



ON TRACK



OPPORTUNITIES FOR COLLABORATION

MESSAGE FROM THE PRESIDENT...

Phil Stanforth, MS

TACSM President



For the first time in over 20 years, the Texas ACSM Annual Meeting will be held in Austin on Thursday afternoon and Friday, February 24th & 25th. We have a great venue this year at the J.J. Pickel Research Campus, just north of Downtown Austin.

The meeting will kick off with the Texas Longhorns defending their Student Bowl title against at least ten other undergraduate teams from across the State of Texas.

Day one will also include student research poster presentations. In recent years, we have had as many as 50 student posters, which highlight the excellence in Exercise Science research that is being conducted by students in Texas. In addition to the posters, for the first time ever, we will

simultaneously hold a Graduate Program Fair where students will have the opportunity to learn about graduate programs options in Texas.

Friday's highlights will include keynote addresses from the 2011 TACSM Honor Award winner Ken Cooper, M.D., FACSM, of the Cooper Aerobics Center in Dallas and Scott Powers, Ph.D., FACSM, from the University of Florida.

Breakout sessions, delivered primarily by distinguished TACSM members, will cover a variety of topics including exercise for vascular medicine, genetics and physical activity, the limits of human performance, the future of kinesiology education, ACSM certification, technology in sport, and more.

The conference will wrap up with student presentations and our Annual Awards Ceremony which will include up to 20 students receiving plaques and financial awards totally more than \$6,000.

This great venue and an exciting schedule will make for an excellent conference. We hope that you will join us to learn, grow, meet new and old exercise professionals, and contribute to our Chapter and profession!! Go to <http://>

www.tacsm.org/2011annualmeeting.html for complete details on the Annual Meeting.

Another significant TACSM event, the Fall Lecture, November 8-12, features Chris Minson, Ph.D., from the University of Oregon. Go to <http://www.tacsm.org/upcomingevents.html> for details.

I look forward to seeing you in Austin!!

TACSM STUDENT CORNER

Greetings TACSM students! The Fall 2010 semester is well underway and the TACSM annual meeting is approaching! If you have a research presentation that you are submitting for the 2011 ACSM Annual Meeting in Denver, you can also submit your abstract for presentation at the TACSM Annual Meeting in March.

Keep in mind that in order to present an abstract at TACSM, you need to have made a significant contribution to the project you are presenting. You can discuss this aspect of authorship with your mentor. Also, remember this year that every abstract submitted for a presentation at TACSM will be published in the *International Journal of Exercise*. Investigators will not have the option to decline publication of their abstract in IJES.

Don't forget to check out the Student Corner of the TACSM 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 attending and presenting your research in Austin, TX:

- Opportunity to listen to well-known scientists and clinicians discuss their area of expertise.
- Network with peers, faculty members, and potential employers.
- Meet Graduate Representatives from the Major Programs in Texas.
- Receive recognition for your hard work on poster and slide presentations.
- Compete for research money and cash prizes.

STUDENT DEADLINES FOR 2011 TACSM MEETING

TACSM Major of the Year	December 15th, 2010	*
TACSM Student Research Development Grants	January 13th, 2011	*
TACSM Manuscript Awards (Slide Presentation)	January 13th, 2011	*
TACSM Student Abstracts	January 27th, 2011	*
TACSM Undergraduate Scholar Award	January 27th, 2011	*

* Please refer to the "Student Corner" at <http://www.tacsm.org/studentcorner.html> for additional details

MEMBER SPOTLIGHT - LISA LLOYD

Dr. Lisa Lloyd has held a faculty position in the Department of Health and Human Performance at Texas State University-San Marcos since 1999. She held the rank of Assistant Professor from 1999-2005 and was promoted to Associate Professor with Tenure in 2005.

Dr. Lloyd serves as the Director of the Human Performance Laboratory and the Total Wellness program at Texas State.

Dr. Lloyd's research interests revolve around promoting physical activity and weight control, with primary research interests involving increasing retention of participants enrolled in the Texas State-sponsored "Total Wellness" program. She has served on 17 graduate thesis/dissertation committees at Texas State and published 19 manuscripts in peer-reviewed journals.

In addition to her role as a scientist and educator, Dr. Lloyd have served in many administrative capacities at Texas State, most recently as Interim Department Chair from 2007-2009.

Dr. Lloyd is an active member of the ACSM and formerly served on the Editorial Board of the ACSM Fit Society and was recently appointed as the Secretary of the TACSM chapter. In this role she assists the Executive Director with running the day-to-day operations of the TACSM.



Graduate Student Opportunities at Texas State University:

Master's of Education

- Educational Foundations with or without Teacher Certification
- Exercise Science

Master's of Science (New Degree starting Fall 2011)

- Exercise Science

Dr. Lloyd is looking for bright, enthusiastic undergraduates who are keen to study ways to more effectively promote physical activity and the importance of body weight control.

