

Book Reviews

Berryman, Jack W., *Out of Many, One: A History of the American College of Sports Medicine*. Champaign, IL: Human Kinetics, 1995. Pp. x, 283. Notes, photographs, appendices, index. \$49.

Out of Many, One is an assiduous and complete history of the American College of Sports Medicine (ACSM) from its beginning in 1954 through its 1992 annual meeting. This handsome coffee-table book, consisting of 14 chapters divided into five parts, depicts in great detail the work of “many” individuals from varied disciplines that produced “one” organization. Using summaries effectively to introduce each part of the text, Jack Berryman takes us through the terms of office of the 35 presidents who served the College during its first 38 years. Complementing the text are nearly 100 illustrations, most of which are photographs of past presidents and other ACSM leaders. This work, in a way, also represents Stephen Hardy’s notion that sport historians need to think about “servicing” other disciplines in much the same manner that Harvard historians service that university’s School of Business. This text reflects that pattern in that a medical- and science-based organization selected a sport historian to write its history.

Berryman, North American Society for Sport History (NASSH) past-president and co-editor of *Sport and Exercise Science: Essay in the History of Sports Medicine*, pored over volumes of ACSM documents, including minutes of the Board of Trustees, administrative council, and College business meetings; presidential correspondence and messages in the ACSM newsletter; ACSM publications, notably *Medicine and Science in Sports and Exercise (MSSE)*; correspondence and reports of executive vice-presidents; convention programs; and papers of early leaders. His exhaustive research and tireless effort have produced an accurate and detailed account of the College which emerged in 1954 with 11 founders and in less than four decades grew to more than 13,000 members with an annual budget in excess of \$3 million.

This is the story of an organization whose founders understood the prominence and pervasiveness of sport in America as well as the growing importance of exercise and health to the American people. They identified and met one great need of American society as they provided information and services under an all-encompassing rubric they termed “sports medicine.” With virtually any conceivable aspect of physical activity falling under the “sports medicine” lexicon, the College reached out to the broad spectrum of American society, though in the beginning it targeted specific groups in medicine, education, and science.

ACSM, like NASSH, has its roots in physical education. Berryman makes this connection early in showing how Dudley Sargent, Edward Hitchcock, Luther Gulick and other early leaders in physical education inspired

R. Tait McKenzie who, in turn, influenced ACSM founders Joseph B. Wolffe, Grover W. Mueller, and Arthur H. Steinhaus. Through the efforts of those individuals, the organization evolved under the combined efforts of physical educators, physiologists, and cardiologists. Wolffe, a cardiologist at the Valley Forge Heart Institute and Hospital near Philadelphia, was most instrumental in bringing this organization to life. A member of the Federation Internationale Medico-Sportive et Scientifique (FIMS), Wolffe advanced a plan to form an American chapter of that association. Mueller, a physical education teacher in the Philadelphia public schools and later Director of Physical Education for the Philadelphia Board of Education, assisted Wolffe in contacting physicians, physical educators, and physiologists who might have an interest in joining this organization. He became the College's first executive secretary. About the same time Steinhaus, a physiologist at George Williams College in Chicago, reinforced the idea of an American chapter at FIMS through his international travel and lectures. He soon developed a relationship with Ernst F. Jokl that led to his emigration to the United States. This group was joined by Carl A. Troester, executive secretary of the American Association for Health, Physical Education and Recreation (AAHPER), and without Steinhaus met in New York City during the AAHPER convention in April 1954. There they formed the American Chapter of FIMS; one year later, it became ACSM. Berryman does a magnificent job in piecing together the evolution and early history of ACSM. In fact, the first two parts of the text which cover these topics are the book's strongest segments.

From its founding meeting to the 1992 convention, ACSM grew, developed, and matured as it moved from a nascent operation in Grover Mueller's home through a one-year stopover in Ann Arbor, Michigan, then to semi-permanent headquarters in Madison, Wisconsin, for nearly two decades, and finally to a national center in Indianapolis in 1983. Coverage of the move to Indianapolis and its selection over Kansas City is well-presented and complete as Berryman depicts the interaction of local politics, corporate support, and civic boosterism.

