



LEADERSHIP • SCIENCE • LEGACY

PRESIDENT'S MESSAGE



“In true fashion, the NEACSM was able to reframe the challenges of 2020 as opportunities.”

In true fashion, the NEACSM was able to reframe the challenges of 2020 as opportunities. The transition of the Fall 2020 meeting, “Exploring the Diversity in Exercise Science and Sports Medicine: Research to Practice,” to a virtual format allowed the chapter to continue to offer its members the opportunity for education, career development, research support, and networking. The chapter was able to develop an attractive program that exceeded expectations with more than 500 registrants and overwhelmingly positive feedback as obtained through the conference survey. The pre-recorded presentations and live panel discussions showcased a wide range of topics and speakers. A live virtual Awards Ceremony allowed us to showcase the talent in our Chapter to a wide audience.

Organizing our first ever virtual conference was truly a team effort, which demonstrated the commitment and support of our executive committee.

In addition to the fall conference, the Chapter submitted and secured two ACSM Regional Chapter Grants centered on enhancing diversity and inclusion. We plan to continue this positive momentum into 2021, with our spring conference, “Managing Physical Activity in the New Normal: Science to Practice” being held virtually on April 23, 2021. The program is dynamic with appeal for both professionals and students alike.

Also, mark your calendars for the 2021 fall conference, “Innovative Paradigms for Rapid Advancement in Exercise and Health Parameters: Progress in Motion” to be held on October 21 and 22, 2021.

Please take some time to check out all the amazing resources and updates provided on our website at neacsm.org. We look forward to seeing everyone at our upcoming meetings.

Stay well!

Elizabeth O'Neill, DPE



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PAST PRESIDENT'S MESSAGE



MANAGING PHYSICAL ACTIVITY IN THE NEW NORMAL: SCIENCE TO PRACTICE.

FRIDAY APRIL 23, 2021
ZOOM WEBINAR



*Paul M. Gallo, EdD,
Past-President &
Program Chair*



by Paul M. Gallo, EdD, FACSME, Past-President and Program Chair

I am pleased to announce our first ever virtual spring meeting, entitled "Managing Physical Activity in the New Normal: Science to Practice." This one-day synchronous event is scheduled for Friday, April 23, 2021 and will be hosted through Zoom webinar. The meeting format is designed to enhance attendee interaction during four themed sessions. Each session will focus on a different topic associated with the negative effects of physical inactivity on health and how they relate to a rapidly changing work, research, and learning environment. A series of several ten-minute presentations from a diverse group of subject matter experts will occur at the beginning of each session, followed by a highly interactive discussion. The discussion will expand on lecture topics and afford attendees real time participation by submitting questions to the presenters. All evidence-based program content will provide the Exercise Professional and student with best methods to combat physical inactivity, conduct physical activity research, and develop virtual programming during the pandemic era and beyond. There will also be a student highlight session focusing on how to navigate research and education with associated challenges and barriers imposed by the COVID-19 pandemic. For more information on the sessions and speakers, please visit: <https://www.neacsm.org/spring>.

The entire program duration will be about 4.5 hours and provides 4.0 CECs. Professional members will be able to register for \$55 and students, both members and non-members, can register for only \$15. We encourage faculty and student club officers to be sure to include this meeting as part of course work or a club activity. I would like to thank our many sponsors for their support, including our Conference Partners, Central Connecticut State University, Hologic, Lasell College, and Sacred Heart University. Sponsorship is greatly appreciated and supports our high-quality programming and membership services.

Please be sure to mark your calendars and tell a colleague, student, or friend about the NEACSM 2021 Virtual Spring Meeting. Remember, geographic location does not matter with our virtual programming, so please be sure to attend from wherever you are located. We welcome and look forward to hosting you!

SNEAK PEAK



PROGRESS IN MOTION

OCTOBER 21ST-22ND, 2021

RHODE ISLAND CONVENTION CENTER,
PROVIDENCE, RI



*Dr. Colleen X. Munoz,
President-Elect*

**UNIVERSITY
OF HARTFORD**

by **Dr. Colleen X. Munoz, President-Elect**

The past months have presented the globe with unrelentless challenges and devastation, and the importance of scientific advancement has never been more apparent. We intend to return to in-person programming in Providence, Rhode Island on October 21 and 22, 2021 to underscore impressive advancements in our respective fields to leave us informed, intrigued, and inspired. Accordingly, the Executive Committee, Program Planning Committee and I present to you an overview of the Fall 2021 meeting, titled "Progress in Motion."

