



LEADERSHIP • SCIENCE • LEGACY

## PRESIDENT'S MESSAGE .....



The strength and resiliency of our Chapter, thanks to the long-standing dedication of its members and leadership teams,

became highly evident over the past two years. During a time of substantial challenges to the Chapter's commitments to educational and networking opportunities, recognition and dissemination of outstanding scholarly and research performance, and enhanced diversity, equity, and inclusion (DEI) in our disciplines, the New England Chapter remained resolved. And in fact, we flourished.

We amassed in person for the Fall 2021 meeting "Progress in Motion," which permitted traditional networking, educational and celebratory events. Congratulations again to those who presented, our award winners, and the University of New England for winning the Ronai Academic College Bowl! This meeting also allowed us to fulfill our ACSM Regional Chapter Grants

that provided 1) financial assistance for undergraduate and graduate students in need to promote Chapter engagement, and 2) high school and community college students from historically underrepresented groups exposure to the field of, and careers in exercise science and sports medicine through conference attendance. In all, the fall meeting was a notable success and exemplified our progression towards normalcy. Thank you to the Executive Committee and to all who contributed to its success!

The future of the Chapter remains bright. We were again awarded an ACSM Regional Chapter Grant aimed at supporting our DEI efforts. This work specifically will provide tool kits with tangible and digital content to 1) engage local middle and high school students who are underrepresented in our fields in exploring health and fitness concepts and introducing them to NEACSM professionals, 2) engage those students and their families in greater physical fitness and wellness activities, and 3) promote awareness of the ACSM, NEACSM,

and future career opportunities in the fitness and health fields. We also are looking forward to seeing you at the virtual Spring 2022 meeting on April 8, titled "Beyond FITT: Unique Considerations to Optimize Exercise Prescription." It will feature exciting and innovative design to deliver the types of high-quality programming our Chapter is known for.

Thank you all for being a valuable member of our Chapter.

Colleen Muñoz, PhD

**UNIVERSITY  
OF HARTFORD**

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# PAST PRESIDENT'S MESSAGE



by Elizabeth O'Neill, DPE, Past-President

## BEYOND FITT: UNIQUE CONSIDERATIONS TO OPTIMIZE EXERCISE PRESCRIPTION

FRIDAY APRIL 8, 2022  
ZOOM WEBINAR

After several months of planning, the NEACSM is excited to invite you to attend the Spring NEACSM Conference being held on Friday April 8, 2022. The one-day conference, "Beyond FITT: Unique Considerations to Optimize Exercise Prescription," features a dynamic lineup of nationally and internationally recognized researchers and practitioners who will offer attendees an opportunity to learn from applied presentations exploring unique approaches to help inform exercise prescription. Additionally, attendees will be able to engage with presenters through topic specific panel discussions. This year's spring conference will also feature student presentations. The conference will be delivered in a live virtual format, with conference content arranged in a manner that progresses from preparation, evaluation, application, and recovery. Program content is intended for exercise professionals, faculty, researchers, and students. Please see the full list of presenters, bios, and conference details at our website: [neacsm.org/spring](https://neacsm.org/spring). We look forward to seeing you there!



Elizabeth O'Neill, DPE,  
Past-President



# SNEAK PEAK



## GAME CHANGERS

OCTOBER 13<sup>TH</sup>-14<sup>TH</sup>, 2022

RHODE ISLAND CONVENTION CENTER  
PROVIDENCE, RI



Marisa Hastie, EdD,  
FACSM



by Marisa Hastie, EdD, FACSM

It is a great pleasure to share some details about our Fall 2022 Conference. The title of this year's conference is "**Game Changers.**" A "game changer" is an event, idea, individual, group, or organization that affect a significant shift in the current manner of doing or thinking about something. The focus of this year's conference is highlighting the work of researchers, practitioners and educators who are game changers in our field. These individuals are making significant contributions to the field in promoting inclusion, diversity, equity, social change and/or illuminating inequities in sport, health, fitness, and medicine and exemplify how we are addressing these areas in our professions, through our research, teaching, practice and by influencing policy at the local, national, and global level. We have the opportunity to both influence society through our work and to respond to society's needs in our work. NEACSM is a game changer and this conference is intended to highlight the many ways we are shifting practice, research, education, and society for the better.

**Dr. Laurie Milliken**, Associate Professor of Exercise and Health Sciences at the University of Massachusetts Boston, will deliver the NEACSM Past-President Lecture. **Joanna Harper**, of Loughborough University in London, will share her studies of transgender athletes in the UK and data on changing athletic attributes as trans-athletes transition. **Dr. Monica Hall-Porter**, Faculty Development Coordinator and Associate Professor of Instruction at the University of Texas Austin, will share her work with the Texas Mindset Initiative (TxMI), a research practice partnership to improve student experience, persistence, retention, and success in STEM field. **Daryl Nelson**, Director of Organizational Development at New England Patriots and Associate Athletic Trainer, will present how the NFL is approaching mental health with athletes and staff. **Dr. Bess Marcus**, Dean and Professor of Behavioral and Social Sciences at the Brown University School of Public Health, will be presenting on her work on optimizing health outcomes and health equity.

