.

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

## Upcoming Events

### *Healthy Worksite Summit: Policy and Environmental Approaches to Health and Productivity*

**Thursday, November 4, 2004 at the Hilton Seattle Airport.** This conference, which deals with worksite health promotion, is presented by the Association of Washington Cities and the Washington State Dairy Council, in cooperation with the Evergreen Everwell, State of Washington Department of Health..

- Learn how policy and environmental change can impact health and productivity.
- Stock your tool kit with strategies, ideas, and resources for building a healthy worksite.
- Discover new opportunities to fund your wellness program.

For more information contact Julie McDowell at <[juliem@awcnet.org](mailto:juliem@awcnet.org)> or Linda Mendoza at <[mendoza@eatSMART.org](mailto:mendoza@eatSMART.org)> or visit <[www.awcnet.org/wellness](http://www.awcnet.org/wellness)>.

### *Continued from page 1, Faust's Gold*

Sport doctors and coaches of the elite clubs, like SC Dynamo Berlin, were under the Ministry of the Interior, which is why they were also members of the secret police, with STASI rank, service mandates, and special code names. The recruitment of talent was state directed. In Berlin for instance, ten and eleven year olds were recruited from a youth sports school. Here, kids already received their first vitamin cocktails to build up their stamina, as well as electrostimulation and glucose and alpha lipoic acid injections to monitor condition. Early on kids became lab animals.

With the emergence of the doping test program, GDR state-sanctioned labs outsmarted the testing procedures. Each athlete leaving the country underwent a change in training cycles and urinalysis to evade

*Continued page 6, Faust's Gold*



## 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 nonclinical 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 their 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 their 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.

## 2004 ACSM Northwest Region's Certification Schedule

	Wrkshp Dates	Certification	Early Bird Deadlines	Deadline
<b>ACSM Health/Fitness Instructor<sub>SM</sub></b>				
International Institute for Sport and Human Performance, University of Oregon, Eugene, OR	None	Apr 16-17	Feb 15, 2004	March 01, 2004
Montana Tech Butte MT	May 12-13	May 14-15	March 1, 2004	March 15, 2004
PRO Sport Club, Bellevue, WA	Jun 24-25	Jun 26	April 15, 2004	May 01, 2004
Seattle Athletic Club, Seattle, WA	Aug 18-20	Aug 20-21	June 15, 2004	July 01, 2004
PRO Sport Club, Bellevue, WA	Nov 11-12	Nov. 13	Sept 1, 2004	Sept 15, 2004
<b>ACSM Exercise Specialist®</b>				
International Institute for Sport and Human Performance, University of Oregon, Eugene, OR	Jun 17-18	Jun 18-19	April 15, 2004	May 01, 2004

— Apply ONLINE for fast and efficient service: <[http://www.acsm.org/certification/certification\\_applications.htm](http://www.acsm.org/certification/certification_applications.htm)>.



## *From the ACSM national center*

### *How to connect with Congress*

At the 2004 American College of Sports Medicine (ACSM) Annual Meeting, the Health and Science Policy Committee hosted a conversational forum entitled "Modern day strategies for influencing health and science policy: how to be sure your grassroots message is heard."

Invited guests included the Honorable Andy Jacobs, Jr., who served 30 years in the U.S. House of Representatives, along with Rick Wilson, district director for Indiana Congressman Dan Burton. This is a brief summary of their comments, which will help the key contacts network as a whole, as well as each individual, when attempting to connect with Congress and encouraging the passage of sound and meaningful legislation.

- One positive aspect of the Key Contacts Network is that it can serve as a match-making service. From your letters, senators, representatives, and their staff members will become familiar with you as an expert in the field of sports medicine and exercise science and may call with questions in the future. Simply writing letters can boost ACSM's influence in this manner.
- Repetitive form letters are not effective. In some cases in the future, ACSM will provide only key "bullet" points to you for use in drafting personal letters.
- Try to include some mention of how an issue affects your district. You may have personal experiences to share from your professional life. Localized statistics—obesity rates for example—are effective and are needed by your representatives to make decisions.
- Letterhead is effective. To ensure the greatest impact, it is recommended that you print out the letters you write on your organization's letterhead and FAX them to your representative. You should be able to find the fax number through our system. Mr. Wilson commented that his office is more impressed when someone takes the time to send a

letter rather than sends an e-mail message. (Faxing the letter is the preferred method of sending, since actual mail is so heavily screened before being received by Congress.) Of course, we still ask that you send an e-mail, at the very least.

