

Highlights

At the 2015 ASEP Annual Conference and Meeting, we got to hear some great presentations from our Keynote speaker, Dr. Shawn Simonson, as well as others from professors and students alike. We heard from EPs working in the field and students asked some great questions which we hope will serve them well in their future career options.

We also had the chance to bring together a meeting of people involved with the ASEP Accredited Exercise Physiology programs. We discussed many ideas and potential actions that will help us as we move forward together. One of the ideas was to better utilize our ASEP Newsletter to highlight news and information from our accredited EP programs.

As part of this remodeling, we are dedicating this space and the picture below to the identification of great things that are happening for our professors, students and practicing EPs in the field. If you would like to submit a picture and write up about new faculty, new facilities, awards received, new EPCs, or even a letter to the editor, we'd love to highlight that for you here.

If you would like to share some exciting news, please send the picture and write-up to info@asep.org with HIGHLIGHT in the subject line.

Question...

Q: Why am I not eligible for the EPC exam?

A: We are getting more inquiries from non-degreed people who want to become board-certified. Also, there are many who have degrees but their coursework is lacking. Learn more about the "educational requirements" at www.asep.org.

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.



Some attendees of the 2015 National ASEP Conference

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From the Board

Did Not Disappoint

Dr. Frank B. Wyatt, EPC

The 2015 edition of The American Society of Exercise Physiologists (ASEP) Annual Conference held in Oklahoma City, OK...is in the books. The venue was in “Bricktown” of Oklahoma City. If you have never been there, it can definitely be described as a “happening place”. What a fascinating place to find a brew-pub and grill with excellent food and live entertainment playing “Pink Floyd”. I know I was happy.

The conference began with the Keynote Speaker, Dr. Shawn Simonson of Boise State University. Dr. Simonson provided an excellent view into the professional organizations associated with Exercise Physiology and what each offered. He then led us all into an online survey in real time. The itinerary moved to a section titled “Research Presentations” where faculty and one graduate student presented their work. This was followed by a section of “Professional Presentations” where founder and member Dr. Tommy Boone and others discussed the meaning and realities of being a Professional Exercise Physiologist. The day ended with an open discussion of ASEP accredited programs and the Board Certified Exercise Physiologists (EPC) exam provided by the ASEP organization. All in all, a very busy and productive day.

The following half day of the conference delved into a new format of panel discussion. This began with a panel of researchers discussing how they began their research work which was followed by a panel of professionals within the field discussing their experiences as professional Exercise Physiologists. The day ended with the current ASEP President, Dr. Sarju Raiyani and the Board of Directors taking questions from the audience about the state of affairs of ASEP. Several pictures of the meeting are posted here.

In conclusion, the conference was a success. I have stated many times in the ASEP Newsletter venue the need for attendance by ASEP members, EPCs and representatives of ASEP Accredited programs. During those previous requests, I have continually stated that those in attendance will find a high quality conference providing excellent information and discussions. I am pleased to state that the 2015 Edition...did not disappoint! For those that attended, thank you for your continued support of The American Society of Exercise Physiologists.



Opening Remarks-Dr. Sarju Raiyani



Grad Student- Rodney Holmes Presentation



Professionalism by Dr. Tommy Boone



Mr. Patrick Ayres discusses work in the field



Dr. Soon Mi Choi presents research findings

[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 would like to accept articles from other authors who would like to publish their experiences or concepts that will help us further our professionalization efforts.

Visit the [PEPonline](#) to read through our past issues and then write one yourself and submit it!

Click the following links to visit the [advertisers](#) and [job postings](#) at www.asep.org

Visit the [JEPonline](#) for this and other articles:

October 2015 Issue [JEPonline](#)

Influence of Increment Magnitude and Exercise Intensity on VO₂ Kinetics, Time to Steady State, and Muscle Oxygenation

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ABSTRACT

McNulty CR, Robergs RA, Morris D. Influence of Increment Magnitude and Exercise Intensity on VO₂ Kinetics, Time to Steady State, and Muscle Oxygenation. [JEPonline](#) 2015;18(5):37-58. The purpose of this study was to quantify the oxygen uptake (VO₂) kinetics to steady state across the full range of sub-ventilatory threshold (VT) work rates. Twelve trained males participated in two separate series of five bouts of cycling. One trial (DM) involved 10 min at a percentage of their VT. The second trial involved five bouts at an increasing baseline intensity for 5 min (SM1), followed by an increase of 30% of VT for 10 min (SM2). The VO₂ kinetics was quantified by the mono-exponential time constant (τ , t) as well as a new method for time to steady state (TTSS). For DM, t increased significantly from 30% and 45%VT (31 ± 22 and 33 ± 15 sec, respectively) between 60% to 90%VT (42 ± 16 , 53 ± 29 , 74 ± 25 sec for 60%, 75%, and 90%VT, respectively). For SM1, t increased significantly from 40% (41 ± 16 sec) to 60%VT (74 ± 25 sec). For SM2, t increased significantly between 60% (44 ± 11 sec) to 80%, and 90%VT (92 ± 41 and 151 ± 83 sec, respectively), and from 70% (54 ± 38 sec) to 90%VT (151 ± 83 sec). The data revealed a clear increase in t as intensity increased, revealing a more complex VO₂ response than previously documented.

Key Words: VO₂ kinetics, Near-infrared spectroscopy, Steady state VO₂, Mono-exponential

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 then fill in the rest of your personal information and pay your membership. You will be added to the EPC Registry and fully endorsed as a Board Certified Exercise Physiologist!

Exercise Physiologists practice Exercise Medicine

American Society of Exercise Physiologists

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