



# ON TRACK



## MESSAGE FROM THE PRESIDENT...

**Phil Stanforth, MS**

**TACSM President**



What do you think of when you think of TACSM? My first memories go back to around 1980 when I was at the University of Arizona. My boss and mentor, Jack Wilmore, had just returned from doing the TACSM Lecture Tour. He told me about surviving seven talks in five cities in five days only to find himself in Wichita Falls waiting to go home, when... the skies grew ominous and the coffee shop started shaking. He was thankful to get out of Dodge! All of our great speakers have survived the TACSM Lecture Tour and the more than 6,000 attending those lectures have benefitted greatly. Thank you to the early leaders of TACSM for starting the Lecture Tour, and to Scott Spier and all of the Continuing Education Directors who have kept it going. The TACSM Lecture Tour-- a great tradition and one well worth keeping. Tune in this spring for Craig Crandall

from the Institute for Exercise and Environmental Medicine in Dallas, and this fall for Chris Hinson from the University of Oregon.

Thank you to all of the Executive Directors over the years. Each one has exemplified servant-leadership and kept TACSM moving forward. In 1987 I was Secretary/Treasurer, keeping the finances on this new-fangled computer spread sheet called Lotus 1-2-3. The computer program was more complicated than our meager finances!! What a pleasure it was to go back on the Board in 2005 and see the Excel spread sheet showing that we had money in the bank. I had to ask "Wow!! How did y'all do this?" Then I heard the stories of near disaster, wise decisions and successful conferences. Thank you to those who have worked diligently to put TACSM on sound financial footing.

As one of our founders Bill Squires stated when receiving the TACSM Honor Award this year and as is written in our Mission Statement, “promotion and support of student involvement in research and other professional activities” is a primary purpose of TACSM. Many excellent scientists, educators, and practitioners across the U.S. and the world have a Texas shaped TACSM Student Research Award plaque. In 2006, when TACSM became more financially solvent, the money for student research awards was approximately doubled. TACSM was a couple of years behind other chapters in implementing a Student Bowl, but when deciding to do it, TACSM also allocated \$500 for each member of the winning team to attend the National Meeting and represent TACSM in the National ACSM Student Bowl. According to Kyle Biggerstaff, our Regional Chapter Representative, we spend twice as much

on student awards as any other chapter. Investment in students-- a great tradition and one well worth keeping.

As I begin my term as President, I am thankful for all of those who have made TACSM what it is today. I am thankful for all of those who share our common passion for the values of TACSM and ACSM. My hope, dream, and prayer is to see TACSM become even better. Please join all of TACSM in making this happen. I hope you will share your thoughts and ideas for making TACSM better with me or any of the Board Members.

I look forward to seeing everyone in Baltimore for the ACSM Annual Meeting, and especially at our TACSM Social on Thursday evening during the meeting.

## 2010 TACSM HONOR AWARD WINNER

Dr. Bill Squires is currently a Professor of Biology, and Kinesiology, former director of the Krost Life Enrichment Program, and the Elliot Chair in Health, Fitness and Nutrition at Texas Lutheran University (TLU). Bill earned his doctorate (Ph.D.) from Texas A&M University (College Station) in Physical Education in 1979 with a Certificate of Completion in Graduate Studies in Cardiac Rehabilitation from Baylor College of Medicine in Houston, TX. He earned his master's and bachelor's degrees (Health and Physical Education/Biology) from Southwest Texas State University (now Texas State).

Dr. Squires was a founding member of the TACSM in 1979, which was organized jointly by Jere Mitchell, Ph.D., FACSM, Charles Tipton, Ph.D., FACSM, and Peter B. Raven, Ph.D., FACSM, at an organizational meeting in Ft. Worth, TX during December of 1978. Bill served as the TACSM executive director from 1984-1985, publishing the newsletter and providing other leadership/administrative duties. He served as a two-time president (1982 and

1992), and he helped plan, and host, two annual meetings in Seguin, TX.



