

Meet Our NEACSM Past President



NEACSM's 7th President: Lorraine Colson Bloomquist, Ed.D., FACSM

Education: BS, URI; MS, URI; Ed.D., Boston University

Current or most recent affiliation: Professor Emerita, Department of Kinesiology, URI; Lifetime member ACSM; Board of Trustees, NEACSM

Honors & Awards: Fellow ACSM; NEACSM Honor Award; Honor Award, RI Association of Physical Education, Recreation and Dance; Special Olympics, RI Award for Distinguished Service; La Plante Center, Support for RI Retarded Citizens Organization Award

NEACSM Service

1. What first inspired you to enter the exercise science/sports medicine field? What made you decide to pursue your advance degree and/or line of research/service?

Followed my Dad, Ralph Colson, MA, State Director Of Physical Education, Health and Safety to schools and sports events. Raised as an athlete. Enjoyed studying, teaching kinesiology and working with special needs populations in fitness and exercise.

2. As a student, who were your mentors and what role did they play in your professional development? As a professional, was there anyone who was also instrumental in your career development?

Mentors were professors in exercise science and anatomy at URI. Graduate work at BU were Dr. Skip Knuttgen, and Dr. Ralph Goldman, ARIEM both professors were encouraging and assisting.

3. What is it about exercise science/sports medicine that still inspires you today?

It is so alive and relevant. It has been clearly shown how important and necessary exercise and activity are crucial to health and well being. We have become popular and science oriented.

My interest now is: BODY, MIND AND SPIRIT: the interaction and importance of all 3 in a healthy, fulfilling life.

Exciting to see the huge growth in NEACSM members especially with women.

With our certifications the whole level of professionalism has been raised.

4. Why and how did you decide to get involved with NEACSM? How did your service help you grow as a professional?

Meeting with colleagues in Boston in the exercise physiology interest group started the whole process before we became a chapter. Sharing ideas and research was important and fun.

5. What are your most memorable moments from your service to NEACSM?

Receiving the NEACSM honor award; being NEACSM president and presiding at meetings at national in Hawaii.

6. What were some of the main issues confronting NEACSM at the time of your presidency?

Getting more women leaders in the profession. Participation, health and safety of girls/women in "vigorous" sports, especially long distance events. Increase use of helmets for safety and especially avoiding concussions. Sounds current!

7. What do you think are your most meaningful contributions to NEACSM?

Being the first NEACSM woman president. Encouraging girls to "go"; developing the graduate program at URI for persons with disabilities.

Developing a new RI Endorsement in Adapted Physical Education, RI state requirement for physical education teachers. Also, developing the graduate APE program at URI.

8. What do you think are your most meaningful contributions to the field of Exercise Science/Sports Medicine?

Editing and writing three chapters for three editions of our classic book, *ACSM's Exercise Management for Persons with Chronic Diseases and Disabilities* now available. Improving health and wellbeing, necessity of activity in everyone's life; advances and great equality in girls/women's sports and building programs for persons with disabilities.

9. What advice would you have for future leaders of NEACSM?

Stay relevant; advertise; use PR to inform public what we are doing; have more events in each state in addition to the one in Providence; take advantage of the national fitness movement,.

Allow/subsidize more undergrads to attend our New England and national meetings

10. What advice would you give to students who are looking to pursue a career in Exercise Science/Sports Medicine?

Use your wits, personality, education and humor in exercise activities; get really good in one specialty so you can be sought for advice; advertise yourself and your skills; write articles; present papers in that area; attend conferences and share with colleagues.

Increase your ACSM certifications.