



Mid-Atlantic Regional Chapter News

A Publication of the MARC-ACSM Vol. 21 No. 2 September 2007

ACSM Mid-Atlantic Regional Chapter 30th Annual Meeting

November 2-3, 2007

Sheraton Harrisburg-Hershey, Harrisburg, PA

IMPORTANT MEETING INFORMATION

Registration Forms

Registration forms are available on the MARC website at www.marcacsm.org. You may also register on-site at a slightly higher rate.

Call for Abstracts

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

Tentative Program

For tentative program information see page 5.

Lodging

The conference will again be held at the Sheraton Hotel. When making reservations, call 717-564-5511 and be sure to mention that you are attending the MARC meeting. *Remember to reserve early because only a limited number of rooms are held at the conference rate.*



2007 Service Award Recipient Dr. Jill Kanaley



We are very pleased to present the MARC Service Award for 2007 to Dr. Jill Kanaley, Associate Professor in the Department of Exercise Science at Syracuse University. This award is presented to an individual for his or her history of outstanding service and dedication.

Dr. Kanaley has served on the MARC Executive Board as a Member-At-Large, and is currently completing her tenure as President-Elect/President/Past-President. She has provided exceptional and ongoing service to MARC and its constituents, to further the mission of the organization and enhance the experiences of MARC mem-

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Past Presidents of MARC

2006 Matthew Kerner/Jill
Kanaley
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

The 30th Annual ACSM Mid-Atlantic Regional Chapter Meeting will be held on November 2-3rd at the Sheraton Harrisburg-Hershey Hotel in Harrisburg, PA. The MARC Executive Board has arranged an exciting slate of speakers to address a variety of contemporary sports medicine issues. Session topics will include Pain and Exercise, Exercise and Cardiac Protection, Functional Training, Pediatric Exercise Physiology, Diabetes and Exercise, Occupational Exercise Physiology, Periodization, Exercise Nutrition, and Fitness Management and much more. As usual, we will hold the ever popular EXPO/Social immediately following the keynote address. This featured session has become one of the highlights of the meeting, as it serves as a point of interaction for attendees, vendors, academic institutions, and internship sites. The Sheraton Harrisburg-Hershey Hotel will once

again serve as our meeting location and I encourage you to please reserve your rooms early. As you plan your trip to the MARC meeting, you may want to extend your stay and include a visit to one of these nearby attractions: Hershey Chocolate World, Hershey Park, National Civil War Museum, Lancaster Amish Country, Antique Auto Museum, or Stasburg Railroad.

Once again, I encourage you to become an active member of MARC. Opportunities for you to participate include:

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

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

**Participate in the EXPO (Contact: Dr. William Ryan or Dr. Allison Williams)*

**Sponsor a MARC research award or a meeting symposium (Contact: Dr. Mark Sloniger)*

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

Speaking of service to the regional chapter, the MARC Executive Board is pleased to announce that Dr. Craig Stevens has agreed to continue his service to the chapter as Executive Director. Prior to serving on the Executive Board, I did not possess a true appreciation of the role that the Executive Director plays in maintaining the health of the chapter. Much of what the Executive Director does on a regular basis goes unnoticed. The Executive Board wishes to thank Dr. Stevens for his invaluable service to MARC. Keep up the great work Dr. Stevens!

To stay current on MARC activities, please visit www.marcaacsm.org. I hope to see you at the regional meeting in November.

Mark Sloniger
MARC-ACSM President

MARK YOUR CALENDAR FOR 2008

The American College of Sports Medicine presents:

The 12th Health & Fitness Summit & Exposition
March 24-27, 2008
Long Beach, California

The Annual Meeting
May 28-31, 2008
Indianapolis, Indiana

Student Representative



Michael Holmstrup

Greetings fellow students!

This is your new Student Representative, Michael Holmstrup from the Department of Exercise Science at Syracuse University. I want to start off by thanking Kim Weary and Summer Cook for helping to ease my transition into this new position. I am very excited for the opportunity to give back to an organization that has meant so much to me over the last few years, the MARC ACSM! I will try my best to be the voice of the MARC student, so feel free to contact me at meholmst@syr.edu with any questions, comments, or concerns that I can bring to committee meetings.

In my few years participating in MARC events, I have always been amazed at the quality and variety of clinical, research, and professional development sessions offered. There is no better way to gain access to these experiences than to

join us at our 30th annual conference. This fall, we will convene at the Sheraton Harrisburg-Hershey Hotel in Harrisburg, Pennsylvania, on November 2nd and 3rd.