We are thrilled to report that our Knuttgen and Clarkson Keynote lecture invitations have been accepted. **Dr. Neil Walsh**, Professor of Sport and Exercise Science at Liverpool John Moores University will deliver the Knuttgen lecture highlighting relationships amongst exercise, nutrition, and immune health. **Dr. Monica Hubal**, Associate Professor of Kinesiology at Indiana University - Purdue University Indianapolis and former student of the late Dr. Priscilla Clarkson will deliver the Clarkson Keynote lecture. Dr. Hubal will present her work on exercise-related molecular pathway models. The Past President's Lecture will be presented by **Dr. Dain LaRoche** who will share his work with socially assistive robots. Additional topics will include the influence of exercise on gut microbes and intestinal health (**Dr. Sara Campbell** from Rutgers University), the utility of machine learning in exercise and health sciences (**Dr. Michael Bergeron** from SIVOTEC Analytics), narrative and active video gaming to promote physical activity (**Dr. Amy Lu** from Northeastern University), and much more!

Please mark your calendars, look for additional updates, invite your students and colleagues, and continue to take care of yourselves and those around you. We thoroughly hope to see you at the Fall 2021 NEACSM meeting!



NEACSM 2021 FALL MEETING

COMMITTEE SECTION

FREE COMMUNICATION UPDATE

We had a successful virtual Fall 2020 Conference with 39 abstract submissions.

Fall 2020 saw the introduction of the Professional category, which attracted eight submissions. Separately, we received 31 student investigator abstract submissions, with 17 in the non-competition category and 14 in the competition category. Under the competition category, there were five Bachelor's, seven Master's, and three Doctoral entries. The winning Doctoral entry was selected to represent NEACSM at the ACSM President's Cup competition. Virtual presentations were in PowerPoint format with embedded audio, posted on the conference platform as videos.

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

BACHELOR'S STUDENT AWARD:
Andreas Himariotis
University of Massachusetts, Lowell
Mentor: Dr. David Cornell

MASTER'S STUDENT AWARD:
Nicole Bajdek Emmons
University of Massachusetts, Lowell Boston
Mentor: Dr. Huimin Yan

**DOCTORAL STUDENT AWARD
& PRESIDENT'S CUP WINNER:**
Ashley Goodwin
Teachers College, Columbia University
Mentor: Dr. Jill Kanaley

**THANK YOU TO ALL THE PARTICIPANTS FOR
TERRIFIC VIRTUAL PRESENTATIONS AND STUDENT COMPETITION IN 2020.**

**The 2021 Fall Conference is
October 21st and 22nd at the Rhode Island Convention Center.
Start planning your abstract submissions for the Fall 2021 meeting!**

CONTINUING FOR FALL 2021: PROFESSIONAL SUBMISSION CATEGORY

Exercise science and sports medicine researchers, practitioners, and clinicians (e.g. PhD, MD, PT, OT, Athletic Trainers, Physical Trainers) are invited to submit abstracts of their original research and case studies for presentation at the 2021 NEACSM Fall Conference. Details will be provided on the submission website and Google form.

SEEKING ABSTRACT JUDGES AND SESSION MODERATORS FOR FALL 2021:

If you are interested in being an abstract judge or session moderator for the Fall 2021 Conference, or would like more information, please contact the Free Communications co-chairs **Chee-hoi Leong** and **James Whitworth** at NEACSMfreecomm@gmail.com.

***"Thank you to all of the participants
for a terrific student competition
and e-poster session in 2020."***



**Dr. Chee-hoi Leong, PhD &
Dr. James Whitworth, PhD
Co-Chairs Free Communication Committee**



Boston University School of Medicine

CAMAIONE ENDOWMENT FOR STUDENT SUCCESS

The David N. Camaione Endowment Fund was established by Dr. David Camaione's family in 2000 to recognize and honor Dr. Camaione's commitment to NEACSM, student success, and his 42-year career in higher education as a coach, professor, and university administrator.

