
Mid-Atlantic Regional Chapter News



ACSM Mid-Atlantic Regional Chapter 34th Annual Meeting

Earn 12 CEC's through ACSM

Date: November 4-5, 2011

Location:

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>

Attention: 2011 Abstract Deadline Approaches!

Abstracts must be submitted electronically to Dr. Carena Winters, carena.winters@sru.edu. Abstracts must be submitted by the faculty sponsor and must adhere to the abstract guidelines (posted to the MARC-ACSM web site) to be considered for presentation and award eligibility.

New - Call for Clinical Abstracts

Middle Atlantic Region, American College of Sports Medicine, is sponsoring their annual symposium **November 4-5, 2011 in Harrisburg PA**. Clinical symposium geared toward sports medicine

practitioners will be held on Friday. Ed McFarland MD is confirmed as speaker...more to come. CMEs for clinical sessions on Friday will be offered for physicians.

MARC is pleased to announce that for the 1st time we are accepting clinical cases. We invite you to submit a case of interest for poster or podium presentation.

This opportunity is perfect for sports medicine doctors, athletic trainers, or physical therapists, whether in practice or still in training. Information including the format can be found on the MARC homepage, <http://www.marcacsm.org/>. **Submissions need to in by Sept 23, 2011.** Further questions can be directed to Andrew Getzin, MD, agetzin@cayugamed.org.

Research Committee



Research Committee Chair
Carena Winters, PhD, MPH, CES

Abstract Submission Updates for 2011
Greetings MARC ACSM Members! Please take a moment to review the abstract submission

guidelines for the 2011 meeting, as some changes have been incorporated. The revised abstract submission form can be accessed on the MARC website. We are looking forward to a great conference in November.

ATTENTION: The abstract submission deadline has been changed to **September 23rd, 2011**. Please review the abstract submission guidelines carefully to ensure compliance with formatting instructions. **ONLY ELECTRONIC SUBMISSIONS WILL BE ACCEPTED.**

Abstracts will be rejected if the entire text does not fit into the **4.25 inch high by 7.25 inch wide** textbox. Please utilize the sample abstract as a reference for appropriate margins. Again, the new submission deadline is **September 23, 2011**. An electronic confirmation of submission will be sent within one week after the submission deadline. Electronic notification of abstract acceptance/rejection will be sent by **October 31st, 2011**. If the abstract is accepted, this notification will also include the date and time of the session, as well as the type of presentation. If confirmation is not received by September 30th, 2011 or notification by October 31st, please contact Dr. Carena Winters at researchchair@marcacsm.org.

CALLING ALL STUDENTS: We strongly encourage applicants for the **MARC-ACSM Student Research Grant Award**. The purpose of this award is to recognize and support student investigative research. The winner of this award will receive a plaque and \$500. For a full description of the application guidelines, all student MARC awards and past recipients, please visit <http://www.marcacsm.org/marcawards.html>.

REMINDER: Student abstracts must be submitted by a faculty sponsor, who will complete a brief section concerning the student's contribution to the research process. We strongly encourage faculty to promote and support this opportunity for students.

MARC-ACSM Student Research Awards

Abstracts submitted for oral presentations will be reviewed by the Research Committee and finalists will be selected for each category. The Student Investigator Award Categories are as follows:

a. Matthew Kerner Undergraduate Student Investigator Award (eligible for this \$250 award are current or recently graduated UG students who are not enrolled in a graduate program of study)

b. Master Student Investigator Award (eligible for this \$400 award is any student who is enrolled in a Master's level program);

c. Doctoral Student Investigator Award (eligible for this \$500 award is any student who is enrolled in a doctoral or medical program).

Guidelines and the due date for the Student Research Grant Award are also posted to the MARC-ACSM website.

