

NASPEM News

Winter 2023 / Newsletter

President's Message

SHANNON SIEGEL, PH.D., FACSM



I hope you are well; it was wonderful to see some of you in Saskatoon last summer. As we continue to move forward into 2023, the NASPEM board and members will be offering engagement opportunities for all, while planning a couple in-person meetings/workshops and multiple online activities. In the works is a 2-day course on pediatric cardiopulmonary testing-PRECEPT (Minneapolis, August 26-27), and our 2024 NASPEM Biennial Meeting (Louisville, August 2024). The Awards Committee chose three deserving trainees for the 2022 Marco Cabrera Memorial Scholarship Awards (more detail in the newsletter), and we will begin accepting applications for the 2023 award soon. Keep an eye on our website and social media accounts! We are working on increasing our membership numbers, and offered an exciting Career Café virtual event in January as part of these efforts. Please be active in helping us to increase our membership by sharing our activities and encouraging colleagues and students to join us. We are currently planning Virtual Cafés and webinars for clinical, professional, and student members to allow for engagement opportunities throughout the year. Best wishes for 2023!

2024 NASPEM Biennial Meeting Site Chosen!



Start making plans to attend the 2024 NASPEM Biennial Meeting in **Louisville, Kentucky!** Tentative dates for the meeting are **August 7-10th**. Planning is underway and we anticipate an outstanding speaker lineup along with an excellent social experience. Make sure to follow our social media for conference updates!



NASPEM
NORTH AMERICAN SOCIETY
FOR PEDIATRIC EXERCISE MEDICINE

www.naspem.org

Follow us on
Social Media!



NASPEM All-Star

Maeghan James, McS
NASPEM Board
Student Rep



Maeghan James is currently a doctoral student at University of Toronto studying early childhood health and development under Dr. Kelly Arbour-Nicitopoulos and Dr. John Cairney.

As the inaugural student representative on the NASPEM Board of Directors, Maeghan has done an amazing job within NASPEM, offering events to those within and outside of the organization.

Maeghan presented a paper "Examining the relationship between parent support, physical activity, and motor development during early childhood." She was awarded a student presentation award for this paper at the 2022 NASPEM Biennial Meeting in Saskatoon, Saskatchewan, Canada.

In her spare time, Maeghan helped to co-found a not-for-profit organization called Inclusive Communities Canada (ICCan), which focuses on community inclusion.

We are proud of Maeghan's work and look forward to following her throughout her career!

Past-President's Farewell Message

The past 2 years of NASPEM have been a whirlwind! We had our first in-person meeting since 2018 and have been working on new initiatives to further advance the work of NASPEM and its members. I just wanted to thank the Board and membership for making this past two years successful and to show my appreciation for everyone's support. This organization and its members are incredibly supportive and play a vital role in the success of NASPEM. I am looking forward to the next two years of service and continuing the great work that NASPEM and its members are doing!



NASPEM Career Café

In January of 2023, NASPEM student representatives **Maeghan James** and **Leah Taylor** organized and held the second virtual **Career Café**. This event allowed trainees to meet with experts within the NASPEM community. We had ~30 trainees in attendance and received excellent feedback. We are looking forward to more of these terrific, interactive, networking events in the near future.

Career Café

JANUARY 27, 2023 | 12PM EST | ZOOM

Interested in a career in pediatric exercise medicine and physical activity? Join the North American Society for Pediatric Exercise Medicine (NASPEM) for a **FREE** informal, virtual networking opportunity. Students will have an opportunity to learn from the experts.

- Graduate Degrees in Child Health**
With Dr. Joyce Obeid & Dr. Eduardo Bustamant
This studio is intended for undergraduate and Masters students interested in pursuing a research-based graduate degree in pediatric exercise medicine. Topics will include finding an MSc/PhD supervisor, research topics in child health, life of a grad student.
- Pediatric Exercise Medicine**
With Dr. Webb A Smith ACSM-CEP & Dr. F. Virginia Wright, PT
This studio is intended for students interested in pursuing clinical studies and practice in pediatric exercise medicine in medical school, physical and occupational therapy. Specialization in pediatric exercise medicine in these careers will be discussed.
- Life After PhD**
With Dr. Kimberly Clevenger & Dr. Maria Enid Santiago-Rodriguez
This studio will discuss post-doctoral fellowships and transitioning into a faculty position in pediatric exercise medicine, for upper year and recently graduated PhDs.
- Careers Beyond Academia**
With Dr. Sarah Carsley & Dr. Leigh Vanderloo
This studio is intended for individuals pursuing graduate level research degrees, but interested in career options outside of academia. It will discuss careers in child health and exercise medicine and where to look for jobs outside of academia.

