**The Law of Common Sense**

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| *If you want to climb to the top of a hill, you don’t just sit at the bottom and pray.*  *-- Raymond Holliwell* |

*Common sense is the knack of seeing things as they are, and doing things as they ought to be done.*

*- Josh Billings*

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t is important to know where you are headed. No one would just start out driving and not have an idea where they are going. No one would go to college and not have a good idea about the purpose of being there. But, unfortunately, people do go to college without thinking about why they are there. Often times, students major in a degree program without thinking whether it is a good idea. For example, will it allow for getting a job after college? It is important to know that a college degree is linked to a credible job. If it isn’t, what is the point of spending tuition dollars that ultimately will have to be paid back in monthly loan checks over many years? Where will the money come from if one doesn’t have a good paying job?

Sad as it is, the long history of physical educators/exercise physiologists not realizing that exercise science and similar degree programs are problematic has given such programs the benefit of the doubt. Perhaps, even worse yet, there is the notion that they are even good academic majors. Students by the thousands major in exercise science types of degrees only to find themselves without a credible job after college. Common sense should have prevailed, but its absence teaches an important lesson. The consequences of decades of failed rhetoric leave the students without direction or hope. Then, the problems actually get worse since students and their teachers literally suppress the negative effects. This allows for the attraction of yet more students and more failure, which in turn leads to resentment and a certain unforgiving state of mind of the educational system.

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| *If you can generate the same emotions that you will have when your desire is fulfilled, you align vibrationally with the reality of the desire fulfilled, and thus become a magnet to it.*  *-- Bob Doyle* |

Are colleges so inept as to allow the promotion of meaningless academic degrees at the expense of students and their parents? If so, where is the common sense in such a decision? Certainly, most people would not agree that academic programs should have little to no connection to viable job opportunities. Most parents would consider it prudent and of sound judgment to major in an academic degree that bears significant results. This is why students go to college. They are interested in preparing themselves for life. Part of that process is earning the necessary education to work in a good paying job. That is why it makes no sense to encourage students to commit to meaningless academic degrees. It is just common sense thinking. This is how the idea of college works. Students are not supposed to buy into the value of getting a college degree unless they know ahead of time that it better prepares them for work in the public sector.

One of the rules of growing up is never to make obvious mistakes if at all possible. No one likes being taken. Allow yourself to visualize how you want your future. Begin to imagine how the mixture of a credible academic degree and wonderful future is a great plan. So put the effort in the right places as emotions surface and challenges present themselves regarding intellectual opportunities. Big changes can happen when college students make the right decisions, especially as they rethink their past thinking in consideration of a real possibility of a better future. That is why the ASEP leaders stopped waiting until things got even more miserable before acting. They knew what was happening. That is why they were willing to take control of things and lead exercise physiology into the 21st century. Knowledge and understanding replaces fear and ignorance. That way an invisible future becomes visible as fear is replaced with courage.

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| *Everyone remotely associated with the fallout of physical education in the 60s must stop living in the past. Students of the 21st century need a new way to think about a college degree; one that will help them design their future. Then, and only then, they will graduate grateful for their academic experience.* |

Thinking right becomes truly magnificent when it is driven by common sense. It sets the stage for what exercise physiologists believe they will become. But, the reality of the expectation must be associated with action. So, why not do something every day on behalf of the ASEP organization, exercise physiologist, and students of exercise physiology? Why not start with joining ASEP? Then, ask to become a member of an ASEP committee to do what you can to help with the professionalism in exercise physiology? Others have found it tremendously helpful to try to live in the moment. They are convinced that a greater awareness of exercise physiology is possible when every person steps up to the plate to deal with the negative thinking on one hand and the practice of exercise physiology on the other.

The most critical part of the common sense process is to make a committed decision that will create that which is desired. Once the decision is made, then it is absolutely critical to maintain focus. Regardless of the anxiety, discomfort, and fear, energy is what creates the attraction of others to the paradigm shift. This brings the visionary images into a concrete form in ways to help others to write, visualize, and image the new exercise physiology as a healthcare profession. No, it is not a stretch by any means when people decide to be something.

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| *As the story goes, a student overheard an exercise science faculty member say to a colleague, “Don’t worry, we know exactly what we are doing! Students are getting a great education with us.” Then, just as the colleague turned away, the student heard yet something else. The exercise science faculty member said to another person in the same department, “People from other departments don’t need to know that we are lost or that we don’t have the leadership to know what is what.”* |

In fact, why not visualize a beautiful house, the children play outside, and your husband is at work? He makes good money and the people he works with respects him and values his contribution to cardiac rehabilitation. The family’s financial reserve is good. The children have friends to play with. Life is good. This brief image is realistic and reasonable when common sense prevails. The students’ power is in the integrity of the degree program and its teachers. Just like growing plants, the academic soil that is used to grow the mind and sprout possibilities must be properly mixed with right courses, labs, professional affirmations, and experiences. It isn’t complicated. Advancing the educational life of students as intended by those who understand the purpose of college is something greater than the “one more academic publication” way of thinking Once the faculty learns to live by this thinking, everything improves. After all, it is the role of the college teacher to help students grow mentally and emotionally so that their chances of success are greatly increased.

***Key Point.*** *Common sense is something that most students have. Those who do have it and still major in exercise science, kinesiology, or sports sciences are guilty of not using it. The ASEP expectation is that each and every student should use this often overlooked and underrated human faculty, especially when majoring in an academic degree. Each year, too many students are hurt emotionally and financially by not exercising caution when selecting a college major. Why not take a few minutes each day to promote common sense and save time and money?*