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FACSM*

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*“Reading is to the mind
what exercise is to the
body.”*

-Joseph Addison

CEPA Clinical Exercise Physiology Association

ACSM Affiliate Society

Newsletter – Summer 2019

CEPA is an affiliate society of the American College of Sports Medicine (ACSM). As an affiliate society, CEPA is autonomous, but operates with administrative support from ACSM. CEPA, along with ACSM, is committed to the development of CEPA as an independent, self-sufficient professional organization.

Partner Organizations



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COLLEGE**



Contact Us

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“If we could give every individual the right amount of nourishment and exercise, not too little and not too much, we would have found the safest way to health.”

-Hippocrates

From the President: Brad Roy, PhD, RCEP, FACSM



As I begin my year as CEPA President I would like to thank each of you for your membership in the Clinical Exercise Physiology Association. Your passion to come along side and help the patients and clients you serve is heartwarming and contagious. Additionally, I express my sincere thanks to all of you who are actively serving on our Board of Directors, various committees and/or participating in special projects. Your commitment to CEPA and the clinical exercise physiology industry is extremely valuable and of tremendous service to your peers. I am grateful to be a member of CEPA and to be associated with such a wonderful group of energetic and knowledgeable professionals. It is exciting to see our profession moving forward with the launch of the CEPA Registry, continued growth in the quality of our Journal (JCEP), excellent educational opportunities through webinars and regional conference participation and the outstanding work of our various committees.

However, there is much more that we can do to keep our profession moving forward and instilling the preventive and rehabilitative expertise we provide as a critical component of the healthcare industry. But moving forward requires the involvement of all members, not just the contribution of a few. There is an old story about four health and fitness professionals named Everybody, Somebody, Anybody, and Nobody. There was important work to be done in support of CEPA and Everybody was sure that Somebody would do it. Anybody could have done it, but Nobody did. Somebody got upset about that, because it was Everybody's job. Everybody thought that Anybody could do the work, but Nobody realized that Everybody wouldn't. It ended up that Everybody blamed Somebody when Nobody did what Anybody could have!!

If you are not actively involved at some level in CEPA, I encourage you to become involved. It does not always require a lot of your time, but your expertise and participation helps us to continue moving our profession forward and the experience is rewarding. And, we learn so much from each other as we work together toward common goals and objectives.

The remainder of 2019 and 2020 is a pivotal period where we have a unique opportunity to significantly grow our organization. The launch of the Registry and changes to our membership categories provide an excellent opportunity to reach out to non-member colleagues, students and other professionals with an interest in clinical exercise physiology. To do this we need your help by encouraging those you are associated with to consider joining CEPA and our efforts to further our profession.

Once again, thank you for membership and support of CEPA and please, share your thoughts and ideas on how we can better serve our members and the profession of clinical exercise physiology.

Brad

Brad A. Roy, Ph.D., RCEP, FACSM - CEPA President



Mission Statement

The Medical Fitness Association is a member-driven, non-profit organization. Our mission is to foster opportunities for the development and operational success of medically integrated fitness centers. Medical Fitness Association provides industry standards, educational programs, benchmarks, outcome measurements, professional development and networking opportunities for the medical fitness industry.

www.medicalfitness.org



Membership Committee:

Mary Stauder, MS, ACSM-CEP, RCEP (Chair)

The Clinical Exercise Physiology Association (CEPA) welcomes allied health professionals, exercise physiologists, students, and others interested in the clinical exercise physiology profession to join as members. The primary purpose of CEPA is to advance the scientific and practical application of clinical exercise physiology for the betterment of the health, fitness, and quality of life for patients at high risk or living with a chronic disease.

Why Join CEPA?

1. Involvement with the only national organization exclusively dedicated to supporting the profession of clinical exercise physiology.
2. Access to affordable, researched-based webinars, specific to patient care best practices and great for continuing education credits.
3. Access to the only professional journal with feature articles relevant to the day-to-day practice of clinical exercise physiology and other allied health professionals.
4. Quarterly newsletters with ongoing information about CEPA, the profession of clinical exercise physiology, and practical information to use on the job.
5. Access to the most comprehensive salary and practice survey ever conducted, specific to the work of clinical exercise physiologists.
6. Up-to-date exercise physiology internship information for students.

How to Join CEPA?

Go to www.acsm-cepa.org and select “Join Now” to become a member. CEPA welcomes you to join as a professional, associate or student member.

