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| **To Think About**  *It is interesting Einstein said, “The world will not evolve past its current state of crisis by using the same thinking that created the situation.” Why do I think it is an interesting quote? One reason only and as you have very likely figured out, it has to do with ASEP. Why is it that so many academic exercise physiologists do not support ASEP (i.e., American Society of Exercise Physiologists)? Don’t they understand that the current thinking of exercise physiology as a discipline cannot help society think of it as a profession? This failure to evolve beyond the exercise science and sports medicine fitness and/or research way of thinking has created the lack of credible career opportunities for the students of exercise physiology. Students should have a future at graduation filled with hope and optimism. Instead, their advisors tell them it is time to complete an application for graduate school. Why? Do you know the answer?* | |  | **Recent Inquiry**  **Question:**  Dr. Boone, I have two sons in college. John is majoring in dietetics. Chad is majoring in exercise science. Do you know why John is required to c**omplete a bachelor’s degree** at a regionally accredited university or college, while Chad has been told that he can call himself an exercise physiologist when he graduates?  **Response:**  I understand your concern. I think John is on the right path to success after college. But I am concerned, as I have been for more than 2 decades about college professors who tell their students the exercise science degree (or even the kinesiology degree) is the same as an exercise physiology degree. It is not true. If you are willing to do so, please share the ASEP website (i.e., American Society of Exercise Physiologists) with Chad. If he is willing, he can do the same with his advisor. | | |
| ASEP...  **has worked on behalf of Exercise Physiologists for 22 years.** |  | | | **In This Issue**   * **From the CEO** * **Why is ASEP Important** * **The ASEP Book** * **Risk Taking: The ASEP Perspective** | |
| **From the CEO**  **Dear ASEP Members:**  With regards to Dr. Boone’s recent inquiry, it is interesting the Academy of Nutrition and Dietetics (formerly the American Dietetic Association) was founded in 1917. The ASEP organization was founded in 1997 or 102 years later. The Academy of Nutrition and Dietetics is the largest organization of food and nutrition professionals. Without question, ASEP is the smallest organization of exercise physiologists. But, large or small, both organizations are committed to improving the nation's health and advancing the respective professions via research, education, and advocacy.  **Mr. Shane Paulson, MA, EPC, FASEP**  **ASEP Board Certified Exercise Physiologist**  **Why is ASEP Important?**  In the November 1997 **ASEPNewsletter** (Vol 1 No 3),the following was published. Let's recognize it now and resolve that we will never be fully committed to the exercise physiology profession if do not have: (a) the freedom to create our own professional organization; (b) the freedom to develop social and economic connectedness; (c) the freedom to identify political allies to help with professionalization; (d) the freedom to determine academic and professional integrity; and (e) the freedom to practice, think, teach, and research as exercise physiologists. In the end, professionally speaking, we will probably be judged by what we have done, and by the efforts we have shown [or rather, as Henry Drummond said, "...what we have not done, by the love we have not shown"].  **What do you think?** | | | | | **The** **ASEP Book**  **When you are ready to study for the EPC exam (also known as the ASEP Board Certified Exercise Physiologist exam), you will need this book.**  https://prodimage.images-bn.com/pimages/9781449698188_p0_v2_s600x595.jpg  .   |  | | --- | | Dr. Boone’s textbook focuses on the profession of exercise physiology by introducing students to the scientific basis for the practice of exercise physiology to prevent and/or control mind-body diseases, promote health and well-being, and improve the performance of athletes.  The goal of the text is to embrace a new paradigm of exercise physiology as a comprehensive 21st century health care profession. | | |

**Risk Taking: The ASEP Perspective**

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ASEP Board Certified Exercise Physiologist

*The world will not evolve past its current state of crisis by using the same thinking that created the situation.*

*-- Einstein*

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here are many things in life that threaten people. Change is one. That is why you keep saying or hearing a colleague say, “But, that’s how we have always done it.” That is why everyone needs a better understanding of the change process as well as the reasons for creating something different. More often than not, change is driven by the desire to know the answer to certain questions. For example, exercise physiologists need answers to the following questions. Why is it important for change in exercise physiology? Why is it that so many academic exercise physiologists turn a blind eye to being a member of the American Society of Exercise Physiologists (ASEP)? What are the forces that keep new ideas from taking off in exercise physiology? What are the reasons why the ASEP leaders continue to push for change? Why don’t exercise physiologists understand the need to grow as healthcare professionals? What makes a college professor willing to embrace the disordered and chaotic world of exercise science, kinesiology, human performance, and dozens of other similar degree programs and turn a deaf ear to the exercise physiology title and the ASEP role in professional development of exercise physiology?

