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# Mid-Atlantic Regional Chapter News

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## ACSM Mid-Atlantic Regional Chapter 34<sup>rd</sup> Annual Meeting

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>

### Tentative Program Highlights

Keynote speaker:

**Dr. Scott Powers, Ed.D, Ph.D., FACSM**

### For More Information...

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

## How to Contact MARC-ACSM

Website

<http://www.marcacsm.org>

## Executive Director's Report

I am proud to report that the Mid-Atlantic Chapter of ACSM is stronger than ever and that our 2010 annual meeting was a resounding success on many levels. We are consistently attracting over 500 professionals and students to our meeting in Harrisburg/Hershey each November and I believe the momentum is still building. I want to publically commend Past President Kristie Abt and the Planning Committee for putting together such a top-notch scientific program. The sessions were well received and the variety of topics has never been better. Well Done!

I also want to thank the MARC Executive Board for introducing new events and programs into our meeting format. Although we have always had great programming for students, I think the board did an excellent job of making our meeting attractive to those in clinical practice, as well as to other sports medicine practitioners. With four or five rooms going at any given time, our meeting has something for everyone. If you missed our last meeting in 2010, please make a point to attend our next meeting November 5-6<sup>th</sup> of 2011. The Mid Atlantic Chapter of ACSM is changing fast and I think you will like what you see.

As we look ahead to the future, I am hoping we can reach out to the numerous potential members at colleges and universities that have not traditionally attended our meeting. Although we are already one of the largest regional chapters, I think our potential for new growth is enormous. It is my mission as Executive Director to facilitate continual improvement in our services, while attempting reach a larger and larger audience. We have assembled an energetic team on the MARC Board this year so look for even more improvements.

As always, if you are interested in volunteering your time and talents please feel free to contact me directly ([ddrury@gettysburg.edu](mailto:ddrury@gettysburg.edu)).

**Dan Drury, DPE**  
**MARC Executive Director**  
**Dept of Health Sciences**  
**Gettysburg College**  
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**717.337.6442**

## MARC 2010 Election Results

**President: 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)

**Member-at-large: Amy Hauffler, Ph.D.**  
Department of Kinesiology  
University of Maryland  
College Park, MD  
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**Member-at-large: Joohee Sanders, PhD**  
Dept. of Exercise Science  
Shippensburg University  
Phone: 717-477-1378 e-mail: [jisanders@ship.edu](mailto:jisanders@ship.edu)

## MARC-ACSM Officers

**Current President:**  
**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)

**Past President: Kristie Abt, Ph.D.**  
University of Pittsburgh  
Pittsburgh, PA 15261  
e-mail: [klabt@pitt.edu](mailto:klabt@pitt.edu)

**President Elect: William Farquhar, Ph.D., FACSM**  
Dept. of Health, Nutrition, & Exercise Sciences, University of Delaware, Newark, DE 19716  
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**Vice President: Carla Murgia, Ph.D.**  
Dept. of Public and Allied Health Sciences  
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Dover, DE 19901  
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**Secretary/Treasurer: Michael Holmstrup, M.S.**  
Department of Public and Allied Health Sciences  
Delaware State University  
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**2<sup>nd</sup> Year Member-at-large:**  
**Carena Winters, M. P.H., Ph.D.**  
Department of Exercise Science  
Slippery Rock University  
Slippery Rock, PA  
Phone: (724)738-4290 email: [carena.winters@sru.edu](mailto:carena.winters@sru.edu)

**2<sup>nd</sup> Year Member-at-large: Scott Mazetti, Ph.D.,**  
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Salisbury University  
Salisbury, MD  
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**Student Representative: Jody Greaney, M.S.**  
Department of Health, Nutrition & Exercise Science,  
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**MARC Regional Chapter Rep: Shala Davis, Ph.D., FACSM**  
Dept. of Exercise Science,  
East Stroudsburg University, East Stroudsburg, PA 18301  
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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

# President's Column



**Scott Keiffer, Ed.D. Messiah College  
MARC President**

Greetings from the MARC ACSM Board!  
We would like to take this opportunity to thank everyone who came to the 2010 MARC Annual Meeting in Harrisburg. We had a wonderful meeting that included speakers from all over the region as well as speakers from around the country! We would especially like to thank Dr. Bob Sallis for presenting some exciting initiatives that are helping springboard many areas of our profession into the healthcare spotlight. If you were not able to attend the meeting this past year, our hope is that you will be able to attend in November. The Board has been hard at work setting the agenda for the next meeting and hope to offer another slate of outstanding speakers and presentations.

