

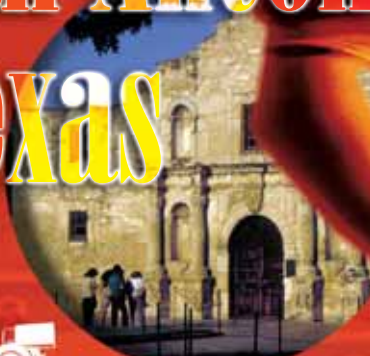
P R E L I M I N A R Y   P R O G R A M



**ACSM**  
**TEAM**  
**PHYSICIAN**  
**COURSE** Part II  
AMERICAN COLLEGE of SPORTS MEDICINE.

**February 10-13, 2005**

**San Antonio,**  
**Texas**



Featuring a  
"Motorsports  
Safety" 1-day  
Preconference,  
February 9!

WITH SUPPORT FROM



**AMERICAN COLLEGE**  
**of SPORTS MEDICINE**  
WWW.ACSM.ORG

**Build Your Sports  
Medicine Practice!**

The ACSM Team Physician<sup>SM</sup> Course Part I will be offered in 2006. The courses do not need to be taken in sequential order.

This program is sponsored by the American College of Sports Medicine and developed in cooperation with the American Academy of Family Physicians



## Join us in San Antonio!

**S**an Antonio with its wonderful mix of old world charm and new world sparkle provides a charming backdrop for the ACSM Team Physician<sup>SM</sup> Course. Many cultural sites, the Alamo, LaVillita, HemisFair Park, Market Square and the Historic Missions are near the host hotel, The Hyatt Regency San Antonio on the

Riverwalk. The hotel is located on San Antonio's famous River Walk offering great restaurants, exciting night life, unique shopping, and enjoyable river boat tours. Guests of the hotel will enjoy comfortable guest rooms, multiple restaurant choices, fitness center and rooftop pool. All ACSM Team Physician<sup>SM</sup> Course educational session and exhibit activities will take place in the Hyatt Regency on the Riverwalk. Participants and their guests will be eligible for discounted hotel rooms in the host hotel, the Hyatt Regency San Antonio on the Riverwalk. To make reservations, phone Hyatt reservations at 1-800-233-1234 or (210) 222-1234. You must identify yourself with the ACSM Team Physician<sup>SM</sup> Course to qualify for discounts. Reservations must be made by January 11, 2005 and are available on a first-come first-serve basis.



### Guest Room Rates

Single \$184	Double \$184
Triple \$209	Quad \$234

### Travel To San Antonio

For discounted airfare, you may elect to contact Ross and Babcock Travel, the preferred travel agency of the Course at 1-800-447-4526 or (317) 573-0404, ext. 306.

Avis Rental Car is the official rental car company for this meeting and is offering discounted rates. Reservations may be made by calling 1-800-331-1600. Please mention discount code A705399 to obtain the discounted rate.

## NEEDS STATEMENT

This course is primarily designed to meet the educational needs of clinical practitioners from all types of medical practices who care for and manage athletic teams as a part of their total practice.

With the completion of the two parts of the ACSM Team Physician<sup>SM</sup> Course, a clinician will have been presented the information needed to perform the duties of a team physician. These include:

1. Organization of medical care for the team.
2. Delivery of medical care for athletes:
  - a. Pre-participation evaluation.
  - b. Treatment of illnesses and injuries with return to activity recommendations.
  - c. Identification and proper management of nutritional, psychological and drug problems.
3. Assisting in the development of conditioning and training programs.
4. Providing coverage for games and other athletic events including mass participation events.
5. Developing injury prevention strategies.

Therefore, the American College of Sports Medicine has designed the course to provide the information necessary for clinicians supporting athletic teams.

## TARGET AUDIENCE

Clinicians and providers interested in learning the basic information needed to perform the duties of a "team physician" from a variety of medical specialties.

## COURSE OBJECTIVES

At the conclusion of this activity, participants should be able to:

- ▶ Identify and provide diagnosis and disposition (manage or consult) for thoracic/lumbar spine, dermatologic, hematologic, and musculoskeletal (hip, knee, ankle, and foot) problems of the athlete.
- ▶ Understand the role and responsibilities of the team physician.
- ▶ Attain an awareness of the special concerns of the young athlete.
- ▶ Review specific problems of the

preadolescent and adolescent musculoskeletal system.

