



*American Society of  
Exercise Physiologists*

## *ASEP* Newsletter

**August 2021**

ISSN 1097-9743

*From the CEO,  
Shane Paulson, MA, EPC,  
ASEP Board Certified  
Exercise Physiologist*

Dear **ASEP** Members,

I have been thinking about what we are all going through as well as the challenges faced by society. Whether it is locating a job or dealing with sickness, injury, or life in general, it is a very significant challenge.

I want you to know the ASEP Board of Directors is meeting in Duluth, MN at the end of September 2021 to discuss plans regarding the future of exercise physiologists in the United States. I will be in touch.

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*Remember...*

*The best way  
to predict the  
future is to  
create it.*

■ *Peter Drucker*

*ASEP Board Certified  
Exercise Physiologists  
are healthcare  
Professionals.*

## *The Spirit of **ASEP** is Believing in Yourself*

*George Land and Beth Jarman said in their book, Break-Point and Beyond, "When you imagine the possibilities for your future, you create not only your future but your present."*

If your heart is in it, the reading, writing, and talking about exercise physiology is an act of love. If someone had said 20+ years ago that I would still be writing articles about exercise physiology, I would have probably laughed at them. My passion to see exercise physiologists respected just as other health care professionals are keeps me writing and looking forward to tomorrow, so I write yet another article and/or a book. Why not?

Do I come across as strange to people who are not as committed? Maybe, but should I care? I don't think so. ASEP is the professional organization of exercise physiologists, and I am happy to be part of it. Why not give it a try yourself? ASEP can use your talents, energy, money, and connections to promote the profession of exercise physiologists as Board Certified exercise medicine professionals.

It is important that we secure the future of exercise physiology in healthcare not only for members of the profession, but also for adults who need an exercise medicine

prescription. The good news is the ASEP exercise physiologists have a vision of how the future should be if Americans engage in regular exercise at least three times a week. No one has to be perfect to go for a 30-minute walk every other day.

Regular exercise is likely to be an uncomfortable activity that most adults are reluctant to do. However, if they start an exercise medicine program, their physical life is likely to be very different. No one has to be perfect, but if they stay with the program, they will find ways to relax and live a healthier lifestyle.

It is all about making a commitment. The exercise physiologist's role is to help the client understand where he or she is now and the safe direction to go. When your goals are clear, it is easier to focus on a step at a time. The main thing is to be persistent.

Calvin Coolidge said it best, "Nothing in the world can take the place of persistence. Talent will not; nothing is more common than successful men with talent. Genius will not; unrewarded genius is almost a proverb. Education alone will not; the world is full of educated derelicts. Persistence and determination alone are omnipotent."

*Tommy Boone, PhD, MPH, MBA  
Board Certified*

# *Success Requires a Vision*

*ASEP Board of Directors*

**E**xercise physiologists must believe and support the future of healthcare that is within their understanding. All others who think otherwise must be disregarded because they do not know that exercise physiology research helps to discern the psychophysiological effects of exercise. In fact, exercise helps to develop and maintain the integrity of the cardiovascular and musculoskeletal systems. It is medicine, and a very powerful one.

To be an effective healthcare provider, exercise physiologists must believe in themselves. They need to be courageous, willing to take risks, speak up, and commit themselves to the American Society of Exercise Physiologists (ASEP). Every exercise physiologist has the right to become all that he or she was created to be. So, why not believe in the future of exercise physiology as an extremely important healthcare profession. Let others say or do what they want. Just don't let them get the best of you, regardless of their education, talent, position, training, or way of thinking.

Yes, we understand how comments from a colleague can either help or hurt. Too often we hear negative statements about a certification that is not offered by a large generic organization. Hence, it is easy to understand how a person can become confused and/or discouraged. Why people in numerous of study allow themselves to be shortchanged by misinformation is difficult to understand, but you are not that person. Believe in yourself. Believe in what you think. Never give up, and passionately act on your beliefs about the ASEP vision and the future of the profession of exercise physiology.

After all, Proverbs says, "Where there is no vision, the people perish." No doubt that is the reason so many exercise physiologists are struck in the 20th century mindset. They don't have any idea of what they are missing. Why? They have no vision. Yet, with the ASEP vision exercise physiologists will live to make a difference. Their passion will turn vision into action to support the change that is required to gain meaningful employment.

You may say, "But, we can't imagine that we have it within ourselves to make a difference." You can make a difference, but first you must stop limiting yourself to believing that exercise science or kinesiology is exercise physiology. Guess what? Such misinformation has been shared by individuals for decades. The bottom line is simple: A physical therapist is not a physician. Why, because the physical therapist's degree is in physical therapy! Hence, a kinesiologist is not an exercise physiologist because his or her degree program is kinesiology. Students, it isn't your fault that your thinking is so messed up. More often than not, your college teachers are not providing you the right information.

They do not have a vision of something better than yesterday's thinking. Many are equally confused, but they hide from the truth.

Exercise physiologists throughout the United States need to start thinking and acting as educated professionals. In short, they must show some boldness. They must demonstrate the willingness to stop trying to please friends and colleagues who are members of organizations other than ASEP. They must focus on what it truly means to be an exercise physiologist. If they and their colleagues do not understand the influence of status quo thinking, then they are not likely to act in accordance with true friendship.

As an exercise physiologist, are you getting the big picture? Life is not about pleasing your colleagues. It is not about getting their approval. It is about who you are and what you believe about yourself. It is about making a difference in the lives of others, whether they are students, colleagues, clients, or patients. It is about courage, hope, and running your own race. So, don't allow yourself to be distracted. Your future is too important to let people control your thinking and who you are.

Just as it is good to be free from drugs or from depression, it is equally important to avoid the drama from non-ASEP members. Doing so means taking responsibility for staying focused on the ASEP goals and the right opportunities to overcome obstacles. It means not settling for mediocrity. Hence, every ASEP member must stay positive and continue to embrace the ASEP vision to serve the profession. After all, the ASEP focus is on a better career in healthcare for the students, regardless of the professors' lack of awareness that they are failing in helping to bring their students' career dreams to pass.

Hence, in summary, do not let your journey as an exercise physiologist become ordinary. Embrace the ASEP vision and live it. Don't hold back. Do it with a smile on your face. Start living and enjoying life. Imagine lifting up your head and telling everyone that you are an ASEP Board Certified Exercise Physiologist. Remember, who you believe you are is more important than what other people think. Start today, tomorrow, and everyday thereafter with the ASEP vision on the tip of your tongue.

The ASEP vision gets to the heart of what is important. First, that ASEP is recognized as the leading professional organization of American scholars and practitioners in the study and application of exercise physiology to fitness, health promotion, rehabilitation, and sports training. Second, that the Society of Exercise Physiologists is dedicated to unifying exercise physiologists to promote and support the study, practice, teaching, research, and development of the exercise physiology profession.