



Annual Report 2023

Committee on Certification and Registry Boards (CCRB)



**AMERICAN COLLEGE
of SPORTS MEDICINE**
LEADING THE WAY



acsm
CERTIFICATION



Annual Report 2023

ACSM Committee
on Certification and
Registry Boards
(CCRB)

2023 CCRB EXECUTIVE COUNCIL



CCRB Chair

Christie Ward-Ritacco, Ph.D., FACSM,
ACSM-EP
University of Rhode Island
Kingston, Rhode Island



Public Member

Deborah Doherty
ADA Business Enterprises, Inc.
Chicago, Illinois



Member-at-Large

Vanessa Marie Kercher, Ph.D., ACSM-EP
Indiana University School of Public Health
Indianapolis, Indiana



Ethics

Madeline Paternostro-Bayles, Ph.D., FACSM,
ACSM-CEP
Jefferson Hills, Pennsylvania



Group Exercise Instructor (GEI)

Lauren Korzan, M.A., ACSM-EP, ACSM-GEI
Aquila
Avondale Estates, Georgia



International

Alexis Batrakoulis, Ph.D., ACSM-EP,
ACSM-CPT
University of Thessaly
Larisa, Greece



Clinical Exercise Physiologist (CEP)

T. David Cannon, M.A., ACSM-CEP
IRhythm Technologies, Inc.
Holly Springs, North Carolina



Exercise Physiologist (EP)

Stephanie Cooper, Ph.D., FACSM, ACSM-EP
University of San Francisco; Equinox
San Francisco, California



Certified Personal Trainer (CPT)

Jessica Sansone, Ph.D., ACSM-CEP
Shenandoah University
Winchester, Virginia



Continuing Professional Education (CPE) Subcommittee

Paul Gallo, Ed.D., FACSM, ACSM-CEP
Norwalk Community College
Norwalk, Connecticut

ACSM Staff Listing



Francis Neric, M.S., MBA
Associate Vice President of Certification and
Credentialing
ACSM Headquarters Indianapolis, Indiana



Mercedes Guyse,
Education and Online Learning Director
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ACSM Headquarters Indianapolis, Indiana



Traci Rush, ACSM-EP
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Katherine Schowengerdt, ACE-CPT
Vice President of Operations
Butler, Missouri



Monte Ward
Vice President of Government Relations
Washington, D.C.



Kela Webster
Director of Customer Experience
ACSM Headquarters Indianapolis, Indiana

Customer Experience Team

Martisha Wright, Dawn White, Lindsay Lewis
ACSM Headquarters Indianapolis, Indiana

CCRB 2023 President's Report



Christie Ward-Ritacco, Ph.D., FACSM,
ACSM-EP; Chair



As I reflect on the past three years as Chair of the ACSM Certification Board (CCRB), I am most thankful for the people I have met while acting in this position. I extend my deepest gratitude to all the members of the CCRB Executive Committee and associated credentialing and standing committees, present and past, in addition to the ACSM staff. I am most thankful that acting as Chair of the ACSM CCRB provided me with the opportunity to advocate for the over 32,000 ACSM certified professionals who are making an impact in their communities every day.

Over the past several years, the CCRB has strategically been utilizing feedback from our stakeholders to guide our planning and process. It's evident that our data-driven approach to decision making has resulted in growth for both the CCRB and the certified exercise professionals that we support. Here is a selection of our achievements:

- Working in partnership with ACSM staff, the CCRB EC was instrumental in improving ACSM Certification's net income profit margin through investment in top-quality, on-demand education as requested by our certified professionals.
- International credentialing has been restructured to better serve the global needs of our stakeholders and enhance the security of ACSM certification exams.
- Strategic partnerships with the Canadian Society of Exercise Physiology (CSEP), the Beijing Institute of Sports Medicine (BISM; formerly, the Chinese Association of Sports Medicine), and Wellness Academy (South Korea) have allowed for the expansion of ACSM's global reach in credentialing and education.
- We've enhanced the professionalism of the health and fitness industry by introducing programmatic accreditation requirements for candidates to earn our degree-required certifications; the Exercise Physiologist (ACSM-EP) and Clinical Exercise Physiologist (ACSM-CEP) certifications. These requirements now align ACSM's degreed exercise professionals with other well-established health occupations, helping to demonstrate how degreed and certified exercise professionals are uniquely qualified to serve as members of health care teams.

In summary, CCRB has actively listened to our stakeholders (i.e., candidates, certified professionals, faculty members, employers, and industry leaders). The invaluable information that they have provided, including the challenges and opportunities, has allowed our Board to prioritize our strategies, tactics, and actions to ensure that we are best serving those who have invested in ACSM certifications.

I am grateful to have had the opportunity to serve as the Chair of CCRB. I am proud of the strong foundation that we have built for the future of ACSM certification. I am also confident that the CCRB will continue to thrive and make lasting contributions to the field of exercise science through the success of our ACSM Certified professionals.