- ▶ Identify the role of therapeutic drugs in sports.
- ▶ Understand and manage environmental situations the athlete must face.
- ▶ Become aware of injury patterns, specific equipment needs, situations and problems encountered in sports.

## ACCREDITATION

The American College of Sports Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. The American College of Sports Medicine takes responsibility for the content, quality, and scientific integrity of this CME activity.

## AMA/PRA

The American College of Sports Medicine designates this educational activity for a maximum of 25.75 category 1 credits toward the AMA Physicians Recognition Award. Each physician should claim only those credits that he/she actually spent in the activity.

## AAFP

Application for CME credit has been filed with the American Academy of Family Physicians. **Determination of credit is pending.**

## NATA - CEUS

The National Athletic Trainer's Association (NATA) has approved the course for 25.75 CEU credits.

## COURSE CHAIRS

*Mark R. Hutchinson, M.D., FACSM*  
*Marc R. Safran, M.D., FACSM*  
*Robert E. Sallis, M.D., FACSM*

This course is a function of the ACSM Medical Education Committee. Joseph Moore, M.D., AAFP Representative to the Planning Committee

## FACULTY

**Jesse DeLee, M.D.**

Clinical Professor, University of Texas  
Health Science Center,  
San Antonio, Texas

Team Physician, St. Mary's University  
Chairman, University Interscholastic  
League Medical Advisory Board  
Co-Author: Sports Medicine, Practices  
and Principles

**E. Randy Eichner, M.D., FACSM**

Professor of Medicine, University of  
Oklahoma Health Sciences Center  
University Hospital  
Oklahoma City, Oklahoma  
Team Internist, University of Oklahoma  
Columnist, Sports Medicine Digest

**Jerry W. Hizon, M.D.**

OUCB Sports Medicine Center,  
Murrieta, CA  
Assistant Clinical Professor, UC San Diego  
Dept. of Preventive and  
Community Medicine  
Team Physician: San Diego Chargers (NFL),  
Temecula Valley H.S.

**Mark R. Hutchinson, M.D., FACSM**

Director of Sports Medicine Services  
Associate Professor of Orthopaedics and  
Sports Medicine  
Head Team Physician,  
University of Illinois at Chicago  
Chicago, Illinois

**Mary Lloyd Ireland, M.D., FACSM**

Orthopaedic Surgeon  
President, Kentucky Sports  
Medicine Clinic,  
Lexington, Kentucky  
Team Physician, Eastern Kentucky University,  
Richmond, Kentucky;  
Consultant in Orthopaedic Surgery,  
Shriners' Hospital for Children,  
Lexington, Kentucky

**Edward R. Laskowski, M.D., FACSM**

Co-Director, Mayo Clinic Sports  
Medicine Center  
Associate Professor, Mayo Clinic College  
of Medicine  
Consultant, Department of PM&R  
2002 Winter Olympics Polyclinic Physician  
NHL Player's Association Consultant  
Chicago Marathon Medical Staff  
Medical Director, Minnesota Star  
of the North Games

**James M. Moriarity, M.D., FACSM**

Head Team Physician, University of  
Notre Dame  
South Bend, Indiana

**Francis G. O'Connor, M.D., FACSM**

Associate Professor, Family Medicine  
Director, Primary Care Sports  
Medicine Fellowship  
Uniformed Services University of the  
Health Sciences

Team Physician, The Madeira School,  
Great Falls, Virginia

Team Physician, Hayfield High School,  
Alexandria, Virginia  
Assistant Team Physician,  
George Mason University, Fairfax, Virginia

**Catherine Ortega, ATC, PT, OCS**

Assistant Professor, University of Texas  
Health Science Center at San Antonio  
WTA Tour Sport Sciences & Medicine  
Department Consultant

**Elisha T. Powell, M.D.**

Commander, 859th Surgical Operations  
Squadron  
Wilford Hall Medical Center  
San Antonio, Texas  
Former Team Physician,  
U.S. Air Force Academy

**Aaron L. Rubin, M.D., FACSM**

Kaiser Permanente Sports  
Medicine Fellowship  
Team Physician, University of California,  
Riverside and Rubidoux High School  
Fontana, California

