

In This Issue

-From the President:

Shel Levine, MS, ACSM-CEP, RCEP

-Executive Secretary Notes:

Wanda Koester, MS, ACSM-CEP, RCEP

-Committee Updates:

Continuing Education

Timothy Werner, PhD, ACSM-CEP, RCEP, NSCA-CSCS, CSOWM

Legislative

Cemal Ozemek, PhD, FACSM, ACSM-CEP, RCEP

-Highlights & Kudos

-CEPA Website

-Journal of Clinical Exercise Physiology (JCEP)

“He who cures a disease may be the *skillfullest*, but he that prevents it is the safest...”

-Thomas Fuller

CEPA

Clinical Exercise Physiology Association

ACSM Affiliate Society

Newsletter – Spring 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



Contact Us

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From the President:

Shel Levine, MS, ACSM-CEP, RCEP



As I look back on my year as CEPA's 11th president, I marvel at the individuals I worked with and their passion and commitment for advancing the profession of Clinical Exercise Physiology. Not only the current Executive Committee (EC), but professional members serving on committees, former Presidents and most importantly our Executive Secretary Wanda Koester. Wanda is the main cog that makes us run smoothly. She keeps us organized and on track. I am completely indebted to her as she was a huge assistance in keeping me up to date when I was dealing with significant medical issues this past year. In addition to Wanda, I owe a giant thank you to Immediate Past-President, Dennis Kerrigan, and President-Elect Brad Roy for running meetings and carrying out our initiatives when I was in a chemo stupor, a radiation malaise or recovering from surgery. All communications and the running of CEPA were seamless. I would also like to acknowledge the work of our secretary, Laura Newsome, and treasurer, Scott Eberhardt. Two jobs that are time consuming and tedious and both were performed with professional zealously. Our three members-at-large -- Laura Richardson, Diane Perry and Yuri Feito have contributed tremendously with their eagerness and unique way of presenting novel ideas and concepts. I look forward to their future involvement in the leadership of CEPA. A usually forgotten member of the EC is the Student Representative. Ours will not be easily forgotten. Emily Miele has been a great part of our team contributing ideas and never taking a back seat. She will be missed as she moves on to the professional world as she soon defends her dissertation.

An organization is only as good as the operation of its committees, more specifically, the leadership of those committees. I would like to thank all our committee chairs – Mary Stauder, Membership; Webb Smith, Publishing; Mike Bruneau, Marketing; Judy Knuth and Cemal Ozemek, Legislative; Ken Ecker, Advocacy; Tim Werner, Continuing Education; Jeff Richard, Partnership; and Garret Griffith, Career Resources for their hard work and dedication to CEPA's initiatives.

Finally, I would like to recognize some former Presidents who continually give their time, effort and valuable insight to running of CEPA and striving to advance the profession. Clinton Brawner was instrumental in the development of JCEP and our new user-friendly website. Aaron Harding endures to lead our strategic planning while continuing to serve on the EC. His attention to detail is second to none. Robert Berry has assisted the EC several times and was instrumental in helping to develop the new membership categories you will be hearing about soon. Brian Coyne and Sam Headley have been there for me to bounce ideas off and contribute their time and knowledge when needed.

It was truly an honor to work with everyone above and follow in the footsteps of a who's who in the field of Clinical Exercise Physiology.



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



Executive Secretary Notes: **Wanda Koester, MS, ACSM-CEP, RCEP**



Greetings!

As we turn the calendar to May, many of us begin to think about our pending trip to the ACSM Annual Meeting (being held in Orlando, Florida this year). As an affiliate society of ACSM, CEPA is very active at the conference and our leadership is now busy preparing for activities being held that week.

If you are attending the meeting in Orlando, stop by our booth (#330) in the Orange County Convention Center Exhibit Hall. The hall is open on Wednesday, May 29 between 1:30 and 6:00 pm; Thursday, May 30 from 9:30 a.m. to 5:00 pm; and Friday, May 31 between 9:30 a.m. and 2:00 pm. Take the opportunity to meet with current and past leaders of CEPA, ask questions or give feedback. We enjoy the chance to meet with our members!