Matthew Kerner Undergraduate Student Investigator Award

Past Recipients

2010	Wesley Lefferts, Skidmore College
2009	Dawnette Urcuyo, Gettysburg College
2008	Kristy Rubino, Gettysburg College
2007	Mark Sausen, University of Delaware
2006	Jennifer Basich, Slippery Rock University
2005	Luke Haile, Bloomsburg University

Doctoral Student Investigator Award

2010 Christopher Martens (University of Delaware)

Masters Student Investigator Award

2010 J. Luke Pryor (Ithaca College)

Graduate Student Investigator Award

Past Recipients

- 2009 Kenneth Clark, West Chester
- 2008 Styliani Gouloupoulou, Syracuse University
- 2007 Francesca Amati, University of Pittsburgh
- 2006 Sara Fleet, University of Pittsburgh
- 2005 Kimberly Weary, University of Pittsburgh

Student Research Grant Award

Past Recipients

- 2010 None Awarded
- 2009 Michael Holmstrup, Syracuse
- 2008 Erin Delaney, University of Delaware
- 2007 Stella Gouloupoulou, Syracuse University
- 2006 Not awarded
- 2005 Tracy Baynard, Syracuse University

College Bowl Winners

- 2010 Ithaca College

Fitness Bowl Winners

- 2010 Slipper Rock University

MARC ACSM Service Award 2011

- 2010 MARC ACSM Service Award Winner:
This year it is a Surprise!

The College Fitness Bowl

MARC-ACSM is pleased to announce the second annual 'MARC Fitness Bowl' for bragging rights as the Mid-Atlantic's fittest university. Teams of three (with a faculty advisor) can register by email (meholmst@syr.edu) or in person at the registration desk during our November conference. Bring your fittest students (undergrads and graduates) for some big fun! Only one team may represent each university. More details will be available on the conference website soon!

A Message from the Regional Chapter Rep



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

MARC-ACSM has a Regional Chapter Representative that sits on the Executive Board. This position is a 3-year appointment. The responsibilities include participation in all Executive Board activities (conference calls and planning meetings) as well as the National Regional Chapter Committee (RCC) which meets at the Annual meeting. The RCC meets at the Annual meeting. If you are interested in getting involved please contact Dan Drury, Executive Director.

A Message from the New Executive Director A Message from the President



Scott Kieffer, MARC-ACSM President
Greetings from the Executive Board of MARC ACSM! I know that summer is over because my kids have returned to school, my job has ramped up considerably, and I have flashing reminder in the corner of my Mac Notebook that the abstract deadline

for MARC is soon approaching. In addition to the angst of trying to rally my students to polish their abstracts, I am also reminded of the great work that the Executive Committee has done over the past year in not only the preparation for the Annual Conference but the hard work to make MARC-ACSM a strong and viable organization. Please remember that the MARC Board is composed of volunteers who donate their time and energy to help build an organization that can best serve the diverse spectrum of constituents under the auspice of the American College of Sports Medicine. The members of the Board have worked hard on risk management plans, contacting potential speakers, searching for sponsors, and working with other chapters to look at best practices for organizational development.

One of the wonderful things about the American College of Sports Medicine is that we do service a wide spectrum of the Sports Medicine and Fitness Community, thus each year, the planning of the MARC Annual Meeting is fairly difficult. We try to find the right balance of basic science, applied science, student centered activities, and health and fitness initiatives. After a year of planning, obtaining ideas from members through surveys and phone calls, and consultation with National, I feel that we have put together an exciting program for this year's Annual Meeting that will be held November 4th and 5th. The sneak peak will be available online early September, however, please know we have designed distinct tracks that will help represent the spectrum of professionals in ACSM. We have developed a track specifically for the health/fitness professional, basic scientists, applied health professionals, for those in the medical or clinical tracks, and a wonderful smorgasbord for our student. In each session, we have not only our highly qualified regional professionals but these folks have helped reach out to secure some great nationally recognized talent as well. Please look for one of the upcoming e-mail blasts to let you know when the program-at-a-glance is published on the MARC Website.

Here are a few things that I'm very excited about as we prepare for the Regional Meeting:

Student Abstracts – Last year we separated the graduate category into separate master's and Ph.D. categories. We received positive feedback from many of you about this switch and we hope to grow each category!

Clinical Case Studies – Our medical arm of MARC has been working hard to increase the attendance and participation of MD's from around the region. This year we will have a peer-reviewed Clinical Case Study session. Please forward this newsletter to any medical professional that you know who may have a fascinating case study to share and discuss with other medical professionals. Drs. Gene Hong, Andy Getzin, and David Ross have been instrumental in getting this new initiative off the ground.