**Mark R. Safran, M.D., FACSM**

Director, Sports Medicine  
Associate Professor  
Department of Orthopaedic Surgery  
University of California  
San Francisco, California  
Team Physician, University of  
California, Berkeley  
Medical Director, WTA and ATP Tour Events  
Consultant, NBA Players Association  
San Francisco Marathon Medical Staff  
Associate Editor: Medicine & Science in  
Sports & Exercise; Current Sports  
Medicine Reports; American Journal of  
Sports Medicine; Journal of Sports  
Medicine and Physical Fitness  
Co-Author: *Spiral Manual of Sports  
Medicine*; *Instructions to Sports  
Medicine Patients*; *From Breakpoint  
To Advantage. A Practical Guide to  
Tennis Health And Performance.*

**Robert E. Sallis, M.D., FACSM**

Co-Director, Sports Medicine Fellowship;  
Assistant Director, Family  
Medicine Residency,  
Kaiser Permanente Medical Center  
Fontana, California;  
Assistant Clinical Professor of  
Family Medicine,  
UCR/UCLA Biomedical Sciences Program;  
Team Physician, Pomona College;  
Associate Editor-in-Chief,  
Medicine & Science in  
Sports & Exercise.  
Editor-in-Chief, Current Sports  
Medicine Reports

**Andrew Tucker, M.D.**

Medical Director  
Union Memorial Sports Medicine  
Baltimore, Maryland  
Head Team Physician  
Baltimore Ravens

## COURSE OUTLINE

- ▶ Part I - Musculoskeletal, Shoulder, Upper Arm, Elbow - Forearm, Rehabilitation, Cervical Spine, Upper Extremity, Head/Neurology, Cardiovascular/Cardiopulmonary, Infectious Disease, Immunology, Female Athlete, Psychology, Eye, ENT, Dental, GI, GU.
- ▶ Part II - Musculoskeletal, Overuse, Knee, Hip, Foot and Ankle, Rehabilitation, Pharmacology, Child, Environmental, Conditioning and Training, Nutrition, Dermatology, Organization and Administration, Lumbar Spine, Thoracic Spine.

## COURSE AGENDA

### Thursday, February 10, 2005

7-7:45 A.M.

Continental Breakfast in Exhibit Area  
Registration

7:50 - 8:00 A.M.

Welcome and Introductory Remarks  
Mark R. Safran, M.D., FACSM  
Robert E. Sallis, M.D., FACSM

### TEAM ADMINISTRATION

Moderator: Robert E. Sallis,  
M.D., FACSM

8:00 - 8:25 A.M.

The "Sports Medicine  
Team" Role and  
Responsibilities of the  
Team Physician  
Aaron L. Rubin,  
M.D., FACSM

8:25 - 9:10 A.M.

The Pre-Participation  
Evaluation  
Robert E. Sallis, M.D., FACSM

9:10 - 9:35 A.M.

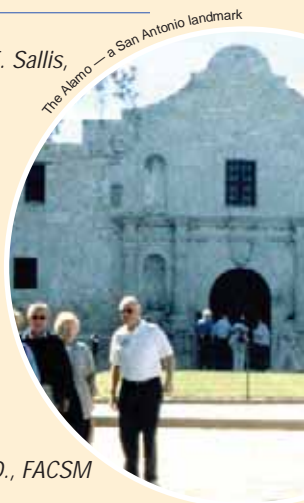
Medical Coverage of Games and Events:  
What's in the Bag and What's on  
the Sidelines  
Aaron L. Rubin, M.D., FACSM

9:35 - 10:00 A.M.

Return to Play: A Review and Update of  
the Team Physician Consensus Statements  
Robert E. Sallis, M.D., FACSM

10 - 10:30 A.M.

Break in Exhibit Area



**LOWER EXTREMITY INJURIES  
IN ATHLETES**

*Moderator: Mary Lloyd Ireland, M.D., FACSM*

**10:30 – 10:50 A.M.**  
Anatomy, Biomechanics, and Gait of the Foot and Ankle  
*Mark R. Hutchinson, M.D., FACSM*

**10:50 – 11:10 A.M.**  
Evaluation of the Foot and Ankle  
*Mary Lloyd Ireland, M.D., FACSM*

**11:10 – 11:40 A.M.**  
Common Ankle Injuries:  
Diagnosis and Treatment  
*Marc R. Safran, M.D., FACSM*

**11:40 A.M. – 12:10 P.M.**  
Common Foot Injuries:  
Diagnosis and Treatment  
*Mark R. Hutchinson, M.D., FACSM*

**12:10 – 12:30 P.M.**  
Athletic Shoes, Foot and Ankle Orthotics,  
Shoe-Playing Surface Interface  
*Cathy Ortega, Ph.D., PT, ATC*

