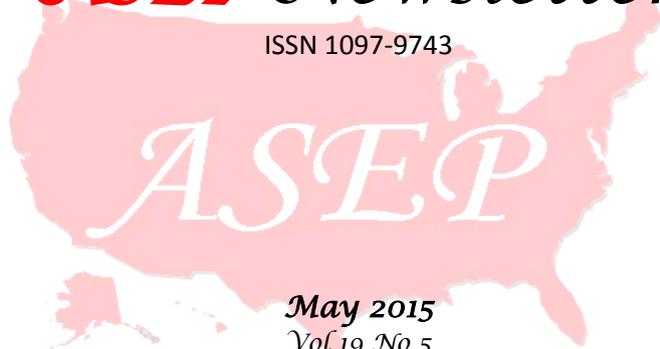


American Society of Exercise Physiologists

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What Do You Think!

We think the “new” ASEP website is fantastic. We hope you like it as well. Naturally, as is the case with most new things in life, there is a bit of a learning curve to them. We are learning new ways to update items of importance to the ASEP membership.

Click here to visit www.asep.org

Ask the Exercise Physiologist...

Send your questions to info@asep.org...

Q: Why are you still a member of ASEP?

A: “Faith is ... the evidence of things not seen.”
(Hebrews 11:1 KIV)

Q: Are there “new” ASEP accredited program?

A: The ASEP Board of Accreditation has recently completed a thorough onsite evaluation of the submitted documents to the Board members. After a careful consideration of the observations made during the visit to **DeSales University**, the Board has agreed that the Sport and Exercise Science major should be accredited as an exercise physiology major. The accreditation decision carries with it the awesome responsibility of the administrators and faculty to undertake several recommended changes. Members of the Accreditation Board are convinced that the University administrative and faculty leadership are in full support of not only the ASEP accreditation process, but also the students sitting for the ASEP Board Certification at the end of their senior year.

Q: Are you saying that the ASEP Board of Certification exam can be taken online?

A: Yes. 100%

The **ABC** of ASEP’s Attitude!

*The truth is we must
Act on our thoughts.
We must be **Bold** in
our actions, and we
must **Change** to
become who we think
we are!*

Spotlight:

Check out the other
advertisers at www.asep.org



PhysioLink is an EP practice management tool that supports a growing database of standardized physiological assessment data with individual and facility reporting options.

The system has merchant account functionality to streamline your accounts receivable and a calendar to track appointments. Call (320) 491-9662 to learn more.

Question:

Did you have a chance to be part of the North Atlantic Regional ASEP Conference at DeSales University, Saturday, April 18, 2015? If not, you should have been. It was a wonderful mix of students and faculty who presented a variety of research presentations. Excellent presentations were given by academic EPs and students on numerous topics:

- Clubbell Exercises Improve Acute Shoulder Flexibility
- Thermal and Fluid Balance in Competitive Cycling
- Acute Resistance Exercise...

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

You Are What You Think

Attitude is the beginning of every successful outcome. The ASEP exercise physiologists have the right attitude towards the emphasis placed on professionalism in exercise physiology. They get that not having a positive attitude distracts from helping students realize their dream of locating a credible career in healthcare.

Experience has shown over and over again that just teaching a good class is not enough. To get the exercise physiology major moving in the right direction, exercise physiologists must come together under one organization. That organization must be a professional organization of exercise physiologists! The one thing, from a professional perspective, that will make all the difference between those who succeed and those who do not is the support of their own professional organization.

Success is as simple as coming together and supporting each other. That way we learn to identify with each other and our own profession. All too often we fail to embrace the power in this thinking. It means everything to our success and being in control of exercise physiology. All we need to do is look around and see this thinking in the established professions. Members of these professions understand the chaos of being themselves without working together under one professional organization.

