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A Vision of Something Better!

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When you lack vision for your life, you will go about aimlessly, never quite getting a full understanding of purpose or having clarity of direction. The power of a vision brings about these things that one can live a more structured, fulfilled life.

-- Tony Stone

The Power of a Vision

<http://EzineArticles.com/2926966>

For a long time now I have been talking about change and possibilities. Why, because exercise physiology is no longer primarily a research discipline, but a healthcare profession. We live in a time when diseases and disabilities are out of control. If there is anything that characterizes the 21st century, it is the massive negative effects of poor health and decrease longevity. From books, research articles, national meetings, and computer documents, the preoccupation with physical inactivity and a sedentary lifestyle is the largest sources of pain and disappointment faced by millions of individuals of all ages and gender.

People with the desire to engage in low to moderate exercise have the advantage over those who do not. Exercise physiologists have for decades said, "Regular exercise is what fuels the mind and body. They believe in the power of exercise to heal and to give happiness and durability to life. They believe exercise is medicine. This is the exciting thing about exercise physiology. It is no wonder that increasingly more college students are looking to major in exercise physiology. But, often they meet up with

professors who are caught up in their next research article. Yes, research is important but it will not get the majority of the undergraduate students a job after college.

Key Point: *Students “the ability to succeed.” They need their professors to produce new ideas while discussing career opportunities. Yet, what we see too often from the college teachers is a frozen mindset much like the lack of desire to exercise.*

It is a “gift” to students when they run into an ASEP exercise physiologist. This article is about the ASEP vision that includes the reasons for the ASEP code of ethics, accreditation, board certification, and standards of practice. It is also about producing new ideas and developing a better way of thinking about exercise physiology. The truth is exercise physiologists can control their destiny. They are not where they are just because of the passing of time. Far too long they have adopted a specific posture and thinking that benefits them but not their students. This means they can also learn to think differently and act differently. Then, too, they can learn to do what is necessary with their specialized knowledge to change and become flexible in their thinking and application.

What all this leads to is a simple, inescapable fact. Professionalism is not an accident, and neither is professional development. The difference between different groups of potential healthcare professionals who are worthy of their thinking and those who are not is not some sort of conclusion or politics driven by a generic organization. There are consistent and logical patterns of actions and thinking that unleashes the power to pursue professionalism. Exercise physiologists must learn how to turn on and use this power if they are to realize their dreams beyond today’s expectations. That is why a strategy that is founded on passion and belief is important. That is why the ASEP members reached out to the ASEP organization for membership. They believe it is the **first key step** required of every credible professional.

If you can conceive the invisible you can achieve the impossible.

-- Bishop T.D. Jakes

The *American Society of Exercise Physiologists* is designed to give to and communicate with exercise physiologists. It is about shaping exercise physiology by creating a culture of quality healthcare professionals. That culture begins with a code of ethics that addresses diversity in thinking so different (or common) thinking doesn't automatically threaten ethical thinking. For example, there is an ethical question when it comes to being paid to promote creatine and creating lectures that encourage students to purchase it. Professors who succeed in doing this have not been sufficiently questioned by those who disagree with their behavior, which is often an important distinction in believing one's behavior is appropriate and what others think about its inappropriateness. As a result of this comparison, various sets of beliefs and values either give meaning or dismissed behavior.

A man without a vision is a man without a future. A man without a future will always return to his past.

-- P.K. Bernard

The ***second fundamental ingredient*** that must be part of every profession is accreditation. It is “the” way to help ensure that the students graduate with the mental understanding and actions that correspond most directly to the quality of other professionals. The first-ever door opened with ASEP to accredit exercise physiology degree programs. It began with the ASEP leaders who believed it was possible to do and they did it. Interestingly, the difference between those who succeed and those who fail isn't what they have been told, but what they choose to think and act on with their resources and experiences. This is the point, isn't it? Exercise physiologists need to develop their own patterns of thinking and strategies to become successful. This is the difference between the exercise physiologists who embrace yesterday's thinking and those who get the fabulous future, career opportunities, and vision of board certified exercise physiologists.

The ***third key*** to creating the profession of exercise physiology is to define what is “exercise physiology” and “who is an exercise physiologist.” The ASEP board certification is the “fire walk” of exercise physiology. People who walk on hot coals

learn to think differently and believe in themselves. They learn to put themselves in a different mindset with actions and results that simply aren't possible with the past way of thinking. This new internal representation of possibilities is both logical and the right path of success. It all begins with the new ASEP internal representation of beliefs that undergird board certification. It is most clear with healthcare professionals such as physical therapy, occupational therapy, and nursing who have already walked to walk. They have paid the price for a new way doing what they do, which is defined by their standards of practice. In short, they are what they think, which is defined by their certification, accreditation, and code of ethics.

The ASEP exercise physiologists believe in the importance of having a scope of professional practice. Standards provide a powerful compass and steps that guide practitioners in carrying out their work in accordance with ethical thinking and behavior. The more exercise physiologists learn of the powerful influence of a professional practice document, the more they realize its importance. It is the ASEP leaders' belief that the birth of the ASEP standards allow for the first-ever awareness of a conscious choice to support the integrity of exercise physiology. This is important because the birth of excellence begins with the awareness that ethical thinking and behavior are important. Thus, exercise physiologists can choose to stay consistent with established beliefs or they can change their beliefs and create the reality they want to live.

Do you have a vision statement that gets you up in the morning, guides your actions throughout the day, and fuels your dreams at night?

-- Bob Proctor

Why not experience this thinking? This is the question every exercise physiologist must ask him- or herself. Doing so allows for new choices and new possibilities. Embracing professionalism also allows for living life with credibility. This point doesn't have to be complicated and difficult. It is as simple as Theodore Roosevelt said, "Do what you can, with what you have, where you are." The good news is that exercise physiologists can learn to think differently to create feelings that attract

professionalism and a completely new way to think about ASEP. Most importantly, they understand that if they continue doing what they have always done, then, nothing about what they are will change. This is the key ingredient of changing: the ability to understand the past for what it was then while putting all your resources into creating a vision of something 100% better for everybody today.