



ON TRACK



MESSAGE FROM THE PRESIDENT

Scott McLean, Ph.D.

TACSM President



The ACSM Annual Meeting in Denver was exciting, educational and informative. I hope you had the opportunity to attend and that you are planning on attending next year's meeting in San Francisco! As we put this crazy summer behind us, it's time to turn our attention to fall activities and the TACSM Annual Meeting. We have a busy few months coming up including the Fall Lecture Tour and a new lecture series at the TAHPERD Annual Convention.

As a fellow Sun Devil, it is my pleasure to welcome Dr. Wendy Kohrt from CU Medical Campus in Denver to Texas for the TACSM Fall Lecture Tour (11/8-11/11). Be sure to check the website for the location nearest you and plan on attending if you're available.

Texas ACSM will also team with the College Division of TAHPERD to host a lecture series at the TAHPERD Annual Convention on Friday, December 2, 2011 in Dallas. This year's speakers are Dr. Jacob Barkley from Kent State, and Dr. Stacey Gaines from Texas A&M-Kingsville. See pages 6-7 of this newsletter for more information.

On a different note, I encourage our member institutions to consider becoming departmental members of the American Kinesiology Association. The AKA's mission indicates that the association advocates "for kinesiology at national and international levels as well as by supporting its member departments by providing resource materials and leadership and educational opportunities for university

administrators in kinesiology.” I honestly feel that this organization will help further the development of our field, but only if we participate.

Lastly, the 2012 TACSM Annual Meeting will be held in Austin, March 1-2 at the University of Texas JJ Pickle Research Center. Yes - it is the same place as last year. I hope you plan on attending particularly since now you know how to get there, where to park, and where your hotel is. While the final meeting agenda is still being confirmed, the meeting will follow a similar pattern as last year with the Student Bowl and Student Posters on Thursday afternoon and

evening. The meeting will include a combination of keynote lectures and concurrent sessions on Friday. I am excited to announce that Dr. Irene Davis has agreed to give the Raven Lecture. Dr. Davis recently moved to a new position at Harvard Medical School where she will be launching the Spaulding National Running Center. With training as a physical therapist and a biomechanist who considers clinical and applied aspects of human gait. I think she is the ideal person to promote the interdisciplinary nature of our field.

I hope everyone is having a productive and cooler fall season - I'll see you in Austin!

2012 TEXAS ACSM ANNUAL MEETING

March 1-2, 2012

University of Texas JJ Pickle Research Center

Austin, TX

Information on registration and lodging were emailed to members the first week in November and are posted on the website.

TEXAS ACSM - STUDENT CORNER

Greetings TACSM students! The Fall 2011 semester is well underway and the TACSM annual meeting is approaching! If you have a research presentation that you are submitting for the 2012 ACSM Annual Meeting in San Francisco, you can also submit your abstract for presentation at the 2012 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.

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.

2011 TACSM STUDENT BOWL IN DENVER

UTEP students Jessica Bock, Brennon Barajas, and Marco Hernandez represented the Texas ACSM at the 4th Annual ACSM Student Bowl in Denver, Colorado. A total of eleven teams, one from each region and one international team, participated in the competition where the TACSM team placed 2nd. The team was coached by graduate students Elisabeth Cavegn and Benjamin Ramirez. Congratulations!!



2012 TACSM STUDENT BOWL

The Student Bowl competition involves teams of undergraduate students answering questions that pertain to the concepts of general exercise science, biomechanics, exercise testing, and fitness assessment. Each team must consist of three undergraduate students, and each team must have a faculty or graduate student sponsor. **Schools interested in entering a team(s) in the 2012 Student Bowl should email Mr. Phil Stanforth (p.stanforth@mail.utexas.edu) by December 15, 2011.**

STUDENT AWARD NOMINATIONS

2012 TACSM Undergraduate Scholar Award

TACSM will recognize one deserving undergraduate student in exercise science. The award is intended to provide funds for a student to be used in the pursuit of his/her academic goals.

Submission Deadline: February 1, 2012

2012 TACSM Majors of the Year

TACSM will recognize an outstanding undergraduate student in exercise science from each undergraduate degree granting institutions in Texas for the 2011-12 academic year. These students will be named the 2012 TACSM Major of the Year from their respective institutions and will be recognized at the 2012 TACSM Annual Meeting in Austin. TACSM is asking each college/university to select a student as its TACSM Major of the Year in Fall, 2011 and forward their name to TACSM.

