



ACSM  
Annual  
Meeting

Baltimore, Maryland  
USA



World Congress on  
**Exercise  
is Medicine™**  
Baltimore, Maryland  
USA

# Preview Program

ACSM'S 57TH ANNUAL MEETING AND  
WORLD CONGRESS ON EXERCISE IS MEDICINE™  
JUNE 1-5, 2010 • BALTIMORE, MARYLAND



AMERICAN COLLEGE  
of SPORTS MEDICINE  
LEADING THE WAY



Dear Friends and Colleagues:

On behalf of the Program Committee, I invite you to join us in Baltimore for the 57th Annual Meeting and World Congress on Exercise is Medicine™.

The Program Committee has organized an extraordinary array of cutting edge science and clinical sessions for the 2010 Annual Meeting and World Congress on Exercise is Medicine. You will find a program that emphasizes

exceptionally strong scientific and clinical content across the breadth of interests among our membership that only ACSM can deliver.

Unscheduled time remains during the lunch hour allowing for opportunities to meet with colleagues for networking or for time to exercise without feeling like you are missing out on important learning opportunities. Many social events are scheduled throughout the meeting, allowing members and guests a chance to get acquainted or reacquainted.

Finally, check out the prestigious Wolffe, Dill and President's Lectures on page 4, You will not want to miss them. Also, be sure to stay until noon on Saturday when we end the meeting with two superb President's Lectures, thus establishing a fitting close to a spectacularly compelling conference devoted to scientific and clinical excellence.

Please make plans now to enjoy what promises to be one of the best ACSM meetings ever!

Sincerely,

Thomas M. Best, M.D., Ph.D., FACS  
2010 Program Committee Chair  
President-elect

## Ultrasound Post-Conference Saturday, June 5, 1-4 pm Introduction to Musculoskeletal Ultrasound: Small Group, Scanning, Injections, and Practical Considerations

**Instructors: Erik Adams, FACSM, John Hill, FACSM, Garret Hyman, Joseph Ihm, and Carrie Jaworski, FACSM**

This is a review of basic principles and uses of musculoskeletal ultrasound. Live demonstrations, small group hands on instruction and injection techniques will be emphasized and practiced.

To ensure a quality experience for all participants, the size of this workshop will be strictly limited. **Please sign up early, this workshop will fill quickly.**

**Fee:** \$100 (sign up on the registration form on page 11)

## Calendar-at-a-Glance

### Tuesday, June 1

- Registration opens at 10 am
- World Congress on Exercise is Medicine Opening Ceremonies

### Wednesday, June 2

- Joseph B. Wolffe Memorial Lecture
- Scientific/Clinical Sessions
- Diversity Reception (evening-invitation only)
- Exhibit Hall Opening Reception (evening)
- Student Colloquium (evening)
- Interest Group Events (evening)
- Welcome Party (evening)

### Thursday, June 3

- Josephine L. Rathbone Memorial Breakfast honoring ACSM's Women
- Morning Walking Session
- President's Lectures
- Scientific/Clinical Sessions
- ACSM Exhibit Hall Open
- Business Meeting
- Regional Chapter Events (evening)
- Interest Group Events (evening)
- Student Bowl (evening)

SUPPORTED BY  
**SHAPE**

SUPPORTED BY  
**MBP**  
The Ambition

SUPPORTED BY

**Forrest T. Jones & Company**  
ACSM's Insurance Partner

**Liberty Mutual**

"PARTNERS IN INSURANCE OFFERING"

- International Reception (evening-invitation only)

### Friday, June 4

- 10th Annual Gisolfi Fun Run
- D.B. Dill Historical Lecture
- Scientific/Clinical Sessions
- Student Meet the Expert Session
- ACSM Exhibit Hall Open
- New Fellow Reception (evening-invitation only)
- Cocktail Reception and Awards Banquet (evening)

SUPPORTED BY  
**GEORGE FISHER INSTITUTE**

SUPPORTED BY  
**Wolters Kluwer**  
health

### Saturday, June 5

- President's Lectures
- Scientific/Clinical Sessions
- Ultrasound Post-Conference
- Board of Trustees Meeting



# One Registration... Two Superb Meetings!

You are accustomed to the high quality programming in the fields of science, education, medicine, research, health and fitness and sports performance at **ACSM's Annual Meeting**.

