



LEADERSHIP • SCIENCE • LEGACY

PRESIDENT'S MESSAGE



It was such a pleasure to see many of you at our Fall 2022 Annual Meeting in Providence, RI.

We saw a healthy rebound in attendance for our in-person event and are happy to again be offering these face-to-face opportunities.

One of the positive takeaways from our virtual meeting experiences of the pandemic was learning that our Spring meeting was much better suited to a virtual format. I invite you join us for our 2023 Spring Virtual Meeting on Friday, April 21st entitled, "Bite-Sized Sessions in Movement Science." Dr. Colleen Munoz (NEACSM Past-President) has put together an outstanding program with a creative twist. The content will be arranged by a collection of short tutorials, followed by rapid-fire sessions delivered by both students and professionals. These sessions will

cover a range of disciplines related to movement science including sports nutrition, resistance training/muscle physiology, cardiovascular health/weight management, and injury prevention/therapeutic modalities. Mark your calendars for this fun and insightful continuing education event.

We are also excited to announce that our Fall 2023 meeting will be held in Springfield, Massachusetts. This location is particularly fitting as we celebrate our 50th anniversary as a Chapter in the location where we held our very first annual meeting. Dr. Chee-Hoi Leong (NEACSM President-Elect) has developed an excellent curriculum entitled "Back to the Future" which will simultaneously highlight exciting developments in our field, while honoring our legacy as a Chapter and profession. Make sure you save the date (October 12-13, 2023) and join us in our new location of the MassMutual Center in Springfield, MA.

I am also happy to share with our membership that NEACSM was the recipient of an ACSM Chapter grant for 2023 which will support our Chapter in hiring an external diversity, equity, and inclusion expert to evaluate our organizational practices, procedures, and processes. NEACSM's current strategic plan includes an overarching theme of inclusion and diversity, and, among our three pillars of service, growth, and professional development, we have made it our goal to ensure that we work to create a culture of inclusion and one that embraces and celebrates diversity.

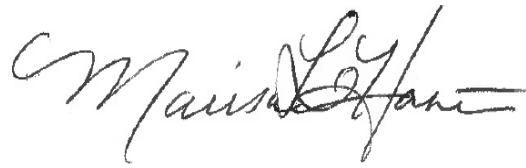
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Over the past several years, NEACSM has developed several initiatives to address this and to create better pathways for future professionals from underrepresented groups into the organization. We have also worked to revise our bylaws, practices, and policies to represent a more inclusive culture and to identify any areas of our organization that might be unintentionally exclusive. This grant will assist us in gaining insight into areas that we may be unintentionally blind to exclusion and to identify areas for professional and organizational growth to ensure that we are creating and maintaining a culture of genuine inclusion. I look forward to sharing the results of this work with you, our members.

In good health,



Marisa Hastie, EdD, FACSM



Interested in volunteering with the NEACSM?

Please visit www.neacsm.org and complete the volunteer interest form.

PAST PRESIDENTS MESSAGE



BITE-SIZED SESSIONS IN MOVEMENT SCIENCE

FRIDAY APRIL 8, 2022
ZOOM WEBINAR



Dr. Colleen X Muñoz
Past President

UNIVERSITY
OF HARTFORD

Spring is just around the corner! Accordingly, the Program Planning Committee invites you to attend the 2023 Virtual Spring Meeting titled “Bite-Sized Sessions in Movement Science,” which will take place on Friday, April 21 from 9am to 1pm. The conference will be available via live virtual format, creating optimal accessibility for attendees regardless of geographical location, and 3.5 CEC’s will be provided. Please encourage your colleagues and students to attend! The content will be arranged by a collection of short tutorials (15 minutes each) delivered by invited speakers from across the country, followed by rapid-fire sessions (5 minutes each) delivered by both student and professional NEACSM members. These sessions will cover a range of disciplines related to movement science including resistance training/muscle physiology, injury prevention/therapeutic modalities, cardiovascular health/weight management, and sports nutrition. The program content is intended for exercise practitioners, researchers, faculty, students, and clinicians, and was developed in part thanks to the help of Chapter volunteers and the Diversity Committee. Please look for the meeting brochure soon via email and on our website at neacsm.org/spring.

I would also like to take this opportunity to thank our many meeting sponsors! For those seeking sponsorship information, please visit neacsm.org/sponsorship. Your support truly contributes to our high-quality programming and membership opportunities.

