



# ON TRACK



## MESSAGE FROM THE PRESIDENT

**Brian McFarlin, Ph.D.**

**TACSM President**



On behalf of the TACSM board, I am pleased to announce that the 2013 annual meeting will again be held in Austin, Texas. The last two years meetings have resulted in record attendance, which has generated enough funds to make it possible for TACSM to expand its support of student research. The first day of the meeting will be on Thursday (February 28<sup>th</sup>) and Friday (March 1<sup>st</sup>). We will use the same format as last year. On the 28<sup>th</sup> we will have a half-day with posters and the 4<sup>th</sup> annual student bowl. On the 1<sup>st</sup>, we have a full meeting planned.

Friday's highlights will include a keynote address from the 2013 TACSM Honor Award winner Michael Delp, PhD, Professor and Department Chair at the University of Florida. Breakout sessions, delivered primarily by

distinguished TACSM members, will cover a variety of topics with a kinesiology and exercise science focus. The schedule will also feature a new lecture series by the Past President of TACSM and this year's talk will be given by Scott McLean, PhD.

For the students, I would also like to point out that we have tweaked the schedule to offer more

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<http://www.facebook.com/tacsm>

activities geared toward you. Two professional development talks will be given, one aimed at building your professional CV and another focused on submitting an NIH K-award. In an exciting change to the meeting format, 8 students who submit an SRDA grant will be given the opportunity to present a proposal of their funded grant in a 10-min slide presentation. Manuscript awards will be given as a featured poster session on Thursday afternoon.

Of the ACSM regional chapters, TACSM has put a strong financial commitment behind student research. In the last three years, more than \$30,000 has gone to student research grants and awards, which is more than all of the other ACSM regional chapters combined. Students, be prepared to submit your grants and abstracts in January 2013. This meeting is designed for you and we look forward to seeing you in attendance.

See you in Austin!!

## 2013 TEXAS ACSM ANNUAL MEETING

February 28-March 1, 2013

University of Texas JJ Pickle Research Center  
Austin, TX

Information on registration and lodging will be emailed to members and are posted on the website.

## TEXAS ACSM - STUDENT CORNER

Greetings TACSM students! The Fall 2012 semester is nearly over and the TACSM annual meeting is approaching! If you have a research presentation that you are submitting for the 2013 ACSM Annual Meeting in Indianapolis, you can also submit your abstract for presentation at the 2013 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 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.

Detailed information about formatting and submitting abstracts can be found on the TACSM website (click on [Student Corner](#)).

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.

## 2012 TACSM STUDENT BOWL IN SAN FRANCISCO

Students from the University of Texas, Paola Matheus, Ashley Minei, and Kelly Wright, represented the Texas ACSM at the 5th Annual ACSM Student Bowl in San Francisco, California. The Texas ACSM team placed second at the competition! Congratulations!!



# 2013 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 2013 Student Bowl are strongly encouraged to email Mr. Phil Stanforth ([p.stanforth@mail.utexas.edu](mailto:p.stanforth@mail.utexas.edu)) by January 1, 2013.**

## STUDENT AWARD NOMINATIONS

### 2013 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, 2013**

### 2013 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 2012-13 academic year. These students will be named the 2013 TACSM Major of the Year from their respective institutions and will be recognized at the 2013 TACSM Annual Meeting in Austin. TACSM is asking each college/university to select a student as its TACSM Major of the Year in Fall, 2012 and forward their name to TACSM.

**Submission Deadline: December 15, 2012**

### 2013 TACSM Manuscript Award

Students are invited to submit manuscripts of their original research to be presented as keynote poster presentations at the 2013 TACSM Annual Meeting.

**Submission Deadline: January 20, 2013**

### 2013 TACSM Student Research Development Award - Grant Award

Students are invited to submit proposals for research funding support.

**Submission Deadline: January 20, 2013**

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



# 2013 STUDENT VIDEO CHALLENGE

The Student Affairs Committee of ACSM is sponsoring a video challenge for students. The purpose of this challenge is to create an outlet for students to show off their knowledge of the field of exercise science as well as their creativity by creating and submitting a video to be voted upon by the ACSM Student Affairs Committee members.

## RULES:

- Videos must be no more than two minutes in length.
- The video can take any form (i.e., dance, song, skit, etc.) so long as the content is related to a field of study within the ACSM.
- The video must incorporate your university or regional chapter (or country for International submissions) to be included in the final vote.