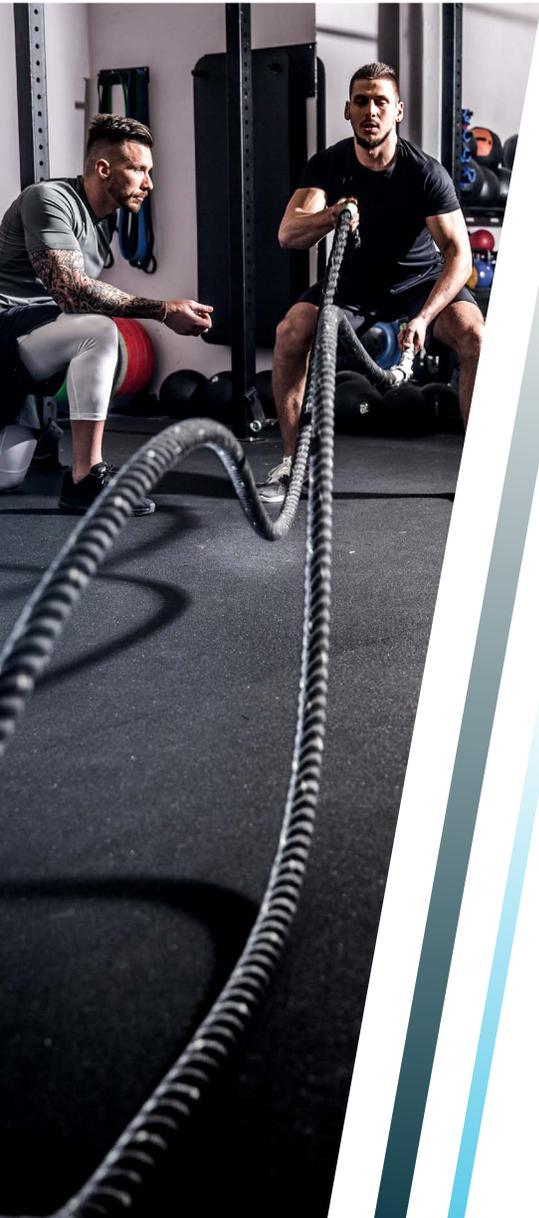
In health,

Christie L. Ward-Ritacco, Ph.D., FACSM, ACSM-EP
Chair, ACSM Certification Board

Vice President Report



Francis Neric, M.S., MBA;
Associate Vice President of
Certification and Credentialing



As a result of the COVID lockdowns and restrictions, the health fitness sector has faced a staggering revenue loss of \$29.2 billion which has led to the permanent closure of approximately 22% of health clubs and studios in the United States . This translates to approximately 1.5 million exercise professionals losing their jobs or about 47% of the workforce in the health-fitness sector. While employment of exercise professionals has increased, it has been noted by ACSM’s Employer Advisory Council that the pace has been much slower than anticipated. In contrast, U.S. Bureau of Labor Statistics anticipates a much faster than average job growth (14%) for the sector from 2022 to 2032 .

In anticipation of the changing economic conditions of the health-fitness sector, the ACSM Board of Trustees (BOT) and the ACSM Certification Board have initiated comprehensive measures to directly address stakeholder concerns and related opportunities. The ACSM BOT engaged in a comprehensive reimagining of its strategic plan, culminating in a vision to “extend and enrich lives through the power of movement.” To achieve this vision, the CCRB revised its mission to “advance the credibility and integrity of ACSM-certified professionals through career-long development with evidence-based practices to benefit all.” The aim of CCRB’s mission is to equip exercise professionals with the skills and knowledge necessary to navigate the evolving landscape in the health fitness and clinical exercise sector and ensure a more agile and resilient health-fitness workforce.

Together, the ACSM Board of Trustees and the ACSM Certification Board have outlined four bold goals to achieve their collective vision:

1. Create a compelling customer experience. (ACSM and CCRB)
2. Deliver an ongoing commitment to technology. (ACSM and CCRB)
3. Make ACSM a home for prospective and current certified professionals. (CCRB)
4. Build a fiscally sustainable organization. (ACSM and CCRB)

ACSM’s Board of Trustees and Certification Board’s overarching intent is to forge a story of resilience, adaptation, and progress within the health fitness sector. ACSM aims to not simply overcome the challenges posed by the pandemic but to emerge as a leader in shaping the future of health and fitness. ACSM is committed to investing in and prioritizing efforts where movement becomes a transformative force to enrich the lives of all.

<https://www.ihrsa.org/publications/economic-health-societal-well-being-quantifying-the-impact-of-the-global-health-fitness-sector/>

<https://www.bls.gov/ooh/personal-care-and-service/fitness-trainers-and-instructors.htm>

Operations Report

ACSM certification, as led by the CCRB and ACSM certification staff, announced several operational changes and updates in 2023.