Building upon the success of previous meetings, we will once again provide an itinerary that can meet the needs of both the ambitious undergraduate or graduate student and the sports medicine professional. **Do not miss** our Keynote Address, delivered by Wayne Westcott Ph.D., a leading researcher in the field of Strength Training. Learn about cutting edge research at this year's seminar sessions, which will cover such varied topics as Self-Esteem and Physical Activity, Evidence Based Practice for Athletic Injuries, Cardiac Protection and Pediatric Exercise Physiology, just to name a few. Take advantage of the opportunity to experience hands-on demonstrations of Yoga and Functional Exercise Training. Don't forget to bring your workout gear!

Students are a main focus of the MARC conference, and they can become the center of attention by participating in our Free Communication and Poster Presentation sessions. If you plan on presenting any

original research this fall, don't forget that you may be eligible for one of our Student Research Awards, and make sure to submit your abstracts by September 30, 2007. Drop in on our dynamic and informative "Student Session" which will help to answer many of your questions related to sports medicine research, professionalism in the sciences, and student leadership. Also, spend some time meeting prospective employers and representatives from graduate programs, all while developing valuable networking skills.

Don't think for a moment that this conference will be all work and no play. The MARC annual conference is the perfect opportunity to make new friends and catch up with old ones. Unwind and dance the night away at our EXPO/Social on Friday night. Enter for the chance to win awesome prizes in our Student Raffle. Relax and enjoy the Sheraton Harrisburg-Hershey's beautiful indoor pool, exercise room, and hot tub after a long day at the conference. There is truly something for *everyone*. Visit us at www.marcacsm.org to find out more about the conference, our regional chapter, and ACSM certifications, but whatever you do, make sure that you 'Hit the MARC' this November!

MARC-ACSM 30TH ANNUAL MEETING - TENTATIVE PROGRAM

Friday, November 2, 2007

Morning Sessions

Clinical Symposium: An Update on Concussions

Margot Putukian, MD
Mark Lovell, PhD

Exercise and Diabetes Symposium

Jill Kanaley, PhD
Tracy Baynard, PhD
Timothy Fairchild, PhD

Functional Training, Foam Rolling, and Injury Prevention

Tanya L. Colucci, MS

Afternoon Sessions

Biomechanics Symposium

James Abbas, PhD
Rachel E. Cowan, MS

Physical Activity and Self-Esteem: Past, Present and Future Considerations

Jason P. Willow, PhD

ACSM Certifications

Hope Wood, MA

Afternoon Sessions (cont.)

Pediatric Exercise Science Symposium

Sofiya Alhassan, PhD
Betsy Keller, PhD

Using Clinical Trials and Biomechanics to Advance Evidence Based Practice of Posterior Tibial Tendon Dysfunction

Jeff Houck, PhD, PT

Nutrition and Disease Prevention

Janet Walberg-Rankin, PhD

Fitness Management Symposium

Thomas W. Dillenburg, MA
Leslie Stenger, MS

Keynote

The Role of Strength Exercise in Weight Loss, Wellness and Chronic Disease Prevention

Wayne Westcott, PhD

MARC SOCIAL AND EXPO

Saturday, November 3, 2007

Morning Sessions

Overview of CAAHEP Accreditation for Academic Programs

Shala Davis, PhD

Firefighter Fitness: Are We Answering the Call?

Denise L. Smith, PhD
Frank Micale, PhD

Arterial Stiffness: Implications for Cardiovascular Risk and Rehabilitation

David Edwards, PhD

Exercise, Pain and the Brain

Dane B. Cook, PhD
Aaron Stegner, PhD

Communicating Like a Professional

Adam D. Roth, PhD

Morning Sessions (cont.)

Using Sport Science to Improve Performance

Gregory H. Haff, PhD
Andrew Bosak, PhD

Leader of the Pack: Developing Student Leadership Qualities

Michael Holmstrup, MS

"IRB" is Not a Four Letter Word: Tips for Successful Human Subjects Protection Approval

Vernon Jimmerson, PhD

Exercise and Cardiac Protection

Joseph Starnes, PhD
Joseph Libonati, PhD
Shanon Lennon-Edwards, PhD

MARC LUNCHEON AND AWARDS CEREMONY

2007 MARC EXECUTIVE COMMITTEE CANDIDATES

PRESIDENT-ELECT (3-year term)

Jim Roberts, PhD

Dr. Jim Roberts is currently an Assistant Professor and Human Performance Laboratory Director at Edinboro University of PA. His main research interests include distance running and body composition. He received his B.S. Ed. with a concentration in Health and Physical Education from Edinboro University, an M.B.A from Gannon University, and his Ph.D. in Exercise Physiology from the University of Pittsburgh. He has worked in the hospital setting, public school settings as a teacher and coach, as well as the university setting.