## SUBMISSION DETAILS:

- Video must be in one of the following formats (MPEG4, MOV, AVI, MPEGPS, WMV, FLV, WebM). Please send an email to [evanhilberg@gmail.com](mailto:evanhilberg@gmail.com) with any questions regarding video formatting.
- Submissions will be accepted between the dates of January 14th and April 26th.
- Winners will be notified by May 24th.
- Videos will be judged under the following three categories by current Student Affairs Committee members:
  - Most Creative
  - Most Scientific
  - Most Informative
- Please send all submissions and/or questions to [evanhilberg@gmail.com](mailto:evanhilberg@gmail.com).



For more information, contact your TACSM Student Representative, David Ferguson:  
[dferguson@hkl.n.tamu.edu](mailto:dferguson@hkl.n.tamu.edu)



# ABSTRACT SUBMISSION CHECKLIST

Abstracts are limited to one typed page (see [Abstract Submission Template](#) on the TACSM website). The abstract should be formatted using Microsoft word (.doc format) and include the following elements:

1. Descriptive Title of Project
2. Authors of Project (including any post-nominals - M.S., Ph.D., FACSM, etc.)
3. Institutional affiliation of all author
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, indicate who is first author of that abstract.

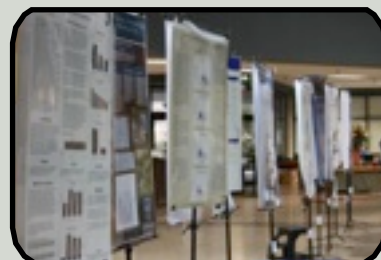
**Note:** Abstracts that do not adhere to these guidelines will be administratively rejected for publication and presentation.

**Online Submission Guidelines** - For the 5th year, the TACSM will be joining forces with the *International Journal of Exercise Science* to publish student abstracts from the 2013 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](mailto: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.*



**ABSTRACT SUBMISSION DEADLINE IS JANUARY 20, 2013!!**

**Detailed information on formatting and submitting your abstract can be found on the TACSM website under the Student Corner:**

**[www.tacsm.org/studentcorner](http://www.tacsm.org/studentcorner)**

# STUDENT POSTER FORMATTING GUIDELINES

Posters for the 2013 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.

# TACSM-TAHPERD COLLABORATIVE PROGRAM

TACSM will be partnering with the College Division of the Texas Association for Health, PE, Recreation, and Dance (TAHPERD) to present the **2nd Annual College Division-Texas ACSM Speaker Series** at the 2012 TAHPERD Annual Convention in Galveston. The TAHPERD Annual Convention will run November 28-December 1, 2012 at Moody Gardens in Galveston. The College Division-Texas ACSM Speaker Series will be held on Friday, November 30 from 10:30am-11:30am and 1:15pm-2:15pm.



**TAHPERD**  
Promoting Healthy Lifestyles

## THIS YEAR'S PROGRAM:

**Michael F. Bergeron, Ph.D., FACSM** (Sanford USD Medical Center)  
*Sport Concussions in Youth: Why All the Attention and New Standards of Care?*  
**Deborah J. Rhea, Ph.D.** (Texas Christian University):  
*Diversity and Body Image: Mindset Shift*

**10:30am-11:30am**

***Sport Concussions in Youth: Why All the Attention and New Standards of Care?***

**Michael F. Bergeron, Ph.D., FACSM (Sanford USD Medical Center)**

Dr. Bergeron will describe the biokinetic and physiological aspects of concussion in sports, with an emphasis on the rationale and importance of the new youth sports concussion legislation. Selected aspects of concussion management, accommodations, and return to play will be highlighted, as well as some of the novel and revealing new concussion research in youth sports and health.

