



# Mid-Atlantic Regional Chapter News

A Publication of the MARC-ACSM Vol. 22 No. 1 April 2007

## ACSM Mid-Atlantic Regional Chapter 30th Annual Meeting

November 2-3, 2007

Sheraton Harrisburg-Hershey, Harrisburg, PA

**“MARC” your calendars for the 2007  
annual meeting!**

### Tentative Program Topics

Functional Training

Sports Specific Training

Biomechanics

Occupational Exercise Physiology

Cardiac Protection

Sport-Related Injuries

Physical Activity and Self-Esteem

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## MARC 2006 ELECTION RESULTS

### *President-Elect*

Steve Siconolfi, PhD  
Ithaca College

### *Secretary*

Kristie Abt, PhD  
University of Pittsburgh

### *Members-at-Large*

M. Allison Williams, PhD  
Grove City College

William Farquhar, PhD  
University of Delaware

## MARC 2007 CALL FOR ABSTRACTS

September 30, 2007 is the  
deadline to submit an  
abstract for the  
MARC 2007  
Annual Meeting.

## CONGRATULATIONS!

**Dr. Betsy Keller** from  
Ithaca College has been  
voted as the ACSM Re-  
gional Chapter trustee.

## MARC-ASCM Officers

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### **Website**

<http://www.marcacsm.org>

## MARC Past Presidents

2006 Matthew Kerner  
2005 Jill Kanaley  
2004 Shala Davis  
2003 Dan Drury  
2002 Brad Hatfield  
2001 Carlos Crespo  
2000 Ross Anderson  
1999 Betsy Keller  
1998 Sam Case  
1997 Michael Cox  
1996 Karen Mittleman  
1995 Thomas Doubt  
1994 W. Craig Stevens  
1993 M. Paternostro-Bayles  
1992 M. Paternostro-Bayles  
1991 Gary Sforzo  
1990 Tim McConnell  
1989 H. Robert Perez  
1988 Elsworth Buskirk  
1987 Robert Otto

## President's Column



Mark Sloniger

On behalf of the MARC Executive Board, I wish to thank you for your support of the 2006 MARC Annual Chapter Meeting in Harrisburg, PA. We feel that the meeting was a huge success, and based upon feedback received to this point you seem to agree. I wish to thank everyone that attended the meeting, as well as those individuals that served as presenters, moderators and committee members. Based on comments by individuals at the national level, we have a lot to be proud of and we are a very healthy chapter. I wanted to share this feedback with you, since it is the continued support of the membership that is responsible for our strength as a chapter.

The MARC Executive Board has been diligent in planning the 2007 MARC meeting. We have arranged an exciting slate of speakers to address a variety of contemporary sports medicine issues. As

usual, we are working to provide students and professionals with developmental and networking opportunities. The MARC Executive Board appreciated your patience as we navigated our way through the renovation of the Sheraton Harrisburg/Hershey meeting site. We realize that there were some growing pains associated with the renovations, but this was only a temporary inconvenience. I encourage you to make your reservations early next year, to be assured a room at the meeting location.

We wish to thank those individuals who have provided feedback regarding last years meeting and/or ideas for future meetings. We will continue as always to give strong consideration to these suggestions when planning for future MARC meetings. Speaking of the future, Executive Board members occasionally revisit the MARC strategic plan. We constantly try to envision the future of MARC, and as always, we are interested in your input. This is your chapter. I invite you to contact me with any ideas you might have regarding the future of our chapter.

With the meeting plans developing and major

chapter growth, we encourage everyone to participate in MARC. Listed below are some opportunities for you to participate in MARC:

*\*Submit an abstract for presentation at the fall meeting*

*\*Volunteer to serve as a moderator at fall meeting*  
(Contact: Dr. Mark Sloniger)

*\*Participate in the EXPO*  
(Contact: Dr. William Ryan)

*\*Volunteer for one of the numerous committees that have been developed to expand our regional chapter* (Contact: Dr. Mark Sloniger)

*\*Run for office on the MARC Executive Board* (Contact: Dr. Jill Kanaley)

*\*Sponsor a MARC research award or a meeting symposium* (Contact: Dr. Jill Kanaley).

To stay current on MARC activities, please visit [www.marcacsm.org](http://www.marcacsm.org). In addition, to keep our regional members in touch with each other we will be hosting our annual social at the national ACSM meeting in New Orleans, LA in May/June. Please look for details at the national meeting. I hope to see you there.