Dr. Roberts formed the Edinboro University Exercise Science Club and is currently working on a new Human Performance Track for Edinboro's undergraduate program. He has been professionally involved in AAHPERD as NASPE's Exercise Physiology Academy chair, PSAHPERD as VP for DMA, and has served on many other professional committees.

Dr. Roberts has been involved in the MARC Chapter of the ACSM in many capacities including:

member-at-large, moderator, awards committee member and chair, webmaster and presenter. In addition, he has been active in the ACSM Endurance Medicine Special Interest Group and is currently serving National ACSM on the membership committee.

Dr. Roberts enthusiastically looks forward to the opportunity to serve the MARC Chapter membership of ACSM as President-elect.

VICE-PRESIDENT (2-year term)

William Ryan, PhD

Bill is currently an associate professor of exercise science in the Department of Exercise and Rehabilitative Sciences at Slippery Rock University of Pennsylvania where he has been a faculty member for the past six years. He currently teaches courses in exercise physiology, clinical exercise physiology, and exercise prescription. His research interests include the development of instruments for evaluating body satisfaction/dissatisfaction and assessment of college student health-related attitudes, beliefs and behav-

iors. A registered nurse with a Ph.D. in Exercise Physiology, Bill is ACSM certified as an Exercise Specialist, Program Director, and Registered Clinical Exercise Physiologist. Bill along with several other SRU exercise science faculty regularly bring a large cohort (60 something last year) of undergraduate students to the conference. He is a firm believer that the MARC-ACSM conference is an excellent opportunity for undergraduate students to network with peers and professionals and to develop their professional and career goals.

Bill is running for the Vice President position after attending MARC-ACSM meetings regularly since 2000 and serving as a member-at-large for the past two years. In this position Bill was responsible (along with the co-member-at-large) for coordinating and running the expo at the annual meeting. He has also served as a moderator for several research sessions over the past few years. He believes that his experience with MARC-ACSM for the past several years has provided him the insight and experience to serve as vice president and

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both appreciates the opportunity to run for this office and looks forward to continued service with the organization.

MEMBER-AT-LARGE
(2-year term)
(Vote for 2 people)

Andy Bosak, PhD

Currently, Dr. Andy Bosak is an Exercise Science Associate Professor, Lab Director, and Program Coordinator at West Virginia Wesleyan College (WVWC). He holds both the ACSM-HFI and NSCA-CSCS certifications and is a member of the ACSM (since 2004), MARC-ACSM (since 2006), SEACSM (since 2000), and NSCA (since 2005). His research interests include recovery in sports and occupational performance, alterations in testing protocols, clinical exercise physiology disorders, and physiological changes in athletes during seasonal play.

Dr. Bosak began his affiliation with the ACSM starting in 2000 with his membership in the SEACSM chapter. While in the southeast, he completed his undergraduate and graduate studies in Exercise Science at Western Kentucky University (WKU) and obtained his doctorate

in Human Performance from the University of Alabama (UA). Since leaving UA, Dr. Bosak has been an Exercise Science Assistant Professor at Georgia Southwestern State University (GSW), WKU, and Gannon University (GU). Also, since 2001, Dr. Bosak has been a program coordinator (at GSW), lab director (at UA, GSW, and GU), served on multiple committees (ie. Academic Affairs, HSRB/IRB, Student Research, etc.), presented research at numerous exercise science conferences (including MARC), and was a consultant or coach to various athletic teams.

If elected as a Member-At-Large for the MARC Board, Dr. Bosak would be committed to further promoting the MARC mission by providing continued support for MARC student research and presentations, by attempting to increase future conference involvement of more MARC region universities/colleges and their respective faculty, by trying to increase networking opportunities between MARC and Mid-Atlantic regional businesses (ie. sport teams and performance centers, hospitals, fitness centers, etc.), and by endorsing and encouraging the continued exchange of

diverse information and opinions regarding applied and scientific research at future MARC and ACSM conferences.

