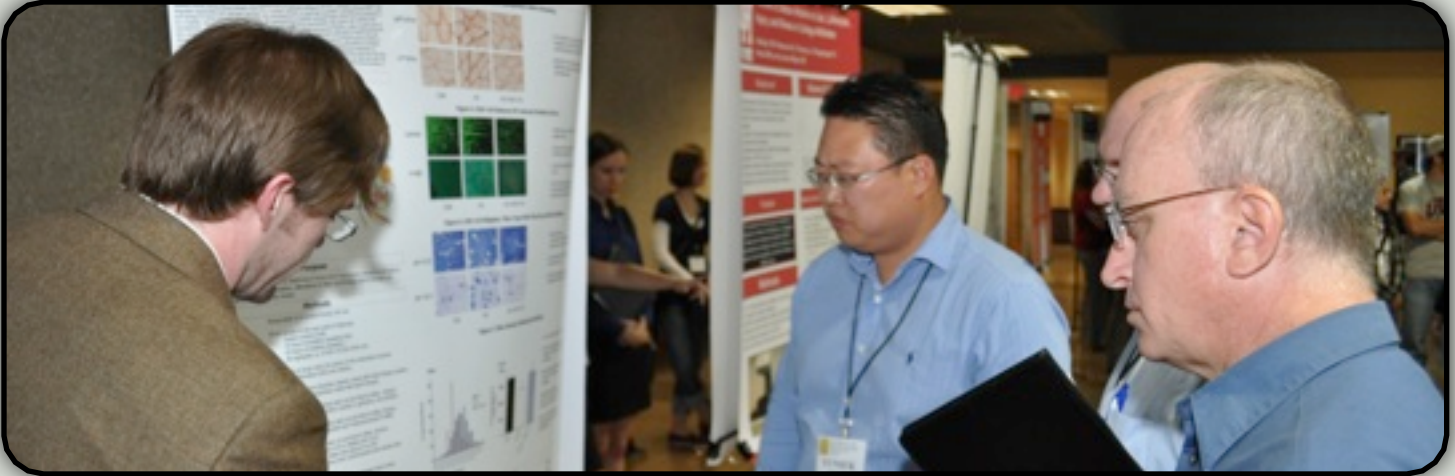




ON TRACK



MESSAGE FROM THE PRESIDENT

Scott McLean, Ph.D.

TACSM President



As the new President of TACSM let me briefly introduce myself. I am currently an Associate Professor of Kinesiology and the Department Chair at Southwestern University (enrollment of 1350 students) in the sprawling metropolis of Georgetown, TX. With an undergraduate degree in Physics and a Ph.D. in Exercise Science with an emphasis in Biomechanics, my background is atypical for a TACSM president. However, Phil Martin - one of my mentors at Arizona State - sat me down in the first semester of my doctoral program to discuss the interdisciplinary nature of our field. He drew a Venn diagram on the board with Exercise Physiology, Biomechanics and Motor Control written in each circle and discussed how these areas support each other and that it would be to our benefit to look for a way to live in one of the

shaded areas where our work would crossover more than one area. I was pleasantly reminded of this by Dr. Coyle's talk at our recent TACSM Meeting where he discussed the interaction of biomechanical and physiological aspects of cycling. I realize that Dr. Martin's Venn diagram was too restrictive as it didn't include other areas such as Exercise and Sport Psychology. Perhaps there is something such as a 4- or 5-dimensional Venn diagram that could show this but that's a little above my IQ. My point is that I hope my stewardship of the organization this year will serve as a reminder of and help promote the interdisciplinary nature of our field. I challenge all of our members to think about how their work has been or could be more interdisciplinary.

I would like to personally thank Phil Stanforth for a fantastic meeting in Austin. The attendance for the meeting (>350) set a new record for TACSM and was one of the most heavily sponsored meetings in our history. The superb student presentations were indicative of the high quality of work that we have come to expect from our younger members. The keynote lectures were

outstanding providing an engaging menu of topics for all. I would like to thank all of the presenters for their efforts in making this meeting such a success.

I look forward to seeing everyone in Denver for the ACSM Annual Meeting May 31-June 4, and especially at our TACSM Social on Thursday evening at the Hyatt Regency during the meeting.

TEXAS ACSM SOCIAL AT THE ACSM ANNUAL MEETING IN DENVER:

Thursday, June 2

8:00-9:30pm

Hyatt Regency - Granite Room

Cash bar and assorted dessert items

Please check final program for confirmed room assignment!

