

Highlights

The American Society of Exercise Physiologists has changed some specifics of our online job postings. Job position postings are now free to employers who accept the EPC as satisfaction of their professional credential requirements. Job postings are now only visible to ASEP members when they are logged into their www.asep.org member portal as an additional value to our membership.

Congratulations to all of the graduates of 2016, but especially to our 18 new EPCs from the accredited Exercise Physiology programs at Midwestern State University and DeSales University! We are proud of your accomplishments and wish you the best in your professional future!

We appreciate feedback and input from our members and non-members alike. Please feel free to contact the national office by sending an email to info@asep.org with your feedback, suggestions, questions or comments!

Here's to a great summer in the Northern Hemisphere!!!

Recent Inquiry...

Q: "I'm considering an online degree program in Exercise Science, will I be eligible to challenge the EPC exam when I finish?"

A: The ASEP Board of Certification has determined online Exercise Physiology (or related title) degrees can be accepted for that part of the eligibility requirement to challenge the EPC exam until 2018.



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From the CEO

When was the last time you changed your mind? If you are like most people, you might “change your mind” about things like where you’d like to eat, what to wear or your next task multiple times each day.

Having the ability to change our mind is a wonderful thing. It doesn’t take much to realize this ability can be a matter of life and death! Have you ever heard of the “Darwin Awards” where people are given the distinction because they lost their life due to a bad choice or decision. In other words, they didn’t “change their mind” in time to change their behavior!

How does this relate to Exercise Physiologists?

First, we should evaluate our current behavior. Are we doing something “dangerous” that could hurt or kill us, metaphorically speaking? Remember ASEP and our standard of practice, code of ethics, academic program accreditation and individual professional credentialing are only turning 19 this June, so the majority of academics and degree holders are not currently thinking with an ASEP perspective.

In those terms, the current behavior and quality of life for the majority of “Exercise Physiologists” is the status quo of the past 60 to 100+ years. One might even argue the opportunities for Exercise Physiologists have diminished over that timespan. The limited need for academic EPs is turning to adjunct professors with no tenure option and no significantly improved career opportunities for graduates creates an opportunity for us to “change our mind” about how we proceed.

A group of visionary EPs did in fact change their minds nearly 20 years ago. Their work resulted in the opportunity for us to change our minds and in doing so, actually join the profession of Exercise Physiology!

For all ‘Exercise Physiologists’, you can recognize the absurdity of expecting professional opportunities when you are not part of your own profession. In fact, this pertains to academics and all who would call themselves an Exercise Physiologist. It may be abrupt, but the truth in all “professions” is they are exclusive to themselves in title and governance. Regardless of opportunities, or lack thereof, you are not an EP unless you are part of the profession and you are not part of the profession until you are a credentialed member of the profession’s organization (ASEP).

For the academic EP, you can change your mind about professional accreditation and demand it in your department. EPC holding graduates of accredited programs will CREATE the missing professional opportunities over the coming 40 years. If we fail to change on this one issue, the lack of opportunities will choke the flow of perspective students and thus endanger the very ‘job security’ the status quo lulls you to believe you have.

One day, this door will close to those too slow to change their mind. Don’t miss the evolution of thinking and end up with your own Darwin Award!

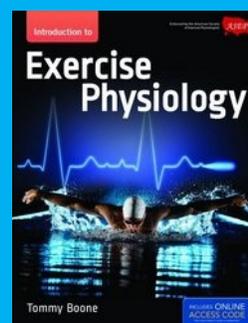
Shane Paulson MA. EPC.
CEO, American Society of Exercise Physiologists

Job Postings

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

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There are many articles published in each issue of the [JEPonline](#). Follow the link to read more.

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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!

Prediction of One Repetition Maximum for 45° Leg Press in Untrained and Trained Elderly Adults

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ABSTRACT

Moura BM, Bezerra E, Orsatto LBR, Sakugawa RL, Diefenthaler F. Prediction of One Repetition Maximum for 45° Leg Press in Untrained and Trained Elderly Adults. [JEPonline](#) 2016;19(3):35-41. The purpose of this study was to develop an equation to estimate maximum strength (1-RM) in elderly adults based on anthropometric and strength parameters. Initially, 20 subjects participated in the first equation (E1). Fifteen of the 20 completed the 12 wks of resistance training (RT). They were included in the second equation (E2). Anthropometric variables were measured pre- and post-intervention as were maximum dynamic strength (1-RM), number of repetitions (Reps), and Total Work (TW) of the maximum repetitions test (X-RM). The relationship between anthropometric, Reps, TW, and 1-RM were analyzed using Pearson's correlation. Backward multiple regression analyses were used to determine the independence and mutual contribution from anthropometric and X-RM parameters to predict 1-RM with $P < 0.05$. For the E1 and E2, height, TW, and Reps from X-RM, E1 showed strong power to predict 1-RM ($R^2 = 0.896$; $P < 0.001$), as did E2 ($R^2 = 0.830$; $P < 0.001$). The findings can be used to safely determine 1-RM.

May 2016 [PEPonline](#)

Excerpt from
The New Generation of Exercise Physiologists
Tommy Boone, PhD, MPH, MAM, MBA
Board Certified Exercise Physiologist

“...Exercise science and kinesiology degrees, in particular, continue to promote generic paradigms and practices that do not address the career and financial return on tuition costs of \$25,000 to \$130,000 if not more. Instead, the majority of the college seniors are told to complete the application for physical therapy or apply to graduate school. Why? Because they know there are no credible jobs for “kinesiologists” or the “exercise scientists” and, strangely enough, the faculty turns a blind eye to the students' financial debt. In the end, year after year, nothing changes although the consequences are dire. Here again, the problem stems from failing to take risks and thinking differently. It is simply easier to support existing way of doing things.

Where are the academic exercise physiologists who could help the department chairs with a kinesiology or exercise science degree to discard their old ways of thinking? Is their commitment to publishing another research paper keeping them from standing up to status quo or is it they are afraid of trying something new? No one wants to look ridiculous or be embarrassed by trying new things. So, nothing changes if no one is willing to do something different, especially since you know what to expect and you have grown accustomed to a certain belief system and long-term relationships. Think about it. If you are a student, when was the last time your professor said something uncomfortable to get your attention and to cause you to think outside of the box? ...”

[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

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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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