



# ON TRACK



## DEVELOPING YOUNG SCIENTISTS

## MESSAGE FROM THE PRESIDENT...

**G. Steve Morris, PT, PhD**

**TACSM President**



The thermal challenges of the Summer weather have finally given way to the coolness of Fall. Now, as has been noted in recent weeks, the issue may be hyperhydration rather than hypohydration.

While it is still only Fall, plans for the Annual Meeting are in full swing. The meeting will be held March 4 and 5, 2010 at the University of Houston with the Dept. of Health and Human Services hosting the event. This meeting is somewhat different from previous meetings in that activities (the student bowl) will begin late on the afternoon of Thursday, March 4 and extend into the evening (poster judging). Talks on a variety of topics will be presented on Friday morning with the business meeting being held at noon. Student manuscript presentations will

follow and award presentations will bring the meeting to a conclusion by approximately 3:30 p.m. I encourage everyone to visit our web site ([www.tacsm.org](http://www.tacsm.org)) for everything you need to know about the Annual Meeting including deadlines for pre-registration, student abstract submissions, and student award application. Please note that the Houston Rodeo and Livestock show will be in full swing so you might give some thought to staying and enjoying a great Texas tradition.

I am quite amazed by the amount of information that the ACSM national office is making available to the membership. For example, I received an email today that provided information about ACSM's Leadership & Diversity Training Program, a reminder that ACSM supports a number of research funding opportunities for both

students and faculty (information at [www.acsm.org](http://www.acsm.org)), and an agenda for the upcoming ACSM Health & Fitness Summit that will be held in Austin, TX April 7-10, 2010. Other recent emails have described activities associated with the Exercise is Medicine™ program and the American Fitness Index™, outlined advocacy activities the College engages in particularly in the area of activity and health policy, and lastly the College has made increasing use of web based technology to offer educational programs

to the membership. Clearly, the College has made great strides in what it offers the membership and you, as a member, have a lot to gain by both learning from these offerings of the College and contributing to the College in its effort to provide more services to the membership.

I am looking forward to seeing everyone in Houston on March 4 & 5, 2010. Be safe and be active.

## TACSM STUDENT CORNER

Greetings TACSM students! The Fall 2009 semester is well underway and the TACSM annual meeting is approaching! If you have a research presentation that you have submitted for the 2010 ACSM Annual Meeting in Baltimore, you can also submit your abstract for presentation at the TACSM Annual Meeting in March. Alternatively, if you are not planning to attend the national ACSM meeting, but have a project you have been working on, you are encouraged to submit your abstract for presentation at the TACSM Annual Meeting in Houston. Don't forget to check out the Student Corner of the TACSM website. A list of publications that resulted from previous TACSM student award winners is coming soon!

Here are just a few reasons to plan on submitting your research and attending the TACSM meeting in Houston, TX:

- Opportunity to listen to well-known scientists and clinicians discuss their area of expertise.
- Network with peers, faculty members, and potential employers.
- Receive recognition for your hard work on poster and slide presentations.
- Compete for research money and cash prizes. The Texas chapter of ACSM awards more money to students than any other regional chapter!
- Experience a road trip across the state with friends!



## STUDENT DEADLINES FOR 2010 TACSM MEETING

TACSM Student Research Development Grants  
TACSM Manuscript Awards (Slide Presentation)  
TACSM Student Abstracts  
TACSM Undergraduate Scholar Award

January 22nd, 2010\*  
January 22nd, 2010\*  
February 4th, 2010\*  
February 4th, 2010\*

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

# STUDENT POSTERS AT THE ANNUAL MEETING

Student poster set up

2:30-3:30PM, Thursday, March 4, 2010

Student poster viewing/judging/social

5:00-7:30 PM, Thursday, March 4, 2010

Student poster awards

2:30-3:30PM, Friday, March 5, 2010

## 2010 TACSM STUDENT BOWL.

The 2010 Annual Meeting at the University of Houston will kick-off with the inaugural TACSM Student Bowl on Thursday, March 4 from 3:30 to 5:00PM. **Bragging rights and the TACSM traveling trophy will be on the line as teams of undergraduate students from universities around Texas put their exercise science-related knowledge to the test in this Jeopardy-like competition.** Additionally, the winning team will represent TACSM at the national Student Bowl to be held in June at the ACSM Annual Meeting in Baltimore. Make plans to arrive in time for what promises to be a fun start to the 2010 Annual Meeting!