But in 2010, you are also invited to take part in the inaugural **World Congress on Exercise is Medicine™** — a unique international forum that addresses the science, practice, public health and policy aspects of the impact physical activity has on disease prevention and health promotion.

## Objectives

At the conclusion of the meeting, participants should be able to:

1. Evaluate the biological, biomechanical, psychological and behavioral changes accompanying exercise in both normal and pathological states.
2. Analyze state-of-the art and innovative basic science, applied science, and clinical medicine in the areas of exercise, fitness, health, and physical performance.
3. Summarize emerging controversial issues in order to stay current in sports medicine and exercise science.
4. Compare new approaches and perspectives concerning exercise science and sports medicine through interactive discussions with scientists and clinicians in related fields.
5. Recognize the importance of basic science research as it relates to diseases and conditions that exist due to physical inactivity.

## Clinically Specific Objectives

6. Evaluate the inter-relationships among exercise, fitness, health, and physical performance for active and inactive individuals.
7. Evaluate and formulate a treatment plan and provide rehabilitation for exercise-related injury to the foot and ankle, hand and wrist, knee, shoulder, and spine.

8. Diagnose and formulate a treatment plan for exercise-related medical problems, including cardiovascular, pulmonary, neurological, endocrine, musculoskeletal and other organic and functional disorders.

## Target Audience

ACSM members and professionals interested in the field of sports medicine and exercise science.

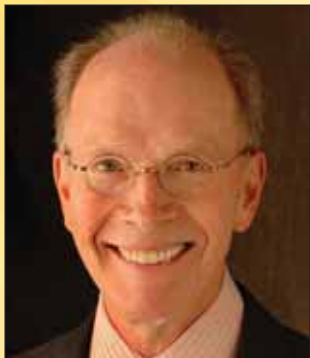
## Earn Continuing Education Credits/ Continuing Medical Education Credits

- **Accreditation:** The American College of Sports Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.
- **AMA/PRA Credits:** The American College of Sports Medicine designates this educational activity for a maximum of 30 *AMA PRA Category 1 Credits™*. Physicians should only claim credit commensurate with the extent of their participation in the activity.
- **ACSM CECs:** The American College of Sports Medicine's Professional Education Committee certifies that this continuing education offering meets the criteria for a maximum of 30 hours of ACSM Continuing Education credit.
- **NATA – CEUs:** ACSM is recognized by the Board of Certification, Inc. to offer continuing education (CE) for Certified Athletic Trainers (ATs). 30 CEUs awarded.

# Educational Highlights

We are proud to spotlight the following lectures at the ACSM Annual Meeting and World Congress on Exercise is Medicine™ (*lectures related to the World Congress on Exercise is Medicine are highlighted in red bold italic*):

## The Joseph B. Wolffe Memorial Lecture



***Physical Activity, Health, Health Care Reform and Lifestyle Reform Revisited***

Jeffrey P. Koplan  
Emory University  
Atlanta, Georgia

## The D.B. Dill Historical Lecture



The Self-Correcting Nature of Science  
Brian J. Whipp, FACSM  
Human Bio-Energetics Research Centre  
Crickhowell, United Kingdom

## President's Lectures



***VO<sub>2</sub>max and Exercise Tolerance***

Véronique Billat, FACSM  
Centre De Medicine Du Sport  
Paris, France



Novel Mind-Body Nutrition for Performance and Health

J. Mark Davis, FACSM  
University of South Carolina  
Columbia, SC



The Biomechanics of Muscle Contraction

Walter Herzog  
University Of Calgary  
Calgary, Alberta, Canada



Managing Concussions in Youth Sports: Education Versus Legislation — Washington State Passes New Law

Stanley Herring, FACSM  
University of Washington  
Medical Center  
Seattle, WA

## Named Lectures

### Gisolfi Tutorial Lecture



Sex Differences in Human Thermoregulation: Implications for Athletes, Researchers and Clinicians

Nina Stachenfeld, FACSM  
John B Pierce Laboratory  
New Haven, CT

### Pollock Tutorial Lecture



***Resistance Training for Health and Rehabilitation: A Physiological Perspective***

James E. Graves, FACSM  
University of Utah,  
College of Health  
Salt Lake City, Utah

### Paffenbarger Tutorial Lecture



***Physical Activity - Why it's so Difficult to Shift the Population Needle?***

Adrian Bauman  
University of Sydney  
Sydney, Australia

### John R. Sutton Clinical Lecture



Marathon Medicine: Reducing Adverse Outcomes

William O. Roberts, FACSM  
UMN Phalen Village Clinic  
Saint Paul, MN

**BASIC SCIENCE, APPLIED SCIENCE, CLINICAL AND INTEGRATIVE SESSIONS BY CATEGORY****Athlete Care and Clinical Medicine****Highlighted Symposium**

