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Program Advertisements

Upcoming Meetings

November (Virtual): Integrative Physiology of Exercise

April 8-11, 2021: ACSM International Health & Fitness Summit, in Washington, DC

April 17, 2021: RMACSM Annual Meeting

May 1-4, 2021: Experimental Biology, Indianapolis, IN.

May 26-30, 2021: ACSM Annual Meeting, Washington, DC



Semiannual Newsletter

FALL 2020

Message from the President

Ben Thompson, Ph.D., FACSM

Hello Rocky Mountain Chapter of the American College of Sports Medicine! If you are new to RMACSM, I would like to welcome you to the chapter. For those of you that have been members, thank you for your continued support of the chapter. There has been a great deal of change since the last communication and I would like to update everyone with what has happened and what will happen moving forward.

As you all know, we were forced to cancel the 2020 RMACSM Annual Meeting. Despite the cancellation, the RMACSM board unanimously decided to continue with forwarding our mission of education by awarding two graduate and one undergraduate grant. Congratulations undergraduate recipient Kieran Abbots (CSU) and graduate recipients Taylor Ewell (CSU) and Arjun Romani (UNC). Please refer to page 2 for additional information regarding the RMACSM grant awards.

In addition, the RMACSM chapter conducted a successful election and are proud to welcome our new (and some old) board members to the chapter. Please welcome:

- President-elect: Evan Johnson, Ph.D. (University of Wyoming)
- Front Range Representative: Michelle Conway, Ph.D. (Western Colorado Univ.)
- Metropolitan Representative: Chad Harris, Ph.D. (MSU Denver)
- Wyoming Representative: Nellie Bruns, Ph.D. (University of Wyoming)
- Student Representative: Taylor Ewell, B.S. (Colorado State University)

I am thrilled to be working with this board and know that their addition will benefit the chapter. For a complete roster, please visit our website rmacsm.org.

Looking forward, I can tell you that I am excited for what we have planned. As usual, our Fall Lecture series was a huge hit in 2019. Thank you, Dr. Leach, for all your commitment to students, faculty, and the community. This year, our Fall Lecture series will try and build upon our past success. Please read the speakers bios and backgrounds on pages 2 and 3.

Finally, keep a look out for information on the 2021 RMACSM Annual Meeting. Please read the information provided by Dr. Evan Johnson on page 5 in regard to new poster formats for this year's meeting.

As you can see, a lot is happening! I appreciate your continued support of the RMACSM!

The Mission of the Rocky Mountain Chapter of the American College of Sports Medicine is to advance and integrate scientific research to provide educational and practical applications of exercise science and sports medicine.

Student Success! RMACSM Grant Recipients

Congratulations 2020 RMACSM grant recipients! We look forward to learning more about your research when you give a 10 minute presentation summarizing your project and results.

Undergraduate recipient:

Kieran Abbots (CSU): Caffeine Augments the Lactate and Interlukin-6 Response to Exercise: Potential Favorable Implications for those with Cachexia.

Graduate recipients:

Taylor Ewell (CSU): Use of Hyperoxia to Provide Mechanistic Insight into Limitations to peak Oxygen Uptake in Adults with Type 2 Diabetes.

Arjun Ramani (UNC): Does kefir attenuate to doxorubicin mediated TLR-4 and pro-caspase 8 expression?

We haven't forgotten about the 2019 RMACSM grant recipients! It will be a research grant presentation extravaganza when you present your research at the 2021 RMACSM Annual Meeting.

Graduate recipients:

Peter Smoak (UNC)
Maureen Walsh (CSU)
Sarah Morton (CSU)
Nathan Ketelhut (CSU)

Past RMACSM Fall Lecture Series Success

Last year, our fall lecture series was a huge hit with Dr. Heather Leach. She traveled to Colorado Mesa University (Grand Junction), Adams State University (Alamosa) and the University of Wyoming. At each university, she delivered a presentation titled "Physical Activity for Cancer Survivorship" to students, faculty, and community members. Across the three institutions, over 200 individuals attended Dr. Leach's presentations.



That was a fantastic turnout. Thank you, Dr. Leach, for taking the time to travel to these universities and participate in the RMACSM Fall Lecture Series!