Submission Deadline: December 15, 2011

2012 TACSM Manuscript Award

Students are invited to submit manuscripts of their original research to be presented as a slide presentations at the 2012 TACSM Annual Meeting.

Submission Deadline: January 20, 2012

2012 TACSM Student Research Development Award - Grant Award

Students are invited to submit proposals for funding support.

Submission Deadline: January 20, 2012

*Deadlines, eligibility requirements, and submission instructions can be found at:
www.tacsm.org/studentcorner.html.*

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 4th year, the TACSM will be joining forces with the *International Journal of Exercise Science* to publish student abstracts from the 2012 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. Stacey Gaines (stacey.gaines@tamuk.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.

STUDENT POSTER FORMATTING GUIDELINES

Posters for the 2012 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)
4. Short Introduction (limited to one paragraph)
5. Methods
6. Results (should include figures and/or tables)
7. 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.

NEW TACSM COLLABORATIVE PROGRAM

TACSM will be partnering with the College Division of the Texas Association for Health, PE, Recreation, and Dance (TAHPERD) to present the **1st Annual College Division-Texas ACSM Speaker Series** at the 2011 TAHPERD Annual Convention in Dallas. The TAHPERD Annual Convention will run November 30-December 3, 2011 at the Dallas Sheraton. The College Division-Texas ACSM Speaker Series will be held on Friday, December 2 from 1:15-3:30pm.

THIS YEAR'S PROGRAM:

Jacob Barkley, Ph.D. (Kent State University)

Can Ostracism Hurt a Child's Waistline?

Stacey A. Gaines, Ph.D. (Texas A&M University-Kingsville):

Building Character in Sport: Moral Development and the Social Environment

Can Ostracism Hurt a Child's Waistline?

Jacob Barkley, Ph.D.-Kent State University

Peer victimization and ostracism (exclusion) has numerous, well-established, negative psychological effects on youth. Only recently has evidence emerged suggesting that negative interaction with one's peers or exclusion from the peer group may also promote obeseogenic behavior in youth. This is of great concern as obese youth, relative to their non-obese peers, are more frequently the targets of peer victimization and ostracism. Being obese appears to increase the frequency and severity of episodes of peer victimization which may in turn reinforce obeseogenic behaviors such as participating in solitary, sedentary behaviors and seeking comfort in high-calorie foods. This could then perpetuate greater obesity in a child which, in-turn, could increase the severity of the victimization, thus creating a vicious cycle. This talk will highlight the non-experimental and emerging experimental studies that have identified potential benefits of positive peer interaction (e.g. spending time with friends) as well as the consequences of negative peer interaction (e.g. peer victimization and ostracism) on physical activity and eating behavior in youth. An emphasis will be placed on describing the effects of ostracism on eating and physical activity behavior. Finally, a discussion of the practical implications of these findings will be presented.



About Dr. Barkley: Dr. Barkley received his B.S. degree in Physical Education with a concentration in Exercise Physiology from the State University of New York (SUNY) College at Brockport in 1998. He then enrolled at SUNY University at Buffalo where he earned both his M.S. (2002) and Ph.D. (2007) in Exercise Science. During his graduate studies Dr. Barkley was mentored by Dr. James Roemmich whose research focus is in the area of Behavioral Medicine. Since 2006 Dr. Barkley has been an Assistant Professor of Exercise Science at Kent State University where he continues his primary line of inquiry focusing on physical activity behavior. Dr. Barkley has conducted and is presently conducting multiple studies examining how social interaction, the variety of equipment and "exergames" (e.g., Nintendo Wii) affect physical activity behavior in children, adolescents and adults. This research is

aimed at better understanding some of the factors that influence physical activity behavior in the hopes that more effective physical activity interventions and recommendations can be developed. Dr. Barkley has published his findings in a wide range of peer-reviewed journals and presented at numerous regional, national and international conferences. Dr. Barkley is also a committed member of the American College of Sports Medicine (ACSM). He holds an ACSM Health Fitness Specialist certification, has presented at each of the last eight ACSM Annual Meetings and was instrumental in assisting the Exercise Science program at Kent State University in obtaining ACSM accreditation.



