

Highlights

2016 National Conference in Alliance Ohio...

Check your calendar and make your reservations to attend the 2016 ASEP National Conference. The conference will be hosted at the Mount Union University campus and starts at 8:00 a.m. on Friday, October 21st.

Pay your conference registration online at: <https://www.asep.org/index.php/organization/national-conference/> and if you need hotel reservations, there is info on the ASEP room block at the local Holiday Inn Express on the same page.

We'll have a dual theme this year in presentations focusing on how Exercise Physiology affects physical and mental wellbeing. It promises to be an enlightening conference for academics and practicing EPs! We hope to see you there.

There have been a couple new jobs posted online, so log in to review them. They are only viewable to logged in members!

Recent Inquiry...

Q: "I am a UK-based graduate with BSc. (Hons) Sport and Exercise Science currently studying towards MSc. Clinical Exercise Physiology at a UK University. I am seeking information as to whether I am eligible to enroll for the EPC qualification and whether is it possible to gain this qualification within the UK ?"

A: Yes to both. If you have the degree/course requirements for eligibility, you will access the exam online and can complete it from wherever you are!



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From the CEO

Professional Influence

It has impressed me in the past couple of months that we have a few more individuals stepping forward with a desire to move our profession forward.

For example, I had a great conversation with an Exercise Physiologist who has worked in K-12 education for a number of years and has a passion to bring some new ideas, and rework some old ones, to improve our ability to help children within the public school system. It turns out many states have certain requirements for collecting anthropometric measures but there is no real analysis or programmatic follow-up to use the information toward improved health for the children it measures.

This is what I call an operational opportunity. Similar opportunities exist in many facets of our society. These opportunities to utilize an Exercise Physiologist as a provider of Exercise Medicine within our own scope of practice would create job opportunities for EPs while expanding the proactive, and truly preventative services that will affect population health.

I recently spoke with an individual who has a passion to reduce and even eliminate childhood obesity. On the surface, it's a very lofty goal and some might argue unlikely, but what could it hurt to attempt it? Do those who say a thing can't be done simply want to be correct if the effort should fail? Should we not attempt to accomplish a good thing, even against the odds, simply because it is a good thing? I'm meeting more and more people who are saying "Yes, we should attempt good things!"

Moreover, they are having good ideas about how to begin. They are turning to ASEP for coordination and endorsement. I believe we are in the very beginning stages where EPs are looking at the opportunities in front of them, in their respective interests, and recognize that being a member of ASEP, their own professional organization, provides influence with other non-EP professionals who are decision makers in the systems where we want to implement our programs and services!

I'm very enthusiastic about the growing volume of EPs who are emailing and calling me to discuss their ideas about what they'd like to get done and how ASEP can help them. Our membership continues to grow and our board certification exam continues to broaden its acceptance and recognition! In fact, our Q&A this month is from an EP in the UK interested in the EPC (I love acronyms)!

Sometimes it's easy to fall into the dumps, to think everyone and everything is against you or your efforts, but together we can rise above! I want to invite those of you who have passion, influence or both, to reach out to me. Let's begin to plan how we can affect change. Let's use our professional status to elevate your efforts and endorse your expertise. Let's work together to improve our systems for improving health!

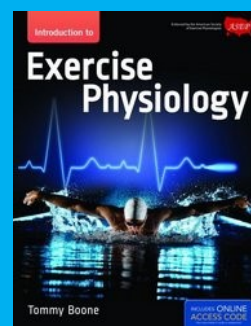
Shane Paulson MA. EPC.
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Job Postings

There are new job postings on www.asep.org... join ASEP as a member to gain access to them!

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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!