Keynote Speaker – Dr. Scott Powers from the University of Florida has agreed to be our Keynote Speaker. His address entitled "Exercise-induced Protection of Muscle Fibers" will incorporate the latest basic science research and how this translates to the working professional.

Speakers – We have a host of top quality regional speakers that are working in conjunction with a pool of nationally recognized speakers.

Student Activities – We will once again have the College Bowl and the Fitness Challenge. Both of these activities have brought about some competitive rivalries between institutions but more importantly, these activities are helping our students network for future endeavors in the field. On a side note, this will be our 4th College Bowl. The first year, we were not able to send a team to the National Meeting due to distance and expense; however, the following year Messiah College finished 5th overall and last year Ithaca finished 4th. Kudos to our young professionals as they compete in this very competitive event.

Professional Social – please look for details in upcoming material. One suggestion over the years has been "how do we get more professionals together during the MARC Annual Meeting?" This year, we are going to try a professional social to help individuals network with others in the region.

Interactive Sessions – we will have a few sessions in which the professionals and students will be able to interact with the speakers. For example, we will have a Science of Yoga session in which two highly qualified yoga professionals with solid scientific backgrounds will interact with the audience during the session and have a "talk back" time following the session. We hope these types of programs will help engage professional conversation on a deeper level. As the current President of MARC, I stand at a unique vantage point within the region. I get to hear and see

all the great things that are happening in our region. If you get a chance to sit back and reflect, look at the MARC regional map and consider all the great institutions, quality professionals, and unique research/programs/and initiatives in our region. Each year we inch towards that 600 attendee threshold for our MARC Meeting. Please invite others in the region that you know who might enjoy getting involved with MARC to our meeting! I may be biased but the Committee has put together a program worthy of breaking that threshold.

Student Rep Column

Hello students of the MARC-ACSM!!

My name is Rian Landers and I am your new student representative for the MARC-ACSM. I am a PhD student in Exercise Physiology in the Department of Kinesiology at the University of Maryland, College Park. I am thankful to Jody Greaney, the past student rep, for filling me in on my new job! I hope to keep things running as nicely as she had done in the past. This is a very exciting time as we get ready for the new school year and I am looking forward to becoming more involved with our Chapter.

With the fall semester quickly approaching remember that the MARC-ACSM Annual meeting is coming up on November 4-5 in Harrisburg, Pennsylvania. The deadline to submit abstracts is September 23, 2011. If you have projects in the works and are thinking of submitting an abstract for a poster remember that date! No late entries will be accepted. Presenting your research is a great way to network and to receive feedback on your work for future presentations as well.

There are also awards to keep in mind. MARC-ACSM grants awards for both undergraduate and graduate students each year. You are encouraged to apply so check out our [website](#) to learn more!

Our keynote speaker at the MARC-ACSM meeting this year will be Dr. Scott Powers, a renowned exercise physiologist from the University of Florida. Dr. Powers will also take part in the Meet the Experts session on November 4 at the Annual Meeting. At this event, he and other experts in the kinesiology and sports medicine world will be available to answer your questions about graduate school, research, their own work and more. Don't miss out!

Continuing with the tradition of previous years we will hold the College Bowl Tournament again this year. The College Bowl is a Jeopardy-style competition where you and your school can form a team with your faculty advisor and compete for the trophy! Contact me with questions and to put together a team!

If you are a student and have any questions or comments please feel free to contact me at rlanders@umd.edu.

Students are the future of MARC-ACSM and we are excited about all the opportunities to get you involved. I'm looking forward to seeing everyone at the Annual Meeting this November!

How to Contact MARC-ACSM

Website

<http://www.marcaesm.org>

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**2nd Year Member-at-large: Carena Winters, PhD,
MPH, CES**

Assistant Professor
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cwinters@marcacs.org

**2nd Year Member-at-large: Scott Mazzetti, PhD,
CSCS**

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1st Year Member at-large: Amy Hauffler, Ph.D.