**12:30 – 12:45 P.M.**  
Discussion

**12:45 – 1:45 P.M.**  
Lunch (on your own); Exhibit Area Open

**LEG AND KNEE PROBLEMS IN ATHLETES**

*Moderator: Marc R. Safran, M.D., FACSM*

**1:45 – 2:05 P.M.**  
Functional Anatomy of the Knee and Leg  
*Jesse DeLee, M.D.*

**2:05 – 2:25 P.M.**  
Examination and Imaging of the Knee  
*Mary Lloyd Ireland, M.D., FACSM*

**2:25 – 2:50 P.M.**  
Acute Knee Ligament Injuries in Athletes  
*Marc R. Safran, M.D., FACSM*

**2:50 – 3:10 P.M.**  
Meniscus, Articular Cartilage Injury and  
the Degenerative Knee in the Athlete  
*Mark R. Hutchinson, M.D., FACSM*

**3:10 – 3:40 P.M.**  
Break in Exhibit Area

**3:40 – 4:05 P.M.**  
Extensor Mechanism Injuries of the Knee  
*Mary Lloyd Ireland, M.D., FACSM*

**4:05 – 4:25 P.M.**  
Leg Problems in Athletes  
*Mark R. Hutchinson, M.D., FACSM*

**4:25 – 4:55 P.M.**  
Rehabilitation of Knee and Leg Injuries  
*Edward R. Laskowski, M.D., FACSM*

**5:00 – 5:45 P.M.**  
**Hands-on Workshops (Breakouts)**

Examination of the Knee  
*Jesse DeLee, M.D.*  
*Marc R. Safran, M.D., FACSM*  
*Andrew Tucker, M.D.*

Examination of the Foot and Ankle  
*Mary Lloyd Ireland, M.D., FACSM*  
*Edward R. Laskowski, M.D., FACSM*  
*Aaron L. Rubin, M.D., FACSM*

Sideline Management of Joint Dislocations  
*Mark R. Hutchinson, M.D., FACSM*  
*Elisha T. Powell, M.D.*

Injections  
*Francis G. O'Connor, M.D., FACSM*  
*Robert E. Sallis, M.D., FACSM*