Building Character in Sport: Moral Development and the Social Environment

Stacey A. Gaines, Ph.D.-Texas A&M University-Kingsville

The idea that participation in sport builds character is a long-standing one. Advocates of sport participation believe that sport provides an appropriate context for the learning of social skills such as cooperation and the development of prosocial behavior. Sport is assumed to provide a vehicle for learning to cooperate with teammates, negotiate and give solutions to moral conflicts, develop self-control, display courage, and learn virtues such as teamwork, fairness, and self-control. Parents often enroll their children in sport hoping that their children will learn these character-related values and behaviors. Alternatively, many argue that rather than develop character, sport undermines character. Recent history in sport is replete with news reporting athletes involved in cheating or aggressive behaviors from the professional ranks down through youth experiences. While the existence of cheating and aggressive behaviors in sport is long standing, the process of how an individual comes to a decision concerning what is acceptable or unacceptable in a given situation, known as moral reasoning, has more recently received empirical attention. This lecture will briefly review recent research examining the link between peers in the sport domain and character-related decision making and behavior in sport. Findings will be discussed that suggest peers to be a powerful social agent within the sport domain with regard to moral decision making. Finally, implications for research and practice in an effort to utilize peers as positive influences of character in the sport domain will be presented.



About Dr. Gaines: Dr. Gaines is an Assistant Professor in the Department of Health & Kinesiology at Texas A&M University-Kingsville teaching graduate and undergraduate coursework in sport psychology and sport sociology. She has published articles and given presentations at national and international conferences and is a member of several professional organizations, including the American College of Sports Medicine (ACSM). Her contribution to the sport and exercise profession includes appointments to various organization committees and review boards, including the Board of Directors of the Texas Regional Chapter of the American College of Sports Medicine (Texas ACSM). Dr. Gaines' areas of research include youth development, motivation, social relationships, and

character development in sport. She received her Bachelor's degree (2000) in kinesiology and psychology and Master's degree (2003) in sport and exercise science from the University of Northern Colorado, and her Ph.D. in kinesiology from Purdue University (2010). Dr. Gaines is a Certified Consultant with the Association of Applied Sport Psychology where, on several occasions, she has served as a mental skills training consultant working in the sport context to provide life and mental skills to youth, high school, and college athletes, teams, coaches, and parents. Dr. Gaines was selected by the International Olympic Committee to serve as a torchbearer in the 2002 Winter Olympic Games. She was a collegiate swimmer and has coached volleyball at the high school and club levels.

TAHPERD offers reciprocal membership to TACSM members for use when registering for the TAHPERD Annual Convention (i.e., TACSM members may register at the TAHPERD member rate). Contact Dr. Chris Hearon (Christopher.Hearon@tamuk.edu) for more information.

MEMBER SPOTLIGHT - JAKOB VINGREN

Dr. Jakob Vingren has been an Assistant Professor in the Department of Kinesiology, Health Promotion and Recreation at the University of North Texas (UNT) since 2008. He earned a PhD from the University of Connecticut.



He serves as co-Director of the UNT Applied Physiology Laboratories which include five different well-equipped laboratories covering 10,000 sq ft of space, specifically designed for research involving exercise and related physiology. The laboratories research group currently includes 12 graduate and 4 undergraduate students who are directly involved in research and regularly present their findings at regional and national conferences, including TACSM and ACSM.

Dr. Vingren's research interests include neuromuscular and endocrine physiology related to resistance exercise, the effect of alcohol on neuromuscular and endocrine function, and the use of resistance exercise in the treatment of chronic diseases, including HIV and drug/alcohol addiction. He has authored/co-authored 39 peer-reviewed scientific manuscripts and six book chapters.

Dr. Vingren is an active member of the ACSM and other professional organizations, and is an Associate Editor for the Journal of Strength and Conditioning Research.

Graduate Student Opportunities at the University of North Texas:

Master of Science in Kinesiology

- Exercise Physiology
- Sport Psychology

Dr. Vingren is seeking enthusiastic students who are interested in studying exercise physiology, especially related to the neuromuscular and endocrine systems or to quantification of anaerobic capacity.

Dr. Vingren can be contacted at:
Jakob.Vingren@unt.edu

TEXAS ACSM MEMBERSHIP UPDATE

Current Membership: 643

Students - 60%

Professional: Exercise Physiologist - 8%

Professional: Other Basic/Applied Sciences - 5%

Allied Health & Fitness Professionals - 5%

All Other Areas: 22%

MEMBER SPOTLIGHT - RHONDA PRISBY

Dr. Rhonda Prisby has held a faculty position in the Department of Kinesiology at the University of Texas at Arlington since 2009. She holds the rank of Assistant Professor and is the Director of the Bone and Microcirculation Laboratory.



