

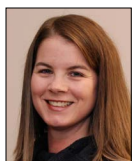


ACSM Committee on Certification and Registry Boards (CCRB)

Annual Report 2024



2024 CCRB Executive Council



CCRB Chair

Lauren Korzan, MA, ACSM-EP, ACSM-GEI
Aquila Regional Manager, Aquila
Atlanta, Georgia



Public Member

Gayle Irvin, MPH, CAE
Executive Director, Association of Rehabilitation
Nurses
Chicago, Illinois



Member-at-Large

Laura J. Newsome, PhD, FCEPA, ACSM-CEP, EIM
Professor and Program Director of Allied Health
Sciences, Radford University
Radford, Virginia



Group Exercise Instructor Credentialing Committee Chair

Ashley Artese, PhD, ACSM-EP
Assistant Professor, Florida Atlantic University
Boca Raton, Florida



Clinical Exercise Physiologist Credentialing Committee Chair

T. David Cannon, MA, ACSM-CEP
Clinical Operation Manager, iRhythm
Technologies, Inc.
Holly Springs, North Carolina



Exercise Physiologist Credentialing Committee Chair

Stephanie Cooper, PhD, ACSM-EP
Associate Professor, University of San Francisco;
Equinox
San Francisco, California



Certified Personal Trainer Credentialing Committee Chair

Jessica Sansone, PhD, ACSM-EP
Associate Professor of Exercise Science,
Shenandoah University
Winchester, Virginia



Continuing Professional Education Standing Committee Chair

Rachelle Reed, PhD, ACSM-EP
Head of Scientific Research & Communication,
Therabody
Watkinsville, Georgia



International Standing Committee Chair

Scott Shi, PhD, FACSM
EVP, Beijing Institute of Sports Medicine
Las Vegas, Nevada



Ethics Standing Committee Chair

Victor Romano, EdD, DHSc, ACSM-EP
Associate Professor, Rocky Mountain University
of Health Professions
Kannapolis, North Carolina

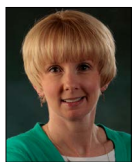
ACSM Staff Listing



Francis Neric, MS, MBA
Associate Vice President of
Certification and Credentialing



Monte Ward
Vice President of Government Relations



Dawn White
Operations Manager



Kela Webster
Director of Customer Experience



Traci Rush, ACSM-EP
Assistant Director of Certification



Martisha Wright
Customer Experience Specialist



Katherine Schowengerdt, MBA
Vice President of Operations



Lindsay Lewis
Customer Experience Specialist

CCRB Executive Council Chair Report



**Lauren Korzan, MA, ACSM-EP, ACSM-GEI
Chair, ACSM CCRB Executive Council**

Reflecting on the remarkable achievements of the ACSM Committee on Certification and Registry Boards (CCRB), I am excited to share how 2024 has positioned us for continued growth and success in the year ahead. The CCRB has worked diligently to provide clear guidance on the certification and education requirements for qualified exercise professionals (QEPs). By refining these standards, we aim to uphold the integrity and credibility of ACSM certifications, ensuring they remain the benchmark for excellence in the health fitness industry.

There are two key advocacy initiatives I would like to draw your attention to: (1) structured exercise reimbursement and (2) clinical referrals. Led by Dr. Katie Schmitz and the Moving Through Cancer initiative, this effort seeks to establish a national coverage determination (NCD) to integrate supervised exercise programs as part of cancer treatment plans and secure Medicare reimbursement. The CCRB provided critical advisement to identify qualified providers, focusing on registered exercise physiologists (USREPS) who have received advanced training in cancer and exercise. Additionally, the CCRB advocated for ACSM to take a leadership role in the NCD initiative, collaborating with organizations such as ASCO, APTA and ACS. In addition, the CCRB closely tracked and provided advisement to the Physical Activity Alliance (PAA), pilot testing It's Time to Move in North Carolina. The North Carolina Collaborative integrates physical activity assessment, prescription and referral into health care delivery in North Carolina. Key stakeholders include health care systems, the North Carolina Department of Health, EPIC, community-based organizations, payers and national entities like the American Heart Association and ACSM. By supporting these efforts, the CCRB continues to fight for the recognition of the role of exercise professionals in addressing public health challenges through interdisciplinary collaboration.

The CCRB completed its job task analyses (JTA) for its ACSM-CPT, ACSM-EP and ACSM-CEP certification programs in 2024. JTAs identify and evaluate the knowledge and skills required for specific occupational roles. This process is regularly updated to ensure ACSM's certification programs reflect current industry and professional standards, as mandated by the National Commission for Certifying Agencies (NCCA). Beyond professional certifications, CCRB continues to make strides in career advancement through specialized education certificate programs. The launch of new specialty credentials – Autism Exercise Specialist, Youth Fitness Specialist, and Cancer Exercise Specialist – underscores the CCRB's commitment to equipping ACSM certified professionals with the tools needed to address the unique needs and abilities of the patients/clients they serve.

In 2025, professional recognition and career advancement will remain a top priority for the CCRB as we advocate for exercise professionals in health care, reimbursement pathways and the adoption of programmatic accreditation standards. We aim to promote ACSM certified professionals

by deepening relationships with faculty, students, employers and adjacent health occupations.