**6-7 P.M.**  
Reception in Exhibit Area

**Friday, February 11, 2005**

**7:00 - 7:45 A.M.**  
Continental Breakfast in Exhibit Area

**7:50 - 8:00 A.M.**  
Updates and Discussion  
*Marc R. Safran, M.D., FACSM*  
*Robert E. Sallis, M.D., FACSM*

**SPECIAL POPULATIONS IN  
SPORTS MEDICINE**

*Moderator: James M. Moriarity,  
M.D., FACSM*

**8:00 – 8:25 A.M.**  
Disabled Athletes and the Special Olympics  
*Francis G. O'Connor, M.D., FACSM*

**8:25 – 8:50 A.M.**  
Child and Adolescent Growth,  
Development, and Training  
*Jerry W. Hizon, M.D.*

**8:50 – 9:15 A.M.**  
Musculoskeletal Concerns of the  
Pediatric Athlete  
*Mary Lloyd Ireland, M.D., FACSM*

**9:15 – 9:40 A.M.**  
The Master's and Aging Athlete  
*E. Randy Eichner, M.D., FACSM*

**9:40 – 10:05 A.M.**  
Weight Control in the Athlete  
*Jerry W. Hizon, M.D.*

**10:05 – 10:15 A.M.**  
Discussion and Questions

**10:15 – 10:45 A.M.**  
Break in Exhibit Area

**THE SPINE IN ATHLETES**

*Moderator: Edward R. Laskowski,  
M.D., FACSM*

**10:45 – 11:05 A.M.**  
Functional Anatomy and Exam of the  
Lumbar Spine  
*Edward R. Laskowski, M.D., FACSM*

**11:05 – 11:30 A.M.**  
The Young Athlete with Back Pain  
*Marc R. Safran, M.D., FACSM*

**11:30 – 11:55 A.M.**  
Common Lumbo-thoracic Problems in  
the Mature Athlete  
*Elisha T. Powell, M.D.*

**11:55 A.M. – 12:30 P.M.**  
Core Instability  
*Edward R. Laskowski, M.D., FACSM*

**12:30 – 1:30 P.M.**  
Lunch (on your own)

**ENVIRONMENTAL CONCERNS IN SPORTS**

*Moderator: Francis G. O'Connor,  
M.D., FACSM*

**1:30 – 2:00 P.M.**  
Physiology of Exercise and Fitness  
*James M. Moriarity, M.D., FACSM*

**2:00 – 2:30 P.M.**  
Heat-Related Illness  
*Andrew Tucker, M.D.*

**2:30 – 3:00 P.M.**  
Altitude and the Athlete  
*Robert E. Sallis, M.D., FACSM*

**3:00 – 3:20 P.M.**  
Break

**3:20 – 3:50 P.M.**  
Cold-Related Illness  
*Aaron L. Rubin, M.D., FACSM*

3:50 – 4:20 P.M.  
Dive Medicine  
*Jerry W. Hizon, M.D.*

4:30 – 5:15 P.M.  
**Hands-on Workshops (Breakouts)**

Examination of the Hip/Pelvis  
*Mark R. Hutchinson, M.D., FACSM*  
*Mary Lloyd Ireland, M.D., FACSM*  
*Marc R. Safran, M.D., FACSM*

Examination of the Spine  
*Edward R. Laskowski, M.D., FACSM*  
*Aaron L. Rubin, M.D., FACSM*

Bracing and Orthotics of the Lower Extremity  
*Cathy Ortega, Ph.D., PT, ATC*

Injections  
*Francis G. O'Connor, M.D., FACSM*  
*Robert E. Sallis, M.D., FACSM*

**Saturday, February 12, 2005**

7:15 - 7:45 A.M.  
Continental Breakfast

7:50 - 8:00 A.M.  
Course Updates and Discussion  
*Marc R. Safran, M.D., FACSM*  
*Robert E. Sallis, M.D., FACSM*

**HIP, GROIN AND THIGH INJURIES IN ATHLETES**

*Moderator:*  
*Mark R. Hutchinson, M.D., FACSM*

8:00 – 8:20 A.M.  
Functional Anatomy and Exam of the Hip, Groin and Thigh  
*Marc R. Safran, M.D., FACSM*

8:20 – 8:40 A.M.  
Thigh Injuries in Athletes  
*Mark R. Hutchinson, M.D., FACSM*

8:40 – 9:10 A.M.  
Hip/Pelvis Injuries in Athletes  
*Marc R. Safran, M.D., FACSM*

9:10 – 9:40 A.M.  
Rehabilitation and Prevention of Hip and Groin Injuries  
*Edward R. Laskowski, M.D., FACSM*

9:40 – 10:00 A.M.  
Questions / Cases

10:00 – 10:20 A.M.  
Break

**NUTRITIONAL ISSUES IN SPORTS MEDICINE**

*Moderator: Jerry W. Hizon, M.D.*

10:20 – 10:50 A.M.  
Fluids, Electrolytes and Hydration  
*E. Randy Eichner, M.D., FACSM*

10:50 – 11:15 A.M.  
Basic Nutrition for Athletes  
*Andrew Tucker, M.D.*

11:15 – 11:40 A.M.  
Nutritional Supplements  
*Robert E. Sallis, M.D., FACSM*

11:40 – 11:50 A.M.  
Discussion and Questions

11:50 A.M. – 1:00 P.M.  
Lunch (on your own)

**CONDITIONING AND REHABILITATION ISSUES IN ATHLETES**

*Moderator: Andrew Tucker, M.D.*

1:00 – 1:30 P.M.  
Musculoskeletal Strength and Conditioning  
*James M. Moriarity, M.D., FACSM*

1:30 – 1:55 P.M.  
Modalities and Rehabilitation in the Training Room  
*Cathy Ortega, Ph.D., PT, ATC*

1:55 – 2:25 P.M.  
Conditioning of the Aerobic and Anaerobic Systems  
*James M. Moriarity, M.D., FACSM*

2:25 – 2:35 P.M.  
Discussion and Questions

2:35 – 3:00 P.M.  
Break

3:00 – 3:30 P.M.  
Overtraining and Chronic Fatigue  
*Francis G. O'Connor, M.D., FACSM*

3:30 – 4:00 P.M.  
Injury Prevention Programs for the Lower Extremity  
*Mary Lloyd Ireland, M.D., FACSM*

4:00 – 4:30 P.M.  
Complementary and Alternative Techniques in Sports Medicine  
*Francis G. O'Connor, M.D., FACSM*