Association Management

An association management system (AMS) allows associations to manage operational processes including, but not limited to, candidate applications, exam registrations, certification maintenance, sales and membership management on a single software platform. The AMS is central to how ACSM meets the needs of all those who interact with us, whether for membership, education, certification, sponsorship/donors, or those registering for and attending events. In 2023, ACSM began the implementation phase of onboarding a new AMS. The goal is to complete configuration of all business in 2024 with a launch in quarter one of 2025. Upon launch, candidates can expect to conduct all exam registration directly through ACSM which will streamline their user experience. Certificants will be able to manage their certification record more intuitively as well.

Customer Experience

Net-Promoter Score

Overall Customer Experience – 91% Excellent / Recommend ACSM – 90% Extremely Likely

Response Times

- All customer service phone calls and voicemails resolved within 24 hours of receipt (weekday)
- First reply for customer service email support from 24 hours to <4 hours (weekday)

CCRB welcomes the following CCRB 2024 appointments:

Executive Committee

- Lauren Korzan, M.A., ACSM-EP, ACSM-GEI; CCRB Chair
- Ashley Artese, Ph.D., ACSM-EP, ACSM-GEI; GEI Subcommittee Chair
- Laura Newsome, Ph.D., ACSM-CEP, EIM; Member-At-Large
- Rachelle Reed, Ph.D., M.S., ACSM-EP; CPE Chair
- Victor Romano, Ed.D., DHSc, ACSM-EP; Ethics & Professional Conduct Chair

Subcommittee Members:

- Greta Watkins, MPH, ACSM-CPT; GEI Credentialing Subcommittee
- Amber Chelette, Ph.D., ACSM-CPT; CPT Credentialing Subcommittee
- Joshua Espinoza, MBA, M.S., ACSM-CPT; CPT Credentialing Subcommittee
- Robyn Whitehead, PsyD, ACSM-EP; EP Credentialing Subcommittee
- Paul Davis, Ph.D., ACSM-CEP; CEP Credentialing Subcommittee

CCRB would like to thank the following members for contributing their expertise, service, and invaluable time to the committee:

- Christie Ward-Ritacco, Ph.D., FACSM, ACSM-EP; CCRB Chair
- Vanessa Marie Kercher, Ph.D., ACSM-CEP; Member-At-Large
- Madeline Paternostro-Bayles, Ph.D., FACSM; Ethics & Professional Conduct Chair
- Aleen Dailey M.S., ACSM-CEP, ACSM-GEI; GEI Credentialing Subcommittee
- Arthur Hockwald, M.S., ACSM-CPT; CPT Credentialing Subcommittee

Finance Report

Unaudited 2023 Financial Report

The unaudited 2023 financial report for American College of Sports Medicine Certification and Credentialing department.

American College of Sports Medicine, Inc. Statement of Revenues and Expenses For the Year Ended December 31, 2023

Income	Certification Exams and Online Education	\$3,286,168
Expenses	Exam Administration/ Development and Education Content Development	\$2,505,405

Exam Stats

In accordance with National Commission for Accreditation standards, the ACSM CCRB publishes its pass rates for certification programs annually. On July 1, 2022, ACSM updated its certification exams – the ACSM Certified Personal Trainer® (ACSM-CPT), Certified Group Exercise Instructor® (ACSM-GEI), ACSM Certified Exercise Physiologist® (ACSM-EP) and Certified Clinical Exercise Physiologist® (ACSM-CEP) – to reflect ACSM’s Guidelines for Exercise Testing and Prescription (2021), U.S. Physical Activity Guidelines, and related industry changes. The 2023 **first-time pass rates** and repeat **test taker pass rates** for ACSM certification exams are presented in the table below.

2023

	First-Time Test Takers			Repeat Test Takers		
	Total Graded	Total Passed	Pass Rate	Total Graded	Total Passed	Pass Rate
ACSM Certified Personal Trainer	1,012	686	63%	292	158	54%
ACSM Certified Group Exercise Instructor	64	45	70%	14	9	64%
ACSM Certified Exercise Physiologist	1,665	1,119	67%	216	112	52%
ACSM Certified Clinical Exercise Physiologist	312	191	61%	112	47	42%

2022

	First-Time Test Takers			Repeat Test Takers		
	Total Graded	Total Passed	Pass Rate	Total Graded	Total Passed	Pass Rate
ACSM Certified Personal Trainer	1,386	762	55%	507	235	46%
ACSM Certified Group Exercise Instructor	110	78	71%	14	10	71%
ACSM Certified Exercise Physiologist	1,924	1,273	66%	307	169	55%
ACSM Certified Clinical Exercise Physiologist	301	167	55%	141	65	46%