Dr. Prisby's research involves investigating the interaction between bone vasculature function and bone cellular activity, thereby potentially improving treatment for conditions in which bone blood flow is compromised and for diseases such as osteoporosis. Research conducted in the laboratory focuses on: 1) assessing bone vascular function via the *in vitro* isolated microvessel technique, 2) assessing bone cellular activity via bone histomorphometry and 3) determining *in vivo* bone blood flow via injection of microspheres into the circulation. These techniques are utilized during various experimental conditions that alter either bone vascular function or bone mass (e.g., parathyroid hormone administration, senescence, exercise, etc.).

Dr. Prisby is an active member of the Texas Chapter of the American College of Sports Medicine, the American Physiological Society, the American Society for Bone and Mineral Research and the Microcirculatory Society. Dr. Prisby has funding with private industry and is currently pursuing funding through the NIH.

Graduate Student Opportunities at the University of Texas at Arlington:

Master of Science

- Exercise Science

Dr. Prisby is seeking enthusiastic students who are interested in conducting integrative basic science research focused on vascular and bone biology.

Dr. Prisby can be contacted at: prisby@uta.edu

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 2012 Annual Meeting

Volunteer to Serve on a Committee for the 2012 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).

EVENTS

2011 Fall Lecture Tour:

In the fall, Dr. Wendy Kohrt from the University of Colorado Denver Anschutz Medical Campus will be our lecturer. Dr. Kohrt has carried out research projects on the effectiveness of exercise and hormone replacement therapy to prevent diseases such as diabetes and osteoporosis in women and men, aged 60 years and older. She established the IMAGE research group - Investigations in Metabolism, Aging, Gender, and Exercise - at the University of Colorado Health Sciences Center in Denver.

TUESDAY, NOVEMBER 8, 3:00PM

Topic: Novel Regulators of the Skeletal Response to Exercise

Austin (University of Texas)

Contact: Dr. Hiro Tanaka (htanaka@mail.utexas.edu)

WEDNESDAY, NOVEMBER 9, 12:00PM

Topic: The ABCs ABEs of Menopause: ABdominal fat, Estrogens, and Exercise

Denton (Texas Women's University)

Contact: Dr. Kyle Biggerstaff (KBiggerstaff@mail.twu.edu)

WEDNESDAY, NOVEMBER 9, 7:30PM

Topic: Physical Activity and Bone Health: Evidence-based Medicine and Science-based Theory

Dallas (Southern Methodist University)

Contact: Dr. Peter Gifford (pgifford@smu.edu)

THURSDAY, NOVEMBER 10, 1:00PM

Topic: Physical Activity and Bone Health: Evidence-based Medicine and Science-based Theory

Canyon (West Texas A&M University)

Contact: Dr. Matthew Kuennen (mkuennen@wtamu.edu)

FRIDAY, NOVEMBER 11, 10:00AM

Topic: The ABCs ABEs of Menopause: ABdominal fat, Estrogens, and Exercise

San Antonio (University of Texas at San Antonio)

Contact: Dr. Donovan Fogt (Donovan.Fogt@utsa.edu)

For more information on the TACSM Lecture Tours, contact the TACSM Continuing Education Director, Dr. George King (915-747-7245; gking@utep.edu).

2011 Texas Association for Health, PE, Recreation, and Dance Annual Convention (First Annual College Division-Texas ACSM Speaker Series)

November 30-December 3, 2011 (Speaker Series: Friday, December 2 from 1:15-3:30pm)

Dallas, Texas

2012 TACSM Annual Meeting:

March 1-2, 2012

University of Texas J.J. Pickle Research Campus

Austin, Texas

Keep track of all of our upcoming events on the TACSM website:
<http://www.tacsm.org/upcomingevents.html>

TEXAS ACSM SPONSORS

TACSM would like to recognize the generous support of the following sponsors:



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- Lisa Lloyd, PhD - Georgetown
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- Melody Phillips, PhD - Fort Worth
- Roger & Marianne Staubach - Dallas

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*Contact Information for the Board of Directors is available at
<http://www.tacsm.org/contactus.html>*

QUESTIONS? - CONTACT:

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TACSM MISSION STATEMENT

The purpose of TACSM is to fulfill the objectives and purposes of ACSM as appropriate at the regional level. ACSM is a multi-disciplinary professional and scientific society dedicated to the generation and dissemination of knowledge concerning the motivations, responses, adaptations, and health aspects of persons engaged in sport and exercise.

www.tacsm.org