Updates on Performance Enhancing Agents

*Speakers TBD*

- A Global Perspective of Sudden Cardiac Death during Sports - Beyond the Myopia of Italy and the US with Roundtable Discussion
- A Pain in the Behind: Differentiating Lumbar, SI and Hip Pain
- ACL Graft Failure: Biomechanical and Outcomes Based Risk Factors
- ADHD and the Athlete
- AMSSM Exchange Lecture - Sick Cell Trait and Exertional Rhabdomyolysis: Current Strategies to Prevent Catastrophic Collapse
- AOSSM Exchange Lecture
- **Athletes in the Arts**
- BASEM Exchange Lecture
- **Cardiovascular Disease Prevention in Persons with Spinal Cord Injury**
- CV Remodeling During Endurance Exercise
- Diagnosis, Treatment, & Prevention of MRSA in Athletes
- Dilemmas for the Team Physician; What Would You Do...
- ECSS Exchange Lecture - Science and Technology in Elite Sport: Enhancing Performance and Promoting Safety
- Exercise Fatigue in Athletes
- Exertional Compartment Syndrome - Controversies and International Perspectives
- Health Promotion, Nutrition, and Injury Prevention in the Female Runner
- If I Could Turn Back Time: Adult Consequences of Pediatric Sports Injuries
- **Introduction of the Pre-participation Examination - 4th Edition**
- Is There a Toxic Dose of Exercise?
- Management of Youth Concussions: Evidence for Biomechanical and Educational Injury Prevention Initiatives
- NASS Symposium
- NATA Tutorial
- Outcomes from the 2010 Team Physician Consensus Conference
- Safe Sports: An Update on Equipment Safety
- Scapulothoracic Joint Management to Reduce Shoulder Injuries in Overhead Activity
- Second Impact Syndrome: Myth or Reality?
- Spinal Pain in the Young Athlete
- Sport Psychology and Return to Play: Does the Head Lag Behind the Knee
- Sports Neurology - Clinical Approaches to Epilepsy and Migraines in Athletes
- The Young Athlete: Challenges of Growth, Development, and Society
- Type-1 Diabetes and the Athlete
- Vancouver 2010: Olympic and Paralympic Sports Medicine Research and Injury Surveillance

- When School Makes You Worse: Academic Considerations in Concussion and PCS Recovery
- **Where's the Beef – What Evidence-Based Sports Medicine Is, and Is Not**

**Biomechanics and Neural Control of Movement****Featured Science Session**

The Biomechanics and Physiology of Running with Spring-Like Legs

*Rodger Kram**Craig McGowan**Alena Grabowski**Jinger Gottschall**Young-Hui Chang*

- It's Not a Simple Ankle Injury: The Long-Term Consequences of a Lateral Ankle Sprain
- Novel Techniques to Predict, Screen and Prevent Anterior Cruciate Ligament Injuries
- Shoe Insert Interventions in Rehabilitation: Evidence for Effects and Mechanisms

**Cardiovascular, Renal and Respiratory Physiology****Featured Science Session**

Exercise Training Effects on Skeletal Muscle Blood Flow

*Craig Harms, FACSM**Michael Joyner, FACSM**M. Harold Laughlin, FACSM*

- Blood Flow in Clinical Populations
- Exercise-Induced Oxidative-Nitrosative Stress; Measuring its Impact on Vascular O<sub>2</sub> Transport and Human Performance
- Microvascular Aging: Distribution and Sex Differences
- Regulation of Cerebral Blood Flow; Rest and Exercise.
- Stroke Volume Limitations to Exercise: Are There Any?
- **The Exercising Female: An Integrated Approach**

**Clinical Exercise Physiology****Highlighted Symposium****Exercise Heart Rate Response and Recovery – Simple But Important Clinical Measures!***Peter H. Brubaker, FACSM**Michael Lauer**Bo Fernhall, FACSM**Guy Alvarez*

- **Challenges in Exercise Research in Chronic Disease Populations**
- **Efficacy of Exercise in CKD Patients: Does the Stage of Disease Matter?**
- **Exercise Training as Therapy for Chronic Atrial Fibrillation**
- **Physical Function as an Outcome Measure for Clinical Programs**