It has been 22 years since the founding of ASEP as the professional organization of exercise physiologists. My hope is that academic exercise physiologists will finally come to understand the reasons why they are avoiding membership with ASEP. Simply stated, it comes down to their uncomfortableness with thinking outside the box. Of course, the ASEP leadership was also hoping and expecting that the professors would look to ASEP as the roadmap to the future. But, unfortunately, their commitment is extremely slow and ASEP is still a very small organization, which isn’t ASEP’s problem as much as it is the collective body of exercise physiologists throughout the United States. Without question, the existence of ASEP for more than 2 decades has helped transform many positive dimensions of exercise physiology (particularly in regards to the ASEP Code of Ethics, ASEP Academic Accreditation, ASEP Board Certification, and ASEP Standards of Professional Practice (1). Also, the more the ASEP leadership studies the change process of other disciplines that are evolving as professions, they are more understanding of the challenges and the fear of thinking differently. As you might have already realized, unlocking the exercise physiology change process requires the creation of a new way of thinking.

*Change your thoughts, and you change your destiny.*

*-- Joseph Murphy, PhD, DD*

The ASEP leaders believe that it is just a matter of time that the majority of the exercise physiologists will resist the old ways and create a new view of exercise physiology as a healthcare profession. But, first, they must want to be the person they are capable of being. Then, and only then, will they be pulled into the future rather than being held captive to the past. To bring these thoughts to a personal level, why not turn a deaf ear to the barriers standing between you and ASEP and open your eyes and uncover the unprecedented opportunities for every undergraduate exercise physiologist? Everything is changing, so why not work with the ASEP leaders to transform exercise physiology? Why not help the ASEP organization to do what must be done to follow the path of other healthcare organizations? Please understand this isn’t a new idea. Change is always an ongoing and widespread process in most areas of life and work to break the connection with the past. Why? Because it is obvious that exercise physiologists have embraced the false assumptions of numerous non-exercise physiology organizations. This thinking is fatal for what must be the collective work to promote and empower the profession of exercise physiology.

With support from the academic exercise physiologists, the future will become a desirable place for all exercise physiologists. Exercise physiology will no longer be just for the academic types. Exercise physiology as a profession of exercise physiologists must be controlled by its own professional organization because it is simply the way things have always been and always will be. Hence, it is 100% true that exercise physiologists cannot look to non-exercise physiologists to solve their present and future problems. This point is totally consistent with normal and accepted thinking of other professionals who have avoided being locked into an outdated view. They understand the importance of hope and doing what is necessary to ensure that their future is radically different from their past. That is why they created their own professional organizations and their own profession-specific infrastructure to produce a new kind of future.

*A life lived in hope means all is never lost and the battle is never futile.*

*-- Dr. Tim LaHaye*

Once exercise physiologists understand the necessity of professional development and are willing to tap into their creative potential, they will begin to believe in what was once considered impossible. When that happens, more exercise physiologists will become entrepreneurs with a mission that will benefit the profession of exercise physiology and their families. After all, they have an exceptional understanding and practice of the power of exercise medicine to prevent and treat chronic diseases. As a result of their specialized education, many will be in an excellent position to create their own Exercise Medicine Clinic. Understandably, there will be moments of transition and adaptability to meet the circumstances of different market conditions and communities in which they will operate.

Exercise physiology entrepreneurship is a career opportunity endowed with a purpose. The challenge is to continually influence academic exercise physiologists to think beyond status quo and harness their professional creativity and desire to update the curriculum to include business courses. College professors should speak to creating exercise physiology with new thoughts and ideas about becoming a healthcare professional, to a vision of being responsible for a different future, and to the exciting opportunities to help patients and clients live a healthier lifestyle. This means parting with the past – however radical it may seem today to live and work in a world where exercise physiologists think otherwise. Thus, it is the hope of the ASEP members that every college graduate with a BS degree will: (a) live and work as a healthcare professional responsible for prescribing exercise medicine; (b) take the risk of believing in him- or herself as a credible healthcare professional; (c) solve after-college financial problems; (d) learn how to learn and create new solutions to surviving as an exercise physiologist; and (e) share a common purpose.

Thus, teaching students how to be successful at creating their own healthcare business is a compelling vision of the future of exercise physiology. Students will then be able to make it financially in the public sector after college, which will contribute to improving their lives. However, for this to happen within a reasonable period of time, the faculty will need to overcome the pressure of not changing. They will need to understand that creating the future requires a major commitment to boldly and creatively breaking with the past ways of the sports medicine dogma of doing things to make room for the new ASEP ways. This means every exercise physiologist must connect with their own psychological willingness to change and to support new ideas, possibilities, and relationships as well as making a commitment to the ASEP vision regardless of the challenges and obstacles.

*Take a chance. All life is a chance! The man who goes the furthest is generally the one who is willing to do and dare.*

*-- Dale Carnegie*

By tapping into their instincts for survival, the commitment of every exercise physiologists to a vision of doing what is right for the students of exercise physiology is vital to their collective success. Thus, given the academic responsibility of the professors with the essence of teaching, it is important that they align themselves with the purpose of creating what has not existed before. This means that they need to be willing to connect with all the students and their dreams, hopes, and resources that can be helpful in accomplishing the so-called impossible, along with ideas that support change to achieve the students’ vision of success. If you are a professor, ask yourself this question: Are you willing to make waves on behalf of your students? I am not talking about rebellion or being unprofessional with your colleagues. Rather, are you willing to go into uncharted waters to embrace and support ASEP on behalf of your students? Your answer is critical to making the move from status quo thinking to a new 21st century thinking that will help the career path of all exercise physiologists.

