

Highlights

Do you want to get involved with ASEP? Here are some things you might be interested in:

State Presidents—We are looking for individuals in each state to serve as the local point of contact. ASEP is receiving more and more requests from people looking for EPs and we'd like to build our referral network to better meet their requests!

Accredited Programs—ASEP will gradually transition eligibility to challenge the board certification exam to only those who graduate from an accredited program. We are currently accepting applications from academic exercise physiology (or similarly titled) programs to better position those academic institutions for the future.

If you have questions about these or other opportunities, please feel free to contact the national office by sending an email to info@asep.org with your feedback, suggestions, questions or comments!

Recent Inquiry...

- Q:** "Will my years of experience as a personal trainer help me pass the EPC exam?"
- A:** Experience is usually a good teacher, but it might not cover all the bases. Review the educational requirements on the website as that will help you to know if your work has included much of what is on the board exam. Use the study text if it's been some time since graduation to brush up on the book stuff!
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From the CEO

Independence Day

In the United States, we celebrate independence on July 4th.

We remember the fights that our brave founders endured to secure our own government of, for and by the people.

In the years that followed, the citizens of those newly united States reached out and worked to create a new country, full of opportunities and promise.

1776 was only 240 years ago. Imagine all the change that has happened in that time! Immense changes that make 240 years seem like not enough time to allow it all to happen.

On the other hand, consider that we human beings, hold onto ideals and philosophies for much longer than that, even millennia!

People have the capacity to pursue and accomplish great changes in short periods of time and hold on to ways of thinking for thousands of years.

I believe history could guide Exercise Physiologists if we look closely. I see similarities in the foundation of ASEP, where our founders stepped out of the status quo thinking of the time and imagined a new land of opportunity for those who would accept its merits and become a part of its growth and evolution.

The American Society of Exercise Physiologists exists for Exercise Physiologists, but also for the public at large. By consolidating our academic preparation under accreditation, ASEP unites the similar yet individually titled academic programs so their graduates can meet the formal expectations of a profession!

Members of the ASEP, especially those who have attained the board-certified credential of EPC hold themselves to the higher authority of their peers...not of other professionals. By governing ourselves, we join the ranks of other professionals and this distinction opens many doors and illuminates many opportunities.

The hard work of creating a new country was the undertaking of many generations of hard working Americans. The work of creating a profession will also take the work of many Exercise Physiologists over many years, but in one thing they are the same...If the founders had not fought to create what they did, there would be no opportunities for the builders and refiners that followed!

Join ASEP today. Become a part of our growth. Help our society evolve by positioning yourself as an accepted professional who can help our population experience better health. Welcome to the land of opportunity!

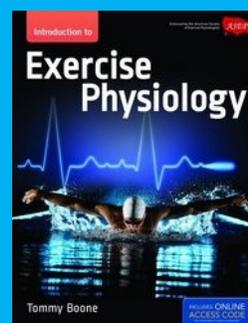
Shane Paulson MA. EPC.
CEO, American Society of Exercise Physiologists

Job Postings

Become a member of ASEP to gain access to the posted job openings!

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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!

Effects of Concentric Versus Eccentric Strength Training on the Elderly’s Knee Extensor Structure and Function

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ABSTRACT

Baptista R, Onzi E, Goulart N, Dos Santos LD, Makarewicz G, Vaz M. Effects of Concentric Versus Eccentric Strength Training on the Elderly’s Knee Extensor Structure and Function. *JEPonline* 2016;19(3):120-132. The purpose of this study was to compare the effects of eccentric vs. concentric 12-wk strength training program on the quadriceps properties of elderly men. Twenty-three subjects performed unilateral concentric knee extension on one side and eccentric knee flexion on the contralateral side at 80% of 5 RM. Both protocols increased knee extensor strength. Vastus lateralis fascicle length decreased and pennation angle increased without changes in muscle thickness in both protocols. Patellar tendon length increased after both protocols, but tendon cross-sectional area increased only post-eccentric training. Isometric and dynamic torque increased in both groups. Concentric and eccentric training can be used with similar results in older adults.

July 2016 [PEPonline](#)

Excerpt from
What Is Your Vision?
Tommy Boone, PhD, MPH, MAM, MBA
Board Certified Exercise Physiologist

“...In short, the personal trainer wanted to sit for the ASEP “Exercise Physiologist Certified” exam (also, recognized as the ASEP Board Certification exam). So far, this is not a problem. But, after I learned of his academic degree, I emailed him the only logical response possible (i.e., he did not meet the academic requirements to sit for the EPC). He was not happy and asked for an explanation since he had been a personal trainer for years since college.

This point illustrates that what we are doing is not necessarily the reality of what is. My point is that many people are working as personal trainers when, in reality, they may want recognition that they are more! Because they help various people meet their fitness and exercise goals, they struggle with the idea that they cannot refer to themselves as an exercise physiologist. I have met many people with an academic degree in human performance, exercise science, and kinesiology who do not understand the academic coursework to be an exercise physiologist. I see them struggling when they are asked, “What is your title or what is your work?”

The dozens of academic degree programs, many without a purpose except to transition into graduate school, represent the unfulfilled potential of thousands of young adults across the United States. Yet, there is the desire of many college graduates to be successful. The title “exercise physiologist” may be the dream they had considered, but without the credentials it cannot be their reality. This means their lives are not yet fulfilled, which brings me to why I felt 20+ years ago that exercise physiologists needed their own professional ethics, standards of practice, certification, and academic accreditation. Yes, as you might imagine, I am excited that the American Society of Exercise Physiologists (ASEP) is helping people live as healthcare professionals and fulfilling their life’s vision.

...”

[Read the whole article by clicking here and opening the article.](#)

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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