

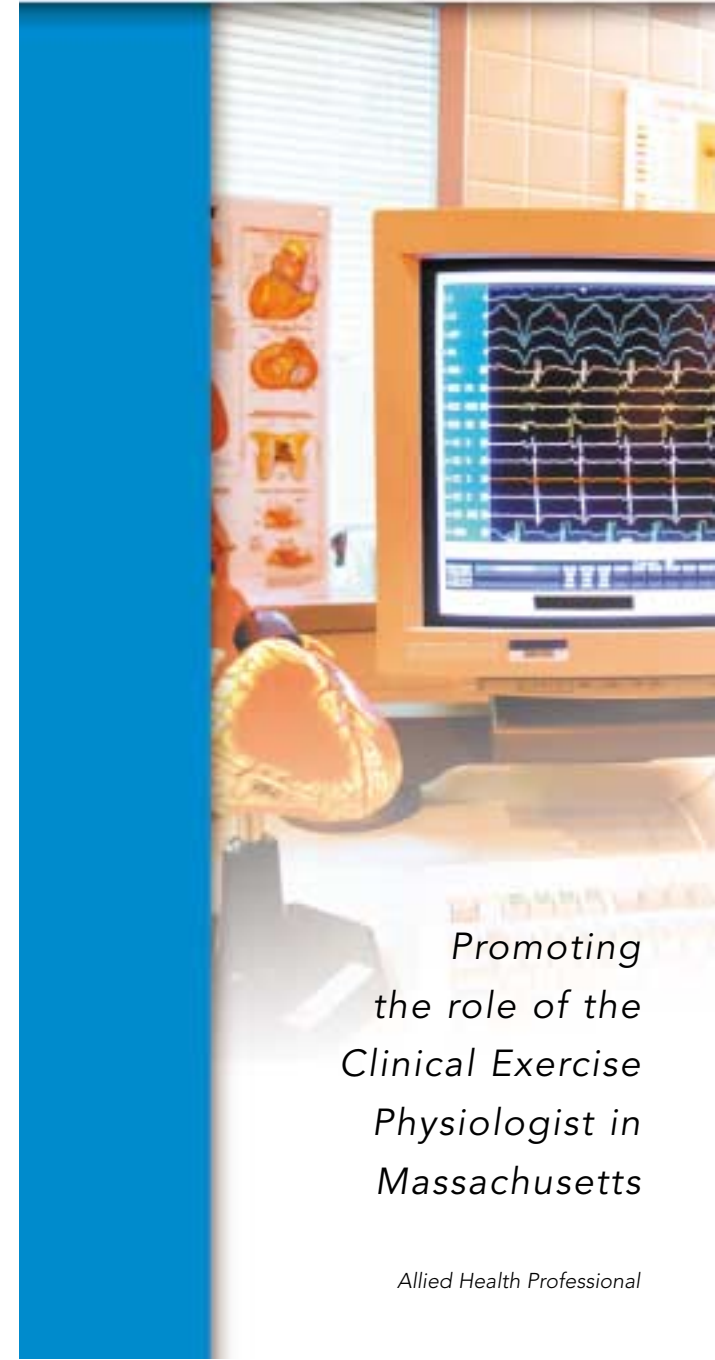
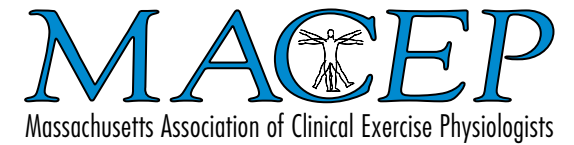
MISSION:

The mission of the Massachusetts Association of Clinical Exercise Physiologists (MACEP) is to advocate for the Clinical Exercise Physiologist and to promote their role in health care in Massachusetts.



For more information, visit our website at:
<http://web.simmons.edu/~lite/MACEP.html>
email: MACEP2005@yahoo.com
10/05

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*Promoting
the role of the
Clinical Exercise
Physiologist in
Massachusetts*

Allied Health Professional

What is a Clinical Exercise Physiologist (CEP)?

The Clinical Exercise Physiologist is an allied health professional who works with apparently healthy people and patients with chronic disease and conditions where exercise has been proven to provide therapeutic benefit.

The CEP performs exercise assessments, and prescribes exercise and physical activity, primarily in hospitals, clinics, or other health-care provider settings. The CEP assists individuals in developing self-management skills to promote good health.

CEP's are an integral part of the health care team and work closely with other health professionals, including:

- Physicians (MD)
- Nurses (RN)/Nurse Practitioners (NP)
- Physician Assistants (PA)
- Respiratory Therapists (RT)
- Physical Therapists (PT)
- Registered Dietitians (RD)

Who do CEP's Treat?

In addition to healthy clients CEP's are trained to work with patients with chronic disease and conditions such as:

- Cardiovascular disease
- Pulmonary Disease
- Diabetes
- Obesity
- Cancer
- End Stage Renal disease
- Immunological/Hematological Disorders

Scope of Practice

The CEP provides evidence-based preventative and rehabilitative exercise to populations with or without chronic disease ranging from children to older adults. The CEP performs exercise screening, exercise testing, exercise prescription, counseling, exercise monitoring/supervision, education, and evaluation of outcome measures. Published professional guidelines, and standards guide the practice and supervision of the CEP.

What differentiates CEP's from other healthcare providers?

CEP's have the advanced training that is necessary to work with people with diverse medical conditions. CEP's are not Physical Therapists or Personal Trainers. Physical Therapists are allied health professionals who "focus on both preventing injuries and helping individuals recover [from injury and disability due to illness]" (American Physical Therapy Association). Physical therapists provide therapeutic exercise and other treatment modalities usually directed to a specific impairment or part of the body. CEP's focus on the overall fitness of the body and do not use any modalities as part of their practice. PT's usually work during the acute phase following an injury or illness, while CEP's tend to work more during the later phase of recovery.

Personal trainers are paraprofessionals who can be certified by many different organizations to work with healthy people, but are not required to have any formal educational training. CEP's on the other hand, have formal educational training at the Bachelor's and Master's degree level and meet established professional standards including clinical rotation requirements and passing the RCEP® exam established by the American College of Sports Medicine (ACSM).

The Training of the exercise physiologist includes the following:

- Formal coursework in Physiology, Exercise Physiology, Kinesiology, Pathophysiology, Pharmacology, Electrocardiography, Echocardiography, Exercise Testing and Prescription.
- Recognition of factors that increase the risk of injury or illness during exercise and methods to increase the safety of exercise for persons at risk of exercise complications.
- Application of scientifically based methods for rehabilitation. The use of aerobic activity, resistance training, and exercise prescription to improve cardiovascular fitness, muscular strength, endurance and body composition.
- Evaluation of contraindications to exercise in individuals with or at high risk of chronic disease.
- Understanding of common screening and diagnostic tests used to evaluate chronic disease, and the ability to adapt the exercise program accordingly.

Are there national credentials for CEP's?

The Registered Clinical Exercise Physiologist (RCEP®) credential is based upon national standards set forth by the Commission on Accreditation of Allied Health Education Programs (CAAHEP) and independently administered by the American College of Sports Medicine (ACSM). The RCEP® must meet entry standards which include graduation from a Bachelor's or Master's degree program in exercise physiology, exercise science, movement science, or kinesiology from an accredited University or College, and a minimum of 600-6000 hours of supervised clinical experience, depending on the level of education.

Where can I get more information?

Please visit our website at:

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Or you can email us at: MACEP2005@yahoo.com