## Environmental and Occupational Physiology

### Highlighted Symposium

#### *Into Thin Air: Optimizing Exercise Performance at High Altitude*

Stephen Muza, FACSM  
Michael Brothers  
Beth Beidleman  
Kevin Jacobs

- Exertional Heat Stroke: Return to Play/Duty Issues
- Is Acute Mountain Sickness a Mild Form of High-Altitude Cerebral Edema?
- Sweat Sodium Variability: Ion Channel Mechanisms Versus Methodology

## Epidemiology, Biostatistics and Health Promotion

### Featured Science Session

#### *Sustainability and Trajectories of Physical Function in Older Cancer Survivors*

Kathryn Schmitz, FACSM  
Miriam C. Morey, FACSM  
Denise Snyder  
Matthew J. Peterson  
Richard Sloane  
Wendy Demark-Wahnefried

- **ACSM American Fitness Index™: Translating Data into Action**
- **Designing Recreation Environments to Promote Multiple Components of Fitness**
- **Global Approaches to Physical Activity At the Worksite**
- **Guidance for Exercise in Cancer Survivors: Results of an ACSM Roundtable**
- **Healthy Hearts and the Universal Benefits of Being Physically Active**
- **Healthy People 2020: Improving the Nation's Health**
- **Lessons for Healthy Aging from the Baltimore Longitudinal Study on Aging**
- Limits of Disagreement in Measurement Studies: Socrates vs. Sophist?
- **Obesity, Pregnancy, and Exercise**
- **Objective Measurement of Physical Activity: Best Practices and Future Directions**
- **Physical Activity and Academic Achievement**
- **Physical Activity and Diabetes in Older Adults: Epidemiologic and Public Health Issues**
- Physical Activity Research on a Budget: Free Data Sources for Epidemiologic Studies
- **Recent Advances in the Prevention and Treatment of Cardiovascular Disease**
- **The Obesity Paradox: Is it Time for a Paradigm Shift in Obesity Treatment?**
- **Training for Metabolic Fitness?**
- **Translating Exercise Programs Targeting Fracture Risk Factors into Community Settings**
- **Unique Challenges for Increasing Physical Activity Among Minority Children**

## Fitness Assessment and Training

### Highlighted Symposium

Sports Injury: Prevalence, Prevention, and Practice

Andrea Fradkin  
Tsharni Zazryn  
Joseph Myers  
Frederick Mueller, FACSM

- Cutting Edge Training and Testing Technologies for Occupations with Unique Physical Demands
- Ethiopian and Kenyan Distance Runners: What Makes Them So Good?
- Olympic Performance: Does it Fit the Model?
- Technological Advances in Olympic and Paralympic Sport
- **The MET – Brief History, Current Uses and Concerns**
- **The Next New Edition of the Guidelines for Exercise Testing and Prescription**
- To Stretch or Not To Stretch: The Role of Stretching in Injury Risk and Performance

## Immunology/Genetics/Endocrinology

### Featured Science Session

Energy Balance, Obesity and Incretin Hormones

Barry Braun, FACSM  
John Kirwin

- Bio-Identical Hormone Replacement
- Exercise Genetics for Fitness and Performance: Scientists and Practitioners
- Metabolic Flexibility
- **New Insights into Exercise and Asthma in Children**
- The Brave New World of Epigenetics in Exercise Research

## Metabolism and Nutrition

### Featured Science Session

Nutrition and Metabolism in Athletes with Special Needs

Stella L. Volpe, FACSM  
Nancy DiMarco  
Kathleen Woolf

- Alternative Fuels
- Caffeine Ergogenicity: Current Perspectives Regarding Mechanisms
- Carbohydrate and Protein Metabolism for Endurance Exercise: Where Do We Go From Here?
- Cellular Mechanisms of Chronic Disease Prevention by Diet and Exercise
- **Healthy Eating and Exercise on the Fly**
- High Fat, Low Fat Diet Debate
- **Is It Time for Energy Balance Guidelines: What is the Evidence?**
- Metabolic Flexibility in Children
- **Protein, Exercise and Sarcopenia: Strategies for Healthy Aging**
- **Reality TV to Real Life, Nutrition and Exercise Strategies for Kids and Adults**

- Sarcopenic-Obesity: Clinical Definition and Impact
- The Slow Component of VO2 Kinetics: Mechanistic Bases and Practical Applications
- **What is the Role of the Exercise Professional for Bariatric Surgery Patients?**

