

Highlights

We are excited for 2017 and what we hope will be another great growth year! ASEP is growing in both membership and recognition. In 2016, we assisted with the U.S. Department of Labor and Bureau of Labor Statistics efforts to better quantify details about practicing Exercise Physiologists in the United States.

ASEP's national office continues to receive inquiries about our board certified members from employers looking for a standardized credential, so recognition and acceptance of the Exercise Physiologist Certified (EPC) board certification is on the rise. This is great for students of our Accredited Programs who are now challenging the exam upon graduation!

As always, ASEP is looking for individuals who would like to work with our organization toward creating more professional opportunities for Exercise Physiologists.

Recent Inquiry...

Q: What is ASEP doing to work toward licensure?

A: This question has been coming up a lot lately. Because licensure is a state legislative issue, we hope that concerned EPs will join ASEP, as it is through our increasing numbers that we will have the leverage to be represented.

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

As I look into 2017, I think about ASEP's need for continued growth. Where will this growth come from? Who will step forward and accept the straightforward philosophy that ASEP is the only "Exercise Physiology" organization in the United States and recognize that many of our combined frustrations and struggles around sparse occupational opportunities with professional level compensation are tied to our lack of consolidation as a professional group?

I regularly receive correspondence from non-members who ask what the value is for them to become members of ASEP. They ask how the Exercise Physiologist Certified (EPC) is different than other certifications that are historically encouraged by professors. They are obviously looking for an answer that equates to a high paying (or at least better paying) opportunity than they can currently find.

The past 40 years of chasing 'certifications' from various organizations has, I perceive, conditioned us to undervalue our formal education. Students are encouraged to challenge one or more of the historically accepted certifications because professors either don't know about, or don't accept ASEP as a 'new' organization developed and sustained for the development of Exercise Physiology as a true profession, similar to others like nursing, physical/occupational therapy, etc.

Is it unfair thinking to perceive that EPs who work in academia may prioritize their research and publishing longevity over what would be best for students or the profession as a whole? If that situation can exist, then we might find a situation where influence from those publishers, those consumers of the research done by said professors, becomes an influence to sway recommendations to students, which would be unethical, but I digress.

My point is this, if Exercise Physiology is ever going to grow into a true profession, the likes of Physical Therapy, Occupational Therapy or Nursing, then we must come together in our own professional organization and that exists solely under ASEP. None of the other multi-profession or specialized certifying organizations meet the accepted and historical expectations to establish us as a professional group. The perpetual recommendation of the various certifications only serves to keep EPs splintered and confused and if we are confused and unorganized, we are unprofessional, so how could any systems be built to employ and pay us at a level we desire?

As I look into 2017, I hope that we will find EPs practicing in all areas, academic, clinical, and non-clinical, accepting the responsibility we individually share to belong to our professional organization and contribute to the better good. I hope to hear from many of you as you move into positions of influence where you can help expand the understanding and acceptance of Exercise Physiologists and how our profession is ready to serve the greater good!

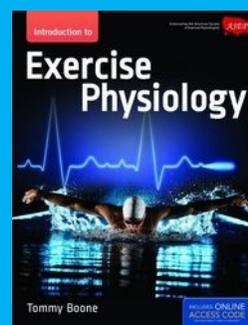
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Job Postings

There are new job postings on www.asep.org... join ASEP as a member to gain access to them!

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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!

Validity of Telemetric-Derived Measures of Heart Rate Variability: A Systematic Review

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ABSTRACT

Board EM, Ispoglou T, Ingle, L. Validity of Telemetric-Derived Measures of Heart Rate Variability: A Systematic Review. *JEPonline* 2016;19(6):64-84. Heart rate variability (HRV) is a widely accepted indirect measure of autonomic function with widespread application across many settings. Although traditionally measured from the ‘gold standard’ criterion electrocardiography (ECG), the development of wireless telemetric heart rate monitors (HRMs) extends the scope of the HRV measurement. However, the validity of telemetric-derived data against the criterion ECG data is unclear. Thus, the purpose of this study was twofold: (a) to systematically review the validity of telemetric HRM devices to detect inter-beat intervals and aberrant beats; and (b) to determine the accuracy of HRV parameters computed from HRM-derived inter-beat interval time series data against criterion ECG-derived data in healthy adults aged 19 to 62 yrs. A systematic review of research evidence was conducted. Four electronic databases were accessed to obtain relevant articles (PubMed, EMBASE, MEDLINE and SPORTDiscus). Articles published in English between 1996 and 2016 were eligible for inclusion. Outcome measures included temporal and power spectral indices (Task Force of the European Society of Cardiology and the North American Society of Pacing and Electrophysiology (1996)). The review confirmed that modern HRMs (Polar® V800™ and Polar® RS800CX™) accurately detected inter-beat interval time-series data. The HRV parameters computed from the HRM-derived time series data were interchangeable with the ECG-derived data. The accuracy of the automatic in-built manufacturer error detection and the HRV algorithms were not established. Notwithstanding acknowledged limitations (a single reviewer, language bias, and the restricted selection of HRV parameters), we conclude that the modern Polar® HRMs offer a valid useful alternative to the ECG for the acquisition of inter-beat interval time series data, and the HRV parameters computed from Polar® HRM-derived inter-beat interval time series data accurately reflect ECG-derived HRV metrics, when inter-beat interval data are processed and analyzed using identical protocols, validated algorithms and software, particularly under controlled and stable conditions.

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!

After you activate your membership...

If you have previously passed the EPC exam and recently re-activated your ASEP membership, you may need to contact the national office to ensure your name and EPC # are added back to the EPC Registry. If you don't see your name on the Registry, please send an email to epc@asep.org so we can correct the issue.

Exercise Physiologists practice Exercise Medicine

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Contact Us

ASEP provides academic EP program accreditation and individual EP board certification as the only exclusive professional organization for Exercise Physiologists in the United States. Our national office is in Minnesota. You may contact the ASEP at the following:

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

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