—Jim Gavin, ACSM  
Communications and Public Information

### *CAAHEP Accreditation*

For several years, ACSM has been discussing ways that would assure university programs are adequately preparing students for jobs in the field of exercise science and physiology at both the undergraduate and graduate levels. To begin with, the certification department has been working with colleges and universities to determine whether they are preparing students for the certification exams sponsored by ACSM. Using the list of KSAs (knowledge, skills and abilities) established by ACSM for each specific area, coursework has been evaluated and programs have been endorsed and identified as preparing students for either the Health Fitness Instructor or the Exercise Specialist certification exams.

Last year, the discussion shifted to talking with the Commission on Accreditation of Allied Health Education Programs (CAAHEP), the accrediting body which works with allied health education programs such as athletic training. The goal will be to establish a similar accreditation program for exercise science at the undergraduate level and/or exercise physiology at the graduate level. At present, CAAHEP and ACSM are creating the standards and guidelines for both programs. This will include an evaluation of the personnel, curriculum, evaluation, and assessment of students and the overall program.

The process is moving along quickly with a vote on the standards expected to take place on July 23<sup>rd</sup>. Anyone interested in taking part in the discussions, or receiving information, as this moves forward during the summer and fall, should contact Walt Thompson, Ph.D., FACSM, FAACVPR, chair of the committee for ACSM.



## Continued from page 3, Faust's Gold

detection. GDR doping officials with STASI rank, presenting clean sport advocacy to the outside, infiltrated IOC ranks, and took home information that would benefit the GDR cover-up program.

Ungerleider's book is a sobering addendum to the history of modern elite sport and Olympic competition. It is well suited for the lay reader or the historian. Given the author's choice to focus on the trials between 1998 and 2000, the book is mainly addressing circumstances concerning elite swim competition and women, and touches only occasionally on other sports. As a reader, one wonders about the extent of similar practices in other arenas.

At some point in the book, we wish Ungerleider would make more forceful connections to doping related incidents and responses, or the lack of them, in the Western world. His occasional references, such as those dealing with the unsuccessful doping detection tests of the IOC, make us cringe to know how indifferent the rest of the world behaved in face of the problem. As Ungerleider observes: "While not wanting to be 'soft' on doping and steroid use, which was known to be widespread, Samaranch was also concerned about the image of his five 'magic rings' and the billion-dollar corporate sponsorships and television contracts" (p. 23)

The strength of the book is that, as readers, we are left with haunting questions about today's world of sports. Doping tests are rarely effective because the methods covering up the use of illegal substances become more and more sophisticated. A search on the internet reveals a plethora of so-called testosterone-elevating "food supplements." The discussions of these drugs show concern about how to cover up their use in case of a doping test; but health considerations are seldom the focus. Even though state directed doping as discussed in this book is no longer in existence—we believe—the problem is still ubiquitous and to a large degree fed by our love for super athletes. Let us be mindful of the complex issues surrounding high performance when we observe this year's Olympic Games.

—Henriette Heiny, Ph.D., NWACSM Newsletter Editor  
International Institute for Sport and Human Performance  
University of Oregon

## NW Chapter Business

### NWACSM Secretary report, summer 2004

Are you interested in NWACSM Executive Board issues? Please visit the NWACSM website, where the most recently-approved set of board minutes is posted: <<http://northonline.northseattle.edu/nwacsm/>>. Minutes from the board's previous twice-annual meetings, dating from Fall 2002, are also posted in that area. To locate them, click on the "Executive Board" link and scroll to the bottom of the web screen.

For the past few years, chairpersons and representatives from northwestern educational institutions offering instructional and/or vocational programs in exercise science, physical education, athletic training, health and human performance, fitness training, and similar disciplines have completed and submitted informational surveys about their schools' offerings. Information relating to a college's or university's degree and certification offerings, faculty research interests and student enrollment is included in the survey and is currently available on the NWACSM website under the "NW Colleges" link. Since information provided by colleges can change for a variety of reasons, a follow-up survey was sent to the institutions each fall. If you are a faculty member or other representative whose information needs to be updated, or if you would like to add your school's information to the NWACSM website, please contact me by email and I will forward you a survey: <[trout@sccd.ctc.edu](mailto:trout@sccd.ctc.edu)>.

A special thanks to all who have kept their school's information current. Your time and efforts are invaluable to potential students.

In order to meet the needs of its diverse membership, the NWACSM Executive Board welcomes more participation among any and all of its members. If you wish to become more active in NWACSM, please do contact a board member, communicating any particular role in which you wish to contribute to our professional organization.

