

Highlights

Attend the 2016 National Conference this month in Alliance Ohio...submit your registration online at: <https://www.asep.org/index.php/organization/national-conference/> and if you need hotel reservations, there is info on the same web page. Register Now!

Dr. Tommy Boone has published the first ever text describing Exercise Medicine and how Exercise Physiologists practice it! It is available at: <http://ebooks.benthamscience.com/bookshelf-by-subject/D6/>. If you are a practicing EP, you need this text! If you are teaching Exercise Physiologists to practice Exercise Medicine, you also need this text! Get your copy today.

Our CEO describes some interesting changes in how the U.S. Department of Labor classifies Exercise Physiologists in this issue of the ASEP Newsletter. Read more and answer the call to action!

The informal 2016 membership drive is still on and we challenge everyone to encourage colleagues in academia and EP practice to sign up now to support us so we can better support you!

Recent Inquiry...

Q: "How is ASEP helping me and what is membership worth to me?"

A: Every Exercise Physiologist should be a member of ASEP as it is the only professional organization just for EPs. ASEP is working on behalf of all EPs, to increase understanding and acceptance of how EPs fill the gap of a professional who can increase public health and lower healthcare costs. Your membership supports those efforts and thus allows ASEP to endorse you as a professional!



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From the CEO

You might be excited to learn that Exercise Physiologists now have our own occupational category! This is a major change since the last Department of Labor and Bureau of Labor Statistics status had Exercise Physiologists as a sub-category in Sports Medicine.

Interestingly, there are no “Sports Medicineists” practicing in the public that I know of...so it’s confusing how Sports Medicine even became an occupational category to begin with. It seems in line with the historical confusion that exists in our splintered degree titles and myriad of certifications available under the ‘fitness professional’ heading where individuals with all levels of education are lumped together.

Finally, we are making progress toward the more traditional and accepted definition of a profession. Exercise Physiologists, by degree, board-certification, title and recognition as a separate and true occupation allow us to begin the real work of inserting our skills and abilities into the systems, or creating new ones, where we practice exercise medicine with the general public to enhance health and well-being through our new “Proactive Health Model” of true injury and disease prevention.

ASEP has participated in efforts by the Department of Labor in the past and is contributing to current efforts to update their occupational information. I want to personally encourage Exercise Physiologists of all types to participate with the survey if you receive one.

Not all ASEP members or EPs will receive a survey as they go out to a random sample. The surveys are meant for degreed EPs with 5 years of experience working in the United States. They are looking for EPs who work in academic, clinical and non-clinical environments.

If you are an ASEPNewsletter subscriber working as an Exercise Physiologist in the U.S., but not an ASEP member, and you’d like to join the survey pool, send us your contact information to info@asep.org with a subject line: SURVEY.

I’ve been very impressed with the growing number of inquiries from larger institutions who want to know more about Exercise Physiologists and are excited to learn who we are and what we can do. Each of these small contacts adds up to a growing realization that ASEP board-certified Exercise Physiologists fit into the professional provider niche of the massive opportunity to practice Exercise Medicine!

It’s an exciting time to be an Exercise Physiologist. ASEP continues its efforts to educate those decision makers in the academic EP programs about the value of ASEP accreditation and EPs about the value of ASEP membership and board-certification (EPC). We continue to present our members as the highest level of professionals in the health and wellness field so I hope you will consider joining ASEP and become a professional member of our growing occupation!

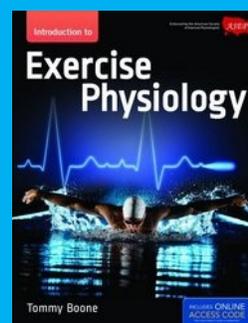
Shane Paulson MA. EPC.
CEO, American Society of Exercise Physiologists
info@asep.org

Job Postings

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

Advertisers

Click the image below to visit our advertisers sites:



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!

Visit the JEPonline for this and other articles: October 2016 Issue JEPonline

Family History of Hypertension is Associated with Anthropometric and Nitric Oxide Bioavailability Alterations in Adolescents

José Fernando Oliveira¹, Michel Kendy Souza¹, Rodrigo Vanerson Passos Neves¹, Geiziane Leite Rodrigues Melo¹, Brande Ranter Alves Soares, Luiz Humberto Rodrigues Souza^{1,2}, Ioranny Raquel Castro Sousa¹, Rafael Reis Olher¹, Thiago Santos Rosa¹, Nanci Maria França¹, Milton Rocha Moraes¹

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ABSTRACT

Oliveira JF, Souza MK, Melo GLR, Soares BRA, Neves RVP, Souza LHR, Sousa IRC, Olher RR, Rosa TS, França NM, Moraes MR. Family History of Hypertension is Associated with Anthropometric and Nitric Oxide Bioavailability Alterations in Adolescents. *JEPonline* 2016; 19(5):38-48. Systemic arterial hypertension (SAH) is a serious global health problem. Aside from the adult population, hypertension also affects the adolescent population, given the existence of a genetic predisposition and certain biopsychosocial changes associated with its development. Few studies have analyzed and associated the combination of family history, physical activity, anthropometric profile and fitness in blood pressure reactivity and bioavailability of nitric oxide in adolescents undergoing Shuttle run and cold-press tests. We evaluated 172 adolescents (N = 60♂; N = 112♀), which were classified as children of normotensive parents (CN; N = 38♂; N = 48♀) and children with a parental history of hypertension (CH; N = 22♂; N = 64♀). The subjects were divided into active and sedentary. The findings indicate the importance of analyzing family history predictors of hypertension, such as the anthropometric and biochemical changes that often precede the development of cardiovascular disease in adolescents. Children with a parental history of hypertension showed higher body fat, higher nitrite levels at rest and decreased bioavailability of salivary nitric oxide after an exercise test.

October 2016 JEPonline

Cardiovascular Responses in Resistance Exercise: The Effect of Execution Speed

Fábio Martins das Neves¹, Rafael Ambrósio Battazza¹, Diogo Cardozo², Fábio Luis Ceschini¹, Gustavo Alegretti João¹, Daniel Rodriguez¹, Alexandre Lopes Evangelista³, Aylton Figueira Junior¹, Roberto Simão², Danilo Sales Bocalini¹

¹Post-graduation in Physical Education and Aging Science of São Judas Tadeu University, São Paulo, Brasil, ²Post-graduation in Physical Education, Federal University of Rio de Janeiro, Rio de Janeiro, Brasil, ³Departament of Physical Education of Nove de Julho University, São Paulo, Brasil

ABSTRACT

Neves FM, Battazza RA, Cardozo D, Ceschini FL, João GA, Rodriguez D, Evangelista AL, Junior AF, Simão R, Bocalini DS. Cardiovascular Responses in Resistance Exercise: The Effect of Execution Speed. *JEPonline* 2016;19(5):102-111. The purpose of this study was to compare the effect of the speed of execution in resistance training on the cardiovascular responses. The sample was composed of 8 subjects (26.0 ± 6.1 yrs; 69.1 ± 8.2 kg; 170.0 ± 5.3 cm). All subjects were submitted to two different resistance training sessions. Their cardiovascular responses were measured during two speeds of execution and the time of execution in each set. During both sessions, the subjects performed 3 sets with load corresponding to 80% of 10-RM with rest intervals of 2 min between sets. The findings indicate that significant differences were found in the subjects' heart rate response during the 2nd and 3rd sets, and double product in the 3rd set, with higher values during the moderate speed execution. We conclude that the speed of execution influences acute cardiovascular responses.

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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