



# Annual Report 2022

Committee on  
Certification and  
Registry Boards  
(CCRB)



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



**acsm**  
CERTIFICATION



# **Annual Report** 2022

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Certification and  
Registry Boards  
(CCRB)

## 2022 CCRB EXECUTIVE COUNCIL



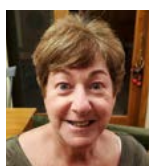
### CCRB Chair

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



### Member Appointed At-Large

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



### Ethics

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



### GEI

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



### International

Shawn Drake, Ph.D., ACSM-CEP,  
ACSM-PD, EIM-III  
Arkansas State University  
Jonesboro, Arkansas



### CEP

Michael J. Lynch, M.S., ACSM-CEP, R.D.  
UW Medicine Valley Medical Center  
Edmonds, Washington



### EP

Anthony "Tony" Maloney, ACSM-EP  
Orangetheory Fitness  
Indianapolis, Indiana



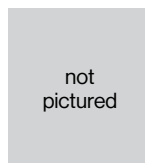
### CPT

Tommy Thompson, ACSM-CPT, ACSM-GEI  
Plus One Health Management Inc.  
Springfield, Oregon



### Continuing Professional Education (CPE) Subcommittee

Paul M. Gallo, Ed.D., FACSM, ACSM-CEP,  
ACSM-EP, ACSM-GEI, EIM  
Norwalk Community College  
Norwalk, Connecticut



### Public Member

Deborah Doherty  
ADA Business Enterprises, Inc.  
Chicago, Illinois



### ACSM Staff

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



Monte Ward  
Vice President of Government Relations  
Washington, DC



Kela Webster  
Director of Customer Experience  
ACSM Headquarters Indianapolis, Indiana



Traci Rush, ACSM-EP  
Assistant Director of Certification  
ACSM Headquarters Indianapolis, Indiana



Katherine (Hughey) Schowengerdt, GEI, CPT  
Director of Operations  
Overland Park, Kansas



Shelby Mandla, CPT  
Certification Project Manager I  
ACSM Headquarters Indianapolis, Indiana

### Customer Experience Team

Martisha Wright  
Dawn White  
Ja'Niece Freeman  
Lindsy Lewis



# CCRB 2022 Chair's Report



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



Perseverance and progress were the cornerstones of 2022 for the ACSM Committee on Certification and Registry Boards (CCRB). While 2021 was a year defined by discovery of what ACSM certified professionals needed for preparation and growth in the workforce, 2022 saw substantial strides in meeting their needs through the creation of exam resources, education programming and enhanced employer engagement opportunities. The CCRB is committed to our goal of supporting ACSM certified professionals across their careers — from initial certification to career advancement — and will continue to work to be an indispensable resource for our stakeholders.

In 2022, CCRB members and ACSM staff focused on accomplishing a number of short-term goals, including:

1. Launch of enhanced opportunities for exam preparation, including exam preparation courses designed using evidenced-based best practices for adult learners and practice exams that reflect real-time exam conditions;
2. Increased opportunities for ACSM certified professionals to engage with values-aligned employers, specifically through events held at ACSM regional chapter events; and
3. Continued advocacy for ACSM certified professionals through focused efforts on workforce development and recognition of certified exercise professionals as vital members of health care work teams.

As we look to the future of ACSM certification, our goal is to strategically move forward to ensure that ACSM certified professionals have the resources they need to stay at the forefront of their fields. The year 2023 will include a strategic planning meeting among our executive committee and associated stakeholders to guide our decision-making processes as we move forward as a certification organization. Additionally, we will continue to engage with our certified professionals through surveys, conference proceedings and outreach to ensure that we have the “pulse” on what our stakeholders need for high-quality continuing education, skill development and refinement, and career growth. We are also committed to honoring outstanding members of our professional community with the ACSM Certified Professional of the Year award. Our second recipient was recognized at the 2022 ACSM International Health & Fitness Summit in Dallas, Texas, and we’re looking forward to continuing this important industry recognition for committed ACSM certified professionals.