—Trish Root, M.S., NWACSM Secretary



## NW Chapter Business and Activities

### *A note from the NWACSM Treasurer*

In my previous note I outlined the financial structure of our Chapter and I promised to update the financial figures as soon as the data from the Annual Meeting were available. This year's Annual Meeting was a huge success, and I wish to express my gratitude to Dr. Bob Weathers and the members of the 2004 Annual Meeting Committee for a wonderful conference.

It appears that we will indeed close this year on a positive balance, and I hope you will all continue to show your support for the chapter by renewing your membership on time and registering for the 2005 Annual Meeting.

This table is an outline of our present balance sheet.

<b>Income</b>	<b>Amount</b>	<b>Expenses</b>	<b>Amount</b>
Membership Dues	\$6,550	Home Office & salaries	\$3,800
ACSM administrative support	\$3,250	Spring Board Meeting	\$125
Gatorade and student grants	0	Student Grants & student trips	\$870
Annual Meeting balance	\$3,200	Social during National ACSM	0
		Annual Meeting seed money	0
		Miscellaneous	\$300
<b>TOTAL</b>	<b>\$12,900</b>		<b>\$5,095</b>

Most figures have been rounded to increments of \$50.00.

For the remainder of the year there are two larger scheduled expenses: the Fall Meeting of the Executive Board, which will take place in Moscow, Idaho, and the seed money for the 2005 Annual Meeting. On the Income side, we are still expecting a disbursement from the ACSM national office from Gatorade or Pfizer grants, so look for updates in future newsletters. The table below lists our financial assets at the end of June 2004 (approximate values).

Finally, I would like to remind you that we are still soliciting members to be part of our Sponsorship Committee. If you are interested in participating in this area, please feel free to contact me at the address below. As always, I encourage you to ask questions about this financial report or any other aspect of the Executive Board.

*Stasinos Stavrianeas, Ph.D., NWACSM Treasurer*  
<stas@willamette.edu>, (503) 370-6392

<b>Description</b>	<b>Amount</b>
Balance for FY 2003	\$7,900
Balance on 12/31/2003	\$7,475
Home Office Balance	\$1,000
Bank Deposit (CD)	\$10,800
<b>TOTAL ASSETS JUNE 2004</b>	<b>\$27,175</b>



## NWACSM Regional Chapter Membership List

To protect the privacy of our members, we have only included the names of this year's membership. ACSM is working on a service called E-Series, which will allow access to addresses, phone numbers, and e-mail addresses that can be shared among logged-in members. In the next months, an e-mail will be sent to chapter members with instructions about how to use E-Series.

Mr. Jesse Abell  
Dr. Julianne Abendroth-Smith  
Mr. Standley Adamek  
Ms. Jessica Adlin  
Ms. Angela Ahlemeyer  
Ms. Lorri Albin-Raines  
Ms. Sherrie Alen  
Ms. Hawley Almstedt  
Ms. Nancy Anderson  
Ms. Jessica Applegate  
Mr. Thomas Asturias  
Ms. Dori Babcock  
Ms. Rebecca Bader  
Mr. Aaron Barlund  
Ms. Gina Bartolomeo  
Dr. Frank Batcha  
Ms. Nancy Battaglia  
Mr. Michael Beck  
Dr. Bruce Becker  
Mr. Michael Beets  
Mrs. Tamara Bennett  
Ms. Kimberly Berg  
Mr. Justin Berry  
Mr. Steve Berry  
Mr. Anthony Bersine  
Mr. Michael Bishop  
Mr. Craig Biwer  
Dr. Sally Blank  
Mr. Gregory Boggs  
Ms. Maria Bokulich  
Ms. Megan Bovi  
Ms. Jillyan Boyer  
Dr. Michael Bracko  
Ms. Brenda Brady  
Ms. Rachel Brassel  
Mr. Mark Brennan  
Ms. Lorraine Brilla, Ph.D.  
Dr. Kathy Browder  
Ms. Chandí Brown  
Ms. Mason Brunette  
Dr. James Bull  
Mr. Tim Burnham  
Ms. Sylvia Burns  
Mr. David Burton  
Ms. Jessica Buzalsky  
Mr. Travis Calloway