Finding the courage to become what we are and what we care about is not an easy task, but it is possible. In fact, it is one of the greatest and necessary challenges before us. George Land and Beth Jarman said it best, “Making a creative contribution necessitates knowing who you are, what you really care about, what you love, and what you want to commit your life to accomplishing.” Think with me for a moment: Are you an exercise physiologist? Do you care about what society thinks of exercise physiology? Are you interested in living your life as an exercise physiologist? If you answered “yes” to each question, then I would conclude that you have committed your life to the external manifestations of doing the things that shape and define you as an exercise physiologist. For example, it is highly likely that you have published and read research papers, purchased and read what you believe are the best exercise physiology books, and when possible spent time in an exercise physiology laboratory collecting and evaluating people and sharing the physiological data with them to help make their lives better. In short, you are interested in shaping your own life in line with what you believe is the truth about who you are and your own inner wisdom as an exercise physiologist.

The bottom line is that each of us is responsible for living in accordance with our own thoughts and ideas that provide us our unique skills and talents. When we come to this understanding, there is often a turning point that results in creative risk taking such as the founding of ASEP. As you might imagine, my personal view of ASEP is that it helps me and others grow and express ourselves as professional exercise physiologists. Is it a huge exposure of our feelings and who we are? Yes, is it worth it? Yes, ASEP is the professional organization of exercise physiologists, and it is just a matter of time that all exercise physiologists will eventually come to understand and embrace. Moreover, to be an exercise physiologist and to not be a member of ASEP is to risk being reduced by the thoughts and demands of non-exercise physiologists who are not interested in meeting the needs required of a professional exercise physiologist. Of course, for all of the exercise physiologists who are willing to live under a generic organization’s philosophy, they risk living with the feeling that they have failed to think and work as an exercise physiologist. No doubt this is why there are so many different academic degree programs as though they are the same as the exercise physiology degree without a word of concern by the academic exercise physiologists.

Understandably, there are many different kinds of risks in life. To make a comment or to laugh is to risk appearing stupid to your friends. To share your feelings with someone is to risk looking foolish before others. To try out for football is to risk of failing to make the team and appearing inadequate. But the question is this: How can we avoid sharing our thoughts, feelings, laughter, and love of sports without risking failure? Risk taking and failure are part of life, regardless of whether our friends or colleagues believe we are “trouble makers” or not. That’s life. When you are compassionate about something that needs to be changed, then breaking the rules of status quo is the thing to do (especially when nurturing a new idea, such as ASEP as the responsible organization for all exercise physiologists). That is why the ASEP members are not irresponsible. They are engaged in exactly the behavior that is appropriate for change. Thus, in a nutshell, it is important to remember that ASEP is the product of the deep inner desire to create new, sound, and timely opportunities for the exercise physiologists.

*Taking risks doesn’t mean succeeding every time, and that’s ok! The process of taking risks may lead to failure, but even that can make us a better person by increasing the capacity to recover quickly from difficulties.*

*--* ***Allison M. Dienstman***

George Land and Beth Jarman (2) said it best, “To create anything new requires first questioning the old. Why are we doing it this way? Is this the very best way? Have you tried this? Why does this work like this? Why? Why? Why? Challenge old assumptions, question the status quo, ask for new solutions.” Albert Einstein said it this way, “Insanity is doing the same things over and over again and expecting different results.” Exercise physiologists must learn the importance of challenging status quo and refuse to accept the mindset of those who refuse to think outside the box. Risk taking is more often than not associated with people who succeed in life. They are responsible for identifying new and better ways of doing things. They are not afraid to question “this is the way exercise physiology has always been viewed.” Well, as you should understand by now, such thinking is at the heart of the problem. Exercise physiologists must be willing to think differently. For example, becoming a member of ASEP and supporting the work required to promote professionalism is a critical step in challenging the exercise science and sports medicine status quo.

Understandably, risk taking is not without pushback from colleagues. Your willingness to support the ASEP organization will set you apart and provide opportunity for others to make your life miserable as they can. That is why so many average people refuse to think differently or will not allow their colleagues to know what they really think about an issue. Therefore, keep in mind that risk taking can be scary. That is why it is not something that everyone can do, but it should be obvious that the transition from mediocrity to greatness requires the willingness to try. Cynthia Hakutangwi (3), a communications and personal development consultant said it this way: “Nothing great is ever achieved by doing things the way they have always been done. To challenge the status quo, we must take one fearless choice at a time, one brave decision at a time, one courageous action at a time. These choices, decisions, and actions transform challenges into exploration, risk into reward, and fear into determination.” Why not go outside of your comfort zone and take the risk of thinking differently? It is the ASEP way to improve exercise physiology. Start visualizing your success as an ASEP Board Certified Exercise Physiologist and you will achieve your dream.

*As Robert H. Schuller said in his book,* **Tough Times Never Last, But Tough People Do!** *— “What you see is what you will be.”*

**References**

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