

## Highlights

The Northeast Regional ASEP conference at DeSales University was a great success! The ASEP Board of Directors were present and pass on their appreciation to Dr. Kudrna and Fr. Burns for their work to host such a great conference!

If you were not able to attend, there were insightful presentations and good networking opportunities. We are looking forward to more Spring conferences around the country in the future. If you would like to host a local state or regional conference, please contact the national office by sending an email to [info@asep.org](mailto:info@asep.org) and we will be in touch to help!

As referenced in the last ASEP Newsletter, the Board of Directors met during the DeSales Conference weekend for strategic planning sessions and concluded with some specific directions that we will implement over the next months and years. The most important decision to come out of the meeting affects peoples ability to challenge the EPC Board Certification. By 2019, only graduates from ASEP accredited programs will be eligible to challenge the exam!

## Recent Inquiry...

**Q:** "I'm a 63 year old woman that lives in northern Virginia. I'd like to find an Exercise Physiologist who can help me ."

**A:** ASEP is getting more and more requests from the public about finding an Exercise Physiologist. When these requests come in, we look to the EPC registry to refer the nearest EPC member. This is one more benefit of being a Board Certified member of ASEP!



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## From the CEO

The past month feels like a whirlwind! The Northeast Regional Conference was so nicely hosted by our friends at DeSales University that it was simply a joy to attend! I hope that our academic EP subscribers will consider hosting their own regional conference next Spring. The idea is to provide a local opportunity for students to attend (with less cost) that is offset from our National ASEP Conference that happens in the fall each year. As ASEP continues to grow, we need people to step forward into these opportunities. If you would like to learn more about how to put one together, email [info@asep.org](mailto:info@asep.org).

The ASEP Board of Directors strategic planning sessions were also productive. We have some short-term and longer-term changes to implement from the decisions of our meetings.

One change that you can watch for will be a shift in the public availability of our job postings. It was determined that to enhance the value for our dues paid members, the job postings submitted to ASEP.org will only be viewable to members who are logged in to the website. In order to create more job postings, we will have a very special offer for employers who post their job openings with ASEP. By helping to connect employers with Board Certified EPs, we expect these changes to enhance membership and opportunities for Exercise Physiologists.

Another change that has already started is the expectation that all ASEP accredited Exercise Physiology programs begin to require graduating seniors to challenge the EPC exam. While a few programs are already implementing this process, the rest will complete implementation by the spring of 2018.

This means that our transition window is closing. After 2018, only graduates of an ASEP Accredited Exercise Physiology program will be eligible to challenge the EPC Board Exam.

Since 1997, we have allowed individuals with degrees of various Exercise Physiology-related titles to submit transcripts and gain eligibility to challenge the EPC. In order to move forward with the professionalization of Exercise Physiology for Exercise Physiologists, we must move forward to a point where students who desire to be EPCs choose ASEP Accredited programs because it is the only way to achieve the EPC. This creates value for our Accredited Programs!

I believe it is important to move ASEP forward as our professional organization. I don't want to see people left behind, so I continue to ask each of you to share ASEP with your colleagues, classmates, and anyone else who would like to join our ranks before the window of transition closes. Of course, anyone can email me at the national office with questions or concerns at [info@asep.org](mailto:info@asep.org).

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

### Job Postings

[Exercise Physiology Instructor-Santa Monica College, CA.](#)

[Lecturer/Senior Lecturer Exercise Physiology Sydney AU.](#)

[Assistant Director Cardiology-Salinas, CA.](#)

### Advertisers

[Introduction to Exercise Physiology](#) This is a great text for your primary EP courses, the perfect study guide for the EPC board exam, and a valuable addition to any EP's resource library! Get your copy today.

[PhysioLogic Human Performance Systems.](#) PHPS provides systems that will help you start your own Exercise Physiology Practice.



## Visit the [JEPonline](#) for this and other articles: April 2016 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!