We look forward to “seeing” you on April 21st!

SNEAK PEAK



BACK TO THE FUTURE: FORGING FUTURE HORIZONS THROUGH HISTORY

OCTOBER 12TH-13TH, 2023

MASS MUTUAL CENTER
SPRINGFIELD, MASSACHUSETTS



Chee-Hoi Leong, PhD



by **Chee-Hoi Leong, PhD**

2023 will mark 50 years in the history of our organization for being the leading resource in the New England region for exercise science, sports medicine, health, and fitness information. We hope to celebrate this special milestone surrounding the theme “Back to the Future: Forging Future Horizons through History,” highlighting the changes over the past 50 years, showcasing our successes and examining our challenges. We will also continue to identify the best practices and most promising scientific advancements that will allow us to face future challenges, making this year’s meeting a very special commemorative occasion. So mark your calendar for this year’s fall conference that is set for October 12-13, 2023 at the MassMutual Center in Springfield, Massachusetts!

The keynote speakers for the meeting will be **Dr. Irene Davis** and **Dr. NiCole Keith**. Dr. Davis, ACSM President-Elect and professor in the School of Physical Therapy and Rehabilitation Sciences in the University of South Florida Health Morsani College of Medicine, will deliver the Knuttgen Keynote lecture and present on lower extremity biomechanics and musculoskeletal injury pioneered by her work in the area of faulty gait pattern retraining. Dr. NiCole Keith, ACSM Past President and Associate Dean of Faculty Affairs in the School of Health & Human Sciences at Indiana University-Purdue University Indianapolis, will deliver the Clarkson Keynote lecture discussing representation and supporting diversity in academia based on her perspective of being a person of color navigating challenges to become the first African-American President of ACSM. **Dr. Robert Axtell**, Professor of Health & Movement Sciences from Southern Connecticut State University, will deliver the Past-President Lecture. The lineup of our Invited Speakers will include **Dr. James Martin**, Associate Professor of Nutrition & Integrative Physiology at the University of Utah; **Dr. Lara Carlson**, Founder and President of the Carlson Laboratory; and **Dr. Ernest Rimer**, Director of Sport Science for University of Louisville Athletics.

Please start sharing the news about this year’s conference with your students and colleagues now, and Save the Date for October 12 and 13! Looking forward to seeing you in Springfield!



COMMITTEE SECTION

FREE COMMUNICATION UPDATE

We had a very successful Free Communications program at the Fall 2022 conference, with submissions exceeding pre-pandemic levels. We had 78 abstract submissions for the Fall meeting (up from 51 in 2021 and 39 in 2020). There were increases in submissions across all categories, especially the student competitions.

WE ARE HAPPY TO ANNOUNCE THAT OUR STUDENT COMPETITION WINNERS WERE:

BACHELOR'S STUDENT AWARD :
Violet Sullivan
University of New Hampshire

**MASTER'S STUDENT AWARD
& PRESIDENT'S CUP WINNER:**
Phillip Woods
UMass Amherst

DOCTORAL STUDENT:
Anna Wadhwa
Harvard Medical School

THANK YOU TO ALL THE PARTICIPANTS FOR TERRIFIC PRESENTATIONS AND STUDENT COMPETITION IN 2022!

Philip will be representing our Chapter in the national President's Cup Competition at the annual ACSM meeting in Denver this spring. If you are attending the conference please drop by and support NEACSM.

NEW FREE COMM COMMITTEE MEMBER:

We'd also like to welcome the newest member of the Free Comm Committee: **Dr. Lydia Smith**, Assistant Professor of Exercise Science and Fieldwork Coordinator of the undergraduate applied exercise science program at Springfield College.

SESSION MODERATORS AND COMPETITION JUDGES FOR FALL 2022

Thank you to all our volunteers - NEACSM members and EC committee members- who helped judge, moderate, disseminate information, etc. Our free communications program success is largely attributable to our few, but very dedicated volunteers. Without you, none of this would happen. Thank you!

Interested in volunteering? We will be making a general call for Fall 2023 conference volunteers this spring, but feel free to email us at **neacsmfreecomm@gmail.com** to volunteer.



