

# Mid-Atlantic Regional Chapter News

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## ACSM Mid-Atlantic Regional Chapter 31<sup>st</sup> Annual Meeting

**November 7-8, 2008**

**Sheraton- Harrisburg-Hershey, Harrisburg, PA**

4650 Lindle Road – Harrisburg, PA 17111

Phone: (717) 564-5511

<http://www.starwoodhotels.com/sheraton/property/overview/contact.html?propertyID=1995>

**“MARC” your calendars now for this year’s annual meeting!**

### **Tentative Program Highlights at a Glance**

**Keynote speaker: Dr. Steven Blair**

Female Athlete Triad Symposium

Behavior Modification for Weight Loss

Functional Training Symposium

Balancing Work and Family Responsibilities for Busy Professionals

Anabolic Steroids and Other Ergogenic Aids

and much more....

### **MARC 2007 Election Results**

**President-Elect: Jim Roberts, Ph.D., Edinboro University**

**Vice President: Bill Ryan, Ph.D., Slippery Rock University**

**Member-at-large: H. Scott Kieffer, Ed.D., Messiah College**

**Member-at-large: Andy Bosak, Ph.D.**

## MARC-ACSM Officers

**President: Steve Siconolfi, Ph.D.**

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**Past President: Mark Sloniger, Ph.D., FACSM**

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**Secretary/Treasurer: Kristi Abt, Ph.D.**

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**2<sup>nd</sup> Year Member-at-large: William Farquhar, Ph.D., FACSM**

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**1<sup>st</sup> Year Member-at-large: H. Scott Kieffer, Ed.D.**

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**1<sup>st</sup> Year Member-at-large: Andy Bosak, Ph.D.**

Moving to a new position this summer: updated contact info in next newsletter

**Student Representative: Michael E. Holmstrup, M.S.**

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**Executive Director: W. Craig Stevens, Ph.D., FACSM**

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## **How to Contact MARC-ACSM**

### **US Mail**

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### **Fed. Ex. Or UPS**

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### **Website**

<http://www.marcacsm.org>

## **Past Presidents of MARC-ACSM**

2007	Mark Sloniger
2006	Matthew Kerner
2005	Jill Kanaley
2004	Shala Davis
2003	Dan Drury
2002	Brad Hatfield
2001	Carlos Crespo
2002	Ross Anderson
2003	Betsy Keller
2004	Sam Case
2005	Michael Cox
2006	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

# Student Rep Column



**Michael Holmstrup**

Hello again everyone. I have just returned from ACSM's 55<sup>th</sup> Annual Meeting in Indianapolis, and must say that I had a blast! The meeting was very well-attended and informative. There were so many excellent keynote presentations, varied topics for symposium and poster sessions, and networking opportunities that it was difficult to schedule out all of the things to do for the week! On top of the busy meeting schedule, Indianapolis proved to be a really fun place with tons of things to see and experience, which only made my schedule even more jam-packed. In case you have never attended an ACSM Annual Meeting, I highly recommend making the trip to Seattle next year (that means all of you undergrad and grad students had better start saving up your pennies)!

Returning from the Annual Meeting usually means one thing... planning for our own MARC Annual Meeting on November 7<sup>th</sup> and 8<sup>th</sup> is in full swing! For starters, I will be presenting on 'Careers in Exercise Science' at our student symposium for all of those folks out there who love Sports Medicine and Exercise Science, but question what to do when they receive their degrees and have to face the 'real world'. If the session is anything like last year's, it should prove to be a good learning experience for all involved.

Also, it is time for your voice to be heard loud and clear across the Mid-Atlantic region! This November, at our yearly meeting, we will be instituting a brand new committee designed to bring all of the undergrad and grad students of the region together into a strong, unified team. We plan to organize this group during the 3:30 'snack break' on Friday, November 7<sup>th</sup> and follow up with a more formal meeting following the ever-popular MARC Social later that evening. I will send out more details on this great opportunity as we get closer to November.

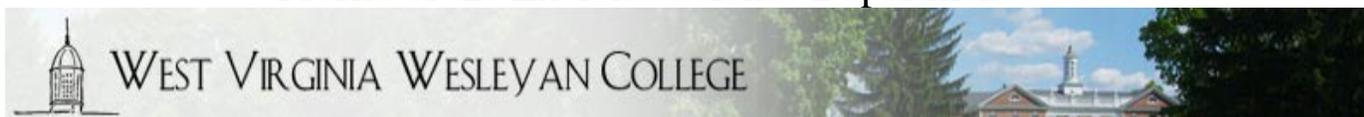
Speaking of the MARC Social, this year will kick off the start of the MARC College Bowl tournament. We have 8 prominent schools from our region competing in this 'Jeopardy-style' game, and it should prove to be highly entertaining. Make sure to be there to watch West Chester, Bloomsburg, Pittsburgh, East Stroudsburg, Syracuse, Cabrini, Salisbury, and Slippery Rock battle it out for the First MARC College Bowl Title.

As you can see, we have some really great ideas lined up for November... but as always, the success of these events will all depend on you! I can't wait to see you at the Sheraton Harrisburg/Hershey this November. Once again, let's all work to continue making the Mid-Atlantic Chapter and Meeting the very best.