Mark Sloniger  
MARC-ACSM President  
2007

## Student Rep Column



**Kimberly Weary**

### ***Get Jazzed for ACSM!***

Get ready for another *jazzy* experience, this year's national ACSM conference will be held in New Orleans, Louisiana from May 30<sup>th</sup> through June 2<sup>nd</sup>. As students of the ACSM, we are fortunate to have the opportunity to meet and learn from some of the leading researchers and presenters in the field of sports medicine and exercise science. For example, this year's conference will feature a lecture delivered by Bruce Jenner, 1976 Olympic gold medal winner, titled "Finding the Champion Within". In addition, Ronald Davis, M.D., current President-elect to the American Medical Association, will deliver a lecture titled "Reforming Our Healthcare System: How Can We Cover Everyone and Keep Them Healthy?" These are only two of the featured lectures that you won't want to miss! The 2007 National conference

will be sure to carry on the tradition of presenting the very best in basic and applied sciences and clinical sports medicine.

**ATTENTION ALL STUDENTS:** If you are looking for a great way to network among the professionals and to search for new career opportunities, the national ACSM conference promises to offer several great opportunities for students to do just that. The student colloquium, "It's All in the Delivery: The Keys to Presenting Yourself Well in Professional, Scientific, and Interview Settings," will offer great advice from renowned professionals such as Ro Di-Brezzo, Barry Franklin, and Ed Zambraski. This event will take place on Wednesday, May 30<sup>th</sup> from 5:30 – 7:00 p.m. In addition to the student colloquium, we will also have the opportunity to attend the "Meet the Expert Networking Session" which will be held on Friday, June 1<sup>st</sup>, from 11:45 – 12:45 p.m. Come to this session prepared to ask the experts about your education, work, career, or professional path with ACSM. Don't forget to sign-up for this session at the "Student Help Desk". You **MUST** have a ticket for admittance to attend this complimentary event (free

lunch provided)!

In addition to all the great networking sessions, students will also have the opportunity to enhance their resume writing skills and to search for new careers while at the national conference. Submit your resume at the ACSM Member Service Center during the meeting to receive helpful critiques. Also, stop by the On-site Job Board Exhibit to check out new job announcements or search through the ACSM Online Job Center for jobs, assistantships, and internships by topic or location.

Furthermore, don't forget to check the final program for more information on the MARC Social and Gisolfi 5K Fun Run! These gatherings will give us a chance to socialize with fellow students and colleagues from the Mid-Atlantic region. These relaxed settings make it conducive to meet faculty members or current graduate students from various universities and can act as a great networking opportunity!

Lastly, I am sad to report that this is my last conference as your MARC Student Representative. Although my term has ended, I look forward to attending and actively participating in all that the MARC-ACSM

has to offer. I would like to thank the entire MARC-ACSM organization and its members for affording me numerous opportunities and experiences to grow professionally and personally over the past two years. It was a pleasure to serve as your Student Representative and I look forward to seeing you at many conferences to come!

It is now my pleasure to introduce you to your newest Student Representative, Michael Holmstrup. Michael Holmstrup is a student in the Human Performance Laboratory at Syracuse University,

currently pursuing his Ph.D. in Science Education with a concentration in Exercise Science. His research interests lie in fine-tuning the quantification of energy intake and energy expenditure in order to better understand the complex interactions between meal frequency, exercise and body composition in healthy humans. He hopes these studies will lead to the development of achievable nutritional and exercise guidelines to combat the growing obesity epidemic. Michael is also interested in the use of inquiry-based methods in

the teaching of exercise physiology laboratory sections.

Michael attended the MARC conference as both an undergraduate and master's student at East Stroudsburg University, where he became interested in student research and furthering his graduate studies. Michael is looking forward to taking an active role in the MARC chapter as the Student Representative!

Welcome Michael!

## **MARC Student Representatives Where are they NOW?**

### **Donna Korzick, PhD, FACSM**

Penn State University  
Associate Professor of Physiology and Kinesiology

### **John Jakicic, PhD, FACSM**

University of Pittsburgh  
Associate Professor & Chair of the Department of Physical Activity and Health

### **William Farquhar, PhD, FACSM**

University of Delaware  
Assistant Professor, Department of Health, Nutrition, and Exercise Sciences

### **Kristen Lagally, PhD, FACSM**

Illinois State University  
Associate Professor, School of Kinesiology and Recreation