**About Dr. Bergeron:** Michael F. Bergeron, Ph.D., FACSM is the Director of the National Institute for Athletic Health & Performance and Professor in the Department of Pediatrics, Sanford School of Medicine of the University of South Dakota at the Sanford USD Medical Center. Internationally known for his research in exercise, heat stress and athletic health and leadership in the sports medicine community, Dr. Bergeron is a Fellow and past Trustee of the American College of Sports Medicine (ACSM) and also past Chair of the ACSM Strategic Health Initiative – Youth Sports and Health Committee. He is a new member of the National Federation of State High School Associations Sports Medicine Advisory Committee and was recently a consultant member of the American Academy of Pediatrics Executive Committee for the Council on Sports Medicine and Fitness. Dr. Bergeron currently serves as an Editorial Board member for the International Journal of Sport Nutrition and Exercise Metabolism and Journal of Athletic Training. He also serves as a clinical and scientific consultant to the Sony Ericsson WTA Tour Medical Services. Dr. Bergeron has worked with a number of junior, collegiate, and professional athletes on training and nutrition related to preparation, competition and recovery strategies in the heat, with a particular emphasis on helping athletes to avoid muscle cramping.



## TAHPERD COLLEGE DIVISION-TEXAS ACSM LECTURE SERIES *continued*

1:15pm-2:15pm

### *Diversity and Body Image: Mindset Shift*

**Deborah J. Rhea, Ph.D.-Texas Christian University**

Dr. Rhea will discuss research that spans 15+ years on the body image continuum from those who are too thin to those who are overweight from a diverse perspective.

**About Dr. Rhea:** Dr. Deborah J. Rhea is a Full Professor and Associate Dean at Texas Christian University in Fort Worth, Texas. As Associate Dean, she is in charge of research and student issues for the college, as professor, she prepares physical education teachers and consults with all ages of athletes and non-athletes to enhance their mental skills related to performance and physical activity. She has published over 30 peer reviewed articles and 14 books on physical activity, eating disorders, and adolescents with a primary emphasis on diversity, behavior change, and motivation, presented at over 250 different local, state, national, and international conferences on many different topics, been an invited speaker on behavior change, motivation, and eating disorders on numerous occasions, and develops and trains physical education teachers at in-service trainings on developmentally appropriate curriculum at all levels in several school districts across the DFW area. She has been a member of TAHPERD for 31 years, AAHPERD for 15 years, and has served in several leadership roles with TAHPERD and AAHPERD over the years. Other honors include Research Consortium Fellow – Awarded by AAHPERD Research Consortium, Health Care Hero award – Dallas Business Journal, TCU: Dean's Teaching Award, University of Houston Outstanding Alumna Award, and 2011 TAHPERD Scholar.



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. Kyle Biggerstaff ([kbiggerstaff@twu.edu](mailto:kbiggerstaff@twu.edu)) for more information.

## TEXAS ACSM MEMBERSHIP UPDATE

### CURRENT MEMBERSHIP: 839

#### Membership Type:

Professional Members: 263  
Fellow Members: 49  
Professional in Training: 13  
Student Members: 548  
Not Reported: 0

#### Gender:

Male: 49%  
Female: 51%

#### Occupation:

Student: 66%  
Professional (Exercise Physiologist): 6%  
Professional (Other Basic/Applied Sciences): 4%  
Allied Health and Fitness Professionals: 5%  
All Other Areas: 19%

#### Area of Interest:

Basic and Applied Sciences: 26%  
Alliance Health Fitness: 41%  
Medicine: 13%  
Education and Allied Health: 14%  
Not Reported: 6%

#### Region of the State:

DFW/North Texas: 34%  
Houston/East Texas: 20%  
Central Texas: 21%  
San Antonio/South Texas: 13%  
Panhandle/West Texas: 10%  
Out of State: 2%



# MEMBER SPOTLIGHT - MARK D. FARIES

Dr. Mark D. Faries has held a faculty position in the Department of Kinesiology and Health Science at Stephen F. Austin State University since 2011. He holds the rank of Assistant Professor, has degrees in both exercise physiology and behavioral health, and is co-director of the Human Performance Laboratory. The HPL is well-equipped and designed for research, teaching and training in all aspects of human performance, including mind, body and life.



Dr. Faries' research involves the self-regulation of exercise, dietary and weight-control behaviors, with attention to novel, theoretical understanding and application. Specifically, current work has focused on: (1) salient discrepancy, emotion and coping with body weight and fat, (2) innate psychological aspects of body fat, attractiveness and motivation, (3) follow-up exercise and dietary behavior prescription in medically triggered patients, (4) executive functioning and weight control, and (5) other novel factors that may impact successful self-regulation of behavior. His recent work on body fat, emotion and innate cues of attractiveness has garnered international attention, such as from The Sunday Times and Scientific American.