ACSM CCRB is continuing to develop as an organization to ensure that we can support our certified professionals across their career and at every stage. We are indebted to the dedicated staff at ACSM for all that they do on behalf of the organization, its members and ACSM certified professionals. Most importantly, I must thank our talented group of volunteers who make up our certification subcommittees and our executive committee. The time you spend and the effort you make to ensure that ACSM certification represents industry best practices and that ACSM certified professionals represent the gold standard of professional excellence is unmatched. Thank you for all that you do on behalf of ACSM certification.

The CCRB welcomes the following 2023 appointments:

#### Executive Committee

- T. David Cannon, M.A., ACSM-CEP, Certified Clinical Exercise Physiologist (ACSM-CEP) chair
- Stephanie Cooper, Ph.D., FACSM, ACSM-EP, Certified Exercise Physiologist (ACSM-EP) chair
- Jessica Sansone, Ph.D., ACSM-EP, Certified Personal Trainer (ACSM-CPT) chair
- Alexis Batrakoulis, Ph.D., ACSM-EP, International Subcommittee chair

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

- Timothy Allerton, Ph.D., ACSM-CEP, LCEP
- Caitlin Freeman, MPH, ACSM-EP
- Jason “Jay” Melnyk, Ph.D., ACSM-EP
- Anthony “Tony” Maloney, ACSM-EP
- Tommy Thompson, ACSM-CPT, ACSM-GEI
- Michael J. Lynch, M.S., ACSM-CEP, R.D.
- Shawn Drake, Ph.D., ACSM-CEP

In health,

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

# Vice President Report



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

In 2022, ACSM continued to make significant strides towards (1) improving operational efficiency and user experience, (2) becoming a destination for educational excellence in workforce and professional development and (3) developing invaluable partnerships with like-minded employers that improve recruitment and lifelong learning opportunities.



Key highlights include:

- User experience
  - Of all unique pages on the ACSM website, certification pages were the second, third, fourth and fifth most viewed in 2022, topped by only the ACSM.org homepage.
- Transparency
  - CCRB EC published its inaugural 2021 annual report to provide greater insight into exam performance, direction of CCRB EC and its standing subcommittees, and ongoing advocacy efforts.
- Career preparation
  - ACSM launched practice exams that simulate ACSM-CPT, ACSM-EP, and ACSM-CEP certification exams.
  - ACSM overhauled and relaunched the ACSM-CPT exam preparation course. ACSM overhauled ACSM-EP Exam preparation course launched in January 2023.
  - ACSM's Resources of the Group Exercise Instructor, 2nd Edition, was released July 2022.
  - ACSM implemented new career-focused certification webinars, including: "Top Five Legal Liability Risks Facing Fitness Managers: Lessons Learned from Negligence Cases"; "5 Skills of High Performers in the Fitness Industry"; "Communicating Your Personal Brand & Building Your Network"; "Inclusive Fitness: Growing Your Business by Working with Diverse Populations"; and "Personal Training Internships & Starting Your Career at Life Time."
- Stakeholder engagement
  - ACSM launched a brand-new Certification Career Guide that provides information on salaries, career pathways and insights from ACSM professionals and leaders. Between March and December, the career guide was downloaded over 12,000 times.
  - ACSM headquarters tested employer industry-insight panels and recruitment opportunities at Midwest and Southwest ACSM Chapter regional conferences.
  - ACSM staff and/or CCRB EC presented at seven ACSM regional chapter meetings: Greater New York, Southeast, Texas, New England, Mid-Atlantic, Midwest, and Southwest.
  - CCRB EC approved a new Employer Advisory Council for 2023.



## Operations Report

ACSM certification, as led by the CCRB and ACSM certification staff, announced several operational changes and updates in 2022.

### Staff Changes

Francis Neric was promoted to Assistant Vice President, Certification and Credentialing, and Katherine (Hughey) Schowengerdt was promoted to Director of Operations. Francis and Katherine's promotions reflect the work they have done to stabilize, diversify and grow certification revenue. Katherine will continue her work supporting certification as well as move a portion of her focus to project management for key large-scale organizational projects, including the association management system (AMS) search and selection. Project management and prioritization will play a pivotal role since ACSM executed a new strategic plan in 2023.

