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Upcoming ACSM Meetings

Advanced Team Physician Course
Dec 7-10, 2017
Washington, D.C.

Sports Medicine Essentials
Feb 20-25, 2018
San Diego, CA

RMACSM Meeting
Apr 6-7, 2018 Colorado Springs, CO

ASCM International Health & Fitness Summit
Apr 5-8, 2018
Arlington, VA

ACSM 65th Annual Meeting
May 29 -June 2, 2018
Minneapolis, MN



Newsletter

FALL 2017

President's Message – *Laura Stewart*, laura.stewart@unco.edu



Happy Fall from the Rocky Mountain Chapter of the ACSM! If you are new to the RMACSM, I would like to welcome you to the chapter, and for those of you who have been members for a while, I would like to thank you for your continued participation in and support for the chapter. Here are a few items of interest:

Dr. Conrad Earnest was the speaker selected to deliver a talk entitled “Tour de France or Tour de Folly: A Scientific and Historical Perspective of the Tour de France” as part of the 2017 Fall Lecture Series in October. The talk was well received by over 200 attendees at Adams State University, Colorado Mesa University and The University of Wyoming. Thank you to our site coordinators, Tracey Robinson, Ph.D. Brent Alumbaugh Ph.D., and Evan Johnson, Ph.D. for their assistance with the events.

We welcome Past President David Hydock, Ph.D. from the University of Northern Colorado to the treasurer position. Thank you for assisting RMACSM in your new role.

Elections for RMACSM Board positions will be coming up shortly. Details are presented on page 4. If you are interested in running for one of these positions, please let me or one of the board members know.

Planning for the 2018 Annual Meeting in Colorado Springs is underway. Details are included in the President Elect Message on Page 2.

The board has agreed to the formation of a RMACSM speaker's bureau. This group will allow RMACSM to feature research, service and educational programs that are going on in our region in our Fall Lecture Series and at our annual regional conference. If you are interested in becoming a speaker, see details on page 4.

In this issue, we are highlighting the work at Colorado Mesa University. See details on page 7.

There is a lot happening in RMACSM! I sincerely appreciate your membership in RMACSM and I look forward to seeing you in Colorado Springs in April.

The Mission of the Rocky Mountain Chapter of the American College of Sports Medicine is to advance and integrate scientific research to provide educational and practical applications of exercise science and sports medicine.

President Elect Message
Margaret Harris
RMACSM Annual Meeting

Hello to all RMACSM members! We are busy planning the 2018 Rocky Mountain ACSM Annual Meeting. This year, our Board decided that it might be fun to start holding meetings at various locations around Colorado. Therefore, the meeting this year will be held at the University of Colorado Colorado Springs campus in Colorado Springs, CO on April 6 and 7, 2018. Colorado Springs has beautiful Pikes Peak and Garden of the Gods overlooking the city, plus many other attractions, so I hope you can plan a little bit of extra time into your schedule to enjoy at least a hike.

The theme this year is “Just for the health of it: One bite, one step at a time.” The meeting will be held in a little over a day. The meeting will begin Friday, April 6, 2018 at 5 pm with our keynote speaker and include poster presentations. We have a social planned at one of our local restaurants that evening. We hope many of you can join us!



Saturday will begin with a second lecture by our keynote speaker. Last year, our three-minute student talks were such a hit, we decided to continue with this format. For those of you who were not present last year, undergraduate and graduate winners of the poster session will have 3 minutes to present their research, with the challenge of using language easily understood to all populations. Winners will receive monetary awards. Details related to the poster and 3 minute talk judging are on page 8. Our Student Bowl is also on the agenda with monetary stipends for winners to attend the national ACSM. We are also busily working on incorporating engaging activities for those needing to take a break between talks. I am looking forward to seeing you and your students in April.

Student Representative Message

Nathan Ketelhut, MS

Student opportunities with ACSM and RMACSM

Hello students! The annual regional and national meetings are quickly approaching, and I encourage you to participate in the poster presentations at each meeting. The top undergraduate and graduate presenters in the poster session will have the opportunity to give a three minute talk and compete for \$1000 in prizes. National ACSM has also provided an additional \$1200 to be awarded to the top graduate student for travel to the Annual Meeting in Minneapolis, and the opportunity to compete in the 3rd annual President's Cup. RMACSM abstracts must be submitted by March 1, 2018, so it's time to start writing!



