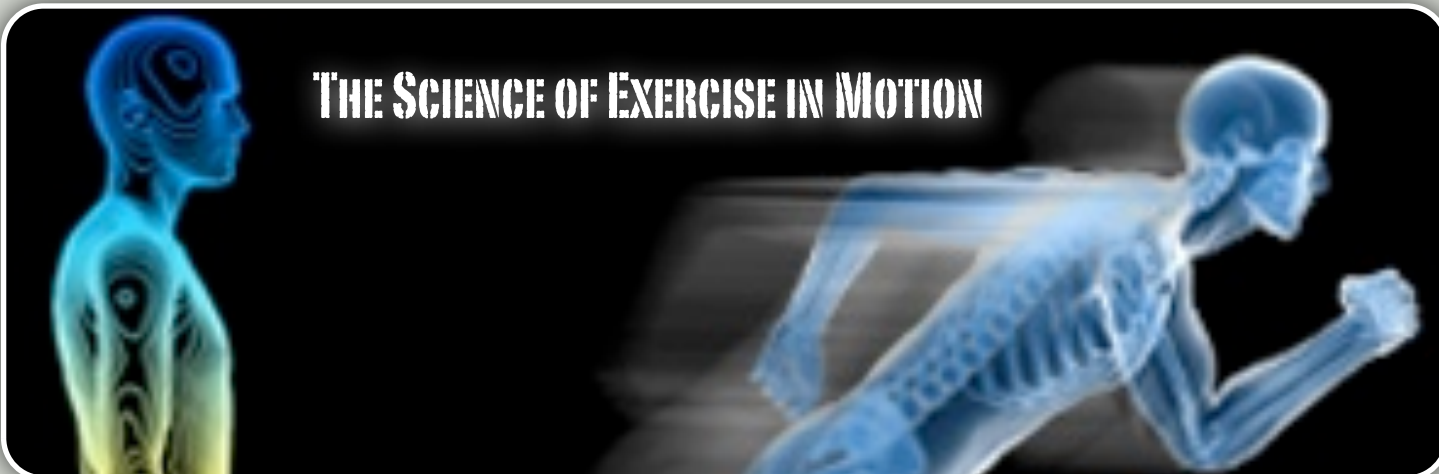




ON TRACK



MESSAGE FROM THE PRESIDENT

Melody D. Phillips, Ph.D., FACSM

TACSM President



Hello fellow TACSM members:

I am pleased to announce that the 2014 annual TACSM scientific meeting will be held at the Brown-Lupton University Union (the BLUU) on the beautiful Texas Christian University campus (Fort Worth, TX) on Th-Fr, Feb. 27-28. Please come enjoy the annual TACSM meeting and our new TCU conference facilities at the BLUU.

GET INVOLVED! We have an exciting agenda shaping up for you this year!

We are working out the bugs in our new software for online registration. Online registration will be available soon at www.tacsm.org. You will receive an email notice when it is available. In addition, the

updated instructions and information on submission of abstracts for poster presentation and all other awards are available in the "Student Corner" of the TACSM website. Thanks for bearing with us as we try to improve our meeting registration process!

New this year: 1) there are two deadlines for abstract submission. To have your poster



Texas ACSM is now on Facebook! See our page to find news and pictures from events!
<http://www.facebook.com/tacsm>

presentation judged and be considered for awards, your abstract is due on January 17, 2014; however, if you would like to submit a non-judged abstract, you can do so until Feb. 14 (posters not eligible for award consideration), 2) we are accepting clinical case studies for poster presentation!! Get yours done! While clinical case studies will not be formally judged this year, the abstracts will be published in the International Journal of Exercise Science, and students will have the opportunity to present their poster and receive feedback from professional members. Get your student bowl teams together now. Remember, our 2013 TACSM team “brought home the gold” this year in Indianapolis! In fact, the TACSM team has placed in the top 3 for the last three years! Contact Phil Stanforth p.stanforth@mail.utexas.edu by Jan. 20, 2014 to enter your team(s).