Dr. Karen Carlberg  
Ms. Amy Carrasco  
Ms. Sandra Cassinerio  
Mr. Matt Cheung  
Ms. Julie Church  
Mr. Christian Clausnitzer  
Dr. Minot Cleveland  
Ms. Heather Clifton  
Dr. Alan Coelho  
Dr. Andrew Cole  
Mr. Mike Collins  
Ms. Nancy Colton  
Mr. Stephen Conant  
Ms. Christina Conger  
Ms. Kimberly Conley  
Ms. Hillary Conner-Wyatt  
Ms. Maggie Cooper  
Ms. Molly Cooper  
Ms. Tiffaney Corpuz  
Ms. Carla Cox  
Ms. Mindy Craig  
Ms. Michelle Crowe  
Mr. Stuart Currier  
Dr. Leonardo D'Acquisto  
Ms. Debra D'Acquisto  
Dr. Leonardo D'Acquisto  
Mr. Paul Daniel  
Gentrie Daub  
Mr. Jacob Depew  
Ms. Elizabeth Dickson  
Mrs. Annelise DiGiacomo  
Dr. Sharon Dinkel Uhlig  
Dr. Paul DiVico  
Ms. P. Kerstin Doell  
Dr. Patricia Dolan  
Dr. Dennis Dolny  
Dr. Julie Downing  
Dr. Barbara Drinkwater  
Ms. Lindsay Duckworth  
Ms. Sarah Durkee  
Ms. Laura Eddy  
Ms. Becky Eichers  
Dr. Anthony Evans  
Ms. Michelle Falkner  
Mr. Adam Fall  
Ms. Mary Fischelis  
Mr. Jonathon Fisher  
Ms. Megan Flora  
Mr. Sean Fordham  
Mr. Dan Fortier  
Dr. S. Boyd Foster  
Dr. Claudia Foster-Olson  
Ms. Arianne Fowler  
Ms. Laura Frambach  
Ms. Shawna Francisco  
Ms. Carrie Frank  
Ms. Jennifer Frank  
Ms. Marilyn Frankel  
Dr. Stuart Freed  
Ms. Arwen Fuller  
Dr. Richard Gajdosik  
Dr. Daniel Gall  
Dr. Steven Gaskill  
Dr. John Gayman  
Dr. David Gee  
Ms. Debbie Gee  
Dr. Christina Geithner  
Ms. Heidi Gerke  
Dr. Kristin Gerlach  
Ms. Heather Gholston  
Ms. Dee Gillen  
Ms. Sharmon Glassey  
Ms. Kimberly Goodenough  
Ms. Annie Goodson  
Michelle Gordon  
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Mr. Robert Grams  
Ms. Sara Grandstrand  
Ms. Andrea Grassl  
Ms. Christina Gray  
Dr. John Green  
Mr. Bryce Gruba  
Ms. Katherine Gunter  
Ms. Evette Hackman  
Ms. Sheena Hall  
Dr. John Halliwill  
Ms. Tyra Halverson  
Ms. Julie Ham  
Ms. Tira Hancock  
Mr. Aaron Harding  
Ms. Rebecca Hardy  
Ms. Stephanie Harger  
Dr. Peter Harmer  
Dr. Chad Harris  
Ms. Patricia Hawley  
Mr. Bradley Hayes  
Mr. Eric Hefferon  
Dr. Daniel Heil  
Dr. Henriette Heiny  
Dr. Richard Heitsch  
Dr. Shawn Henry  
Dr. Kirk Herring  
Dr. Stanley Herring  
Ms. Melanie Hevel  
Mr. Brian Higginson  
Ms. Carli Hill  
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Mr. Matt Hjertstedt  
Mrs. Julie Hodges  
Dr. Mark Hoffman  
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Mr. Scott Holmes  
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Ms. Melissa House  
Ms. Kristin Howe  
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Ms. Nikki Hughes  
Dr. Steven Hughes  
Dr. Larry Hull  
Ms. Joyce Hunter  
Ms. Susan Ingram  
Mr. Bryce Jackson  
Ms. Sara Jarvis