We have entered the 21st year of the Camaione Student Endowment Fund (CSE)! One cannot thank enough the very generous giving of the Camaione family and other individuals who have made donations big and small over the years. Without this continued support of the CSE Endowment Fund, the continued support of the student awards below would not be possible.

- **Linda Pescatello Doctoral Scholarship**
- **Mark Connelly Memorial Master Scholarship**
- **Robert S. Axtell Undergraduate Scholarship**
- **Lawrence A. Armstrong Minority Scholarship**
- **Donna Murphy Service Scholarship**
- **Doctoral, Master & Undergraduate Student Investigator Awards**
- **Undergraduate Research Experience Grants**
- **College Bowl Team Support to the National College Bowl**

The current balance of the CSE investment account totals over \$296,000 (1/31/21). The number of donations year to year is quite small, with annual member contributions ranging between three to four thousand dollars. Remember, each time you register for the fall and or spring meeting there is an opportunity to check the box and contribute \$1, \$5, \$10 or as many dollars as you wish to the CSE. The CSE will provide our top performing students with over \$10,000 in supportive funding this year.

The CSE continues to need everyone's support to grow this fund in order for more dollars to be given out to students, and every dollar helps. The fund uses the interest and dividends earned each year to fund the above-listed student initiatives. To be able to increase the monetary awards given each year by \$1,000, we must bring in about \$25,000.00 of new donations. The CSE challenges all members of the New England Chapter to contribute to this fund at any dollar level.



*Dr. Robert Axtell, PhD, FAGSM,
Chair of Camaione Endowment
for Student Success*

CAMAIONE
STUDENT ENDOWMENT

STATE REPRESENTATIVE COMMITTEE

The current State Representative Committee consists of **Kimberly Brian** (New Hampshire, University of New Hampshire), **Beau Greer** (Connecticut, Sacred Heart University), **Mark Hartman** (Rhode Island, University of Rhode Island), **Greg Ledoux** (Vermont, Northern Vermont University), **Stephen Maris** (Massachusetts, Springfield College) and **Jay Polsgrove** (Maine, Husson University). The State Representative Committee has again successfully updated the list of faculty and students representing institutions in each state. If you would like

to be an advocate for NEACSM in your setting, please contact your state representative. We look forward to seeing you at the Spring Conference on April 23, 2021.



*Jay Polsgrove, PhD
Chair, State Representative
Committee*

HUSSON
UNIVERSITY

MEMBERSHIP COMMITTEE

The Membership Committee would like to thank each member who provided conference feedback following the Fall 2020 Conference. Your survey input has been vital during this unprecedented time and will allow us to maximize your experience at the Spring 2021 Meeting. We are excited and looking forward to implementing many of the amazing suggestions that were submitted! 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 Chapter and Special Interest Group offerings. We look forward to seeing you at the Spring Conference!



*Marc Robertson, DPT &
Richard Armstrong, MS, Co-Chairs
Membership Committee*

**Southern Connecticut
State University**
SCHOOL OF
GRADUATE STUDIES

**THE
UNIVERSITY
OF RHODE ISLAND**

STUDENT REPRESENTATIVE COMMITTEE

The Fall 2020 Virtual Conference exceeded expectations! The Student Representative Committee (SRC) has been inspired by this and plans to offer virtual programs to improve student engagement and professional development during these difficult times.

The leadership of SRC includes two co-chairs and four state representatives. **Melanna Cox** (UMass, Amherst) and **Maggie Morrissey** (University of Connecticut) serve as co-chairs. The committee members include **Robert Marcotte** (UMass Amherst), **Nghi Coa** (Simmons University), **Mike DiPasquale** (Rhode Island College), and **Autumn Simonds** (UMass Boston).

The SRC is committed to increasing diversity by assisting the NEACSM leadership team with their plans to extend outreach and student engagement, including at the high school level! The students of this committee are committed to serving all students. The SRC has identified students of color, students who attend community institutes, and practitioners as some of the underrepresented students within NEACSM. The SRC believes representation matters

and students from these groups must have the opportunity to hold leadership roles. With this in mind, the committee is actively recruiting students from institutions in the New England-region. If you are passionate about improving diversity and inclusion, the SRC would love to hear from you!