On behalf of the CCRB Executive Council, I would like to thank you for your commitment to helping ACSM achieve its vision to “extend and enrich lives through the power of movement.” Together, we will continue to elevate the health fitness profession and make a meaningful impact on the lives of those we serve.

Certification Office Annual Report



**Francis Neric, MS, MBA; Associate Vice
President of Certification and Credentialing**

Reflecting on the strategic decisions of CCRB and the advocacy efforts of likeminded coalitions in health fitness, ACSM certified professionals are well positioned to succeed in 2025 and beyond. According to the Bureau of Labor Statistics (BLS), employment for [personal trainers](#) is expected to grow by 14% and [exercise physiologists](#) by 10% from 2023 to 2033, which is higher than the average of U.S. occupations. This increase reflects the growing appreciation by clients and health care for the role of structured exercise and physical activity in preventing and treating chronic conditions.

Between 2024 and 2030, the last and largest Baby Boomer cohort (approximately 30 million Americans) will turn age 65. More than 50% of Baby Boomers are in an active lifestyle and represent approximately [33% of health fitness clientele](#). While this generation is helping to upend stereotypes, Boomers require special considerations to maintain strength, independence and overall well-being. In addition, employers increased wellness offerings to enhance productivity and reduce health care expenses. Lastly, growing awareness of the mental health benefits of regular exercise is prompting more individuals to seek professional guidance in establishing a sustainable activity routine.

Despite the considerable potential for growth in the health fitness sector, only 24% of [adults](#) and 22% of [children](#) in the United States consistently meet recommended guidelines for aerobic and muscle-strengthening activities. This gap underscores the urgent need for qualified exercise professionals who can design safe, evidence-based programs tailored to populations with diverse needs. The CCRB ensures its exercise professionals possess the required competencies to safely and effectively serve diverse populations – from healthy adults seeking general fitness to individuals managing chronic conditions – through legal defensibility of its professional certifications and upskilling its certificants through advanced educational certificates.

With that said, occupational credentialing can be challenging to describe to stakeholders who are unfamiliar with the mechanisms of certified or licensed professions, i.e., institutional accreditation, programmatic accreditation, accredited national certification board, state licensing boards and continuing professional development. The term “professional registration” is, and will be, a cornerstone of advocacy efforts in the health-fitness sector: Professional registration distills the nuances of professionalism into

a single, recognizable standard that most stakeholders associate with trust. The ACSM Certification Board adds its NCCA accredited certified professionals into the [U.S. Registry of Exercise Professionals \(USREPS\)](#) and advocates for registered exercise professionals as the minimum professional standard. The primary objective of the ACSM Certification Board is to align registered exercise professionals with established health care professions (e.g., registered dietitians, registered nurses) and underscore the importance of consistency with best practices in safeguarding the public through a combination of formalized education, third-party assessment of competency, practical experience and continuing competence standards.

Certification Updates

ACSM Certification, as led by the CCRB EC and ACSM certification staff, announced several operational changes and updates in 2024.

Governance

The CCRB EC welcomes Gayle Irvin, MPH, CAE, a seasoned health association executive with over 20 years of nonprofit leadership experience, as its new public member. Gayle currently serves as vice president of client services and executive director for the Association of Rehabilitation Nurses, bringing expertise in strategic planning, board partnerships and operational excellence to the role. The CCRB EC has appointed Tracy Bonoffski, MS, RD, CSSD, ACSM-CEP, and Tony Harris, MS, ACSM-CEP, to the Clinical Exercise Physiology Credentialing Committee, along with Mia Johnson, MS, ACSM-CPT, to the Continuing Professional Education Committee.

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

- Kelly Drew, MS, ACSM-CEP – CEP credentialing committee member
- Anne Brady, PhD, ACSM-CEP – CEP credentialing committee member
- Meir Magal, PhD, ACSM-CEP, FACSM – CPE committee member
- James Whitworth, PhD, ACSM-EP, FACSM – CPE committee member
- Summer Sides, MS, ACSM-EP, ACE-GEI – ACSM-GEI credential committee member

The CCRB EC established a CCRB Faculty Advisory Council (FAC). The purpose of the FAC is to identify opportunities to better prepare future exercise professionals to meet employer needs and expectations, and position ACSM’s certification and credentialing programs as essential resources for life-long learning and workforce development in the fitness sector. The FAC offers unique perspectives that are used to shape the strategic direction and future initiatives of the ACSM Certification Board.

Association Management System

The implementation of ACSM’s association management system (AMS) is advancing rapidly. The AMS is a centralized platform for managing memberships, certifications and customer interactions, and this aligns with both ACSM’s and the CCRB’s strategic goals to enhance customer experience and modernize its technology infrastructure.

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)

2024 Unaudited Finance Report

The unaudited 2024 financial report for ACSM’s Certification and Credentialing department is presented below.