2021

	First-Time Test Takers			Repeat Test Takers		
	Total Graded	Total Passed	Pass Rate	Total Graded	Total Passed	Pass Rate
ACSM Certified Personal Trainer	1,630	939	58%	574	242	42%
ACSM Certified Group Exercise Instructor	91	67	74%	6	4	67%
ACSM Certified Exercise Physiologist	2,026	1,410	70%	254	122	48%
ACSM Certified Clinical Exercise Physiologist	284	174	61%	127	57	45%

Total number of active ACSM certified exercise professionals*

ACSM-CPT:	12,297
ACSM-GEI:	749
ACSM-EP:	12,570
ACSM-CEP:	4,222

*As of Dec. 30, 2023



Ethics Committee



Madeline Paternostro-Bayles, Ph.D.,
FACSM, ACSM-CEP

No professional misconduct charges were referred to the ethics committee in 2023.

One of the responsibilities of CCRB is to review its operating policies annually. This process ensures that the CCRB is regularly evaluating its certification processes and procedures to meet or exceed industry best practices. In 2023, the CCRB Ethics Committee compared the revised ACSM Member Code of Ethics to the Code of Ethics for ACSM Credentialed Professionals. It was determined that both documents were aligned. The Ethics Committee provided a list of minor changes to the ethics policy and the CCRB EC approved of the updates on May-2023 board meeting. In addition, ACSM launched a new anonymous ethical conduct reporting form for both ACSM members and certified.

Updated Code of Ethics for Certified Professionals:

<https://www.acsm.org/news-detail/2023/05/23/acsm-releases-updated-code-of-ethics-for-certified-professionals>

New online ethical conduct reporting form:

<https://www.acsm.org/membership/member-code-of-ethics>



Exam Credentialing Subcommittees

The committees meet regularly to review the exams and write new questions. Committee members continually review exams to ensure accuracy and meet current industry standards. With psychometric support, analysis identified opportunities to expand the breadth and depth of ACSM's item bank to simultaneously improve exam security and ensure generally accepted practices are applied. Amongst the four committees, 574 items were written in 2023. The committees continue to expand the use of real-world exhibits (e.g., images, video, case studies) to enhance candidate experience and occupational fidelity.



Group Exercise Instructor (GEI) Credentialing Committee



CHAIR
Lauren Korzan, M.A., ACSM-EP, ACSM-GEI
Aquila
Group Fitness Director/Manager



Aleen Dailey M.S., ACSM-CEP, ACSM-GEI
UNC Asheville; YMCA; Carolina Village
Practitioner, large fitness center (college rec. center)



Brandi Angelosanto, M.S., ACSM-GEI
Artistic Grace; Grand Valley State University
Academician, fitness generalist



Jennifer Rewkowski, ACSM-GEI
YMCA Metro Atlanta
Practitioner, community fitness center



Ashley Artese, Ph.D., ACSM-EP, ACE-CPT
Florida Atlantic University
Academician, motor behavior



Nicole Mendola, M.S., ACSM-CEP, ACSM-EP
Norwalk Community College
Practitioner, inclusive fitness



Summer Sides, M.S., ACSM-EP, ACE-GFI
GXUNITED FITNESS CO.
Practitioner, small fitness studio, boutique



Laura Locker, M.S., ACSM-EP
Progressive Insurance
Practitioner, large fitness center/corporate fitness

Certified Personal Trainer (CPT) Subcommittee



CHAIR
Jessica Sansone, Ph.D., ACSM-CEP
Shenandoah University
Academician, exercise science generalist



Katie Hake, ACSM-CPT, R.D.
Orangetheory Fitness; Riley Hospital for Children
Practitioner, small fitness studio, boutique



Aubrey Miller, ACSM-CPT
Evolve Fitness-Wellness
Fitness director/manager or fitness entrepreneur



Peter Ronai, M.S., ACSM-EP, ACSM-CEP
Sacred Heart University
Academician, motor behavior



Mark Baldis, Ph.D., ACSM-CEP
California State University at Fresno
Academician, behavior change; exercise psychology



Michelle Alencar, Ph.D., ACSM-CPT, ACSM-EP
California State University, Long Beach
Practitioner, inclusive exercise



Candace Campbell, M.S., ACSM-CPT
24 Hour Fitness, California State University, Long Beach
Practitioner, large fitness center



Arthur Hockwald, M.S., ACSM-CPT
Purdue University
Practitioner, large fitness center (college rec. center)



Exercise Physiologist (EP) Subcommittee



CHAIR
Stephanie Cooper, Ph.D., ACSM-EP
University of San Francisco; Equinox
Academician, exercise science generalist



Bridget Melton, EdD, ACSM-EP, ACSM-CPT
Georgia Southern University
Academician, exercise science generalist