2011 TACSM HONOR AWARD WINNER

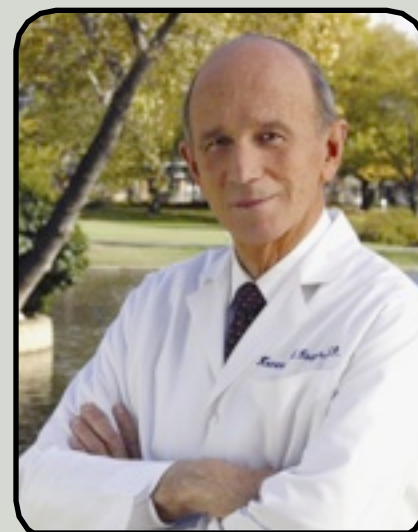
Dr. Kenneth Cooper, M.D., M.P.H., Founder and Chairman of the Cooper Aerobics Center and The Cooper Institute was awarded the 2011 TACSM Honor Award at the Annual Meeting in Austin. He also served as our Raven Lecturer for the Annual Meeting. Dr. Cooper is a pioneer and internationally recognized expert in the areas of fitness testing and health promotion.

In 1968, Dr. Cooper published his first bestseller, *Aerobics*, and introduced a new word and concept that launched a worldwide fitness revolution. Dr. Cooper completed his undergraduate and medical degrees at the University of Oklahoma. He holds a Master of Public Health degree from the Harvard University School of Public Health and is certified by the American Board of Preventative Medicine.

Dr. Cooper has authored more than 20 books and worked with the National Aeronautics Space Administration (NASA) to help create the conditioning program preparing America's astronauts for space and in-flight deconditioning programs used on board spacecraft. He also developed the 12-minute and 1.5-mile fitness tests and the Aerobics Point System, all used today by military organizations, amateur and professional athletic teams, law enforcement

agencies, and many public schools and universities all over the world.

Dr. Cooper was instrumental in getting physical education back in Texas schools through the passage of Senate Bill 530 that requires enhanced PE activity levels and annual physical fitness testing.



“Fitness is a journey, not a destination. It must be continued for the rest of your life.”

2011 TACSM SERVICE AWARD WINNER

Dr. Barry McKeown, Professor of Kinesiology at the University of Texas at Arlington was given the 2011 TACSM Service Award at the annual meeting in Austin. His service to the Chapter includes:

- Texas ACSM Board of Directors (1988-1993)
- Texas ACSM Executive Director (1994-1999)
- Texas ACSM Regional Chapter Representative (1999-2001)
- Texas ACSM Annual Meeting Director (1995, 1996, 1997, 1998, 1999)

Thank you, Dr. McKeown, for your service to our Chapter and the exercise science profession!



2011 TACSM STUDENT BOWL TEAM

This year's student bowl was a great success. We had a total of 14 teams who competed at the TACSM Annual Meeting.

The winner of this year's TACSM Student Bowl was from The University of Texas at El Paso. The UTEP team will serve as the TACSM representative at the ACSM Student Bowl at the 2011 ACSM Annual Meeting in Denver. Each member of the winning team (Brennon Barajas, Jessica Bock, and Marco Hernandez) received a plaque and \$500 award to partially offset their travel expenses to attend the ACSM Annual Meeting.

If you are attending the ACSM Annual Meeting, please come support the TACSM representatives and cheer them on to victory!!



The student bowl will be held Wednesday, June 1st from 7:30-9:00 in the evening, check the final ACSM schedule for confirmed time and location.

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. The speakers for this series will be announced in the fall.

Don't forget that 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.

2011 STUDENT POSTER AWARDS

Undergraduate Level:

1st = **E.E. Jaroszewski**, Texas A&M University; Effects of multiple bouts of long-duration hindlimb unloading and recovery on rat plantaris muscle.

2nd = **E. Olson**, Texas Christian University; The effect of short and long recovery periods on the contribution of oxidative processes to energy expenditure during multiple bouts of supramaximal exercise.

3rd = **K. McDonald**, Southwestern University; Effect of adopting an external focus on the acquisition of a motor sequence.

Master's Level:

1st = **D.A. Cunningham**, Texas A&M University; Impact of non steroidal anti-inflammatory drug administration pre- or post-resistance training on bone.

2nd = **K. Parkhurst**, University of Texas; Low flow-mediated constriction: Prevalence, impact, and physiological determinant.

3rd = **K.A. Camp**, Texas A&M University; Short-term reduction in energy availability does not impair exercise-induced gains in bone formation rate.

Doctoral/PIT Level:

1st = **E.C.P. LaVoy**, University of Houston; Effect of HSV-1 infection on the exercise-induced mobilization of T-cell subsets.

2nd = **K.C. Carpenter**, University of Houston; Voluntary wheel running during weight loss leads to differential changes in monocytes compared to forced treadmill running.