## Professional Development/ Organizational Information

- ACSM Position Stand Update 2010
- CPI Colloquium
- Health and Science Policy Committee
- Health/Fitness and Clinical Exercise Certification Update 2010
- **Scope of Practice in the Health Sciences: Exercise and Nutrition**
- **The National Physical Activity Plan**
- Undergraduate Research Experiences in Exercise Science

## Psychology, Behavior, and Neurobiology

### Featured Science Session

#### **Neuroprotective Effects of Exercise for Depression**

- Rod Dishman, FACSM*  
*Jacqueline Vanhooymissen*  
*Paul Burghardt*  
*Benjamin Greenwood*  
*William Falls*
- APA - Division 47
  - Brain Derived Neurotrophic Factor (BDNF) What Do We Learn From Peripheral Measures?
  - **Exercise and Anxiety: Epidemiology, Treatment and Potential Mechanisms**
  - **Exercise and Brain Function**
  - Neuroimaging, Exercise and the Aging Brain
  - Session RPE: Development, Application and Mediating Factors

## Skeletal Muscle, Bone, and Connective Tissue

### Featured Science Session

#### The Exercise Pill: Too Good to Be True?

- Speakers TBD*
- **Aging Muscle and Bone Biology: Effect of Strategic Nutrition & Exercise Interventions**
  - Antioxidants and Exercise: Is there a Paradox?
  - Common Foot and Ankle Pathologies in the Special Olympics Athlete
  - Differential Mechanisms Underlying Skeletal Muscle Injury Versus Adaptation with Aging
  - Discussions on How to Use NIRS to Evaluate Skeletal Muscle
  - **Exercise Considerations for Muscular Dystrophy**
  - Expression and Function of Myostatin in Metabolism, Exercise and Injury
  - MicroRNAs and Muscle Plasticity
  - Mitochondria: Do We Know Enough About This Ancient Organelle?
  - New Models to Study Gene Plasticity in Skeletal Muscle
  - Practical Rx Options for Difficult Muscle & Tendon Injuries; Stretching to Surgery
  - Role of Nitric Oxide and ROS in Contracting Skeletal Muscle
  - Signaling Nuclei to Die in Sarcopenia
  - Skeletal Muscle Injury and Repair: Cellular Mechanisms and Physiological Implications
  - The Importance of Skeletal Muscle Transport Proteins During Exercise

## ACSM Thanks Our 2010 Supporters

The American College of Sports Medicine gratefully acknowledges the receipt of grants in support of our educational program currently from the following:

### PRESENTING LEVEL



### GOLD LEVEL



### SILVER LEVEL



Mark your calendars and plan to attend this ground-breaking event!

# World Congress on Exercise is Medicine™: The World's Prescription for Health

## What is Exercise is Medicine?

**Exercise is Medicine** is a multi-organizational program that calls upon scientists, physicians, practitioners, community leaders, health and fitness professionals and policymakers to promote physical activity and exercise to prevent disease and promote healthcare.

Leading institutions and professionals from around the world have already committed to make Exercise is Medicine a part of their national landscape.

## Why should YOU attend?

In addition to the valuable exchange of knowledge regarding physical activity and disease prevention, attendees of the World Congress will gain valuable resources and recommendations on how to implement various Exercise is Medicine initiatives in their respective countries and communities.

## One Registration... Two Meetings!

Registration for the World Congress allows you to attend all sessions at ACSM's 57th Annual Meeting.

## Unite with others across borders to build a healthier world and globalize Exercise is Medicine!



World Congress on

**Exercise is Medicine™**

Baltimore, Maryland  
USA

Support for the Exercise is Medicine™ Global Initiative is Provided By:

Founding Partners:



Advocate Partners:





## Exercise is Medicine Sessions

- Assessing the Risk of Chronic Disease in Children
- Cardioprotective Benefits of Vigorous Physical Activity: The Risk Benefit Issue
- Exercise is Medicine — An International View
- Exercise is Medicine in the Workplace: Behavioral Change that Works
- Inactivity Physiology: Metabolic and Clinical Effects of Sitting Too Much
- International Exercise is Medicine Experiences: Past, Present, and Future Perspectives
- Multi-Actor Strategies for the Promotion of Health-Enhanced Physical Activities for Children and Youth in Local Communities of the European Union
- Office-based Physical Activity Promotion: Current Evidence, Future Directions
- Physical Activity and Mental Health
- Physical Activity Education and Exercise Training for Cardiac Diseases Prevention and Wellness Promotion
- The Anti-Aging Effects of Exercise on the Cardiovascular System
- The Antiquity of Exercise and the Exercise Prescription for Health
- The Importance of Culturally Appropriate Physical Activity Programs in Indigenous Communities

