

Professionalization of Exercise Physiology^{online}

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We Become What We Think

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To change exercise physiology is the equivalent to changing how we think.

WE ALL HAVE THE POWER to think this way or that way. More often than not our thinking doesn't work for us. We take the wrong road or we seek friendships where our time would be better spent elsewhere. Why, simply because we fail to believe in our power to change our reality. Yet, every great teacher has taught students that attitude and belief define who they are and what they will accomplish in class.

It is inevitable that the day shall come when the student and professional will understand the power of the mind to deal effectively with life's challenges. Obviously, life is full of disease, poverty, and unhappiness; each of which can be positively influenced by the mind. But, first, the student and all others who are struggling with their issues must believe change is possible. Thinking in accordance with our belief and conviction is creative. We find ourselves taking the right road as though one could say, "Whereas I was blind, now I see."

Does it make any difference whether or not exercise physiologists see the reality of what they are or could be? Yes, of course it does. But, unfortunately, the majority of the exercise physiologists, including the doctorate prepared academic types, are not thinking about exercise physiology as a healthcare profession. When they should be looking forward to being recognized as "the" experts in prescribing exercise medicine and working towards professionalism in exercise physiology to ensure its credibility among the recognized healthcare professionals, they are not thinking as healthcare professionals.

*Life is a mirror and will
reflect back to the
thinker what he thinks
into it.*

-- Ernest Holmes

Yet, they can turn around the failure to think by joining the American Society of Exercise Physiologists that is progressively realizing the goal of professionalism in exercise physiology. All it takes is a progressive realization of exercise physiologists as healthcare professionals. But, instead, if a person conforms to yesterday's ways, then that person needs the courage and will to realize a worthy ideal. It is as Rollo May said, "The opposite of courage in our society is not cowardice – it is conformity." And there you have the answer why so many students graduate from college without the opportunity of finding a credible job in healthcare.

A man's life is what his thoughts make of it.

-- Marcus Aurelius

On the other hand, separating from the past way of thinking brings forth a happier state of mind. It isn't complicated. Exercise physiologists can make themselves happy and successful by creating their future. Why not set personal goal to join ASEP and become Board Certified? Doing so tells your friends and colleagues that you know where you are going. You have a definite goal that will lead you to success. Without the right thinking and no destination, success is not likely and that is exactly where many in exercise physiology and related degree programs find themselves.

The key to being successful as exercise physiologists is no different from what Ralph Waldo Emerson said, "A man is what he thinks about all day long." It can't get in simpler than that. ASEP is our reality. Those of us who believe in ASEP as the professional organization of exercise physiologists will succeed. All we need to do is plant the seed of the ASEP perspective, care for it, work steadily towards the ASEP goals and objectives, and it will become the exercise physiologists' reality. This thinking will help determine the future of exercise physiology.

To start living as healthcare professionals, exercise physiologists must be willing to pay the price of controlling their thoughts and thinking positively.

At a Personal Level

This means looking for and expecting new, different, and rewarding career opportunities. It may be starting your own exercise physiology healthcare business. Or, it may be recognition as a credible healthcare professional. Remember, the moment you start seeing the mental picture of the goal and working to realize it, you are living it. Like the evolving state of ASEP that is steadily growing year by year, let your mind guide your thoughts towards success. There will always be ups and downs and big and small changes and obstacles, but stay the course and you will achieve your goal. As Earl Nightingale said, "Start today. You have nothing to lose – but you have your whole life to win."

Act as though it were impossible to fail.

-- Dorothea Brande