The SRC wants to hear how they could support you with academic and life issues as well as your thoughts and suggestions to improve diversity and inclusion in NEACSM. If you have questions or would like to hear about volunteer opportunities, please contact **Melanna Cox** (mfcox@umass.edu) or **Maggie Morrissey** (margaret.morrissey@uconn.edu). Please be on the lookout for upcoming events!



*Melanna Cox & Maggie Morrissey,
Co-Chairs Student Representative
Committee*



UConn

SPONSORSHIP COMMITTEE

The Sponsorship Committee, on behalf of NEACSM, would like to thank the sponsors of our first virtual fall meeting. Their support helped make the newly formatted conference a great success! In particular, we would like to thank our conference partners - Lasell University, Springfield College, Gatorade Sports Science Institute, and the Camaione Student Endowment Fund - for their generous support.

This year's spring meeting will also be virtual and will offer organizations the opportunity to sponsor at the level of a General Sponsor (\$250), Invited Speaker Sponsor (\$500), or Conference Partner (\$750). We also have a new and unique benefit for Conference Partners - a LIVE Weblink during the 20-minute lunch break where attendees can access any live/interactive information about the organization. We are pleased to announce that Lasell University, Central Connecticut

State University, Sacred Heart University, and Hologic have joined us as spring conference partners.

The committee is still looking for more spring sponsors. If any NEACSM member knows of an organization that would like to join us, please contact **Ryanne Carmichael** (rcarmichael@plymouth.edu) or **Cassandra York** (CassandraYork@ccsu.edu). Please stay tuned as well for information on our upcoming fall 2021 meeting sponsorship opportunities.



*Ryanne Carmichael & PhD, Cassandra
York, PhD, Co-Chairs Sponsorship
Committee*



MARKETING & COMMUNICATION

By Dr. Christopher Bopp, PHD and Dr. Matthew Orange, PhD, Co-Chairs of Marketing & Communication

Please welcome **Matthew Orange, PhD** (Central Connecticut State University) who joins **Christopher Bopp, PhD** (New England College) as our Chapter's new Co-Chair of the Marketing and Communications Committee!

Though we're still physically distanced, it is important that we remain connected. The challenges of the pandemic continue, and we encourage our community to look over our collection of web-based tools, resources, and articles on our NEACSM COVID-19 Resource Page (<https://www.neacsm.org/covid-19>). If you have not already done so, check out our [NEACSM Radio](#) on Spotify; a playlist created by our very own members. We hope you enjoy listening and ask that you add your favorite songs today!

As a reminder, the latest happenings can be found on our Facebook, Twitter, Instagram, and LinkedIn (NEW!) pages so please like, follow, and continue to tag us in your posts so that we can help share all of our Chapter's wonderful successes. If you, or your colleagues, have been recognized, featured, or you just simply have a story to share, please let us know so that we can shine some spotlight on you!

HOW TO FOLLOW!



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DIVERSITY COMMITTEE

At the end of 2020, the Diversity Committee issued a call for new members. We were met by an overwhelmingly positive response, which indicates to us that our membership deeply values our mission and work. We were thrilled, then, to kick off 2021 by welcoming twelve new members to our Committee - all of whom are committed to growing equitable practices in NEACSM and in the profession. These individuals represent a wide variety of geographic locations, social identities, career stages, and areas of expertise. We are thrilled to have such an engaged Committee and are in the process of developing subcommittees to capitalize on our members' interests and ideas for advocacy and action.

One of the Diversity Committee's first actions of 2021 was to assemble a subcommittee to support the assessment and administration of the NEACSM's inaugural Student Access Awards. These awards, generously funded through an ACSM Regional Chapter Grant, are designed to support

student engagement and address student financial need. Ten winners each will receive one year of NEACSM membership, one year of conference registrations at no cost, and funds to spend on related conference costs. Additionally, winners will be paired with a mentor from the NEACSM community to provide professional development support throughout the year. The application period is open now, with submissions reviewed and awarded on a rolling basis through April 2, 2021. Our subcommittee has already had the opportunity to distribute some of these awards, and they encourage undergraduate and graduate students in the New England region to apply!