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Building on Success—2020 Fall Lecture Series

We are excited to build upon the success of last year's Fall Lecture Series by having three (3) different presenters and expanding our reach using a webinar format! The theme for this Fall's series is "Nutrition and Sports/Health". We have a wonderful group this fall and are excited to have them!



Our first presenter will be Sally Baumann, RD on October 5th at 7:00 PM (MST). Sally Baumann is a sports dietitian with US Paralympics. She has been with the USOPC since April 2019, where she works across a range of summer and winter sports. Prior to her work with Team USA, she was working in her native Australia in elite rugby union, in private practice and teaching sports nutrition at Queensland University of Technology.

Next we will be hosting Dr. Brittanie Volk, PhD, RD on October 26th at 7:00PM (MST) speaking on "Carbohydrate Restriction in the Treatment of Type 2 Diabetes: from Science to Industry". Brittanie is a registered dietitian and low-carb researcher on the Clinical Education Team at Virta Health, a company using telemedicine and personalized nutrition to help people reverse type 2 diabetes. She has been researching and implementing carbohydrate restricted diets since 2006, first working at the University of Connecticut under the mentorship of expert nutrition researcher Dr. Jeff Volek.



As Virta's first employee and health coach, she remains dedicated to patient education and engagement for the translation of the science of low carb nutrition into real-world application to help people achieve and sustain better health.

Continued on page 4....

Building on Success

Finally, on November 16th at 7:00PM (MST) we will be hosting our last presenter, Heather Hedrick Fink who will be speaking on “Common Nutritional Challenges and Solutions”. Heather Hedrick Fink, owner of Nutrition and Wellness Solutions, LLC, is a Registered Dietitian and Board Certified as a Specialist in Sport Dietetics. She completed her undergraduate degree in dietetics as well as her master of science degree in kinesiology at the University of Illinois, Urbana-Champaign. Heather is also certified by the American College of Sports Medicine as a Certified Exercise Physiologist. Heather has been providing nutrition, fitness, and wellness programming to individuals, corporations, and athletic teams for more than 20 years.



Heather’s interests and extensive experience are in the areas of wellness, disease prevention, weight management, exercise programming, vegetarian nutrition, and sports nutrition, ranging from the recreational to the ultra-endurance athlete. Her sports nutrition practice includes acting as the sports dietitian for the Indiana University–Purdue University Indianapolis athletic department, as well as working with club teams, individual athletes, trainers, and coaches to optimize their nutrition and hydration strategies. She has appeared on local NBC, CBS, and cable television shows and news broadcasts to educate central Indiana residents on the benefits of a healthy lifestyle. Heather is also the author of the Absolute Beginner’s Guide to Half Marathon Training. She has been interviewed and quoted in Women’s Day, Ladies Home Journal, and Newsweek magazines. Heather is also an accomplished triathlete, duathlete, and marathon runner who has qualified for and competed in the Hawaii Ironman and Boston Marathon.

Fall Lecture Series Format

All of our speakers will be presenting in a webinar format via Zoom. To register for one or multiple webinars, please use the registration link on [page 9](#) and follow the instructions. The first 30 unique registrants for each webinar will win a free RMACSM face mask!

Direct questions to:

Ben Thompson, (RMACSM President) @ bthomp50@msudenver.edu

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RMACSM 2021 Annual Meeting

UPDATE!

Save the date for the RMACSM Annual Meeting!

When: **Saturday, April 17th, 2021**

Where: **Location to be announced**

How? **Face to Face!**

Based on current conditions, the RMACSM board believes that a face to face meeting will be the most beneficial for our members. Understand that this meeting will be held following all CDC and CDPHE guidelines. Should the situation change to one where the RMACSM board feels it is not safe to have a F2F meeting, there will be a plan in place to ensure that student presentations and posters can still be held.

