

## Highlights

Join us to celebrate 20 years of ASEP at the 2017 ASEP National Conference this month in Minneapolis, Minnesota. Submit your registration online at: <https://www.asep.org/index.php/organization/national-conference/> and if you need hotel reservations, there is info on the same web page. Register Now!

We are looking forward to presentations from people in all three pillars of Exercise Physiology; academics, clinical and professional practice! We think you'll appreciate the content and find opportunities to contribute with questions and suggestions during our panel discussions.

EP licensure has been an issue of discussion for years. We've learned some new information (at least for MN EPs) and we are looking forward to sharing this information and what we need as a group to move forward. This will be similar in every state, so we encourage EPs from around the country to attend!

The Conference October 27-28, so register now and make your travel plans. See you there!

## Recent Inquiry...

**Q: "How is ASEP helping me and what is membership worth to me?"**

**A:** ASEP is just for Exercise Physiologists. Only Exercise Physiologists can challenge the Exercise Physiologist Certified (EPC) exam and hold this board certification. Most members value this distinction for the professional status it infers for their career endeavors. As each of us build our career, we make future opportunities possible for other EPs, and ASEP members work to share and promote those advancements for the benefit of the profession...and that is worthwhile!



## In This Issue

- Highlights
- From the CEO
- JEPonline abstracts
- Advertisers
- Job Postings
- EPC Registry

## From the CEO

The year was 1997.

A couple like minded Exercise Physiologists got together and created the American Society of Exercise Physiologists.

The main intention was to change the prospects for Exercise Physiologists at the undergraduate level. Founded primarily in the belief that a bachelor's degree in exercise science should prepare an individual for gainful employment illuminated the need for a standardized undergraduate curriculum.

ASEP founders gathered support from many other PhD level Exercise Physiologists, who together worked to create our code of ethics and standards of practice.

Based on the new standard curriculum and what it allowed for expected skills and abilities, to be done within this new scope of practice and code of ethics, our peers created the Exercise Physiologist Certified (EPC) board exam as our professional credential.

Academic program standardization and individual board certification provides a way for consolidation under our own professional title and scope as Exercise Physiologists.

The formative work of the ASEP organization meets the historically accepted expectations that other healthcare professions have met to gain the recognition, acceptance and accountability for individuals to practice their scope within their professional designation. It wasn't until 2015 that Exercise Physiologists were designated as unique professional category by the Dept. of Labor and Bureau of Labor Statistics, but that achievement shows we are making progress.

To any one of us, 20 years might signify half of our professional career but for ASEP as an organization, 20 years is just the beginning. As individuals, with a shorter time horizon, we find ourselves worrying about the same lack of job opportunities and low salary of jobs that we faced 20-30 years ago. As an organization, it has taken 20 years just build the foundation for the profession that EPs will build over the next 100+ years!

Now we are poised for professional growth. We have our own identity and our own professional designation. We have a way to meet the legal and societal expectations of a professional group via our accredited academic preparation and individual board certification. As an individual board certified ASEP member, you are endorsed as an expert by your peers and that can help you build a better career. As a professional member of ASEP, your career along with all the other member careers form our professional practice. As we progress together, so does our profession! Here's to the next 20 years and all we can get done!

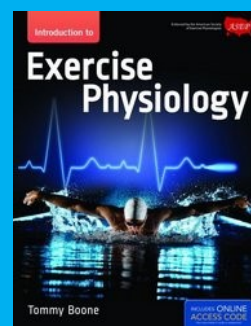
Shane Paulson MA. EPC.  
CEO, American Society of Exercise Physiologists  
[info@asep.org](mailto:info@asep.org)

### Job Postings

There are new job postings on [www.asep.org](http://www.asep.org)... join ASEP as a member to gain access to them!

### Advertisers

Click the image below to visit our advertisers sites:



## Visit the [JEPonline](#) for this and other articles: August 2017 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!