Dr. Faries is active with the Texas Medical Association, providing continuing education on exercise, weight loss and behavior change for medical providers across the state. He is also a member of the American College of Lifestyle Medicine and Healthy Nacogdoches Coalition.

Dr. Faries 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 State University:

### Master of Science in Kinesiology

- Fitness and Human Performance
- Athletic Training

Dr. Faries is seeking enthusiastic students who are interested in pursuing innovative and novel aspects of exercise, dietary and/or weight control motivations and behaviors.

Dr. Faries can be contacted at:  
[Fariesmd@sfasu.edu](mailto:Fariesmd@sfasu.edu)

# MEMBER SPOTLIGHT - KELLY BROOKS

Dr. Kelly Brooks is an Assistant Professor in the Department of Kinesiology at Texas A&M University Corpus Christi. This is her first semester in Texas, after 5 years in Louisiana as an Assistant Professor, Biomechanics and Applied Physiology Laboratory Director, and Graduate Program Coordinator at Louisiana Tech University. Brooks received her Ph.D. from The University of Alabama in December 2005.



Dr. Brooks has published 10 peer-reviewed articles, and worked with numerous graduate students. Brooks and her graduate students have over 60 presentations since 2007, at professional meetings at the regional and national level. Her research interests include environmental physiology and hydration, relating biomechanical and physiological variables during athletic performance, prevention of injury in athletes, and the impact of injury on future disease risk/limitations in former college and professional athletes. Her interest in collecting "real-time" data led to an interest in validation of both biomechanical and physiological remote monitoring devices. Brooks has worked as an advisor for several companies in development of devices, apps, and the latest technology in our field. Brooks served at Louisiana NSCA State Director, and is currently on the Midwest NSCA advisory board.

## Graduate Student Opportunities at Texas A&M-Corpus Christi:

### Master of Science

- Kinesiology - Sports Science

Dr. Brooks is seeking students who are hard-working, self-motivated, who have a direction and a passion for sports performance-related research.

Dr. Brooks can be contacted at:  
[Kelly.Brooks@tamucc.edu](mailto:Kelly.Brooks@tamucc.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 students and professionals in Texas get the most out of their Chapter. 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 2013 Annual Meeting**

**Volunteer to Serve on a Committee for the 2013 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. Kyle Biggerstaff; [kbiggerstaff@twu.edu](mailto:kbiggerstaff@twu.edu)).*

# EVENTS

## 2012 Fall Lecture Tour:

In early October, Dr. Claude Bouchard from the Pennington Biomedical Research Center at Louisiana State University spoke for our Fall Lecture Tour. Dr. Bouchard's research generally focuses on genetics and obesity, including the morbidities associated with obesity such as type 2 diabetes and hypertension. His topic for this year's TACSM Lecture Tour was *Physical Activity Attenuates the Influence of a Genetic Predisposition to Obesity*. This Lecture Tour had record attendance, as nearly 1,100 people attended the week long tour featuring stops at Texas Christian University (260), UT-Arlington (235), UT-Austin (125), Texas A&M (48), Texas A&M-Kingsville (352), and the University of North Texas (75).



## 2013 Spring Lecture Tour:

Dr. William (Bill) Cooke from the University of Texas-San Antonio will be our Spring lecturer. Dr. Cooke's research interest is in the autonomic regulation of human cardiovascular function. The Spring Lecture Tour will be held **April 1st-5th**, and will be presented at West Texas A&M, Texas A&M-International, Texas A&M-Corpus Christi, Lamar, and Tarleton State. Check the [TACSM Facebook page](#) and the spring newsletter for more information on these lectures!

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

## 2012 Texas Association for Health, PE, Recreation, and Dance Annual Convention (Second Annual College Division-Texas ACSM Speaker Series)

November 28-December 1, 2012 (Speaker Series: Friday, November 30 from 10:30am-11:30am and 1:15pm-2:15pm)  
Galveston, Texas

## 2013 TACSM Annual Meeting:

February 28-March 1, 2013  
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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Kevin Kendrick, PhD - San Antonio  
Lisa Lloyd, PhD - Georgetown  
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# 2012-2013 TACSM BOARD OF DIRECTORS

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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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Executive Director  
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940-898-2581 (fax)  
[kbiggestaff@twu.edu](mailto:kbiggestaff@twu.edu)

## **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](http://www.tacsm.org)