Regional Meeting Student Presentation UPDATE! – Not just for Original Research Presentations

One of our main goals in hosting the RMACSM annual meeting is to give students an opportunity to present their research locally with the prospect of presenting on the national level through the President's Cup competition. COVID-19 has made this more difficult due to many research labs being unable to collect data. That's where ACSM has stepped up to expand the categories that are eligible for presentation. In addition to the traditional "original research" category, undergraduate and graduate students are also encouraged to submit abstracts in the "Case Study", or "Experiential-Learning" categories. For the Case Study, although the student may not have gathered data on a complete sample needed for statistical significance, perhaps they are able to perform an experiment on a limited number of people in order to illustrate a thesis or principle. For the Experiential-Learning, it could be that they are in the process of creating practical and community-based learning opportunities to address emerging problems relating to "exercise is medicine" and/or sports medicine. We will be releasing the judging rubrics for each of these classifications (including "original research") in the coming months, along with submission deadlines. However, we wanted to get the information of the acceptable formats out ASAP so that each mentor/student team can begin making plans for their abstract submission and giving themselves a chance at the \$1,200 stipend to attend the National ACSM meeting. If there are any questions, in the mean-time, please contact **Dr. Danielle Bruns (dbruns1@uwyo.edu)**. We hope to see or "see" all of you in April!

- Evan Johnson, PhD, FACSM - RMACSM President Elect

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The Mission of the Rocky Mountain Chapter of the American College of Sports Medicine is to advance and integrate scientific research to provide educational and practical applications of exercise science and sports medicine.

RMACSM Board of Directors

The Rocky Mountain Chapter of the American College of Sports Medicine is very fortunate to have outstanding and dedicated volunteers who give of their time to assure a vibrant organization. These are the current members of the Board. Learn more about our new board members on the following pages!

President: Ben Thompson (MSU Denver)

President-Elect: Evan Johnson (UWY)

Past President: Open

Treasurer: Tony Nuñez (MSU Denver)

Regional Chapter Rep to ACSM: Ben Thompson (MSU Denver)

Board Member (Front Range): Michelle Conway (Western Colorado)

Board Member (Front Range): Open

Board Member (Metropolitan): Chad Harris (MSU Denver)

Board Member (Southwest): Tracey Robinson (Adams State)

Board Member (Wyoming): Danielle (Nellie) Bruns (UWY)

Student Representative: Taylor Ewell CSU)

Thank you, to our outgoing board members:

Tanya Kern MD, Front Range Representative

Andrew Smith MS, CEPA Representative

Nate Bachman MS, Student Representative

Trevor Bennion DHSc, Regional Chapter Representative

New RMACSM Board of Directors

New Board Members

President-Elect: Evan Johnson, PhD, FACSM (Univ. Wyoming)

Evan is an Associate Professor at the University of Wyoming working as a member of the Human Integrated Physiology Laboratory, on projects related to total body water regulation, exercise thermoregulation, and exercise intensity as it relates to renal health. Within RMACSM he aims to expand the chapter's reach to all of the great scientists within Colorado and Wyoming and leverage their expertise to provide the most beneficial training experiences for our undergraduate, graduate, and post-graduate trainees.

Front Range Representative: Michelle Conway, PhD (Western Colorado Univ.)

I am in my second year as an assistant professor at Western Colorado University in beautiful Gunnison, Colorado. Over the past ten years, I have been attending and presenting at the Northwest and Midwest regional ACSM meetings when I was a student at Gonzaga University and Michigan State University and have also presented and moderated at the National ACSM meeting over the past five years. I enjoy the regional meetings because of the communal involvement; there is the opportunity to learn from students and professionals in the Rocky Mountain area and cultivate these relationships each year. I would like to be a part of the Rocky Mountain ACSM community to help grow the program and assist in improving students' learning and networking experiences. I had a group of undergraduate and graduate students ready to present, play jeopardy, and learn from other researchers in the Rocky Mountain area for the 2019 meeting, however a snowstorm stopped us from making it over Monarch Pass and reach the conference. COVID-19 has stopped us all from being able to have the meeting experience this year, but I am hopeful I will be able to attend in 2021!