James Whitworth, PhD & Rianne Carmichael, PhD
Co-Chairs Free Communication Committee



STUDENT REPRESENTATIVE COMMITTEE

Students are an important component of our Chapter. This year's Student Leadership team are **Luke Pelton** and **Marcos A. Amalbert-Birriel**.

Luke is currently a PhD student finishing his dissertation at Springfield College. He is also a competitive body builder and online strength coach. Luke's area of research includes the impact of anabolic steroid use and iron sport training style on myogenic growth factor expression, reproductive health/endocrinology.

Marcos, born and raised in Puerto Rico, is a doctoral candidate at UMass Amherst. He is also a former track and field athlete and coach. Marco's research interests include the use of wearable devices and modern analytics to calibrate and validate algorithms used to estimate device-determined physical behaviors (physical activity and sedentary behavior) and step detection from hip- and wrist-worn devices in older adults.

The Student Panel at the Fall 2022 meeting was a great success. Thanks to those who attended and looking forward to having more people in upcoming events.

We encourage students to attend the upcoming Scientist Mentoring & Diversity Program smdp.icpdprograms.org June 3-8, in Boston.



Luke Pelton & Marcos A. Amalbert-Birriel, Co-Chairs Student Representative Committee



SEE YOU FOR OUR VIRTUAL SPRING CONFERENCE ON FRIDAY, APRIL 21, 2023!

MEMBERSHIP COMMITTEE

The Membership Committee would like to thank those who attended the Fall 2021 Conference in Providence, RI. Please continue to check our Social Media outlets, email, the MAX! Newsletter, the Chapter website, and messages delivered via the State Representatives to learn about upcoming offerings. The membership committee would also like to thank **Melanna Cox** for all her work these past few years as she will be stepping down from co-chair this spring.

One of the committee's goals is to help volunteers find their home in NEACSM! Please complete a volunteer interest form and the committee will be happy to help find you the right fit. We are always

excited to gain new volunteers in order to diversify our perspectives and continue to make NEACSM an organization aimed to serve our members. We look forward to hearing from you!



Melanna Cox, MS, Lee Mancini, MD & Greg Petrucci Co-Chair Membership Committee



SPONSORSHIP COMMITTEE

The Sponsorship Committee would like to thank the sponsors and exhibitors of our Fall 2022 meeting. We had 33 different sponsors from all over North America who helped to make our meeting a tremendous success. Our conference partner, AT Still University, who has health sciences campuses in Arizona, Missouri and California was a first-time partnership and we look forward to further collaborations with this institution.

Currently, we are preparing for the upcoming Spring 2023 Virtual Meeting. Two affordable sponsorship opportunities are available: Conference Partner (\$550) and General Sponsor (\$250).

If your organization is interested in learning more about the benefits of sponsorship, please visit the NEACSM website Sponsorship page or contact **Dr. Cassandra Forsythe** (CassandraF@ccsu.edu), or **Dr. Mark Hartman** (Mark_Hartman@uri.edu).



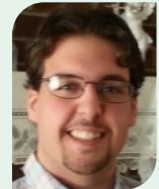
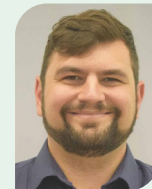
Cassandra Forsythe, PhD & Mark Hartman, PhD, Co-Chairs Sponsorship Committee



MARKETING & COMMUNICATION

By Stephen Maris, PhD, and Jonathan Nardi, MEd, Co-Chairs of Marketing & Communication

This is a big year for the NEACSM so be sure to stay up to date with the latest NEACSM happenings by following our Facebook, Twitter, Instagram, and LinkedIn pages. Please like, follow, and continue to tag us in your posts so that we can help share all our Chapter's successes. We're always looking for creative ways to engage our members and the professional community, so if you, or your colleagues, have been recognized, featured, or you have a story to share, please let us know. Especially send us any pictures of professors with students in lab situations or at professional conferences!



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SCHOLARSHIP & AWARDS COMMITTEE

Applications for the 2023 Undergraduate Research Experience Grants were accepted through March 17. This grant is designed for students at institutions in our region that have a strong emphasis on teaching but often lack the resources to support research endeavors. New for 2023, the award amounts were doubled to \$1,000 per winner - thanks to the generosity of the Camaione Student Endowment! Students who attend non-RI: Doctoral Universities institutions in the New England region and are members of NEACSM are eligible for this grant. The grant can be used to help fund either research or expenses associated with presenting the research at the annual NEACSM conference. Grant winners will receive their award in June 2023 and be recognized at the NEACSM Annual Fall Meeting in October 2023.