Bill worked for the Kelsey-Seybold Clinic (Houston, TX) in the NASA/Johnson Space Center cardiopulmonary laboratory from 1979-1980, where he conducted clinical testing and research projects related to exercise countermeasures in space. While on a developmental leave from TLU (1989-1990), he helped recruit exercise science experts, in a variety of disciplines via the ACSM, to help develop research protocols that flew on space

missions expanding our understanding of the interactions between exercise and spaceflight.

Dr. Squires has received funding from NASA, the U.S. Air Force, the National Science Foundation, and many private foundations. Bill is a former co-chair of the Texas Governor's Commission for Physical Fitness (Mark White, Governor) that developed the Fit Youth Today (FYT) Program. He is a Distinguished Alumnus of Texas A&M University and Texas State University. At TLU he teaches general physiology, human anatomy and physiology, and exercise physiology. His areas of

expertise are physiology, exercise physiology, space physiology and SCUBA diving.

Dr. Squires is also presently working on developing and connecting walking/biking trails for all the elementary schools in Seguin, TX in order to help modify the built school and city environment. The trails and school district curricular interventions in health, physical education, and nutrition promoted by Dr. Squires are designed to help combat obesity and diabetes in school-aged youth in Seguin.

## 2010 TACSM STUDENT BOWL TEAM

This year's student bowl was a great success. We had a total of 10 teams who competed for the right to represent TACSM at the 2010 ACSM Annual Meeting in Baltimore.

The winner of the inaugural TACSM student bowl was from The University of Texas at Austin. First Runner-up was The University of Texas at El Paso. The UT Austin team will serve as the TACSM representative at the national ACSM Student Bowl in Baltimore. Each member of the winning team received a plaque and \$500 award to partially offset their travel expenses to attend the ACSM conference.

If you are attending the ACSM Annual Meeting, please come support the TACSM representatives and cheer them on to victory!! The student bowl will be held at June 2nd in the evening, check the final ACSM schedule to exact time and location.



# 2010 STUDENT AWARDS

## Undergraduate Scholar Award

**Dyana Bullinger**, Texas A&M University-Kingsville

## Student Manuscript Award

1st = **Gilbert Morales**, University of Texas at San Antonio

2nd = **Il-Young Kim**, University of Texas

3rd = **N.P. Greene**, Texas A&M University

4th = **J.M. Swift**, Texas A&M University

## Master's Level Student Research Development Awards (SRDA)

**Joshua Lee**, University of Texas; Influences of skin and core temperature on cardiovascular responses to exercise

**Kelyn Rola**, Texas Christian University; The effects of heat acclimation on heat shock protein-72 and lymphocyte apoptosis

**Guillaume Spielmann**, University of Houston; Mobilization of CMV specific lymphocytes into the blood compartment in response to acute aerobic exercise: An age comparison

**Jonathan Woodson**, Texas Christian University; Physical fitness, obesity and the melanocortin-3 receptor in humans

## Doctoral Level Student Research Development Awards (SRDA)

**Emily LaVoy**, University of Houston; Does exercise in sub-freezing temperatures effect immune function

**Teak Lee**, Texas A&M University; The response of dietary cholesterol and resistance training as countermeasures to accelerated muscle loss in rats

**Ashwini Saxena**, University of North Texas HSC-Fort Worth; Role of reactive oxygen species in exercise induced baroreflex resetting in healthy adults

**Kelley Strohacker**, University of Houston; Cytokine production in high-fat fed mice during a 4-week weight loss intervention

# STUDENT AUTHOR EXPECTATIONS

It is the expectation of the TACSM board that student presenters will have contributed significantly to the project on which they are presenting. To this end students should have made significant contributions in at least three of the following areas:

**Hypothesis/Specific Aims**

**Experimental Design**

**Data Analysis**

**Data Interpretation**

Beginning with the 2011 TACSM Annual Meeting, student's presenting research will be required to report to which of the above components they contributed significantly.