Graduate students will also have the opportunity to compete for two \$500 Student Research grants. This is a great way to distinguish yourself from your peers and even help fund your thesis! The Student Bowl will once again be held at the regional meeting, which is always an exciting competition. Find a group of three undergraduate peers from your university and compete for the opportunity to participate in the national competition in Minneapolis!

The national Student Affairs Committee is planning several exciting student events for the 2018 Annual Meeting in Minneapolis. Be sure to check out the student page on the Annual Meeting website (<http://www.acsmannualmeeting.org/program/students/>) to learn about all of the student events and opportunities!

Be sure to check your emails and follow RMACSM on Twitter (@rmacsm) for updated registration details and additional award opportunities that may become available. This will be another great year for the students in the Rocky Mountain region and I look forward seeing you at the regional and national meetings!

Nathan Ketelhut, MS
Graduate Research
Assistant Colorado State University
Nathan.Ketelhut@colostate.edu



RMACSM on Twitter!

<https://twitter.com/rmacsm>

RMACSM Goals for the Use of Social Media:

- Raise awareness of the Rocky Mountain chapter
- Promote health
- Support the National ACSM, and its constituents (i.e., Exercise is Medicine, etc.)

Calling All Speakers! RMACSM Speakers Bureau Invitation

We know that there are meaningful research and service activities going on in our region. We support you and want to make sure that the word gets out! If you would like to talk about the activities going in your lab or program, please reach out and become a member of **The RMACSM Speakers Bureau**.

Becoming a member of this group will allow us to highlight the work that is going on in our Region. Speaking opportunities in our Fall Lecture Series and at our RMACSM annual meeting will provide opportunities for support and collaboration across universities as well as a platform to recruit students to your program.

If you are interested in highlighting some of the work that is going in your lab or program in an upcoming lecture or meeting, please contact Laura Stewart (laura.stewart@unco.edu).

RMACSM Executive Board Elections

The annual chapter election for open Governing Board positions is coming soon. Below is a list of positions for which we need nominees to fill the ballot. Please consider nominating yourself to run for a position by contacting Laura Stewart (laura.stewart@unco.edu). All nominees must be RMACSM chapter members, but are not required to be national members of ACSM. A complete list of Governing Board positions and current Board members is available on the chapter website at (<http://www.rmascsm.org/home.html>).

Newly elected members will be welcomed to the Board at the RMACSM Annual Meeting to be held at the University of Colorado at Colorado Springs on April 6 and 7, 2018 .

Please include a brief bio with your interest in running for one of these Board positions. Board member responsibilities include, but are not limited to: participating in monthly teleconference meetings and helping with planning and execution of the Annual Meeting. One of the great benefits of being a member of the board is working with others throughout Colorado and Wyoming in building a thriving regional ACSM chapter.

Fall 2017 Ballot Positions:

- **Student Representative (3 year term)**
- **One Front Range Representative (2 year term)**
- **Wyoming Representative (2 year term)**
- **President Elect (3 year term)**
- **Regional Chapter Representative (3 year term)**

Meal Timing: Does It Matter When You Eat?

Nancy Clark, M.S. RD CCSD

Meals and snacking patterns often need to be altered when traveling. As a result, I get questions from both athletes and non-athletes alike about how to best fuel their bodies: Should I stop eating after 8:00 p.m.? Which is better: to eat three or six meals a day? Does it really matter if I skip breakfast? Because meals can be a central part of our social life and busy training schedules can contribute to chaotic eating patterns-many athletes disregard the fact that food is more than just fuel. When (and what) you eat impacts your future health (and today's performance).

Food consumption affects the central clock in your brain. This clock controls circadian rhythms and impacts all aspects of metabolism, including how your organs function. Restricting daytime food and eating in chaotic patterns disrupts normal biological rhythms. The end result: erratic meal timing can impact the development of cardiovascular disease (CVD), type-2 diabetes and obesity.

