|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | | |  |  |  |
|  | | | | |
| |  |  |  | | --- | --- | --- | | |  | | --- | | American Society of Exercise Physiologists | | | | |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  | | --- | | **In This Issue** | | [**Editor's Corner**](https://mail.google.com/mail/u/0/?ui=2&view=bsp&ver=ohhl4rw8mbn4#1355015e3f21b221_LETTER.BLOCK7) | | [**Ask the EP**](https://mail.google.com/mail/u/0/?ui=2&view=bsp&ver=ohhl4rw8mbn4#1355015e3f21b221_LETTER.BLOCK8) | | [**Ads & Employment**](https://mail.google.com/mail/u/0/?ui=2&view=bsp&ver=ohhl4rw8mbn4#1355015e3f21b221_LETTER.BLOCK9) |  |  | | --- | | **Quick Links** | | [**Journal of Exercise Physiology-online**](http://r20.rs6.net/tn.jsp?llr=rfwe9acab&et=1109228773764&s=2&e=001p1g-zVJIZEJqMXHdo0P2f2iRWExnfHXcvw3kxf2STm9ZMq8fb5dLTyV6bam6s86BvC97OFVasx16kFOABEWin95jHKDzjl1FJyKdO576wTO002CP5m45zRz9OFRTElHH)    [**Professionalization of Exercise Physiology-online**](http://r20.rs6.net/tn.jsp?llr=rfwe9acab&et=1109228773764&s=2&e=001p1g-zVJIZEIjB0DVQTVZrMQ33KQbFt6khySe2hvTzcTGRCLieCXVrUlTUicYdpKjW06K8ueiiUEKup2tAFJkoWrv4dczZdwKNl0BPCrO4NJ9RgIeUZonboVgZIXzvkUL)    [**More On Us**](http://r20.rs6.net/tn.jsp?llr=rfwe9acab&et=1109228773764&s=2&e=001p1g-zVJIZEJKR0x4nLn3kwBc87smPbbdGJstKkV18D2PdzrHKTaDUINS85zohm4Ah2RiwS-9_CreqRFyjypoGqQRWyV85CROF1tiO6FY4oc=)    [**PhDs can now petition for Board Certification**](http://r20.rs6.net/tn.jsp?llr=rfwe9acab&et=1109228773764&s=2&e=001p1g-zVJIZEKDodvIyoHz_nsevE3i0Q_0PgXdD-zxxU3CPPyAEqY2FrBlbVMzw-MRAGuFU6UaujdN_46RNxSQNQxiWN8_Mr13fCC-WGRFBLYGiPWAVwzZvXrh_rwiO4JXzyo1n2hx3f1SKcVs3igMmg==) |  |  | | --- | | **Join Our List** | | [Join Our Mailing List](http://visitor.constantcontact.com/email.jsp?m=1101686528177) | | | |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | **Issue: #2** | **February 2012** |  |  |  | | --- | | **Dear Tommy,**  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.  Yours in health,  -Lonnie Lowery and Jonathan Mike, ASEP-Newsletter Editors |      |  |  | | --- | --- | | **Editor's Corner** |  | | editorial**Local Movement**  This month I'd like to offer an update on the Minnesota chapter of ASEP. In a sense, this state chapter represents the seat of ASEP in the United States. With ASEP's new President Shane Paulson, ASEP Founder Tommy Boone and past ASEP President Lonnie Lowery all residing in Minnesota at this time, we will be hosting a special version of the meeting for the Minnesota Association of Exercise Physiologists. Minnesota probably also boasts the largest number of Board Certified Exercise Physiologists (EPC), so things will be exciting.    The meeting is set to take place at scenic Winona State University (southeast MN) in mid-April and will be a time for reinvigoration of the Exercise Physiologist (EP) cause. If you live within reasonable traveling distance, we encourage you to attend. ASEP Board members and attendees will be discussing a variety of strategies for moving the EP cause forward.    How can we best make progress for the thousands of EPs who do their best to operate without a licensed profession? Title protection? Grass roots education for employers? Partnerships with related organizations? Come get in on this renewal and refocusing. ASEP continues to grow its reach and readership and we need you to help us make the best forward-effort on behalf of all EPs!    Yours in Health,  Lonnie Lowery, PhD, RD | | |  |  |      |  |  | | --- | --- | | **Ask the EP** |  | | **Q: How can Unilateral Training improve muscle strength and balance?**      Unilateral training is sometimes referred to as 'Single-Side Training.' It's critical to include single-limb (i.e. single arms or single leg) exercises in your program to correct structural imbalances and provide variation to your program. Athletes and recreational trainees, and females will benefit from unilateral training to facilitate balance between the left and right side of the body, and between the agonist/antagonist muscle pairs, and help eliminate dominant/non-dominate problems.    Imbalances increase the risk of injury and can lead to improper motor patterns. Research shows that single limb training (single leg squats, single arm dumbbell chest press, single arm cable row, for example) is effective at improving strength unilaterally.    If you're injured, performing single-side training in the non-injured limb can minimize the effects of detraining. Research suggests, for example, if you dislocate your right shoulder and can't train with your right arm for three weeks, by performing exercises with the left arm, you can decrease strength loss and speed recovery due to an effect known as "cross-education."    