American College of Sports Medicine, Inc.
Statement of Revenues and Expenses
For the Year Ended Dec. 31, 2024

Income	Certification Exams	\$ 3,358,455
Expenses	Exam Development and Administration	\$ 1,570,855

Exam Stats

In accordance with National Commission for Accreditation standards, the ACSM CCRB publishes its pass rates for certification programs annually. The 2024 pass rates for first-time and repeat test takers for ACSM certification exams are presented in the tables below.

2024 Exam Title	First-Time Test Takers			Repeat Test Takers		
	Total Graded	Total Passed	Pass Rate	Total Graded	Total Passed	Pass Rate
ACSM Certified Personal Trainer	1,142	758	66%	305	167	55%
ACSM Certified Exercise Physiologist	1,754	1,222	70%	180	97	54%
ACSM Certified Clinical Exercise Physiologist	341	220	65%	127	60	47%
ACSM Certified Group Exercise Instructor	56	36	64%	5	4	80%

2023 Exam Title	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 Exam Title	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%

As of Dec. 27, 2024, the total number of active ACSM certified exercise professionals are as follows:
ACSM-GEI: 699
ACSM-CPT: 11,285
ACSM-EP: 12,158
ACSM-CEP: 4,187

CCRB Ethics Standing Committee Annual Report



Victor Romano, EdD, DHSc, ACSM-EP

The CCRB Ethics Committee addressed one operating code violation during the year. After a thorough review, the committee provided a recommendation to the CCRB EC. The CCRB EC reviewed, accepted and implemented the remediation.

The [ACSM Code of Ethics for Certified Professionals](#) serves as a foundational guide to up-hold the highest standards of integrity, professionalism and ethical conduct within the health and fitness industry. It outlines the responsibilities of ACSM-certified professionals in delivering safe, evidence-based and client-centered care while maintaining public trust and professional accountability. Stakeholders who believe an ACSM member or certified professional has violated the ACSM member or certified professional code of ethics may submit an anonymous claim here: <https://www.acsm.org/membership/member-code-of-ethics>.

Exam Credentialing Committees Annual Report

The CCRB EC is dedicated to ensuring that ACSM certification programs remain aligned with the latest professional standards and industry best practices. To achieve this, the CCRB's credentialing committees conduct job task analyses (JTAs) approximately every five years to validate the relevance, fairness and accuracy of its certification programs. JTAs identify current essential knowledge, skills and abilities required for specific job roles and reflect real-world demands. The ACSM-CPT, ACSM-EP and ACSM-CEP JTAs were finalized in July 2024, and exam updates will take effect in July 2025.

Key Updates to ACSM Certification Exams

Updates to ACSM exams described below will take effect July 1, 2025. The 2024 ACSM certification JTAs reflect greater clarity in professional competencies. The updates place a stronger emphasis on effective communication with clients and interdisciplinary care teams. In addition, ACSM will provide a list of commonly used equations in the *ACSM Candidate Handbooks*. CCRB recommends that faculty and candidates familiarize themselves with these equations and ensure they are well-versed in the professional standards and guidelines as outlined in the current *ACSM's Guidelines for Exercise Testing and Prescription*.

ACSM Certified Personal Trainer® (ACSM-CPT)

Most of the 2024 ACSM-CPT JTA changes are text revisions that improve clarity and remove redundancies in competency statements. There are expanded competencies in client communication, consultation and education. A crosswalk of the 2022 and 2024 ACSM-CPT JTAs [is available here](#).

ACSM Certified Group Exercise Instructor® (ACSM-GEI)

The ACSM-GEI JTA (2022) remains unchanged and will continue to be in effect. The full JTA can be accessed [here](#).

ACSM Certified Exercise Physiologist® (ACSM-EP)

The majority of the 2024 ACSM-EP JTA changes involve text revisions to improve clarity. Minor updates involving communication skills, prescreening assessment and fitness assessment have been added. A crosswalk of the 2022 and 2024 ACSM-EP JTAs is available [here](#).

ACSM Certified Clinical Exercise Physiologist® (ACSM-CEP)

The majority of the 2024 ACSM-CEP JTA revisions are likewise text revisions to improve clarity. The ACSM-CEP program broadens competencies for working with clinical populations, emphasizing clinical exercise testing, risk management and collaboration with multidisciplinary health care providers. This reflects the increasingly specialized role of the ACSM-CEP in managing exercise prescriptions for patients with complex health needs. A crosswalk of the 2022 and 2024 ACSM-CEP JTAs is available [here](#).

Group Exercise Instructor (ACSM-GEI) Credentialing Committee



Chair

Ashley Artese, PhD, ACSM-EP (2024-2026)
Florida Atlantic University
Academician, motor behavior



Greta Watkins, MPH, ACSM-CPT (2024-2026)
Aquila On-Site Health and Fitness Management
Practitioner, large fitness center (college recreation center)



Brandi Angelosanto, MS, ACSM-GEI (2023-2025)
Artistic Grace; Grand Valley State University
Academician, fitness generalist



Jennifer Rewkowski, ACSM-GEI (2023-2025)
YMCA Metro Atlanta
Practitioner, community fitness center



Nicole Mendola, MS, ACSM-CEP, ACSM-EP (2024-2026)
Norwalk Community College
Practitioner, inclusive fitness