Professional Membership (\$50/year)

- Bachelor’s degree or higher in exercise physiology or related field
- Full access to all benefits of membership including voting privileges

Associate Membership (\$50/year)

- Allied health professionals, physicians, nurses, and others interested in the clinical exercise physiology profession
- Full access to all benefits with the exceptions of the right to vote, make nominations or hold office

Student Membership (\$15/year)

- Active student of an academic program in exercise physiology/science
- Students members have the same privileges as the Associate Member

Committee Updates



Exercise & Sports Science Australia (ESSA) is a peak professional organization representing more than 7,700 members. The organization is committed to establishing, promoting and representing the career paths of tertiary-trained accredited exercise physiologists, exercise scientists and sports scientists.

Member/Partner Learning Opportunities

ESSA has a wide range of learning opportunities various subjects. These are now available to CEPA members at the ESSA member price. \$30 Australia, about \$22 US.

Topics Include: Aged Care, Business, Cancer, Cardiovascular, Chronic Conditions, Chronic Pain, Community, Diabetes, Exercise Prescription, Female Health, Mental Health, Musculoskeletal, Occupational Rehabilitation, Pulmonary, Sports Science.

www.essa.org.au



Legislative Committee:
Judy Knuth, MS, ACSM-CEP, RCEP (Co-Chair)
Cemal Ozemek, PhD, FACSM, ACSM-CEP, RCEP (Co-Chair)

The Legislative Committee has made and continues to make good progress in their initiatives. Many documents related to licensure have been updated to reflect recent changes in ACSM certifications and definitions and will be posted on the [website](#) during the next few months. Additionally, a series of new documents are currently under development to complement existing resources and support licensure efforts across the country.

A major area of focus for this year will be to increase the presence of CEPs within states to support licensure efforts. The Legislative Committee is willing to provide guidance on ways to facilitate the development of local CEP groups and start the legislative process for licensure. Furthermore, the committee continues to welcome any CEPA member to join the Legislative Committee to support its many initiatives. If you are interested in joining or would like to update us on your state efforts in acquiring licensure, please contact ozemek@uic.edu.

ESSA PROFESSIONAL EDUCATION

Through a partnership between CEPA and Exercise & Sports Science Australia (ESSA), CEPA members can access ESSA continuing education programs at the ESSA member rate.

- Complete & Submit the [ESSA-CEPA Registration Form](#)
- Check out [podcasts/webinars from ESSA](#)



University of Northern Colorado Cancer Rehabilitation Institute
Michael Lazio, MS, ACSM-EP, CCES – Clinical Coordinator

[The University of Northern Colorado Cancer Rehabilitation Institute \(UNCCRI\)](#), originally known as the Rocky Mountain Cancer Rehabilitation Institute, was established in 1996 by Carole Schneider, PhD, Professor of Exercise Physiology in the School of Sport and Exercise Science at the University of Northern Colorado. The UNCCRI was formed with a commitment, as is affirmed in their mission statement, to the advancement of quality of life for cancer survivors during and following treatment through prescriptive exercise rehabilitation.

Dr. Schneider created the Institute following her cancer diagnosis in November of 1995 while experiencing side-effects associated with her cancer treatments. Being an expert on the positive effects of exercise for chronic disease management, Dr. Schneider identified there was very little information available about rehabilitation options following cancer treatment interventions. As an educator and a clinician, Dr. Schneider and her colleagues helped fill this information gap by literally writing the book on the subject, *Exercise and Cancer Recovery* (Human Kinetics Publishers, 2003).

During the same year, the Ben Nighthorse Campbell Center (BNCC) was built on the UNC campus to permanently house the UNCCRI. The BNCC is a 10,000 square foot state-of-the-art facility available to cancer survivors in the northern Colorado region. The research performed at this facility is used to improve understanding of exercise rehabilitation for cancer survivors around the world.

The UNCCRI offers a Level 1 and Level 2 [Clinical Cancer Exercise Specialist \(CCES\) certification course/workshop](#) each summer at the BNCC on the UNC campus. This week-long workshop offers hands-on instruction in exercise assessment, prescription, and intervention specific to the individual during and following cancer treatment interventions. This training course is also offered in various locations all over the world, including South Korea and Hawaii, and the network of certified professionals are represented in 10 countries. The UNCCRI also offers an [internship program](#) for individuals whose career goals include working in a rehabilitative, exercise science, and/or health-related field.