This year’s meeting format will include the 5th annual student bowl and research poster presentations on Thursday. Friday’s agenda features keynote speakers including our 2014 TACSM Honor Award winner, Dr. Vic Convertino, from the US Army Institute of Surgical Research in Fort Sam Houston and Dr. Jeff Woods, from the University of Illinois at Urbana-Champaign. Other distinguished speakers confirmed thus far include Drs. Tony Babb (UTSW) and Steve Crouse (TAMU). The Gatorade Sports Science

Institute speaker this year will be a sports nutritionist, Amy Goodson, MS, RD, CSSD, LD. Other breakout sessions will include a round-table for pre-health professionals (pre-med, PT, OT, chiropractic, cardiac rehab, etc.) and an opportunity to hear from Dick Cotton, National Director of Certification for ACSM, who will share information on ACSM certifications and the direction of careers in exercise science/health & fitness. The top masters and PhD SRDA winners will each give a 10 min slide presentation introducing their grant proposal and our past-president lecture will be by Dr. Brian McFarlin (UNT).

In other exciting news, we are bringing TACSM into the 21st century! We are working to get our new membership management software updated and fully functional. This software will ease the annual meeting registration and payments considerably. Bear with us as we go through any growing pains.

We are here for YOU, the student. I hope to see each of you in Cowtown on Feb. 27-28, 2014!

Melody D. Phillips, Ph.D., FACSM
TACSM President

2014 TEXAS ACSM ANNUAL MEETING

February 27-28, 2014

**Brown-Lupton University Union - Texas Christian University
Ft. Worth, TX**

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

2013 ACSM STUDENT BOWL CHAMPIONS

The 2013 Texas ACSM Student Bowl team, comprised of students John Moreno, Logan Petry, and Heather Wincapaw from the University of Texas at El Paso, won top honors at the annual ACSM Student Bowl in Indianapolis. This is the first time a team from the Texas Chapter has won the annual jeopardy-style competition.



Congratulations, UTEP Team!

2014 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 2014 Student Bowl should email Mr. Phil Stanforth (p.stanforth@mail.utexas.edu) by January 20, 2014.**

TEXAS ACSM - STUDENT CORNER

Greetings TACSM students! The Fall 2013 semester is nearly over and the TACSM annual meeting is approaching! If you have a research presentation that you are submitting for the 2014 ACSM Annual Meeting in Orlando, you can also submit your abstract for presentation at the 2014 TACSM Annual Meeting in February.

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 Science*. Detailed information about formatting

and submitting abstracts can be found on the TACSM website (click on [Student Corner](#)) and later in this newsletter.

Here are just a few reasons to plan on attending and presenting your research in Ft. Worth, 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 AWARD NOMINATIONS

2014 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, 2014

2014 TACSM Majors of the Year

TACSM will recognize an outstanding undergraduate student in exercise science from each undergraduate degree granting institution in Texas for the 2013-14 academic year. These students will be named the 2014 TACSM Major of the Year from their respective institutions and will be recognized at the 2014 TACSM Annual Meeting in Austin.

In January, the TACSM Executive Director will contact each Department Chair in the state asking for their Major of the Year.

2014 TACSM Manuscript Award

Students are invited to submit manuscripts of their original research to be presented as keynote poster presentations at the 2014 TACSM Annual Meeting.

Submission Deadline: January 20, 2014

2014 TACSM Student Research Development Award - Grant Award

Students are invited to submit proposals for research funding support.

Submission Deadline: January 20, 2014

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

STUDENT PRESENTATION INFORMATION

In an effort to make the student presentations on Thursday evening more efficient, Texas ACSM is offering a new format for presentations in 2014. All poster presenters will submit an abstract through the *International Journal of Exercise Science* web portal (see page 6 for detailed instructions), however the judging of poster presentations and determination of award winners will look differently this year.

