As the new President of TACSM let me start by thanking you all for your membership and service to the Chapter! As I begin this new adventure as President, I must start off by thanking all of the previous TACSM Presidents, Executive Directors, and Board members that I have served with in my previous terms of service for the Chapter. I would also like to thank our outgoing members of the Board for their service, and welcome the newly elected members as well. The meeting at TCU was a success, with over 430 people attending and 67 students submitting abstracts for poster presentations. I look forward to continuing the trend of a record breaking meeting attendance in 2015!

Over the next year, I plan on doing everything in my power to promote TACSM and to continue the Chapter’s growth while staying focused on the mission and the objectives of TACSM. During this time, my goal is to develop an agenda for the 2015 Annual Meeting that includes aspects of physiology and nutrition as they pertain to exercise and exercise training. My belief is that you can’t discuss these two areas of specialization without having extensive crossover between the two and I want to highlight this crossover with speakers that can

Texas ACSM is now on Facebook! See our page to find news and pictures from events!
http://www.facebook.com/tacsm
provide expertise in these areas from both a basic science to a practical sport nutrition setting.

As I announced at the awards ceremony at TCU, please save the date for the 2015 TACSM Annual Meeting that will be held on Thursday, February 26, 2015 till Friday, February 27, 2015 at the JJ Pickle Research Campus in Austin, Texas. Based on the previous success and central location of Austin, I feel that holding the meeting in Austin is in the best interest of the Chapter.

As we look ahead, the next big item of interest for the ACSM is the Annual Meeting in Orlando at the end of May. If you plan on attending, I hope you make it a priority to go support the 2014 TACSM Student Bowl champs from Texas A&M on Wednesday night as they defend TACSM’s title! Also, the annual TACSM Social will be on Thursday May 29th. We will send out final details on location for the social as we get closer to the meeting in Orlando. Thank you again for your ongoing support of TACSM and I hope to see you in Orlando!

**TEXAS ACSM SOCIAL AT THE ACSM ANNUAL MEETING IN ORLANDO:**

*Thursday, May 29th*

8:00pm

Location TBA

Cash bar and heavy hors d’oeuvres

**2014 TACSM Honor Award Winner**

Dr. Vic Convertino received the Texas ACSM Honor Award and presented the Raven Lecture at the 2014 Annual Meeting in Fort Worth. Dr. Convertino is a senior research physiologist with the U.S. Army Institute of Surgical Research at Fort Sam Houston, Texas. He received baccalaureate degrees in Mathematics and Physical Education at San Jose State University (SJSU), masters degree in Exercise Science and a Ph.D. in Physiology at the University of California at Davis (UCD).

Dr. Convertino’s research has focused on regulation of blood volume and its relationship with acute and chronic exercise, adaptation to varying gravity environments, thermoregulation during heat exposures, blood pressure regulation, orthostatic competence, and countermeasures for astronauts and crew members of high-performance aircraft. Perhaps his most important work is his current research designed to develop decision-support algorithms, therapies, and tactical combat casualty care doctrine to advance capabilities of combat medics to save lives of battlefield casualties. He has published over 280 peer-reviewed manuscripts, invited reviews, and chapters in the scientific literature, and has delivered more than 170 invited lectures to national and international audiences.

Dr. Convertino has held leadership roles in national and international scientific societies including Vice President of ACSM. Among other recognitions, Dr. Convertino has received the 2006 ACSM Citation Award, the 2007 AsMA Arnold D. Tuttle Award, the 2008 SJSU Distinguished Alumnus Award, the 2011 ISGP Nello Pace Career Award, the 2013 UCD Distinguished Alumnus Award, 2013 EMS Today ‘Top 10’ Innovator Award, and was inducted into the Space Foundation Technology Hall of Fame in 2008.
**2014 TACSM Service Award Winner**

Dr. Tinker Murray was given the 2014 TACSM Service Award at the annual meeting in Fort Worth. Dr. Murray served as Director of Cardiac Rehabilitation at Brooke Army Medical Center from 1982 to 1984 where he was twice recognized for his exceptional performance. He has been at Texas State University since 1984 and served as the Director of Employee Wellness from 1984-1988, and Director of the Exercise Performance Laboratory from 1984-2000. He was a voluntary assistant cross country and track coach at Texas State from 1985-1988 and helped win three Gulf Star Conference titles. He served as the Vice Chair of the Texas Governor’s (Ann Richards) Commission on Physical Fitness from 1993-1994.