**Editors Note: Our past student rep, Kimberly Weary, Ph.D., is now an Assistant Professor of Exercise Science at Slippery Rock University of Pennsylvania.**

# West Virginia Wesleyan College

## Profile of the Exercise Science Department



West Virginia Wesleyan College (WVWC) is a four-year undergraduate school with a “liberal Arts” focus and is affiliated with the United Methodist Church. The over 1,200 student population has increased with the addition of a few graduate programs in education and business. The college's strong liberal arts core has been complemented by professional and pre-professional studies that seek to meet the developing and practical needs of the state: teacher preparation, business and commerce, and pre-ministry.

The Exercise Science department at West Virginia Wesleyan College serves to prepare students for graduate study in a wide range of professional disciplines and/or careers in the fields of exercise physiology, sports medicine, and other allied health fields. At WVWC, students may choose among undergraduate degrees in Athletic Training, Exercise Science, or Physical Education.

Recently, WVWC added a master's degree in athletic training which is designed as a maximally time efficient mechanism by which students can obtain a Master's Degree in Education (M.Ed.) in addition to nationally recognized certifications as a Certified Athletic Trainer (ATC), Certified Strength and Conditioning Specialist (CSCS), and Emergency Medical Technician (NREMT-B). For further information about WVWC programs, please contact:

**Rae Emrick**

*Department Chairperson and Assistant Professor of Exercise Science*

*Athletic Training Education Program Director*

A.T.C., C.S.C.S.

(304) 473-8022

[emrick\\_r@wvwc.edu](mailto:emrick_r@wvwc.edu)

Visit WVWC's website at: <http://www.wvwc.edu/aca2/dept/exsc/>

# Messiah College

## Profile of the Health and Human Performance Department

Messiah College was founded in 1909 by the Brethren in Christ Church, and the institution's identity and mission remain in close affiliation with the core tenants of the denomination. The college has three different educational venues to deliver the educational program for the 2800 students and 55 majors. The main campus is located in Grantham, Pennsylvania, about 12 miles southwest of Harrisburg. The campus rests on 471 acres of developed and undeveloped property. The developed portion



contains the academic buildings, sport venues, library and 12 housing facilities for the mostly residential community. The undeveloped property serves as environmental laboratories for the biological sciences; however, the wooded fitness trail, newly developed ropes course, and Yellow Breeches Creek provide for ample amounts of outdoor recreational space and academic space for the Adventure Education major. In addition to the main campus, Messiah also supports a campus in Philadelphia which has a close affiliation with Temple University and Messiah maintains a small residential presence in downtown Harrisburg.

The Department of Health and Human Performance is located within the School of Health and Natural Science and works closely with the other departments within the school structure (the other departments include Biological Sciences, Chemistry and Biochemistry, Nutrition and Dietetics, and Nursing). The Department of Health and Human Performance hosts 215 students in 5 different majors. The majors include:

### Adventure Education:

The adventure education programs focus on the interpersonal relationships and personal growth that can occur during outdoor adventure activities and includes ropes course experiences, extended wilderness trips, day activities such as rock climbing, caving, and canoeing. Students have the option of spending a semester on a NOLS (National Outdoor Leadership School) course in the Pacific Northwest, Rocky Mountains, or Desert Southwest.

### Athletic Training:

Messiah College's Athletic Training program is accredited by CAATE and meets state requirements for athletic training certification. Successful completion of Messiah's program prepares students for the Board of Certification (BOC) examination. The students in this major work closely with the athletic teams at Messiah College for laboratory experience, with local clinics and hospitals for clinical experience and in cooperation with other colleges and high schools for major contact sports.

### Health and Exercise Science:

The Health and Exercise Science major has two distinct tracks that the student may select. The program in Health and Fitness provides the student with a multi-dimensional approach to wellness, with course work in anatomy, exercise physiology, biomechanics, chronic disease, health promotion, exercise psychology, and nutrition. These students are prepared to enter graduate programs or pursue fields of interest such as corporate wellness, hospital based wellness programs, community health, or fitness programming. The Pre-Physical Therapy program is specifically designed to meet the requirements for entrance into most DPT programs. In addition, students

within this track have pursued career tracks in research, medical school, or other allied health professions. Students within the Pre-PT program are exposed to an upper-level human anatomy class which includes cadaver dissection.

#### Sport Management:

The sport management major is designed to prepare students to blend general management skills for managing sports organizations. Students acquire a strong foundation in management, finance, accounting, marketing, communications, ethics, and legal aspects of business. Specific courses in sport management provide students with an understanding of the role of sport in society, the role of management in sport, and the opportunities to apply their knowledge in sport-related organizations.

#### Health and Physical Education (Teacher Preparation):

The Health & Physical Education major offers professional teacher preparation in health and physical education (K-12). Satisfactory completion of this program leads to public school teaching certification by the Pennsylvania Department of Education. The Health and Physical Education program promotes early and continuing field experiences through observation and participation in local schools prior to student teaching. The students within this major are active in PSAHPERD.

#### Future Directions:

The Health and Exercise Science program recently received funding to build a new 1500 sq. ft. Human Performance Laboratory with capital expenses to purchase new/additional research equipment. In addition to the facility improvements, the department recently hired Dr. Jodi Haak, and alumnus, who just completed her Ph.D. in Integrative Physiology from the University of Iowa. Dr. Haak will bring additional expertise to the Messiah College's Undergraduate Research Program with her training in molecular biology.

Visit the program website: <http://www.messiah.edu/departments/hhp/>

Department contact person: Casey Stone - Sollenberger Sports Center #164 - X6108 - [CStone@messiah.edu](mailto:CStone@messiah.edu) - Administrative Assistant

**See you in Harrisburg in November!**

**Please check the MARC-ACSM website over the summer for important information about the upcoming conference and deadlines for research abstract submission.**