ABSTRACT REVIEW PROCEDURES:

Regardless of poster type, all presenters must submit an abstract of the study to be presented.

PRESENTATION TYPES:

Poster Presentations

• **Judged Posters - abstracts due January 17, 2014**

Those abstracts received by the January 17th deadline will be considered for awards and judged. In order to streamline the judging process at the meeting, all abstracts will be pre-reviewed by a panel of 3 judges. The same 3 judges will also judge these posters at the meeting on Thursday evening. **Failure to meet the January 17th deadline will disqualify the presenter from receiving any award.**

• **Non-Judged Posters - abstracts due February 14, 2014**

Abstracts received between the January 17th and February 14th deadlines will not be judged, nor considered for awards. However, these presenters will still have an opportunity to present their study and receive feedback from professional members during the poster presentations.

Clinical Case Study Poster Presentations

The Clinical Case Study poster presentations are designed for physical therapy, athletic training, or other clinical-track students to present and defend a case study in a poster format. The abstracts for these will be due on **February 14, 2014**. As we explore the popularity of this presentation type at the 2014 annual meeting, no awards will be given and the posters will not be judged. Students will, however, have an opportunity to present their case study and receive feedback from professional members during the poster presentations.

Student Research and Development Award (SRDA) Presentations

The top awardees of the Student Research and Development Awards will be asked to present their proposals in an oral format during the annual meeting. At least 2 doctoral and at least 2 masters-level proposals will be presented. These presentations do not require an abstract submission, as the award and subsequent presentation is based on the SRDA proposal and application. Further information regarding these awards can be found at www.tacsm.org/studentcorner.html.

Information on each of these presentation types can be found in the Student Corner section of the TACSM website:
www.tacsm.org/studentcorner.html

ABSTRACT SUBMISSION CHECKLIST

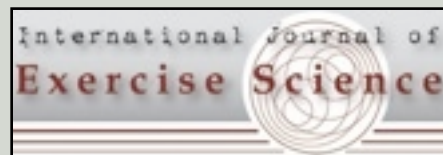
Abstracts are limited to one typed page (see [Abstract Submission Template](#) on the TACSM website). The abstract should be formatted using the posted template (.doc format) and include the following elements:

1. Descriptive Title of Project
2. Authors of Project
3. Institutional affiliation of all authors
4. Classification of first author (Undergraduate, Master's, Doctoral, PIT, or Clinical)
5. Abstract (not to exceed one page), If you chose to include a table or figure, please make sure that the abstract length is kept to one page.

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

Online Submission Guidelines - For the 6th year, the TACSM will be joining forces with the *International Journal of Exercise Science* to publish student abstracts from the 2014 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.*



ABSTRACT SUBMISSION DEADLINES:

Judged Posters (eligible for awards): **JANUARY 17, 2014**

Non-Judged Posters & Clinical Case Studies (not eligible for awards): **FEBRUARY 14, 2014**

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

www.tacsm.org/studentcorner

STUDENT POSTER FORMATTING GUIDELINES

Posters for the 2014 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 **3rd Annual College Division-Texas ACSM Speaker Series** at the 2013 TAHPERD Annual Convention in Dallas. The TAHPERD Annual Convention will run December 4-7, 2013 at the Sheraton Hotel in Dallas. 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:

Ken Leclerc, M.D., M.Ed. (Brooke Army Medical Center):

Performance Enhancing Drugs: What, How, and the State of Affairs in Texas Schools

Brian McFarlin, Ph.D., FACSM (University of North Texas):

Identifying and Minimizing Detrimental Effects of Overreaching and Overtraining

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. Brian McFarlin (brian.mcfarlin@unt.edu) for more information.

