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# Mid-Atlantic Regional Chapter News

A Publication of the MARC-ACSM Vol. 24 No. 2 September, 2009

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## ACSM Mid-Atlantic Regional Chapter 32<sup>nd</sup> Annual Meeting November 6-7, 2009

**Sheraton Harrisburg Hershey Hotel,  
Harrisburg, PA**

4650 Lindle Road – Harrisburg, PA 17111  
Phone: (717) 564-5511

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

### Important Meeting Information Registration Forms

Registration forms are available on the MARC-ACSM website ([www.marcacsm.org](http://www.marcacsm.org)). The cost to register is the same on-line or through mail.

### Call for Abstracts

Abstract submissions are ONLY being accepted electronically and must be received by **September 30, 2009**. See the MARC-ACSM website for more important information about abstract submission.

### Lodging

The conference will be held at the Sheraton Harrisburg Hershey Hotel in Harrisburg, PA. When making reservations, call (717) 564-5511 and be sure to mention that you are attending the MARC-ACSM meeting. Remember to reserve early, because only a limited number of rooms are held at the conference rate. Last year some attendees had to stay elsewhere, because they waited too long to reserve a room.

## 2009 Service Award Recipient Dr. Mark Sloniger



The MARC Service Award is presented to an individual who has given exemplary service and dedication to the Mid-Atlantic Regional Chapter of the ACSM. It is with great pleasure that we present the 2009 MARC Service Award to Dr. Mark Sloniger, Associate Professor in the Health and Physical Education Department at Indiana University of Pennsylvania.

Dr. Sloniger has served MARC as an Executive Board member in the capacity of member-at-large in 2002 and 2003, Vice President in 2004 and 2005, President-elect in 2006, President in 2007 and Past President in 2008. He and Jill Kanaley “held down the ship” as President when Matt Kerner passed away in 2006. He is an ACSM Fellow and is certified by the National Strength and Conditioning Association. Dr. Sloniger has a quiet but purposeful demeanor that encourages others to share ideas that will improve MARC. In his years as a member and officer of MARC, he has always been willing to do whatever was necessary to benefit the chapter. Mark is getting married the weekend of the MARC-ACSM conference and will, therefore, miss the meeting. However, it is still a pleasure to bestow this honor to a person who has contributed greatly to the Mid-Atlantic Region and so many people within. Congratulations, Mark, on this award and your upcoming marriage!

## MARC-ACSM Officers



**President: Jim Roberts, MBA, Ph.D.**

Dept. of Health and Physical Education  
Edinboro University of Pennsylvania, Edinboro, PA 16444  
Phone: 814-732-1435 e-mail: [jroberts@edinboro.edu](mailto:jroberts@edinboro.edu)

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

Dean, School of Health Sciences & Human Performance  
Ithaca College, Ithaca, NY 14850-7180  
Phone: 607-274-3237 e-mail: [ssiconolfi@ithaca.edu](mailto:ssiconolfi@ithaca.edu)

**President Elect: Kristi Abt, Ph.D.**

Dept. of Health & Physical Activity  
University of Pittsburgh, Pittsburgh, PA 15261  
Phone: 412-648-3186 e-mail: [klabt@pitt.edu](mailto:klabt@pitt.edu)

**Vice President: Bill Ryan, Ph.D.**

Dept. of Exercise & Rehabilitative Sciences  
Slippery Rock University, Slippery Rock, PA 16057  
Phone: 724-738-2854 e-mail: [william.ryan@sru.edu](mailto:william.ryan@sru.edu)

**Secretary/Treasurer: William Farquhar, Ph.D., FACSM**

Dept. of Health, Nutrition, & Exercise Sciences, University of Delaware, Newark, DE 19716  
Phone: 302-831-6178 e-mail: [wbf@udel.edu](mailto:wbf@udel.edu)

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

Dept. of Physical Education and Kinesiology  
Brock University, St. Catharines, Ontario L2S 3A1, Canada  
Phone: 905-688-5550 Ext: 5342 email: [abosak@brocku.ca](mailto:abosak@brocku.ca)

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

Dept. of Health & Human Performance  
Messiah College, Grantham, PA 17027  
Phone: 717-766-2511 ext: 2633 e-mail: [kieffer@messiah.edu](mailto:kieffer@messiah.edu)

**1<sup>st</sup> Year Member-at-large: William "Turi" Braun, Ph.D., FACSM**

Department of Exercise Science, Shippensburg University  
Shippensburg, PA 17257  
Phone: 717-477-1376 email: [wabrau@ship.edu](mailto:wabrau@ship.edu)