Breakfast: Is It Really the Most Important Meal of the Day? If you define breakfast as eating 20 to 35 percent of your daily calories within two-hours of waking, about one-fourth of U.S. adults do not eat breakfast. This drop in breakfast consumption over the past 40 years parallels the increase in obesity. Breakfast skippers tend to snack impulsively (think donuts, pastries, chips and other fatty foods). They end up with poorer quality diets and increased risk of diabetes, heart disease, high blood pressure and overweight/obesity. Eating a wholesome breakfast starts the day with performance enhancing fuel at the right time for your body's engine. If you exercise in the morning, fuel up by having part of your breakfast before working out and then enjoy the rest of the breakfast afterwards. This will help you get more out of your workout, improve recovery-and click with natural circadian rhythms.

Meal Frequency: Is it Better to Eat 1, 3, 6, 9 or 12 Times a Day? In terms of weight, eating 2,000 calories divided into 1, 3, 6, 9 or 12 meals doesn't change your body fatness. In a study where breakfast provided 54 percent of the day's calories and dinner only 11 percent of calories-or the reverse, the subjects (women) had no differences in fat loss. Yet, in terms of cardiovascular health, the big breakfast led to significant reductions in metabolic risk factors and better blood glucose control. The bigger breakfast matched food intake to circadian rhythms that regulated metabolism.

Source:
AMERICAN COLLEGE OF SPORTS MEDICINE
ACSM FIT SOCIETY ® PAGE
Volume 19/Number 2/July 2017

Athletes who skimp at breakfast commonly get too hungry and then devour way too many calories of ice cream and cookies. If they do this at night, when the body is poorly programmed to deal with an influx of sweets, they are paving their path to health issues. Hence, if you are eating a lot of calories at night, at least make them low in sugary foods, to match the reduced insulin response in the evening. This is particularly important for shift workers, who eat at odd hours during the night and tend to have a higher rate of heart disease.

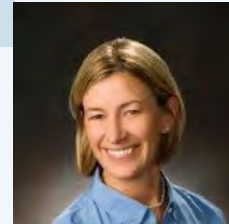
Should you stop eating after 8:00 p.m.? There's little question that late-night eating is associated with obesity. Research with 239 U.S. adults who ate more than one-third of their calories in the evening had twice the risk of being obese. Among 60,000 Japanese adults, the combination of late-night eating plus skipping breakfast was associated with a greater risk of diabetes, heart disease and obesity. A study with 2,200 U.S. middleaged women reports each 10 percent increase in the number of calories eaten between 5:00 p.m. and midnight was associated with a 3 percent increase in C-reactive protein, a marker of inflammation. Inflammation is associated with diabetes, CVD and obesity. Wise athletes make a habit of eating the majority of their calories earlier in the day, to curb evening eating.

The Best Plan: Plan to Eat Intentionally. Failing to plan for meals can easily end up in missed meals, chaotic fueling patterns and impaired health, to say nothing of reduced performance. If you struggle with getting your food act together, consult with a sports dietitian who will help you develop a winning food plan. Use the referral network at www.SCANdpg.org to find a local sports RD.

Instead of holding off to have a big dinner, enjoy food when your body needs the fuel: when it is most active. If you worry you'll eat just as much at night if you eat more during the day (and you'll "get fat"), think again. Be mindful before you eat and ask yourself: Does my body actually need this fuel?

Most active women and men can and should enjoy about 500 to 700 calories four times a day: breakfast, early lunch, second lunch, and dinner. To overcome the fear that this much food will make you fat, reframe your thoughts. You are simply moving calories in your pre-- and/or post--dinner snacks into a substantial and wholesome second lunch (such as a peanut butter-honey sandwich, or apple, cheese and crackers). The purpose of this second lunch is to curb your evening appetite, refuel your muscles from your workout earlier in the day (or fuel them for an after-work session) and align your food intake to your circadian rhythms. Give it a try?

Tanya Kern, MD



SCL Physicians Stapleton Family, Sports, and Occupational Medicine

Simple definition: Any alteration of brain function related to a force to the head.

Pathophysiology: One of the most complex injuries in sport, the injury is now classified as functional not physical. White matter axons, the structures that carry signals from one nerve to the next in the brain tissue, are damaged. There is a loss of potassium and a gain of calcium in the axonal tissue which alters the axons ability to transmit signals.

Axons in this injured state are thought to be vulnerable to re-injury

Concussion management: Most recent official consensus statement was published in October 2016 by the 5th International Convention on Concussion in Sport in Berlin.