# 2010 TACSM SERVICE AWARD WINNER



The 2010 TACSM Service Award recipient is Dr. Jimmy Smith. Dr. Smith, better known as 'Jimmy' is currently Professor of Kinesiology at Southwestern University in Georgetown. He has been a member of TACSM for more than 20 years. During this time he served for ten years on the governing board of TACSM. His positions with TACSM have included President, Basic Science Representative, Membership Chair, and Regional Chapter Representative to ACSM. Jimmy has continued to officially and unofficially serve TACSM by presenting at the annual meeting and with TACSM sponsored workshops, and regularly volunteering as a poster and manuscript judge for the annual meeting. Through all of these responsibilities we have enjoyed his ability to bring humor to his roles. However, he may be best remembered as one of those responsible for arranging the "best ever TACSM social at the national ACSM meeting" in Indianapolis.

Jimmy's work beyond TACSM is indicative of the characteristics TACSM has recognized with this Service Award. Jimmy carried the Kinesiology program at Southwestern as its sole full-time faculty member for ten years before a second

permanent faculty person was added. He shaped a kinesiology department at a small liberal arts school that regularly produces successful graduates that continue on to graduate, professional or medical programs.

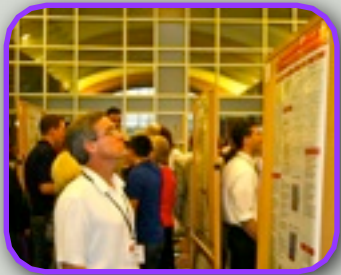
For those of you who know Jimmy, you know he is a dog person. In fact, his knowledge of dogs is encyclopedic. What you might not know is that Jimmy extends the idea of service into the classroom using his favorite topic – dogs. For nearly ten years, he has co-taught one of the most popular first-year seminars at Southwestern. This seminar is appropriately titled "Going to the Dogs" and covers dog physiology, the history of humans and dogs, and dogs in art, religion and philosophy. In this class students are introduced to interdisciplinary ways of understanding a topic and to community-based learning. They see first-hand how an academic interest and an activist approach can be joined together in unique ways. In the classic "practice what you preach" sense, Jimmy spends countless hours working with dog rescue groups. Instrumental in animal rescue during both Hurricane Katrina and Rita, he has been known to travel to other states to find good homes for dogs.

Seeing the lengths to which he is willing to go and his dedication to his work, it's easy to understand that Jimmy is widely respected by his students and colleagues. He has willingly taken on the important (and sometimes difficult) responsibilities of governing TACSM and making it better. Through his work we are reminded that TACSM plays an important role in the lives of its members. Congratulations to Dr. Jimmy Smith on the 2010 TACSM Service Award!

# 2011 TACSM MAJOR OF THE YEAR AWARD

TACSM will recognize an outstanding undergraduate student in exercise science from each undergraduate degree granting institutions in Texas for the 2010-11 academic year. These students will be named the 2011 TACSM Major of the Year from their respective institutions and will be recognized at the 2011 TACSM Annual Meeting in Austin. TACSM is asking each college/university to select a student as its TACSM Major of the Year in Fall, 2010 and forward their name to TACSM. Deadlines, eligibility requirements, and submission instructions can be found at: [www.tacsm.org/majorsoftheyear.html](http://www.tacsm.org/majorsoftheyear.html).

# FACES IN THE CROWD



# 2010 STUDENT POSTER AWARDS

## Undergraduate Level:

1st = **S. Luna**, Texas A&M University; Partial weight bearing at 1/6 and 1/3 G does not prevent deleterious changes in bone observed with traditional tail suspension (0 G)

2nd = **C.R. Barrera**, University of Texas at San Antonio; Non-invasive techniques to track stroke volume during simulated uncontrolled hemorrhage

3rd = **B. McLean**, University of Technology (Sydney, AUSTRALIA); The influence of different length between match microcycles on neuromuscular, hormonal and perceptual responses in professional rugby league players

## Master's Level:

1st = **J. Graham**, Stephen F. Austin State University; Effects of bolus vs. metered rehydration rates on fluid retention and hydration efficiency using 150% fluid replacement

2nd = **J. Woodson**, Texas Christian University; Serum IL-6 is increased during performance cycling after energy drink consumption