**1<sup>st</sup> Year Member-at-large: Michael Holmstrup, M.S.**

Syracuse University, Syracuse, NY 13244  
Phone: 315-443-4540 e-mail: [meholmst@syr.edu](mailto:meholmst@syr.edu)

**Medical Field Representative:** Gene Hong, MD, FAAFP  
Drexel University, College of Medicine, Suite 301, 10 Shurs Lane, Philadelphia, PA 19127  
Phone: 215-482-4744 email: [ehong@drexelmed.edu](mailto:ehong@drexelmed.edu)

**Student Representative: Jody Greaney, M.S.**  
Department of Health, Nutrition & Exercise Science,  
University of Delaware, Newark, DE 19716  
Phone: 302-831-3181 e-mail: [jgreaney@udel.edu](mailto:jgreaney@udel.edu)

**MARC Regional Chapter Rep: Shala Davis, Ph.D., FACSM**

Dept. of Exercise Science,  
East Stroudsburg University, East Stroudsburg, PA 18301  
Phone: 570-422-3336 e-mail: [sdavis@po-box.esu.edu](mailto:sdavis@po-box.esu.edu)

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

Dept. of Kinesiology, West Chester University, West Chester, PA 19383  
Mailing address: PO Box 896, Unionville, PA 19375  
MARC Phone: 610-738-0497  
MARC Fax: 610-738-0498  
Office phone: 610-436-2386  
e-mail: [cstevens@wcupa.edu](mailto:cstevens@wcupa.edu)

## How to Contact MARC-ACSM

### US Mail

Dr. Craig Stevens,  
MARC Executive Director  
P.O. Box 896  
Unionville, PA 19375

### Fed. Ex. Or UPS

Dr. Craig Stevens,  
MARC Executive Director  
Dept. of Kinesiology  
West Chester University  
West Chester, PA 19383

### Telephone

610-738-0497

### E-mail

[wstevens@wcupa.edu](mailto:wstevens@wcupa.edu)  
[cstevens@marcacsm.org](mailto:cstevens@marcacsm.org)

### Fax

610-738-0498

### Website

<http://www.marcacsm.org>

## Past Presidents of MARC-ACSM

2008	Steve Siconolfi	1997	Michael Cox
2007	Mark Sloniger	1996	Karen Mittleman
2006	Matthew Kerner	1995	Thomas Doubt
2005	Jill Kanaley	1994	W. Craig Stevens
2004	Shala Davis	1993	M. Paternostro-Bayles
2003	Dan Drury	1992	M. Paternostro-Bayles
2002	Brad Hatfield	1991	Gary Sforzo
2001	Carlos Crespo	1990	Tim McConnell
2000	Ross Anderson	1989	H. Robert Perez
1999	Betsy Keller	1988	Elsworth Buskirk
1998	Sam Case	1987	Robert Otto

## President's Column



**Jim Roberts**

The 32<sup>nd</sup> Annual Meeting of the Mid-Atlantic Regional Chapter of the American College of Sports Medicine( MARC-ACSM) is rapidly approaching. As reported in my column in the Spring 2009 newsletter, this year's program has something for many interest areas. The program being presented on November 6<sup>th</sup> and 7<sup>th</sup> at the Sheraton Harrisburg-Hershey will be our largest ever. Here are several items to take note of:

For students:

1. **Meet the experts-** This was such a success last year and we have worked to improve this by moving to a larger room that will accommodate more students.
2. **College Bowl-** This year the college bowl will be condensed to make it flow smoother and provide more time for the social. Please contact student rep, Jody Greaney at [studentrep@marcacsm.org](mailto:studentrep@marcacsm.org) to learn more about getting your school involved.
3. **Facebook-** MARC-ACSM continues to have a Facebook presence. Check us out, start a discussion, make suggestions etc.

For all:

4. **Program-** the program covers an array of subject matter including: nutritional timing,

## Student Rep Column



**Jody Greaney**

Hello MARC-ACSM Students! This is your new student representative, Jody Greaney, from the Department of Health, Nutrition, and Exercise Science at the University of Delaware. I would like to begin by thanking Michael Holmstrup for making my transition to this new position a smooth one. I am very excited for the opportunities associated with working so closely with the MARC-ACSM. If you, the students, have any questions, comments, or concerns, please feel free to contact me at [jgreaney@udel.edu](mailto:jgreaney@udel.edu).