Dr. Schneider's legacy continues today under the leadership of Reid Hayward, PhD (Director) and Michael Lazio, MS (Clinical Coordinator). Prior to his current role at the UNCCRI, Michael completed his undergraduate and graduate degrees in exercise physiology at UNC in the UNCCRI under the direction of Dr. Schneider. After completing his graduate degree, Michael continued to pursue his passion for serving people as a clinical exercise physiologist (CEP) by directing the CancerFit Program for the city of Wheatridge, Colorado. In his current role at the UNCCRI, he is responsible for all clinical services, supervising all staff and students, and overseeing the daily operations of the Institute. As a CEP, he is also responsible for training undergraduate and graduate exercise physiology students to conduct exercise assessments and design/modify exercise prescriptions for all cancer rehabilitation clients. To accomplish this, staff/students utilize a unique cancer-specific UNCCRI multistage treadmill protocol as well as their cancer rehabilitation phase (1-4) system based on the unique needs of each patient.

The clients at the UNCCRI are referred by physicians who represent the client's whole healthcare team (i.e. oncology, internal medicine, primary care). Michael and his team have established an open line of communication with the client's care team by providing regular patient updates, progress reports, and direct contact with each referring provider. The CEPs at the UNCCRI work collaboratively with a physical therapist in offering highly specialized care to all clients. This collaboration of disciplines provides an optimal experience in standardized clinical service, education, and research for the cancer rehabilitation setting.



UNIVERSITY OF NORTHERN COLORADO

Cancer Rehabilitation Institute

For more information about the UNCCRI and Michael Lazio, MS, ACSM-EP, CCES, visit:
<https://www.unco.edu/nhs/cancer-rehabilitation-institute/>

James Madison University

Trent Hargens, PhD, ACSM-CEP, RCEP, FACSM – CEPA President Elect

[James Madison University](#), in Harrisonburg, Virginia, is in the beautiful Shenandoah Valley in the western part of the state, about 2 hours from Washington, D.C. James Madison University has an enrollment of approximately 22,000 undergraduate and graduate students. JMU offers a Bachelor's degree in Kinesiology, with a concentration in Exercise Science, as well as a Master's degree in Exercise Physiology. The graduate program offers electives that are geared towards the study of clinical exercise physiology, for which [Trent Hargens, CEPA President-Elect is the instructor](#). Graduate students with an interest in pursuing a clinical exercise physiology career path are encouraged to take the elective courses, as well as to seek an external internship targeting clinical exercise physiology. Recent internships that our students have participated in are the Martha Jefferson Hospital Cardiopulmonary Rehabilitation Program in Charlottesville, Virginia, the Heart Center/Exercise Physiology Lab at Boston Children's Hospital, the Cardiopulmonary Rehabilitation Program at Sentara Rockingham Memorial Hospital in Harrisonburg, Virginia, among many others. Our graduates have been very successful in post-graduation job placements, be it pursuing a PhD in a clinical exercise physiology-related area or other professional graduate programs like physician assistant, physical therapy or nursing, obtaining jobs in cardiopulmonary rehabilitation or clinical exercise testing for a hospital or cardiology group, or transitioning to a career in the medical device industry or academia by becoming instructors/faculty at other universities.



Introduction of New CEPA Committee Members

Clinical Practitioner Member-At-Large

Sandy Knecht, MS, ACSM-CEP, RCEP; Cincinnati Children's Hospital, OH

Born and raised in Milan, Indiana (home of the originals “Hoosiers”), I completed my bachelor's degree in Sports Medicine at the University of Evansville, Indiana and my master's degree from California University of Pennsylvania, Pennsylvania. For almost 20 years, I have been a Clinical Exercise Physiologist in the [Cardiopulmonary Exercise Physiology at Cincinnati Children's Hospital Medical Center](#), Cincinnati, Ohio. I have recently been promoted to lab supervisor. Our cardiopulmonary testing lab serves our pediatric and adult congenital heart programs, our cardiac oncology program and our pediatric electrophysiology program, as well as many research projects. Our cardiac rehab program is nationally recognized and certified by the AACVPR, making it one of only two pediatric cardiac rehabilitation programs in the country to be certified. Our program provides Phase I, II and III cardiac rehabilitation to our pediatric, young adult and adult congenital patients. Our lab has a robust [clinical exercise physiology internship program](#) and has built a “hands-on” program offering clinical experience in exercise testing, cardiac rehabilitation, and exercise prescription and has active affiliation agreements with over 25 regional and national colleges. We also host the annual Clinical Exercise Testing and Therapeutics Symposium. This educational event, held annually, hosts speakers, exhibitors and a poster session, and has become a method for clinical exercise physiologists, cardiologists, exercise lab medical directors and allied health personnel to gain knowledge in our field and to network with other nationally renowned cardiopulmonary exercise programs.