Dr. Murray is a Fellow of the American College of Sports Medicine (ACSM) and certified as an ACSM Program Director. He is a former two-time president of the Texas regional chapter of ACSM (1987 & 1994). He served on the national ACSM Board of Trustees from 1998-2001. In the fall of 2003, he was a Guest Researcher at the Centers for Disease Control and Prevention (CDC), Division of Nutrition and Physical Activity.


**2014 TACSM Student Bowl Team**

This year’s TACSM student bowl had a total of 28 teams from 17 universities across the state as competitors. The Texas A&M University Team came out victorious in the competition and will serve as the TACSM representative at the ACSM Student Bowl during the 2014 ACSM Annual Meeting in Orlando.

The winning team, comprised of Aggies Katie Elmer, Megan Cole, and Liliana Ogden received a plaque, as well as a $500 award to partially offset their travel expenses to attend the ACSM Annual Meeting.

If you are attending the ACSM Annual Meeting, please come support the TACSM representatives and cheer them on to victory!!

The student bowl will be held Wednesday, May 28th from 7:30-9:00pm, check the final ACSM schedule for confirmed time and location.
TACSM-TAHPERD Collaborative Program

TACSM will be partnering with the College Division of the Texas Association for Health, PE, Recreation, and Dance (TAHPERD) to present the 4th Annual College Division-Texas ACSM Speaker Series at the 2014 TAHPERD Annual Convention in Galveston. The TAHPERD Annual Convention will run December 3-6, 2014 at the Moody Gardens. The College Division-Texas ACSM Speaker Series will be held on Friday, December 5, and speakers for this year's program will be announced in the fall.

Don’t forget that TAHPERD offers reciprocal membership to TACSM members for use when registering for the TAHPERD Annual Convention (i.e., TACSM members may register at the TAHPERD member rate). Contact Dr. Brian McFarlin (Brian.McFarlin@unt.edu) for more information.

2014 Student Awards

Undergraduate Scholar Award
Katherine Elmer, Texas A&M University

Student Manuscript Award
1st = Adam Venable, University of North Texas
2nd = Emily Ammon, Southwestern University
3rd = Ronald Budnar, University of North Texas
4th = Hui Ying Luk, University of North Texas
2014 Student Poster Awards

Undergraduate Level:

1st = Tayler Nick, Southern Illinois University-Edwardsville; Independent and combined effects of menhaden oil and high fructose on hepatic lipid metabolism.

2nd = Kelsey Stout, Southern Illinois University-Edwardsville; The lipogenic effect of high-fructose consumption on NAFLD during weight loss.

3rd = Edwin Savio, Texas A&M University; Twenty-one days of lunar environment alters muscle fiber areas in mouse gastrocnemius.

Master’s Level:

1st = Jorge Granados, West Texas A&M University; “Elevation Training Mask” induces hypoxemia but utilizes a novel feedback signaling mechanism.

2nd = Dyana Bullinger, Texas Woman’s University; Effect of competition on performance and physiological responses in female athletes.

3rd = Nikki Jupe, Stephen F. Austin State University; Evaluation of the Nike+ FuelBand in energy expenditure and steps taken during exercise.

Doctoral/PIT Level:

1st = John Seawright, Texas A&M University; SNP-induced dilation following a short-term intraluminal pressure increase in aged skeletal muscle feed arteries.

2nd = Colin Jenney, University of Texas at Arlington; Exercise intensity and energy expenditure of a simulated-sport exergame versus real-world sport.

3rd = Sarah Deemer, Texas Woman’s University; Effect of Omega-3 Fatty Acids on lipoprotein profile and particle size in Hispanic women.
Master’s Level Student Research Development Awards (SRDA)

Andreas Kreutzer, Texas Christian University; Acute kinematic, kinetic, and hormonal responses to cluster sets in hypertrophic parallel back squat exercise in trained and untrained young and old men.

Lisa Jansen, West Texas A&M University; Beet the Heat? Beetroot juice and acute heat stress.

Brian Franklin, Texas Christian University; The effect of high monounsaturated fat vs. a high-protein meal on post-prandial glucagon-like protein 1 and other hormonal responses in subjects with Type 2 diabetes.

Danielle Levitt, University of North Texas; The effect of alcohol ingestion on the resistance exercise induced immune response in women.

Aaron Caldwell & Justin Repshas, Texas Christian University; Combined effects of Omega-3 and physical activity on inflammatory markers.

Brittany Wise, University of Texas at San Antonio; Effects of target diet education program on diet quality and nutrition knowledge in professional soccer players.

Doctoral Level Student Research Development Awards (SRDA)

Jeffery Hord, Texas A&M University; Inactivity-induced skeletal muscle atrophy: Role of 12-lipoxgenase.

Yang Lee, Texas A&M University; Role of Nox2 in disuse-induced skeletal muscle atrophy.

