

---

# Mid-Atlantic Regional Chapter News

---



## ACSM Mid-Atlantic Regional Chapter 33<sup>rd</sup> Annual Meeting

Date: November 5-6, 2010

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. Robert Sallis, MD, FACSM

– Exercise is Medicine

Childhood Obesity

Exercise and Public Health

Exercise Adherence

Nutrition

Basic and Applied Sciences

Hands-on Strength and Conditioning

Sport Psychophysiology

Medical Fitness

### For More Information...

Check the MARC-ACSM Website

(<http://www.marcaesm.org>) this Fall for details on housing, abstract submission, etc.

## How to Contact MARC-ACSM

Website

<http://www.marcaesm.org>



MARC Executive Director Dan Drury working registration

**Dan Drury, Ph.D.**

**MARC Executive Director**

**Dept of Health Sciences**

**Gettysburg College**

**Box: Campus Box 0432**

**Gettysburg, PA 17325-1400**

[ddrury@gettysburg.edu](mailto:ddrury@gettysburg.edu)

**717.337.6442**

## MARC 2009 Election Results

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

**Vice President: Carla Murgia, Ph.D., Delaware State University**

**Member-at-large: Carena Winters, M. P.H., Ph.D. Slippery Rock University**

**Member-at-large: Scott Mazetti, Ph.D., Salisbury University**

## MARC-ACSM Officers

### Current President:

#### **Kristie Abt, Ph.D.**

University of Pittsburgh, Pittsburgh, PA 15261  
e-mail: [klabt@pitt.edu](mailto:klabt@pitt.edu)

### Past 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)

### President Elect: **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)

### Vice President: **Carla Murgia, Ph.D.**

Dept. of Public and Allied Health Sciences  
Delaware State University  
Dover, DE 19901  
Phone: 302-857-6612 e-mail: [cmurgia@desu.edu](mailto:cmurgia@desu.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: **William “Turi” Braun, Ph.D., FACSM**

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

### 2<sup>nd</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)

### 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)

## Past Presidents of MARC-ACSM

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
1998	Sam Case		

## President's Column

### Kristie Abt

Ahhh....spring is in the air! Thankfully, right!? While many of us spent most of the winter digging ourselves out of what seemed to be endless amounts of snow, the MARC-ACSM Executive Board was busy preparing for another productive start of the year. Here is some of what we have been up to:

#### 1. **Welcoming a new Executive Director:**

After many years of service, Dr. Craig Stevens decided to hand over the reigns of the Executive Director position. Craig began his role as Executive Director in 2001 and during his time helped the chapter to grow and develop significantly. He was a positive role model and a great leader. On behalf of MARC-ACSM, I want to thank Craig for all of his time and hard work. It was a pleasure working with you!

We are privileged to welcome Dr. Dan Drury as our new Executive Director. Dan's energy and enthusiasm are contagious and we are looking forward to new and exciting times as MARC-ACSM continues to grow.

2. **Planning events during the ACSM National Meeting:**

We are excited to have this year's ACSM National Meeting in our "backyard". The National Meeting will be held in Baltimore, Maryland from June 2-5, 2010 and MARC-ACSM will host its annual social on Thursday, June 3<sup>rd</sup> from 8:00 to 9:30 pm. Please check the meeting program for further details and be sure to stop by and say "hello". Additionally, as host chapter, MARC-ACSM has organized a special event for conference goers – a picnic and Baltimore Orioles baseball game! The picnic will begin at 5:35 pm including food and beverages and will be followed with the game starting at 7:05. Tickets for the picnic and game cost \$40.00 per person. You can reserve your seats online at the following website: [www.acsm.org/ballgame](http://www.acsm.org/ballgame). We hope to see there!

3. **Supporting the Cayuga Sports Medicine Conference in association with the Cayuga Lake Triathlon:**

Once again, MARC-ACSM is supporting a regional conference. This year we are proud supporters of the Cayuga Sports Medicine Conference – Cayuga Lake Triathlon to be held July 31, 2010 in Ithaca, NY. MARC-ACSM members will receive a discounted registration fee. Please check our website for a link to the conference brochure and registration application at [www.marcacsm.org](http://www.marcacsm.org).