**Please save the dates of October 13 and 14, 2022 for our Annual Conference at the Rhode Island Convention Center in Providence, RI. I look forward to sharing this conference with all of you!**



# COMMITTEE SECTION

## FREE COMMUNICATION UPDATE .....

We had a highly successful Fall 2021 Conference with 51 abstract submissions, up from 39 in the previous year. We continued the Professional submission category which started in 2020. This attracted 15 submissions (up from 8). Separately, we received 36 student abstract submissions (up from 31), with 19 in the non-competition category and 17 in the competition category. Under the competition category, there were 6 Bachelor's, 6 Master's, and 5 Doctoral entries. The winning Doctoral entry was also selected to represent NEACSM at the ACSM President's Cup competition.

### WE'RE HAPPY TO ANNOUNCE THAT OUR STUDENT COMPETITION WINNERS WERE:

**BACHELOR'S STUDENT AWARD:**  
*Karli Stroshine*  
University of New England

**MASTER'S STUDENT AWARD:**  
*Zoe Smith*  
University of Massachusetts Amherst

**DOCTORAL STUDENT AWARD & PRESIDENT'S CUP WINNER:**  
*Khara James*  
Northeastern University

**THANK YOU TO ALL THE PARTICIPANTS FOR  
TERRIFIC VIRTUAL PRESENTATIONS AND STUDENT COMPETITION IN 2021.**

**The 2022 Fall Conference is  
October 13-14 at the Rhode Island Convention Center.**

**Start planning your abstract submissions for the Fall 2022 meeting!  
Abstract submissions will open in April!**

### ATTENTION STUDENTS AND FACULTY MENTORS:

Students who have completed Experiential-learning activities (e.g., internships, independent studies, and structured job shadow programs) can submit an abstract to present on this learning experience. These submissions are eligible to compete in both the Student Competition and President's Cup. This submission category is to encourage students in clinically focused and non-research track programs to present their work. For details contact the NEACSM FreeComm Committee or see the [Abstract Guidelines and Checklist](#).

**Thank you to all of the participants  
for a terrific student competition  
and poster session in 2022.**

### SEEKING ABSTRACT REVIEWERS, SESSION MODERATORS AND COMPETITION JUDGES FOR FALL 2022

If you are interested in being a reviewer, judge, or session moderator for the Fall 2022 Conference, or would like more information, please contact the Free Communications co-chairs **James Whitworth** and **Ryanne Carmichael** at [NEACSMfreecomm@gmail.com](mailto:NEACSMfreecomm@gmail.com).



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



Boston University School of Medicine



EXERCISE AND SPORTS PHYSIOLOGY

## STUDENT REPRESENTATIVE COMMITTEE .....

The leadership of the Student Representative Committee (SRC) includes two co-chairs and two state representatives. **Maggie Morrissey** (University of Connecticut) and **Luke Pelton** (Springfield College) serve as co-chairs and committee members include **Nghi Coa** (Simmons University) and **Autumn Simonds** (UMass Boston).

The SRC's mission is to advocate for students at institutions within New England Region. The SRC is working with NEACSM executive leadership to enhance student involvement in the upcoming Fall conference by including a discussion/panel for students only. To further support this initiative, we

continue to seek feedback from students on ways to promote student engagement at the conference.

If you have questions or would like to hear about volunteer opportunities, please contact Maggie Morrissey (margaret.morrissey@uconn.edu) and Luke Pelton (lpelton@springfieldcollege.edu).



*Maggie Morrissey & Luke Pelton,  
Co-Chairs Student Representative  
Committee*



**SEE YOU FOR THE ONE-DAY SPRING CONFERENCE FRIDAY, APRIL 8TH 2022!**

## STATE REPRESENTATIVE COMMITTEE .....

The State Representative Committee members are **Kimberly Brian** (New Hampshire - University of New Hampshire), **Beau Greer** (Connecticut - Sacred Heart University), **Stephen Maris** (Massachusetts - Springfield College) and **Jay Polsgrove** (Maine - Husson University), and two new representatives, **Ryan Chapman** (Rhode Island - University of Rhode Island) and **Amy Welch** (Vermont - Norwich University). The committee aims to share NEACSM information with interested parties in the New England area. A primary focus of the group is

to maintain an updated contact list. If you are interested in receiving information on current initiatives such as scholarship and conference information please reach out to a representative to become a valuable contact.



*Jay Polsgrove, PhD  
Chair, State Representative  
Committee*



## 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 **Marc Robertson**, PhD for all his work this past year and welcome aboard **Melanna Cox**. Melanna is a PhD candidate in her last year at the University of Massachusetts, Amherst. She received her bachelor's degree at Bowling Green State University and her masters at the University of Massachusetts Amherst. She has served as student

representative for the NEACSM for the past two years and is passionate about equity in health, student engagement, teaching, and mentorship. Melanna has a background in physical activity measurement in children and adolescents and currently studies sexism and physical activity in girls and women.