Ms. Stephanie Jensen  
Dr. Emily Johnson  
Dr. Paul Johnson  
Ms. Vanessa Johnson  
Ms. Tracy Keniston  
Ms. Melissa Kennedy  
Ms. Kindall Kirk  
Ms. Stacy Kiyasu  
Dr. Susan Kleiner  
Ms. Fern Koga  
Ms. Richard Korsberg  
Ms. C. Joyce Kratz Klatt  
Ms. Katie Kroiss  
Ms. Karina Kunder  
Dr. Phillip Landes  
Dr. James Laskin  
Mr. Gregory Lawson  
Mr. Guy Leahy  
Ms. Claire Lebeau  
Mr. Bobby Leon  
Mr. Ron Leon  
Ms. Karlie Lewis  
Ms. Lynna Lies  
Ms. Tanya Littrell  
Ms. Jennifer Lockwood  
Mr. Brian Loepky  
Mr. William Lynam  
Ms. Brenna Lynn  
Dr. Gianni Maddalozzo  
Ms. Suzette Madson  
Mr. Kyle Malloy  
Ms. Julie Manley  
Mr. Tommy Manning  
Ms. Laura Martin  
Mr. Ben Marx  
Ms. Christi Masi  
Mr. Kenny Matanane  
Mr. Philip Matern  
Mr. James Matheson  
Mr. Joseph Mathias  
Ms. Holly McCament  
Dr. Daniel McCann  
Ms. Mary McCauley  
Ms. Anne McClaughry  
Dr. Duska McClung  
Ms. Julie McDowell  
Mr. James McKenzie  
Mr. Scott McMillan  
Dr. Jeni McNeal  
Mr. Sean Meehan  
Ms. Jessica Meendering  
Mr. Jonathan Mequet  
Ms. Brenda Mercado  
Dr. Mary Miles  
Ms. Jennifer Miller  
Mr. John Miller  
Ms. Sara Minier  
Dr. Christopher Minson  
Ms. Gaile Moe  
Mr. Edwin Montgomery  
Mr. James Moore  
Dr. Jane Moore  
Ms. Alison Moores

Ms. Lisa Murray  
Ms. Lyn Haruko Nakagawa  
Ms. Jo Nelson  
Dr. Vincent Nethery  
Ms. Nicole Neudorfer  
Mr. Gary Nicholson  
Dr. Karen Nilson  
Mr. Kurt Nilsson  
Mr. Jared O'Connor  
Ms. Kristen Oja  
Ms. Heidi Olejnik  
Ms. Christina Olinghouse  
Dr. Craig Olson  
Ms. Abby Olsson  
Sydney Osborne  
Ms. Tracy Oshiro  
Dr. Louis Osternig  
Ms. Mandy Oviit  
Ms. Mollie Page  
Dr. Charilaos Papadopoulos  
Dr. David Parker  
Ms. Devon Parks  
Mr. Keith Paton  
Mr. Daniel Paul  
Dr. Patrick Pearce  
Ms. Carolyn Peddle  
Mr. Thomas Pellingner  
Mr. Jason Penry  
Ms. Cindy Perry  
Dr. Janet Peterson  
Ms. Barbara Pilcher  
Ms. Kirstin Piquette  
Mr. Michael Porter  
Dr. Michael Potter  
Ms. Rachael Ramirez  
Ms. Andrea Reichert  
Mr. Ronn Reimer  
Dr. Wendy Repovich  
Mr. William Reynolds  
Ms. Christina Ricci  
Dr. Delia Roberts  
Ms. Nicole Robertson  
Mr. Joe Romero  
Ms. Trish Root  
Dr. Robert Ross  
Ms. Olivia Rossi  
Dr. Brad Roy  
Ms. Chrystal Rubert  
Dr. Brent Ruby  
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## Chapter News

### Gonzaga University

Christina Geithner, Ph.D. chair & associate professor in the Department of Exercise Science at Gonzaga University, received the Gonzaga University 2004 Award for Teaching Excellence. We congratulate Christina for this remarkable accomplishment.

### Oregon State University

OSU is merging the Department of Exercise and Sport Science with the Nutrition and Food Management Department to form the Department of Nutrition and Exercise Sciences. Dr. Anthony Wilcox will be serving as the chair of the new department.

OSU hired Kim Hannigan-Downs as a clinical assistant professor in athletic training. She's just completed her doctorate with Oregon State University and she's been on the faculty at California State University at Chico for the last two years. She'll join Mark Hoffman, Program Director, and Rod Harter, the athletic training/sports medicine faculty, in the Department of Nutrition and Exercise Sciences.

### University of Oregon

In mid-April, the Oregon University System's Academic Council approved the request of the faculty of the UO Department of Exercise and Movement Science (EMS) to change its name to the Department of Human Physiology. The original request was submitted in response to a decade-long metamorphosis in the department that established the training of students in the pre-health and biomedical sciences as its primary mission. The result has been that EMS is a major contributor on the UO campus to the education of students with career goals in medicine, nursing, dentistry, physical/occupational therapy, biomedical research, and other healthcare occupations.

According to a department statement, it had become increasingly apparent that the name *Exercise and Movement Science* was not sufficiently recognizable nor did it satisfactorily define the department's expanded mission to interested students, the university, and scientific communities, or the general public. In addition, after leaving the university, students often reported that the former degree name was not help-

ful in adequately describing their training as they applied to graduate or professional schools. Consequently, the faculty concluded that a name change would benefit development of the department and its ability to serve its students. This name change process has required almost two years to complete.