Metropolitan Area Representative: Chad Harris, PhD (MSU Denver)

Chad Harris, Ph.D., FACSM, is the Chair of the Department of Human Performance and Sport at Metropolitan State University of Denver. His desire to be more involved in his discipline in Exercise Science and Health led to his current position, after serving as the Associate Vice President for Curriculum and Academic Effectiveness at MSU Denver. Prior to coming to Colorado, he served as Dean of Health Science at Central Oregon Community College. His earlier career included positions of Chair of Exercise Science at LaGrange College in Georgia where he developed the academic program as well as the Sports Performance Enhancement, Education and Development (SPEED) Center. He also served as Dean of Allied Health and Kinesiology program director at Western New Mexico University and was a tenured faculty member in Kinesiology at Boise State University. During his time in the Northwest, Chad served as the director of the NWACSM Annual Meeting in 2000 and was on the program committee for the 2005 meeting. He earned a B.S. in Physical Education with a concentration in Public/Private Fitness from Cal Poly State University, San Luis Obispo, a Master's degree from Kansas State University, with an emphasis in Biomechanics, and a Ph.D. in Human Performance from Oregon State University. He is eager to help serve the Rocky Mountain chapter of the ACSM in any way, including assisting with planning and production of meetings, speakers series, and newsletters. He also wants to help serve student members. He sees the organization as being important to the region's health and wellbeing, particularly in light of the current COVID-19 situation and the recovery from it.

Wyoming Representative: Danielle (Nellie) Bruns, PhD (Univ. Wyoming)

Danielle (Nellie) Bruns is an Assistant Professor in Kinesiology & Health at the University of Wyoming. She joined the K&H faculty in 2018, after completing her postdoctoral training in cardiology at the University of Colorado-Denver and her PhD in Human Bioenergetics at Colorado State University. Dr. Bruns and her lab are interested in heart disease, the impact of age on development of heart failure, and exercise as medicine for heart health. She's eager to be involved with RMACSM so she can help students, academic, medical, and other like-minded professionals connect for educational, research, and community support for exercise science and sports medicine.

Student Representative: Taylor Ewell (Colorado State University)

I graduated High School and enrolled at Colorado State University in 2013. I attended class for 1 semester and immediately dropped out to pursue my dream of being in the United States Marine Corps reserves. I enlisted and shipped out to boot camp in April of 2014. My entry level training had me on Active Duty for about 7 months, and I returned to CSU in January 2015. During my time at CSU I juggled being a Marine Reservist and full-time student. I chose Health and Exercise Science as my major since I figured that learning about exercise would be important, as my original plan was to commission as an officer in the Marine Corps once I earned my degree. This changed, however, in Spring of 2018 when I took Physiology of Exercise with Dr. Christopher Bell. Following that class, I asked Dr. Bell if I could work part time in his lab during my final semester of college, which then morphed into a full-time internship and then a full time job immediately following graduation. I realized my passion was research and I was recently accepted into the HES graduate program. My future plan is to earn a PhD, successfully complete post-doctoral training, and become a professor.

DEPARTMENT OF KINESIOLOGY

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UW

College of Health Sciences
Division of Kinesiology
and Health

Webinar Registration: for Sally Baumann

You are invited to a Zoom webinar.

When: Oct 5, 2020 07:00 PM Mountain Time (US and Canada)

Topic: RMACSM Fall Lecture Series

Register in advance for this webinar (click or copy and paste):

https://us02web.zoom.us/webinar/register/WN_xCkUTVT8Qd648UQ1c0nr_w

After registering, you will receive a confirmation email containing information about joining the webinar.

Webinar Registration: for Dr. Brittanie Volk

You are invited to a Zoom webinar.

When: Oct 5, 2020 07:00 PM Mountain Time (US and Canada)

Topic: RMACSM Fall Lecture Series

Register in advance for this webinar (click or copy and paste): https://us02web.zoom.us/webinar/register/WN_-kB7QWdcQo-Vo8B7TdOSoQ

After registering, you will receive a confirmation email containing information about joining the webinar.

Webinar Registration: for Heather Hedrick Fink

You are invited to a Zoom webinar.

When: Oct 5, 2020 07:00 PM Mountain Time (US and Canada)

Topic: RMACSM Fall Lecture Series

Register in advance for this webinar (click or copy and paste): https://us02web.zoom.us/webinar/register/WN_YQgymztkRtGZ3O8mTWb3HQ

After registering, you will receive a confirmation email containing information about joining the webinar.