Gene Hong, MD

Gene is an academic primary care sports medicine physician in Philadelphia, and the chair of the Department of Family, Community and Preventive Medicine at the Drexel University College of Medicine. He is the team physician for two NCAA Division I colleges and one high school in the area. As medical school faculty, he helps train medical students, residents and fellows and directs the primary care sports medicine fellowship. Outside of the College of Medicine, he serves on the board of the Arthritis Foundation Eastern Pennsylvania Chapter, and chairs their committee on Medical Advisory and Professional Education Committee. He serves on and helps run committees in two national physician organizations – one in academic family medicine (STFM) and one in primary care sports medicine (AMSSM).

The American College of Sports Medicine is the premier multi-disciplinary professional organization for all things related to the

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“medicine and science in sports and exercise” and it is his pleasure and privilege to be a member of this organization. The main reason he is running for a position on the MARC executive committee is to help promote multi-disciplinary involvement in the chapter, and specifically to help increase the participation of physicians, medical students, and medically related professionals at the chapter and national levels. Gene feels strongly that the collaboration between members of *all* disciplines is key to the success of the national organization, and this can and should be reflected in the regional chapters. Collaboration is critical to advancing the science and improving the care of our patients, clients, and communities.

Gene is privileged to be considered for the position of MARC member-at-large.

Scott Kieffer, PhD

Scott Kieffer earned his B.S. in Physical Education and Biology from Davis Elkins College in Elkins, WV, his MS in Exercise Physiology from Kearney State College and his Doctorate of Education from the University of South Dakota in 1998. He is a certified ACSM Exercise

Test Technologist and is currently an Associate Professor of Exercise Science at Messiah College. Prior to taking the position at Messiah College, he taught at University of Sioux Falls and developed the exercise science major and established the schools Human Performance Lab. During his tenure in South Dakota, Scott was actively involved with the Northland Chapter of ACSM and served as the South Dakota State Representative. Scott is a champion of undergraduate research and has been conducting research with undergraduate students since 1992. Many of his students have presented at regional and national ACSM conventions and have continued on for graduate training in the fields of exercise physiology or physical therapy. His efforts in the classroom and student research mentoring have been recognized as he has received the Outstanding Teaching Award at both the University of Sioux Falls (1997) and Messiah College (2004). Scott currently serves in many different leadership/volunteer roles. He currently volunteers for the MARC-ACSM Research Awards Commit-

tee, serves as of the Messiah College Faculty Chair and he helps organize the Messiah College School of Health and Natural Science Research Symposium. In the past, he has served on a number of state boards of South Dakota and Pennsylvania AHPERD, as an adjunct lecturer for the South Dakota Sports Medicine Residency Program, and a volunteer for Special Olympics.

Scott appreciates the opportunity to run for office and looks forward to serving the MARC membership.

Christine Nabinger, MS

Christine Nabinger's education has included a M.S. from Ithaca College (2006) in Exercise Science and a B.S. from State University of New York College at Cortland in Education (1988) and a B.S. in Exercise Science (2004). In addition to her formal education, Christine brings a diverse skill set to the table with work experiences that include 14 years of accounting and tax preparation, software support and training, as well as teaching and curriculum development. She completed her master's degree in exercise science a little over a year ago and is currently employed as a research study

EAST STROUDSBURG UNIVERSITY

Profile of the Master's Degree Programs

MS Exercise Science

East Stroudsburg University offers a MS in Exercise Science consisting of a minimum 33-credit thesis program structured to provide students with advanced study across specialized disciplines such as Exercise Physiology, Biomechanics and Sport Psychology.

In the Exercise Science Department, graduate students experience the Exercise Science sub-disciplines of Exercise Physiology and Biomechanics within our excellent facilities at East Stroudsburg University. Students will be involved in the design, implementation and evaluation of research within the field of Exercise Science, culminating in a written thesis that is subjected to a faculty review. Certification by the National Institutes of Health on completion of the course 'Human Participants Protection Education for Research Teams' will be required of all students within this program.

Opportunities to gain experience in a work environment exist through the internships offered as part of

the Masters Degree in Exercise Science.

Graduation from this program will provide the student with the professional preparation for credentialing from organizations including the American College of Sports Medicine (ACSM) and the National Strength and Conditioning Association (NSCA), and/or to pursue more advanced study (doctoral degree) or a career in exercise science research.

Graduate Assistantships are offered to students enrolled in the Masters degree in Exercise Science.