Please contact Dr. Lloyd at LisaLloyd@txstate.edu

2011 TACSM STUDENT BOWL.

Ten colleges from across Texas have committed to participate in the 2011 TACSM Student Bowl. This competition involves teams of three undergraduate students answering questions that pertain to the concepts of general exercise science, biomechanics, exercise testing, and fitness assessment. For more information about the student bowl, please contact Dr. Kyle Bickerstaff (KBiggerstaff@mail.twu.edu).

MEMBER SPOTLIGHT-ERIC JONES

Dr. Eric Jones is an Assistant Professor in the Department of Kinesiology and Health Science at Stephen F. Austin State University. He has held this rank since 2007 after receiving a PhD from the University of Alabama in 2006.

Dr. Jones is the Director of the Human Performance Laboratory at SFA and is active in both research and teaching.

Dr. Jones's research interests relate to the influence of hydration status on muscle performance. He has recently presented his work on exercise-induced dehydration and performance at the 2010 ACSM Annual Meeting in Baltimore.

Dr. Jones has published 12 manuscripts since 2007, having served as the first author on 5 of these. He has mentored or been involved with 5 students who have graduated from the MEd in Kinesiology degree program at SFA.

The TACSM would like to thank Dr. Jones for his support of our activities. He has actively participated as a poster judge and reviewer of student abstracts at the most recent TACSM Annual Meetings



Graduate Student Opportunities at Stephen F. Austin University:

Master's of Education

- Emphasis in Kinesiology

Master's of Science

- Emphasis in Athletic Training

Dr. Jones is looking for bright, enthusiastic undergraduates who are interested in studying in the general area of Exercise Physiology.

Please contact Dr. Jones at jonesej@sfasu.edu

TACSM SOCIAL AT 2010 ACSM ANNUAL MEETING



STUDENT POSTER FORMATTING GUIDELINES

Posters for the 2011 TACSM annual conference will be in **portrait** layout. Posters should be formatted to 48" high (top-to-bottom) x 36" wide (right-to-left). Your poster must be printed on a single sheet of paper. Many universities offer this service and if your university does not, then you can contact a local FedEx Kinko's or other print shop.

Please note that if you do not format your poster according to these guidelines, then we will not be able to accommodate your presentation.

Every poster presented at the TACSM should include at least the following elements:

1. Descriptive Title
2. Author Block (all authors should be listed, including professors)
3. Institution(s)
5. Short Introduction (limited to one paragraph)
6. Methods
7. Results (should include figures and/or tables)
8. Summary Statements

Note: Given the reduced size of the posters, it is not necessary to show the full abstract on your poster.

STUDENT POSTER JUDGING CRITERIA

A panel of 3 judges will meet with each poster presenter for approximately five minutes. The judges will ask each presenter to briefly highlight the background, purpose, key pieces of data, and significance of their findings. The quality of the student's informal, verbal presentation of their research will be the primary basis for the judges ranking of the work. Specifically, the judges will be attempting to determine:

- 1) Does the presenter have a solid grasp of the general topic area of their work?
- 2) Does it appear that the presenter made a major contribution to the work?
- 3) Is the presenter able to clearly articulate the significance of their findings?
- 4) Are the findings unique and do they contribute to a body of knowledge?
- 5) Is the poster presentation itself clear and of good quality?

Note: This information is provided to give you a better idea of what to expect during the judging process. Judging is not meant to be a highly critical process and should be viewed as an opportunity for the students to present their work to an interested and non-threatening group. The expectations related to the above criteria will be different for the undergraduate, Master's, PhD, and PIT researchers.

WWW.TACSM.ORG

STUDENT ABSTRACT SUBMISSION CHECKLIST

Abstracts are limited to one typed page (single spaced, Arial 12 point font). The abstract should be formatted using Microsoft word (.doc format) and include the following elements:

1. Descriptive Title of Project
2. Authors of Project
3. Institution(s)
4. Classification of First Author (Undergraduate, Master's, Doctoral or PIT)
5. Abstract (not to exceed 400 words), If you chose to include a table or figure, please make sure that the abstract length is kept to one page.
6. Role that the First Author played on the project
7. If this abstract has been submitted to national ACSM, who is first author of that abstract.

Note: Abstracts that do not adhere to these guidelines will be administratively rejected for publication

Online Submission Guidelines - For the 3rd year, the TACSM will be joining forces with the *International Journal of Exercise Science* to publish student abstracts from the 2011 Annual Meeting in a special edition of the Journal. Below are the steps you will need to follow to submit an abstract:

1. Direct your Web Browser to: <http://digitalcommons.wku.edu/ijesab>.
2. Click on "Submit Article" on the right side tool bar.
3. Create an account (this is free). Note: If you created an account last year, you can use the same account.
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. Upload a copy of your abstract in MS Word format (.doc; please refer to TACSM template).
10. If you encounter any problems during the submission process, please email Dr. Brian McFarlin (bmcfarlin@uh.edu).

Note: All abstracts submitted for presentation will be published. There are NO exceptions to this rule. The only option is to not present if you do not want your abstract published.



FOR MORE INFORMATION CONTACT:

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