Our annual meeting is approaching fast! This fall, we will be meeting November 6th and 7th, once again at the Sheraton Harrisburg-Hershey Hotel in Harrisburg, Pennsylvania. Our meeting's itinerary is designed with the needs of both undergraduate and graduate students in mind. This year's academic sessions cover a variety of topics, ranging from Exercise and Public Health to Biomechanics to ACSM Certifications and more. Take advantage of the opportunity to meet experts in the field, faculty members from all across our region, prospective employers, and fellow students presenting their data, all while developing valuable networking skills.

The MARC-ACSM conference emphasizes student participation, primarily through the Free Communication and Poster Presentation sessions. If you plan on presenting original research this fall, remember, you may be eligible for one of our student research awards. Check out the website <http://www.marcacsm.org/> for more information. Also, be sure to submit your abstract by the September, 30 2009 deadline. Don't be late!

This year, we will again hold a "Meet the Experts" session aimed specifically at undergraduate and graduate students. This session will be an opportunity for students to meet and talk to experts in a variety of fields - from physical therapists to scientific researchers to personal trainers. This dynamic session will help to answer your questions related to sports medicine research, professionalism in the sciences, and student leadership. Last year's session was a huge success and we look forward to continued popularity of this session with students.

We will also be holding the second annual "College Bowl" tournament. Even more teams will be competing for the trophy in this year's tournament. Don't delay - form a team with your faculty advisor now. See if you have the smarts to upset the defending champs, Salisbury University. Contact me with questions. And start studying!

The MARC annual conference is the perfect time to make new friends too. Enjoy the festivities at the EXPO/Social on Friday night. Enter for the chance to win great prizes in our Student Raffle. Keep up to date with the latest news on our MARC-ACSM Facebook page.

As you can see, we're trying hard to keep the MARC-ACSM students involved. We are excited to build on the success of last year and look forward to the opportunities of this year. See you in November!

## **2009 Elections for MARC-ACSM Executive Committee**

As was done last year, MARC-ACSM members will be contacted by email from ACSM National with information about elections for executive board positions. The email will provide information about links to candidate bios (seenext page) and voting procedures. If you are a current MARC-ACSM member, please take the time to vote.

# Bios for Candidates Running for Executive Board

## President-Elect Position



**Dr. Scott Kieffer**

Dr. H. Scott Kieffer is currently a Professor of Health and Exercise Science at Messiah College, Grantham, PA where he has been a faculty member in the Department of Health and Human Performance for the past 10 years. He received his B.S. in Biology and Physical education from Davis & Elkins College located in Elkins West Virginia, M.S. in Exercise Science from the University of Nebraska @ Kearney, and his Ed.D. from the University of South Dakota. Prior to his tenure at Messiah College, Dr. Kieffer taught twelve years at the University of Sioux Falls, South Dakota. During his 22 years of teaching, he has taught courses in exercise physiology, biomechanics, research methods, chronic disease and exercise, and exercise testing and prescription.

Dr. Kieffer has been actively involved in the field of exercise physiology through research and service. His research interests revolve around the undergraduate research experience. He has collaborated with undergraduate students on many projects over course of his career and has presented over 25 projects at regional or national meetings with undergraduate co-authors. Many of those students have continued with their research in exercise physiology or within an allied health profession. 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 and Messiah College. He has also been involved with service to the broader field of exercise physiology. While in South Dakota he served Northland ACSM as the South Dakota State Rep and as a host facilitator for the Northland Annual Fall Lecture series. He has been involved with the MARC Chapter through service on the Research Committee (3 years) and as a Member -at-Large (2 years). In addition to service to ACSM, he has recently served as the Exercise Physiology Academy Chair in AAHPERD and is currently the facilitator of the Undergraduate Research Initiative sponsored by all the divisions of AAHEPRD.

When not in the classroom or lab, Dr. Kieffer can usually be found on the back roads of Pennsylvania on his bicycle, in the pool (or sometimes a local lake) swimming or helping coach his kids youth soccer teams. In addition to time with his family on the sporting fields, he enjoys volunteering at the local school district, within nursing homes, and with the Special Olympics. Dr. Kieffer looks forward to the opportunity to continue to serve the members of the MARC Chapter of ACSM as President-Elect.

## Vice-President Position



**Dr. Carla Murgia**

Dr. Carla Murgia is currently a Professor of Movement Science, Director of the Movement Analysis Laboratory and Acting Chair of the Department of Public and Allied Health Sciences at Delaware State University. She recently completed a Fulbright Scholarship, Senior Specialist, with the University of Verona, Italy in the Department of Motor Sciences. Her research interests include: injury and fall prevention interventions, changes in movement mechanics as a function of weight loss, and barriers to participation in physical activity in selected populations. She received her Ph.D. in Kinesiology with concentrations in Biomechanics and Sports Medicine from Temple University. She has worked in a variety of settings including the Ottawa Civic Centre and the National Dance Centre in Ottawa, Canada, and in higher education at Ottawa University, Carleton University, Alfred University, Kean University, Temple University, Lafayette College and Delaware State University.

