

Highlights

The close of 2016 brings an appreciation for all those who worked so hard on the regional and national conferences this year! Thanks to organizers and students workers who supported us while we were with you!

Reminder about annual dues. ASEP membership dues are paid annually from when you sign up. You should get a reminder email when that due date is near, but if you missed it please log in at www.asep.org and bring your membership payment up to date.

The Exercise Physiologist Certified (EPC) board certification is gaining recognition with more employers as a standardized professional credential. ASEP has worked with many human resources departments to help them adopt and accept the EPC credential for their requirements for EPs.

ASEP would appreciate your support as a member in 2017 and we encourage you to consider the EPC credential as your professional qualification as an EP. Let us know if we can help your employer understand and accept it as such!

Recent Inquiry...

Q: How do I know if I will be eligible to challenge the Exercise Physiologist Certified (EPC) exam?

A: The website has a tab titled "EPC ONLINE" and under it is the "Educational Requirements" page. This will explain the courses that we expect all Exercise Physiologists to have had in order to have an acceptable chance of passing the exam. If you review this list and compare it with your transcripts, you will have a good idea of whether you will be considered eligible or not. ASEP is willing to work with you if you have questions, email to epc@asep.org for help.



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From the CEO

The end of another year is upon us and I want to thank everyone who played a part in making 2016 the success that it was!

We enjoyed 2 great conferences this year. The first, hosted at DeSales University, was wonderfully done and our national conference hosted by Mount Union, simply made for a great year!

The American Society of Exercise Physiologists will celebrate it's 20th anniversary in 2017, so we are planning to have our national conference in Minnesota in the fall. We hope you will be able to join us!

Looking back on 2016, and the past 19 years, it is striking to realize how far we've come, with the understanding how far we must still go! I frequently get emails from students who are nervous about the lack of opportunities they are finding as they near graduation. I have correspondence with EPs who have been trying to stay in the field, but find the lack of authority and responsibility in most job descriptions keep the wages/salaries so low that it isn't possible to earn a living without other employment or supplemental incomes.

The American Society of Exercise Physiologists is here for all Exercise Physiologists. As I've explained before, EPs are working in academics, clinical and non-clinical settings...but we are all Exercise Physiologists first. No other organization is set up to consolidate us like ASEP.

For example, let's look at ACSM. Many professionals support ACSM with personal membership, and hold one or more of their certifications, but the MDs, PTs, OTs, RTs, RNs, etc. do not gain their professional status from ACSM or those certifications! They all have their own professional organization that defines and governs their practice.

Even ACSM's creation of the Clinical Exercise Physiologists Association falls short as a professional organization because it only serves the clinical EP component, leaving the academic and non-clinical EPs without representation or benefit.

The same is true for all other fitness related certification organizations. None of them are set up to qualify our academic degree work in the way that other professions achieve their qualifications.

Sometimes I wonder why so many EPs can't see this or refuse to accept it as truth and one of the highest reasons to join ASEP and support our professional growth. I have to remember that we are still, relatively, a very young organization. We need help to get the word out. We need EPs who are forging into new areas to use our knowledge base to help people in new and exciting ways to step forward and be a part of our collective growth so we can multiply our efforts and support each other and literally define our own destiny!

I hope you will join ASEP in 2017 and encourage others to do the same!

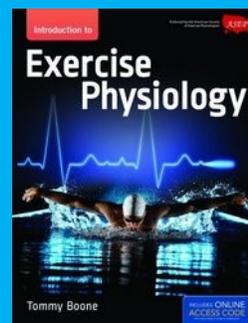
Shane Paulson MA. EPC.
CEO, American Society of Exercise Physiologists
info@asep.org

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!

ASEP’s Exercise Medicine Perspective for Better Public Healthcare

Tommy Boone

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

ABSTRACT

Boone T. ASEP’s Exercise Medicine Perspective for Better Public Healthcare. **JEMonline** 2016;1(6):1-7. The purpose of this paper is to further the emphasis on exercise medicine and the role of the primary care physician and the Board Certified Exercise Physiologist working together to safely individualize the prescriptive dimensions of regular exercise. After all, the pandemic of physical inactivity is the greatest public health threat of the 21st century, which is linked to staggering productivity losses due to disability and early death. The ASEP leaders created a credible certification for exercise physiologists as healthcare professionals who are responsible for prescribing exercise medicine (i.e., Board Certified Exercise Physiologists). Unfortunately, the medical community is more often than not predisposed to medical training that addresses treatment rather than prevention. The ASEP leaders believe it is imperative that physicians find the time to talk about promoting physical activity with their patients, particularly since even moderate levels of physical exercise (e.g., 150 min·wk⁻¹) are linked to a dramatic reduction in mortality. When done professionally, exercise medicine (such as walking 30 min·d⁻¹, 5 d·wk⁻¹) not only prevents and helps to manage heart disease, blood pressure, stroke, and diabetes, it helps to control body weight, improves the strength, endurance, and flexibility, delays cognitive impairment, decreases the risk of falls, raises the red blood cell count, improves sleep quality, reduces migraine suffering, decreases the risk of osteoporosis, improves the muscles’ use of fat during exercise, improves agility and coordination, and reduces death from any cause by 14%. By working together, physicians and exercise physiologists can provide the patients the individualized attention that is necessary to achieve important behavioral changes in the patients’ lifestyle.

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

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

Visit us anytime on the web at www.asep.org.

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