The faculty feels that in *Human Physiology*, they have a name that accurately reflects the breadth of instruction and research that occurs within the department. By definition, *physiology* describes the study of the function of living systems and, in doing so, represents a well-understood scientific discipline that is the source from which the department's research and curriculum flow. The modifier *human* underscores the message that the approach to pre-health science and biomedical education found in this program has at its core the study of the human condition at the level of organs and systems. In short, *Human Physiology* is a clearer, more identifiable descriptor of the UO department, a much-needed clarification as opportunities for collaboration between UO faculty and students, fellow scientists, physicians, and other health professionals continue to grow.

Despite the fundamental changes described above, the one constant that remains is the UO department's commitment to its historical core of study—centered in the science of exercise and human movement—that has characterized it for a century. Students with interests in exercise, movement, and performance will still be welcome in the Department of Human Physiology and their interests will be enthusiastically supported. Changing the name will not significantly alter the course offerings, nor dramatically change the graduation requirements. The department is not abandoning its history. Rather, it is building on its rich heritage, expanding its research, curriculum, and innovative instructional capabilities in clinical and basic physiology to better prepare its students for the medical, health science, and research careers they seek.



## Student Page

### Forward Focus

Much of 2004's annual American College of Sports Medicine meeting in Indianapolis was focused on the foundations of the organization—its history, its progress, and its achievements. President Bush congratulated ACSM on its last 50 years in a letter to the organization, highlighting the fact that through the duration of its existence, ACSM has developed research and educational programs in injury prevention, sports medicine, and exercise nutrition to help athletes succeed in their sports. The letter also recognized ACSM's promotion of the benefits of regular exercise, good eating habits, preventative screenings, and healthy choices to the general public in order to reduce risk of disease and chronic conditions.

As a member of the ACSM Student Affairs Committee, it is my job to represent the *future* of this organization and to focus my efforts on the students whose efforts and achievements, insights, and research will further progress ACSM and inspire others to be healthy, educated, and active. This is quite a feat we have at hand as our world begins to face disease and obesity at epidemic levels, a steady climb in inactivity among adults *and* children, increasing prevalence of eating disorders and exercise obsession, and countless "fixes" to the problems in the forms of pills, diets, and surgery.

It seems that every presentation I saw at the national conference somehow came back to these issues. There were statistics coming out of every crack of each room and, much like the way I view violent movies now, I was becoming completely desensitized by what was being said and done (or not done). It has become common knowledge, not surprising, and even predictable to hear negative comments regarding diet, exercise, portion size, and inactivity:

- Between 1994 and 2000, there was a jump from 56% to 65% in the number of overweight individuals in the United States and Canada, and a 23% to 31% in the number of obese individuals. These increases were more prevalent in children and adolescents than in adults.
- Obesity may soon pass tobacco as a top killer in this country.
- People are eating out more—we even have drive through windows!
- "Weekend warriors" will drive for five minutes to find the closest parking spot to the front door of the gym

where they plan to work out and burn off the week's calories all on a Saturday morning.

- From 1990 to 2000, television watching increased to the point that 1 in 3 children watches 4 or more hours of TV per day and watching TV has become a cue for people to eat.
- Ironically, 1 in 3 girls in the United States suffers from a clinical eating disorder and many more from some form of disordered eating.

Okay, so we have a problem. Inactivity is up, disease is up, weight is up; physical activity is down, fitness is down, morale is down. Keeping in mind the fact that people *know* they need to "eat less and exercise more," how do we address the concerns, educate the public, reverse the problems, and make a difference?

The public seems to hear a different message every day and it seems that every diet, every pill, and every doctor has the answer.

As students and as the future of this world and of ACSM, let us be part of the solution and not a part of the problem by continuing to feed the frenzy of quick fixes and easy solutions. It is a long-term *lifestyle* change that we should be looking to implement into people's lives—one that will take creativity, a multi-disciplinary approach, planning, preparation for success and failure. We are qualified to do this, and we should be the individuals motivated to face the challenge.

It is critically important for us as students to remain involved in ACSM and continue to further its success through research, education, and programming, as these factors are fundamental in ensuring that we *will* make a difference. The students who attended the Student Colloquium of 2004 found themselves pleased and honored to be joined by Steven Blair, Ph.D., FACSM; Barry Franklin, Ph.D., FACSM; and Ed Howley, Ph.D., FACSM; the leaders of today speaking to the leaders of tomorrow. Their take-away messages: challenge conventional wisdom, take advantage of what ACSM has to offer—knowledge, leadership, friendship, and opportunity—and finally, surround yourself with good people who can help you make a difference.