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1st Year Member at-large: Joohee Sanders, PhD

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1st Year Member at-large: Gene Hong, MD

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Past Presidents of MARC-ACSM

2010 Kristie Abt	1998 Sam Case
2009 Jim Roberts	1997 Michael Cox
2008 Steve Siconolfi	1996 Karen Mittleman
2007 Mark Sloniger	1995 Thomas Doubt
2006 Matthew Kerner	1994 W. Craig Stevens
2005 Jill Kanaley	1993 M. Paternostro-Bayles
2004 Shala Davis	1992 M. Paternostro-Bayles
2003 Dan Drury	1991 Gary Sforzo
2002 Brad Hatfield	1990 Tim McConnell
2001 Carlos Crespo	1989 H. Robert Perez
2000 Ross Anderson	1988 Elsworth Buskirk
1999 Betsy Keller	1987 Robert Otto



Find us on
Facebook

Due to a recent change in the way Facebook organizes their groups, MARC-ACSM and Facebook is in the process of turning off our “group” site and has recently launched an official MARC-ACSM “Page”!! We had a large following on the group page but now we need to get the numbers up on our new OFFICIAL PAGE. Please log-in to Facebook and “like” us on the new page. With the new page, we will be able to post important MARC information and communicate with you as an organization in ways we could not with the old formal.

Facebook Challenge for students and professionals!
Let’s try to get over 500 “likes” by the conference.
Just a disclaimer, I wanted to set the challenge at 1000 but another Board member thought that was a little zealous.

Executive Board Elections

Candidates for the MARC-ACSM Executive Board 2011 Election

Member-at-Large (6)

Kimberly Smith, PhD

Dr. Kimberly Smith, Associate Professor of Exercise Science at Slippery Rock University, has been actively involved in the Mid-Atlantic Regional Chapter (MARC) of ACSM for the past ten years. Within those ten years she has presented or co-presented nine presentations and has mentored nine additional student presentations. In addition, she served as the student representative on the MARC executive board from 2005-2007. After completing her term as the student representative of MARC, she was elected to the ACSM Board of Trustees as the student representative from 2008-2011. During her tenure on the Board of Trustees, she was responsible for attending all of the ACSM Board of Trustees, Strategic Planning and Student Affairs Committee meetings. In addition, she was responsible for planning many student-oriented sessions such as the *Meet the Experts Luncheon* and the *Student Colloquium*. Furthermore, Dr. Smith writes annual articles for ACSM's student newsletter and serves as a mentor for ACSM's MentorNet, an electronic resource for connecting students with mentors. It has been an honor and privilege to serve MARC and ACSM in several capacities and I would greatly appreciate the opportunity to continue to serve MARC as a Member-At-Large.

James E. Heimdahl, PhD

James E. Heimdahl, PhD, Chair, Department of Exercise Science, University of Maryland Eastern Shore

During the past 20-years Dr. Heimdahl has had an active interest in the natural history of cardiovascular disease and its prevention. His doctorate concentration was clinical exercise physiology with a minor in statistics and his graduate focus was in health promotion. He has completed 90-plus investigations in applied physiology and has presented the results at over 75-State, Regional and National professional conferences. He has published 8-articles and 26-abstracts and was an investigator/collaborator on 8-million in funded projects. During the past decade, Dr. Heimdahl has devoted much of his time to public health initiatives that address health disparities in both

urban (Hartford, CT) and rural (Louisiana Delta and Maryland Eastern Shore) environments.

Erica Jackson, PhD, FACSM

Dr. Jackson is an Associate Professor at Delaware State University. She has been an ACSM member since 1998, and was named an ACSM fellow in 2008. New to the MARC in 2010, she chaired a session and was an invited presenter at the 2010 annual meeting. Dr. Jackson also serves on the Research Committee. Previously a member of the Southeast chapter, Dr. Jackson served on the membership committee, reviewed abstracts, chaired sessions and was a Member-at-Large. Nationally, Dr. Jackson was a Co-Chair of the Minority Health and Research SIG, and serves on the ad hoc Committee on Diversity Action and the Public Communication and Information Committee. Dr. Jackson believes that it is important for members to be actively involved in workings of the organization and, that it is especially important for professional members to stay active at the regional level to provide and model profession leadership for student members.