Indifferent academic exercise physiologists can keep themselves numb doing their usual things, but eventually they will realize their mistake. Only doing the right thing will truly help them see the path to success for themselves and their students beyond a grade. That path is the ASEP 21st century perspective of planned movement towards professionalism in exercise physiology.

All exercise physiologists must toe the line. If they are afraid to step out of the exercise science rhetoric for fear of being punished, they must nonetheless dutifully structure their work on behalf of all exercise physiologists. After all, the only way to grow our own professionalism is to remain in control of exercise physiology. That way if physical therapy or some other healthcare profession suggests that we should move aside, we can step up to the plate and continue to make the turn from our past way of thinking.

To "turn" means to become the healthcare profession that we are. It means that we are responsible for becoming that which we should be (and will be). It is our responsibility to become the professionals for prescribing exercise medicine. Stepping up to the plate means being in control of exercise physiology. This thinking is important because the only way to be a healthcare professional is to get control of our profession. Hence, in order to be a professional, we must stop hitting the brick wall of doing just one thing extremely well. We need to do four things extremely well. They are research, teaching, service, and professionalism.

Academics who work without self-control are out of control. This point is not hard to understand if only exercise physiologists would take the time to think about it. In fact, one of the basic points of being a professional is to exercise self-control. Naturally, exercise physiologists are not going to be able to change everything that is having a negative effect on exercise physiology. But, what they can do is build a strategy for changing how they think, how they view themselves, and how they cope with the contradictions of everyday working conditions for their students.

The truth is that our beliefs and patterns of thinking need serious updating or otherwise our students will always be predisposed to completing an application for graduate school. If that is what they want, then, there is no problem. But, if they believe, as many of their parents believe that an undergraduate degree should be sufficient to get a credible job, they and their parents are destined to be miserable since so few academic exercise physiologists are working to update the undergraduate degree program.

No one should have to experience such sadness after earning a college degree. This may appear to be an oversimplification, but is it? No, absolutely not, especially at the cost of college tuition and living expenses. Yet, so many colleges are caught up in the idea that they are not doing anything wrong. But, I am here with you in this brief article to tell you that what is occurring in academic advising is simply wrong, unethical, and out-of-control.

When adults are thinking irrationally, life and work make it easy to get caught up in an out-of-control cycle. Frankly, I am embarrassed for college teachers in general and academic exercise physiologists specifically. They are trapped by their own greed, that is, publishing research and more research, semester after semester, year after year with little to no regard for their students' career opportunities. It is a trap that has been set more often than not by the failure of the academic administrators to think beyond yesterday's irrational ideas.

There is hope! Some academic exercise physiologists, like Dr. Frank Wyatt of Midwestern State University in Texas does excellent research and excellent teaching and advising of his students. They sit for the ASEP Board of Certification exam at the end of their senior year, and he promotes the importance of professionalism in exercise physiology. He is an exception to the rule. ASEP is most fortunate to have his support of the change that is taking place in exercise physiology.

Change begins when exercise physiologists change how they think. Self-control is the foundation of professionalism. It begins in our minds. As Franklin D. Roosevelt said, "the only thing we have to fear is fear itself." The mind is the key to our success, which is "success that includes students." Our 21st century reality is intimately linked to the success our students. Hence, in closing, take some time to think or say to yourself the following:

- *I realize that the exercise physiologists in my department do not support the ASEP organization, but step-by-step I can and I will support ASEP and the work of the leadership towards the professionalization of exercise physiology.*
- *For years I have had a negative attitude towards thinking as ASEP exercise physiologists do, but I am going to change my thinking and attend the next ASEP national meeting.*
- *Most of my colleagues, including myself, are uncomfortable talking with the chair about ASEP accreditation, but I am going to anyway.*
- *I know that it is hard to change the lack of communication between myself and my students and the way decisions are made that students have little input, but I am going to work at it.*
- *While exercise physiologists cannot control all the forces of exercise science and various organizations that fail students and their educational process, I am going to try.*