Will Deaver, Texas A&M University; Changes in insulin regulated glucose uptake through the inhibition and activation of CK1-alpha and mTOR mediated receptor degradation in cell culture myofibers.

Andrea Henning, University of North Texas; Tracking monocyte LDL uptake as a cardiovascular disease risk factor following a high-fat meal.

Eric Prado, University of North Texas; Using dry blood spots to assess immune system response following a strenuous bout of aerobic exercise.

Dustin Joubert, Texas A&M University; Acute vascular effects of aquatic and land treadmill exercise in pre-hypertensive men.
2014 TACSM Majors of the Year
Abilene Christian University, Nathan McClain
Baylor University, Rachel Carson
Oklahoma City University, Anna Gentry
Southern Illinois University-Edwardsville, Taylor Nick
Southwestern University, Emily Ammon
Stephen F. Austin State University, Amanda Rister
St. Mary’s University, Josabel Archangel
Tarleton State University, Morgan Suski
Texas A&M University, Katherine Elmer
Texas A&M University-Commerce, Stephen Ford
Texas A&M University-Corpus Christi, Rochelle Rhyne
Texas A&M University-Kingsville, Joel Obregon
Texas A&M University-San Antonio, Cynthia Alanis
Texas Christian University, Madeleine Courvosier
Texas Lutheran University, Rachel Galvan
Texas Tech University, Elias Carrillo and Jacob Mota
University of Mary Hardin-Baylor, Stephanie Harris
University of North Texas, Michelle Martin
University of Texas at Austin, Rachel Watson
University of Texas at El Paso, Tori Martyn
University of Texas at San Antonio, Colin Dowling
West Texas A&M University, Halie Harton

2015 Major of the Year Awards:
TACSM will recognize an outstanding undergraduate student in exercise science from each undergraduate degree granting institutions in Texas for the 2014-2015 academic year. These students will be named the 2015 TACSM Major of the Year from their respective institutions and will be recognized at the 2015 TACSM Annual Meeting in Austin. TACSM is asking each college/university to select a student as its TACSM Major of the Year in Fall, 2014 and forward their name to the TACSM Executive Director (Brian.McFarlin@unt.edu).

Deadlines, eligibility requirements, and submission instructions can be found at:
www.tacsm.org/majorsoftheyear.html.
LECTURE TOUR INFORMATION

2014 Spring Lecture Tour:
This spring we will have Dr. John Ivy as our lecturer. Dr. Ivy conducts research on the acute and chronic effects of exercise on muscle metabolism, which special emphasis on carbohydrate regulation. Dr. Ivy will be presenting at five institutions this spring:

March 31 - West Texas A&M - Contact: Dr. Matthew Kuennen (mkuennen@wtamu.edu)
April 1 - University of Texas at San Antonio - Contact: Dr. Donovan Fogt (donovan.fogt@utsa.edu)
April 2 - Sam Houston State University - Contact: Dr. Paige Glave (apglave@shsu.edu)
April 3 - University of Mary Hardin-Baylor - Contact: Dr. Lem Taylor (LTaylor@umhb.edu)
April 4 - Tarleton State University - Contact: Dr. Jennifer Blevins (jblevins@tarleton.edu)

2014 Fall Lecture Tour:
In the fall, Dr. Patricia Painter from the University of Utah will be our lecturer. Dr. Painter studies the effects of exercise training on patients with chronic kidney disease.

Detailed information, including dates, locations, and contact information will be listed on the website and in the Fall issue of *On Track*.

For more information on the TACSM Lecture Tours, contact the TACSM Continuing Education Director, Dr. George King (915-747-7245; gking@utep.edu).

TEXAS ACSM MEMBERSHIP UPDATE

Current Membership: 741

Gender
Male: 51%
Female: 49%

Area of Interest
Basic and Applied Sciences: 29%
Allied Health & Fitness: 43%
Medicine: 14%
Education and Allied Health: 12%
Other: 2%

Occupation
Student: 64%
Professional (Exercise Physiologist): 6%
Professional (Other Sciences): 5%
Allied Health & Fitness Professionals: 5%
All Other Areas: 20%

Region of the State
DFW/North Texas: 36%
Houston/East Texas: 21%
Central Texas: 16%
San Antonio/South Texas: 15%
Panhandle/West Texas: 8%
Out of State: 3%

*Numbers do not reflect memberships initiated through ACSM National from January-March.
MEMBER SPOTLIGHT - RYAN FIDDLER

Dr. Ryan Fiddler is an Assistant Professor in the Department of Kinesiology at Texas A&M University-Kingsville. He recently graduated from Oklahoma State University’s Department of Health, Leisure, and Human Performance.