Mark Jones, M.S., ACSM-EP
Defense Health Agency; Army Wellness Center
Practitioner, medical fitness specialist or corporate wellness



Jessica Tucker, M.S., ACSM-EP
Wake Technical Community College
Academician, fitness generalist



Christopher Taber, Ph.D., ACSM-EP
Sacred Heart University
Academician, motor behavior



Julia Buchanan, Ph.D., ACSM-EP, NBC-HWC
University of Cincinnati
Academician, behavior change; exercise psychology



Aaron Aslakson, M.A., ACSM-EP
Walker Methodist Fitness Centers
Practitioner, fitness director/manager



Michelle Adams, M.S., ACSM-EP
Orangetheory Fitness, IU Health
Practitioner, large fitness center



Susie Reiner, Ph.D., ACSM-EP
Club Fit Briarcliff; Limber
Practitioner, large fitness center (college rec. center)

Clinical Exercise Physiologist Subcommittee



CHAIR

T. David Cannon, M.A., ACSM-CEP

IRhythm Technologies, Inc.

Practitioner, cardiac, pulmonary, rehab exercise specialist



Kelly Ann Drew, M.S., ACSM-CEP

Community Bariatric Surgeons; Orangetheory Fitness

Practitioner, obesity/metabolic/endocrine exercise specialist



Brittany Overstreet, Ph.D., ACSM-CEP

University of Delaware

Academician, motor behavior, orthopedic/musculoskeletal, neuro, biomechanics



Jeffrey Christle, Ph.D., ACSM-CEP

Stanford University

Academician, clinical exercise physiology/pathophysiology



David Verrill, MS, ACSM-CEP

University of North Carolina at Charlotte

Academician, clinical exercise testing and prescription



Anne Brady, Ph.D., ACSM-CEP

University of North Carolina at Greensboro

Practitioner, ortho/musculo, neuro, hematologic, sarcopenia or frailty exercise specialist



Joel Hardwick, M.S., ACSM-CEP

Piedmont Atlanta Fitness Center

Practitioner, neoplastic, cancer, immunologic, sarcopenia or frailty exercise specialist



Sandra Knecht, M.S., ACSM-CEP

Cincinnati Children's Hospital Medical Center

Clinical exercise director/manager

Continuing Professional Education (CPE) Subcommittee

Paul M. Gallo, Ed.D., FACSM, ACSM-CEP; Committee Chair

During the past year, the Continuing Professional Education (CPE) Committee worked hard with continual review of new and renewal continuing education provider applications. In collaboration with ACSM Staff, the CPE developed an initial technical check that would confirm completeness of all applications submitted by education providers prior to being assigned for review as a method to streamline this process. As part of the continual review of policy for acceptable versus non-acceptable continuing education, the CPE deemed it appropriate to award CECs for those certified professionals who serve on ACSM committees. The CPE also supported the CCRB's recommendation to make First Aid Certification a requirement for ACSM Certification and Recertification. New to the committee's charge was the development of a review process for the approval of Instructional Design Proposals (IDPs) that ACSM will use to meet the needs of certified professionals and bolster educational offerings. The committee worked collaboratively with the ACSM International Health and Fitness Summit Planning Committee to generate CCRB guided proposals for the 2023 meeting in Arlington, Virginia. The CPE has identified a writing team for a manuscript that will be submitted to an ACSM journal to discuss the current state and future changes associated with recertification, the approved provider program, and instructional design process.



CHAIR
Paul M. Gallo, Ed.D.,
FACSM, ACSM-CEP
Norwalk Community
College
*Certified Professional
Member*



Meir Magal, Ph.D.,
FACSM, ACSM-CEP
North Carolina
Wesleyan College
*Certified Professional
Member*



Rachelle Reed, Ph.D.,
ACSM-EP
SweatHouz
*Employer
Representative*



Grace DeSimone, B.A.,
ACSM-CPT, ACSM-GEI
Wyckoff Family YMCA
*Certified Professional
Member*



Rebecca Langton, M.S.,
ACSM-EP, ACSM-GEI
Intrinsic Motion Inc.
*Certified Professional
Member*



Tim Werner, Ph.D.,
ACSM-CEP
Salisbury University
*Certified Professional
Member*



James Whitworth,
Ph.D., ACSM-EP
Boston University
*Certified Professional
Member*

ACSM International Subcommittee



Alexis Batrakoulis, Ph.D., ACSM-EP, ACSM-CPT, Committee Chair



The global fitness market experienced a slow recovery in 2023, but long-term positive growth is anticipated through 2030. The Chinese Association of Sports Medicine joins the Chinese Exercise Rehabilitation Medical Education (CERME) under the Chinese Medical Association (CASM) and forms the Beijing Institute of Sports Medicine (BISM), a new professional organization that focused on promoting physical activity and exercise across China. ACSM looks to grow in South Korea by expanding and deepening its partnership with the Wellness Academy, a global partner of ACSM since 2012. ACSM and the Canadian Society for Exercise Physiology (CSEP) announced a strategic partnership on October 11, 2023. Recognizing the mutual strengths of each organization's professional standards programs, this agreement will further solidify ACSM and CSEP as the leaders in the areas of medical fitness, exercise science, physiology, and personal training in North America. ACSM looks to increase its education and credentialing programs to global partners in 2024.