Effects of Isokinetic Eccentric Training on the Human Achilles Tendon  
Anna Raquel Silveira Gomes<sup>1</sup>, Tarcisio Folly Campos<sup>2</sup>, Paula Regina Beckenkamp<sup>2</sup>, Joanna Diong<sup>3</sup>, Elizabeth Clarke<sup>5</sup>, Jillian L. Clarke<sup>6</sup>, Robert D. Herbert<sup>4</sup>

<sup>1</sup>Curso de Fisioterapia e Programa de Mestrado e Doutorado em Educação Física, Setor de Ciências Biológicas, Universidade Federal do Paraná, Curitiba, Paraná, Brasil, <sup>2</sup>The George Institute for Global Health, Sydney, Australia, <sup>3</sup>Sydney Medical School, The University of Sydney, <sup>4</sup>Neuroscience Research Australia, <sup>5</sup>Kolling Institute of Medical Research, Sydney Medical School, The University of Sydney, Sydney, Australia, <sup>6</sup>Faculty of Health Sciences, The University of Sydney, Sydney, Australia

#### ABSTRACT

Gomes ARS, Campos TF, Beckenkamp PR, Diong J, Clarke E, Clarke JL, Herbert RD. Effects of Isokinetic Eccentric Training on the Human Achilles Tendon. *JEPonline* 2016;19(2):46-54. This study investigated the effects of isokinetic eccentric training on the cross-sectional area and thickness of the Achilles tendon. Thirty healthy adults were randomized into an Eccentric Training Group and a Control Group. Subjects in the Eccentric Training Group performed an isokinetic eccentric exercise of the gastrocnemius 3 times·wk<sup>-1</sup> for 5 wks. Testing occurred at baseline and after training. Achilles tendon cross-sectional area and thickness were determined using ultrasound imaging. After training, there was no significant difference in the cross-sectional area or the tendon thickness between groups (mean difference in cross-sectional area 3.2 mm<sup>2</sup>, 95% CI -3.3 to 9.7; thickness -0.2 mm, 95% CI -0.5 to 0.2). Thus, the findings indicate that short-term isokinetic eccentric training in healthy young men does not result in tendon hypertrophy.

### April 2016 [PEPonline](#)

Excerpt from  
The Exercise Physiology and Business Degree  
Tommy Boone, PhD, MPH, MAM, MBA  
Board Certified Exercise Physiologist

“...Otherwise, the entrenchment in status quo in addition to being hooked on research will ultimately define academic exercise physiologists as professors who promote all the other healthcare professions (such as physical therapy, nursing, physician assistant, athletic training, and occupational therapist) except exercise physiology. Their attitude about this point is sorely inadequate. The problem with academic exercise physiologists starts with their own education. The whole system is design to elevate the professor's job. The academic-research paradigm ingratiates itself with pats on the back, great job, higher salaries, promotions, and paid for trips to regional and national meetings.

For these reasons and others, it has become clear that the academic exercise physiologists in the United States are not protecting the future well-being of their students. Personally, I think it is morally inexcusable to protect one's own career by advising a senior to complete an application to physical therapy because the professors have done nothing to promote exercise physiology as a healthcare profession. The present-day behavior of exercise physiologists in exercise science or kinesiology departments is appalling. It is simply unbelievable to think that the students are being led by their own professors who refuse to understand the obvious needs of their students. It is beyond comprehension, and yet it is clear that the exercise physiologists' career role is in healthcare.

Students of exercise physiology programs should be educated to think as healthcare professionals. They need very specific information for prescribing exercise medicine in chronic disease. They need an education that will guide them as entrepreneurs in prescribing exercise as therapy to our country's population. But, without the knowledge of how to start an exercise medicine clinic, they are locked on the outside of not being able to help ~300 million Americans who are sick. Think about it. Appropriately 82% of adults have at least one risk factor for heart disease (1)....”

# 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!

## Renew your membership...

If you have previously passed the EPC exam and wish to sustain it, simply go to: <https://www.asep.org/index.php/sign-up/> and put in your EPC number, fill in the rest of your personal information and pay your membership. You will be added to the EPC Registry as a fully endorsed Board Certified Exercise Physiologist!

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