3rd = **B.A. Ramirez**, University of Texas at El Paso; Relationship between leisure-time physical activity and whole body bone mineral density, human growth hormone, and leptin in women

## Doctoral/PIT Level:

1st = **M.D. Pahnke**, University of Texas; Serum sodium concentration changes are related to fluid balance and sweat sodium loss

2nd = **J.S. Ward**, University of Houston; Identifying central patterns of motor control in pathological gait

3rd = **M.P. Wiggs**, Texas A&M University; The effect of 21 days of simulated 1/6th and 1/3rd gravitational load on gastrocnemius muscle fractional protein synthesis in mice

# GET INVOLVED WITH TACSM

The TACSM board is always looking for enthusiastic ACSM members in Texas to contribute to TACSM's mission. The board is composed of both elected and appointed members that collaborate to ensure that student's and professionals in Texas. Below are some of the roles that TACSM members can fill:

**Host a Fall/Spring TACSM Lecture Speaker**

**Volunteer for an Appointed Board Position**

**Be Nominated for an Elected Board Position**

**Encourage Your Colleagues and Students to Join TACSM and Attend the 2011 Annual Meeting**

**Volunteer to Serve on a Committee for the 2011 TACSM Annual Meeting**

**Volunteer to Present at a TACSM Annual Meeting**

If you are interested in getting more involved please contact the TACSM Executive Director (Dr. Chris Hearon; [Christopher.Hearon@tamuk.edu](mailto:Christopher.Hearon@tamuk.edu))

# STUDENT EVENTS 2010 ACSM MEETING

## **Student Colloquium:**

"I Have my degree, What Do I Do Now?"

Date: Wednesday, June 2

Time: 5:30- 7 p.m.

Room name: Baltimore Hilton: Key 11-12 Room

Tickets: No extra cost or tickets required

Description: The 2010 Student Colloquium will include six different professionals who will give their perspectives on three distinctive areas in sports medicine 1)academia 2)applied/industry 3) public health/health promotion. Their presentations will focus on: their daily responsibilities; options in fields; preparation for careers and other ideas. Students will have time for question/answer session at the end of each group.

## **Meet the Experts Networking Session:**

Date: Friday, June 4

Time: 12-12:45 p.m./ Lunchtime break

Room Name: Baltimore Hilton: TBD

Tickets: FREE at the Student Help Desk in the ACSM Registration area. Ticket is REQUIRED for entrance (no exceptions) Limited to first 100 students.

Audience: For the fifth consecutive year, this session was designed to give students the opportunity to meet ACSM leaders one-on-one to chat with them about career, school, life goals and overall experience in their field. Come hear 'guru' advice from some of the following distinguished members of ACSM.

## **New Student Area:**

The student affairs committee is continually trying to come up with ideas on how to make the annual meeting a more rewarding experience and enhancing the social aspect for students who are attending the event. Here are a few new options which you should take advantage of while in Seattle to get to know more ACSM students!! See flyer onsite for final times/dates

Date/Time: Open during ACSM exhibit hall hours (noted in Final Program)

Description: Area designed student lounge can be used to gather with other students, relax,

serve as a meeting point and serve as meeting place for the mini tours/discussions scheduled for students. The following hot topics will be covered throughout the week with a "walk and learn approach" which will begin at this student area.

Abstract Preparation Wednesday 12-12:30 p.m. (Becky/Jody)

Navigating a Poster Session Wed/Thurs Time TBD (Josh)

How to Network Thursday 1-1:30 p.m. (Kim and Megan)

Connecting to Your Region Friday Time TBD (Heather H.)

We will also offer a **Student Board Message**, so that if groups of students want to plan a lunch, dinner, etc. they can set a meeting point and encourage other students to join in with them. Expand your new friends/colleague network by hanging out at the new student area of the convention center!!

## **Student Help Desk:**

Located in the ACSM registration area at the convention center, this service was created to get many of your FAQs about the annual meeting answered by members of the Student Affairs Committee. Get your tickets for Meet the Experts session here!

