
Mid-Atlantic Regional Chapter News



ACSM Mid-Atlantic Regional Chapter 37th Annual Meeting

WHEN: October 31 - November 1, 2014

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

ADDITIONAL INFORMATION: Check the MARC-ACSM Website (<http://www.marcacsm.org>) for details on housing, abstract submission, etc.

President's Column



Gene Hong, MD
MARC President

Dear Colleagues,

As the weather turns colder and fall has arrived, it is my great pleasure to share with you in this newsletter a glimpse of the exciting MARC ACSM 2014 meeting and program. This year's meeting promises to exceed our yearly expectation to bring

the quality of the national meeting to the regional level, and to bring together basic, applied and clinical scientists together in the pursuit of excellence in our professions. For many of us, to be part of ACSM is to enjoy the multidisciplinary and interdisciplinary nature of the organization, and to appreciate how it enriches all our professional lives.

There is a rich and robust program for this year's meeting, covering a wide range of topics related to medicine and science in sports and exercise. We have a number of well-known speakers who will share their insights and experience on, to name just a few areas: high intensity training, muscle physiology, military medicine, sports nutrition, obesity, clinical sports medicine, biomechanics, and cardiovascular/ peripheral vascular/ and renal adaptations in exercise. We have strived to make the sessions interdisciplinary in nature, so that a session on a given topic will appeal to professionals and students across the spectrum. On Friday night at 7:15pm, the keynote speaker is Dr. Fran O'Connor, speaking on "Exertional Rhabdomyolysis in Athletes and Warfighters". He is a nationally recognized speaker and researcher in this area, as well as a practicing primary care sports medicine physician in the US military. Major General Dean Sienko, the Commanding Officer of the US Army Public Health, will be speaking on Friday afternoon at 3:15pm on "Military Health and Fitness: From Playground to Battlefield". And on Saturday, all attendees are welcome to attend another first for the MARC

ACSM meeting – a four hour joint clinical session with the Pennsylvania Academy of Family Physicians on hot topics in clinical sports medicine for the primary care provider.

Back by popular demand are the College Bowl, Fitness Challenge, and Faculty and Professional Social. We anticipate a record number of research and clinical abstract submissions and presentations. This year for the first time, we are combining the location of clinical and research poster presentations. One of the highlights each year at MARC ACSM is the opportunity to see and discuss all the research and other scholarly activity that our members are conducting, and to share our thoughts and work together across disciplines and institutions.

Thanks to all who helped to put this year's meeting together, and contributed to making it an outstanding annual meeting yet again. I would like to acknowledge the members of the MARC Executive Board who all volunteer their time and work tirelessly to make the meeting and regional chapter successful. And if you have not met our fearless MARC Executive Director, Scott Kieffer, please say hello and offer thanks for his passion and dedication to MARC ACSM. Thanks to all the speakers, moderators, session organizers and planners, our chapter leadership, and most of all to all of you for attending the annual meeting and contributing to MARC ACSM. As an all-volunteer professional organization, we will only be as good as our membership strives to be in our pursuit of professional excellence in medicine and science in sports and exercise.

I sincerely hope to see all of you at this year's MARC ACSM meeting!

Regards,

Gene Hone, MD
MARC President

Program Highlights

FRIDAY, OCTOBER 31st:

3:15pm

Major General Dean Sienko

Military Health & Fitness: From Playground to Battlefield

4:00pm

Meet the Experts

7:15pm - Keynote Speaker

Col. Fran O'Connor, MD

Exertional Rhabdomyolysis in Athletes and Warfighters

8:15pm – 11:00pm

Expo

College Bowl

Fitness Challenge

Faculty & Professional Member Social

SATURDAY, NOVEMBER 1st:

8:00am-11:45am

PA Academy of Family Physicians (joint clinical session)