*Katie Burton, PhD, Chair,
Diversity Committee*

SCHOLARSHIP & AWARDS COMMITTEE



The Scholarship and Awards Committee congratulates the winners of the following awards, which were announced during the virtual NEACSM 2020 Annual Fall Meeting:

Linda S. Pescatello 2020 Doctoral Scholarship
Robert T. Marcotte, MS (University of Massachusetts-Amherst)

Mark Connolly Memorial 2020 Masters Scholarship
Ciara N. Manning, BS (University of Connecticut)

Robert S. Axtell 2020 Undergraduate Scholarship
Zachary L. Racow (Springfield College)

Lawrence E. Armstrong 2020 Minority Scholarship
Joseph A. Gordon III, MS (University of Massachusetts-Amherst)

These scholarships and awards highlight professional, scholarly and academic excellence in students and professionals who are members of the New England Chapter of the American College of Sports Medicine.

The call for applications for the 2021 Undergraduate Research Experience Grants has just closed. This scholarship is designed to highlight professional and academic excellence in undergraduate students at institutions in our region that have a strong emphasis on teaching but often lack the resources to support research endeavors. All students who attend non-R1: Doctoral Universities institutions in the New England

We are also pleased to announce the winners of our prestigious professional awards:

NEACSM 2020 Honor Award:
Samuel A.E. Headley, PhD

NEACSM 2002 President's Award:
Paul M. Gallo, EdD

NEACSM 2002 New Investigator Award:
James W. Whitworth, PhD, Boston University

region are eligible for this scholarship. The scholarship can be used to help fund either research or expenses associated with presenting the research at the annual NEACSM conference. Scholarship winners will receive an award of \$500 in June 2021 and be recognized at the NEACSM Annual Fall Meeting in October 2021.



Robert Gregory, PhD & Amanda Hickey, PhD, Co-Chairs



NEACSM HISTORY

Just over 55 years ago, ACSM held its first regional meeting in New England at UMASS Amherst.

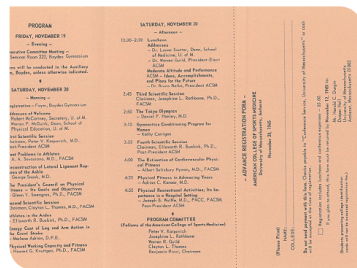
Howard "Skip" Knuttgen, ACSM's President in 1974, whose name graces one of our Chapter Keynote lectures, is now in his 60th year of ACSM membership. Dr. Knuttgen studied under a founding member of ACSM, **Dr. Peter Karpovich**, and he went to school at Springfield College with **Charlie Tipton**, who also went on to become a President of ACSM. Dr. Knuttgen actually holds membership number 279 from our national organization! I was fortunate enough to recently catch up with Dr. Knuttgen via a Zoom meeting. This one-day meeting had eight current, past, or future presidents of the organization: many of whom can be seen in this picture (fun fact: the photo was taken on a treadmill!). It seems hard to believe, but Dr. Knuttgen's

talk on Physical Working Capacity and Fitness was innovative at the time. That meeting was attended by about 40 individuals. Compare that with the approximately 1,000 attendees of recent NEACSM fall conferences and one can see how much growth has occurred since then. It will be great to see how much further we will have grown 55 years from today!



Dr. Peter Karpovich Dr. Basil Baskin Dr. Clayton Thomas
 Dr. A. A. Savolene Dr. George Brook
 Dr. Bruce Selzer Dr. Joseph Wolfe Dr. Albert Kravitz Dr. Howard Knuttgen
 Dr. Joseph Seaborn Dr. Benjamin Scott Dr. Neilson Adria Dr. Adrian Semon
 Eastern Regional Meeting, American College of Sports Medicine, Boston Gymnasium, University of Massachusetts, November 10-12, 1968

1ST PHOTO NEACSM



1965 EASTERN REGIONAL MEETING



*Sean Walsh, PhD, FACSM
 NEACSM Historian*



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Thank you to NEACSM MAX! Newsletter Committee Co-Chairs Kyle Coffey and Nicole Mendola, Art Director Andy Muñoz and NEACSM Director of Operations Katie Burton for their work producing the Spring Newsletter.