On a personal note, I would like to extend an invitation for YOU to get involved with MARC. I began attending regional ACSM meetings 25 years ago and have been involved with the Central District,

Northland and now the Mid-Atlantic regions and at each juncture of my career I have been able to find great colleagues and resources through my contacts and involvement with the regional chapters. As a volunteer board, we are always looking to the membership to get involved, give input, and help make connections in the broader community. We will be offering a number of ways to get people involved and hope you will take the opportunity to serve. Some of the upcoming ways to get involved are:

1. Attend the MARC Social at the Annual Meeting in Denver and ask how you can get involved!

2. Run for an position on the Board
3. Contact Dr. Dan Drury (our Executive Director) about how you might become a Campus Liaison
4. Submit an idea for a session at the MARC Annual Meeting (we may not be able to use it this year; however, we are always looking for areas of interest)
5. Submit a poster or research presentation (the Call for Abstracts will be coming out in June or July)
6. Bring a group of students to the MARC Annual Meeting Sponsor a College Bowl team from your institution
7. Sponsor a Fitness Challenge Team
8. Did I mention run for a position on the Board?
9. We offer CEC's for certification renewal – mention this to some of the ACSM Cert's that you know
10. Moderate a session at the MARC Annual Meeting
11. Write a column for an upcoming newsletter (we are always looking for ideas)
12. If you have a graduate program – sponsor a table at the EXPO

If you have ideas or would like to get involved, please contact me at [Kieffer@messiah.edu](mailto:Kieffer@messiah.edu) or any other Board member. We will continue to work hard to bring you a meeting with the breadth and depth that our field has to offer. I sincerely hope that you will take the time to stop by the MARC Social at ACSM and ask how you might get involved. See you in DENVER!!!

# Research Committee News



Carena Winters, M. P.H., Ph.D.

## 2010 MARC Award Recipients and Abstract Submission Updates

It is our pleasure to announce the winners of the following 2010 MARC-ACSM Awards.

**Matthew Kerner Undergraduate Student Investigator Award:** Wesley Lefferts (Skidmore College)

**Master's Student Investigator Award:** J. Luke Pryor (Ithaca College)

**MARC-ACSM Doctoral Student Investigator Award:** Christopher Martens (University of Delaware)  
For a full description of all MARC awards and past recipients, please visit  
<http://www.marcacsm.org/marcawards.html>.

### Abstract Submission Guidelines

Abstracts must be submitted by a faculty sponsor. We strongly encourage faculty to promote and support this opportunity for students.

**Attention:** The abstract submission deadline has been changed to **September 23<sup>rd</sup>, 2011**.

**Reminder:** 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. An acceptance/rejection notification will be sent electronically within 1 week after the submission deadline. If confirmation has not been received by September 30<sup>th</sup>, 2011, please contact Dr. Carena Winters at [researchchair@marcacsm.org](mailto:researchchair@marcacsm.org).

### Student Investigator Award Categories

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).

To accommodate the new Master Student Investigator Award, the MARC President's Award has been removed. However, the MARC Student Research Award remains available (see the MARC website for information on this award).

In addition to the changes above, the scoring rubric will undergo minor revision such that the scale for each item will be increased. Abstract evaluation by the Research Committee will determine award finalists as has occurred in the past. New, though, for 2010 is that the award ranking will be based off of scoring of the finalist student presentations alone. Finally, award finalists will present their research in a joint session based on award class. In this way, all undergraduate student finalists will present during the same session. The same will occur for the Master and Doctoral level finalists. The Research Committee encourages all to apply.

## Student Rep Column



Hello fellow students! This is your Student Representative, Jody Greaney, from the Department of Kinesiology and Applied Physiology at the University of Delaware. I am very excited to have had the opportunity to work with all of my fellow colleagues, including all of MARC's outstanding students, during the past two years in this position. Please feel free to contact me at [student@marcacs.org](mailto:student@marcacs.org) with any questions, comments, or concerns that I can bring to committee meetings.