TEXAS ACSM MEMBERSHIP UPDATE

CURRENT MEMBERSHIP: 909

Membership Type:

Professional Members: 257
Fellow Members: 50
Student Members: 652

Gender:

Male: 49%
Female: 51%

Occupation:

Student: 71%
Professional (Exercise Physiologist): 6%
Professional (Other Basic/Applied Sciences): 4%
Allied Health and Fitness Professionals: 4%
All Other Areas: 15%

Area of Interest:

Basic and Applied Sciences: 28%
Alliance of Health & Fitness: 23%
Medicine: 12%
Education and Allied Health: 16%

Region of the State:

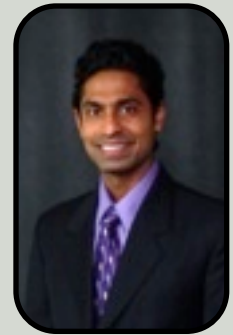
DFW/North Texas: 30%
Houston/East Texas: 19%
Central Texas: 27%
San Antonio/South Texas: 14%
Panhandle/West Texas: 8%
Out of State: 2%

Institution/Organization (top 10):

Texas Christian University: 59
Texas Woman's University: 57
Texas State University: 55
Baylor University: 49
Stephen F. Austin University: 31
University of Texas at Austin: 31
Texas A&M University-Kingsville: 25
University of Texas at Tyler: 24
Texas A&M University: 23
Texas A&M University-SA: 19

MEMBER SPOTLIGHT - SUDIP BAJPEYI

Dr. Sudip Bajpeyi is a recent addition to the Department of Kinesiology at the University of Texas at El Paso (UTEP), holding an Assistant Professor position since 2012. He came to the University of Texas in El Paso from a faculty position at Pennington Biomedical Research Center (PBRC) in Baton Rouge, Louisiana. Dr. Bajpeyi currently serves as the head of the Skeletal Muscle Metabolism Laboratory, which hosts several graduate and undergraduate students and research assistants. Dr. Bajpeyi also holds a joint appointment with the Department of Biological Sciences at UTEP.



Continuing from the roots of his doctoral research, Dr. Bajpeyi's laboratory focuses on translational research leading to better understanding of the underlying molecular mechanisms relevant to metabolic diseases such as obesity and type 2 diabetes mellitus and to understand the effects of diet and exercise training on obesity and type 2 diabetes. Specifically, using primary skeletal muscle cell culture models his lab studies the interactions between insulin signaling, intramyocellular lipid (IMCL), lipid droplet associated proteins, and mitochondrial bioenergetics. Furthermore, Dr. Bajpeyi is presently working to facilitate clinical trials that focus on the interaction of skeletal muscle energy metabolism, diet, and lipid utilization for mediating insulin response.

Dr. Bajpeyi is involved in several community and educational activities at the University of Texas in El Paso focusing on preventative care for Type 2 Diabetes and metabolic disorders in Caucasian and Hispanic populations. Dr. Bajpeyi's current research interest also includes understanding ethnic differences in metabolic responses with regards to diet and exercise interventions.

Graduate Student Opportunities at the University of Texas, El Paso:

Master of Science in Kinesiology

Doctor of Philosophy in Interdisciplinary Health Studies

Dr. Bajpeyi is looking for enthusiastic students interested in doing research in the area of skeletal muscle metabolism.

Dr. Bajpeyi can be contacted at: sbajpeyi@utep.edu

ACSM AND ESPN WIDE WORLD OF SPORTS

On November 6-8, 2013, ACSM and ESPN Wide World of Sports will be co-hosting a conference titled, "*Developing the Healthy Youth Athlete: Innovation and Best Practices in Going the Distance*". The event will be targeted toward coaches, team physicians, athletic trainers, youth sports administrators, and physician assistants and will be held at Disney's Coronado Springs Resort and ESPN Wide World of Sports Complex. More information regarding the conference, including registration information, can be found at www.attendaconference.org/sportsseries.

MEMBER SPOTLIGHT - CASI HELBIG

Dr. Casi Rabb Helbig has held a faculty position in the Department of Kinesiology at Texas Lutheran University since 2000. She held the rank of Assistant Professor from 2000-2006. She was granted tenure in 2005 and was promoted to Associate Professor in 2006. She earned a BS from Stephen F. Austin State University where she played four years of collegiate volleyball. She earned a MEd from Texas State University in 1995 and a PhD from Texas A&M University in 2000.