Dr. Fiddler’s current research is on the non-invasive assessment of neuromuscular function. His dissertation research focuses on seasonal changes in female soccer players on various muscle characteristics; specifically the assessment of the rate of torque development hamstrings:quadriceps ratio. His past research has examined the acute effects of static stretching on neuromuscular function and the efficacy of energy patches on substrate utilization. He has authored/co-authored 6 peer-reviewed manuscripts, presented original research at various national, state, and local research conferences, and co-authored one book chapter.

In addition to being an active member of the American College of Sports Medicine Dr. Fiddler is a Certified Strength and Conditioning Specialist with the National Strength and Conditioning Association and a Certified Sports Nutritionist with the International Society of Sports Nutrition.

Graduate Student Opportunities at Texas A&M-Kingsville:

Master of Science:
• Kinesiology

Dr. Fiddler is looking for students interested in applied exercise science, specifically with an interest in neuromuscular function or sports nutrition.

Dr. Fiddler can be contacted at: ryan.fiddler@tamuk.edu

STUDENT EVENTS 2014 ACSM MEETING

Graduate and Early Career Day Pre-conference and Networking Opportunity:
Date: Tuesday, May 27

Meet the Expert Session:
Date: Friday, May 30
Time: 12:00pm-12:45pm

7th Annual ACSM Student Bowl:
Date: Wednesday, May 28
Time: 7:30pm-9:00pm

TACSM Social:
Date: Thursday, May 29
Time: 8:00pm
Location: TBA (check the TACSM website for updates!)

Student Colloquium:
Three sections (funding, internships, certification) aimed at educating ACSM students on aspects of career development.
Date: Wednesday, May 28
Time: 5:30pm-7:00pm

Student Lounge:
A place for students to gather and meet fellow students during the annual meeting.

Be sure to check the final program for a complete listing of student sessions and room assignments in Indianapolis!

[9]
MEMBER SPOTLIGHT - JENNIFER LANCASTER

Dr. Jennifer Lancaster joined the Tarleton State Kinesiology Department in 2013, where she assists in the Sports Medicine program. In 2011, she completed her PhD at Texas Woman’s University. Before coming to Tarleton, Dr. Lancaster spent four years with RL Turner High School as an athletic trainer and sports medicine teacher. She previously worked at Midwestern State University as an assistant athletic trainer/instructor and then as coordinator for the Athletic Training Education Program.

Dr. Lancaster has research interests in student-centered learning and assessment and has conducted research involving athletic training curriculum and ACL prevention. She has also served on the Southwest Athletic Trainers Association Student Education and Research Committee.

Dr. Lancaster enjoys mission work with the Christian Sports Medicine Alliance. Through this organization, she provides education and medical care as well as assists with other service opportunities where she travels. Dr. Lancaster plans to use these experiences to develop global applied learning experiences for students.

Dr. Lancaster served on a panel for the Pre-Health Profession Round Table discussion at the most recent annual meeting.

Graduate Student Opportunities at Tarleton State University:

Master of Science
• Kinesiology

Master of Education
• Kinesiology

Dr. Lancaster is seeking enthusiastic students interested in studying athletic training.

Dr. Lancaster can be contacted at: jlancaster@tarleton.edu

TACSM ANNUAL MEETING ABSTRACTS

Abstracts from the Friday evening poster session at the TACSM Annual meeting in Fort Worth have again been published in the International Journal of Exercise Science. You can find the abstracts by using the following link: http://digitalcommons.wku.edu/ijesab/vol2/iss6/ or through the TACSM website at: http://www.tacsm.org/newsrecentevents.html

NEW ACSM FELLOWS

Congratulations to Dr. William Cooke (University of Texas-San Antonio) and Dr. Melody Phillips (Texas Christian University) on becoming Fellows in the American College of Sports Medicine!
See more pictures from the annual meeting on our Facebook page: [http://www.facebook.com/tacsm](http://www.facebook.com/tacsm)
Events

Spring, 2014 TACSM Board of Directors Meeting:
Friday, May 2, 2014
Belton, Texas

2014 American College of Sports Medicine Annual Meeting:
May 27-31, 2014
Orlando, Florida, USA

Texas ACSM Social at the ACSM Annual Meeting:
Thursday, May 29, 2014 (8:00pm)
Location TBA
Orlando, Florida

2014 Texas Association for Health, PE, Recreation, and Dance Annual Convention
(Fourth Annual College Division-Texas ACSM Speaker Series)
December 3-6, 2014 (Speaker Series: Friday, December 5)
Galveston, Texas