PPE Cases: To Clear or Not to Clear

Concussion Update

Heat Illness Update

ECG Screening and Athletes

12pm

Awards Luncheon

MARC ACSM Officers

Past President: Eric Rawson, PhD, FACSM
Professor and Graduate Program Coordinator
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Past Presidents of MARC

2013	Eric Rawson	1999	Betsy Keller
2012	William Farquhar	1998	Sam Case
2011	Scott Kieffer	1997	Michael Cox
2010	Kristie Abt	1996	Karen Mittleman
2009	Jim Roberts	1995	Thomas Doubt
2008	Steve Siconolfi	1994	W. Craig Stevens
2007	Mark Sloniger	1993	M. Paternostro-Bayles
2006	Matthew Kerner	1992	M. Paternostro-Bayles
2005	Jill Kanaley	1991	Gary Sforzo
2004	Shala Davis	1990	Tim McConnell
2003	Dan Drury	1989	H. Robert Perez
2002	Brad Hatfield	1988	Elsworth Buskirk
2001	Carlos Crespo	1987	Robert Otto
2000	Ross Anderson		

Clinician's Corner



Matt Silvis, MD MARC
Physician-at-large

“A patient comes to the office complaining that she just can't seem to stick with an exercise program. She really doesn't like to run, but has been told by many people to run for exercise. How important is matching a patient's personality to exercise?”

The American College of Sports Medicine and the American Heart Association recommend that all healthy adults aged eighteen to sixty-five need thirty minutes, five days per week of moderate aerobic exercise or vigorous intensity aerobic exercise twenty minutes on three days each week. Despite the myriad well-known benefits of exercise, rates have remained stagnant with only 20 percent of adults achieving this goal. There is a relatively new concept of determining a person's “fitness personality” to improve exercise rates. Essentially, patients are more successful initiating and continuing an exercise program that matches their style or personality.

Providers should first assess a patient's ability when recommending exercise (e.g. recommending swimming for aerobic exercise would not be appropriate for an individual who cannot swim). Then, the patient should be directed to activities that best suit their personality. Elements of a good match are broken into seven dimensions:

1. Social: Do they prefer to exercise alone or with others?
2. Control: Do they prefer a high degree of control (step machine) or spontaneity (improvisational dance)?
3. Motivation: Are they motivated by internal goals (to lose weight or decrease blood pressure) or externally (running a race for charity)?
4. Aggression: Do they prefer aggressive (weight lifting) or non-aggressive (yoga) activities?

5. Competitive: Do they prefer competitive (handball, singles tennis), collaborative (volleyball, basketball), or individualist activities (ice skating, roller blading)?

6. Mental focus: How much concentration do they prefer during exercise?

7. Risk taking: Are they conservative or risk-takers?

Does compatibility lead to compliance? Research studies and personal experience favor this approach. Remember that each of us will weigh the importance of the seven dimensions differently. For help with this process, several free online fitness profile calculators are available that help match personality traits with forms of exercise likely to be most successful for patients.

Student Rep Column

Andrew Venezia, University of Maryland

Hello fellow students! I am very excited to have the opportunity to work with all of my colleagues, including all of MARC's outstanding undergraduate and graduate students, for a second year. Please feel free to contact me at avenezia@umd.edu with any questions, comments, or concerns that I can bring to committee meetings.

With the fall semester underway, remember that the MARC-ACSM Annual meeting is coming up on Friday, Oct 31st - Saturday, Nov 1st in Harrisburg, Pennsylvania. I hope many of you submitted your research abstracts to have the opportunity to present at the annual meeting. This conference provides a great opportunity for undergraduate and graduate students to present their research as free communication slides or poster presentations. Presenting your research is a great way to network and receive feedback on your work and presentation skills.

Continuing with the popular tradition, 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! The winner has the opportunity to represent the region at ACSM's 62nd Annual Meeting in San Diego. The preliminary rounds of the College Bowl will take place on Friday morning. The winners of each of the three preliminary rounds will advance to the MARC College Bowl Finals on Friday evening following the keynote speaker. Come support your fellow students in the College Bowl Finals!!