Dr. Helbig serves as the Director of the Early Childhood Motor Program and the Adapted Physical Education Program at Texas Lutheran.

Dr. Helbig's research interests revolve around motor development, motor learning, and exercise and sport psychology. She has authored/co-authored 8 peer-reviewed scientific manuscripts and one book chapter for the TLU Reader. She is an active member of the TACSM and other professional organizations where she has presented her work at 17 state conferences and 13 national/international conferences. Dr. Helbig sponsors approximately 5 capstone research projects each semester, several of which have presented in the undergraduate TACSM poster sessions.

Dr. Helbig enjoys obstacle races and coaching her daughter's middle school volleyball team.

Kinesiology at Texas Lutheran University

Undergraduate Kinesiology students may choose from the following tracks:

- Exercise Science
- Coaching/Teaching
- Athletic Training
- Sport & Fitness Management
- Specialist
- Generalist

Dr. Helbig can be contacted at:
chelbig@tlu.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 Attend the 2014 Annual Meeting

Volunteer to Serve on a Committee for the 2014 TACSM Annual Meeting

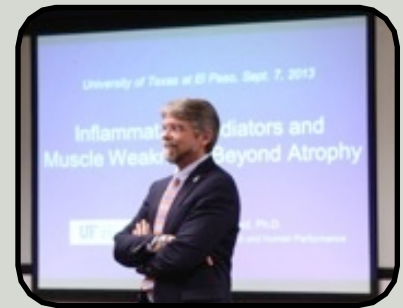
Volunteer to Present at a TACSM Annual Meeting

If you are interested in getting more involved please contact the TACSM Executive Director (Dr. Brian McFarlin; brian.mcfarlin@unt.edu).

EVENTS

2013 Fall Lecture Tour:

In early October, Dr. Mike Reid from the Department of Applied Physiology and Kinesiology at the University of Florida spoke for our Fall Lecture Tour. Dr. Reid's research generally focuses on the cellular and molecular mechanisms that underlie muscle weakness and fatigue. His topics for this year's TACSM Lecture Tour were *Muscle Weakness in Chronic Disease and Free Radicals, Antioxidants, and Muscle Function*. This Lecture Tour featured stops at the University of Texas, El Paso, Southern Methodist University, Baylor, Texas A&M, and the University of Texas Medical Branch.



2014 Spring Lecture Tour:

Dr. John Ivy from the University of Texas at Austin will be our Spring lecturer. Dr. Ivy's research interests include the acute and chronic effects of exercise on muscle metabolism, with a special emphasis on carbohydrate regulation. The Spring Lecture Tour will be held **March 31-April 4, 2014**. 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).

2013 Texas Association for Health, PE, Recreation, and Dance Annual Convention (Third Annual College Division-Texas ACSM Speaker Series)

December 4-7, 2013 (Speaker Series: Friday, November 30 from 10:30am-11:30am and 1:15pm-2:15pm)
Dallas, Texas

2014 TACSM Annual Meeting:

February 27-28, 2014
Brown-Lupton University Union - Texas Christian University
Ft. Worth, 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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KINGSVILLE**



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FOR SPORTS MEDICINE &
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Brian McFarlin, PhD, FACSM - UNT

Kevin Kendrick, PhD - TA&M-San Antonio

George King, PhD, FACSM - UTEP

Donovan Fogt, PhD - UTSA

Eric Jones, PhD - SFA

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George King, Ph.D., FACSM
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Representative (Non-medicine) - 2014

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Representative (Medicine) - 2014

Ken Leclerc, M.D., M.Ed.
Brooke Army Medical Center

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



QUESTIONS? - CONTACT:

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1921 W Chestnut Street, PEB 209
940-565-3165(phone)
Brian.McFarlin@unt.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

