Avoiding the Sophomore Jinx

Jonathan K. Ehrman and Clinton A. Brawner


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For more information contact Sarah Landeen (slandeen@thocc.org) or Robert Berry (Robert.berry@bhs.org).

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Avoiding the Sophomore Jinx

The *Journal of Clinical Exercise Physiology* (JCEP) was developed as the professional journal of the Clinical Exercise Physiology Association (CEPA). The first edition was, by all accounts, a grand success. Beginning with a vision of providing a practical and informative journal, it was well received and, in fact, was associated with an impressive increase in membership in the CEPA. Thus, it seems that many in the clinical exercise physiology “world” were eager for a journal of their own. In sports, some athletes who have a great rookie season fall into what has been termed the “sophomore jinx.” This essentially occurs when they do not live up to the expectations placed after their initial season. This second edition attempts to avoid this situation as it continues the approach of providing review articles on topics pertinent to every clinical exercise physiologist—no matter their clientele.

Although many clinical exercise physiologists work with patients who have a cardiac issue as their primary health concern, the role of many has expanded over the last decade to include comorbid conditions and other primary diseases that can benefit from exercise training. The driving force of this advancement has been the 1996 U.S. Surgeon General’s Report on Physical Activity and the development of the American College of Sports Medicine (ACSM) Registered Clinical Exercise Physiologist (RCEP) certification. Both of these add focus on noncardiac diseases and conditions and how people suffering from their effects can benefit from regular exercise training.

This second edition of the *JCEP* provides seven articles with a wide range of topics. Beginning with a timely review of cancer and fatigue by Drs. Schneider and Hayward, the first article discusses the multiple factors related to fatigue among cancer survivors and avenues for treatment. The number of cancer survivors grows each day as treatments improve. Exercise is gaining more attention as a preferred treatment for these survivors.

Another well-timed article by Dr. Keteyian addresses the current hot topic of high intensity interval training in patients with cardiovascular disease. Although not yet endorsed by any professional organization, several small clinical trials have shown promise in this technique for increasing gains in fitness and altering cardiac risk factors in these patients.

Other topics in this edition include sport concussion and resistance training. Concussion is an important topic for the exercise physiologist to understand, particularly because there is an important emergence recently of concussion awareness that ranges from diagnosis to protection to treatment and return to activity or sport. It is now recognized that even “noncontact” sports, such as soccer, may have lasting cognitive effects from repetitive head contact with the ball (“headers”) and other players. The role of resistance training in clinical exercise programs is always a popular topic. The article in this edition of *JCEP* focuses on the basics of resistance training for healthy and clinical populations.

Finally, the case study on peripheral arterial disease demonstrates the power of exercise training in persons who are significantly limited by claudication pain. The recent CLEVER trial that focused on exercise training versus stenting or medication treatment is highlighted in this article.

It is our desire that *JCEP* fulfills the needs of the clinical exercise physiologists who are working directly with various clinical populations. As always, any feedback is welcomed and can be sent to us directly at cepa_jcep@acsm.org. We hope you enjoy this edition of the *JCEP*.

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