The Effect of 12-Week Resistance Training on Muscular Strength and Body Composition in Untrained Young Women: Implications of Exercise Frequency

Hojun Lee<sup>1,2</sup>, In-Gyu Kim<sup>3</sup>, Changsu Sung<sup>3</sup>, Ji-Seok Kim<sup>3</sup>

<sup>1</sup>Division of Sports and Health Science, Kyungsoong University, Busan, Korea, <sup>2</sup>Mechanical & Molecular Myology Lab, Department of Rehabilitation Medicine, Seoul National University Bundang Hospital, Seongnam, Korea, <sup>3</sup>Exercise Physiology Lab, Department of Physical Education, Gyeongsang National University, Jinju, Korea

#### ABSTRACT

Lee H, Kim I.G, Sung C, Kim J.S. The Effect of 12-Week Resistance Training on Muscular Strength and Body Composition in Untrained Young Women: Implications of Exercise Frequency. *JEPonline* 2017;20(4):88-95. The purpose of this study was to evaluate the effect of resistance training with different workout frequency on muscular strength and body composition in untrained young women. Seventeen female college students without chronic diseases were recruited. Eight of the 17 students were engaged in comprehensive resistance training 3 times·wk<sup>-1</sup> (3/wk, Moderate Frequency, MF) while 9 students were engaged in the same resistance training protocol but for only 1 time·wk<sup>-1</sup> (1/wk, Less Frequency, LF). As compared to pre-training, post-training 1RM in bench press and lateral pulldown was increased significantly in both LF and MF groups, respectively (LF: 19.55 kg ± 0.85 vs. 24.33 kg ± 1.01, 20.0 kg ± 2.2 vs. 30.0 kg ± 1.62), (MF: 20.62 kg ± 0.32 vs. 23.62 kg ± 0.32, 23.12 kg ± 1.61 vs. 29.37 kg ± 0.77). Post-training 1RM in bench press and lateral pulldown in the LF group were not statistically different compared to the MF group. Body weight, muscle weight, percentage fat mass, and percentage abdominal fat mass were not different between the LF and the MF groups. The findings provide evidence that the strategy for reducing training frequency could be used as positive reinforcement for untrained female beginners with low self-efficacy for fitness and strength.

### October 2017 JEPonline

A Future Perspective: Is Society Interested in Avoiding the 21st Century Plague?

Tommy Boone

Board Certified Exercise Physiologists, Member of the Board of Directors, American Society of Exercise Physiologists, USA

#### ABSTRACT

Boone T. A Future Perspective: Is Society Interested in Avoiding the 21st Century Plague? *JEMonline* 2017;2(4):1-8. This paper begins with several questions that need answers. Is the science in the recent 20 yrs sufficient to produce a change in the lifestyle of Americans and individuals throughout the world? Are we becoming skeptical of the quality of science, since research fraud is huge throughout the scientific community? If it isn't research and science that bring about change in society's lifestyle, then who is responsible for bringing about healthcare change? Now that ASEP Board Certified Exercise Physiologists are recognized as healthcare professionals, what will they do different? How is the accredited curriculum different from the education of other healthcare professions? Will they run upon the same road blocks? How many adults understand why they should leave their comfortable chairs to walk a mile a day? The answer is not many adults engage in physical activity, which is an indication that something has to change. The collaboration between exercise physiologists and their clients is critical to understanding why regular exercise must be a health priority. Motivating the client is a major part of advancing the client's involvement in exercise medicine. Exercise physiologists are poised as healthcare professionals committed to the American Society of Exercise Physiologists. The organization provides professional leadership for exercise physiologists in their advancement of exercise medicine to improve the client's health and well-being

# EPC REGISTRY

The American Society of Exercise Physiologists endorses those individuals who have successfully challenged the EPC Board Certification Exam and maintain their professional 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](mailto:epc@asep.org) so we can correct the issue.

Exercise Physiologists practice Exercise Medicine

### American Society of Exercise Physiologists

PO Box 515  
Osakis, MN 56360

## 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

P.O. BOX 515  
Osakis, MN 56360-0515

(320)491-9662

[info@asep.org](mailto:info@asep.org)

Visit us anytime on the web at [www.asep.org](http://www.asep.org).

PLACE  
STAMP  
HERE