4:30 – 4:40 P.M.  
Discussion and Questions

**Sunday, February 13, 2005**

7:15 - 7:45 A.M.  
Continental Breakfast

7:50 - 8:00 A.M.  
Course Updates and Discussion  
*Marc R. Safran, M.D., FACSM*  
*Robert E. Sallis, M.D., FACSM*

**MEDICAL CONDITIONS IN SPORTS**

*Moderator: Aaron L. Rubin, M.D., FACSM*

8:00 – 8:30 A.M.  
The Diabetic Athlete  
*Francis G. O'Connor II, M.D., FACSM*

8:30 – 9:00 A.M.  
Anemia to Blood Doping: Hematologic Issues in Athletes  
*E. Randy Eichner, M.D., FACSM*

9:00 – 9:30 A.M.  
Dermatologic Issues in Athletes  
*Andrew Tucker, M.D.*

9:30 – 10:00 A.M.  
Exertional Rhabdomyolysis  
*E. Randy Eichner, M.D., FACSM*

10:00 – 10:10 A.M.  
Break

**ORAL, TOPICAL, INJECTABLE MEDICATIONS FOR ATHLETES**

*Moderator: Robert E. Sallis, M.D., FACSM*

10:10 – 10:35 A.M.  
Topical and Injectable Corticosteroids in Athletes  
*Jerry W. Hizon, M.D.*

10:35 – 11:00 A.M.  
Acetaminophen and NSAIDS Use in Athletes  
*Andrew Tucker, M.D.*

11:00 – 11:25 A.M.  
Banned and Restricted Substances  
*James M. Moriarity, M.D., FACSM*

11:25 – 11:40 A.M.  
Discussion and Questions

11:40 A.M.  
Adjourn  
Faculty and lecture titles are subject to change.



# MOTORSPORTS SAFETY PRECONFERENCE

**Wednesday, February 9, 2005**

## COURSE DESCRIPTION

The American College of Sports Medicine (ACSM) gathers prominent physicians and researchers to deliver the latest information and innovations in motorsports safety. The full-day course features a diverse program targeted for trackside healthcare personnel, and analyzes the roles, responsibilities and opportunities for those who care for drivers, teams and crews.

## COURSE OBJECTIVES

At the conclusion of this program, participants should be able to:

- Better understand the dangers and injury patterns associated with various motorsports leagues.
- Understand the role of the physician and other healthcare providers in offering specialized care to individual drivers and other team members in a potentially hazardous environment.
- Understand the latest innovations in motorsports safety, from the unique physiology of the driver's body to the evaluation of care and treatment in a crash setting.

## ACCREDITATION

The American College of Sports Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. The American College of Sports Medicine takes responsibility for the content, quality, and scientific integrity of this CME activity.

## AMA/PRA

The American College of Sports Medicine designates this educational activity for a maximum of 5.75 category 1 credits toward the AMA Physicians Recognition Award. Each physician should claim only those credits that he/she actually spent in the activity.



**Scheduled Closing Keynote Speaker:**  
**Johnny Rutherford,**  
**Three-Time Indy 500 winner**

This year's preconference keynoter is Johnny Rutherford, winner of the 1974, 1976, and 1980 Indianapolis 500.

## TARGET AUDIENCE

The target audience includes sports medicine physicians, registered nurses, athletic trainers, physical therapists and other healthcare personnel associated with a racing or motorsports event.

## COURSE CO-CHAIRS

*Robert C. Cantu, M.D., FACSM*  
*Stephen E. Olvey, M.D.*

This course is a function of ACSM's Task Force on Motorsports Safety

## FACULTY:

**Robert C. Cantu, M.A., M.D., F.A.C.S., FACSM**

Chief, Neurosurgery Service and Director,  
 Service Sports Medicine  
 Emerson Hospital, Concord, Massachusetts;  
 Adjunct Professor, Exercise and Sport Science  
 University of North Carolina, Chapel Hill;  
 Medical Director, National Center for  
 Catastrophic Sports Injury Research  
 Chapel Hill, North Carolina  
 Co-Director, Neurological Sports Injury Center at  
 Brigham and Women's Hospital, Boston, MA  
 Neurosurgery Consultant, Boston College Eagles  
 and Boston Cannon's  
 Chair, ACSM Task Force on Motorsports Safety