The next call for student scholarship applications will occur in March 2023. These scholarships are designed to highlight professional and academic excellence in students in the New England region; the scholarship winners will receive an award of \$1,000. University faculty are asked to encourage qualifying students to apply for these scholarships.



Amanda Hickey, PhD & Allison Seifert Gonzales, PhD, Co-Chairs Scholarship and Awards Committee



NEACSM HISTORY.....

Back to NEACSM's Presidential Future

It is with great excitement that I can share with our members the 50th anniversary of NEACSM! In the fall of 1973, NEACSM held its first official Annual Meeting at Springfield College, where NEACSM's soon-to-be second President **Howard H. Hartley** delivered a lecture titled "Essentials of Clinical Exercise Testing," which was followed up by afternoon presentations by **Drs. Whitney R. Powers, C. David Ianuzzo, Roger G. Soule** (NEACSM's 3rd President), **Robert B. Armstrong**, and **Howard G. Knuttgen**. Knuttgen would go on to become ACSM President and be honored through the naming of the Knuttgen Keynote Lecture, held at all fall NEACSM conferences. The first recorded meeting of exercise physiologists in New England also occurred in Springfield in 1962, where ACSM Past Presidents **Drs. Joseph B. Wolffe, Albert S. Hyman, Peter V. Karpovich,**

Ellsworth R. Buskirk, and **Charles M. Tipton** would deliver talks. How great it will be to have our 50th anniversary of NEACSM this year, and furthermore have ACSM Past President **Dr. NiCole Keith** join us to deliver a keynote lecture named after another ACSM and NEACSM Past President, **Dr. Priscilla Clarkson!** Current ACSM President-Elect, **Dr. Irene Davis**, will also be at the conference, delivering the Knuttgen Keynote Lecture. We hope that you will also be able to join us as we get back to our future of NEACSM in Springfield, MA!



Sean Walsh, PhD, FACSOM
NEACSM Historian



SEE YOU IN SPRINGFIELD, MA FOR OUR 2023 FALL CONFERENCE, OCTOBER 12TH – 13TH!

DIVERSITY COMMITTEE

The Diversity Committee would like to update the membership on a couple of exciting developments. First, the Chapter recently voted on several changes to the Chapter's Bylaws which will support the Chapter's diversity initiatives. Among other things, the Chapter has voted to make the Diversity Committee a standing committee in the Chapter. Also, we have made changes to the composition of the Spring and Fall Conference Program Committees to have a Diversity Committee representative serving on each committee. Finally, both conferences will be required to include topics on diversity and/or a minimum number of speakers from diverse backgrounds. We hope these changes will make our programmatic offerings more inclusive and representative.

Another exciting development is that the David N. Camaione Student Endowment will increase their support for diverse groups within the Chapter. The details of this scholarship program will be developed over the next several months. Once finalized, we hope you will help us find qualified students to apply for our scholarships!

I encourage you to join us in supporting our diversity initiatives by serving on the Chapter's Diversity Committee!



Laurie Milliken, PhD,
Diversity Committee



NOTEWORTHY NEWS

We're Heading to Springfield!

NEACSM is excited to announce that the 2023 Fall Conference will take place at the MassMutual Center in Springfield, MA. This new location is a fantastic fit for our growing organization - and it was the clear winner in our member poll! The MassMutual Center provides NEACSM opportunities to maintain conference components we all know and love, while giving us the space and flexibility to expand, meet member needs, and try new approaches. We can't wait for you to join us there in a few months!

Located in downtown Springfield, the MassMutual Center is in walking distance of hotels, restaurants, and MGM Springfield (casino/entertainment venue), and it's minutes away from cultural attractions like the Basketball Hall of Fame and the Springfield Museums. To learn more about the MassMutual Center and to see all the great things Springfield has to offer, head to their website: www.massmutualcenter.com

SPRING 2023 SPONSORS

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Thank you to NEACSM MAX! Newsletter Committee Members Nicole Mendola, MS and Linda Yamamoto, PhD; and NEACSM Director of Operations Katie Burton, PhD, for all their work curating, editing, and designing the Spring Newsletter!