3rd = **B.S. Lambert**, Texas A&M University; Aquatic treadmill running reduces muscle soreness following intense spring exercise in trained men.

2011 STUDENT AWARDS

Undergraduate Scholar Award

Ricky Balderas, Texas A&M University-Kingsville

Student Manuscript Award

1st = **Justin Trombold**, University of Texas; High-intensity endurance exercise is more effective than moderate-intensity exercise for attenuation of postprandial hypertriglyceridemia.

2nd = **Kelyn Rola**, Texas Christian University; The effects of heat acclimation on heat shock protein-72 and apoptosis in lymphocytes.

3rd = **Thomas Menezes**, University of Texas at Arlington; Acute effects of PTH (1-84) on vasodilator properties of the femoral principal nutrient artery and bone static properties in rats.

4th = **David Hammers**, University of Texas; Controlled release of IGF-1 from a biodegradable matrix improves functional recovery of skeletal muscle from ischemia/reperfusion.

Master's Level Student Research Development Awards (SRDA)

Chelsea Barrera, University of Texas at San Antonio; Influence of controlled breathing on cerebrovascular control .

Janna Harris, Texas Christian University; Effects of a single bout of resistance exercise on postprandial lipemia, glucose tolerance, and endothelial function in lean and obese young women.

Matthew Unthank, Texas Christian University; Influence of fitness and adiposity on melanocortin-1 and melanocortin-3 receptors in whole blood.

Maricarmen Vizcaino, University of Texas at El Paso; The effect of yoga practice on glycemic control in Type 2 Diabetes Mellitus patients.

Doctoral Level Student Research Development Awards (SRDA)

Whitney Breslin, University of Houston; The relationship between cardiovascular disease risk factors and monocyte phenotype in school-aged Mexican-American children.

Micelle Harrison, University of Texas; Kinetic kids: Reducing the risk of metabolic and cardiovascular disease in children.

Emily LaVoy, University of Houston; The effect of latent cytomegalovirus infection on cytokine profiles of T Cell subsets in response to acute exercise.

Brandon Macias, Texas A&M University; Cortical bone sclerostin protein expression during disuse and resistance exercise.

Kevin Shimkus, Texas A&M University; Determining the significance of the rapamycin- and MAPK-sensitive pathways in muscle protein synthesis of developing myotubes in C2C12, primary mouse, and human cultures.

Takashi Tarumi, University of Texas; The effect of regular aerobic exercise on cerebrovascular and cognitive function among middle-aged hypertensive adults.

TACSM MAJOR OF THE YEAR AWARD

2011 TACSM Majors of the Year

Southwestern University, **Megan Howell**

Stephen F. Austin University, **Lauren Parker**

Texas A&M University, **Jacquelyn Pontrello**

Texas A&M University-Kingsville, **Ricky Balderas**

Texas A&M University-San Antonio, **Timothy Ingram**

Texas Christian University, **Eric Olson**

Texas State University-San Marcos, **Michelle Clements** and **Justin Papke**

University of Mary Hardin-Baylor, **Craig Jones**

University of Texas, **Stephen Dryden**

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.

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

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).

MEMBER SPOTLIGHT - YUNSOK KOH

Dr. Yunsok Koh is an assistant professor in the Department of Health & Kinesiology at Lamar University, and has held this rank since 2009. Prior to joining Lamar University, he served as an assistant professor at Henderson State University in Arkansas.



Dr. Koh earned his B.S. (Industrial Engineering) and M.P.E. (Exercise Science) in South Korea, M.S. (Exercise Physiology) from Mississippi State University, and Ph.D. (Exercise Physiology) from Texas Women's University (2008).

Dr. Koh is active in both research and teaching. He has mentored or been involved with several undergraduate and graduate student projects. His research interests lie in the role of exercise and obesity on risk factors for cardiovascular disease and metabolic syndrome. He is currently investigating several research projects in the area of exercise and CVD risk factors (blood lipids and lipoproteins including Lp(a), CRP, and oxidized LDL) in men and women. Dr. Koh has published 7 manuscripts and 3 new manuscripts are in review or process.

Dr. Koh has been a member of national ACSM and TACSM since 2002. He has served on the Student Research Poster Evaluation Committee and as a Student Bowl judge in recent years at the Texas ACSM annual meeting.

Graduate Student Opportunities at Lamar University:

Master of Science

- Exercise Science
- Sport Studies

Dr. Koh is looking for bright, enthusiastic students who are interested in studying in the general area of exercise physiology.