Keep active, stay healthy, and continue learning.

—Sarah Durkee, National Student Representative



## Book Review

### *Diets Designed for Athletes*

Maryann Karinch

*Human Kinetics, Champaign IL, 2002*

221 pp., \$17.95

Conventional wisdom holds that athletes benefit most from a well-balanced diet with plenty of fruits and vegetables and energy adequate to support their training. Supplements, if used at all, should be chosen and consumed with care and never used as a substitute for fresh food. If you're still looking for the magic bullet that will enhance strength or endurance, however, you may want to check out Maryann Karinch's *Diets Designed for Athletes* for another approach to fueling for sport.

Unfortunately, the book's title belies its focus. Karinch isn't shy about singing the praises of nutritional supplements for any athlete serious about improving his or her performance. She intends the book to be a guide to selecting and using supplements, asserting that supplementation is as important to athletic performance as healthy eating. Supplements figure prominently in her sample meal plans; if you want a typical diet she's designed, be prepared to visit at least one well-stocked vitamin store, and don't forget your wallet.

The text is organized by nutritional objective, with chapters devoted to energy production, recovery promotion, development of strength or endurance, weight gain and loss, refueling during competition, and eating for performance in extreme conditions. There's also a chapter on adjusting the diet to meet the needs of young and older athletes. After a basic review of the body's energy systems, the text delves first into commercial energy bars, comparing nutritional content and offering suggestions for appropriate use based upon nutritional composition. Subsequent chapters take the same approach for protein supplements, carbohydrate products, minerals, joint supplements such as glucosamine, carbohydrate replacement drinks, weight gain products, hormone products such as DHEA, and so-called "fat burners." Although the book contains a brief reference list, much of the advice for use of individual products is anecdotal. Athletes planning to use the book as

the basis for creating their own diets may find it too general for their needs.

Athletes who compete in sanctioned competitions will need to be careful about how they implement Karinch's plan. Though many of the products discussed are acceptable for use in training and competition, some (e.g., androstenedione) are banned by the International Olympic Committee, the NCAA, or other governing bodies. The book does not address restrictions on the use of nutritional supplements, so athletes will need to make sure that products they plan to take are permissible.

Athletes in strength sports such as football and bodybuilding may find *Diets Designed for Athletes* to be of some benefit, as the text does provide some rationale underlying the use of various bulking supplements. For recreational athletes, however, the text has some serious shortcomings. It doesn't differentiate between legal and illegal products, its discussion of dosing and dosing factors is minimal, and, most significantly, it fails to thoroughly describe the risks associated with individual performance enhancement substances. Readers learn a good deal about what's on the market but next to nothing about whether supplements *should* be used, an important consideration for those who play without the supervision of an athletic trainer or coach. Most readers will be better served by seeking advice elsewhere.

### *Physical Activity and Bone Health*

Karim Khan, Heather McKay, Pekka

Kannus, Don Bailey, John Wark, Kim

Bennell

*Human Kinetics, Champaign IL, 2001*

275 pp., \$59.00

Research on the needs of athletes and older adults has given the medical community a greater awareness of the importance of managing bone health. With this awareness has come the need for clear, consumer-friendly information about bone mineral density (BMD) improvement and maintenance. *Physical Activity and Bone Health* comprehensively



addresses both the theoretical and practical aspects of this subject.

The initial sections of the book provide an in-depth foundation for the principles and guidelines that follow. Well-illustrated chapters on bone anatomy and physiology, biomechanics, and measurement of bone properties review key concepts. Chapters on the effects of individual characteristics (e.g., gender and genetics), body composition, endocrine function, and dietary intake on BMD further expand the reader's understanding of the scientific basis for bone health management.

Following that foundation, the text discusses research into factors that affect BMD and the resulting recommendations for exercise prescription. The authors introduce methods for measuring physical activity, then review the effects of exercise on bone physiology in youth, premenopausal women, postmenopausal women, and men. They focus on targeted bone loading and the exercises that increase BMD, providing line drawings and suggested programs that include exercises that have been shown to promote bone deposition.

Falls are an important cause of fractures, and fall prevention efforts can significantly impact the prevalence of fractures. The text thus explores the factors that influence the likelihood of falls and identifies exercises that reduce falls in older adults by modifying risk factors. A full chapter is dedicated to exercise prescription for people with osteoporosis; exercises appropriate for individuals with minimal and severe pain as well as contraindicated exercises show readers how to assist their clients. Trainers and allied health professionals who work with female athletes will find the chapters on menstrual disturbance, stress fractures, and bone health useful in working with amenorrhic athletes and those prone to fractures.

