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Our Passion is to Stay the Course

Tommy Boone, PhD, MPH, MAM, MBA
Board Certified Exercise Physiologist

Better to pass boldly into the other world in the full glory of passion, than to fade and wither
dismally with age.

-- James Joyce

Recently, I was asked "What do you worry about when it comes to ASEP? Is it size, support, politics, personalities or the future? Or, is it that you are not the type of person to worry at all? Perhaps, that is the responsibility of others in the organization? Is that it?"

I looked at Larry (not his real name) and his two friends and said, "The truth is there isn't a good reason to worry over this or that. My responsibility is to do my best and that is it. ASEP does not define me. It is not who I am, although I have certainly given up a large part of my life to promoting it.

At times, the idea of something negative actually coming to pass does happen. But, more often than not it is the result of the poor behavior of others. Some people plan months if not years to take what another person (perhaps, a friend) has. That is life. There are good and bad people around us where we work and live. That will always be the case. I wish it were otherwise. Most people would agree.

Great endeavors are fueled by
great passion.

--Winston Churchill

The bottom line is that we cannot live in fear of something bad is going to happen or might happen. To do so is to live in fear of failure and, frankly, no one is a failure until he or she stops trying. All we can, yes, those of us in ASEP, is to keep placing the next foot forward day after day, month after month, and year after year. This is true regardless of the unethical or distracting behavior of others. Again, that is life. We have to learn to deal with those who steal our ideas and undermine our work.

Does that mean that ASEP members never experience what seems to be a helpless moment now and then? They are human and they have moments that must be addressed and handled appropriately. Frustration is a natural part of the change process. This is especially true when thoughts surface as to "what might have been" if something had or had not taken place. That is the reality of being human, and my personal reality is to go to God in prayer. Life is too short to not forgive and move on.

After all, "If you do not forgive men, neither will your Father forgive you your offenses" (Matt. 6:15).

There simply isn't any reason to worry over ASEP. Nothing about life is an absolute, at least not for the majority. So, what is the big deal if ASEP is not as big as the organizations that have been around for 60 or 150 years? Really, get serious! Well, what if a large percent of the membership fails to complete next year's membership application? So what? The organization continues to exist.

The list of concerns can go on and on. It is very much a young child asking his father during a fishing trip. What if the boat sinks? Or, what if a big fish jumps in the boat? Why is his boat bigger than our boat? Why don't we have a motor like them?

ASEP passion is the real thing. It is genuine, and it is committed.

You get the point. My point is that ASEP is not about being big or performing like other organizations. Rather, ASEP is about the passion for exercise physiology as a healthcare profession and, yes, the purpose of behind what drives the ASEP leaders.

Passion and purpose go hand in hand. When you discover your purpose, you will normally find the thing that drives your passion.

-- Steve Pavlina

When the ASEP leadership is doing the right things for the right reasons, there is no point worrying. Here are several basic steps ASEP members can use to embrace their passion to stay the course:

1. Just as starting a new organization took a new way of thinking by its founders, ASEP members concerned about the size of ASEP should stop where they are and embrace the strength of positive thinking. Faith and a positive attitude will stop a person's concerns by changing how he or she thinks. After all, remember that we are what we think! So, think positive, be positive, and live a positive ASEP membership.
2. To help promote the first step of changing, write down your thoughts feeling, and expectations of embracing the ASEP alternative to yesterday' sports medicine and exercise science rhetoric. There is no need to write a book! Just a few words will do it. If your interest is sparked, then you can write an article for PEPonline

or JPEP to share your thinking with other ASEP members. Writing about your thoughts will help to deal with the unspoken concerns and worrying.

3. Stop today and be the person you want to be. Think it, live it, and share your message with others. Be open with your thoughts to others regarding your support of ASEP, its vision, and its mission for the students of the profession of exercise physiology.

In the end, it is important to remember that T.S. Elliott hit the nail on the head with the following statement: “It is obvious that we can no more explain passion to a person who has not experienced it than we can explain light to the blind.” So, be kind to yourself in all of your efforts to bring about change in face of indifference!

In the end, as I have said many times before, it is always good to remember that “We become what we think, what we talk about, and what we do. If we think our work is for the right reason, if we think that our actions will bring forth positive results, and if we start living as professionals, we will become our vision.”

References

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