Cross-education occurs when you strength train a limb on one side of the body, which results in an increase in strength in the same limb on the other side of the body due to neural adaptations. Strength gains in the injured limb are likely from neuromuscular adaptations and increased neural drive to the untrained muscle. This appears to be effective for all muscles including those around the ankle and wrist joints. Individuals should be easily persuaded to incorporate single limb training during throughout their training program regardless of training goals.    Unilateral training can also provide other benefits:    1). Women benefit from unilateral training, especially single-leg work considering their tendencies toward poor quad:ham ratios, and weak hip stabilizers.  2). Endurance athletes greatly benefit from single limb training, as they generally need more hip and knee stability.  3). Improves hip strength and musculature such as the Glute Medius. Strengthening the Glute Medius decreases the risk for weakness of the abductors.      You may feel the need to hold a dumbbell in the non-working hand for balance/stability but not recommended. The exercises are much more effective when not holding a dumbbell in the non-working limb, for additional core strength and stability but also unilateral strength and stability. Although it really depends on the overall goal(s) of the individual, those that require more unilateral strength for competition, these exercises should be used on a regular basis (i.e. weekly to biweekly) for several weeks. In addition, you can substitute/rotate out for one of these exercises, for variety. A good helpful tip is to rotate out an exercise or two every other week, regardless of the goal(s).      Jonathan Mike PhD (Candidate), CSCS, USAW, NSCA-CPT  Co Editor, ASEP Newsletter  jonathannoahmike@hotmail.com | |      |  |  | | --- | --- | | **Advertisements & Announcements** |  | | **Opportunities Related to Exercise Physiology**    **Community Announcement: Iron Radio.org** has issued a call for brief submissions from EP students or professionals interested in getting their first involvement in legitimate Internet / pod casting settings. Opinions on professional issues or micro reviews and recent research are welcomed. Students' audio submissions (see National Public Radio (NPR]) and / or the [Iron Radio.org](http://r20.rs6.net/tn.jsp?llr=rfwe9acab&et=1109228773764&s=2&e=001p1g-zVJIZEJ51wgYdWzg6GNvVOc9C3gbf_xf0bkJup3nuoZiDnb_dtbUscXApQtbf89V3EKegoWTvQXgVfB-1e2E0iI4mg8QaflrFhVFz4NedBWusXXUUg==)  web site for examples) will be editor-reviewed by ASEP-Newsletter Editors Dr. Lonnie Lowery and Jonathan Mike. The submissions should be 300-500 word essays read aloud and recorded with Windows Sound Recorder or similar software and sent via email to [Lonman7@hotmail.com](mailto:Lonman7@hotmail.com). Iron Radio.org is not ASEP-affiliated.      **----------------------------------------------------  NOTE:** [**ASEP Board of Directors with approval of The Center for Exercise Physiology-online**](http://r20.rs6.net/tn.jsp?llr=rfwe9acab&et=1109228773764&s=2&e=001p1g-zVJIZEKDodvIyoHz_nsevE3i0Q_0PgXdD-zxxU3CPPyAEqY2FrBlbVMzw-MRAGuFU6UaujdN_46RNxSQNQxiWN8_Mr13fCC-WGRFBLYGiPWAVwzZvXrh_rwiO4JXzyo1n2hx3f1SKcVs3igMmg==)  **developed the "EPC Petition Guidelines" for doctorate exercise physiologists to become Board Certified.** | | |  |  | | | |  | | --- | |  |  |  | | --- | | Thank you for perusing our opinions, facts and opportunities in this edition of the ASEP-Newsletter.    **Sincerely,**  Lonnie Lowery American Society of Exercise Physiologists | | | |
| |  |  | | --- | --- | |  | All contents are copyright 1997-2007 American Society of Exercise Physiologists. | |  | | |

|  |  |  |  |
| --- | --- | --- | --- |
| [**Forward email**](http://ui.constantcontact.com/sa/fwtf.jsp?llr=rfwe9acab&m=1101686528177&ea=tboone2%40css.edu&a=1109228773764)   |  |  |  | | --- | --- | --- | | |  |  | | --- | --- | | [http://img.constantcontact.com/letters/images/SafeUnsubscribe_Footer_Logo_New.png](http://visitor.constantcontact.com/do?p=un&mse=001_E1ee4Kj9gCH_BKWU7wgMjYggZVzN6wQ&t=001vvFxOHEUSa3xSV39tI08hA==&reason=001IqezpQbqEsU=&llr=rfwe9acab) | [http://img.constantcontact.com/letters/images/CC_Footer_Logo_New.png](http://www.constantcontact.com/index.jsp?cc=TEM_News_200) |   This email was sent to tboone2@css.edu by [lonman7@hotmail.com](mailto:lonman7@hotmail.com) |  [Update Profile/Email Address](http://visitor.constantcontact.com/do?p=oo&mse=001_E1ee4Kj9gCH_BKWU7wgMjYggZVzN6wQ&t=001vvFxOHEUSa3xSV39tI08hA%3D%3D&reason=001IqezpQbqEsU%3D&llr=rfwe9acab)  | Instant removal with [SafeUnsubscribe](http://visitor.constantcontact.com/do?p=un&mse=001_E1ee4Kj9gCH_BKWU7wgMjYggZVzN6wQ&t=001vvFxOHEUSa3xSV39tI08hA%3D%3D&reason=001IqezpQbqEsU%3D&llr=rfwe9acab)  ™ | [Privacy Policy](http://ui.constantcontact.com/roving/CCPrivacyPolicy.jsp)  . |   American Society of Exercise Physiologists | Dept. of Exercise Physiology | College of St. Scholastica | 1200 Kenwood Avenue | Duluth | MN | 55811 |