This past November, we held the 32<sup>h</sup> annual MARC ACSM conference at the Sheraton Harrisburg-Hershey Hotel in Harrisburg, Pennsylvania. It was a great success! Ithaca took the crown in hotly-contested College Bowl, and they now have the opportunity to represent our region at the upcoming national ACSM conference in Denver. In addition, the first annual Fitness Challenge was a great success, with Slippery Rock University taking the title of MARC's Fittest School, and I look forward to this new tradition at our annual regional meeting. The "Meet the Expert" session, designed specifically with the MARC student in mind, also continues to grow and expand. Be sure to "friend" MARC ACSM on Facebook – it's the best way to keep in touch with our region!

Also, do not forget about this year's national ACSM meeting and 2<sup>nd</sup> annual World Congress on Exercise is Medicine, which will take place in Denver, Colorado, from May 31st-June 4th. The meeting promises to be very informative, with well-known and respected speakers at the many symposium sessions, and an

exceptionally wide variety of topics covered in the poster sessions. Be sure to check out the full program preview, available online at [www.acsm.org](http://www.acsm.org). Register by March 9<sup>th</sup> to take advantage of early registration pricing!

Aside from the outstanding presentations you can expect to see in Denver, students benefit from countless opportunities to network, conduct graduate school and job searches, meet with like-minded exercise professionals, and establish lasting professional and personal relationships. In particular, you can benefit from attending the Student Colloquium, dedicated to developing the skills of new professionals. Additionally, students are invited to the "Meet the Experts" session, where small groups of students meet for lunch with established professionals in their areas of interest. This session is always a crowd pleaser, but tickets (free, but necessary) go fast! Pick one up at the "student help desk" as soon as you arrive. Book your rooms early; with such an exciting destination, space is sure to fill quickly!

As you can see, we're really 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. I'll see you in Denver!

Aside from the outstanding presentations you can expect to see in Baltimore, students benefit from countless opportunities to network, conduct graduate school and job searches, meet with like-minded exercise professionals, and establish lasting professional and personal relationships. In particular, you can benefit from attending the Student Colloquium, dedicated to developing the skills of new professionals. Additionally, students are invited to the "Meet the Experts" session, where small groups of students meet for lunch with established professionals in their areas of interest. This session is always a crowd pleaser, but tickets (free, but necessary) go fast! Pick one up at the "student help desk" as soon as you arrive in Baltimore. Book your rooms



early; with such an exciting destination, space is sure to fill quickly!

As you can see, we're really 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. I'll see you in Baltimore!

## 2010 MARC-ACSM Student Research Awards

### Graduate Student Investigator Award

#### Past Recipients

- 2009 Kenneth Clark, West Chester
- 2008 Styliani Goulopoulou, Syracuse University
- 2007 Francesca Amati, University of Pittsburgh
- 2006 Sara Fleet, University of Pittsburgh
- 2005 Kimberly Weary, University of Pittsburgh
- 2008 Ruth Franklin, Syracuse University
- 2007 Francesca Amati, University of Pittsburgh
- 2006 Stella Goulopoulou, Syracuse University
- 2005 Summer Cook, Syracuse University

### Matthew Kerner Undergraduate Student Investigator Award

- 2010 Wesley Lefferts (Skidmore College)

#### Past Recipients

- 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

## Masters Student Investigator Award



2010 J. Luke Pryor (Ithaca College)

## Doctoral Student Investigator's Award

- 2010 Christopher Martens (University of Delaware)

## College Bowl Winners 2010

*Ithaca College*

## Fitness Bowl Winners 2010



*Slippery Rock University*

*Pictured: Carena Winters, Zack Kurtz, Donald Robinson, Lori Beth Nunemaker, Karen Siege, Michael Holmstrup*

**Mark the date for the  
MARC Conference  
November 4 – 5, 2011**

**Check the MARC-ACSM  
website and the  
Fall 2011 Newsletter for more  
information at**

**[WWW.MARCACSM.ORG](http://WWW.MARCACSM.ORG)**

## MARC HIGHLIGHTED PROGRAM



The Department of Kinesiology  
School of Public Health – University of Maryland  
Website: [www.sph.umd.edu/KNES](http://www.sph.umd.edu/KNES)