Summer Sides, MS, ACSM-EP, ACE-GEI (2022-2024)
GXUnited Fitness Co.
Practitioner, small fitness studio, boutique



Laura Locker, MS, ACSM-EP (2023-2025)
Progressive Insurance
Practitioner, large fitness center/corporate fitness

Certified Personal Trainer (ACSM-CPT) Credentialing Committee



Chair

Jessica Sansone, PhD, ACSM-CEP (2023-2025)
Shenandoah University
Academician, exercise science generalist



Katie Hake, RD, ACSM-CPT (2023-2025)
Orangetheory Fitness; Riley Hospital for Children
Practitioner, small fitness studio, boutique



Aubrey Miller, ACSM-CPT (2023-2025)
Evolve Fitness-Wellness
Fitness director/manager or fitness entrepreneur



Peter Ronai, MS, ACSM-CEP, ACSM-EP (2023-2025)
Sacred Heart University
Academician, motor behavior



Mark Baldis, PhD, ACSM-CEP (2022-2024)
California State University at Fresno
Academician, behavior change, exercise psychology



Michelle Alencar, PhD, ACSM-EP, ACSM-CPT (2024-2026)
California State University, Long Beach
Practitioner, inclusive exercise



Candace Campbell, MS, ACSM-CPT (2022-2024)
24 Hour Fitness, California State University, Long Beach
Practitioner, large fitness center



Joshua Espinoza, MBA, MS, ACSM-CPT (2024-2026)
Equinox
Practitioner, large fitness center (college recreation center)



Amber Chelette, PhD, ACSM-CPT (2024-2026)
Stephen F. Austin State University
Academician, fitness generalist

Exercise Physiologist (ACSM-EP) Credentialing Committee



Chair

Stephanie Cooper, PhD, ACSM-EP (2023-2025)
University of San Francisco; Equinox
Practitioner, large fitness center



Bridget Melton, EdD, ACSM-EP, ACSM-CPT (2023-2025)
Georgia Southern University
Academician, exercise science generalist



Mark Jones, MS, ACSM-EP (2023-2025)
Defense Health Agency: Armed Forces Wellness Center
Practitioner, medical fitness specialist or corporate wellness



Jessica Tucker, MS, ACSM-CEP (2023-2025)
Wake Technical Community College
Academician, fitness generalist



Christopher Taber, PhD, ACSM-EP (2024-2026)
Sacred Heart University
Academician, motor behavior



Julia Buchanan, PhD, ACSM-EP, MCHES, NBC-HWC (2022-2027)
University of Cincinnati
Academician, behavior change and exercise psychology



Aaron Aslakson, PhD, ACSM-EP (2024-2026)
Crown College
Practitioner, fitness director/manager



Michelle Adams, MS, ACSM-EP (2022-2027)
Orangetheory Fitness, IU Health
Practitioner, small fitness studio, boutique



Susie Reiner, PhD, ACSM-EP (2022-2027)
TheoryEx: Health and Human Performance Consulting
Practitioner, large fitness center (college recreation center)



Robyn Whitehead, PsyD, ACSM-EP (2024-2026)
Stephen F. Austin State University
Academician – behavior change, exercise psychology, mental health counseling, health education

Clinical Exercise Physiologist (ACSM-CEP) Credentialing Committee



Chair

T. David Cannon, MA, ACSM-CEP (2023-2025)
IRhythm Technologies, Inc.
*Practitioner, cardiac and pulmonary
rehabilitation exercise specialist*



Kelly Ann Drew, MS, ACSM-CEP (2022-2024)
Community Bariatric Surgeons; Orangetheory
Fitness
*Practitioner – obesity, metabolic, and endocrine
exercise specialist*



Brittany Overstreet, PhD, ACSM-CEP (2023-2025)
University of Delaware
*Academician – motor behavior, orthopedic/
musculoskeletal, neuro, biomechanics*



Jeffrey Christle, PhD, ACSM-CEP (2023-2025)
Stanford University
*Academician, clinical exercise physiology and
pathophysiology*



David Verrill, MS, ACSM-CEP (2023-2025)
University of North Carolina at Charlotte
*Academician, clinical exercise testing and
prescription*



Paul Davis, PhD, ACSM-CEP (2024-2026)
University of North Carolina at Greensboro
*Academician, clinical exercise testing and
prescription*



Anne Brady, PhD, ACSM-CEP (2022-2024)
University of North Carolina at Greensboro
*Practitioner – orthopedic/musculoskeletal,
neuro, hematologic, sarcopenia or frailty
exercise specialist*



Joel Hardwick, DCEP, ACSM-CEP, CET (2024-2026)
Piedmont Atlanta Fitness Center
*Practitioner – neoplastic, cancer, immunology,
sarcopenia or frailty exercise specialist*



Sandra Knecht, MS, ACSM-CEP (2023-2025)
Cincinnati Children's Hospital Medical Center
Clinical exercise director/manager

Continuing Professional Education (CPE) Standing Committee Annual Report

The CPE committee refined the Education Provider Program policies and streamlined the course review process to manage the high volume of provider applications. To improve efficiency, an ad-hoc CPE review subcommittee was established, and the committee shifted its approach to Continuing Education Credit (CEC) provider applications by emphasizing overall content quality rather than exhaustive course reviews. Additionally, the committee successfully proposed a policy change allowing certificants to earn up to five CECs for CPR, AED and first aid training, aligning ACSM's policies with industry standards. The CPE committee also participated in strategic discussions to enhance certification-related education and collaborated with other ACSM committees to strengthen professional development opportunities for exercise professionals. Lastly, the CPE successfully published a manuscript in ACSM's *Health & Fitness Journal* entitled [ACSM Committee on Certification and Registry Boards Update on Recertification and Continuing Education Credit Provider Policy](#) to provide insights into its processes and policies.



