

SPECIAL POINTS OF INTEREST

- 2011 Winter Meeting
- Contest to Design a Logo for RMACSM
- ACSM Annual Meeting
- 2010 Meeting Pictures

Dates to Remember:

- RMACSM Annual Meeting—February 25-26, 2011
- Abstracts are due: January 28, 2011
- RMACSM Logo Contest submissions due: January 28, 2011
- ACSM Annual Meeting: May 31 -June 4, 2011
- ACSM Early Registration: March 9, 2011
- ACSM Housing Deadline: April 28, 2011

Rocky Mountain Chapter American College of Sports Medicine Quarterly Newsletter

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2011 Winter Regional Meeting

The 2011 Winter Meeting of the Rocky Mountain Chapter of American College of Sports Medicine will be held on Friday and Saturday, February 25 and 26, 2011 at the Hilton Hotel in Ft Collins, Colorado.

The theme for this year's program will be "*Evolution of Activity: Popular Myths and Trends*". Included in this general theme will be sub-topics such as: sedentary vs active lifestyle, minimalist running, and the de-bunking of urban myths.

Dr David Bassett will be serving as the Keynote Speaker on Friday evening.



Dr Bassett teaches a variety of courses including Exercise Physiology, Fitness Testing and Exercise Prescription, Clinical Exercise Physiology and Recent Topics in Obesity Research at the University of Tennessee in Knoxville, TN.

Dr Bassett's main research interest is measuring physical activity and energy expenditure in humans, especially with objective methods (as opposed to questionnaires). He has conducted a number of studies on the validity and reliability of pedometers, accelerometers, and heart rate monitors, in order to improve on existing methods of assessing physical activity in free-living people. In many of these studies, respiratory gas exchange is used to measure Calorie expenditure; this provides a convenient "gold standard" for comparison purposes. Information is from U of Tennessee website: www.utk.edu

Student Opportunities

Logo Contest:

The RMACSM Board has decided that a logo would be a great way to promote the group and the sports and exercise opportunities in the Rocky Mountain Region.

The contest is open to students and the deadline for submission is the same as Abstract submission—January 28, 2011.

Contest winner will be announced at the Annual Winter Meeting and the prize will be \$100.00.

Volunteering at the ACSM Annual Meeting in Denver:

Students will receive a 50% refund of their registration fee if they volunteer at the Annual Meeting.

There is a check-off section on the on-line registration

form at www.acsmannualmeeting.com. Volunteers will be chosen on a first come basis so early registration should be considered if you are interested in volunteering.

Abstract Submission:

Click on Annual Winter Meeting tab for information on format for submitting abstracts.

Pictures from 2010 RMACSM Winter Meeting





**Rocky Mountain Chapter
American College of Sports
Medicine**

**Rose Steen
Executive Director
Newsletter Editor**

Phone: 970-214-2986

E-mail: rjsteen2009@gmail.com

**Please contact me if you have ideas for
articles in future Newsletters.**

Rose Steen—Executive Director of RMACSM

Rose Steen was hired in September to fulfill the role of Executive Director of RMACSM. Rose has spent many years working in healthcare at McKee Medical Center in Loveland and North Colorado Medical Center in Greeley. She currently works part-time as the Continuing Medical Education (CME) Coordinator at NCMC.

Rose's other interests include: digital scrapbooking, reading, cooking and walking (sometimes running) 10,000 steps each day. Rose lives in west Loveland and loves the fact that Colorado weather is nearly always conducive to being able to walk outdoors.

She looks forward to being an asset to the group in improving communications through this newsletter and making sure the website has up-to-date information.

She looks forward to meeting many of you at the Winter Meeting in February.

The Mission of the Rocky Mountain Chapter of ACSM (RMACSM) is to advance and integrate scientific research to provide educational and practical applications of exercise science and sports medicine. Our chapter consists of over 200 academic, medical professional, and student members in the Colorado and Wyoming area.

ACSM Annual Meeting—Denver, Colorado

Make plans now to attend the World Congress on Exercise is Medicine held in conjunction with ACSM's 58th Annual Meeting to be held at the Hyatt Regency Denver at the Colorado Convention Center.

Some dates to keep in mind:

Convention Dates: May 31-June 4, 2011

Early Registration Deadline: March 9, 2011

Housing Deadline: April 28, 2011

For a complete brochure of the many and varied topics to be presented, go to:
www.acsmannualmeeting.org and

click on the "See the preview" button.

Exercise is Medicine is an initiative focused on encouraging primary care physicians and other health care providers to include exercise when designing treatment plans for patients.

Exercise is Medicine is committed to the belief that exercise and physical activity are integral to the prevention and treatment of diseases and should be regularly assessed as part of all medical care.

The inaugural World Congress on Exercise is Medicine, first held in

June 2010, served as an international forum to address the science, practice and policy aspects of the impact physical activity has on disease prevention and health promotion.

This year, learn about what international colleagues have done to begin implementing Exercise is Medicine in countries across the globe. The second world congress will discuss the development of the global initiative, and how you can be involved.

28.5 hours of educational credit (CME/CEC/CEU) will be offered.