*Richard Armstrong, MS &  
Melanna Cox, Co-Chairs  
Membership Committee*



## SPONSORSHIP COMMITTEE .....

The Sponsorship Committee would like to thank the sponsors and exhibitors of our Fall 2021 meeting. It was great to see in-person sponsors again and we appreciate their participation. Particularly, we would like to acknowledge Sacred Heart University, Merrimack College, and Springfield College for their generous sponsorship contribution.

Currently, we are preparing for the upcoming Spring 2022. We are pleased to share that Central Connecticut State University and Springfield College are our conference partners so far. All sponsorship opportunities are still available and range from \$250 to \$850 for exhibitors to partners, respectively.

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 York, PhD & Mark Hartman, PhD, Co-Chairs Sponsorship Committee*

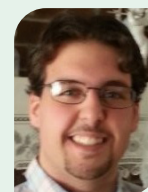


THE UNIVERSITY OF RHODE ISLAND

## MARKETING & COMMUNICATION

**By Matthew Orange, PhD, and Jonathan Nardi, MEd, Co-Chairs of Marketing & Communication**

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 of 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.



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## SCHOLARSHIP & AWARDS COMMITTEE .....

Applications for the 2022 Undergraduate Research Experience Grants were accepted through March 14, 2022 of this year. 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. Students who attend non-R1: 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 an award of \$500 in June 2022 and be recognized at the NEACSM Annual Fall Meeting in October 2022. Missed your chance to apply this year? Be sure to keep an eye out for the call for applications that goes out each January.

The next call for student scholarship applications is open now. 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. For more information, check out our website at [www.neacsm.org/awards](http://www.neacsm.org/awards).



*Amanda Hickey, PhD & Allison Seifert, PhD, Co-Chairs*



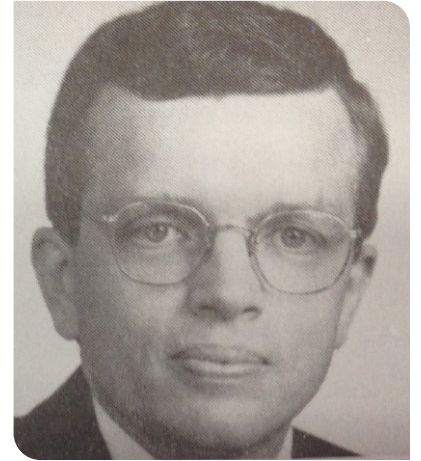
## NEACSM HISTORY.....

Thirty years ago, **President Lawrence E. Armstrong** led NEACSM “to take a mental census of the ethnic/racial composition of those in attendance” at the annual meeting. He believed that the situation then was detrimental to our growth and in order to improve the quality of sports medicine, research, and higher education that we must be exposed to diversity. In 1992, **NiCole Keith**, now Past-President of the American College of Sports Medicine, received the first Minority Scholarship award given out from NEACSM, now named the Lawrence

E. Armstrong Minority Scholarship. First, let’s give a big thank you to Dr. Armstrong for his pioneering work in this area within NEACSM and beyond! And secondly, let’s continue to think about issues of diversity in our profession so that we can continue to grow as an organization.



**Sean Walsh, PhD, FACSOM**  
**NEACSM Historian**



**PRESIDENT**  
**LAWRENCE E. ARMSTRONG**

**SEE YOU IN PROVIDENCE, RI FOR OUR 2022 FALL CONFERENCE, OCTOBER 13<sup>TH</sup> – 14<sup>TH</sup>!**

## DIVERSITY COMMITTEE .....

I recently became the Chair of the Diversity Committee, receiving the baton from **Katie Burton**. Though I have big shoes to fill, I am excited to lead NEACSM’s efforts to improve its diversity, equity, and inclusion (DEI). Our Chapter should be as diverse as our greater community and individuals from underrepresented groups should feel valued and welcome.

The Diversity Committee has identified several areas where we will focus our energy. First, we recognize the need to increase the diversity in our membership and profession. Ensuring our Chapter events are a place that welcomes and embraces everyone will be key. We are also interested in making sure our members’ voices are heard on matters of DEI. Hopefully, you saw the survey we emailed you! If not, you can still submit by clicking on the link on our website, [www.neacsm.org](http://www.neacsm.org). A small number of

people have responded and efforts to collect data will continue. Finally, we plan provide professional development resources for our members regarding DEI issues pertinent to our work.

The Reverend Jesse Jackson said “Inclusion is not a matter of political correctness. It is the key to growth.” I hope that NEACSM stands out as a leader in DEI. If you would like to help in this effort, please contact **Laurie Milliken** at [laurie.milliken@umb.edu](mailto:laurie.milliken@umb.edu).



**Laurie Milliken, PhD,**  
**Diversity Committee**



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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!