Chair

Rachelle Reed, PhD, MS, ACSM-EP (2024-2026)
Therabody
Employer representative



Paul M. Gallo, EdD, FACSM, ACSM-CEP (2024-2026)
Norwalk Community College
Certified professional member



Rebecca Langton, MS, ACSM-EP, ACSM-GEI (2022-2024)
Intrinsic Motion Inc.
Employer representative



James Whitworth, PhD, ACSM-EP (2022-2024)
Boston University
Certified professional member



Meir Magal, PhD, FACSM, ACSM-CEP (2022-2024)
North Carolina Wesleyan College
Certified professional member



Grace DeSimone, ACSM-CPT, ACSM-GEI (2023-2025)
Wyckoff Family YMCA
Employer representative



Tim Werner, PhD, ACSM-CEP (2023-2025)
Salisbury University
Certified professional member

CCRB International Standing Committee Annual Report



Scott Shi, PhD, FACSM, Committee Chair

The CCRB International Meeting was held on Dec. 2, 2024, to discuss strategic initiatives in global education and credentialing. The meeting highlighted plans to enhance professional development through new learning opportunities. ACSM shared updates on expanding its educational offerings, including future courses focused on specialized training, skill development and emerging topics in health and fitness. Additionally, discussions addressed the evolution of certification programs to align with health fitness industry needs and ensure continued professional growth.

International collaborations remain a priority, with partners planning educational conferences to support professional development and advance health and fitness initiatives. Upcoming events in Korea and China will focus on key health topics, including disease prevention, rehabilitation and performance enhancement. ACSM will continue to provide guidance on content development and professional standards to ensure alignment with best practices. The CCRB remains committed to expanding global education and credentialing opportunities.

ACSM's international partners awarded educational certificates to 626 individuals in 2024 with 473 in China and 153 in the Republic of Korea.

Advocacy



**Monte Ward,
ACSM Vice
President of
Government
Relations**



**Francis Neric,
ACSM AVP of
Certification and
Credentialing**

In an era of evolving health care policies and growing recognition of the benefits of exercise and physical activity, ACSM and the CCRB continue to champion for recognition and utilization of qualified exercise professionals in the health care continuum. We are driving initiatives that expand access to evidence-based exercise services and expand professionalization efforts in the health fitness occupation. However, the success of ACSM and the CCRB's advocacy highly depends on a network of strategic partnerships. Together, we can shape a health care environment that fully embraces the role of qualified exercise professionals and improve the lives of our communities through the power of movement.

ACSM and CCRB's collective advocacy efforts raise awareness about the importance of physical activity among policymakers, health care professionals, educators and the general public. This includes disseminating research findings, guidelines and recommendations that highlight the health benefits of regular exercise. ACSM and the CCRB

promote standards of practice and professional regulation within the field of sports medicine and exercise science, which includes advocating for certification requirements that deepen the connection between health care providers and exercise professionals.

Advocacy allows ACSM and the CCRB to collaborate with other organizations, stakeholders and government agencies to address broader public health challenges. ACSM plays a leadership role in shaping policies and initiatives that promote physical activity and improve population health by leveraging its expertise and professional network.

ACSM's advocacy efforts are focused in three key areas:

- *Advocating for the professional advancement of ACSM certified professionals*
Advocating for the professional advancement of ACSM certified professionals is essential for maintaining standards of excellence, promoting public trust, supporting career growth, enhancing credibility, fostering innovation, addressing industry challenges and building a strong and cohesive professional community. These efforts contribute to the continued success and impact of ACSM certified professionals in promoting health and well-being through sports medicine and exercise science.
- *Pursuing and securing additional research funding on exercise science, sports medicine and physical activity*
Research on exercise science, sports medicine and physical activity is essential for promoting health, preventing diseases, optimizing performance and informing public policies and interventions aimed at improving overall physical activity levels in society.
- *Promoting public health through a variety of advocacy channels and policy change*
Advocating for public health is essential for promoting disease prevention, achieving health equity, optimizing health care resources, fostering community well-being, strengthening health care systems, influencing policy and systems change and addressing global health challenges. These efforts are crucial for creating healthier and more resilient societies that prioritize the well-being of all individuals.

ACSM Health Science Policy Committee

A post-election communications plan was implemented to keep members informed of coming changes in policies, Congressional committee leadership and the potential impact on ACSM's advocacy efforts. The Health and Science Policy (HSP) Committee met in December to review and discuss the election results, identify favorable opportunities and begin strategizing for 2025.