Dr. Koh can be contacted at:
ykoh@my.lamar.edu

TEXAS ACSM MEMBERSHIP UPDATE

Current Membership: 518

Professional Members: 197
Fellow Members: 34
Professional in Training: 6
Student Members: 320
Not Reported: 2



MEMBER SPOTLIGHT - STACEY GAINES

Dr. Stacey Gaines has held a faculty position in the Department of Health and Kinesiology at Texas A&M University-Kingsville since 2008. She held the rank of Lecturer from 2008-2010 and was promoted to Assistant Professor with the completion of her Ph.D. (Purdue University) in 2010.

Dr. Gaines serves as the Coordinator for the Performance Psychology Sub-Laboratory within the Human Performance Laboratory at TAMUK, where she is active in both research and teaching. Her research focuses on youth development, motivation, social relationships, and character development in sport.

She has twice received the Texas A&M System Chancellor's Award for Teaching Excellence for her work in the classroom teaching sport psychology, motor learning, and sport sociology.

As an AASP (Association for Applied Sport Psychology) Certified Consultant, she has served as a mental skills training consultant, working in the sport context, providing life and mental skills to youth, high school, and college athletes, teams, coaches, and parents.

TACSM would like to thank Dr. Gaines for her support of our activities. She served on the Student Research Poster Evaluation Committee at the most recent Annual Meeting, and currently serves as the Chapter's Public Relations Director.



Graduate Student Opportunities at Texas A&M University-Kingsville:

Master of Science

- Kinesiology

Dr. Gaines is looking for bright, enthusiastic undergraduates who are interested in studying in the general area of Exercise Science/Kinesiology, as well as the specific field of sport psychology. Assistantships are available.

Dr. Gaines can be contacted at:
stacey.gaines@tamuk.edu

STUDENT EVENTS 2011 ACSM MEETING

Student Colloquium:

"Climbing to the Next Level of Your Career"

Date: Wednesday, June 1

Time: 5:30-7:00 p.m.

Room: Hyatt Regency, Centennial AB

Description: A chance to meet experts within a broad range of fields encompassed by ACSM.

Be sure to check the final program for a complete listing of student sessions at the Annual ACSM Meeting in Denver!

Student Bowl:

Date: Wednesday, June 1

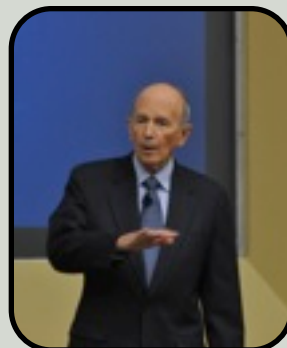
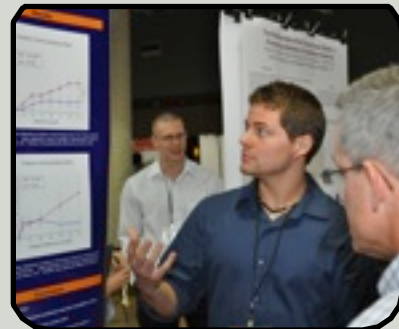
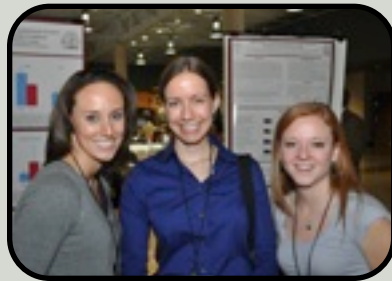
Time: 7:30-9:00pm

Room: TBA

Student Help Desk:

Located in the ACSM registration area at the convention center, this service was created to get many of your FAQs about the Annual Meeting answered by members of the Student Affairs Committee.

2011 TACSM ANNUAL MEETING - AUSTIN, TX



EVENTS

2011 Spring Lecture Tour Recap:

This spring we were fortunate to have Dr. Vic Convertino as our lecturer. Dr. Convertino's work began in the area of thermoregulation but has more recently focused on applied aspects of exercise physiology; notably the development of exercise training and countermeasures for the space program and the development of decision-support algorithms and therapeutic devices for combat medics. The Spring Tour this year included talks entitled "Training in Exercise Science: Translation to Advancements in Critical Care Medicine" and "From Space to Iraq: Physiological Research & Clinical Applications" and visited Texas A&M University, UTMB-Galveston, UT M.D. Anderson Cancer Center, University of Texas of the Permian Basin, and University of Texas at El Paso.

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. Detailed information, including dates, locations, and talk titles will be listed on the website and in the Fall issue of *On Track*.

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

2011 American College of Sports Medicine Annual Meeting:

May 31-June 4, 2011

Denver, Colorado, USA

<http://www.acsm.org/annualmeeting>

Fall, 2011 TACSM Board of Directors Meeting

Friday, September 16, 2011

Georgetown, Texas

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

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

QUESTIONS? - CONTACT:

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Christopher.Hearon@tamuk.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

