

Southwest Chapter of the American College of Sports Medicine (SWACSM) 2003

The **Kinesiology** department takes great pride and acknowledges **Adam Krisan** for taking Top Honors this weekend at the **SWACSM** conference:

Adam Krisan, won the 2003 Student Research Award of the Southwest Chapter of the American College of Sports Medicine (SWACSM) this past weekend (11/08/03) at the annual meeting for his presentation, "Resistance Training Enhances Components Of The Insulin Signaling Cascade In Normal And Insulin Resistant Skeletal Muscle".

To be eligible for the award the student initially submits an abstract to be considered for the award. SWACSM selects the top 6 abstracts and these students are then required to submit an expanded 5 page paper detailing their work and give a 10 minute research presentation at the conference. A panel of 3 judges selects the top student on the basis of the abstract, expanded abstract and oral presentation. The majority of the finalists for the student award are typically PhD students from our region.

Also, congratulations to **Dr. Ben B. Yaspelkis III** (Associate Professor and Director, Exercise Biochemistry Laboratories) as this marks the 4th year in a row that one of his students took home the award.