Shelby Mandla moved into a part-time role as Project Manager I reporting to Katherine (Hughey) Schowengerdt. Shelby will work on several different projects within the operations team as well as contribute to other project-management responsibilities directly related to ACSM's operational objectives.

### Association Management

After significant discovery into operational and business processes, ACSM staff determined that it needed to invest in its AMS to meet the needs of its diverse stakeholders. An AMS allows associations to manage the processes including, but not limited to, candidate applications, exam registration, certification maintenance, sales and business rules on a single 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, thus making it a key 2022/23 priority for the College.

## Customer Experience

### Net-Promoter Score

Overall Customer Experience – 90% Excellent / Recommend  
ACSM – 89% 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)

## Unaudited 2022 Financial Report

Below is the unaudited 2022 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, 2022**

Income	Certification Exams and Exam Preparation	\$2,875,486
Expenses	Exam Administration and Development	\$(1,241,326)



# 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 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) certification exams — to reflect ACSM's *Guidelines for Exercise Testing and Prescription* (2021), U.S. Physical Activity Guidelines, and related industry changes. The 2022 **first-time pass rates** and repeat **test taker pass rates** for ACSM certification exams are presented in the table below.

## 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%

## 2021

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%

## 2020

ACSM Certified Personal Trainer	1,448	1,006	69%	444	218	49%
ACSM Certified Group Exercise Instructor	64	48	75%	12	7	58%
ACSM Certified Exercise Physiologist	1,527	1,190	78%	159	96	60%
ACSM Certified Clinical Exercise Physiologist	304	211	69%	87	42	48%

## Total number of active ACSM certified exercise professionals\*

ACSM-CPT	13,541
ACSM-GEI	803
ACSM-EP	12,884
ACSM-CEP	4,209

\*As of Dec. 30, 2022



# Continuing Professional Education (CPE) Subcommittee



## CHAIR

Paul M. Gallo, Ed.D., FACSME, ACSM-CEP, ACSM-EP, ACSM-GEI, EIM  
Norwalk Community College  
*Certified Professional Member*



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



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



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



Jason "Jay" Melnyk, Ph.D., ACSM-EP  
Central Connecticut State University  
*Certified Professional Member*



Rebecca Christine Langton, M.A., ACSM-EP, ACSM-GEI  
Owner of Training Wheels Wellness Consulting  
*Certified Professional Member*



During the past year, the Continuing Professional Education (CPE) Committee has worked diligently to create two summary reports focusing on the recertification process and Continuing Education Credits (CEC) Approved Provider Program. The CPE conducted a thorough review of the current recertification process and made recommendations on future areas of focus, including the addition of a required CEC category to ensure all certified professionals are proficient in topics of ethics, liability and professional scope. A second report included a new policy developed by the CPE to provide guidance to CEC providers for approvable versus non-approvable content related to certification program competencies. The CPE also created a rubric for the assessment of approved provider applications that is being used as part of the Approved Provider Program. The Professional Education Committee (PEC) and CPE have agreed to transfer the entire Approved Provider Program from the PEC to the CPE during the 2023 calendar year. Recently, the CPE submitted a proposal to the ACSM Pronouncement committee for a contemporary issues manuscript that will discuss the current state and future changes associated with recertification and the Approved Provider Program.

The CCRB CPE Subcommittee welcomes the following subject matter experts for 2023:

Grace DeSimone, BA, ACSM-CPT, ACSM-GEI  
Wyckoff Family YMCA  
*Certified Professional Member*

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



# Ethics Committee



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

No complaints were referred to the ethics committee in 2022. As ACSM revitalizes its membership-based ethics procedures and policies, Francis Neric, Associate Vice President, Certification and Credentialing, charged the committee to revise how the CCRB's Ethics Committee operates within ACSM's structure. In 2023, the committee will be developing job descriptions, operating policies and referral pathways to delineate which of several ACSM ethics committees is most appropriate to handle complaints received by the CCRB.