Elderly Hypertensive Subjects Have a Better Profile of Cardiovascular and Renal Responses during Water-Based Exercise

Samuel G. Gomes, Luis G. Silva, Tássia M. Santos, Nádia L. Totou, Perciliany M. Souza, Kelerson M.C. Pinto, Daniel B. Coelho, Lenice K. Becker

Sports Center, Federal University of Ouro Preto, Brazil

ABSTRACT

Gomes SG, Silva LG, Santos TM, Totou NL, Souza PM, Pinto KMC, Coelho DB, Becker LK. Elderly Hypertensive Subjects Have a Better Profile of Cardiovascular and Renal responses during Water-Based Exercise. *JEPonline* 2016;19(4):21-31. The purpose of this study was to evaluate the cardiovascular and renal responses in elderly hypertensive subjects during land exercise (LE) and water-based exercise (AE). Eighteen women were subjected to an immersion session during resting (IR) and 2 LE and AE sessions. The subjects' blood pressure (BP), heart rate (HR), urinary samples, and baroreflex index were measured before and after each session. The IR session resulted in bradycardia and increased urinary production. Compared to the LE session (52 ± 5 beats·min⁻¹; $P = 0.03$), the AE session during immersion produced a lower increase in HR (46 ± 6 beats·min⁻¹). In addition, diastolic blood pressure range during the LE session was negative in relation to the AE session (AE, -4 ± 3.5 mmHg vs. LE, 5 ± 2 mmHg; $P = 0.04$). The results indicate that the cardiovascular and renal responses are different both at rest and during exercise in elderly hypertensive subjects.

August 2016 [JEPonline](#)

Lactate Response To Brazilian Jiu-Jitsu Matches Across Time

César C. Abad¹, Steven R. McNulty², Marcelo P. Barros³, Andre L. Almeida⁴, Rubens B. Santos-Junior⁵, André C. Smolarek^{5,6}, Luis P. Mascarenhas⁶, Tácito P. Souza-Junior^{2,5}

¹Department of Physical Education, SENAC – Santo Amaro, São Paulo, SP, ²Department of Health and Exercise Sciences, Appalachian State University, Boone, NC, ³Institute of Physical Activity and Sports Science (ICAFE), Cruzeiro do Sul University, São Paulo, ⁴Inforfisc, ⁵Research Group on Metabolism, Nutrition and Strength Training, Department of Physical Education, Federal University of Parana, Curitiba, ⁶Biochemistry of exercise Laboratory, Universidade Estadual do Centro Oeste, Paraná Brazil

ABSTRACT

Abad CC, McNulty SR, Barros MP, Almeida AL, Santos-Junior RB, Smolarek AC, Mascarenhas LP, Souza-Junior TP. Lactate Response to Brazilian Jiu-Jitsu Matches Across Time. *JEPonline* 2016;19(4):12-20. The purpose of this study was to investigate the lactate response to two Brazilian Jiu-Jitsu (BJJ) matches and to determine whether there is a correlation in the lactate responses across both matches. Twenty-one BJJ black belt athletes performed two 8-min matches separated by 48 hrs. To assess lactate responses, blood samples were obtained at rest, post warm-up, and after the BJJ matches (1 min, 5 min, and 10 min post-match). There was a statistically significant increase in blood lactate concentrations after both matches compared to the pre-values (Match 1: Pre-value, 0.9 ± 0.2 mmol·L⁻¹; Peak-value, 10.1 ± 1.7 mmol·L⁻¹, and Match 2: Pre-value, 0.9 ± 0.1 mmol·L⁻¹; Peak-value, 9.6 ± 0.9 mmol·L⁻¹) ($P < 0.05$). No significant difference in blood lactate concentration was detected for the same moments after both matches. There were weak but significant correlations in blood lactate responses at 1 min ($r = 0.47$), 5 min ($r = 0.44$), and 10 min ($r = 0.47$) post-match for both matches ($P < 0.05$). High peak blood lactate concentrations of similar magnitude were detected after both BJJ matches that indicates a strong energy contribution from glycolytic metabolism. Also, the lactate responses to each match were correlated, which suggests similar individual responses across successive matches of equal duration. Still, the metabolic and physiological responses to matches may vary in actual competition due to the unpredictability of combat sports and differences in match durations.

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!

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 so we can correct the issue.

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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