

Highlights

Next month is the Northeast Regional ASEP conference at DeSales University in Central Valley, Pennsylvania. [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!

We've seen a drop in the rate of new ASEP memberships last month compared to the first couple months of the year...let's keep the membership drive alive...talk to your friends and colleagues about supporting ASEP with membership!

Students, especially seniors, graduation is nearing and now is the best time (and cheapest) to establish your membership with ASEP!

Any of you 'old dog' EPs out there who, like me, want to give something back...consider this your invitation! Send me an email to info@asep.org and I'll share what is going on and where we can use your help!

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

For so many years, Exercise Physiologists have expressed frustration with a lack of EP job opportunities for undergrad and graduate EP degree holders. It is not hard to recognize the absence of Exercise Physiology mentors in the corporate and public sectors. Traditional clinical EP opportunities are few so historically, non-PhD EPs have been herded into the fitness industry where the numerous and non-specific certification bodies perpetuate the broader public misunderstanding that their certifications qualify people to work as “fitness professionals” which pits degreed EPs against non-degreed individuals under confusingly similar certifications. The beneficiaries of this chaos are the certifying bodies and fitness center owners who get competitive (read: cheap) labor that brings them even more money on top of their facility memberships!

Exercise Physiologists need to stand up and transcend this confusion by organizing themselves through ASEP. Twenty years ago, PhD EPs in academia argued that BS/MS level degree holders shouldn't refer to themselves as “Exercise Physiologists.” There might be some holdouts with that attitude today, but ASEP has established itself as the only professional organization solely for Exercise Physiologists, and as such, works to qualify the degree holder (titled Exercise Physiologist) under a code of ethics and standard of practice which are requirements to be considered a profession.

Is it wrong, then, to make the assertion that if one has not successfully challenged the EPC board exam, they are not an Exercise Physiologist? It is not wrong, in fact it is the same way that all true professionals are qualified! Since ASEP has met the requirements to present us as professionals, then it makes sense those not endorsed by the organization may not be what they claim to be and should not be claiming to be an Exercise Physiologist! In other words, it was ASEP that stood up to the notion held by academics that only the PhD level deserved the Exercise Physiologist title so undergrad and graduate level people could call themselves EPs, but only if they are confirmed by the EPC board exam and adhere to the ASEP professional standards as a member in good standing!

I remember being frustrated by the lack of opportunity. Things changed for me when I could present myself as board certified and as a member of my professional organization. People who argue that ASEP isn't working or that EPC is ‘just another certification’ are usually on the outside looking in and basically don't get it. Once you are on the inside looking out, you'll begin to see there are opportunities everywhere and you'll be in a better position to capitalize on them. The doors are open to everyone now, and it starts with membership and progresses to challenging the EPC. In all of the certifications and memberships we've had access to in the past, ASEP and the EPC isn't the same as any of them and replicates nothing...it is new and it is just for us.

I don't want to stereotype old dogs and new tricks but let's face it, the old guard was committed to the way things were and ‘how it's always been done’. Those EPs who have jobs and argue ASEP is no benefit to them or others have forgotten the frustration or simply don't care because they ‘got theirs’. We are in a time of great change in our country and around the world. Whether you are, or want to be, in the medical treatment model of clinical care, the fitness industry or a part of the new “Proactive Health Model” of providing exercise medicine to the public, I hope you realize the value of being board certified and a member of ASEP as your professional organization!

Shane Paulson MA. EPC.

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: February 2016 Issue **JEPonline**

A Low-Volume Weight Training Protocol Reduces Abdominal Fat and Increases Muscle Strength in 12 Weeks

Antônio P. Martins¹, Fábio L. Ceschini¹, Rafael Battazza¹, Daniel Rodriguez¹, Gustavo Allegretti João¹, Danilo S. Bocalini¹, Mario A. Charro², Aylton Figueira Junior¹

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ABSTRACT

Martins AP, Ceschini FL, Battazza R, Rodriguez D, João GA, Bocalini DS, Charro MA, Figueira Junior A. A Low-Volume Weight Training Protocol Reduces Abdominal Fat and Increases Muscle Strength in 12 Weeks. *JEPonline* 2016;19(1):96-106. This study evaluated the effect of a 12-wk low-volume weight training (WT) program on body composition and neuromotor fitness of WT practitioners. Fifteen men and women (28.2 ± 4.9 yrs old; body weight: 69.2 ± 13.4 kg; height: 170 ± 10 cm; BMI: 23.7 ± 2.7 kg·m⁻²; with at least 1 yr of WT experience) were evaluated in a WT protocol (3 times·wk⁻¹ for 12 wks). Training sessions included 9 exercises (45° leg press, bench press, trunk curl, stiff-leg deadlift, front pull-downs, adduction machine, lateral raises, triceps extensions, and bicep curls) of 3 sets of 8 reps at 85% (1RM) with 40-sec rest between sets and exercises. Body composition and maximum strength were analyzed with a one-way analysis ANOVA and Scheffe post hoc test (P<0.05). The 12-wk WT protocol slightly decreased body mass (-1.3%) and waist circumference (-2.4%) as skinfolds sum (5.6 cm = Δ% -19.40%) and abdominal fat (-10.31). Increases in lean body mass (3.4%) and lower limbs strength (63.4%) suggest that 12 wks of low-volume WT reduced abdominal fat and increased muscle strength.

March 2016 PEPonline

Excerpt from:

Exercise Physiology Professionalism Is In Its Infancy

Tommy Boone, PhD, MPH, MAM, MBA

Board Certified Exercise Physiologist

It is logical that exercise physiology professionalism is expected to underpin the public's trust in exercise physiologists. This is true because professionalism is essential for all healthcare professionals and exercise physiology is a healthcare profession. Yet, professionalism in exercise physiology is seldom ever talked about much less researched or published. The lack of interest in professionalism and the students' welfare in and after college is as bad as medical doctors who disregard medical professionalism by failing to help maintain the health and well-being of their patients...

[Click here to read the whole article!](#)

...It is true that academic institutions have problems that society and many college teachers are not aware of at this moment in history. These problems are not going to simply disappear. They have been with us for decades and they are only getting worse without exercise physiology leadership. For now, I see them as opportunities to change, grow, and become more effective as college teachers. I see the challenges of our age as a chance for exercise physiologists to envision once again what it truly means to take the step towards something better. And so, as a member of ASEP, I need to ask: "Is sports medicine or exercise science the equivalent of an academic degree in exercise physiology?" If the answer is "no" – then, why are exercise physiologists on their knees before the non-exercise physiologists?

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

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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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STAMP
HERE