

Journal of Professional Exercise Physiology

ISSN 1550-963X

October 2011 Vol 9 No 10

You Can Make a Difference!

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Problems cannot be solved by thinking within the framework in which they were created.

-- Albert Einstein (1879-1955)

NO ACT IS TOO small. No gift of one's thoughts is too small to tell a story. So, please donate your time in writing an article for JPEP. Get involved in writing about the social, political, and economic arrangements by which exercise physiology practitioners can learn to create and control their practice. How? By publishing your thoughts as to why exercise physiologists need the ASEP code of ethics, board certification, and standards of professional practice.

No article is too small. No donation in your time is too small. No contribution to JPEP will go unnoticed or unpublished. *You can make a difference!* No idea is too small to help with professionalism in exercise physiology! Your thinking is important. You can make a difference. You can make a difference in the process by which people learn to become members of the profession of exercise physiology.

To give you an idea of what JPEP is looking to publish, I have provided a list of questions as a beginning point in your thinking about how you can share your thoughts with others.

1. Why is the ASEP definition of exercise physiology different from the "typical" textbook definition?

2. Why is it important to define exercise physiology correctly as a healthcare profession?
3. How does the definition of a profession influence its position in society?
4. How has ASEP helped to position exercise physiologists among other healthcare professionals?
5. Is exercise physiology concerned with health promotion, health maintenance, and health restoration or is it just athletics and sports training?
6. What are the professional exercise physiology associations?
7. What are the differences between a professional organization and a generic organization?
8. Who are the recipients of exercise physiology?
9. What is the primary practice setting for board certified exercise physiologists?
10. Who is an exercise physiologist?
11. When did ASEP develop the first-ever accreditation guidelines for exercise physiology programs?
12. Do the ASEP Standards of Practice reflect the values and priorities of the exercise physiology profession?
13. Does the ASEP Code of Ethics provide direction for ethical exercise physiology practice?
14. Why is professionalism in exercise physiology important?
15. What does the “professionalization” of exercise physiology mean?
16. Is an exercise physiologist only someone with a doctorate degree?
17. What is meant by being called a leader in exercise physiology?
18. Is publishing research more important than publishing professionalism articles and, if so, why?
19. What are the criteria of a profession?
20. Why is a specialized education an important aspect of professional status?
21. Does exercise physiology have a well-defined body of science, knowledge, and expertise?
22. Do exercise physiologists engage in their work as an altruistic service guided by rules, policies, and a code of conduct or is it pursued primarily for profit?

23. Do exercise physiologists place a high value on the worth and dignity of their clients and/or patients?
24. Is it correct to assume that exercise physiologists are interested in being held accountable for their work?
25. Do exercise physiologists need to be members of the ASEP organization?
26. Is it correct to assume that the standards of education and practice for the profession of exercise physiology should be determined by the members of the profession, rather than by outsiders?
27. What does the socialization of exercise physiology mean?
28. Why is the socialization process important to the professionalization of exercise physiology?
29. Why is it important for students to take a professionalism class in college?
30. Why aren't doctorate level exercise physiologists educated in terms of what is professionalism, professional development, and the function of a professional organization?
31. In what way does the exercise physiology educational program develop, clarify, and internalize professional values?
32. What are the factors influencing contemporary exercise physiology practice?
33. Is it likely that more exercise physiologists will be employed in the community-based health settings, such as home health agencies, hospices, and community clinics?
34. In what way have the consumers of "exercise as medicine" influenced the professional development of exercise physiologists?
35. Are ASEP board certified exercise physiologists better prepared to deal with health and illness than non-EPCs?
36. Has the public's concepts of health and exercise physiology changed?
37. How have advances in exercise physiology research and technology influenced the emerging exercise physiology practice?
38. Is it likely that the actual supply of credible current exercise physiologists is too small to adequately deal with the healthcare concerns and issues of society?

39. How can academic exercise physiologists develop exercise physiology students to develop as healthcare professionals?
40. Is the ASEP organization important as a collective bargaining organization on behalf of exercise physiology?
41. Is board certification or licensure “the” way of the future of the exercise physiology profession?
42. Is it correct to conclude that the credible exercise physiologists must have a master’s degree versus the baccalaureate degree?
43. What is meant by “entry to practice” for exercise physiology?
44. Is it imperative that the EPCs engage in a formalized experience of continuing education (CD)?
45. What is the direction and influence of the research in exercise physiology?
46. What are the exercise physiology research journals?
47. Why is it important to teach about the “rights of human subjects” involved in exercise physiology research?
48. Is it logical that exercise physiology programs will choose to seek voluntary accreditation from the ASEP organization?
49. What should an exercise physiologist do when asked to carry out an activity that he or she believes will be injurious to the client and/or patient?
50. Should exercise physiologists know the differences between malpractice (an unintentional tort) and intentional torts?

For the purpose of this brief article, the questions are designed to identify current ethical and professional issues facing exercise physiologist. It should be obvious that the profession of exercise physiology has increased its image in healthcare and has helped to expand its role in healthcare. These changes can be seen by in numerous ways. However, the need to identify and clarify issues, concerns, and strategies that associate with the professional education and behavior for all exercise physiologists will continue for decades to come. Why not take a few minutes to share your thoughts with other exercise physiologists by way of JPEP? No article is too small to publish.