### ACSM Roundtable

## Exercise is Medicine™: Science, Practice, and Policy — The Global Landscape

Topics addressed by the expert panel will cover each of three distinct but interrelated facets of Exercise is Medicine:

- **The scientific evidence...** including both the physiological/public health and the behavioral aspects, analyzing US and international landscape.
- **The practical...** How to effectively translate the evidence and policy aspects into everyday practice by physicians, fitness professionals, and other health care providers abroad.
- **The policy...** legislative and non-legislative, necessary to translate the scientific evidence into public health outcomes.

This expert panel will meet over two days to examine the evidence and make recommendations to enhance the globalization of Exercise is Medicine. An open forum during the two day session will allow all Annual Meeting and World Congress participants to voice their perspectives.

### Highlights Include

- *Knowledge exchange with international representatives*
- *Abstracts on research, practice and policy*
- *Keynote Speakers and Training Sessions*
- *Opening and Closing Ceremonies*

### Plus Trips to Washington, DC... The Nation's Capital!



## Why exhibit at the 2010 ACSM Annual Meeting?

- Face-to-face exposure to thousands of qualified professionals
- Visibility in future 2010 ACSM Annual Meeting promotional materials
- Inside look at your competition
- Educational opportunities for your employees
- Exceptional return on investment with a targeted demographic

Contact Anne Krug at [akrug@acsm.org](mailto:akrug@acsm.org) for exhibits or Eric Utterback at [eutterback@acsm.org](mailto:eutterback@acsm.org) for support opportunities.

## Interested in Exhibiting or Support Opportunities?

There are great opportunities for exposure during the most comprehensive conference for clinical sports medicine and the exercise sciences.



## Housing

The Hilton Baltimore is connected to the Baltimore Convention Center and is the headquarter hotel for the Annual Meeting. Rooms are also available at several other nearby hotels at a variety of price points. All hotel reservations must be made through the ACSM Housing Bureau. Please visit [www.acsm.org/annualmeeting](http://www.acsm.org/annualmeeting) for hotel and rate details, and to make a reservation. The housing deadline is Thursday, April 29, 2010. Reserve your room early to secure your preferred hotel.

## Travel

The Travel Authority is ACSM's preferred travel agency and can assist with travel plans. Call (800) 428-6186 to speak with an agent.



## Opportunities Designed Just for Students

Break-through discovery is sometimes as close as the colleague sitting next to you. The 2010 Annual Meeting and World Congress on Exercise is Medicine will provide you a unique network of experts in all disciplines of sports medicine and exercise science.

- **Student Help Desk:** Located in the ACSM registration area, the student help desk was created to get many of your FAQs about the Annual Meeting answered by members of the Student Affairs Committee.
- **Student Lounge Area:** There will be a special area in the convention center where students can gather. Look for signage on site, so you can meet fellow students, make new friends, and begin a bond that will last a lifetime.
- **Student Message Board:** The message board provides a mechanism for students to communicate throughout the meeting. It will be located in the student lounge area.
- **Student Experience Guides:** Each day, volunteers from our ACSM leadership will guide students through the meeting, and they will be available to answer questions to make your week more rewarding professionally.

These, along with our popular **Meet the Experts** session, Student Colloquium and Student Help Desk will be detailed in the coming months so you can schedule your time in Baltimore!



## Career Opportunities

- **On-Site Interview Rooms:** To allow employers to connect with promising students and professionals, interview rooms will be available on-site. ACSM will announce your participation to pre-registrants prior to the meeting and through on-site announcements. For more information, contact [hturner@acsm.org](mailto:hturner@acsm.org).
- **Access Job Postings:** Post your resume online or access jobs/internships/fellowships during the meeting. Direct access to ACSM's Job Site (<http://acsm.healthjobsplus.com>) will be available in the ACSM Member Service Center.



