

## Highlights

Attention subscribers in the Northeastern United States...you have an opportunity to attend, even present, at an ASEP conference being sponsored by DeSales University in Central Valley, Pennsylvania on April 16th. [CLICK HERE](#) to go to the ASEP.org page where you can download the information and registration packet. We are expecting a great turn out and hope to see you there!

In other news...the first issue of the Journal of Exercise Medicine is online at [www.asep.org](http://www.asep.org) and you might be interested to submit an article for future publication. Feel free to contact the [Editor-In-Chief](#) if you have questions!

There are many great articles in the current issue of the JEPonline that are applicable to our practice of exercise medicine! Please set aside some time to review them.

If you have not already, join ASEP and encourage your colleagues to do the same! If you are an Exercise Physiologist, or soon will be, we need to come together for our own benefit now and in the future!

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## Question...

**Q: "I want to do more and be recognized as a legitimate health professional with specific knowledge that only my degree has taught me..."**

A: Students are still unsure of what they are and where they'll work. Change will not come from everyone doing their own thing or one more certification...it only becomes possible from our purposeful organization as Exercise Physiologists and combined influence as such.

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# From the CEO

## Monthly Report

We had a surge of membership sign ups last month so I want to thank each of you who took up the challenge to introduce ASEP membership to other EPs and to you new members, WELCOME!

Let's keep the proverbial 'foot on the accelerator' with our membership drive. I'd like to see our ranks expand significantly this year because we have some very serious work to do in the coming years that will benefit Exercise Physiologists moving forward in time.

Most recently, these ideas have come up again in a discussion thread on one of our social media pages where people are still disenchanted by the lack of EP opportunities in our society.

We're trying to help people understand this isn't likely to change if we don't come together as a profession, under our own professional organization as this is, and has been, a prerequisite for all other healthcare organizations who have gained recognition in our society.

To influence our state and federal legislative processes with meaningful assurances of EP accountability, we must be organized. Your membership and support of other organizations like ACSM, NSCA, NASM, etc. should not be viewed as an 'either/or' situation. ASEP is not 'just another organization' with 'just another certification.' ASEP membership is the foundation of our professionalism as a group and if we all supported this concept, we would have the resources to influence changes in how EPs are perceived and utilized in our society with its evolving health care model based on more prevention.

We have a rare and unique opportunity to change our society and our own EP destiny...but it will require that we are together. Whether you are an EP who works in academia or has a practice, if you are competing with non-degreed personal trainers for your livelihood or you are a student wondering what good joining ASEP will do, you must accept the fact that the past 50 years of belonging to various organizations and holding different certifications have not improved the professional opportunities for Exercise Physiologists. Now is the time to consolidate our expertise, our passion, and our ability to stand as an organized healthcare profession and claim our future.

Membership is the easiest way to support these efforts. Those in a position to give time, expertise and leadership are also needed and welcome, but if you are an EP, we need your membership support most of all!

-Shane Paulson, CEO

## Job Postings

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

[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.

Click the following links to visit the [advertisers](#) and [job postings](#) pages to submit an opening or advertise your products or services.

## **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: February 2016 Issue **JEPonline**

### **The Impact of Body Composition on Energy Expenditure during Walking and Running in Young Adults**

Abigail Pauley<sup>1</sup>, Curt B. Dixon<sup>2</sup>, Eric S. Rawson<sup>1</sup>, Timothy R. McConnell<sup>1</sup>, Joseph L. Andreacci<sup>1</sup>

<sup>1</sup>Department of Exercise Science, Bloomsburg University, Bloomsburg, PA,  
<sup>2</sup>Department of Health Science, Lock Haven University, Lock Haven, PA, USA

#### **ABSTRACT**

**Pauley A, Dixon CB, Rawson ES, McConnell TR, Andreacci JL.** The Impact of Body Composition on Energy Expenditure during Walking and Running in Young Adults. **JEPonline** 2016;19(1):66-76. The purpose of this study was to examine the impact of body composition on energy expenditure (EE) of 164 young adults during a 1-mile walk and a 1-mile run on a treadmill. Segmental bioimpedance was used to measure body composition variables. The EE in men ( $108.3 \pm 17.6$  kcal) was greater than ( $P < 0.05$ ) women ( $80.3 \pm 10.6$  kcal) during the 1-mile walk, and the difference increased in magnitude during the 1-mile run ( $144.9 \pm 23.2$  kcal vs.  $105.1 \pm 14.9$  kcal, respectively). When EE was expressed per unit of body mass, men and women were similar. However, women had a higher EE per unit of fat-free mass (FFM). Regardless of gender, running 1-mile resulted in a greater EE than walking 1-mile. In addition, men expended more absolute calories than women due to a higher body mass. When EE was examined relative to FFM, women were found to be less economical than men, which was most likely due to carrying larger amounts of inactive adipose tissue.

### **The FIRST Issue- February 2016 JEMonline**

#### **Task-Oriented Ankle and Foot Training for Improving Gait, Balance, and Strength in Individuals with Multiple Sclerosis: A Pilot Study**

Cizelle Rodrigues MS<sup>1</sup>, Kurt Jackson PhD<sup>2</sup>, Joaquin Barrios PhD<sup>2</sup>, Lloyd Laubach PhD<sup>1</sup>, Kimberly Edginton-Bigelow PhD<sup>3</sup>

<sup>1</sup>Department of Health and Sport Science, University of Dayton, Dayton, Ohio, USA,  
<sup>2</sup>Department of Physical Therapy, University of Dayton, Dayton, Ohio, USA, <sup>3</sup>Department of Mechanical and Aerospace Engineering, University of Dayton, Dayton, Ohio, USA

#### **ABSTRACT**

**Rodrigues C, Jackson K, Barrios J, Laubach L, Edginton-Bigelow K.** Task-Oriented Ankle and Foot Training for Improving Gait, Balance, and Strength in Individuals with Multiple Sclerosis: A Pilot Study. **JEMonline** 2016;1(1):1-13. The purpose of this pilot study was to investigate the effects and feasibility of a task-oriented ankle and foot exercise program on gait, balance, and strength in 6 adults with mild to moderate disability from multiple sclerosis (MS). The subjects participated in an 8-wk task-specific home-based ankle and foot exercise program. Outcome measures included stance phase ankle joint torque and power, limits of stability, isometric and isokinetic ankle strength, gait speed, and the 12-item Multiple Sclerosis Walking Scale (MSWS-12). Five subjects completed the 8-wk intervention. Following training, there were significant increases in ankle power during early (38.1%) and late (11.8%) stance, limits of stability (6.1%), and isokinetic dorsiflexion (26.4%), and plantar flexion (15.0%) strength. There were no differences in isometric strength, gait speed, or the MSWS-12. The findings indicate that a task-oriented home-based ankle and foot exercise program appears to be safe and feasible and may improve select measures of gait, balance, and muscle performance in individuals with MS who have mild to moderate disability. Further research may be warranted.

# 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

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Visit us anytime on the web at [www.asep.org](http://www.asep.org).

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STAMP  
HERE