

Highlights

The **Journal of Exercise Medicine online** (ISSN 2378-4083) is published by the **American Society of Exercise Physiologists**. It is a professional peer reviewed Internet-based journal devoted to original review papers and research manuscripts in exercise medicine. The **JEMonline** journal is directed by the Editor-In-Chief with supporting editorial assistance via Associate Editors knowledgeable in the field of exercise physiology and exercise medicine in the prevention and treatment of chronic diseases (such as coronary heart disease, hypertension, stroke, obesity, type 2 diabetes, osteoporosis, sarcopenia, cancer, and depression) and disabilities.

The **Journal of Exercise Medicine online** is the first electronic peer reviewed exercise medicine journal in the history of the profession. It is founded for the purpose of disseminating exercise medicine research and thus to serve specifically the professional needs of exercise physiologists and ASEP Board Certified Exercise Physiologist. The Editor-In-Chief welcomes both empirical and theoretical articles.

To learn more about our newest online journal, visit the [JEMonline](#) pages on asep.org

Question...

Q: Am I eligible to challenge the EPC exam?

A: Review the requirements online, but there are two requirements. The first is a bachelors or higher degree in Exercise Physiology (or related title) and transcripts that show you've had the required EP coursework.

If you have a question, please email it to info@asep.org and we'll reply right away and maybe put it in the Newsletter.



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From the CEO

What's New This Year?

Happy New Year! We started 2016 with more people taking up the membership drive challenge. We've had a surge of memberships in the last month so thanks to everyone who's shared ASEP with a friend or colleague! Continue your efforts to educate and motivate others to join so we can grow into some new and exciting areas.

ASEP is working to identify opportunities and services that our members find beneficial and important. We'd like to hear from you. Please send your ideas to info@asep.org and we will work them into our strategic planning.

One of the initiatives we are currently looking into is to identify professional liability insurance providers who would like to work with ASEP. If you would like to share your experience or recommendations with us, please email them to us.

We are also interested in feedback or other ideas from our membership. Of course ASEP is dedicated to accrediting academic EP programs and credentialing individual EPs, so anything that you can contribute that will help us with those goals is welcomed!

Another group we'd like to hear from are the entrepreneur EP's who have started their own businesses. If you'd like to contribute ideas or even articles in the PEPonline, or new JEMonline, please connect with us to learn more or submit your thoughts and ideas for future newsletters.

Do you know of any businesses that would like to advertise through ASEP? If so, please send us their information so that we can reach out to them. If they offer a valuable service or product that EPs can use in their practice, we'd like to bring it all together!

In closing, send us your thoughts, questions, and experiences. Share ASEP with your friends and colleagues. Most importantly, have a wonderful and prosperous 2016!

-Shane Paulson CEO, American Society of Exercise Physiologists

Job Postings

[Exercise Physiology Instructor-Santa Monica College, CA.](#)

[Assistant Director Cardiology-Salinas, CA.](#)

Advertisers

[Introduction to Exercise Physiology](#) This is a great text for your primary EP courses, the perfect study guide for the EPC board exam, and a valuable addition to any EP's resource library! Get your copy today.

[PhysioLogic Human Performance Systems.](#) PHPS provides systems that will help you start your own Exercise Physiology Practice.

Click the following links to visit the [advertisers](#) and [job postings](#) pages to submit an opening or advertise your products or services.

JEPonline

The “Journal of Exercise Physiology**online**” is an open access journal that is published every other month.

There are many articles published in each issue of the **JEPonline**. Follow the link to read more.

[If you have research that you would like to publish in the JEPonline, click on this paragraph to follow the link to the submission page.](#)

PEPonline

When it comes to philosophy and reasoning on what we Exercise Physiologists need to be thinking and doing to establish ourselves as professionals, both in and out of the healthcare arena, nobody has written more than Dr. Tommy Boone!

ASEP invites you to submit your experiences or concepts for publication in the **PEPonline** to help us further our professionalization efforts.