Michele Fisher, PhD

Michele Fisher is an Associate Professor and Graduate Coordinator at Montclair State University. She earned her Doctorate in Physical Education with an emphasis in Exercise Physiology at Springfield College. Her research interests include the role of exercise in the management of cardiovascular risk factors and the application of age-appropriate physical activity in youth. She has published 16 refereed articles or abstracts, along with numerous professional presentations. Michele has served as chair of the Exercise Physiology Academy of NASPE and Research Chair of the Eastern District Association of AAHPERD, as well as a reviewer for research journals in exercise science. A longtime member of ACSM, she is a certified Clinical Exercise Specialist and has served as a lecturer and examiner for ACSM certification workshops. Michele is a regular attendee of the MARC Annual Meeting and looks forward to becoming more involved with the chapter in promoting student research and initiatives for physical activity throughout the lifespan.

Kelly VanGorden, PhD

Dr. VanGorden is an Assistant Professor of Exercise Science at Bloomsburg University. She teaches sport psychology, women in sport, elementary physical education methods, aquatic exercise prescription classes, etc. Dr. VanGorden's graduate work was completed at Springfield College (Springfield, MA):

Master's in Exercise Science (Sport Psychology) and Ph.D. in Physical Education (Teaching and Administration). She has been involved in ACSM/MARC through student and personal presentations, including an invited presentation at MARC 2010 on sport psychology applications in the exercise science field. Currently, Dr. VanGorden serves on the Research Committee for the Eastern District Association (EDA) of the American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD). MARC-ACSM provides a great learning experience for the students, and therefore, she is interested in serving on the MARC-ACSM Executive Board.

Kory Stauffer, PhD

Kory A. Stauffer, Ph.D, ATC, HFS is currently an Assistant Professor and Lab Coordinator in the Sport & Exercise Science Department at Gannon University. Kory has presented at the MARC-ACSM conference and has served as a moderator for both poster and speaker sessions. Kory is running for the position of Member-at-Large because of his growing interest in the MARC-ACSM and wants to be involved in the organization and planning of the yearly conference. Kory would also like to use this opportunity to network and meet faculty from other institutions for future collaboration.

Vice President (3)

Todd Miller, PhD

Dr. Todd Miller is an Associate Professor of Exercise Science at the George Washington University School of Public Health and Health Services in Washington DC. He currently serves as the Director of Graduate Studies for the Department, and is responsible for the creation and oversight of the Master's Degree concentration in Strength & Conditioning. Dr. Miller has been active within the chapter since 2001, and has served on the ACSM-MARC Research Committee for the past 5 years. His primary research focuses on the role that interactive video gaming can play in increasing physical activity in children. Dr. Miller also is very active within the National Strength and Conditioning Association, and currently sits on the NSCA Board of Directors.

“The time I have spent on the MARC Research Committee has allowed me to meet great people and see firsthand the truly gifted students we have in our organization. I feel compelled to continue my service to the Chapter on a higher level, and serving as Vice President will provide me an opportunity to give back to the organization that has played such a pivotal role in my professional career”.

Scott Mazzetti, PhD

Dr. Scott Mazzetti is an Associate Professor at Salisbury University and currently teaches Exercise Physiology, Sports Nutrition, and Strength Training in Exercise Science at the undergraduate level, and graduate courses in Advanced Muscle Physiology and Exercise Metabolism. He received his Ph.D. in Human Bioenergetics from the Human Performance Laboratory at Ball State University in 2003, and a Masters degree from the Pennsylvania State University in 1997. His research interests include skeletal muscle metabolism and muscle physiology, with emphasis on enhancing energy expenditure responses and adaptations for optimal weight loss. Dr. Mazzetti developed the Laboratory for Human Performance at Salisbury in 2008, and since then, the laboratory has helped prepare numerous students for careers in the Exercise Sciences, with special emphasis on research. He was an Assistant Professor in Exercise Science at Anderson University in Indiana from 2004 to 2007, where he also developed and led a student-centered research laboratory, the Human Performance Center.

Beth Larouere, PhD

Dr. Beth Larouere is currently an Assistant Professor in the Department of Exercise and Rehabilitative Sciences at Slippery Rock University where she teaches introductory and senior-level courses. With her previous eight year experience as a clinical exercise physiologist she has developed an exercise prescription course for special populations at SRU. Dr. Larouere acts as the administrator of the PearsonVue testing site at SRU and strives to have graduating exercise science students become ACSM certified. Dr. Larouere earned a Ph.D. in Exercise Physiology from the University of Pittsburgh, and a M.S. and B.S in Exercise Science from Slippery Rock University. She is an ACSM Certified Health Fitness Specialist. Her research interests include physical activity in the prevention and management of chronic disease in addition to inactivity habits. Dr. Larouere acts as the faculty sponsor for the University's college bowl team and welcomes the opportunity to serve the MARC-ACSM members as Vice President.