I have authored/co-authored 8 peer reviewed articles. I have been an active member of ACSM since 2001, Midwest ACSM since 2014 and most recently completed a term on the board of directors of the MWACSM as member-at-large and co-chaired the clinical and membership committees.

I have been a member of the Clinical Exercise Physiology Association (CEPA) since 2008, and my goal for joining the executive committee as Clinical Practitioner Member-At-Large, will be to further CEPA's advocacy efforts in the area of scope of practice and clinical role delineation for our membership. Career development and recognition for our membership is a passion of mine. I truly believe we are in a unique position to initiate positive change within the next 5 years. This profession's growth potential exists for our membership functioning in both academic and clinical settings.

Marketing Committee Chair

Shirit Kamal-Rosenberg, EdD, ACSM-CEP; Palo Alto VA Health System, CA

My current position is a clinical exercise physiologist working under Dr. Kaci Fairchild on a research project for those who care for veterans with either dementia or traumatic brain injury. My role is to run cardiopulmonary fitness testing as well as set exercise programs for the participants; being either in the aerobic/resistance group or stretching (yoga) group. Excluding assessments, the project is done virtually, through video teleconferencing. Along with that project, I am also helping with other studies, publishing, and helping manage databases working under Dr. Jonathan Myers.

I'm happy to be the new Marketing Chair. A summary of my role/responsibilities includes getting CEPA's name out to the National ACSM meeting and regional chapters as well as providing materials at each of the meetings to let our name be known and what we stand for.

Upcoming Events

**Million Hearts® Cardiac Rehabilitation Collaborative:
Getting to 70% Cardiac Rehabilitation Participation by 2022**

Webinar hosted by CEPA
Wednesday, August 14, 2019

[Click here to Learn More & Register](#)

**2nd Annual CEPA/MACEP Conference...
Exercise Based Tools & Techniques to Improve Clinical
Outcomes**

Conference hosted by CEPA
Saturday, September 14, 2019

[Click here to Learn More & Register](#)

**SPRINGFIELD
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**Springfield College
Silver Level Partner**

Springfield College is an independent, nonprofit, co-education institution founded in 1885. Nearly 5,000 students including 2,500 full-time undergraduate students, study at its main campus in Springfield, Massachusetts, and at its regional campuses across the country. Springfield College inspires students through the guiding principles of its Humanics philosophy – educating in spirit, mind, and body for leadership in service to others.

The College places great emphasis on helping students grow their whole person, enter fields that help others, and serve as leaders in their communities, organizations, and companies, at home and around the world. The College offers a range of undergraduate and graduate degree programs in the fields of health sciences, human and social services, sport management and movement studies, education, business, and the arts and sciences. It also offers doctoral programs in physical education, physical therapy, and counseling psychology.

Springfield College is the best destination for those seeking a well-rounded education, strong academics, experiential learning opportunities, and active and fulfilling co-curricular and athletic involvement. With its foundation of academic excellence and rich athletic heritage, Springfield College prepares students with real-world leadership skills for careers that transform lives and communities.

For more information about Springfield College, visit <https://springfield.edu/>



Brad Roy – CEPA President 2019-2020 (left)
Shel Levine – CEPA Immediate Past President 2018-2019 (right)



Dennis Kerrigan – CEPA Past President 2017-2018 (left)
Shel Levine – CEPA Immediate Past President 2018-2019 (right)