REGISTER ONLINE NOW—WWW.ACSM.ORG OR USE THIS FORM

**Fees Include both the World Congress on Exercise is Medicine and the ACSM Annual Meeting**



PLEASE PRINT. LIMIT TO 30 CHARACTERS PER LINE. TEL.: (317) 637-9200 • FAX (317) 634-7817

ACSM Member? [ ] Yes [ ] No ACSM Fellow? [ ] Yes [ ] No Gender: [ ] M [ ] F

For CME purposes: Are you a physician (M.D. or D.O.)? [ ] Yes [ ] No

Membership ID# \_\_\_\_\_ Badge name \_\_\_\_\_ Degree \_\_\_\_\_ Birthdate \_\_\_\_\_

First Name \_\_\_\_\_

Last Name \_\_\_\_\_

Institution \_\_\_\_\_

Address \_\_\_\_\_ [ ] Home [ ] Work

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_ - \_\_\_\_\_

Country (if not United States) \_\_\_\_\_

Member, is this a change of address? [ ] Yes [ ] No

Tel./Business \_\_\_\_\_ Tel./Home \_\_\_\_\_

Fax \_\_\_\_\_ E-mail \_\_\_\_\_

|                                     |  |                              |                 |
|-------------------------------------|--|------------------------------|-----------------|
| <b>INTEREST AREA</b><br>(check one) | <b>MAJOR RESPONSIBILITY</b><br>(check one) | [ ] Student                  | [ ] Other _____ |
| [ ] Basic and Applied Science       | [ ] Research                               | [ ] Health Care Professional |                 |
| [ ] Medicine                        | [ ] Athletic Trainer                       | [ ] Exercise Professional    |                 |
| [ ] Education and Allied Health     | [ ] Educator                               | [ ] Physician                |                 |
|                                     |  | [ ] Coach                    |                 |

**FEE SCHEDULE** Circle appropriate fee. ACSM tax I.D. #23-6390952  
\*PRE-REGISTRATION ENDS MAY 11, 2010.

| EXISTING ACSM MEMBERS<br>DUES MUST BE CURRENT AT TIME OF MEETING           | BY 3/3/10 | THROUGH 4/28/10 | AFTER* 4/28/10 |
|--|-----------|-----------------|----------------|
| <input type="checkbox"/> Professional, Fellow, or Professional-in-Training | \$205     | \$240           | \$310          |
| <input type="checkbox"/> Single Day Rate                                   | \$150     | \$150           | \$150          |
| DAY ATTENDING _____  |           |                 |                |
| <input type="checkbox"/> ACSM Student Members                              | \$100     | \$110           | \$120          |
| <input type="checkbox"/> Single Day/Student Rate                           | \$45      | \$45            | \$45           |
| DAY ATTENDING _____  |           |                 |                |
| <input type="checkbox"/> ACSM Alliance Members                             | \$445     | \$480           | \$550          |

**JOIN ACSM NOW!** FEE INCLUDES MEMBERSHIP AND MEETING REGISTRATION FEES.

|   |       |       |       |
|---|-------|-------|-------|
| <input type="checkbox"/> Professional             | \$425 | \$460 | \$530 |
| <input type="checkbox"/> Student                  | \$180 | \$190 | \$200 |
| <input type="checkbox"/> Professional-in-Training | \$360 | \$395 | \$465 |

**NON-ACSM MEMBER**

|  |       |       |       |
|--|-------|-------|-------|
| <input type="checkbox"/> Non-member Professional | \$445 | \$480 | \$550 |
| <input type="checkbox"/> Single Day Rate         | \$185 | \$185 | \$185 |
| DAY ATTENDING _____                              |       |       |       |
| <input type="checkbox"/> Non-member Student      | \$120 | \$135 | \$150 |
| STUDENT ID REQUIRED                              |       |       |       |
| <input type="checkbox"/> Single Day Rate         | \$75  | \$75  | \$75  |
| DAY ATTENDING _____                              |       |       |       |

Would you like a roommate? [ ] yes [ ] no (If yes, we'll forward a list of potential roommates for you to contact)

**PAYMENT WORKSHEET**

Registration fee from schedule at left \$ \_\_\_\_\_

\$25 Additional Badge Fee for Guest \$ \_\_\_\_\_  
LIMITED TO EXHIBITS, SOCIAL EVENTS, WOLFFE LECTURE