Evaluation: There is no need to grade the severity of a concussion, it does not predict healing time or treatment. Pre-participation evaluation is ideal and can involve many different tests including Symptom scores(BSI), cognitive evaluations(SAC, SCAT 3, IMPACT), balance score(BESS). This involves a great deal of planning and organization and buy in from the coach and athletes. Serial use of objective scores can be very helpful in determining when an athlete can return to play.

Common complaints are headaches, fogginess, dizziness, problems with balance, mood and sleep disorders, and difficulty with memory and concentration.

Physical exam: Inspect and palpate the head and neck.

Ask orientation questions like day, date, location and name of the opponent.

Do a neurological exam. Accommodative eye movements are can be abnormal so check if both eyes can follow an object moving toward them.

Balance can be tested with eyes open and then closed and finally on uneven surface like foam pad and can be tested on both feet and then just one foot at a time.

Imaging is rarely needed. Consider imaging when there is altered mental status after 2 hours, a suspected skull fracture, age over 65 years, two or more episodes of vomiting, or if there is amnesia before impact of greater than 30 minutes or a dangerous mechanism.

It is now recommended that no athlete, professional or otherwise, should return to play on the same day they sustain a concussion. It is up to the sideline provider to decide if a concussion has occurred and remove the person from the game. Even if they are upset at the time, the athlete is counting on the provider to keep them from playing.

Treatment: Mostly based on expert opinion. Treat headache with over the counter pain relievers and nausea with anti-emetic. Dizziness can be addressed with vestibular rehabilitation in physical therapy. Depression can be treated with an anti-depressant. Amantadine can be used for impaired cognition or fogginess that is persistent.

Brain rest: There is no evidence to require persons to rest in a dark quiet room. It is probably best for the injured person to remain engaged in school or work if possible. The goal is "Return to Learn" before "Return to Play". Light activity like walking should be encouraged.

Once symptoms have resolved at rest, the concussed athlete can gradually increase their activity a day at a time. First light aerobic activity, then moderate activity, and then heavy exertion. When these go well they can progress to controlled practice and then full practice and finally game play. If symptoms develop during any stage, they need to stop what they are doing. The next day they should go back one step and stay at that stage until they can do the activity without experiencing a return of their symptoms.

Program Feature

The Monfort Family Human Performance Lab at Colorado Mesa University

Brent Alumbaugh, Ph.D.

The Monfort Family Human Performance Lab (MFHPL) is a facility that prides itself in allowing students and faculty to creatively work together and in contributing to the success of the Exercise Science students at Colorado Mesa University (CMU). The lab's number one goal is to give students the knowledge and skills necessary to be successful in Exercise Science careers or in furthering their education. The performance lab accomplishes these goals by giving students hands on experience with calibration, administration and interpretation of lab tests. The lab's mission of encouraging student success is furthered by giving students the opportunity to conduct, assist and present research.

The lab environment is always welcoming and encourages creativity by giving students the ability to develop their own research question, create appropriate methods, propose their ideas to the institutional review board and carry out their research project. Recent accomplishments that involved CMU Kinesiology students include four presentations at the National American College of Sports Medicine Conference (ACSM), 3 presentations at the Science and Cycling Conference in Dusseldorf, Germany and 5 poster presentations at the Rocky Mountain ACSM.

Many of the research projects that take place in the lab are part of a collaborative effort with other departments. The lab has worked with the Math department by combining upper division statistical analyses courses with the Exercise Science structured research course. This allows both classes to experience what they are likely to encounter upon graduation and combines the expertise from two fields that are both crucial for creating meaningful research. Other departments that have been involved with MFHPL include Engineering, Physics and Dance.

Along with helping the CMU Exercise Science students, the lab offers free testing to the entire student body. This helps students recognize their personal health and gives them access to knowledgeable individuals that can assist with recommendations on proper interventions for maintaining or improving overall health. Performing tests on all of the CMU student body gives our Exercise Science students the opportunity to work with a diverse population, ranging from individuals with multiple risk factors for cardiovascular disease to national champions. Here is a link to the lab: <http://www.coloradomesa.edu/human-performance-lab/index.html>



The American College of Sports Medicine – Rocky Mountain Chapter Undergraduate and Graduate Student Poster / Presentation Guidelines

At this year's meeting, the winners of the two student "poster" presentation competitions (i.e., undergraduate and graduate) will be decided based on the poster presentation and a three-minute talk of their research project. The top three undergraduate and top three graduate posters will be selected by a panel of three independent judges based on the scoring rubric. The top two scores will be averaged to provide the final poster score. In the case that one judge's mentee is presenting, the judge can recuse themselves for that particular poster and the remaining two score sheets will be averaged. All judge's sheets will be returned to a student who will enter the scores into an electronic spreadsheet to provide an overall score. In the case of a tie, the presentation field can be expanded up to five presenters. If more than five presenters represent the top five positions, each institution will be asked to choose only one representative from their University.