Visit the **PEPonline** to read through our past issues and then write one yourself and submit it!

Visit the **JEPonline** for this and other articles:
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CrossFit: Remember What You Have Learned; Apply What You Know

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ABSTRACT

Mullins NM. CrossFit: Remember What You Have Learned; Apply What You Know. **JEPonline** 2015;18(6):32-44. The purpose of this article is to present important considerations regarding participation in CrossFit programming. CrossFit has motivated many people to incorporate regular exercise into their lifestyles, and to achieve real changes in physical fitness. However, some CrossFit customs impose very high risk-benefit training and conflict with standards of professional fitness practice. The objectives are to educate and minimize risk, not to criticize.

What is the Minimum Volume of Aerobic Physical Exercise Necessary to Elicit Postexercise Hypotension?

Cayque Brietzke Barreto^{1,2}, Samuel da Silva Aguiar^{3,4}, Rafael Palmeira³, Hélio José Coelho Junior^{3,5}, Eduardo Morvan Leme Gargaglione¹, José Fernando Oliveira⁴, Flávio de Oliveira Pires², Ricardo Yukio Asano^{1,2,3}

¹FESB, Bragança Paulista, Brasil, ²EACH-USP, São Paulo, Brasil, ³UMC, Mogi das Cruzes, Brasil, ⁴Universidade Católica de Brasília, Brasília, Brasil, ⁵UNICAMP, Campinas, Brasil

ABSTRACT

Barreto CB, Aguiar SS, Palmeira R, Coelho Junior HJ, Gargaglione EML, Oliveira JF, Pires FO, Asano RY. What is the Minimum Volume of Aerobic Physical Exercise Necessary to Elicit Postexercise Hypotension? **JEPonline** 2015;18(6):1-12. Benefits from physical exercise are not restricted to a chronic stimulus. They can also be observed after a single session of exercise (such as the phenomenon called postexercise hypotension, PEH). While moderate aerobic exercise is known to cause PEH, the minimum exercise volume to elicit this phenomenon is not well elucidated. Twenty-two normotensive sedentary healthy adults were allocated to two groups: the Control Group (CG, n = 9) and the Exercise Group (EG, n = 13). The EG was randomly assigned to three aerobic exercise protocols with different volumes (10 min [S10], 20 min [S20], and 30 min [S30]) at 60% of heart rate reserve. Before and during the 30 min after the exercise bout, blood pressure was recorded. Results showed that moderate aerobic exercise sessions lasting 20 and 30 min significantly decreased the systolic blood pressure throughout the period after the exercise bout (S20: P<0.0001, ES15' = 1.3, ES30' = 1.6; S30: P<0.0001, ES15' = 1.1, ES30' = 1.4). Hence, the minimum exercise time to observe PEH after engaging in moderate aerobic exercise is 20 min.

EPC REGISTRY

The American Society of Exercise Physiologists endorses those individuals who have successfully challenged the EPC Board Certification Exam and maintain a current paid member status with the organization.

Even though ASEP had previously listed all EPC individuals on the public website, a growing number of inquiries from employers and credentialing reviewers require us to have up-to-date information on our endorsed EPCs. For this reason, ASEP now requires individuals sustain their membership with ASEP to be listed on the EPC Registry and be endorsed by ASEP.

If you are an Exercise Physiologist and would like to be on the EPC Registry, join ASEP and pursue the EPC online exam...it's simple and quick!

Renew your membership...

If you have previously passed the EPC exam and wish to sustain it, simply go to: <https://www.asep.org/index.php/sign-up/> and put in your EPC number, fill in the rest of your personal information and pay your membership. You will be added to the EPC Registry as a fully endorsed Board Certified Exercise Physiologist!

Exercise Physiologists practice Exercise Medicine

American Society of Exercise Physiologists

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Contact Us

ASEP has our national office in Minnesota. You may contact us for more information about our services and products by mail, phone or email:

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Visit us anytime on the web at www.asep.org.

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