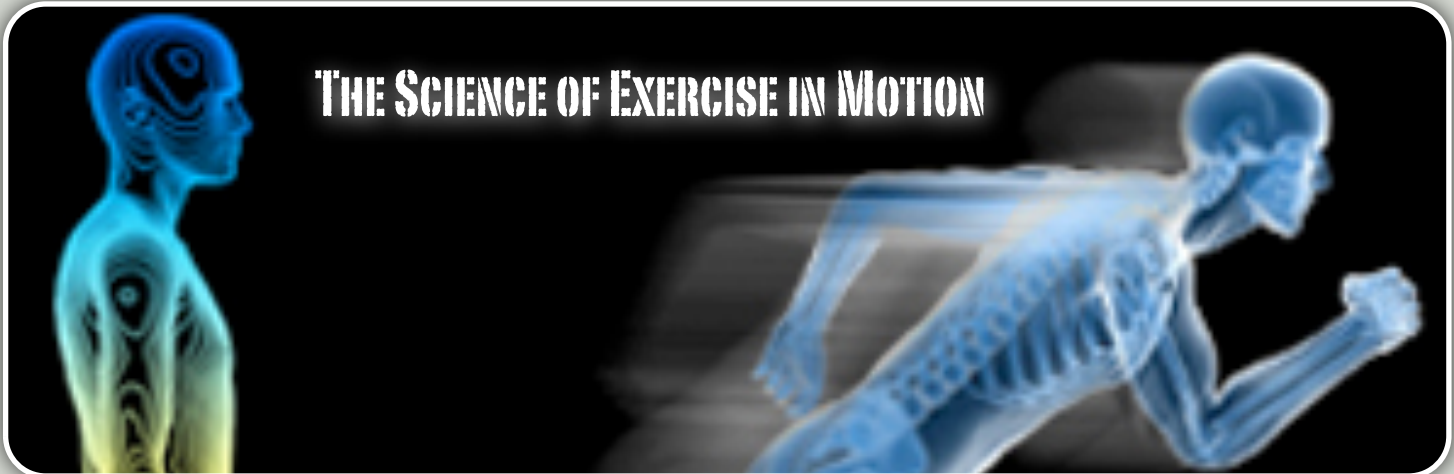




ON TRACK



THE SCIENCE OF EXERCISE IN MOTION

MESSAGE FROM THE PRESIDENT...

Jim McKinley, MD

President TACSM

I would like to invite everyone to our annual TACSM Meeting 2/26/09 (evening social and student poster session) & 2/27/09 (all day) in Tyler. Come enjoy the hospitality of East Texas and the collegiality of your peers. Basic exercise science speakers will include Laurie Goodyear, Scott Montain and our own Jim Fluckey. Clinical sports medicine topics will include platelet rich plasma injections for treating chronic tendon problems, diagnosing running injuries, and surveying common pediatric injuries. TACSM has always been about helping students achieve their professional goals. If you are a student and have not previously attended, consider the 2009 Annual Meeting. For faculty members, please encourage your undergraduate and graduate students to attend. The deadlines for student submission are fast approaching and we look forward to your submissions. The TACSM annual meeting represents an opportunity to reunite with colleagues and friends you haven't seen for a while and recharge your professional batteries.

It has been a busy year for TACSM; perhaps you've noticed the upgraded web site, if not, check it out at www.tacsm.org. Your Board of Directors is constantly striving to enhance the quality and value of your membership, please join me in thanking them for their efforts.

SPRING 2008 LECTURE SERIES:

A STUDENT'S PERSPECTIVE

The 2008 TACSM Spring lecture tour speaker was Dr. Sue Bloomfield, an associate professor at Texas A&M University. Dr. Bloomfield is an expert in bone physiology and her research focuses on bone changes upon exposure to exercise, disuse, or microgravity. Dr. Bloomfield gave 4 lectures at 4 different universities across Texas in 5 days, met with students to answer questions about her research, and offered advice on specifying a research interest or choosing a career path. In addition, Dr. Bloomfield took time out of her busy travel schedule to go out for a Tex-Mex lunch with doctoral students and attend a barbeque celebrating a doctoral student passing qualifying exams!