Dr. Murgia created and co-implements the Movement Science major at Delaware State University. The major has two concentrations, Fitness and Strength Certification and Pre-Health Professional, which include course encumbered laboratory and service learning experiences. She has served as member and Chair of the Professional Preparation and Research Committee of the National Association of Sport and Physical Education and Editor of Education on the Editorial Board of the Journal of Dance Medicine and Science. Dr. Murgia has been involved with the Biomechanics Interest Group of ACSM and serves on the Research Committee of MARC. She enthusiastically looks forward to the opportunity to serve the MARC Chapter membership of ACSM as Vice President.

## Member-At-Large Positions (2)

### Dr. Scott Mazzetti



Dr. Scott Mazzetti is currently an Assistant Professor at Salisbury University where he teaches introductory and senior-level undergraduate courses in Exercise Science, as well as graduate classes in the Applied Health Physiology program. He has developed two successful undergraduate research programs, as his Anderson University research students won the Best Undergraduate Presentation at the MidWest ACSM conference in 2005, and his Salisbury research team won the first annual College Bowl tournament at the MidAtlantic ACSM conference last year. In 2009-2010, Scott hopes to begin training as a site-visitor for the Commission on Accreditation of Allied Health Education Programs (CAAHEP), which accredits University Exercise Science programs across the nation. A graduate from both Ball State (Ph.D.) and Penn State Universities (M.S.), he has more than 20 peer-reviewed scientific publications, 15 years of personal fitness training experience, and is an ACSM Certified Health Fitness Specialist. With student learning at the center of all he has done, Scott currently aspires to further enrich his career and continue to serve students through the Mid-Atlantic ACSM regional chapter as a Member-at-Large.

### Dr. Carena Winters



Dr. Carena S. Winters is a faculty member in the Department of Exercise Rehabilitative Sciences at Slippery Rock University. Prior to moving to Slippery Rock in fall 2009, she was an assistant professor and exercise science program coordinator in the Science Department at Chatham University in Pittsburgh, PA., where she also served as the Director of the Student Wellness Initiative. Exercise is Medicine™ on Campus was launched at Chatham with the support of the American College of Sports Medicine and hosted by Dr. Winters in May 2009. She is a member of the Exercise is Medicine™ task force. Dr. Winters is excited to promote and expand the Exercise is Medicine™ campus initiative at Slippery Rock University.

Dr. Winters earned a Ph.D. in Exercise Physiology and an MPH in Epidemiology from the University of Pittsburgh and received the 2009 Early Career Award from the University of Pittsburgh, School of Education. She is an ACSM Certified Clinical Exercise Specialist®. Her areas of research interest include obesity, substrate metabolism and physical activity in the prevention and management of chronic disease. Dr. Winters welcomes the opportunity to serve the MARC-ACSM members as a Member-at-Large.



## Dr. Jay Willow

Jay Willow is honored to be considered by his peers for the member-at-large vacancy on the executive board and, if elected, will work diligently to advance the exceptional work completed by his predecessors in the chapter.

He is currently a tenured assistant professor and program director of the Sport and Exercise Science program at Gannon University in Erie, PA, a position he has held since completing his Ph.D. in Kinesiology from Penn State University in 2002. Prior to Penn State, Dr. Willow earned a bachelor's degree in psychology from Edinboro University in 1994, and a master's of science in sport studies with a concentration in sports behavior and performance from Miami University in 1996. He holds professional memberships in the ACSM, the North American Society for the Psychology of Sport and Physical Activity (NASPSPA) and has been a member of American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD), the National Association for Sport and Physical Education (NASPE) and the American Association for Physical Activity and Recreation (AAPAR)

Under his direction, the Gannon Sport and Exercise Science program has grown from a faculty of one and student population of 28 in 2002 to a faculty cohort of six full-time members and a student population of over 200. Dr. Willow, with the help of his colleagues, has been instrumental in the growth of the program through the addition and revision of program curriculum using ACSM guidelines and through active promotion of exercise science and related fields to the student body.

Dr. Willow's research focus and professional interests lie in overall performance enhancement for both elite and recreational athletes, primarily from the perspective of sport and exercise psychology. He addresses these interests both as a faculty member, and also through private consulting with Competitive Edge Consulting, a company founded by him offering educational and performance enhancement services to both athletes and non-athletes. His consulting services have been utilized by non-athletes, recreational weekend warriors and highly skilled professional athletes alike. Additionally, primarily because of his knowledge and experience in the sport sciences, Dr. Willow was recently named Head Women's Golf Coach at Gannon.