The Beijing Institute of Sports Medicine (BISM) is a professional academic organization located in Beijing, China, that promotes the concept of "Exercise Is Medicine" among Chinese fitness professionals, healthy populations, and patients with chronic disease. In pursuit of this objective, BISM President



BISM executive leadership and ACSM staff at the 2023 ACSM Annual Meeting (Denver, CO, USA)

Guoping Li, former president of the CASM and founding president of the Chinese Society of Sports Medicine (CSSM), also established the Chinese Exercise Rehabilitation Medical Education (CERME) Program under the Chinese Medical Association (CMA). As a close professional partner of ACSM, BISM carries out joint ACSM-BISM certificate programs in China under ACSM's guidance, including Personal Trainer, Exercise Physiologist, Clinical Exercise Physiologist and Exercise Prescription for Physicians programs. BISM is committed to the international exchange of scientific knowledge as it works to integrate exercise into health and medicine in China.

As of Oct 31, 2023, the number of active credentials professionals are as follows:

ACSM-BISM Personal Fitness Trainers:	842
ACSM-BISM Exercise Physiologists:	184
ACSM-BISM Clinical Exercise Physiologists:	104
ACSM-BISM Exercise Prescription Physicians:	139

The Wellness Academy was founded in 2012 as a for-profit corporation for hosting ACSM workshops and certification exams in Korea. The founder is Dr. Kee-Chan Joo, who had been hosting ACSM workshops and certification for several years before establishing Wellness Academy. He also translated exams for Certified Personal Trainer, Cancer Exercise Trainer, and Clinical Exercise Specialist (current CEP) into Korean. Wellness Academy and ACSM renewed their partnership in 2023 to host ACSM education and credentialing more systematically in Korea.



Wellness Academy founder Dr. Kee Chan Joo and ACSM staff at the 2023 ACSM Annual Meeting (Denver, CO, USA)



The Canadian Society for Exercise Physiology (CSEP) is a national voluntary organization composed of professionals interested and involved in the scientific study of exercise physiology, exercise biochemistry, fitness, and health. CSEP (then known as the Canadian Association of Sport Sciences), was founded at the Pan American Games, Winnipeg, Manitoba in 1967 – the result of four years of cooperative efforts by the Canadian Medical Association and the Canadian Association for Health, Physical Education, Recreation and Dance.

Advocacy



Monte Ward,
ACSM Vice President of
Government Relations

ACSM continues its internal work with the reimbursement task force on, among other projects, positioning CEPs as uniquely qualified to deliver exercise programs safely and effectively in health care and researching the prevalence of clinical exercise programs in the U.S. and their impact on health care.

ACSM has leadership roles in the Physical Activity Alliance (policy advocacy), Committee on the Accreditation of Exercise Sciences (programmatic accreditation of exercise science), Coalition for the Registration of Exercise Professionals (professional registration) and the International Confederation of Sport and Exercise Science Practice (common of clinical exercise physiology professional standards). Please see below for a summary of activities by ACSM and CCRB.

Policy

ACSM's work at the national level has been robust in 2023, and we've experienced both victories and challenges while shepherding legislation through the House and Senate. In addition, our work with the Physical Activity Alliance (PAA) secured a major achievement in the publishing of the Physical Activity Implementation Guide (IG), which is a major step toward our goal of bringing physical activity assessment, prescription and referral to the U.S. health care system. Here's a summary of what we're focusing on:

Omnibus Physical Activity Legislation

ACSM, through its partnership with PAA, is working on legislation that will highlight the importance of physical activity. The legislation would accomplish the following:

- Create Physical Activity Guidelines for Americans report
- Create an Inter-Agency Committee on Physical Activity
- Study and report on Exercise Prescription Reimbursement
- Provide financial incentives for physical activity through HSAs and FSAs
- Small Business incentives for physical activity
- Provide funding for physical activity education in medical schools
- Promote physical activity and PE in schools
- Invest in education and promotion for our nation's military
- Provide infrastructure for physical activity for veterans
- Establish physical activity research grants within NIH and create a greater infrastructure within research agencies to promote physical activity
- Authorize the President's Council on Sports, Fitness and Nutrition
- Finance infrastructure in local communities to encourage physical activity

The bill is expected to be introduced in January 2024 by the co-chairs of the Congressional Physical Activity Caucus.