**Patrick L. Jacobs, Ph.D., FACSM**

Associate Professor, Department of  
 Neurological Surgery,  
 University of Miami School of Medicine,  
 Miami, Florida  
 Research Health Scientist  
 Center of Excellence for Restoration of Function  
 in Chronic Spinal Cord Injury  
 Miami VA Medical Center, Miami, Florida  
 Member, ACSM Task Force on Motorsports Safety

**Mark R. Lovell, Ph.D., ABPN**

Director, University of Pittsburgh Sports Medicine  
 Concussion Program Director, NFL and NHL  
 Neuropsychology Programs Consultant,  
 IRL CHAMP Racing and NASCAR

**Stephen E. Olvey, M.D.**

Associate Professor, Clinical Neurological Surgery  
 University of Miami School of Medicine  
 Member, ACSM Task Force on Motorsports Safety

**Terry R. Trammell, M.D.**

Orthopaedics Indianapolis Inc.  
 Senior Orthopaedic Consultant to Champ Car  
 Clinical Assistant Professor Department of  
 Orthopaedic Surgery, Indiana University  
 School of Medicine

## Faculty (continued)

Trammell Motorsports and Consulting,  
 Indianapolis, Indiana  
 Member, ACSM Task Force on Motorsports Safety  
**Jeffrey Zachwieja, Ph.D., FACSM**  
 Senior Scientist, Gatorade Sports Science Institute  
 Member, ACSM Task Force on Motorsports Safety

## PROGRAM

**12:45 P.M.** Welcome

**1:00 – 1:35 P.M.**

The Race Car Driver as an Athlete —  
 Cardiovascular and Physiological  
 Demands

*Patrick L. Jacobs, Ph.D., FACSM*

**1:35 – 2:10 P.M.**

Fluid, Electrolyte and Hydration  
 Demands of the Race Car Driver

*Jeffrey J. Zachwieja, Ph.D., FACSM*

**2:10 – 2:45 P.M.**

New Safety Research from NASCAR's  
 Research Center in Charlotte  
 NASCAR Officiating

**2:45 – 3:15 P.M.**

Panel Discussion

**3:15 – 3:30 P.M.**

Break

**3:30 – 4:05 P.M.**

Evaluation of Car Crashes Using Onboard  
 Car Accelerometers and Ear Piece  
 Accelerometers Worn by the Driver

*Stephen E. Olvey, M.D.*

**4:05 – 4:40 P.M.**

Orthopedic Injuries Unique to the  
 Racing Car Driver

*Terry R. Trammell, M.D.*

**4:40 – 5:15 P.M.**

Atlanto-Occipital Dislocation — A Largely  
 Preventable Previously Fatal Injury

*Robert C. Cantu, M.D., FACSM*

**5:15 – 5:50 P.M.**

Mild Traumatic Brain Injury and Return  
 to Competition

*Mark R. Lovell, Ph.D.*

**5:50 – 6:15 P.M.**

Panel Discussion

**6:15 – 7:00 P.M.**

Closing Keynote —

My Life As A Race Car Driver

*Johnny Rutherford*

Faculty and lecture titles are subject to change.

## REGISTRATION INFORMATION

To register, TYPE or PRINT your information and return form with full payment to ACSM, Department 6022, Carol Stream, IL 60122-6022. Those paying with MasterCard or Visa may fax form to (317) 634-7817. Faxed forms are considered originals — DO NOT mail a duplicate copy. Due to the high volume of forms received, all confirmations are by mail. Please allow up to four weeks for processing. Pre-registration ends **January 28, 2005**. Thereafter, registrations will be accepted/processed on-site.

Please notify ACSM by December 3, 2004 if you need any special accommodations as a result of disability. The planners and sponsors of this event claim no liability for the acts of any suppliers to this meeting, nor for the safety of any attendee at or while in transit to this event. The planners and sponsors reserve the right to cancel this event without penalty. Attendees who purchase non-refundable airline tickets, do so at their own risk. The total amount of any liability of the planners and sponsors will be limited to a refund of the registration fee. Your submission of this form acknowledges acceptance of these terms.

**Cancellation Policy:** A \$50 service fee will be applied to cancellations submitted in writing prior to January 7, 2005. Cancellations received after January 7 and prior to the start of the course will be refunded at a rate of 50 percent. Refunds will not be issued for cancellations made after the course begins or for no-shows. Membership fees are not refundable.

**Non-Members:** Take advantage of the discounted "New ACSM Member" rate by registering as a new member. This fee includes conference fees and 2005 membership dues. Important information for new members: Membership is on a calendar year basis only (January–December). ACSM does not prorate member dues. If your membership begins mid-year, you will receive all of that year's publications. Please allow 8 to 10 weeks for delivery of back issues. Accepted membership applications are not refundable.