President (unopposed)

Eric S. Rawson, PhD, FACSM

Eric S. Rawson is a Professor and Graduate Program Coordinator in the Department of Exercise Science at Bloomsburg University of Pennsylvania. Dr. Rawson received his Ph.D. from the University of Massachusetts, Amherst where he studied under the

direction of Dr. Priscilla Clarkson. Over the past decade and a half, Dr. Rawson's research has focused on the interactions between nutrition and skeletal muscle. In particular, Dr. Rawson has extensively studied the effects of the dietary supplement creatine on muscle function. Dr. Rawson has been an active member in the American College of Sports Medicine since 1996, and has served: on the New England ACSM (NEACSM) Student Advisory Council, as the NEACSM Graduate Student Information Representative, as the NEACSM Vermont State Representative, as a NEACSM Executive Committee Member, as Editor-in-Chief of the NEACSM Newsletter, as a program development assistant and abstract reviewer for the ACSM National Conference, as a member of and topical representative for the ACSM National Program Committee, as Chair of the ACSM National Chapter Nutrition Special Interest Group; and has frequently moderated sessions at ACSM regional and National conferences. Dr. Rawson is currently an Associate Editor for *Applied Physiology, Nutrition, and Metabolism*, *Amino Acids*, the *Journal of Strength and Conditioning Research*, and has reviewed articles for more than 30 peer-reviewed journals. Dr. Rawson has delivered more than 100 professional presentations, authored/co-authored 36 articles and book chapters, and his research has been funded by the National Institutes of Health National Center for Complementary and Alternative Medicine, Bloomsburg University, and various foundations. As a graduate student, Dr. Rawson earned the NEACSM Outstanding Student Investigator Award and the David N. Camaione Outstanding Doctoral Student Award. As a faculty member at Bloomsburg University, Dr. Rawson earned the Dean's Salute for Excellence Award and the Provost's Award for Excellence in Research and Scholarly Activity. Dr. Rawson is a Fellow of the American College of Sports Medicine (FACSM).

MARC Highlighted Programs

Karl M. Newell
Professor and Head
Marie Underhill Noll Chair
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The Department of Kinesiology at The Pennsylvania State University celebrated a Century of Excellence in

2010-2011. The Department of Kinesiology is one of eight departments and schools within the College of Health and Human Development. Through the years the centerpiece of the department has been and remains the study of the theory and practice of physical activity and human movement.

The Department of Kinesiology offers Bachelor of Science degrees in Kinesiology (KINES) and in Athletic Training (ATHTR). The undergraduate program in Kinesiology offers three options of study at University Park and one option of study at Berks Campus.

The Kinesiology major options are: Fitness Studies, Movement Science, Physical Health Education Teacher Education, and Exercise Science (only offered at Penn State Berks). These four options provide concentrated programs of study designed to prepare students for careers in teaching, medical specialties, the fitness and wellness industries, and success in graduate and professional schools.

The undergraduate enrollment in Kinesiology at University Park continues to increase. Currently the student population in the Department is approximately 1200. The department is also home to 200 minor students

The graduate program in Kinesiology is nationally and internationally prominent in several research areas within the broad field of kinesiology. This prominence is due to individual faculty excellence, the production and dissemination of quality research, and the mentoring and graduation of excellent graduate students.

The program emphasizes research and scholarly activity, and this emphasis is strengthened by continued collaborations between the Kinesiology graduate faculty and faculty in other departments that contribute to the discipline (e.g., engineering, history, neuroscience, physiology, psychology). The graduate program supports the studies of approximately sixty students each year, mentored by twenty-four tenure-track graduate faculty.

Graduate training is enhanced by the availability of excellent laboratory facilities and the considerable success of faculty in generating external funding in support of their research and graduate training agendas.

