

# The NASPEM News

## 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.



**NASPEM**  
NORTH AMERICAN SOCIETY  
FOR PEDIATRIC EXERCISE MEDICINE

[www.naspem.org](http://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 23<sup>rd</sup>, 12pm (PST)**  
Dan Cooper, MD



Presented by  
THE UNIVERSITY OF BRITISH COLUMBIA  
School of Health and Exercise Sciences  
Faculty of Health and Social Development  
Okanagan Campus

NASPEM presents  
**Sedentary Behavior and Public Health: Integrating the Evidence and Identifying Potential Solutions Across the Lifespan.**  
**November 19<sup>th</sup>, 2pm (PST)**  
David Dunstan  
Head, Physical Activity, Baker Fellow, KPMAC, Senior Research Fellow  
Baker Heart and Diabetes Institute, Melbourne, Australia



Presented by  
THE UNIVERSITY OF BRITISH COLUMBIA  
School of Health and Exercise Sciences  
Faculty of Health and Social Development  
Okanagan Campus

NASPEM presents  
**Exploring the 24-Hour Movement Behaviours of Children and Youth: Where Does Disability Fit In?**  
**December 11, 2pm (PST)**  
Kelly Arbour-Nicotopoulos  
Associate Professor in the Faculty of Kinesiology and Physical Education and an Advisory Member of the Mental Health and Physical Activity Research Centre at the University of Toronto



Presented by  
THE UNIVERSITY OF BRITISH COLUMBIA  
School of Health and Exercise Sciences  
Faculty of Health and Social Development  
Okanagan Campus

## Virtual Research Forums

Sponsored by:  
NASPEM

**Virtual Research Forum**  
**April 8<sup>th</sup> 12pm EST**

KEYNOTE SPEAKER  
**Karin Pfeiffer, PhD**  
Professor  
Michigan State University  
"Moving beyond typical notions of physical activity in preschool children: The importance of new tools and concepts for assessment in broadening our knowledge of movement behaviors"

ABSTRACTS

  
Kimberly Clements, PhD  
Cancer Prevention Fellow  
National Institutes of Health  
"Capturing 'Space-Time' Context of Preschooler's Outdoor Time"

  
Michaela Schenkling, PhD  
Assistant Professor  
University of Michigan  
"Development of the DSAC-OD for assessing physical activity in preschoolers with disabilities"

  
Kara Palmer, PhD  
Clinical Assistant Professor  
University of Michigan  
"Using product-oriented measures for assessing motor skills in young children: feasibility and developmental appropriateness"

  
Meghan Jones, MSc, PhD Candidate  
University of Toronto  
"Measuring physical literacy in the early years: The preschool physical literacy assessment tool"

Sponsored by:  
NASPEM

**Virtual Research Forum**  
**April 30<sup>th</sup> 12:30pm EST**

KEYNOTE SPEAKER  
**Dr. Barbara Cifra, MD**  
Exercise Medicine Lead, SickKids Hospital  
Assistant Professor, University of Toronto  
"Physical activity promotion in paediatrics: translating the guidelines into personalized exercise prescription"

ABSTRACTS

  
Christian Delany, B Kin, Honours MSc Student  
Institute of Medical Science, University of Toronto  
"Association between clustering of lifestyle risk factors and risk of health-related quality of life impairments among pediatric patients with chronic disease enrolled in a pediatric exercise medicine program"

  
Christopher Cooper, B Kin, Honours MPH Student  
University of Toronto  
"Bringing Down Barriers: One survey at a time"

# 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 ***Pediatric Exercise Science***
- 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!

**Virtual Research Forum**  
**KEYNOTE SPEAKERS**

  
**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 (MoTrPAC) Pediatric Study"

  
**Ariel B. Neikrug, PhD**  
"Exercise and Sleep in Youth – Capitalizing on the MoTrPAC Study"

## 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!

**BAM!**



## Board of Directors

**Dawn P. Coe, PhD, President**  
The University of Tennessee Knoxville

**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)

**Sarah Moore, PhD, Secretary**  
Dalhousie University

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

## Board Members

**Bareket Falk, PhD**  
Brock University

**Rebecca Batista, PhD**  
Appalachian State University

**Paul Pianosi, MD**  
University of Minnesota

**Barbara Cifra, MD**  
University of Toronto

**Shannon Siegel, PhD**  
University of San Francisco

**Sara King-Dowling, PhD**  
Children's Hospital of Philadelphia

**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 1st!**

## 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 initiatives



## Save the Date!

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