You also have the opportunity to hear what we've accomplished for our members over the past year during our annual business meeting. This will be held Friday, May 31 from 11:45am-12:45pm in the Convention Center. (The room number for this has not yet been determined; please check the website or stop by the booth in Orlando for the final room assignment. We will also be posting that information to our social media accounts.) Hear from CEPA leadership and meet incoming CEPA President Brad Roy. Brad brings an impeccable resume of organizational leadership to CEPA and we look forward to working with him over the next year. At this meeting, we will also certify the recent election results and vote on proposed bylaws changes.

With new leaders coming in, we also want to acknowledge the commitment and work of those who are transitioning out of their positions. We are very appreciative of the contributions made the last several years by Dennis Kerrigan (Immediate Past President), Laura Richardson (Clinical Member-at-Large), Emily Miele (Student Representative), Mark Patterson (Newsletter Editor), Michael Bruneau (Marketing Chair), and Jeffrey Richard (Partnership Chair). We very much appreciate the time, effort and dedication that these individuals have given to CEPA. Our organization would not exist without the work of volunteers who are passionate about furthering the work of clinical exercise physiologists...and we are grateful for their involvement. Thank you Dennis, Laura, Emily, Mark, Mike and Jeff for all you've done!

If you are interested in working with us in our quest to advance the profession, we are actively pursuing committee members for: Continuing Education, Marketing, the Student Advisory Committee and the CEPA website team among others. If you'd like to be considered for one of these committees, please email us at cepa@acsm.org or talk with one of us in Orlando. We look forward to seeing you there!

Best,
Wanda



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/members-home/professional-

Committee Updates

Continuing Education:

Tim Werner, PhD, ACSM-CEP, RCEP, NSCA-CSCS, CSOWM (chair)

The Continuing Education Committee will be presenting a webinar on *Million Hearts® Cardiac Rehabilitation Collaborative: Getting to 70% Cardiac Rehabilitation Participation by 2022* on August 14, 2019. Presenters for this webinar are Haley Stolp, MPH (Centers for Disease Control and Prevention) and Demario Lindsey, MS (Emory Healthcare). The following month, Dr. Yuri Feito will present on *High Intensity Training Among Clinical Populations*. And in December 2019, we will run two webinars on basic and advanced EKG. Please go to our website (www.acsm-cepa.org) and click on the “Education” tab to learn more about these and other continuing education opportunities. If you wish to obtain CECs from previous webinars, please follow this link from ACSM: <https://acsm.ideafit.com/>.

Check out our CEPA YouTube channel. Click on the YouTube channel link to begin viewing our education materials: <https://www.youtube.com/channel/UCoJ7Nor2xHYfGUita0-jEIQ> JCEP authors will soon begin recording podcasts and these will be uploaded as well. If you have ideas for videos, please email your suggestions to cepa.cont.ed@gmail.com

We are always looking for qualified experts to present on their research and field of expertise. If interested, please email your suggestions for future webinars to the Chair of the Continuing Education Committee, Tim Werner (tjwerner@salisbury.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.

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



Committee Updates

Legislative Committee:**Cemal Ozemek, PhD, FACSM, ACSM-CEP, RCEP (Chair)**

The Legislative Committee has had a particularly active quarter by making substantial progress within each of the three tasks they set during the fall, which collectively aim to move the profession towards acquiring licensure.

Within the objective of developing consistent messaging across states regarding licensure, the group has been actively revamping and standardizing several presentations that have been given by CEPA leadership at various conferences. The ultimate goal will be to have these slides completed, reviewed by the Executive Committee, and made available to individuals presenting on the topic at relevant conferences and meetings.

In regards to the committee's task in generating energy and excitement about the legislative efforts of CEPA, members have been diligently working on reviewing and updating key documents to make them more "user" friendly versions to be used as promotional templates and social media templates targeting students, young professionals, medical professionals, and legislatures. Moreover, the group will be developing an electronic outreach platform to get information on CEPA and the legislative efforts out to the public with emphasis on academic institutions. When these systems are in place, Legislative Committee members will be trained on how to implement the Physical Outreach plan to disseminate information at regional and national conferences, to academic institutions, and with state legislators.