It was obvious that Dr. Bloomfield is very passionate about the success of students, so we asked her what advice she gives to the individuals she mentors:

- Look for multiple mentors. No one person can provide all the guidance you seek.
- Don't hesitate to ask for advice. If you want a focused answer, make sure you take the time to refine and focus your questions.
- We all need advisors along our journeys. Someone else always has more experience and can provide a useful perspective (even full professors)!
- Realize that most faculty are sincerely interested in your success. Students are the main reason we are working in a university setting!
- Most importantly, there is no one path to success. You do NOT have to mimic your advisor's life history. Some paths take detours or occasionally pause, but, in doing so, often affording valuable experience.

Check out the Spring 2009 lecture series and take advantage of this unique opportunity to interact with distinguished faculty at your university!

TACSM STUDENT CORNER

Greetings TACSM students! The Fall 2008 semester is well underway and the TACSM annual meeting is approaching! If you have a research project that you have submitted for the National ACSM 2009 annual meeting, you can also submit your project for the TACSM meeting in February. Alternatively, if you are not planning to attend the national ACSM, but have a project you have been working on, you are encouraged to submit your results to the regional chapter meeting. Don't forget to check out the Student Corner of the website. A list of publications that resulted from previous TACSM student award winners is coming soon!

Here are just a few reasons to plan on submitting your research and attending the TACSM meeting in Tyler, TX:

- Opportunity to listen to well-known scientists and clinicians discuss their area of expertise.
- Network with peers, faculty members, and potential employers.
- Receive recognition for your hard work on poster and slide presentations.

- Compete for research money and cash prizes. The Texas chapter of ACSM awards more money to students than any other chapter!
- Experience a road trip across the state with friends!

2009 TACSM ABSTRACT SUBMISSION

Starting with the 2009 Annual Meeting the TACSM will be joining forces with the International Journal of Exercise Science to publish student abstracts from the Annual Meeting in a Special Edition of the Journal. **The deadline to submit an abstract is February 1st, 2009.** Below are the steps you will need to follow to submit an abstract:

1. Direct your Web Browser to: www.intjexersci.com
2. Click on "Submit Article" on the right side tool bar
3. Create an account (this is free)
4. Login to your new account
5. Review the Guidelines for the Submission Process and press "continue" button
6. Accept the "Article Submission Agreement"
7. Add Author Information (you will have to add each author separately)
8. After you have entered your information, under the "type of submission" option select "TACSM abstract"
9. If you have submitted the same abstract to National ACSM, please note this in section titled "cover letter"
10. If you encounter any problems during the submission process, please email Dr. Brian McFarlin (bmcfarlin@uh.edu)

OTHER TACSM 2009 DEADLINES

TACSM Student Research Development Grants	January 15th, 2009*
TACSM Manuscript Awards	January 15th, 2009*
TACSM Student Abstracts	February 1st, 2009*
TACSM Undergraduate Scholar Award	February 1st, 2009*

* Please refer to the "Student Corner" at www.tacsm.org for additional details



FOR MORE INFORMATION CONTACT:

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TACSM MEMBERSHIP APPLICATION



(PLEASE PRINT)

Name: _____

Institution: _____

Street Address: _____

City: _____

State: _____ Zip: _____

Work Phone: _____

Fax: _____

Email: _____

Member Type (Circle One):

Professional (\$35/year)

Student (\$15/year)

Gender (Circle One):

Male

Female

Interest Area (Circle One):

Student (Level = _____)

Basic / Applied Science

Medicine

Education / Allied Health

Health Fitness Alliance

Occupation Code (Select one from below): _____

101 Anatomist	117 Veterinarian	210 OBGYN	304 LPN
102 Applied Physiologist	118 Other Basic/App. Science	211 Ophthalmologist	305 Nutritionist
103 Biochemist	201 Cardiologist	212 Otolaryngologist	306 Occupational Therapist
104 Biomechanist	202 Chiropractor	213 Radiator	307 Optometrist
105 Coach	203 Dentist	214 Physiatrist	308 Physical Educator
106 Ergonomist	204 Emergency Medicine Practice	215 Podiatrist	309 Physical Therapist
107 Exercise Biochemist	205 Family/General Practice	216 Psychiatrist	310 Physician's Assistant
108 Exercise Physiologist	206 General Surgery	217 Radiologist	311 Registered Nurse
110 Kinesologist	207 Internal Medicine	218 Other Medicine	312 Respiratory Therapist
116 Sports Psych./Biologist	208 Neurologist	301 Athletic Trainer	313 Other Health Care Spec.
	209 Neurosurgeon	302 Kinesiotherapist	401 Student
		303 Health Educator	501 Health & Fitness Prof.

Please Mail Completed Form To:

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Beaumont, Texas 77066

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TACSM ON TRACK

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