# Exam Credentialing Subcommittees

Credentialing committee members regularly evaluate ACSM certification exams to ensure the exams meet current industry standards and professional practice. The committees expanded the use of real-world exhibits (e.g., images, video, case studies) to enhance candidate experience and occupational fidelity. 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.

CCRB welcomes the following subject matter experts for 2023:

## **ACSM-GEI Credentialing Committee**

### **Rebecca Collins, M.S., ACSM-EP**

Georgia Southern University  
*Academician, fitness generalist*

### **Laura Locker, M.S., ACSM-EP**

Progressive Insurance  
*Practitioner, large fitness center/corporate fitness*

## **ACSM-CPT Credentialing Committee**

### **Aubrey Miller, ACSM-CPT**

Evolve Fitness-Wellness  
*Fitness director/manager or fitness entrepreneur*

## **ACSM-EP Credentialing Committee**

### **Mark Jones, M.S., ACSM-EP**

Defense Health Agency: Army Wellness Center  
*Practitioner, medical fitness specialist or corporate wellness*

### **Bridget Melton, Ed.D., ACSM-EP**

Georgia Southern University  
*Academician, exercise science generalist*

## **ACSM-CEP Credentialing Committee**

### **Laura Richardson, Ph.D., FACSM, ACSM-CEP**

University of Michigan  
*Academician, clinical exercise testing and prescription*

### **Sandra Knecht, M.S., ACSM-CEP**

Cincinnati Children's Hospital Medical Center  
*Practitioner, clinical exercise director/manager*

### **David Verrill, M.S., ACSM-CEP**

University of North Carolina at Charlotte  
*Academician, Clinical exercise testing and prescription*





# Certified Personal Trainer (CPT) Subcommittee



## CHAIR

**Tommy Thompson, ACSM-CPT, ACSM-GEI**

Plus One Health Management Inc.

*Practitioner, fitness director/manager or fitness entrepreneur*



**Juan Aponte, M.S., ACSM-CPT**

Salt Lake Community College

*Academician, fitness generalist*



**Katie Hake, ACSM-CPT, R.D.**

Orangetheory Fitness; Riley Hospital for Children

*Practitioner, small fitness studio, boutique*



**Jessica Sansone, Ph.D., ACSM-CEP**

Shenandoah University

*Academician, exercise science generalist*



**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)*



# Group Exercise Instructor (GEI) Subcommittee



## CHAIR

**Lauren Korzan, M.A., ACSM-GEI, ACSM-EP**

Aquila

*Practitioner, 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**

Grand Valley State University, Artistic Grace

*Academician, fitness generalist*



**Jennifer Rewkowski, ACSM-GEI**

YMCA Metro Atlanta

*Practitioner, community fitness center*



**Ashley Artese, Ph.D., ACSM-EP, ACE-CPT, ACE-GFI**

Roanoke College

*Academician, motor behavior*



**Nicole Mendola, M.S., ACSM-CEP, ACSM-EP, ACSM-GEI**

Norwalk Community College

*Practitioner, inclusive fitness*



**Summer Sides, M.S., ACSM-EP, ACE-GFI**

Orangetheory Fitness

*Practitioner, small fitness studio, boutique*



**Dana Von Badinski, M.S., ACSM-EP, ACSM/NCHPAD CIFT**

YMCA, Life Time Athletic

*Practitioner, large fitness center/corporate fitness*

# Exercise Physiologist Subcommittee



## CHAIR

**Anthony "Tony" Maloney, ACSM-EP**

Orangetheory Fitness

*Practitioner, small fitness studio, boutique*



**Stephanie (Hosaka) Cooper, Ph.D., ACSM-EP**

University of San Francisco; Equinox; Orangetheory Fitness

*Academician, exercise science generalist*



**Caitlin Freeman, MPH, ACSM-EP**

Aquila

*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 (CEP) Subcommittee



## CHAIR

**Michael J. Lynch, M.S., ACSM-CEP, R.D.**

UW Medicine Valley Medical Center

*Practitioners, behavior change, exercise psychology*



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

Community Bariatric Surgeons; Orangetheory Fitness

*Practitioner, obesity/metabolic/endocrine exercise specialist*



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

iRhythm Technologies, Inc.