The committee has also been identifying pathways to licensure by evaluating strategies and processes other allied health professions took when working towards achieving licensure. During committee discussions, increasing CEPA's membership count was identified as a necessary step towards providing evidence of a strong professional CEP presence that would support the case for moving towards licensure. Accordingly, the Legislative Committee will be working closely with the Membership Committee to foster CEPA membership growth.

Lastly, new legislative efforts are being started in Delaware by Dr. Brittany Overstreet. The Committee is enthusiastically supporting the work Dr. Overstreet is leading and look forward to assisting other states that begin this exciting process!

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.mgcdiagnostics.com.

Highlights & Kudos

Garett Griffith, the Clinical Exercise Physiology Association's (CEPA) Career Resources Committee Chair, attended the 6th annual Clinical Exercise Testing and Therapeutics Symposium in Cincinnati, Ohio on March 1-2, 2019. Garett presented his research entitled "Reference Values for Cardiopulmonary Capacity for Symptomatic Pediatric Patients with Structurally Normal Hearts" during the Moderated Poster Presentation Session, and won the first place award for this presentation. Reference values for physical fitness that are specific to unique patient populations can help clinicians better understand test results, and may promote more widespread utilization of cardiopulmonary exercise testing in clinical settings. CEPA representation at the event included a booth with information about the association, and it was a great venue for networking and continuing the ongoing advocacy efforts for CEPA."

If you would like to "highlight" a CEPA affiliated/sponsored event, feature a unique program/area in clinical exercise physiology, or simply feature a CEPA member in future newsletters, please send all submissions to our newsletter co-editor: andrew.smith@unco.edu.

SPRINGFIELD COLLEGE



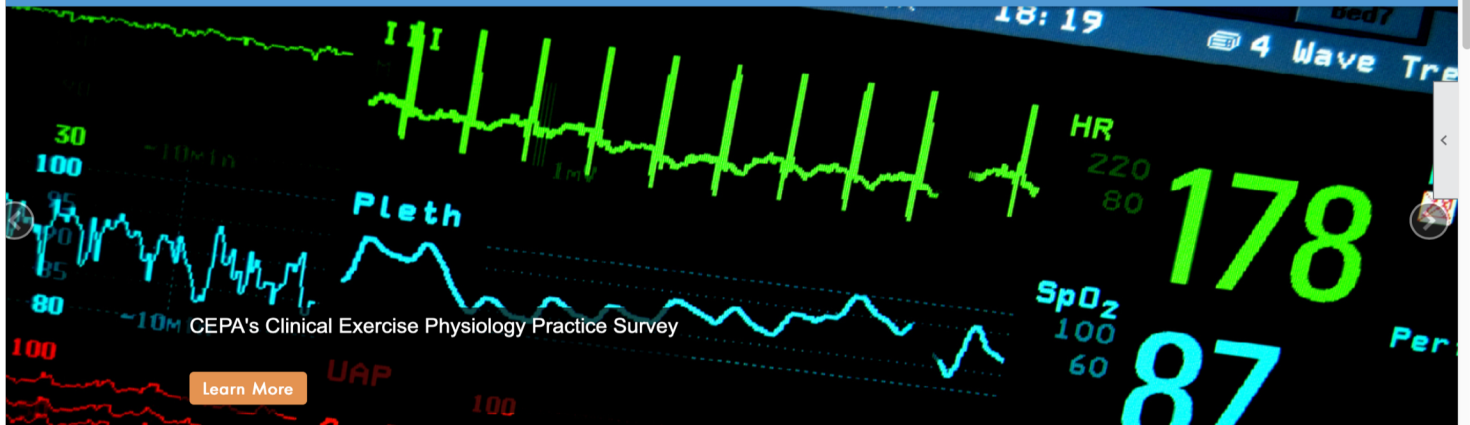
Springfield College Silver Level Partner

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/>



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

Executive Committee Members 2018-2019

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

President

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

President-Elect

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

Immediate Past-President

Dennis Kerrigan, PhD, ACSM-CEP, FACSM; Henry Ford Hospital, 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

Laura Richardson, PhD, ACSM-CEP, RCEP; University of Akron, OH

Student Representative

Emily Miele, MS, ACSM-CEP, RCEP; Springfield College, MA

Executive Secretary (appointed)

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