Legislation Highlight

Senators Sherrod Brown, Roger Wicker and Shelley Moore Capito recently introduced S. 397, the Promoting Physical Activity for Americans Act in the Senate. This bill would direct the Department of Health and Human Services (HHS) to prepare and promote physical activity recommendations based on the latest scientific evidence at least every ten years.

S. 397 would also direct HHS, five years after the release of each set of recommendations, to publish a midcourse report highlighting best practices and continuing issues relating to physical activity among Americans. Given the strong base of science and medicine that shows the benefits of exercise, every American needs to know the current physical activity recommendations to promote health and combat obesity.



Health Level Seven® (HL7)

The Physical Activity Implementation Guide (IG) has been published. The IG standardizes the ability of computer systems or software to exchange information involved in measuring, reporting, and intervening to improve patient physical activity levels.

Publication signifies that the IG is ready to start being incorporated and used in stakeholder systems. These include, but are not limited to, health care systems, Electronic Health Record systems (EHR), physical activity professionals/organizations (including community-based organizations), and physical activity-oriented app developers. These early implementations will provide real-world testing of the IG and feedback for continued improvement and development.

The publication of the IG puts PAA's work on the path to becoming a normative standard. It also represents the point at which we begin to bring physical activity assessment, prescription, and referral to the U.S. health care system. The feedback from the early implementers will help the project group to refine the IG and ensure it is able to work for wide implementation throughout all stakeholder groups. This is version 1, or STU1, of the IG. Once we feel there has been enough testing and changes to the IG, PAA will submit for ballot approval and publication for version 2 (STU2). This may take about a year to accomplish, and the PAA will repeat the process until the IG meets HL7® criteria for a normative standard.

Advocacy and outreach of registered exercise professionals

Steered by a collaboration of the following organizations: The Coalition for the Registration of Exercise Professionals (CREP), NATA Intercollegiate Council on Sport Medicine (ICSM) and the U.S. Council for Athletes Health (USCAH), the ATHLETEALIVE2025 is a student athlete safety initiative launched late 2023.

The purpose of this initiative is to reduce the prevalence of preventable student athlete injuries and deaths associated with conditioning and training inclusive of proper emergency management. This initiative reflects the requirements associated with the NCAA Interassociation Recommendations Preventing Catastrophic Injury and Death in Collegiate Athletes. The goal is to reach full compliance by all collegiate Strength and Conditioning Coaches by January 1, 2025.

National Exercise Referral Framework

CREP augmented the National Exercise Referral Framework developed by Woods, McCaffery, Furlong, et al. (2016) to meet the professional demands and requirements of the U.S. market. The framework includes the referral source, physical activity assessment, intervention order, referral recipient, and compliance observations; image below.

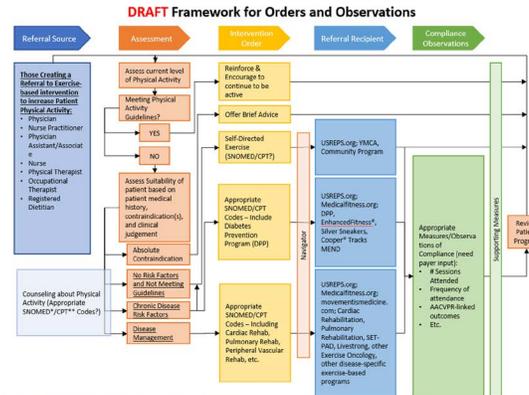


Figure adapted from Woods, C.B., McCaffery, N., Furlong, B., Fitzmaurice O'Aray, L., Murphy, M.H., Harrison, M., Glynn, L.G., O'Brian, J., O'Neill, B., Jennings, S.M., & Pappas, C. (2016). The National Exercise Referral Framework. **CPT Codes: CPT Current Procedural Terminology | LPT Codes | AMA (ama-assn.org) Physical Activity Related Current Procedural Terminology (CPT) Codes - PAA (paainformation.org)

The Physical Activity Alliance adopted US NERF proposal into its It's Time to Move initiative. This includes minimum standards for credentials + verification depending on oversight required of a patient or client based on health status, and the use of USREPS as a clearinghouse for credential verification for the National Healthcare Directory Exchange; below.