4. **Planning the 2010 MARC-ACSM Annual Conference:**

Thank you to all of you who completed the 2009 Annual Conference evaluation. In response to your recommendations, we hope to make the 2010 conference even bigger and better! This year, we are excited to offer a variety of session topics that are guaranteed to meet the interests of our diverse membership. We will have sessions on basic, applied, and rehabilitation sciences, medicine,

professional development, student interests, sport performance/functional training, and public health. Additionally, our annual EXPO is an excellent opportunity for graduate schools to highlight and recruit for their programs, as well as a suitable time for professional networking. If your school is interested in participating in our EXPO, please contact Michael Holmstrup at [meholmst@syr.edu](mailto:meholmst@syr.edu). Please check our website regularly for updates regarding the 2010 MARC-ACSM Annual Conference.

5. **Recruiting YOU to help MARC-ACSM!**

Each year, we put out a call for volunteers to serve in a number of capacities with MARC-ACSM. This year is no different! Volunteering your time is a great way to serve your chapter, network with other professionals, and assist with professional development. We would love to have you involved! Please contact me at [klabt@pitt.edu](mailto:klabt@pitt.edu) if you are interested in serving in any number of the following volunteer positions:

- Executive Board Member
- Conference Moderator
- Research Committee
- Conference Marketing Committee
- Conference Planning Committee

I am excited to serve as President of MARC-ACSM this year and in conjunction with the Executive Committee, we look forward to another productive year. See you at National!

Kristie Abt, PhD  
MARC-ACSM President

# Research Committee News

The Research Committee in conjunction with the Executive Board of the MARC-ACSM has put forth some modifications that will affect student investigator award classes and the scoring process beginning in 2010. MARC-ACSM is pleased to announce that a new student investigator category has been designated for Master level students. Award eligibility for the student investigator awards will be based on current class standing (or recent graduation in the case of the UG award). Details of the revisions are as follows:

## **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



**Jody Greaney**

Hello fellow students! This is your Student Representative, Jody Greaney, from the Department of Health, Nutrition, and Exercise Science at the University of Delaware. I am very excited to continue to work with all of my fellow colleagues, along with all of the MARC students, in my time in this position. Please feel free to contact me at [student@marcacsms.org](mailto:student@marcacsms.org) with any questions, comments, or concerns that I can bring to committee meetings.

This past November, we held the 31<sup>h</sup> annual MARC ACSM conference at the Sheraton Harrisburg-Hershey Hotel in Harrisburg, Pennsylvania. It was a great success, with a wide variety of symposium topics, excellent student poster sessions, and an assortment of vendors represented. Remember, keeping the students' best interests in mind is important to us, and that is why we started a MARC ACSM Facebook profile. If you haven't already, become friends with MARC ACSM. It is a great way to keep in touch with students from other programs and keep abreast of all the news coming out of MARC.

Also, do not forget about this year's national ACSM meeting and World Congress on Exercise is Medicine, which will take place in Baltimore, Maryland, from June 2<sup>nd</sup> -5<sup>th</sup>. The meeting promises to be very informative, with well-known and respected speakers at the many symposium sessions, and a wide variety of topics covered in the poster sessions. There is a huge variety of Special Sessions and Symposia, including keynote presentations by Jeffrey Koplan from Emory University (Physical Activity, Health, Health Care Reform, and Lifestyle Reform Revisited) and also by Brian Whipp from the Human Bio-Energetics Research Center in the United Kingdom (The Self-Correcting Nature of Science). Be sure to check out the full program preview, available online at [www.acsm.org](http://www.acsm.org).

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!

## 2009 MARC-ACSM Student Research Awards

### Graduate Student Investigator Award



2009 Recipient – Kenneth Clark, West Chester

#### Past Recipients

- 2008 Styliani Goulopoulou, Syracuse University
- 2007 Francesca Amati, University of Pittsburgh
- 2006 Sara Fleet, University of Pittsburgh
- 2005 Kimberly Weary, University of Pittsburgh

## Undergraduate Student Investigator Award



2009 Recipient - Dawnette Urcuyo, Gettysburg

#### Past Recipients

- 2008 Kristy Rubino, Gettysburg College
- 2007 Mark Sausen, University of Delaware
- 2006 Jennifer Basich, Slippery Rock University
- 2005 Luke Haile, Bloomsburg University