2015 TACSM Annual Meeting:
February 26-27, 2015
J.J. Pickle Research Campus
Austin, Texas

Keep track of all of our upcoming events on the TACSM website:
http://www.tacsm.org/upcomingevents.html

Get involved with TACSM

The TACSM Board is always looking for enthusiastic ACSM members in Texas to contribute to TACSM’s mission. The board is composed of both elected and appointed members that collaborate to ensure that students and professionals in Texas to get the most out of their Chapter. Below are some of the roles that TACSM members can fill:

- Host a Fall/Spring TACSM Lecture Speaker
- Volunteer for an Appointed Board Position/Be Nominated for an Elected Board Position
- Encourage Your Colleagues/Students to Join TACSM and Attend the 2014 Annual Meeting
- Volunteer to Serve on a Committee for the 2014 TACSM Annual Meeting
- Volunteer to Present at a TACSM Annual Meeting

If you are interested in getting more involved please contact the TACSM Executive Director (Dr. Brian McFarlin; Brian.McFarlin@unt.edu).
TACSM would like to recognize the generous support of the following sponsors:
## 2014-2015 TACSM BOARD OF DIRECTORS

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<tr>
<th>Position</th>
<th>Name</th>
<th>Institution</th>
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</thead>
<tbody>
<tr>
<td>President - 2016</td>
<td>Lem Taylor, Ph.D.</td>
<td>University of Mary Hardin-Baylor</td>
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<tr>
<td>President Elect - 2017</td>
<td>Jim Fluckey, Ph.D.</td>
<td>Texas A&amp;M University</td>
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<tr>
<td>Past President - 2015</td>
<td>Melody Phillips, Ph.D., FACSM</td>
<td>Texas Christian University</td>
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<tr>
<td>Executive Director</td>
<td>Brian McFarlin, Ph.D., FACSM</td>
<td>University of North Texas</td>
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<td>Secretary</td>
<td>Donovan Fogt, Ph.D.</td>
<td>University of Texas-San Antonio</td>
</tr>
<tr>
<td>Treasurer</td>
<td>Eric Jones, Ph.D.</td>
<td>Stephen F. Austin State University</td>
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<td>Regional Chapter Representative - 2014</td>
<td>Phil Stanforth, M.S.</td>
<td>University of Texas</td>
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<tr>
<td>Membership Director</td>
<td>Steven Martin, Ph.D., RCEP</td>
<td>Texas A&amp;M University</td>
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<tr>
<td>Continuing Education Director</td>
<td>George King, Ph.D., FACSM</td>
<td>University of Texas at El Paso</td>
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<td>Public Relations Director</td>
<td>Stacey Gaines, Ph.D.</td>
<td>Texas A&amp;M University-Kingsville</td>
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<tr>
<td>Student Representative - 2015</td>
<td>Adam Venable, M.S.</td>
<td>University of North Texas</td>
</tr>
<tr>
<td>Student Representative - 2016</td>
<td>Jim Sampson</td>
<td>Texas Woman’s University</td>
</tr>
<tr>
<td>Representative (Non-medicine) - 2015</td>
<td>Peter Grandjean, Ph.D., FACSM</td>
<td>Baylor University</td>
</tr>
<tr>
<td>Representative (Non-medicine) - 2016</td>
<td>Jennifer Blevins-McNaughton, Ph.D., ACSM PD</td>
<td>Tarleton State University</td>
</tr>
<tr>
<td>Representative (Non-medicine) - 2017</td>
<td>Mark Faries, Ph.D.</td>
<td>Stephen F. Austin State University</td>
</tr>
<tr>
<td>Representative (Non-medicine) - 2017</td>
<td>Jakob Vingren, Ph.D., FACSM</td>
<td>University of North Texas</td>
</tr>
<tr>
<td>Representative (Medicine) - 2015</td>
<td>Joseph Volpe, M.D.</td>
<td>Physical Medicine &amp; Rehabilitation, Austin</td>
</tr>
<tr>
<td>Representative (Medicine) - 2017</td>
<td>Heather Fullerton</td>
<td>Scott &amp; White, Round Rock</td>
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Contact Information for the Board of Directors is available at [http://www.tacsm.org/contactus.html](http://www.tacsm.org/contactus.html)

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### TACSM MISSION STATEMENT

The purpose of TACSM is to fulfill the objectives and purposes of ACSM as appropriate at the regional level. ACSM is a multi-disciplinary professional and scientific society dedicated to the generation and dissemination of knowledge concerning the motivations, responses, adaptations, and health aspects of persons engaged in sport and exercise.

[www.tacsm.org](http://www.tacsm.org)