Supervision/ Oversight Required for Patient or Client Based on Health Status	Job Roles/Credential	Credential Type ① Licensed ② Registered ③ Certified	Academic Credential	Practice/Setting Clinical Sports Performance Health Fitness	Typically Provides Physical Activity Programs and Services to Clients or Patients Who Are...			
					Supervised	Unsupervised	Required	No Clearance
High Level of Patient/Client Supervision	Physical Therapist	①	Doctorate	Clinical	Y	Y	Y	Y
	Athletic Trainer	②	Master's	Clinical / Sports Performance	Y	Y	Y	D
	Clinical Exercise Physiologist	③	Master's	Clinical	Y	Y	Y	Y
	Registered Kinesiotherapist	③	Bachelor's	Clinical	Y	Y	Y	Y
Medium Level of Client Supervision	Medical Exercise Specialist	③	Bachelor's	Clinical	Y	Y	Y	Y
	Strength & Conditioning Coach	③	Master's	Sports Performance	Y	Y	Y	D
	Personal Trainer	③	Master's	Health / Fitness	Y	Y	Y	Y
	Exercise Physiologist	③	Bachelor's	Clinical	Y	Y	Y	Y
Low Level of Client Supervision	Strength & Conditioning Coach	③	Bachelor's	Sports Performance	Y	Y	Y	Y
	Plates Teacher	③	Bachelor's	Health / Fitness	Y	Y	Y	Y
	Personal Trainer	③	Bachelor's	Health / Fitness	Y	Y	Y	Y
	Group Exercise Instructor	③	Bachelor's	Health / Fitness	Y	Y	Y	Y

*Licensed only in Louisiana.
** Physical activity Promotion and coaching is only a small portion of the Health Coach scope of practice.

D = Depends on setting

Programmatic Accreditation



Commission on Accreditation of Allied Health Education Programs

The Committee on Accreditation for the Exercise Sciences (CoAES) is a member of, and makes programmatic accreditation recommendations to, the Commission on Accreditation of Allied Health Education Programs (CAAHEP) in Personal Fitness Training, Exercise Science, and Exercise Physiology. The CoAES is comprised of six sponsoring organizations: the American College of Sports Medicine (ACSM), American Council on Exercise (ACE), American Kinesiotherapy Association (AKA), American Red Cross, National Academy of Sports Medicine (NASM), National Council on Strength and Fitness (NCSF), and three at-large members. All the CoAES sponsoring organizations are committed to establishing and promoting the standards and guidelines for academic programs to facilitate the preparation of students seeking employment in the health, fitness, and exercise industry.

Key Highlights from 2023:

- The total number of accredited programs surpassed 100. As of December 2023, a total of 129 programs are accredited.
- Personal Fitness Trainer (associated degree): 5 programs
- Exercise Science (bachelor's degree): 101 programs
- Exercise Physiology (master's degree): 23 programs (Applied track: 8; Clinical track: 15)

In 2023, 20 programs (16 Exercise Science, 4 Exercise Physiology) were awarded initial accreditation status, and four programs were awarded continuing accreditation status with an additional 11 programs in the process of being considered for continuing accreditations tatus.

The CoAES has conducted its first in-person site visits in over three years for programs seeking initial accreditation. They continue to conduct virtual site visits for programs seeking continuing accreditation status.

The CoAES received 31 Request for Accreditation Services (RAS) in 2023 and sent self-study materials to 6 programs planning to submit a RAS.

The CoAES voted unanimously to pursue 501(c)3 status and become a non-profit.



Certified Professional of the Year

ACSM's Committee for Certification and Registry Boards (CCRB) and the Health Fitness Summit Program Committee launched the ACSM Certified Professional of the Year award in 2021. The award recognizes an outstanding ACSM certified professional by acknowledging their dedication and exceptional contributions toward enhancing the health and wellness of individuals in their community. Applications open in early fall and close in the winter.

2024 Selection Committee

Christie Ward-Ritacco, CCRB Chair

Francis Neric, National Certification Director

Shelby Mandla, Project Manager I

Danielle Apostolidis, Director of Meeting Education

Stephanie Cooper, CCRB Representative

Renee Rogers, ACSM Summit Planning Committee Chair

Louise Valentine, 2023 Certified Professional of Year winner

The primary task of the committee is to set the eligibility requirements and conduct a review of applications to determine the top three finalists. Each of the finalists completes additional application components that the committee then reviews before selecting a winner. The three finalists are recognized, and the winner is announced at the annual ACSM International Health & Fitness Summit.



Winner of the 2023 Certified Professional of the Year Award



Louise Valentine, MPH, CHES, ACSM-EP

Louise Valentine is CEO of BreakingThroughWellness.com, offering holistic coaching, educational events, and a comprehensive learning academy for active women and runners 35 and older. It's her passion to translate cutting-edge science into efficient strategies so others can break through setbacks, thrive after 35, and maximize health, fitness and performance with more energy, less stress.

Louise demonstrates a remarkable dedication to growth in every aspect of her life. Her career journey, marked by resilience and adaptability, includes working with the Cleveland Browns, completing multiple certifications, and earning a master's degree in public health.

Valentine's personal fitness journey, starting from a challenging high school experience to becoming a competitive marathon runner, reflects her commitment to overcoming setbacks. Her holistic approach to health led her to pivot from a premed biology major to nutrition and later pursue certifications in massage therapy and exercise physiology. As a military spouse, she strategically built her career around flexibility, eventually establishing Breaking Through Wellness to address the unique needs of women in the premenopausal demographic.

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