**Mid-Atlantic Regional Chapter  
American College of Sports Medicine  
Congratulates the 2006 Award Winners**

**MARC President's Award**  
**Stella Goulopoulou**  
Syracuse University



**MARC Graduate  
Student Investigator Award**  
**Sara Fleet**  
University of Pittsburgh

**MARC Undergraduate Student  
Investigator Award**  
**Jennifer Basich**  
Slippery Rock University



# 2006 MARC CONFERENCE HIGHLIGHTS



**Lively and interesting Keynote Speaker, Brian Wansink, PhD**



**The Kerner family accepts the 2006 Service Award in honor of Dr. Matthew Kerner**

## Students and Faculty Network at the Social



# EDINBORO UNIVERSITY

## Profile of the Department of Health and Physical Education

Located in a resort community in northwestern Pennsylvania, Edinboro University is situated on a 585-acre campus, with additional branch campuses in Erie and Meadville. Edinboro is one of the 14 universities in Pennsylvania's State System of Higher Education, and boasts 150 years of commitment to academic excellence and a variety of cultural, social, and recreational activities. The University's 404 full- and part-time faculty serve approximately 7,600 undergraduate and graduate students, with an 18-to-1 student-faculty ratio. Edinboro University offers majors in 100 different degree programs and 57 minors programs.

Athletic opportunities at Edinboro include 14 intercollegiate sports: men's basketball, cross country, football, swimming, track, and wrestling; women's basketball, cross country, soccer, softball, swimming, track, indoor track and volleyball. The Fighting Scots compete in the Pennsylvania State Athletic Conference and the National Collegiate Athletic Association, Divisions I and II.

Within the School of Education, the Health and Physical Education Department offers undergraduate work leading to the Bachelor of Science in Health and Physical Education with a concentration in teacher certification, health promotion, recreation administration, or sport administration.

The **Teacher Certification Track** enables students to take the certification examination to teach health and physical education in grades K-12. The program consists of a low student-faculty ratio to foster student-faculty relationships, individual assistance, and personalized learning. In addition to this personalized attention, students will experience numerous opportunities to plan and teach lessons, improve motor skills, and to gather valuable teaching materials. Students will experience realistic teaching situations during the junior and senior years prior to placement in the public schools as part of regular coursework.

The **Health Promotion Track** prepares students to compete for the

increasing number of employment opportunities in the areas of health promotion and disease prevention. This inter-disciplinary degree combines coursework from the areas of health education, exercise science, communication, philosophy, and psychology, as well as electives from areas of special interest. A full semester internship serves as the capstone course for the health promotion track providing students with valuable experience in settings such as state and local health departments, corporate wellness programs, public health agencies, hospitals and HMOs, and health clubs. After completion of the track, graduates are eligible to take the National Health Education Specialist (NHES) examination from the National Commission for Health Education Credentialing (NCHEC).

The **Recreation Administration Track** is designed to prepare students who hold a strong desire to gain the necessary skills and experience to enter the recreation profession. The track will focus on such disciplines as lead-



(Continued from page 8)

ership theory, personnel management, law and liability, program implementation, and recreational facility design. Upon satisfactory completion of the required coursework, students will be granted a Bachelor of Science in Health and Physical Education with a concentration in recreation administration. This particular degree will qualify students for employment in such areas as: municipal recreation, collegiate recreation, corporate recreation, and private recreation. Also, upon completion of this degree graduates will be eligible to take the Recreational Sports Specialist Certification (RSSC) exam given by the National Intramural and Recreational Sports Association (NIRSA).

The **Sport Administration Track** is designed to provide students with the necessary skills to become successful managers in sport-related agencies. The sport management program combines coursework from the disciplines of physical education, communication, and journalism. Examples of sport management employment opportunities include interscholastic and intercollegiate athletics, facility management, minor and professional sport teams, sport clubs, and the

physical fitness industry.

Edinboro University of Pennsylvania will soon be adding a new program of study, the **Human Performance Track**, to the department's available concentrations. Undergraduate work in this program will lead to a Bachelor of Science degree in Health and Physical Education. The human performance track is a sport and exercise science program which will offer training in many areas including, but not limited to, personal training, hospital fitness, corporate fitness, and exercise science. The program will also prepare students to pursue advanced degrees—such as exercise physiology—through facilitating students' development of research and clinical skills.

**For more information** about the department, faculty, and academic programs at Edinboro University of Pennsylvania, visit us on the web at <http://webs.edinboro.edu/departments/hpe.asp>, or contact the Department of Health and Physical Education at (814) 732-2502.



## YOUR VOTE COUNTS!

The MARC Executive committee is proposing changes to the Operations Code for the Research Committee. MARC members will be notified by email from the National ACSM office and voting will take place online. If you have questions, please contact Dr. Craig Stevens.

### Summary of Changes:

- 1) Increase the amount of the graduate student investigator award from \$300 to \$500
- 2) For the undergraduate student award, designate \$250 and name the award the Dr. Matthew Kerner Undergraduate Award. (Currently there is no monetary award).
- 3) Include information regarding the Student Research Grant Award and the President's Award.

See you at ACSM's  
54th Annual Meeting  
in New Orleans  
May 30-June 2, 2007

Please join us at  
the MARC  
social!