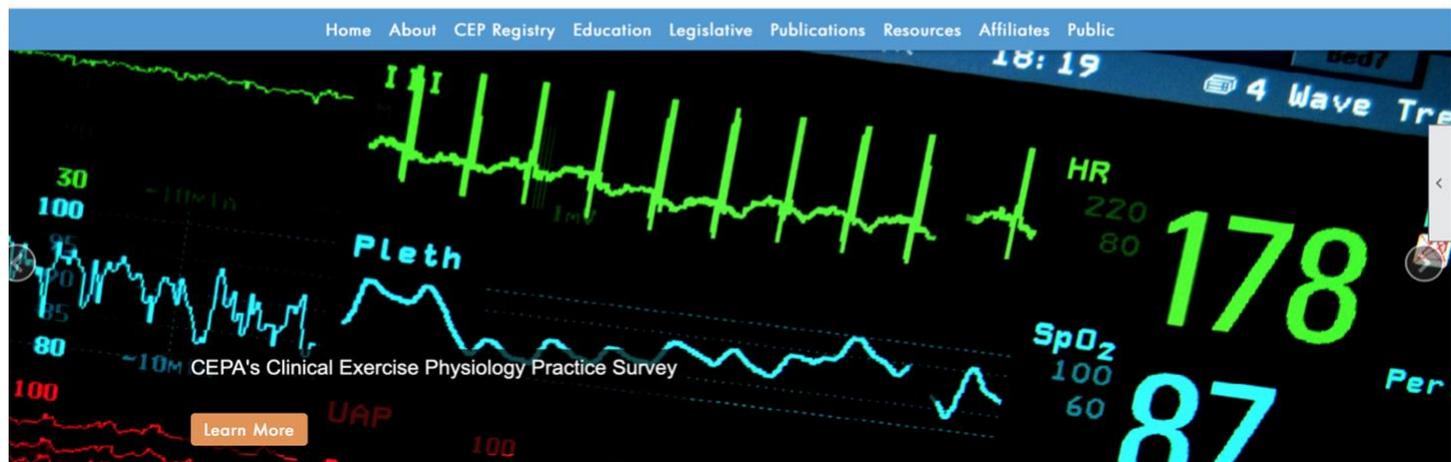
MGC Diagnostics
Silver Level Partner



MGC Diagnostics is a global medical technology company dedicated to cardiorespiratory health solutions. MGC Diagnostics, through its Medical Graphics Corporation and Medisoft SA subsidiaries, develops, manufactures and markets non-invasive diagnostic systems. This portfolio of products provides solutions for disease detection, integrated care, and wellness across the spectrum of cardiorespiratory healthcare. Our product quality, product performance, market reputation, and customer service are unparalleled—delivering measurable value to integrated care and wellness models across the spectrum of cardiorespiratory healthcare.

MGC Diagnostics sells its products worldwide. Whenever possible, we work directly to provide product systems to heart and lung specialists located in hospitals, university-based medical centers, medical clinics, physician's offices, pharmaceutical companies, medical device manufacturers, and clinical research organizations. Each MGC Diagnostics client receives individual attention that's customized and comprehensive. Our simple approach has endured: Integrate the latest advances that today's technology affords, ensure accuracy through superior design, and then back up each and every product with consistently stellar support. We don't just stand by our product; we stand by our customers.

For more information about MGC Diagnostics, visit www.mcqdiagnostics.com



What's Happening on the Website (click [here](#))

- **Discussion Forum**
- **CEP Registry**
- **Upcoming Events and Webinars**
- **Newsfeed**
- **Social Media**
- **Come check it out, get connected, get involved!**

Journal of Clinical Exercise Physiology



Ever Consider Publishing in the Journal of Clinical Exercise Physiology (JCEP)?

Did you know that JCEP accepts submissions for original research or reviews (general topical literature review, systematic review, meta-analysis) and is currently read by almost 7,000 clinical exercise professionals?

Submission topics can include, but are not limited to, exercise testing, disease management, risk assessment and prognosis, acute and chronic exercise responses, safety and efficacy, outcomes, and pathology and epidemiology of chronic diseases, physical activity, and behaviors. Lectures at meetings such as the ACSM annual meeting often make great topics that are easily transitioned to a manuscript.

You can access (member & non-member) the journal and submit your manuscript from the [CEPA website](#).

Executive Committee Members 2019-2020

Executive committee members are selected during a membership election each Spring.

President

Brad Roy, PhD, ACSM-CEP, RCEP, FACSM; Kalispell Regional Medical Center, MT

President-Elect

Trent Hargens, PhD, ACSM-CEP, RCEP, FACSM; James Madison University, VA

Immediate Past-President

Shel Levine, MS, ACSM-CEP, RCEP; Eastern Michigan University, MI

Secretary

Laura Newsome, PhD, ACSM-CEP; Radford University, VA

Treasurer

Scott Eberhardt, MS, ACSM-CEP; InnovAge Clinical Exercise Services, CO

Member-At-Large

Yuri Feito, PhD, ACSM-CEP, RCEP, FACSM; Kennesaw State University, GA

Diane Perry, MS, ACSM-CEP; University of Michigan Health System, MI

Clinical Practitioner Member-At-Large

Sandy Knecht, MS, ACSM-CEP, RCEP; Cincinnati Children's Hospital, OH

Student Representative

Mikala Maiers, BS; James Madison University, VA

Ex-officio Representatives

ACSM CCRB: Meir Magal, PhD, ACSM-CEP, FACSM; North Carolina Wesleyan College, NC

ACSM Liaison: Open

AACVPR Liaison: Open

Executive Secretary (appointed)

Wanda Koester, MS, ACSM-CEP, RCEP; IU Health Bloomington Hospital, IN