Another great activity for students at the MARC-ACSM Annual Meeting is the Meet the Experts Session on Friday at 4:00 pm. This Q&A session is designed specifically for students to meet and network with experts from a variety of fields. It provides a unique opportunity for students to get expert advice on applying to graduate school, job opportunities and career paths, research pursuits, and anything else that develops during the open conversation! The panel this year will include the keynote speaker, Dr. Francis O'Connor, and specialists and professors in health and wellness, clinical exercise physiology, nutrition, and strength and conditioning. Don't miss out on this great student session!

As you can see, we're trying to keep you, the MARC student, involved as the success of MARC depends on you. We are excited to build on the success of last year and look to improve MARC every year! Finally, be sure to "friend" MARC-ACSM on Facebook and follow us on Twitter @MARCACSM- it's the best way to keep in touch with our region!

Fitness Challenge Winners

2013 Ithaca University
 2012 Slippery Rock University
 2011 East Stroudsburg University
 2010 Slippery Rock University

College Bowl Winners

2013 St. Francis University
 2012 St. Francis University
 2011 Slippery Rock University
 2010 Ithaca College
 2009 Messiah College
 2008 Salisbury University

Research Committee News



John Abt, PhD, ATC, University of Pittsburgh
 MARC Research Committee Co-Chairperson

Melissa Reed, PhD, ACSM CES West Chester University
 MARC Research Committee Co-Chairperson

Abstract Submission

Thank you to those who submitted an abstract for the 2014 MARC meeting! We received a total of 101 abstracts including 53 for podium presentations and 48 posters. We would also like to thank the members of the MARC Research Committee for their participation as they are actively involved in the abstract review process at the time of this writing. All abstracts submitted as podium presentations in the PhD, Masters, and Undergraduate categories will be reviewed and scored. The top five abstracts in each category will be eligible for the investigator awards and further scored as part of the respective sessions at the MARC meeting.

MARC-ACSM Student Research Awards

2013	Not Awarded
2012	Not Awarded
2011	Jody Greaney, University of Delaware
2010	Not Awarded
2009	Kenneth Clark, West Chester
2008	Styliani Goulopoulou, Syracuse Univ.
2008	Ruth Franklin, Syracuse University
2007	Francesca Amati, University of Pittsburgh
2006	Sara Fleet, University of Pittsburgh
2006	Stella Goulopoulou, Syracuse Univ
2005	Kimberly Weary, University of Pittsburgh
2005	Summer Baldwin, Syracuse University

Masters Student Investigator Award



- 2013 Candace Receno, Syracuse University
- 2012 Charles Brightbill, Bloomsburg Univ.
- 2011 Jessica Knurick, East Stroudsburg Univ.
- 2011 Mark Yankowski, Bloomsburg University
- 2010 J. Luke Pryor, Ithaca College

Doctoral Student Investigator Award



- 2013 James Kuczmariski, Univ. of Delaware
- 2012 Anna Stanhewicz, Penn State University
- 2011 Andrew Kelleher, Penn State Hershey, College of Medicine
- 2010 Christopher Martens, Univ. of Delaware

Matthew Kerner Undergrad Student Investigator Award



- 2013 Hope Sloanhoffer, West Virginia Univ.
- 2012 Brendan Tarzia, Syracuse University
- 2011 Ryan Spiardi, Slippery Rock University
- 2010 Wesley Lefferts, Skidmore College
- 2009 Dawnette Urcuyo, Gettysburg
- 2008 Kristy Rubino, Gettysburg College
- 2007 Mark Sausen, University of Delaware
- 2006 Jennifer Basich, Slippery Rock University
- 2005 Luke Haile, Bloomsburg University

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We look forward to seeing you
October 31-November 1
in Harrisburg, PA



**Check the MARC-ACSM website for more information at
WWW.MARCACSM.ORG**