MS Exercise Science Program Objectives

1. *Graduates will be able to access and critically evaluate literature for their continued professional development.*
2. *Graduates will be able to demonstrate independent research skills*
3. *Graduates will demonstrate an in-depth knowledge within an area of Exercise Science.*

MS Exercise Science Career Outlook

The following reflect some of the career choices made by East Stroudsburg University Exercise Science graduates:

- Advanced Degree Education
- University/College Professor
- Strength and Conditioning Coach
- Pharmaceutical Sales Representative
- Research Associate
- Advanced Medical Education
- Exercise Professional

EAST STROUDSBURG UNIVERSITY

Profile of the Master's Degree Programs (cont.)

MS Clinical Exercise Physiology

East Stroudsburg University, in affiliation with eight area medical centers, offers a graduate program in Clinical Exercise Physiology with a commitment to excellence and high standards. The MS in Clinical Exercise Physiology consists of a minimum 45-credit curriculum that can be completed in one calendar year. The CAAHEP accredited Clinical Exercise Physiology program provides classroom and laboratory experiences that take full advantage of current knowledge and trends in rehabilitation of populations with cardiac, pulmonary and metabolic disorders through assessment and exercise programming. Laboratory experiences take place within our excellent facilities at ESU. In addition to the classroom and laboratory studies provided on-campus, students experience applied aspects of cardiac, pulmonary and metabolic rehabilitation through clinical rotations at various area medical cen-

ters. The American College of Sports Medicine Exercise Specialist certification and/or registry of Clinical Exercise Physiology, as well as the American Heart Association Basic Cardiac Life Support and Advanced Cardiac Life Support Certification opportunities are offered.

Graduate Assistantships are offered to students enrolled in the Masters degree in Clinical Exercise Physiology.

MS Clinical Exercise Physiology Program Objectives

1. *To prepare students to be competent in the knowledge, skills and abilities of an entry-level Clinical Exercise Physiologist.*
2. *To prepare students to promote physical activity across chronic disease populations.*
3. *To prepare students to use the professional organizations and scientific literature to enhance their professional growth.*

MS Clinical Exercise Physiology Career Outlook

The following reflect some of the career choices made by East Stroudsburg University Clinical Exercise Physiology graduates:

- Clinical Exercise Physiologist
- Aerospace Physiologist
- Director of Cardiac Rehabilitation/Services
- Director of Pulmonary Rehabilitation/Services
- Extracorporeal Technologist
- Advanced Degree Education (Ph.D., DPE)
- Advanced Medical Education (RN, PA, PT, MD)
- University/College Professor
- Pharmaceutical Sales Representative
- Cardiovascular/Pharmaceutical Researcher
- Diagnostic Stress Test Administrator
- Director of Radionu-



The MARC Executive committee is proposing changes to the Operations Code for the Research Committee. Please review the proposed Operations Code. Contact Dr. Craig Stevens with any questions. Voting will take place online and members will be notified by email from the National ACSM office.

**MID-ATLANTIC REGIONAL CHAPTER AMERICAN COLLEGE OF SPORTS MEDICINE
RESEARCH COMMITTEE OPERATIONS CODE (Proposed for 2007)**

Purpose and Structure

I. The Research Committee is a standing committee of the Mid-Atlantic Regional Chapter (MARC) of ACSM. The Research Committee is responsible for the determination and presentation of four awards including: (1) the Matthew Kerner Undergraduate Student Investigator Award; (2) the Graduate Student Investigator Award; (3) the Student Research Grant Award; and (4) the President's Award. These awards are competed for and presented at the annual meeting. There may be one award winner in each category. The committee is not required to bestow each award every year and reserves the right to forgo conferring an award.

II. The current Member-At-Large shall serve as committee chairperson. The incoming Member-At-Large shall serve as co-chairperson. They shall report to the Executive Committee and the President of MARC.

III. Additional members of the committee shall be appointed by the Chair of the Research Committee on an ad hoc basis. Committee members must be current MARC members and shall serve a term of a maximum of three years. Members may not serve two consecutive terms. There shall be no fewer than 8 committee members.

