

Highlights

Exercise Physiologists practice Exercise Medicine! This month, we have a great new article in the new Journal of Exercise Medicine online (JEMonline) and we hope you'll enjoy it. We also hope that practicing EPs out there will take an opportunity to submit an article of their own for a future issue...get published!

The Northeast Regional ASEP conference at DeSales University is finally upon us (April 16th) so we hope you will look into the details if you haven't already! [CLICK HERE](#) to go to the ASEP.org page where you can download the information and registration packet. We are expecting a great turn out and hope to see you there!

ASEP leadership will meet for strategic planning in conjunction with the regional meeting this month. If you have questions, suggestions or concerns that you'd like us to discuss, please sent them to info@asep.org and we will post answers or discussion about each in future issues of the newsletter!

Question...

Q: "I am currently a masters student in exercise physiology graduating in May. I am currently applying for clinical exercise physiology jobs, and I need to obtain the ASEP American Society of Exercise Physiologists certification for some of the jobs I am applying for. If I become a member and take the EPC exam, is that all I need to do to be certified by ASEP?"

A: Yes, and maintain your professional membership annually.



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From the CEO

We've had some interesting contacts in the past month! From international inquiries to some practical connections for our EP practitioners here at home.

ASEP is glad to endorse HPSO as our preferred provider of professional and business insurance solutions for practicing Exercise Physiologists! We hope you will consider HPSO for your professional, general and business liability coverage needs.

For more than 20 years, Healthcare Providers Service Organization (HPSO) has specialized in providing professional liability insurance to healthcare professionals and businesses. Together with their affiliate, Nurses Service Organization (NSO), they insure nearly 1 million individual healthcare professionals and 18,000 healthcare businesses, including home health care agencies, rehabilitation centers, pharmacies, mental health services, nurse staffing agencies, and occupational therapy centers. HPSO is the preferred provider of professional liability insurance for the American Pharmacy Association, American Physical Therapy Association, American Counseling Association, and 43 additional state and national professional healthcare associations, providing their business owners with quality, affordable insurance solutions.

In the near future, more information and links will be available at www.asep.org and on the HPSO website.

Our efforts to increase the public's understanding of Exercise Physiologists as healthcare professionals has gone beyond our borders! We have been asked to consider ways we can assist other countries with their professionalization efforts! Of course this is a compliment to the efforts of our founders and all of the people who have worked so hard over the past 19 years that has made ASEP synonymous with professionalization in the health/fitness industry! I'm excited that our model of accreditation and board certification may become the international gold standard for our profession!

I want to encourage you to consider attending the Regional ASEP Conference this month if possible! Watch ASEP.ORG for details on the upcoming National Conference in Ohio! We also already have confirmed Liberty University in Lynchburg, Virginia as the location for our FALL 2017 National Conference! I am continually impressed by the level of professional commitment and work ethic of our members! If you would like to help ASEP, you can do so by joining as a member first and foremost. After that, you can do many things like write an article and submit it for publication, join the editor's team of reviewers, help your academic program research and gain accreditation, encourage other EPs become board certified, use your circles of influence to advance the professionalization however you can! I thank our newest members and look forward to welcoming others to this growing team!

In Health,
Shane Paulson MA. EPC.
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.



Visit the [JEPonline](#) for this and other articles: April 2016 Issue JEPonline

[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!

Effects of Exercise Only and Exercise Plus Electrical Stimulation on Ratings of Low Back Pain and Fatigue

Wayne Westcott¹, Varghese P. George², Rita La Rosa Loud¹, Scott Whitehead¹, Suzanne Young¹, Samantha Vallier¹

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ABSTRACT

Westcott W, George VP, La Rosa Loud R, Whitehead S, Young S, Vallier S. Effects of Exercise Only and Exercise Plus Electrical Stimulation on Ratings of Low Back Pain and Fatigue. *JEPonline* 2016;19(2):17-26. The purpose of this study was to compare the effects of exercise alone and exercise plus electrical stimulation on ratings of low back pain, low back fatigue, low back strength, body composition (%fat, lean weight, fat weight), and resting blood pressure over a 9-wk training period. All of the study participants (n=77, mean age = 64.8 yrs) completed 2 training sessions-wk⁻¹ consisting of 9 resistance machine exercises and 18 min of aerobic activity. About half of the subjects (n=42) also performed 4 electrical stimulations each week (averaging 61 min-session⁻¹). Subjects in the exercise only group attained a significant (P<0.05) improvement in low back pain and low back fatigue. Subjects in the exercise plus electrical stimulation group attained a significant (P<0.05) improvement in low back pain, low back fatigue, and low back muscle strength. These findings indicate that a basic program of strength and endurance exercise is effective in reducing low back pain and low back fatigue, and that supplemental electrical stimulation increases low back strength.

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Board Certified Exercise Physiologists and Exercise Medicine: A 2016 Perspective

Tommy Boone, PhD, MPH, MAM, MBA
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ABSTRACT

Boone T. Board Certified Exercise Physiologists and Exercise Medicine: A 2016 Perspective. *JEMonline* 2016;1(2):1-25. Chronic diseases (also known as non-communicable diseases) result from lifestyle choices. Between 2010 and 2030, the direct and indirect costs of chronic diseases are expected to exceed \$30 trillion. Exercise medicine in the form of regular exercise (e.g., 30 min of physical activity 5 d-wk⁻¹) is integral to the prevention and treatment of many chronic diseases, including heart disease, hypertension, obesity, diabetes, cancer, depression, arthritis, and osteoporosis that result from physical inactivity. Following the founding of the American Society of Exercise Physiologists (ASEP) in 1997, work began regarding the first-ever certification in the U.S. for an exercise physiologists. By 2000, the first “Exercise Physiologist Certified” exam took place at the University of New Mexico, Albuquerque, NM. The “Exercise Medicine Clinic” is founded on the understanding that exercise is often as effective as the common prescription of drugs when it comes to preventing chronic diseases. Not only is the CPX an excellent beginning point in the development of a client’s exercise prescription, it allows for a solid assessment of physiological function on cardiovascular morbidity and mortality rates. Given the limitations of the exercise pill, are people setting themselves up to fail? Now that we know that regular exercise is the equivalent of medicine, why shouldn’t society simply embrace exercise medicine? The short answer is that many people are not interested in the work required to stay with a regular exercise program. Society is interested in a quick fix for its problems. Regardless of age and sex, the majority of Americans and people worldwide are not interested in exercise medicine, although obviously they should be to realize the mind and body health benefits. The idea of waiting for an exercise pill to solve society’s health problems is not the right answer to acknowledging that we, the people, must do our part. In just the past 13 yrs, the exercise component of exercise physiology is now recognized as exercise medicine. Clearly, exercise physiology is a healthcare profession and not simply a research discipline. The absence of bold and authentic leadership in exercise physiology is a problem. Exercise physiologists have much to offer to society in the name of exercise medicine. Where to from here begins with a vision. Why not take a look at the ASEP vision for exercise physiology, especially students who want to be an exercise physiologist first and a healthcare professional second?

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

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:

ASEP

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

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PLACE
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**American Society
of
Exercise Physiologists**

North Atlantic Regional Conference
Saturday April 16th at DeSales University
in Center Valley, PA

Complete Information Available at: www.desales.edu/asep