Dr. Willow's seeks election to the MARC executive committee to call attention to the important and meaningful work being done in our field from a behavioral perspective and hopes to increase interest and related programming for undergraduates in the chapter.

## Program Highlight



**Exercise Science**  
Shippensburg University

### **Shippensburg University of PA Department of Exercise Science**

The Exercise Science Department at Shippensburg University implemented a new major in Exercise Science in the fall of 2004. Students who satisfactorily complete the program graduate with a Bachelor's of Science Degree in Exercise Science. The program is designed to prepare students for graduate study in exercise science and health science fields (i.e. physical therapy, physician's assistant, nursing programs) and for employment in the health services professions (exercise specialists, cardiac rehabilitation, wellness programs etc...). Students enrolled in the Exercise Science program complete a total of 120 credits including: General Education courses (50 credits); Science Core courses (12 Biology credits); Exercise Science courses (45-51 credits); Electives (6-12 credits). The Department also offers a Coaching Minor and a new Exercise Science Minor (2009).

Upon completing their Major course-work, student majors are required to enroll in an internship (6-12 credits) and also sit for a professional certification exam prior to graduation. Eligible exams include the American College of Sports Medicine (ACSM) Health/Fitness Specialist exam and the ACSM Certified Personal Trainer (CPT) exam; the National Strength and Conditioning Association (NSCA) Certified Personal Trainer (NSCA-CPT) exam; or the NSCA Certified Strength and Conditioning Specialist (NSCA-CSCS) exam. Students are required to be certified in First Aid and CPR prior to beginning the internship.

The program resides in the recently renovated Henderson Gymnasium, which provides an academic community for students to study and work together on course or research projects. The laboratory is well-equipped with a metabolic measurement system, force platform, video and digitizing equipment, treadmills, ergometers, glucose, lactate and cholesterol analysis equipment, etc. Both Majors and Minors are encouraged to become involved with the Department of Exercise Science student club. The department faculty has actively pursued student participation in and conduction of research projects, many of which have been presented at the MARC- ACSM since the program's inception. The faculty also embraces applied learning experiences as evidenced through lab work and collaborative projects involving student work with pupils from the Grace B. Luhrs Elementary School and by having student Majors conduct fitness assessments for campus and community groups. The Exercise Science club also supports these applied experiences through participation in campus wellness fairs and community events.

The program has grown tremendously since the development of the new Major. In 2004, there were approximately 10 Majors and in 2009 the program now boasts approximately 160 Majors. There are approximately 100 Coaching Minor students and 5 Exercise Science Minor students.

#### Contact Information:

Henderson Gym 109

1871 Old Main Drive

Shippensburg, PA 17257

(717) 477-1721 email: [exsci@ship.edu](mailto:exsci@ship.edu)

Visit the department web site at <http://webspace.ship.edu/exsci/>

# MARC-ACSM 32<sup>nd</sup> Annual Meeting – Tentative Program

<b>Friday November 6, 2009</b>	
<p><b><u>Morning Sessions</u></b></p> <p>Collegiate Teaching Styles</p> <p>Learning Reconsidered</p> <p>Ergogenic Aids</p> <p>Exercise Science and Public Health</p> <p>ACSM Certifications and Job Seeking</p>	<p><b><u>Afternoon Sessions</u></b></p> <p>Nutritional Timing</p> <p>Medical Fitness</p> <p>Poster Presentations</p> <p>Free Communication Sessions</p> <p>Stress Physiology</p> <p>Mixed Martial Arts Science</p> <p>Motivational Interviewing in Exercise Prescription</p>
<p><b><u>Friday Evening</u></b></p> <p>7-8 pm - Keynote: TBA from Gatorade Sport Science Institute</p> <p>8-8:30 pm - Vendors and Grad Program Fair</p> <p>8:30-9 pm - College Bowl Finals</p> <p>9-12 - Social</p>	
<b>Saturday November 7, 2009</b>	
<b><u>Morning Sessions</u></b>	
<p>Biomechanics</p> <p>Meet the Experts</p> <p>Vendors Presentation</p> <p>Cancer- Basic and Applied to Exercise</p>	<p>Hands on Strength and Conditioning</p> <p>Technology Session</p> <p>Behavioral Stress</p> <p>Motor Learning</p>

**See you in Harrisburg in November!**

**Please check the MARC-ACSM website ([www.marcacsm.org](http://www.marcacsm.org)) for important information about the upcoming conference and research abstract submission.**