 **NASPEM**
North American Society for Pediatric Exercise Medicine

REGISTER HERE:
bit.ly/NASPEMCareerCafe



Election Results

Congratulations to the following NASPEM members who were recently elected to the Board of Directors!

Dr. Rebecca Battista | President-Elect
Dr. Eduardo Bustamante | Member-at-Large
Dr. Kimberly Clevenger | Member-at-Large
Dr. Webb Smith | Member-at-Large
Leah Taylor | Student Representative

Revision of the Bylaws

Over the past several months, the bylaws have been significantly revised by the NASPEM Board of Directors. The bylaws will be sent to the general membership for commentary and further revisions. We look forward to your feedback.



Board of Directors

Shannon Siegel, PhD, President
University of San Francisco

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

Becki Battista, PhD, President-Elect
Appalachian State University

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

Sarah Moore, PhD, Secretary
Dalhousie University

**Kimbo Yee, PhD, Director of
External Communications**
The Citadel

Board Members

Eduardo Bustamante, PhD
University of Illinois, Chicago

Kimberly Clevenger, PhD
Utah State University

Bareket Falk, PhD
Brock University

Paul Pianosi, MD
University of Minnesota

Barbara Cifra, MD
University of Toronto

Webb Smith, PhD
The University of Tennessee

Shlomit Radom-Aizik, PhD
University of California-Irvine

Maeghan James, MSc, Student Rep
University of Toronto

Leah Taylor, MSc, Student Rep
University of Western Ontario

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



Marco E. Cabrera Memorial Scholarship Award 2022 Winners 2023 Call for Proposals

We would like to congratulate the winners of the Marco E. Cabrera Memorial Scholarship Award. We received a number of excellent proposals and the following students, the universities they represent, and their advisors were chosen as the 2022 recipients:

Elyse Letts | McMaster University | Dr. Joyce Obeid
Stacey Wood | Brock University | Dr. Bareket Falk
Andrew McKiel | Brock University | Dr. Bareket Falk



The Awards Committee will be setting dates for proposal submissions for the 2023 Marco E. Cabrera Memorial Scholarship Award. Dr. Marco E. Cabrera (1954-2009) was a dedicated pediatric exercise scientist. 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 are currently available and can be found at: <https://www.naspem.org/trainee-awards/>

**NASPEM MEMBER
AREA OF INTEREST
SURVEY**



The NASPEM Board of Directors appreciates your willingness to complete this short survey to determine the interest and areas of expertise of our members. This information will be used as we begin new initiatives to find potential members for committees or panels and also to assist if we are asked to provide commentary in the media or consultation to outside organizations. Thank you!



JCSMS 2023
Kansas City • February 9-11, 2023

February 10-11th, the President Team attended the Joint Commission of Sports Medicine and Science (JCSMS) Annual Meeting in Kansas City, Missouri. The JCSMS is made up of organizations focused on sports medicine and science and "serves as a convener and catalyst for cooperative ventures." NASPEM has been a long time member and this year's meeting allowed us to create potential partnerships with other organizations as well as the opportunity to conceive and develop ideas that will help further the initiatives of NASPEM



COMING SOON!

PRacticum on **E**xercise in **C**hildren for **E**xercise

**Physicians /
physiologists
&
Technologists /
therapists**

A 2-day course on pediatric
cardiopulmonary exercise testing

Aug 26-27, 2023

Minneapolis MN

Please be sure to follow NASPEM
on social media as details on
registration will be released soon!

How can you be more involved in NASPEM?

- ✓ Volunteer for a committee -
- ✓ Recruit new members
- ✓ Contact the board if you have connections for sponsorship
- ✓ Provide ideas for engagement and new initiatives
- ✓ Complete the NASPEM Member Area of Interest Survey

info@naspem.org