The Department of Kinesiology at the University of Maryland enjoys a long and cherished history dating from its inception in 1892 with the creation of the Department of Physical Culture. The motto of the Department at that time was *Sana mens, in corpora sano*, which translates to English as a ‘Healthy Mind within a Healthy Body.’ Almost 120 years later the Department recently received the number three (3) national ranking for the quality of its doctoral programs as evaluated by the National Academy of Kinesiology, formerly known as The American Academy of Kinesiology and Physical Education (AAKPE). The early philosophy of the unit, captured by the motto, fits well within its new home – the School of Public Health, which is fully accredited and recognized by the Council on Education for Public Health (CEPH). The School consists of six units including the Departments of 1) Kinesiology, 2) Behavioral and Community Health, 3) Epidemiology and Biostatistics, 4) Family Science, 5) Health Services Administration, as well as the 1) Maryland Institute for Applied Environmental Health. Membership for the Department in the School provides a wonderful opportunity to advance and advocate for the role of physical activity in the health of our communities, state, the nation, and globally.

In support of this mission, there are three concentrations of study offered at the graduate level in the Department that provide the opportunity for broad multi-level investigations of physical activity and human movement. These areas are 1) **Cognitive-Motor Neuroscience**, 2) **Exercise Physiology**, and 3) **Physical Cultural Studies**. Both M.A. and Ph.D. degrees are offered in each area of study.

The faculty in **Cognitive-Motor Neuroscience** investigates motor performance (e.g., gait, balance, and aiming tasks, as well as the relationship between physical activity, cognition, and emotion) from neural, biomechanical, brain imaging, modeling, and social-behavioral perspectives. The research extends to populations across the developmental landscape from infancy to old age and includes normally developing individuals as well as those characterized by disorders such as Developmental Coordinative Disorder, Parkinson’s disease, Alzheimer’s disease, and those with amputation of the extremities. The research emphases cover both health-related issues as well as those involving the neural processes underlying expertise and the performance of special populations such as military and high-level athletes. This work is supported by well equipped laboratories containing technology affording motion analysis, electromyography (EMG), electroencephalography (EEG), virtual reality, and brain-machine interfaces for control of the extremities.

The faculty in **Exercise Physiology** investigates the mechanisms by which exercise interventions improve health outcomes in aging, cardiovascular disease, metabolic disorders, cancer and neuromuscular



diseases. The group has the capacity to investigate exercise interventions at the cellular and molecular levels as well as at the genome level with the goal of translation to physiological outcomes. Investigations employ cell cultures and animal models as well as randomized clinical trials with human populations in order to test the efficacy of exercise interventions on health and function.

The **Physical Cultural Studies** concentration was formed as a new interdisciplinary field of study. It combines the empirical foci and interpretive theories of: the sociology of sport, physical activity, and health, and cultural studies. The faculty investigates the influence of broad cultural forces on health and expressions of physical activity. In addition, both undergraduate and graduate courses and research experiences are offered in the area of **Sport Management**.

In this manner, the collective expertise within the Department of Kinesiology allows for the investigation of important issues related to physical activity from the perspective of ‘the cell to society.’ The Department’s location within the Baltimore-Washington metropolitan region allows for collaboration with a number of partners including the medical schools of Johns Hopkins and Georgetown Universities as well as a number of federal and private agencies. The faculty is supported in its mission by a variety of research grants from a range of sources including the National Institutes of Health (NIH), Department of Defense (DoD), National Academies of Science (NAS), National Science Foundation (NSF), and American Heart Association. Funding also comes from Maryland Industrial Partnerships (MIPS) and several foundations. Faculty are sought after to provide their expertise on policy, consensus reports, and grant review panels to the NIH, NSF, NAS, the Institute of Medicine (IOM), the Defense Advanced Research Projects Agency (DARPA), and a wide variety of state and local agencies.

The teaching mission of the faculty also extends to our undergraduate program, in which approximately 900 majors are pursuing the B.S. degree. The program is organized around a core of 7 courses including biomechanics, exercise physiology, motor development, motor learning and control, sport psychology, sport in society and the historical aspects of sport and activity. A new course will soon be offered on the role of physical activity in public health. The core is complemented by more specialized and advanced course work in the three areas of concentration identified above for the students during their junior and senior years. In addition, we are proud of our new program in Physical Education, launched this year and offered jointly with the College of Education, in which students with training in Kinesiology and related fields can complete a Master’s Certification (MCERT) degree with specialization in Physical Education so that they can become certified to teach in the public schools. This new offering is designed to allow for increased disciplinary knowledge in the physical educators graduating from the MCERT program, thus providing a new generation of leaders to translate our knowledge in Kinesiology to the schools and communities.