

President's Message

DAWN P. COE, PH.D., FACSM



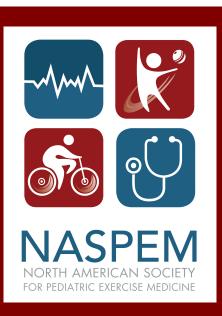
I hope this message finds you well. The global pandemic has made the past year challenging and difficult, both personally and professionally. During this time, the NASPEM board and members have been busy coming up with innovative and creative means to keep NASPEM functioning at a high level by providing virtual content, reimagining the website, and planning the 2022 NASPEM Biennial Meeting! It is our hope to continue offering virtual opportunities [Seminar Series and Research Forum], state-of-the-art content on our website, and the resumption of the Biennial Meeting in Saskatoon, Saskatchewan in 2022. This revival of the NASPEM newsletter provides an overview of the happenings of the past year, as well as highlighting the accomplishments of the organization and members. We will be launching a membership campaign "Be a Member, Bring a Member" to help grow our NASPEM community. We will be counting on all of our current members to make this initiative a success! Stay safe and be well!

Our Mission

Promote exercise science, physical activity and fitness in the health and medical care of children and adolescents

"MOVING FORWARD" A CONSENSUS STATEMENT ON HEALTH, EQUITY, INCLUSION, AND PROGRESS

As a member organization of the Joint Commission on Sports Medicine & Science, NASPEM was proud to serve as one of the Initial Signatory Organizations and has a commitment to health, equality, inclusion, and program in our organization and in our field.



www.naspem.org

Spring 2021 Newsletter

Follow us on Social Media!





Virtual Seminar Series



NASPEM presents
The short- and long-term impact of the COVID-19 pandemic on schools, viral transmission, and physical activity in kids.
October 23rd, 12pm (xs)
Dan Cooper, MD



Sedentary Behavior and Public Health: Integrating the Evidence and Identifying Potential Solutions Across the Lifespan.

November 19th, 2pm (191)
David Dunstan



Exploring the 24-Hour
Movement Behaviours of
Children and Youth: Where
Does Disability Fit In?
December 11, 2pm (rs)
Kelly Arbour-Nicitopoulos
Auctor Indusor in the Souly of Broader of the Marill Fellow



Virtual Research Forums





Virtual NASPEM

Earlier this spring, the NASPEM website was overhauled including updates, new features, and the activity to join/renew memberships directly through the site. A special thank you to **Dr. Kimbo Yee** and **Dr. Sarah Moore** for spearheading this project. As you browse the new website, you can check out the following features, just to name a few!

- Blogs written by NASPEM members and content experts
- Member profiles
- Direct access to the journal <u>Pediatric Exercise Science</u>
- Archived Seminar Series and Virtual Research Forum presentations. Did you miss a seminar or research forum? Check out our YouTube Channel!

Due to the cancellation of the 2020 NASPEM biennial meeting, a virtual Seminar Series featuring some of the meeting's keynote speakers was presented. This series was a huge success and will continue to be a permanent part of NASPEM offerings. Additionally, the speakers authored blogs that can be found on our website!

A new feature that was sponsored by NASPEM was the Virtual Research Forum. **Ms. Christine Tallon** and **Dr. Ali McManus** hosted the Virtual Research Forums and recruited excellent speakers and panels to showcase different research areas that included investigators in different stages of their careers.

Register Now!





Shlomit Radom-Aizik, PhD

"An Omics Approach to Understand the
Health Benefits of Exercise in Children –
Overview of the Molecular Transducer
of Physical Activity Consortium
(MoTPAC) Pediatric Study"

Executive Director, Pediatric Exercise and Genomic Research Center Exercise Medicine Division Chief Associate Professor, Department of Pediatrics School of Medicine, University of California Irvine



Ariel B. Neikrug, PhD

"Exercise and Sleep in Youth –
Capitalizing on the MoTrPAC
Study"

Assistant Clinical Professor
Department of Psychiatry and Human Behavior
Director, Behavioral Sleep Medicine Program
Lead Psychologist, UCI Health
University of California, Irvine



lvy Y. Chen, PhD
Postdoctoral Fellow
Department of Psychiatry o
University of California, Inv
"Aerobic Fitness, Circadias
Sloop Make Battagas in A

May 28th 1:00pm EST

Be a Member. Bring a Member



Attention NASPEM members! Do you have a colleague in the area of pediatric physical activity or medicine? A student you are mentoring? Someone who would make contributions to the NASPEM community? The NASPEM Board is currently instituting a campaign to grow our community and increase the diversity of our membership. For every member you recruit, you will be entered into a drawing for some great NASPEM swag (shirts, insulated cups, etc.). We hope all members will be involved in the BE A MEMBER, BRING A MEMBER campaign!

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John Cairney, PhD, Past President The University of Queensland

Shannon Siegel, PhD, President-Elect University of San Francisco

Bruce Alpert, MD, Treasurer University of Tennessee (Retired)

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Ali McManus, PhD, PES Editor The University of British Columbia

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Maeghan James, MSc University of Toronto

Shlomit Radom-Aizik, PhD University of California-Irvine

> Kimbo Yee, PhD The Citadel



2021 Marco E. Cabrera Memorial Scholarship Award

The Scholarship Committee is currently accepting proposals for the 2021 Marco E. Cabrera Memorial Scholarship Award. Dr. Marco E. Cabrera (1954-2009) was a dedicated pediatric exercise scientist and the Director of the Systems Modeling System at Case Western Reserve University. Dr. Cabrera's research focused on mechanisms for regulating muscle metabolism during exercise in children with the goal of improving daily functioning of patients with chronic cardiovascular and pulmonary disorders. He was dedicated to student learning in pediatric exercise. His research and participation in NASPEM and the European PWP meetings, as well as his leadership with ACSM's Pediatric Special Interest Group, are deeply missed. Dr. Cabrera's contributions to NASPEM and the field of pediatric exercise science have continued posthumously through the establishment of the annual Marco Cabrera Student Research Award. Materials and criteria for the award can be found at: https://www.naspem.org/trainee-awards/ Proposals are due June

How can you be involved?



✓ Volunteer for a committee



Recruit new members



Contact the board if you have connections for sponsorship



Provide ideas for engagement and new



Save the Date!

2022 Biennial Meeting University of Saskatchewan August 3 - 6, 2022