

Rocky Mountain Chapter— American College of Sports Medicine

**RMACSM Annual Meeting Brochure
March 30-31, 2012**

**Embassy Suites
7290 Commerce Center Drive
Colorado Springs, CO
719-599-9100**

A limited number of rooms are being held at the rate of \$95/room. Call now to make reservations—to receive the special rate, let them know you are with RMACSM

For information on submitting Research Grant applications and Abstracts, click on the Student Awards tab on the RMACSM.org website.

- **See Page 2 for complete schedule of meeting events.**
- **Students who volunteer at the registration table will be comped for registration fee—contact Tim Behrens to volunteer—tbehrens@uccs.edu**

To Register: visit the RMACSM.org website or register at the door.

To join ACSM: Acsm.org—click on Join ACSM



Registration Fees:
Professional ACSM Members: \$70.00
Professional Non-ACSM: \$120.00
Student ACSM Members: \$35.00
Student Non-ACSM: \$55.00

Schedule of Events
Friday, March 30, 2012

12:00 PM—1:30 PM	Registration	
1:30 PM—1:45 PM	Welcome	Ray Browning and Scott Drum
1:45 PM—2:45 PM	“Exercise is Medicine: The Role of Physical Activity in the Prevention of Obesity and Chronic Disease”	Liz Joy, MD, FACSM
2:00 PM—9:00 PM	Poster Viewing	
3:00 PM—4:00 PM	“Monitoring Exercise Training”	Carl Foster, PhD, FACSM
4:00 PM—4:15 PM	Break	
4:15 PM—5:15 PM	College Bowl	Host: Mark Patterson, MEd, RCEP
5:15 PM—6:30 PM	Dinner (on own)	
6:30 PM—7:30 PM	Keynote Address: “High Intensity Training in Healthy and Clinical Populations”	Carl Foster, PhD, FACSM
7:30 PM—9:15 PM	Poster Judging/Awards	

Saturday, March 31, 2012

8:00 AM—9:00 AM	Breakfast	
8:15 AM—8:45 AM	RMACSM Business Meeting	
8:45 AM—9:00 AM	Welcome	Ray Browning and/or Scott Drum
	Track 1—Applied	Track 2—Basic Science
9:00 AM—9:45 AM	“21st Century Cardiac Rehabilitation: Changes, Challenges and New Perspectives on a Young Profession” by Mark Patterson, MEd, RCEP	“Application of Altitude/Hypoxic Training by Olympic Athletes for the Enhancement of Sea Level Performance” by Randy Wilber, PhD
9:45 AM—10:30 AM	“Exercise and Cancer Recovery” by Carole Schneider, PhD, FACSM	“Bone Health as it Relates to Sport, Exercise and Nutrition” by Nanna Meyer, PhD, RD, CSSD
10:30 AM—10:45 AM	Break	
10:45 AM—11:30 AM	Student Presentations by Top 3 Posters	
11:30 AM—12:30 PM	Lunch and Meet the Experts from Carmichael Training Systems	
12:30 PM—1:15 PM	“Assessing Leg Asymmetries in Sport: A Multi-Directional Approach” by Jennifer Hewit, PhD, CSCS, NASM-PES	“Hypoxia and Glucose Control: The Sweet and Sympathetic Truth About Being High” by Chris Bell, PhD
1:15 PM—2:00 PM	“Metabolic Efficiency Training: Science to Practice” by Bob Seebohar, MS, RD, CSSD	“Role of Matrix Metalloprotenase-9 in Exercise-Induced Muscle Damage and Repair” by David Allen, PhD
2:00 PM	Meeting Concludes—Program evaluation	