GUEST NAME \_\_\_\_\_

Banquet tickets \_\_\_\_\_ QTY @ \$75 each \$ \_\_\_\_\_

Ultrasound Post-conference \$ \_\_\_\_\_  
(Saturday, June 5) \$100

ACSM Membership renewal \$ \_\_\_\_\_  
SEE BOTTOM OF THIS PAGE IF APPLICABLE

Regional Chapter Dues \$ \_\_\_\_\_  
\$35 Professional/\$15 Student  
YOU MUST BE A CURRENT NATIONAL MEMBER TO PAY CHAPTER DUES

Contribution to ACSM Foundation \$ \_\_\_\_\_

**TOTAL DUE \$ \_\_\_\_\_**

**FULL PAYMENT MUST ACCOMPANY THIS FORM**

PAYMENT MUST BE IN U.S. DOLLARS. MAKE CHECK PAYABLE TO ACSM. \$25 FEE FOR RETURNED CHECKS  
FEDERAL ID NUMBER 23-6390952

PAY BY: [ ] MasterCard® [ ] VISA® [ ] Discover® [ ] American Express®  
[ ] Enclosed Check

Credit Card Number: \_\_\_\_\_

Expiration Date MONTH/YEAR |\_\_|/|\_\_|/|\_\_| Security Code |\_\_|\_|

Authorized Signature \_\_\_\_\_

**Areas of Interest**

**Basic and Applied Science:** Fundamental and practical applications in teaching research and clinical settings, which encompass the disciplines of exercise physiology, biochemistry, motor control psychology, athletic medicine, sociology of sport, rehabilitation, and growth and development.

**Medicine:** A person who is licensed to practice medicine and/or surgery, or possesses an equivalent licensure, and whose main occupation is the actual practice of a licensed profession.

**Education and Allied Health:** A primary portion of his/her work is in the teaching of others; or a primary portion of his/her work is to carry out a health-related function under physician guidance or prescription.

**BECOMING A NEW MEMBER? THIS SECTION MUST BE COMPLETED.**

THIS FORM SERVES AS YOUR MEMBERSHIP APPLICATION, PLEASE DO NOT SUBMIT A MEMBERSHIP APPLICATION APART FROM THIS FORM.

Have you been a member of ACSM previously? [ ] Yes (If yes, please list your previous ID# \_\_\_\_\_) [ ] No

**Membership Category** (SEE "MEMBERSHIP RENEWAL FEES/CATEGORIES" AT WWW.ACSM.ORG/JOIN):

[ ] Professional [ ] Professional-in-Training (post-doctoral fellow, medical resident) [ ] Undergraduate Student [ ] Graduate Student

**Occupation Code:** \_\_\_\_\_ **Area of Interest :** \_\_\_\_\_ **Highest Degree Earned:** \_\_\_\_\_

I affirm the statements made by me on this application are correct and that I meet the requirements for the membership category I have requested. ACSM membership is on an anniversary year (e.g., join in May, renew the following May). If choosing Professional, Professional-in-Training, Graduate Student, or Undergraduate Student categories, I understand that \$28 of my membership dues is allocated to a year's subscription to *Medicine & Science in Sports & Exercise*. ACSM membership is individual based, thus you retain your membership even if you change employers. Accepted membership applications are not refundable. I have read and agree to abide by the code of ethics and professional conduct (see www.acsm.org/ethics) of the American College of Sports Medicine.  
Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**PRE**



## ACSM'S 57TH ANNUAL MEETING AND WORLD CONGRESS ON EXERCISE IS MEDICINE™ JUNE 1-5, 2010 • BALTIMORE, MARYLAND

### Mark Your Calendar for These Important Meeting Dates, Deadlines, and Discounts in 2010!

- February** Abstract Submitters Receive Accept/Reject Notifications
- March 3** First Early Bird Registration Deadline-Best Value for New ACSM Members (see page 11 for details)  
ACSM Annual Meeting and World Congress on Exercise is Medicine Advance Program Available
- March** Last Cut-off for Discounted Registration
- April 28** Cut-off for Hotel Reservations
- April 29** Pre-registration Services End
- May 11** World Congress on Exercise is Medicine Annual Meeting
- June 1-3** Annual Meeting
- June 2-5** Introduction to Musculoskeletal Ultrasound Post-conference
- June 5** 2011 Annual Meeting Proposals Due
- June 21**



**AMERICAN COLLEGE  
of SPORTS MEDICINE®**  
LEADING THE WAY  
401 WEST MICHIGAN STREET  
INDIANAPOLIS, IN 46202-3233  
HOURS: 8 a.m.-5:00 p.m.  
PHONE: 317-637-9200 • FAX: 317-634-7817