The HSP Committee made progress on year-one strategic plan tactics: developed and submitted to the administrator of the Centers for Medicare & Medicaid Services a formal letter of comment endorsing the Proposed Rule and the "prepaid shared savings" option for accountable care organizations (ACOs) that participate in the Medicare Shared Savings Program; developed eight of nine planned

policy briefs; met with regional chapters to discuss HSP advocacy efforts and open communications around potential local efforts; and identified federally funded researchers who could provide testimony to secure more federal funding.

The results of the election will not change ACSM's intent and focus on major legislation we've been lobbying for, including the Physical Activity Guidelines Bill, Omnibus/NIH funding Bill and the PHIT Bill.

ACSM Reimbursement Taskforce

In collaboration with CEPA, ACSM continues its internal work with the reimbursement task force to position exercise physiologists as uniquely qualified to deliver exercise programs safely and effectively in health care. The taskforce focused on advancing the national coverage determination (NCD) for exercise oncology, strengthening programmatic accreditation and addressing reimbursement challenges for CEPs. Discussions strategies to reimbursement strategies, health care integration and aligning advocacy initiatives with like-minded organizations. The Reimbursement Taskforce was instrumental in championing for the development of the [September/October 2024](#) themed issue of ACSM's *Health & Fitness Journal*® on the professionalization and advocacy efforts of the health fitness industry.

Exercise Oncology National Coverage Determination

Led by Dr. Kathryn Schmitz and ACSM's Moving Through Cancer initiative, an NCD for exercise oncology services is being developed that seeks Medicare coverage for supervised exercise interventions for patients undergoing active treatment for breast, colon and prostate cancer. Developed in collaboration with ACSM, ASCO, APTA, ACS and other organizations, this proposal highlights the role of structured exercise in mitigating the cardiometabolic dysfunction and physical impairments caused by cancer therapies. Exercise oncology services aim to restore functional independence, improve cardiopulmonary health, reduce treatment-related side effects and enhance quality of life. Given 40% of people will be diagnosed with cancer during their lifetime – the number of cancer survivors in the United States is projected to increase by 25% over the next decade – and the \$51 billion in annual medical costs attributed to functional disability in cancer survivors, this NCD underscores the cost effectiveness of integrating exercise as a standard component of oncology care.

It is important to note the exercise oncology NCD proposal specifically recognizes exercise physiologists (BLS Standard Occupational Classification [29-1128](#), NPI [224Y00000X](#)) as qualified health providers to deliver evidence-based, supervised exercise programs in oncology care. These professionals possess formal education in exercise science, maintain national board certification, hold advanced credentials in cancer and exercise, and are recognized in the [U.S. Registry of Exercise Professionals \(USREPS\)](#). This recognition is crucial to ACSM and CCRB to advocate for the integration of exercise professionals into health care, and registered clinical exercise physiologists and (nonclinical) exercise physiologists play a key role in clinical care models.

Establishing Medicare coverage for exercise oncology services aligns with ACSM and CCRB's joint vision to extend and enrich lives through the power of movement. The exercise oncology initiative strengthens the role of qualified exercise professionals in interdisciplinary health care teams and expands access to top-quality, evidence-based exercise programs that improve patient outcomes and reduce health care costs.



A cornerstone of these ACSM and CCRB advocacy efforts is our collaboration with the Physical Activity Alliance (PAA). The PAA is the leading coalition dedicated to creating, supporting and

advocating for policy and system changes that enable all Americans to lead physically active lives. PAA's mission is to advance physical activity as a public health priority by integrating movement into health care, communities, workplaces and daily life. Its vision is a future where physical activity is a standard part of health care and policy, ensuring that every individual has the opportunity and support to be active for better health and well-being.

The PAA brings together a diverse range of organizations committed to advancing physical activity across multiple sectors. Its board of directors includes leaders from the following organizations:

- American College of Lifestyle Medicine (ACLM)
- American College of Sports Medicine® (ACSM)
- American Council on Exercise (ACE)
- American Heart Association (AHA)
- American Medical Society for Sports Medicine (AMSSM)
- American Physical Therapy Association (APTA)
- Dominique Dawes Gymnastics & Ninja Academy
- Health & Fitness Association
- Lakeshore Foundation
- Michigan Moves Coalition
- Myzone Inc.
- National Academy of Sports Medicine (NASM)
- National Association of Chronic Disease Directors (NACDD)
- National Athletic Trainers' Association (NATA)
- NIRSA: Leaders in Collegiate Recreation
- Tivity Health
- YMCA of the USA

ACSM and the CCRB continue to support the PAA's collaboration with HL7 International to develop the Physical Activity Implementation Guide, which establishes standardized measures for physical activity assessment, prescription and referral within electronic health records (EHRs). This initiative aims to seamlessly integrate physical activity data into clinical workflows, enabling health care providers to assess and track patient movement as part of routine care. As a critical step in testing these standards, the PAA spearheaded a multi-sector pilot within North Carolina's health care system, bringing together health systems, EHR vendors, public health organizations and community-based providers to identify best practices for implementation. The pilot project focuses on enhancing interoperability between health care and community settings, improving clinician referrals for exercise interventions and evaluating

reimbursement strategies that support physical activity as a covered health care service. Core to this initiative is assessing the feasibility and impact of these standards in practice and serving as a scalable model for nation-wide adoption of exercise/physical activity as a medical intervention.

