

Highlights

Last Spring, Dr. Rebecca Kudrna of DeSales University in Pennsylvania, arranged and hosted a very informative and well attended regional ASEP conference on the DeSales campus.

We are pleased to announce that it was so successful,, Dr. Kudrna is preparing a repeat! Everyone from across the country is invited to register and attend, but certainly if you are on the East coast and more specifically in the Northeast, it is a great opportunity to attend a conference close to home.

We want o highlight this in the Newsletter now to give people time to plan their attendance. More details about the conference will be posted on the ASEP website and in future issues of the Newsletter as they are determined. For now, we expect the conference to be in the month of April.

We will be looking for presenters from academic and practicing Exercise Physiologists as well as students who would like to provide a presentation or poster board. If you are interested in presenting, please email Dr. Kudrna at Rebecca.Kudrna@desales.edu.

Check the webpage at <https://www.asep.org/index.php/organization/other-meetings/> for more information as it becomes available!

Question...

Q: What membership type do I use when I'm joining ASEP?

A: Thanks to this inquiry, we've added descriptions of each member type on the sign-up page at www.asep.org. Memberships are renewed annually on the anniversary of sign up, so join now or anytime and support ASEP!

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.



In This Issue

- Highlights
- From the CEO
- JEPonline abstracts
- PEPonline
- JEPonline abstract
- EPC Registry

From the CEO

2016 Membership Drive

As we get ready to turn the calendar page to 2016, I'm excited for Exercise Physiologists! It truly is a great time to be an EP!

In the past month, I've talked with people from all over the country and even a few outside the U.S. I've talked with people in human resources departments about the credentials of Exercise Physiologists and I've talked to EPs who need to support their employers expectations for a "PROFESSIONAL" credential. I've even talked with a few EPs who are working to define their roles within our scope of practice around other skills like venipuncture and life support certifications.

There is so much happening and it seems to be happening faster these days. One EP, whom I have been friends with for years, is leaving academia and starting a new company in the middle of his career. The optimism in his voice as he explained his goals and expectations was nothing short of invigorating!

I've had wonderful conversations with EPs who didn't even know ASEP existed until recently and many of them not only join ASEP as members, but volunteer to play a more supportive role within their state! ASEP members are working on regional and national conferences for 2016 that will happen around the country!

I'm excited for the students of our accredited programs because they can join ASEP for the unprecedented low cost of \$50. They can also challenge the EPC exam for \$50. There is no other professional organization that offers so much value to its students!

For those EPs who have graduated or are graduating from a non-ASEP accredited program...there is value for you as well. The professional membership and EPC exam fees are significantly less than any of the other exercise/fitness certifications and, potentially the most valuable thing, you set yourself apart from the crowd!

Are you a member of ASEP? If not, why not? Your support of ASEP as a professional member, EPC member, or affiliate member is greatly appreciated! I am proud to volunteer my time and effort on behalf of ASEP members! I hope you will join me as a member this year, and encourage the other EPs you know to do the same, so we can shape our profession together!

-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: December 2015 Issue **JEPonline**

Effects of Moderate Intensity Resistance Training on Bone Mineral Density and Muscle Strength of Elderly Women

Solange N.A. Bacelar¹, Fabiano J.F. Almeida¹, Bismarck A. Sauaia¹, Tânia M.G. Novais¹, Ana E. A. Furtado¹, Laura M. Quintanilha¹, Janaína O.B. Pulcherio¹, José F. Filho², Bruno B. Gambassi¹

¹Ceuma University, Physical Education Department, São Luis, MA, Brazil, ²Federal University of Rio de Janeiro, Physical Education Department, Rio de Janeiro, RJ, Brazil

ABSTRACT

Bacelar SNA, Almeida FJF, Sauaia BA, Novais TMG, Furtado AEA, Quintanilha LM, Pulcherio JOB, Filho JF, Gambassi BB Effects of Moderate Intensity Resistance Training on Bone Mineral Density and Muscle Strength of Elderly Women. *JEPonline* 2015;18(6):94-103. The purpose of this study was to investigate the effects of moderate intensity resistance training on bone mineral density and muscle strength in 18 elderly women with ages between 61 and 67 yrs old. The women had gone through anthropometric evaluation, bone mineral density evaluation, and muscular strength evaluation before and after a resistance training program, which consisted of 3 sets of 10 repetitions (maximum) for 10 wks. The data were statistically analyzed using the Stata / SE 11.1. Quantitative variables were expressed as mean \pm standard deviation and checked for differences, using ANOVA and Student's t test ($P < 0.05$). While the findings indicate that there was no significant difference in the changes of bone mineral density in the lumbar spine and femoral neck, the 10-wk moderate intensity resistance exercise resulted in a significant increase in muscle strength in the upper and the lower limbs of elderly women.

Functional Fitness Test for Screening the Risk of Falls in the Elderly: Using Decision Tree Technique

Tachapon Tongterm¹, Areerat Suputtitada², Chaipat Lawsirirat¹, Prawit Janwantanakul³

¹Faculty of Sports Science, Chulalongkorn University, Bangkok, Thailand, ²Department of Rehabilitation Medicine, Faculty of Medicine, Chulalongkorn University, Bangkok, Thailand

³Department of Physical Therapy, Faculty of Allied Health Science, Chulalongkorn University, Bangkok, Thailand

ABSTRACT

Tongterm T, Suputtitada A, Lawsirirat C, Janwantanakul P Functional Fitness Test for Screening the Risk of Falls in the Elderly: Using Decision Tree Technique. *JEPonline* 2015;18(6):104-111. The aim of this study was to make the Functional Fitness Test for screening the risk of falls in the elderly by using the Decision Tree Technique. Selected by Multistage Random Sampling, we analyzed elderly subjects in 64 districts in 16 provinces in Thailand. The cross-sectional study consisted of 5,632 elderly (of which 1,869 were men and 3,763 were women). The subjects' physical fitness parameters (muscle strength, aerobic endurance, flexibility, and agility/balance) were studied using six different fitness tests: Chair Stand, Arm Curl, Step in Place, Chair Sit-and-Reach, Back Scratch, and the 8 Foot Up and Go. The fall risk parameter assessed was Berg Balance Scale (BBS). The analysis of Functional Fitness Test for screening the risk of falls in the elderly used the Decision Tree Technique algorithm C4.5 (J48). The 8 Foot Up and Go, Chair Stand, and Step in Place predicted the risk of falls in the elderly with accuracy in prediction (Correctly Classified Instances) equal to 95.76%. When using the Berg Balance Scale test as the dependent variable, the BBS was ≥ 45 points (meaning, low risk of fall) and when it was < 45 points (a high risk of fall) for classifying the risk of falls in the elderly, with Decision Tree Technique model gave information that functional fitness in the 8 Foot Up and Go, Chair Stand, and Step in Place classified the risk of falls in the elderly with level of Correctly Classified Instances equal to 95.76%.

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

PO Box 515

Osakis, MN 56360

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:

ASEP

P.O. BOX 515

Osakis, MN 56360-0515

(320)491-9662

info@asep.org

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

PLACE
STAMP
HERE