Equally effective is the author's synthesis of roles of prominent executive directors. Donald W. Hermann provided stability as ACSM expanded during the late 1960s; Thomas Miller gave the College direction and established priorities during the late 1970s and early 1980s which enabled it to expand with purpose; John A. Miller supervised the construction and move into the national center and enhanced the College's national and international image through his managerial style and promotional techniques; and, James R. Whitehead took the College to new heights with increased external funding to support the ACSM Foundation and a variety of projects.

Though the executive directors ran the day-to-day operations of the College, the presidents provided leadership and vision. All 35 presidents were highly recognized and well-respected scholars who served willingly and dutifully. Each one, in his own way, contributed to the success of ACSM. Although

powerful cases can be made for the contributions of each president, some of the more notable developments which led to the College's growth and expansion were: (1) Allan J. Ryan's special feature on "sports medicine" in the November 17, 1956, issue of the *Journal of the American Medical Association (JAMA)* and his effort as editor of *The Physician and Sportsmedicine* to establish a working relationship between ACSM and that journal in 1976; (2) Albert S. Hyman's call for the publication of a textbook on sports medicine which led to the College's production of the *Encyclopedia of Sports Medicine*; (3) Bruno Balke's and Leonard A. Larson's reorganization and centralization of the College at Wisconsin; (4) the publication of its own journal, *MSSE*, in 1969 under Fred L. Allman, Jr., though the idea was germinated earlier by the Publications Board; (5) John P. Naughton's drive to reinvigorate ACSM regional chapters; and (6) Charles M. Tipton's vision to make ACSM the voice of "sports medicine" in America by keeping diverse groups within the College satisfied and establishing a Long Range Planning Advisory Committee. Other important developments which thrust ACSM into the forefront of sports medicine were publishing annually *Exercise and Sport Sciences Reviews*, which first appeared in 1973; conducting workshops and courses for certifying program directors and exercise leaders initiated in 1975; adopting position statements on controversial issues which began in 1975; creating the ACSM Foundation in 1984; constructing and offering Team Physician Courses in 1989; and providing funding for graduate students' research projects which began in 1992.

Though the merits of *Out of Many, One* are many, the work is not without shortcomings. Titles of convention sessions are listed in the text ad infinitum, particularly in the later chapters when convention programs underwent enormous expansion. These lists, which in some cases stretch across two pages, distract rather than inform. An appendix would have been more appropriate for them. Perhaps, one or two provocative findings or breakthroughs in sports medicine reported at each annual meeting might have been discussed in the text. On several occasions, the author introduces topics or issues requiring some type of action, but, for some reason, does not follow up and report the final outcome. These gaps leave the reader in a quandary. For instance, on page 60, Charles McCloy sets out to define "sports medicine," but we never find out whether he did or did not. On page 93, a motion to expand ACSM to include social sciences of sport is defeated; why was it defeated? On page 212, the author discusses an article in the November 12, 1985, *Wall Street Journal* that was highly critical of ACSM. President-elect John R. Sutton responded, but we are not told if the *Journal* printed his response or retracted or revised its initial story. The salaries of several early executive directors are given, but why are those of the latter directors conspicuously absent? Most of these directors did great work for the College, but we should know what their services cost. The text ends abruptly at the 1992 convention. Surprisingly, there is no summary or concluding chapter. A closing chapter tying together the success and accomplishments of ACSM

during its 38-year history would have moved the reader from an inundation of facts about the 1992 convention to some broad generalizations and positive statements about ACSM.

These shortcomings aside, Berryman has given us a valuable history of an organization that not only represents “sports medicine” but is “sports medicine” in the United States. Clearly, he has done a great service for the American College of Sports Medicine and for anyone who wants to know how “sports medicine” emerged and developed. Perhaps even more significant is the prototype he has provided for other organizations to follow as they set out to record their own histories.

William Paterson College

J. Thomas Jable