### Student Research Grant Award



2009 Recipient - Michael Holmstrup, Syracuse

#### Past Recipients

- 2008 Erin Delaney, University of Delaware
- 2007 Stella Goulopoulou, Syracuse University
- 2006 Not awarded
- 2005 Tracy Baynard, Syracuse University

## MARC President's Award for Outstanding Doctoral Student



*2009 Recipient - Michael Holmstrup, Syracuse*

### Past Recipients

- 2008 Ruth Franklin, Syracuse University
- 2007 Francesca Amati, University of Pittsburgh
- 2006 Stella Gouloupoulou, Syracuse University
- 2005 Summer Cook, Syracuse University

**Mark the date for the  
MARC Conference  
November 5 – 6, 2010**

## College Bowl Winners 2009



*"Team Messiah"... Cory Kaufman, Amy Chrisfield and Nathaniel Jenkins.*

**Check the MARC-ACSM  
website and the  
Fall 2010 Newsletter for  
more information**

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

# MARC HBCU Highlighted Programs



Delaware State University  
Public and Allied Health Sciences



University of Maryland Eastern Shore  
Exercise Science

## Delaware State University



Delaware State University Department of Public and Allied Health Sciences houses two undergraduate degree programs, Community Health and Movement Science. The Movement Science program incorporates two concentrations, Fitness and Strength Certification and Pre-Health Professional. The Fitness and Strength Certification Concentration prepares students to sit for and successfully pass certification exams in ACSM's Personal Trainer and Health and Fitness Specialist and NSCA Strength and Conditioning Specialist. The Pre-Health Professional Concentration prepares students for graduate health education in allied health sciences. One hundred nineteen students are currently enrolled in the Movement Science program. Students in this program are provided with laboratory, service learning, and community engagement opportunities.

The Exercise Physiology Laboratory instrumentation, which includes, metabolic carts, electrocardiography carts, BodPod, treadmills, ergometers, etc., provides experiential learning and faculty-directed research opportunities for students. The Movement Analysis Laboratory instrumentation, which includes an 8 camera motion capture system, force plates, force instrumented treadmill, electromyography, and state-of-the art rehabilitation equipment provides opportunities for students to engage in biomechanical and neuromechanical assessment experiences and faculty-directed undergraduate research. The capstone experience for the Movement Science program provides an opportunity for students to select one of three options: a limited 6 credit professional internship in disciplines encumbered by Movement Science; a faculty-directed research project; or a thorough review of the literature.

The Movement Science Program at DSU recently signed an agreement with the Winston Salem State University Physical Therapy program, which provides graduate fellowship opportunities for students. Another recently signed agreement with the University of Verona in Italy has established a relationship for research collaboration.

For more information about Movement Science at Delaware State University, please contact

**Carla Murgia, Ph.D.**

(302) 857-6612; [cmurgia@desu.edu](mailto:cmurgia@desu.edu) or visit our website at [www.desu.edu](http://www.desu.edu)

---

## University of Maryland Eastern Shore



The University of Maryland Eastern Shore Department of Exercise Science is an undergraduate degree program with a current enrollment of 180 majors. Students who complete the program with a minimum one-hundred twenty (120) credit hours earn a Bachelor of Science degree in Exercise Science. There are two curriculum areas the clinical emphasis and health fitness emphasis. The clinical emphasis meets the requirement for graduate degrees in applied health. The health fitness emphasis focus is in business administration. UMES Exercise Science Department objectives are to provide courses and learning experiences which will prepare students for employment and leadership positions in health/fitness, exercise science, allied health, and sport industry.

In addition, to providing students with an opportunity to use 21<sup>st</sup> century technology in the state-of-the-art Applied Physiology Laboratory there are research opportunities (internal/external funded) are available in areas of human performance and health disparities.

Students in their senior year complete a six credit hour professional internship within the field of Exercise Science. Former graduates have successfully entered graduate programs in Athletic Training, Physical/Occupational Therapy, Exercise Science, Sports Management, Public Health, Chiropractic medicine, Nursing and other allied health fields.

For more information about Exercise Science at UMES, please contact

**James Heimdel, Ph.D.**

(410) 651-6493 email: [jeheimdal@umes.edu](mailto:jeheimdal@umes.edu) or visit our website at [www.umes.edu](http://www.umes.edu)