Millard-Stafford Reflects on 2008-2009 Accomplishments

Mindy Millard-Stafford, Ph.D., FACSM, completes her term as ACSM President at the conclusion of the Annual Meeting. Here, she gives valuable insight on how ACSM will continue to move forward as the world’s leading sports medicine and exercise science organization, as well as takes a look back on her involvement with the College. She has served as an ACSM member for nearly 30 years.

Q: What was your first impression of ACSM?
A: Back in the late 1970s and early 1980s, the College was a much smaller organization and could hold its Annual Meeting within a single hotel. Hearing compelling science presented by top researchers was inspiring. Although we have long outgrown that setting, ACSM continues to represent quality science and strives to promote the importance of exercise, sport and physical activity for a higher quality of life for all people. ACSM has continued to be my primary professional association to this day.

Q: In your eyes, what are the benefits of ACSM membership compared to affiliation with other organizations?
A: There is no greater example of the unique strength ACSM derives from its diverse membership – scientists, physicians, allied health and fitness professionals, and educators – than the current Exercise is Medicine™ campaign. Our founders had the foresight to design the organization 55 years ago with this in mind and we are clearly reaping those benefits today!

Q: In your opinion, what does the future hold for ACSM?
A: The future of ACSM will be even more ACTION- and POLICY-oriented. To better advance health through science, education and medicine, ACSM is striving to become a “doing society” that truly does “lead the way.”
UPCOMING ACSM MEETINGS

Don’t limit your attendance to just the ACSM Annual Meeting! Upcoming ACSM events and meetings throughout the next year include:

Advanced Team Physician Course
Dec. 3-6, 2010
Phoenix, Arizona

ACSM’s Team Physician Course
Feb. 24-28, 2010
Las Vegas, Nevada

14th-Annual Health & Fitness Summit & Exposition
April 7-10, 2010
Austin, Texas

ACSM’s 57th Annual Meeting and World Congress on Exercise is Medicine™
June 2-5, 2010
Baltimore, Maryland

View the “attend” section of www.acsm.org for registration information.

PURPESS: A New Initiative to Keep Physical Activity in Schools

The time has never been more critical to restore physical activity opportunities and accessibility for children. Physical education classes in the school setting have vanished in many states across the country, and physical activity in general has become increasingly engineered out of youths’ lifestyles.

Physicians to Restore Physical Education and Sports in Schools (PURPESS) is a national initiative comprised of physicians and medical societies to advocate on behalf of increased physical education in schools and physical activity for youth and adolescents. Through this coalition, we will work to empower physicians to interact directly in their communities and within their school districts to advise on and help shape school policy for PE, recess, school-based and intramural sports and other activities that provide options for youth to be physically active.

PURPESS will not distinguish between physical activity and physical education, although the groups, programs and initiatives will recognize that PE is a sustainable initiative that introduces many (otherwise sedentary) children to activity. Further, the coalition will work on specific measures—such as interacting directly with school nurses and teachers through community-based public education outreach—to gain attention and results.

There is much already underway to support these objectives. For example, the recent reintroduction of the “Fitness Integrated with Teaching Kids Act” (FIT Kids Act)—legislation to combat childhood obesity by strengthening physical education programs—will support the health and wellness of a generation of kids. PURPESS will add strength to these efforts, and give a national voice to the multidisciplinary unity of ACSM and our partners.

Want to get involved? Individuals can:
• Write “action alerts” to local elected officials when designated on issues of importance to policy related to PE in schools.
• Volunteer to help shape and advise on school policy related to PE in your community districts.

Look for more information on PURPESS on ACSM’s Web site and in future issues of the Sports Medicine Bulletin.

Congratulations, ACSM Research Award Winners!

