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|  | **August 2009** |  |

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| **Dear Exercise Physiologists,**Thank you for being part of our community. **ASEP is the specific voice for (historically under-represented) Exercise Physiologists.** Please use this Newsletter as a link to ASEP resources from scientific journals to professional papers, to employment and related opportunities. And be sure to click on "More On Us" at the left for the ASEP-newsletter's parent web site. Also, members please consider the [**ASEP Annual 2009 DUES Renewal Notice**](http://rs6.net/tn.jsp?et=1102657297571&s=2&e=001jz01ljPdWOoQJzPZvXVZGn3HiqPCUPo76Vub3Tq8YTrXnuhnIXVq_9unK9fjnaemQP02PXVprShkLhIqNpJ1AvcZtrUyPFS31TEtewh8pU-RCeoXpC3GtbknwWNLU_U23e_ot3EUxGHnaNSoCSElckVCt3HHcdiF) on the ASEP web site.   -Lonnie Lowery and Jonathan Mike, ASEP-Newsletter Editors  |

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| **Editor's Corner** |  |
| **Strength Athletes and Dietary Protein Safety: A Micro Review**Almost everyone associated with exercise science, including Exercise Physiologists, knows that strength athletes have historically been interested in **dietary protein** for performance and body composition reasons. This enthusiasm has not been shared by everyone. For decades the response from various health-related authorities has been one of caution and perhaps even dissuasion. The dissuasion can be found in university text books and personal training manuals, as well as in educational materials from sports governing bodies.(5) The concerns stem from four primary issues:  * The azotemia (rising nitrogen concentrations in the blood) from consuming ample protein increases renal filtration, which could **"stress" the kidneys**.
* Calciuria (elevated calcium concentrations in the urine) have suggested **bone catabolism**.
* Considering typical Western food sources of protein (e.g. fast foods), **dietary quality could suffer**. There may be an increased risk of over-consuming saturated fat and cholesterol - or under-consuming fiber - which could have health risks.
* From a gross energy balance perspective, surplus calories from protein (i.e. at 4 kcal per gram) would presumably **be stored as body fat**.

There was once a fifth issue, cardiovascular disease risk due to animal protein consumption, but this has been largely laid to rest. An investigation of the primary literature on protein safety among healthy persons suggests that population specificity may play a considerable role. In the order of bullet points presented above, **renal decline and damage has not been shown in the few investigations specific to strength athletes**.(1,10) This is in at least partial contradiction to common practices for renal patients, in which protein restriction at certain stages may slow the decline in filtration or renal damage. Continued population-specific research is necessary. Similarly, a conclusion of bone catabolism or increased fracture risk from higher protein intakes, as offered in investigations such as the *Nurses' Health Study*,(6) appears to have been partially misguided - at least as it has been interpreted in educational materials. Consumption of aromatic amino acids appears to increase calcium absorption, which suggests bone mineral is not the source of the calciuria.(3) Indeed, **commonly held beliefs about protein and bone loss are being refuted by researchers**.(4,7) Further, resistance athletes are known to have roughly 10% denser bones,(9) making a strength trained population dissimilar to populations with less load-bearing. Concerns over a negative impact on dietary quality, as appears in certain educational materials,(5) also does not appear to be the case among protein-seeking strength athletes. **Preliminary data now suggest that dietary protein often comes from sources unlike fast food burgers** (e.g. skinless chicken breasts, egg whites, lowfat dairy, etc.) in this population and its pursuit does not necessarily increase saturated fat intake or reduce fiber intake.(2) These data are supported by earlier, non-athletic research suggesting only weak correlations between various proteins and other nutrients with atherogenic links.(8) Finally, body fat gain among ample protein-seekers remains controversial. It is correct that truly surplus energy intake, from protein or elsewhere, would encourage body fat gain. Yet contrary to concerns over body fat gain, **the recognized thermic effect of protein, coupled with well known satiety (filling, satiating) effects make lean sources of protein a staple of both clinical and commercial "diets"**. And the bioenergetics of deamination and gluconeogenesis do not support protein-derived *lipogenesis* (fat creation and storage), such as that seen with surplus carbohydrate consumption. And once again, a reviewer must also consider that the physical activity exhibited by athletes further reduces any risk of fat gain. In conclusion. it is surprising that, after decades of protein enthusiasm among athletes, health professionals still offer mixed answers to the simple question "How much protein is too much?" Safety data specific to athletes has been scarce and data from other populations has not always translated well. Only recently has this phenomenon been systematically addressed in the literature. References1. Brandle E, et al. Eur J Clin Nutr 1996, 50(11):734-40.
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9. Karlsson M, et al. Calcif Tissue Int 1993, 5(2):212-15.
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 Dr. Lonnie Lowery,ASEP-Newsletter Editor |