The presentations will take place after all posters have been scored. Students will have three minutes to present their research project. All presenters will be limited to a single slide that will be displayed during the presentation. This slide must be static and may not have animations or reveals. **The goal of the presentation is to succinctly present what was done and why it is important. This is not an exercise in trivializing research, but these talks should encourage students to present their research results into a succinct and concise message.**

There will be no question and answer portion after the presentation because the three minute time frame requires truncation of many details (i.e., methodological items, non-imperative results) that would normally be included in a full length presentation. Three separate judges from those that judged the posters will score the presentations. Similar to above, the top two (non-mentor provided) scores will be averaged.

Overall winners in both the undergraduate and graduate divisions will be decided based on their total score (poster score out of a possible 40 points, presentation score out of a possible 30). This will emphasize the importance of the poster presentation first. A tie at this level will result in the judges from both the poster and oral presentation sections convening to choose the top poster/presentation. All presentations will be recorded so that exemplary performances can be relayed to national committees.

Additional information and scoring rubrics are available at rmacsm.org

DEPARTMENT CHAIR VACANCY ANNOUNCEMENT

(Position Number FE0601)

Position

Adams State University invites applications for the position of Department Chair of Human Performance and Physical Education (HPPE).

Starting Date

July 1, 2018 or earlier

Position description

The Department of Human Performance and Physical Education (HPPE) seeks an experienced and enthusiastic educator with dynamic leadership skills to build on the successes achieved at Adams State in recent years and stimulate creativity and productivity moving forward. The successful applicant will join a group of 7 full and part-time faculty serving over 250 undergraduate and approximately 100 graduate students. HPPE offers undergraduate programs in Exercise Science, Sport Management, K-12 Physical Education, and Sport Psychology (in collaboration with the Department of Psychology). At the graduate level, MS degrees in Exercise Science and Applied Sport Psychology are offered on campus, and MA degrees in Applied Sport Psychology, Coaching, and Sport Management are offered on-line. The teaching load for this position is 6 credit hours per semester. Specific courses are negotiable depending on the candidate's specialty area.

The department chair is responsible for administrative oversight of HPPE. Candidates should demonstrate that they possess (1) a commitment to student-centered instruction, (2) a passion for mentoring and teaching a diverse student population, (3) a commitment to furthering the university's mission of Inclusive Excellence, and (4) the potential to maintain a pattern of scholarly activity. In addition, the successful candidate must demonstrate the ability to undertake:

- effective communication and collaboration with diverse faculty, staff, and students from across the university
- general oversight of undergraduate and graduate programs including meaningful program assessment
- program development and potential expansion
- curriculum evaluation and development
- hiring, evaluation, fostering collegiality, and mentoring of all faculty and staff
- scheduling and budgeting
- marketing, community relations, and recruitment
- providing strong, effective leadership to the Department of HPPE
- facilitation of HPPE department meetings
- additional University-wide committee work

Qualifications

- earned Doctorate (Ph.D. or Ed.D.) in Exercise Science, Sport Management, Sport Psychology, or Physical Education

- demonstrated record of academic and professional achievement sufficient for a tenured appointment at the rank of Associate or Full Professor in the Department of HPPE. A description of expectations for tenure and rank is available in the faculty handbook: <https://www.adams.edu/pubs/media/fac-handbook-current.pdf>.
- demonstrated record of successful leadership and administrative experience in undergraduate and graduate programs
- demonstrated ability to work well with others, integrate opposing views, resolve conflicts, and foster an environment of collaboration and shared vision.
- demonstrated excellence in oral and written communication, and interpersonal skills
- interest and experience in developing partnerships, community relationships, and networking with the local and regional community
- demonstrated successful teaching experience, and ability to teach in one of the areas taught in the Department of HPPE at the undergraduate and/or graduate level
- evidence of valuing equity, treating cultural and linguistic diversity as assets, and promoting inclusiveness

Preference will be given to applicants who demonstrate:

- experience in implementing assessment plans and working with external accrediting bodies
- knowledge of, and commitment to a variety of program delivery methods; ability to use online learning management systems
- successful involvement in student recruiting and retention
- ability to collaborate with diverse academic departments and constituencies
- ability to develop and promote an innovative curriculum
- a record of research that supports diverse communities, and/or a record of teaching a diverse student population

Salary

Commensurate with experience. Adams State University offers a competitive benefits package.