The PAA convened a benefits-design roundtable with key stakeholders from the health care, policy and insurance sectors to explore strategies for expanding reimbursement for physical activity-based interventions. Topics included aligning exercise therapy with existing health care benefits, identifying pathways for coverage under public and private insurance and addressing policy and regulatory considerations. The roundtable aimed to strengthen the case for physical activity as a reimbursable health care service and expand access to structured exercise programs that support disease management and improve health outcomes of patients.



The Coalition for the Registration of Exercise Professionals (CREP) continues to advance the professional recognition, credibility and integration of exercise professionals into health care, sports performance and health fitness sectors. As the administrator of the U.S. Registry of Exercise Professionals (USREPS), CREP ensures that only individuals holding NCCA-accredited certifications from leading organizations – including ACSM, ACE, CSCCa, NSCA, NCSF and NCCPT – are formally recognized. CREP advocates for policies that protect the scope of competency of exercise professionals and expand their role in health care through legislative monitoring, policy engagement and collaboration with allied organizations.

CREP Board Leadership

Francis Neric concluded his term (2023-2024) as CREP's president, and has transitioned to a non-voting, advisory role as past president in 2025.

CREP Legislative & Policy Advocacy

CREP actively tracks and provides commentary to key legislative initiatives that impact the professional practice and recognition of registered exercise professionals. These include:

- **PHIT Act (S.786; H.R.1582)** – expands tax-favored health savings accounts (HSAs, FSAs, MSAs) to cover expenses for fitness memberships, exercise equipment and youth sports.
- **Freedom to Invest in Tomorrow's Workforce Act (S.722; H.R.1477)** – allows 529 savings accounts to cover costs related to professional certification and credential maintenance.
- **Health Savings Act (S.1158; H.R.2959)** – expands HSAs to include tax-deductible fitness programs and exercise equipment.
- **Promoting Physical Activity for Americans Act (S.397; H.R.2094)** – requires HHS to publish updated physical activity guidelines every 10 years, with a mid-cycle review every five years.

CREP Strategic Initiatives

CREP continues to drive efforts to expand the professional recognition of exercise professionals through credentialing standards and establish exercise and physical activity as a critical component of health and performance.

- **Athlete Alive 2025: Ensuring Safety & Professional Standards** – CREP leads Athlete Alive 2025, a student-athlete safety initiative developed with the NATA Intercollegiate Council on Sport Medicine (ICSM) and the U.S. Council for Athletes' Health (USCAH). This program reduces preventable injuries and deaths in athletic training by strengthening emergency management protocols. It aligns with NCAA Interassociation Recommendations and aims for full compliance among collegiate strength and conditioning coaches in 2025. CREP looks to expand efforts to include high school strength and conditioning programs in 2025.
- **U.S. National Exercise Referral Framework (US NERF)** – The U.S. NERF, developed by CREP in collaboration with the PAA, advances standardized referral pathways for exercise professionals within health care. The U.S. NERF utilizes USREPS as the National Healthcare Directory Exchange clearinghouse to ensure that registered exercise professionals are easily identifiable within health care systems. The framework further strengthens CREP/USREPS inclusion in the military sector of the National Physical Activity Plan.



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: ACSM, the American Council on Exercise (ACE), the American Kinesiotherapy Association (AKA), the American Red Cross, the National Academy of Sports Medicine (NASM), the National Council on Strength and Fitness (NCSF) and three at-large members. In 2024, the Collegiate Strength and Conditioning Coaches Association (CSCCa) became the seventh sponsoring organization of CoAES. All 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.

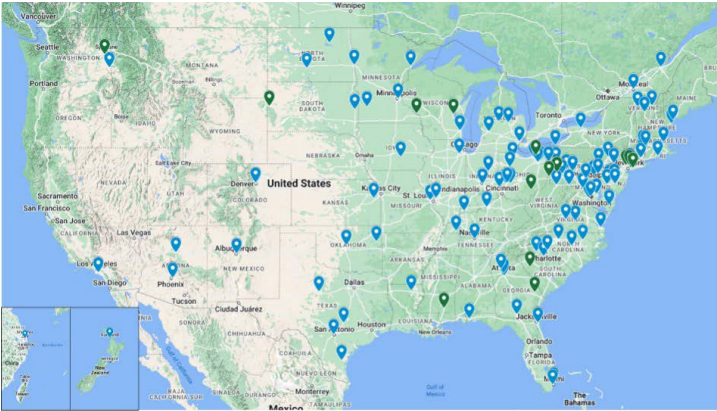
As of December 2024, a total of 145 programs are accredited.