Boundaries as of January 1, 1990



# NEW STUDENT POSTER FORMATTING GUIDELINES

Starting with the 2010 TACSM annual conference, we are changing the traditional poster to a portrait format. This new format is in response to the increase in the number poster presentations we have seen over the last few years. It will allow us to display more posters in less space. Posters should be formatted to a maximum size of 48" high (top-to-bottom) x 36" wide (right-to-left). While a number of poster printing techniques are acceptable, it is recommended that your poster 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.

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. Abstract
5. Short Introduction (limited to one paragraph)
6. Methods
7. Results (should include figures and/or tables)
8. Summary Statements



## 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.

# STUDENT ABSTRACT SUBMISSION CHECKLIST

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

**Note:** If you chose to include a table or figure, please make sure that the abstract length is kept to one. Abstracts that do not adhere to these guidelines may be administratively rejected for publication

**Online Submission Guidelines** - For the 2nd year, the TACSM will be joining forces with the International Journal of Exercise Science to publish student abstracts from the 2010 Annual Meeting in a special edition of the Journal. Below are the steps you will need to follow to submit an abstract:

1. Direct your Web Browser to: <http://digitalcommons.wku.edu/ijesab>.
2. Click on "Submit Article" on the right side tool bar.
3. Create an account (this is free). Note: If you created an account last year, you can use the same account.
4. Login to your new account.
5. Review the Guidelines for the Submission Process and press "continue" button.
6. Accept the "Article Submission Agreement."
7. Add Author Information (you will have to add each author separately).
8. After you have entered your information, under the "type of submission" option select "TACSM Abstract."
9. Upload a copy of your abstract in MS Word format (.doc; please refer to TACSM template).
10. If you encounter any problems during the submission process, please email Dr. Brian McFarlin ([bmcfarlin@uh.edu](mailto:bmcfarlin@uh.edu))

**Note:** All abstracts are accepted, but please have your faculty supervisor review your abstract before you submit it, especially if this is the first time you have sent in an abstract. You may submit the same abstract for TACSM and National ACSM. This is an excellent chance to practice your presentation since you will get lots of interaction with TACSM members and the judges will also ask you to explain your work.



## FOR MORE INFORMATION CONTACT:

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# TACSM MEMBERSHIP APPLICATION



(PLEASE PRINT)

Name: \_\_\_\_\_

Institution: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Work Phone: \_\_\_\_\_

Fax: \_\_\_\_\_

Email: \_\_\_\_\_

Occupation Code (Select one from below): \_\_\_\_\_

|                             |                                 |                          |                             |
|-----------------------------|---------------------------------|--------------------------|-----------------------------|
| 101 Anatomist               | 117 Veterinarian                | 210 OBGYN                | 304 LPN                     |
| 102 Applied Physiologist    | 118 Other Basic/App. Science    | 211 Ophthalmologist      | 305 Nutritionist            |
| 103 Biochemist              | 201 Cardiologist                | 212 Otolaryngology Surg. | 306 Occupational Therapist  |
| 104 Biomechanist            | 202 Chiropractor                | 213 Radiator             | 307 Optometrist             |
| 105 Coach                   | 203 Dentist                     | 214 Physiatrist          | 308 Physical Educator       |
| 106 Ergonomist              | 204 Emergency Medicine Practice | 215 Podiatrist           | 309 Physical Therapist      |
| 107 Exercise Biochemist     | 205 Family/General Practice     | 216 Psychiatrist         | 310 Physician's Assistant   |
| 108 Exercise Physiologist   | 206 General Surgery             | 217 Radiologist          | 311 Registered Nurse        |
| 110 Kinesologist            | 207 Internal Medicine           | 218 Other Medicine       | 312 Respiratory Therapist   |
| 115 Sports Psych./Biologist | 208 Neurologist                 | 301 Athletic Trainer     | 313 Other Health Care Spec. |
|                             | 209 Neurosurgeon                | 302 Kinesiotherapist     | 401 Student                 |
|                             |                                 | 303 Health Educator      | 501 Health & Fitness Prof.  |

**Member Type (Circle One):**

Professional (\$35/year)

Student (\$15/year)

**Gender (Circle One):**

Male

Female

**Interest Area (Circle One):**

Student (Level = \_\_\_\_\_)

Basic / Applied Science

Medicine

Education / Allied Health

Health Fitness Alliance



## TACSM ON TRACK

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