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| **Ask the EP** |  |
| **The Sport of Strongman**Q.) What is "Strongman", what does it involve and how is that different from bodybuilding and powerlifting?  A.) This question is a good one and is not surprising. I see and hear many things concerning Strongman Competitions via television and during overall training...  **The Sport**As an Amateur Competitor for 2 years now, I can personally attest to this: **Strongman is a very dynamic sport** and has significant variation for all competitors. Every competitor should do a full body analysis of all different strength and conditioning areas in order to assess both strength and weaknesses of either gym lifts or the actual events. Thorough assessments need to be made in order to detect where one is strong so that he can capitalize on it in addition to where he is weak so those weakness hopefully can be eliminated, if not reduced. Although the sport is relatively new, it has grown in popularity over the years. The sport of strongman requires a tremendous amount of strength. It also requires **explosive speed strength**. Furthermore, many events require copious amounts of **strength endurance** as well as a huge need for enduring **grip strength**. The psychological preparation needed for strongman is also critical. One has to be able to tap into deep inner drive repeatedly to overcome pain, exhaustion and perhaps fear. Strongman is not about who is strongest, meaning who has the most ability to lift the heaviest weight. Limit strength is conducive to powerlifting. Speed strength/explosive strength is Olympic weightlifting. **Strongman is a hybrid** where the winner is able to employ the most mental and physical strength (various types) and technical skill on a given set of events during competition.Many people that start training for strongman have little idea what they are supposed to do. They just begin training and lift heavy things with little planning. Although lots of athletes come to strongman from powerlifting, some start in Olympic lifting and others from Highland Games or Track and Field. These are all great starting points and many have done well with those backgrounds. Strongman is more than just for the genetically gifted individual. It is for anyone willing to push themselves to the absolute max. **One of the unique features about strongman is the historic nature of many of the events**. Most people can relate to the objects being lifted. A 700lb deadlift has little value to the general public but they certainly understand the concept of someone pulling a truck. However, one of the main drawbacks to Strongman is the fact that the events are not standardized. This makes the sport distinctive and appealing and requires well-rounded training. It is probably one of very few sports where one's fiercest competitor is also his biggest supporter. **Event Training** There are many people who are strong in several of the gym lifts. This is a good foundation for strongman but typically won't be enough to place highly or win contests. The average gym person probably won't be able to load a 230lb stone on the first try. One merely has to find a way to train the events. **Advice: Create a training group with those in your area that already train/compete and/or contact a strongman equipment vendor.** Since you will be unable to practice all of the events at once, there should be a logical method in your training by choosing which events to train and when and how to train them. We all have good and bad events and the weak area(s) cannot be overlooked, simply because it will more than likely be an event at the contest. Wherever the weak area, it might be best to train it first. For example, the log press (max or for reps) is a weak event for many. Spend a lot of time training it first (both in the gym and the event) and it will likely be one of your better events, especially at the contest. You will also want to try to vary the type of events that you train on a given day.  Work some events heavily and some lighter and faster and then rotate the following week.   ~Jonathan Mike, CSCS, USAW, NSCA-CPT, Doctoral Student, Assistant Editor |

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| **Opportunities Related to Exercise Physiology**  **The Department of Kinesiology at the University of New Hampshire**... is currently seeking applicants for a tenure track appointment in Exercise Science at the Assistant or Associate Professor level. ...[**more information...**](http://rs6.net/tn.jsp?et=1102657297571&s=2&e=001jz01ljPdWOrJ039db3ewE0jq1kOOtG2QlkUPHa4YArtPMAHS8jXpxKfri7o-xqbJeFNk_cpf615VFidgYQyJHHWFRiHzqBw1iaM4ybNaIsITXOOu11YKhg==) **----------------------------------------------------****NOTE:** [**ASEP Board of Directors with approval of The Center for Exercise Physiology-online**](http://rs6.net/tn.jsp?et=1102657297571&s=2&e=001jz01ljPdWOpptmGh_VaieBJzWtRMyH6RPj8UHdBZqdzBwjLy6UVHyjk6km4X3R0fbqupXll7Eq8zoYdwAPMQ97Bxh2FINFZ04pKcyGzujrv93wkkZcu0-zGsQZReUWkfyRdQFoKOprYTy9ItloSCPQ==) **developed the "EPC Petition Guidelines" for doctorate exercise physiologists to become Board Certified.** |

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| Thank you for perusing our opinions, facts and opportunities in this edition of the ASEP-Newsletter.  **Sincerely,** Lonnie LoweryAmerican Society of Exercise Physiologists  |

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