*Physical Activity and Bone Health* provides a readable, informational overview of bone physiology. Tables summarizing published research findings and charts illustrating key findings facilitate quick reference, and diagrams of BMD-promoting exercises complement the text. Readers in both medical and allied health specialties will find this book useful in helping clients.

—Carolyn Petersen, M.S.  
Web Editor, [mayoclinic.org](http://mayoclinic.org)  
Mayo Clinic, Rochester, MN

## 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 spring 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](mailto:hheiny@uoregon.edu)>.

### Eastern Washington University

#### Master's Theses

Needs assessment of Eastern Washington University's wellness programs. Mary Perkins. Advisor: Wendy Repovich (May, 2004)

Comparison of RPE monitoring with and without instructions in step aerobics. Pamela Burke. Advisor: Wendy Repovich (May, 2004)

Relationship of exercise habits and aerobic capacity assessments in Air Force personnel. Heather Sponseller. Advisor: Wendy Repovich (July, 2004)

### University of Montana

#### Master's Thesis

Optimizing body position for level time-trial cycling. Nathan Klippel. Advisor: Dan Heil (March, 2004)

### Oregon State University

#### Ph.D. Dissertations

Inhibition of exercise-induced oxidative stress, inflammation and muscle damage by prior supplementation with the antioxidant vitamins E and C. Angela Mastaloudis. Advisor: Maret G. Traber (2004)

Skeletal muscle proteolysis after fatigue and exercise-Induced injury. Kevin Marley. Advisor: Jeff Widrick (2004)

Radiographic validation and reliability of selected measures of pronation and biomechanical analyses of tarsal navicular displacement under static and dynamic loading conditions. Kim Hannigan-Downs. Advisor: Rod Harter (2004)



## *Theses and Dissertations cont.*

Bone bays in adolescent athletes and non-athletes. Todd A. Rinder. Advisor: Christine Snow (2004)

### **Master's Theses**

The effect of physical activity on sleep in children with autism. Kristine A. Hagar. Advisor: JoonKoo Yun (2004)

Relationships among balance confidence, physical function, living situation and fall status in older adults. Peggy E. Oberstaller. Advisor: Karen Nau White (2004)

The role exercise may play in how survivors of domestic violence feel and view themselves. Rebecca Yahnke Concepcion. Advisor: Dr. Vicki Ebbeck (2004)

The influence of collegiate football on cognitive functioning as determined by the Standard Assessment of Concussion (SACtm) Test. Chelsey E. Franz. Advisor: Rod Harter (2004)

Assessment of pre-fire season physical fitness training among Bureau of Land Management wildland firefighters. Jeremy R. Hawkins. Advisor: Rod Harter (2004)

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

### *University of Oregon*

#### **Ph.D. Dissertations**

High intensity strength training to enhance balance in frail older adults. Jennifer Hess. Advisor: Marjorie Woollacott (June 2004)

Arch height on calcaneus (Final title pending). Shing-Jye Chen. Advisor: Li-Shan Chou (End of 2004).

#### **Master's Theses**

Investigation of an original patellofemoral pain syndrome screening tool with an emphasis on lower

extremity dynamic control in active females. Anne Bradley. Adviser: Susan Verscheure (June 2004)

Managing sport-related concussion: a survey of standardized protocols and computerized testing. Hillary Magnus. Adviser: Susan Verscheure (June 2004)

Lower extremity kinetics for balance control in children with cerebral palsy. Jessie Chen. Adviser: Marjorie Woollacott (June 2004)

#### **Master's Projects**

Mechanisms of skin blood flow during local heating. Belinda Houghton. Adviser: Christopher Minson (June 2004)

Regional hemodynamics during postexercise hypotension: splanchnic and renal circulations. Mollie P. Pricher. Adviser: John R. Halliwill (June 2004)

Is postexercise hypotension related to excess postexercise oxygen consumption? Jay Williams. Adviser: John Halliwill (June 2004)

Does a prostaglandin-dependent peripheral vasodilation contribute to postexercise hypotension? Jennifer Lockwood. Adviser John Halliwill (June 2004)

### ***Preserve your thesis or dissertation***

Kinesiology Publications, University of Oregon

Kinesiology Publications (KinPubs) will preserve your thesis or dissertation on microfiche and will create a pdf file of your study for speedy electronic distribution to academic libraries and scholars who would like to know about your research. This is a free service.

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



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If yes, check any that apply

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