- Personal Fitness Trainer (associated degree): 4 programs
- Exercise Science (bachelor's degree): 115 programs
- Exercise Physiology (master's degree): 26 programs (applied track: 9; clinical track: 17)

In 2024, 17 programs (14 Exercise Science and 3 Exercise Physiology) were awarded initial accreditation status, and 17 programs (12 Exercise Science, 4 Exercise Physiology and 1 Personal Fitness Trainer) were awarded continuing accreditation status.

The CoAES provided self-study materials to 40 programs in 2024. Of those 40, 32 were Exercise Science (undergraduate) and eight were Exercise Physiology (graduate). Of the 32 Exercise Science programs, four were international.

The CoAES is in the process of securing its status as a 501(c)3 nonprofit and being fully independent by the end of 2025.



The blue markers indicate active CAAHEP personal fitness trainer, exercise science and exercise physiology programs, and the green markers are programs that were newly accredited in 2024.



The International Confederation of Sport and Exercise Science Practice (ICSESP) is a not-for-profit organization dedicated to advancing the professional

practice of sport and exercise sciences worldwide. ICSESP serves as a unified voice for the profession, supporting national organizations through global collaboration, advocacy for professional standards and the integration of exercise into health care and public health initiatives. Its member organizations include ACSM, the Canadian Society for Exercise Physiology (CSEP), Exercise & Sports Science Australia (ESSA), Sport and Exercise Science New Zealand (SESNZ), the British Association of Sport and Exercise Sciences (BASES) and the Irish Sport and Exercise Science Association (ISESA). ICSESP focuses on ethical governance, competency benchmarks and accreditation frameworks to ensure high standards in sport and exercise science practice.

ICSESP Board Leadership

Francis Neric concluded his term (2020-2024) as ACSM’s ICSESP director. Dr. Laura Newsome was identified and appointed as ACSM and CCRB’s new representative and ICSESP director starting in 2025.

ICSESP Strategic Initiatives

In 2024, ICSESP prioritized strategic planning, membership growth and global collaboration. The ICSESP 2030 Strategic Plan was a major initiative, outlining objectives for competency harmonization, professional recognition and industry-wide accreditation. The Standards Benchmarking Project advanced efforts to align clinical exercise physiology standards across 14 countries, while the Code of Professional and Ethical Practice established a unified ethical framework. Membership expansion efforts targeted new affiliations in Portugal, Italy, Turkey and China. ICSESP participated in major health fitness industry events, including the ESSA Conference in Sydney (May 2024), and EuropeActive’s Global Standards Meeting in Madrid (November 2023) and Amsterdam (November 2024). Looking ahead, ICSESP will continue to refine and implement globally recognized accreditation frameworks, ensuring consistency in professional standards, strengthening international recognition and reinforcing its leadership in the sport and exercise sciences.



The Clinical Exercise Physiology Association (CEPA), an affiliate society of ACSM, works 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 chronic disease. The aim of CEPA is to advance the profession of clinical exercise physiology through advocacy, education and career development. CEPA offers continuing education opportunities including affordable webinars and an online annual conference in February of each year. CEPA’s quarterly journal, the Journal of Clinical Exercise Physiology, publishes original research, case studies and expert commentaries and is available to international partners in Australia and Canada. CEPA has recently launched a fellowship program (FCEPA) as a way to acknowledge outstanding service to CEPA and contributions to the field of clinical exercise physiology. Those who have obtained or are interested in pursuing the ACSM-CEP credential are encouraged to **join CEPA** to advance their careers and contribute to the advancement of the field.

Certified Professional of the Year



ACSM named Brian Cleven, MS, ACSM-CEP, LAT, as the 2024 ACSM Certified Professional of the Year. Cleven was honored at the 2024 IDEA & ACSM Health & Fitness Summit in Chicago, Illinois, in recognition of his exceptional dedication and contributions to improving health and wellness in his community.

The Certified Professional of the Year award was established by ACSM's Committee for Certification and Registry Boards (CCRB) and ACSM's Health & Fitness Summit Program Committee to acknowledge outstanding ACSM-certified professionals who demonstrate excellence in their practice and a commitment to advancing health through exercise and education. Cleven exemplifies ACSM's values by providing high-quality, empathetic care and positively impacting patient outcomes.

As an ACSM Certified Clinical Exercise Physiologist, Cleven serves at the Bellin Health Marinette Clinic in Marinette, Wisconsin, where he plays a key role in outpatient cardiac stress testing and has extensive experience in cardiac and pulmonary rehabilitation, ECP therapy and body composition assessment. He also developed and implemented a phase-two cardiac rehabilitation program at the clinic, which continues to benefit patients in the region. Additionally, he is highly engaged in promoting exercise in his local community through his leadership and support of local events. Brian created and directs the Bellin Marinette 5K Heart Run, which engages community members from ages 1 to 94. Committed to fostering a healthier, more connected community, he also helps lead the yearlong Tri City Event Series. This series offers monthly events to encourage participation, provide motivation and promote a lifelong positive association with exercise across northeastern Wisconsin and Michigan's Upper Peninsula.

Looking to 2025, the CPOY committee is interested in developing a new Institution of the Year (IOY) award. This IOY recognition will celebrate institutions that demonstrate excellence in work-force development, professional enrichment and advocacy within their campus and community.