## ACSM CODE OF ETHICS AND PROFESSIONAL CONDUCT

**A. Principles and purposes: Preamble** — These principles are intended to aid Fellows and members of the College individually and collectively to maintain high level of ethical conduct. These are not laws but standards by which a Fellow or a member may determine the propriety of his/her conduct, relationship with colleagues, with members of allied professions, with the public, and with all persons in which a professional relationship has been established. The principal purpose of the College is the generation and dissemination of knowledge concerning all aspects of persons engaged in exercise with full respect for the dignity of people.

**Section 1:** members should strive continuously to improve knowledge and skill and make available to their colleagues and the public the benefits of their professional expertise.

**Section 2:** members should maintain high professional and scientific standards and should not voluntarily collaborate professionally with anyone who violates this principle.

**Section 3:** The College, and its members, should safeguard the public and itself against members who are deficient in ethical conduct.

**Section 4:** The ideals of the College imply that the responsibilities of each Fellow or member extend not only to the individual, but also to society with the purpose of improving both the health and well-being of the individual and the community.

**B. Maintenance of Good-standing in Regulated Professions:** Any Fellow or member required by law to be licensed, certified or otherwise regulated by any governmental agency in order to practice his or her profession must remain in good-standing before that agency as a condition of continued membership in the College. Any expulsion, suspension, probation or other sanction imposed by such governmental agency on any Fellow or member is grounds for disciplinary action by the College.

**C. Public Disclosure of Affiliation:** Other than for commercial venture, any member or Fellow (FACSM) may disclose his/her affiliation with the College

in any context, oral or documented, provided it is currently accurate. In doing so, no member or Fellow may imply College endorsement of whatever is associated in context with the disclosure, unless expressly authorized by the College. Disclosure of affiliation in connection with a commercial venture may be made provided the disclosure is made in a professionally dignified manner, is not false, misleading or deceptive, and does not imply licensure for the attainment of specialty or diploma status. Members who are currently ACSM Certified or Registered may disclose their certification status and Fellows may disclose their Fellow status. Because membership and fellowship in ACSM is granted to individuals, disclosure of affiliation and/or use of the initials ACSM are not to be made as part of a firm, partnership or corporate name. Violation of this article may be grounds for disciplinary action.

**D. Discipline:** Any Fellow or member of the College may be disciplined or expelled for conduct which, in the opinion of the Board of Trustees, is derogatory to the dignity of or inconsistent with the purposes of the College. The expulsion of a Fellow or member may be ordered upon the affirmative vote of two-thirds of the members of the Board of Trustees present at a regular or a special meeting, and only after such Fellow or member has been informed of the charges preferred against him and has been given an opportunity to refute such charges before the Board of Trustees. Other disciplinary action such as reprimand, probation, or censure may be recommended by the Committee on Ethics and Professional Conduct and ordered following the affirmative vote of two-thirds of the members of the Board of Trustees present at a regular or special meeting or by mail ballot, provided a quorum takes action.

## 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.

## MEMBERSHIP RENEWAL CATEGORIES/FEEES

Professional/\$195 • Professional-in-Training/\$145 • Associate/\$135 • Undergraduate/Graduate Student/\$80

101 Anatomist	211 Ophthalmologist
102 Applied Physiologist	212 Orthopaedic Surg.
103 Biochemist	213 Pediatrics
104 Biomechanist	214 Physiatrist
105 Coach	215 Podiatrist
106 Ergonomist	216 Psychiatrist
107 Exercise Biochemist	217 Radiologist
108 Exercise Physiologist	218 Other Medicine
115 Kinesiologist	301 Athletic Trainer
116 Sports Psychologist/Sociologist	302 Kinesiotherapist
117 Veterinarian	303 Health Educator
118 Other Basic and Applied Science	304 LPN
201 Cardiologist	305 Nutritionist
202 Chiropractor	306 Occupational Therapist
203 Dentist	307 Optometrist
204 Emergency Medicine	308 Physical Educator
205 Family/General Practice	309 Physical Therapist
206 General Surgery	310 Physician's Assistant
207 Internal Medicine	311 Registered Nurse
208 Neurologist	312 Respiratory Therapist
209 Neurosurgeon	313 Other Health Care Specialist
210 OB/GYN	401 Student