Appointment

The appointment will consist of a nine-month faculty appointment at the rank of Associate or Full Professor, with an additional stipend for administrative work throughout the year. The starting date is July 1, 2018 or earlier by mutual agreement. The chair normally teaches 6 credits per semester, a one-half reduced load from other tenured faculty. The chair serves on Academic Council and reports directly to the Vice-President for Academic Affairs.

Adams State University is dedicated to providing a safe and secure environment for our faculty, staff, students and visitors. To assist in achieving that goal we conduct background checks on persons offered positions at the college prior to employment and as described in the background check policy. The background check policy can be found at:

https://www.adams.edu/administration/hr/background_check_policy.pdf

Campus and Community Information

The university is dedicated to fostering Inclusive Excellence. Given the university's mission, vision, and student body composition, the department is committed to increasing its faculty diversity and is actively seeking qualified applicants who have experiences, skills, and/or personal attributes that reflect diverse and varied perspectives and backgrounds.

Adams State University is designated as a Hispanic Serving Institution (HSI) and is a state-supported institution located in the small, rural city of Alamosa – found in the center of the San Luis Valley, a rural and agricultural, semi-arid high alpine valley (7,500 feet above sea-level) north of the Colorado/New Mexico border. Fourteen-thousand-foot peaks tower over the nearby Great Sand Dunes National Park and Preserve and there are many excellent outdoor recreational opportunities available year-round (hiking, mountain biking, fishing, skiing, etc.) as well as cultural sites/events within a short drive. Larger cities such as Pueblo, Santa Fe, Denver, and Albuquerque are within a 2-4 hour drive. The San Luis Valley receives nearly 350 days of sunshine each year. Summers are pleasant and generally cool; spring and fall weather is variable with some wind during the spring; and, while winter nighttime temperatures can get cold, the sunshine serves to compensate during the day and outdoor recreation remains quite feasible. Additional information about the university and the department may be found at <https://www.adams.edu> and <https://www.adams.edu/academics/hppe/index.php> . Information about the community and surrounding area can be found at <http://www.alamosa.org/>

Applications

Applicants should send a detailed letter of application addressing all points listed in the qualifications section of this announcement as well as highlighting any preferred or additional qualifications. In this letter, applicants should also discuss how becoming a member of the Adams State University community, a small university in a rural environment, will align with their goals. Finally, a complete application must include the following:

- a curriculum vitae
- all undergraduate and graduate transcripts
- a list of five professional references including names, current email addresses, and current telephone numbers

Send application materials electronically to:

Dr. Martin Jones
mbjones@adams.edu

Complete applications received prior to January 26, 2018 will receive full consideration.

An Affirmative Action/Equal Opportunity Employer

In compliance with the Immigration Control Act of 1986, candidates for positions must provide proof of eligibility to work before an offer of employment can be made final.

Adams State University is an Equal Opportunity/Affirmative Action employer. Applications are sought from all qualified persons regardless of race, color, sex, disability and, as covered by law, veteran status. In addition, institutional policies prohibit discrimination on the basis of religion, national origin, ancestry, age, sexual orientation, marital status, and parental status.

Background Check Policy

Adams State University is committed to providing a safe and secure environment for its students, faculty, staff and visitors, and to protecting its funds, property and other assets. Well-informed hiring decisions contribute to this effort. Therefore, Adams State University has adopted a policy on background screening for its prospective, continuing, and returning employees as well as students in certain circumstances. Offers of employment will be contingent upon the completion of an acceptable background check. The information received in response to a background check will be treated as confidential, to the extent provided for by law.



**Rocky Mountain Chapter
American College of Sports Medicine**

**Laura Stewart
President**

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**Please contact me if you have ideas
for articles in future Newsletters.**