



ASEP Newsletter

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-From the Editor-

I want to begin this *ASEP* Newsletter by saying “Thank You” to the many individuals within the *ASEP* organization that have provided information and direction that has facilitated my career. The *ASEP* Newsletter is one such opportunity. I will be responsible for overseeing it for 2014. I would like to add that this is a major responsibility on my behalf as a college professor. But, in regards to the importance of *ASEP*, I am happy to be part of the effort to recognize and promote exercise physiology as a healthcare profession.

If you were to look at the *ASEP* Newsletter webpage, you will note the following: “The *ASEP* Newsletter is devoted to informative articles and news items about exercise physiology. It is a monthly statement of news, opinions, and events that shape the professionalism of exercise physiology.” To that end, it will be my charge to bring to the forefront issues related to Exercise Physiologists. These issues may be related not only to the profession, but also issues involving the field of study itself.

For instance, I recently read an article pertaining to brain activity and the effect of inactivity. For years, several research

findings indicate an enhanced cognitive process associated with active individuals. However, what is interesting is that there has been very little on possible negative effects of a sedentary lifestyle on brain function. The current research indicates that there is an altered structure and function of the brain with inactivity. This is but one of many perplexing issues related to our profession of Exercise Physiology.

What of Our Profession?

As an academic that is concerned for the well being of his students post-graduation, it is important to note the employment availability within our field. Interestingly, within the last few years, I have seen an increase in clinical setting openings for Exercise Physiologists in the metropolitan area of Dallas/Ft. Worth, TX. This is a largely populated area approximately two (2) hours from the university where I teach, Midwestern State University. These clinical positions are located in hospitals and are primarily concerned with preventative healthcare. I can't help but feel this is an extension of the Affordable Health Care Act. If that is the case, there will be an abundance of openings for Exercise Physiologists in the near future.



The future

If you have not been aware of the life of the ASEP organization, it has followed what I will refer to as the “normal” ebb and flow of most everything within our Universe. If you are not aware of the recent condition of the organization, you should be aware of the resurgence in interest in ASEP. After several years without an annual conference, the recently held meeting (October, 2013) in Chicago was a success on many levels. It brought together individuals within the organization that have long fought for the mission of ASEP as well as newcomers involved with their first experience with the organization. It brought to life the excitement of our profession and the importance of continued efforts to build this organization. To that end, the annual meeting for 2014 is already in the works.

*There is so much to discuss related to our field: professionalism, research, teaching, health, sport performance and of course, the future. In the coming months it will be my charge to touch on issues that not only spark debate, but bring us together as Exercise Physiologists. Keep an eye on this column each month and let me hear from you. The **American Society of Exercise Physiologists** is an organization that is on the rise. It is time for you to get on board.*

Sincerely,

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JEPonline

*Be sure to click on the February 2014 **JEPonline** [issue](#) of ASEP's exercise physiology journal. You can do this simply by a right click on the computer image followed by "Open Hyperlink." The research articles and reviews are excellent, and they are free!*

*In closing, why not take a look at the February 2014 article in the [Journal of Professional Exercise Physiology](#). As the new Editor of the **ASEP** Newsletter, I would be very interested in your thoughts in regards to the article?*

*IF YOU CAN DREAM IT
It CAN be done*

*IF YOU BELIEVE IN YOURSELF
It CAN be done*

*IF YOU PERSIST WHEN OTHERS QUIT
It CAN be done*

*IF YOU ARE WILLING TO MAKE SACRIFICES
It CAN be done*

*IF YOU HAVE FAITH
It CAN be done*

*IF YOU ACCEPT THE RIDICULE OF THOSE WHO WATCH
It CAN be done*

*IF YOU BREAK THROUGH YOUR FEARS
It CAN be done*

*IF YOU HAVE INTEGRITY
It CAN be done*

*IF YOU TRY WHEN OTHERS SAY IT'S IMPOSSIBLE
It CAN be done*

*AND IF IT CAN BE DONE
YOU CAN DO IT*