Awards: Purpose and Evaluation Process

I. Matthew Kerner Undergraduate Student Investigator Award

- A. The purpose of the Matthew Kerner Undergraduate Student Investigator Award is to recognize and support outstanding research by undergraduate students.
- B. All undergraduate students who present an abstract for a Free Communications (Slide) presentation at the MARC Regional Chapter Meeting shall be eligible for this award.
- C. The Award is based on the abstract and presentation. The abstract and presentation shall be evaluated based on a pre-determined scoring rubric. This scoring rubric shall be made public.
- D. There may be only one winner each year. The winner of the Matthew Kerner Undergraduate Student Investigator Award shall receive the award at the MARC annual meeting.
- E. The winner shall receive \$250 and a letter from the Chair of the Research Committee congratulating him/her. The winner's advisor, department chair, and/or dean shall receive copies of this letter.

II. Graduate Student Investigator

- A. The purpose of the Graduate Student Investigator Award is to recognize and support outstanding research by graduate students.
- B. All graduate students who present an abstract for a Free Communications (Slide) presentation at the MARC Regional Chapter Meeting shall be eligible for this award.
- C. The Award is based on the abstract and presentation. The abstract and presentation shall be evaluated based on a pre-determined scoring rubric. This scoring rubric shall be made public.
- D. There may be only one winner each year. The winner of the Graduate Student Investigator Award shall receive the award at the MARC annual meeting.
- E. The winner shall receive \$500 and a letter from the Chair of the Research Committee congratulating him/her. The winner's advisor, department chair, and/or dean shall receive copies of this letter.

III. Student Research Grant Award

- A. The purpose of the Student Research Grant Award is to recognize and support an outstanding research proposal.
- B. The Student Research Grant Award is based on a research grant proposal. The proposal shall be evaluated based on specific criteria. The criteria shall be made public.
- C. There may be only one winner each year. The winner of the Student Research Award shall receive the award at the MARC annual meeting.
- D. The winner shall receive \$500 to be used for any aspect of the student's research, but may not be used for indirect costs or travel to attend a professional meeting or a training/certification course. The winner shall also receive a letter from the Chair of the Research Committee congratulating him/her. The winner's advisor, department chair, and/or dean shall receive copies of this letter.

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IV. The President's Award

- A. The purpose of the President's Award is to recognize outstanding doctoral students in exercise and sports science within MARC.
- B. The determination of the winner of the President's Award is based on five criteria including: (1) professional presentations; (2) committee work; (3) publications; (4) a curriculum vitae; and (5) a letter of recommendation.
- C. The student's academic advisor or associated faculty member must nominate the student for this award and provide a written recommendation.
- D. A copy of the student's curriculum vitae must accompany this letter of recommendation.
- E. There may be only one winner each year. The winner of the President's Award shall receive the award at the MARC annual meeting.
- F. The winner shall receive a plaque and \$500 to be used to defray costs to the national meeting or for research expenses. The winner shall also receive a letter from the Chair of the Research Committee Congratulating him/her. The winner's advisor, department chair, and/or dean shall receive copies of this letter.

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coordinator at the University of Rochester Medical Center in Rochester, NY. She is a freelance personal trainer as well as a strength and conditioning coach for youth athletic teams in the Rochester area and teaches community programs, offered through the Honeoye Falls Central School district, in strength training and behavior change.

As part of her graduate studies, she also completed a thesis project entitled, "The effects of the menstrual cycle on strength and power in female athletes" and presented the results at the both the 2006 Annual meeting of MARC and at the ACSM National meeting in New Orleans.

Her graduate studies also included service as a strength and conditioning coach as well as a teaching assistant. Through these experiences she discovered her ability to relate to and

guide students in their educational and professional endeavors. Christine views her service as a member-at-large as the ideal way to continue to aid students in their development and assist MARC in accomplishing its mission.

**PLEASE CAST
YOUR VOTE
FOR EXECUTIVE
COMMITTEE
CANDIDATES!**

**Voting will take
place online and
members will be
notified by email
from the
National ACSM
office.**

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bers. In March of 2006, our chapter was suddenly and unexpectedly left with a vacancy at the position of President due to the untimely death of Dr. Matthew Kerner. As Past-President, Dr. Kanaley did not hesitate to offer her assistance to the chapter in this time of need. She volunteered to take on the duties of the President as well as continuing to fulfill her responsibilities as Past-President. Not only did Dr. Kanaley take on the responsibilities of two Executive Board positions simultaneously, but she also held the position of Past-President for an additional year. Her efforts have gone beyond that which is typically required of the MARC President.

We are fortunate to have Dr. Kanaley give so willingly of her time. Her efforts in this regard have contributed significantly to the strength and continued growth of our chapter.