ACSM issues a hearty congratulations to its 2009 winners, including:

Daniel Barry
Brad J. Behnke
Sarah Borengasser
Robert Bowen
Mary Beth Brown
Alissa DeLong

Jonathan Dickman
Kevin Heffernan
Stephen Herrmann
Robert Hyldahl
Ole Kemi
Sarah Kozey

Paul Loprinzi
Brandon Macias
Melanie Mitros
Mia Newlin
Brant Pence
Minoru Shinohara

Shannon Smith
Jennifer Steiner
Colin Young

For more information on ACSM Research Award and Grant Recipients, please see the 2009 ACSM Annual Meeting Final Program.
ACSM further expands into professional sports world with new NBA FIT collaboration

The American College of Sports Medicine is proud to announce a new collaboration with the National Basketball Association’s (NBA) NBA FIT program. ACSM will be a health and fitness contributor to a revamped NBA Web site – “NBA FIT” – designed to get kids, adults and families more physically active. The NBA FIT site gives ACSM a heightened presence in the professional sports arena, and provides numerous opportunities for outreach to both athletes and spectators. Visit www.nba.com/fit to view the site.

ACSM is the leading health and fitness content provider for the site, using expert-developed scientific and public education resources to provide valuable information for users. The NBA FIT site features information on nutrition, fitness, and conditioning, including NBA player workouts and conditioning tips.

Rathbone Breakfast Honors Founder, Increases Fund

The program at yesterday’s Josephine L. Rathbone Breakfast Honoring ACSM’s Women provided a mix of good food, good speakers, and good entertainment.

Sheila Dugan, M.D., FACSM, presided over the event and encouraged female attendees to become more involved in ACSM activities and to achieve fellowship. Currently, only about 20 percent of ACSM fellows are female. Dugan is chair of the Strategic Health Initiative for Women, Sport and Physical Activity, which plans programming for the breakfast.

Speaker Emily Haymes, Ph.D., FACSM, gave insightful remarks and was honored with the second-annual Josephine L. Rathbone Award in honor of her contribution to the event. Two video presentations provided special entertainment for breakfast attendees. The first included a unique tribute to the breakfast’s namesake, Josephine L. Rathbone. Haymes was also honored with a video of her own, a surprise tribute compiled by Lynn Panton, Ph.D., FACSM, who introduced Haymes at the breakfast. ACSM President Mindy Millard-Stafford, Ph.D., FACSM, encouraged attendees to continue to help the growth of the Barbara L. Drinkwater Fund, first announced at the 2008 Rathbone breakfast. In just one year, ACSM members and supporters have donated nearly $14,000 to the fund. The Drinkwater fund supports research and scientific discovery in the area of women’s health.

To donate to the fund, visit the “Foundation” section of www.acsm.org.
ACSM Leaders Look to the Future

“I’m honored to begin my term as ACSM president in 2009-10. My focus will be on student involvement, and enhancing the ACSM experience for these future researchers, clinicians, and health care professionals. I look forward to making every contribution I can to the College.”
—James Pivarnik, Ph.D., FACSM, ACSM President, 2009-10

“Serving as ACSM president elect for the next year will give me great insight in preparation for my term in 2010-11. I hope to further diversify ACSM and heighten our global presence. Thank you for honoring me with this elected role.”
—Thomas Best, M.D., FACSM, ACSM President-elect, 2009-10

ACSM Conference on Integrative Physiology of Exercise (IPE)

September 22-25, 2010
Miami Beach, Florida

Discovery and Application of

• Integrative exercise physiology: adaptation & performance
• Exercise metabolism: mitochondrial dynamics and substrate regulation
• Exercise, oxidative stress and redox signaling
• Cardiovascular regulation and adaptation during exercise

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Introducing the all new T5XR

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For an in-depth look at the all new T5XR go to www.nustep.com/t5xr

Visit NuStep booth #223 and meet ACSM member, Sandra A. Billinger, PT, PhD, FAHA, from the University of Kansas Medical Center and developer of the new two exercise protocols using the NuStep.

Available times to meet Dr. Billinger in the NuStep booth
Wednesday, May 27 from 6:30-8:30pm
Thursday, May 28 from 11:45am-3pm
Friday, May 29 from 11:45am-3pm

Bring this ad to NuStep booth #223 to receive free shipping on any order placed by June 5, 2009.

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