Penn State's Kinesiology graduate program is the #1 program in the field of kinesiology, according to studies conducted by both the National Research

Council (announced in September 2010) and the American Academy of Kinesiology and Physical Education (AAKPE) (announced in October 2010). Graduate programs in Kinesiology have six areas of study for students to concentrate their research and learning. The areas of study are: Athletic Training and Sports Medicine, Biomechanics, Exercise Physiology, History and Philosophy of Sport, Motor Control, and Psychology of Movement and Sport.

**Department of Sports Medicine and Nutrition
Neuromuscular Research Laboratory
School of Health and Rehabilitation Sciences
University of Pittsburgh**

<http://www.shrs.pitt.edu/SMN/>
<http://www.pitt.edu/~neurolab/>

Graduate programs in the Department of Sports Medicine and Nutrition were founded in 1990 with a focus on Athletic Training/Sports Medicine. Over the last 21 years the Department has expanded to include a multidisciplinary approach to Sports Medicine and Nutrition with PhD and MS students having backgrounds as Athletic Trainers, Registered Dietitians, Physical Therapists, Exercise Physiologists, Biomechanists, and Bioengineers. The PhD students are selected to match the research and education/experience of the faculty. The academic programs of Sports Medicine and Nutrition prepare researchers, educators, and clinicians for the rapidly growing demand of health care providers to meet the needs of a physically active population. The comprehensive Department of Sports Medicine and Nutrition operates two graduate academic units and a research laboratory, while also providing clinical Sports Medicine/Athletic Training services both within the University and externally.

Neuromuscular Research Laboratory

The Neuromuscular Research Laboratory (NMRL) is the applied research facility of the University of Pittsburgh's Department of Sports Medicine and Nutrition within the School of Health and Rehabilitation Sciences. Founded in 1990, the NMRL has initiated research in the area of proprioception and neuromuscular control, in an attempt to answer many of the applied questions regarding the role of capsuloligamentous structures and the pathoetiology of joint injury. Since 2003, the NMRL's research has focused on preventing chronic and acute musculoskeletal injuries and optimizing performance by applying Sports Medicine research models to

athletic populations, military personnel, and physically active individuals.

Funding through the Department of Defense, the NMRL has applied its Sports Medicine Human Performance Research Model to prevention of unintentional musculoskeletal injury and optimization of human performance. Our four phase approach to human performance research is based on a conventional public health model of injury prevention and control and adapted to include performance and nutrition testing and interventions. The overall purpose of our research is to create a systematic, data driven, and sustained human performance program to reduce the risk of unintentional, musculoskeletal injuries and improve physical readiness and performance of military personnel. The research model is culturally driven based on the tactical requirements of the military unit.

PhD in Rehabilitation Science

The mission of the doctoral program in rehabilitation science is to advance the frontiers of knowledge underlying the practice of rehabilitation disciplines and professions through research, teaching, and professional development. An interdisciplinary Doctor of Philosophy (PhD) degree is offered within the School of Health and Rehabilitation Sciences. Graduates of this program will have a specific area of expertise in rehabilitation science as well as a core of interdisciplinary knowledge related to this specific area. They will become the researchers, scholars, teachers, thinkers, and planners in the demanding and changing field of rehabilitation science.

MS in Health and Rehabilitation Sciences with a concentration in Sports Medicine

Sports Medicine is a multidisciplinary field that focuses on healthcare issues for athletes and physically active individuals. The Master of Science in sports medicine is a two-year intensive program focused on enhancing the knowledge base in the prevention, assessment, treatment, and rehabilitation of athletic injuries and illness. Although the program is particularly suited for Athletic Trainers, other healthcare professionals and individuals interested in Sports Medicine will find the curriculum well-suited to meet their post-professional goals and objectives. Individuals who have successfully completed our program include Physical Therapists, Bioengineers, and Exercise Physiologists. Graduates of the program seek appointments in both clinical and educational settings at colleges and universities, high schools, and private sports medicine clinics.

MS in Health and Rehabilitation Sciences with a concentration in Wellness and Human Performance

The wellness and human performance concentration is designed for students seeking graduate training to develop knowledge and skills related to nutrition and exercise in maintaining and improving health and

physical performance. Specific focus is on education and training in sports nutrition and in the use of nutrition and exercise for prevention and management of chronic diseases. The curriculum integrates course work, clinical education, and research pertaining to nutritional aspects of health, fitness, and athletic training/performance.