*Practitioner, cardiac, pulmonary, rehab 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*



**Timothy Allerton, Ph.D., ACSM-CEP, LCEP**

Pennington Biomedical Research Center

*Academician, clinical exercise testing and prescription*



**Anne Brady, Ph.D., ACSM-CEP**

UNC 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*



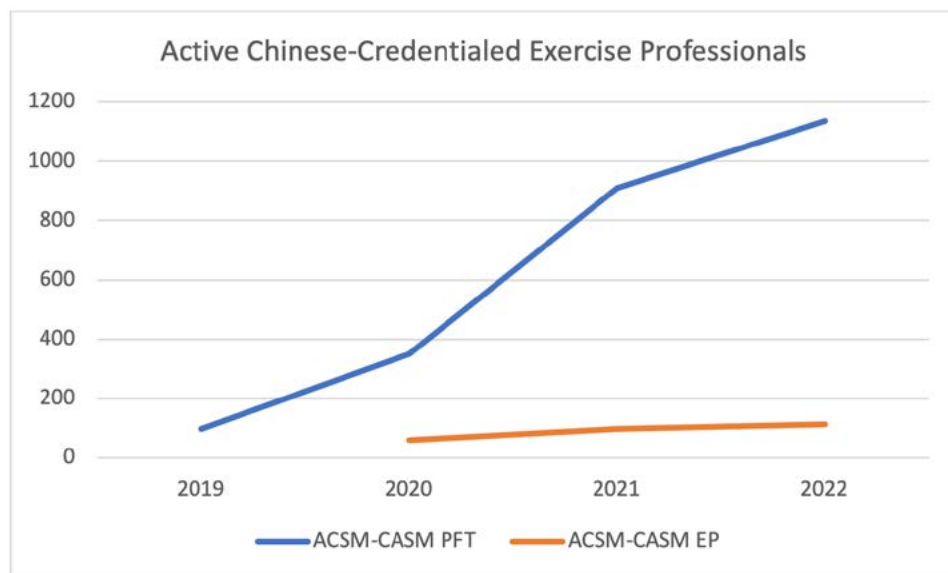
# International Subcommittee



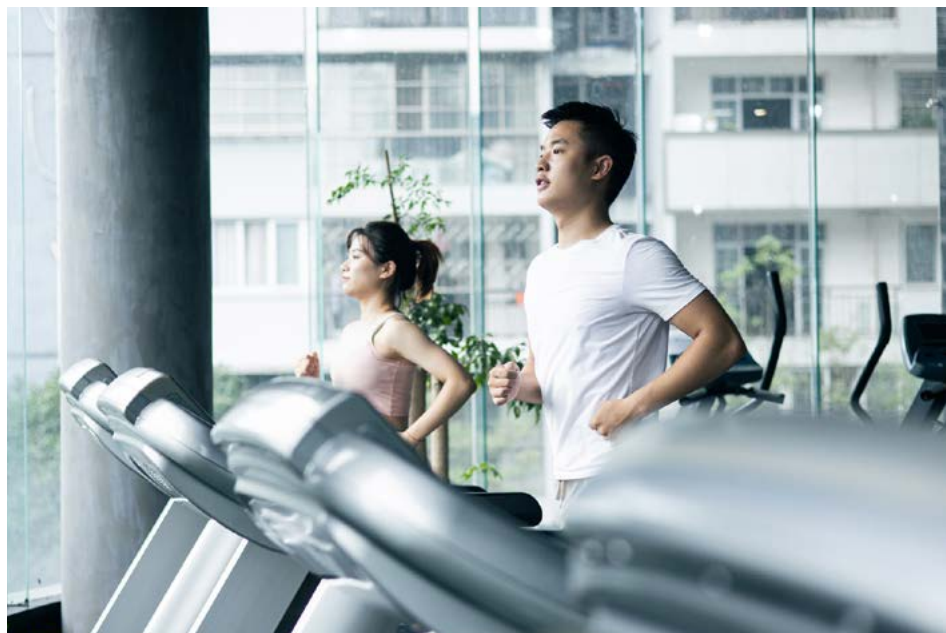
Shawn Drake, Ph.D., ACSM-CEP, ACSM-PD, EIM; Committee Chair

ACSM expanded its assessment-based certificate (ABC) programs<sup>1</sup> with the Chinese Association of Sports Medicine (CASM) from Personal Fitness Training, Exercise Physiology, and Clinical Exercise Physiology to include Exercise Prescription for Physicians. ACSM's ABC programs had limited program growth in 2022 due to China's zero-COVID policy.

<sup>1</sup>Non-degree granting programs that (1) provide instruction and training to aid participants in acquiring specific knowledge, skills and/or competencies associated with intended learning outcomes; (2) evaluate participants' accomplishment of the intended learning outcomes; and (3) award a certificate only to those participants who meet the performance, proficiency or passing standard for the assessment(s).



ACSM is in active discussions to expand the ABC programs globally in 2023.



# Advocacy



Monte Ward,  
ACSM Vice President of  
Government Relations

CCRB is engaged in advocacy efforts that improve the recognition of qualified exercise professionals in the workforce. ACSM combines subject matter expertise of ACSM members, practitioners, staff and/or consultants to be a leading voice of evidence-based practice in the exercise profession.

Internally, ACSM continues its work with the CEP/EP task force on, among other projects, positioning CEPs as uniquely qualified to safely and effectively deliver exercise programs in health care and researching the prevalence of clinical exercise programs in the U.S. and their impact on health care. Externally, ACSM has leadership roles in the programmatic accreditation of exercise science (Committee on the Accreditation of Exercise Sciences), professional registration (U.S. Registry of Exercise Professionals) and international standards (International Confederation of Sport and Exercise Science Practice). Please see below to learn more about the activities ACSM and CCRB are engaged in.

## Policy

ACSM's evidence-based information informs public policy that encourages healthy lifestyles and the safe enjoyment of sports and other physical activity. ACSM members serve as expert resources for federal, state and community-level policy makers, ensuring that decisions are founded on the latest research. Behind the ACSM policy program is a growing cadre of members who blend professional expertise with a dedication to enact lasting change that will improve the health of all Americans. ACSM's advocacy efforts are guided by the ACSM Board of Trustees, the Health and Science Policy Committee and all ACSM members.

To date, there are over 5,000 bills that deal with sports, health, physical activity, physical education and healthy lifestyles. ACSM works with the White House, federal agencies and Congress to ensure that the policies being considered meet the policy principles established by ACSM.

## CEP/EP Task Force

Clinical exercise physiologists (CEPs) and exercise physiologists (EPs) work for the betterment of the health, fitness and quality of life of patients at high risk of or living with a chronic disease and those that are healthy or have medically controlled diseases.

Clinical exercise physiologists help to increase the likelihood of long-term physical, social and economic independence of patients through individualized patient education, behavior change and primary and secondary prevention strategies. Exercise physiologists take training to an advanced level by conducting and interpreting physical fitness assessments and developing exercise prescriptions for people who are healthy or have medically controlled diseases.

Currently, CEPs and EPs are not using their complete training in the health care setting as their scope of practice is limited by their lack of ability to be reimbursed for the services they provide. In addition, there is not a direct career path for these exercise professionals. There are over 16,000 potential jobs that could be filled by CEPs and EPs but are not since they cannot be reimbursed for the services such positions require.

Recognizing the importance of this issue, ACSM has created a task force to review and create a path forward that will allow CEPs and EPs to use their complete training. The task force is chaired by ACSM Immediate Past President Bill Kraus and includes members representing a wide range of expertise.

It is the task force's goal that exercise professionals will be (1) recognized as qualified health care practitioners (QHPs), (2) be able to deliver exercise and healthy lifestyle counseling and supervision to patients (according to their scope of practice) and (3) be able to bill and be reimbursed for their services.

For more information and updates, visit: <https://www.acsm.org/about/advocacy/certification-task-force>

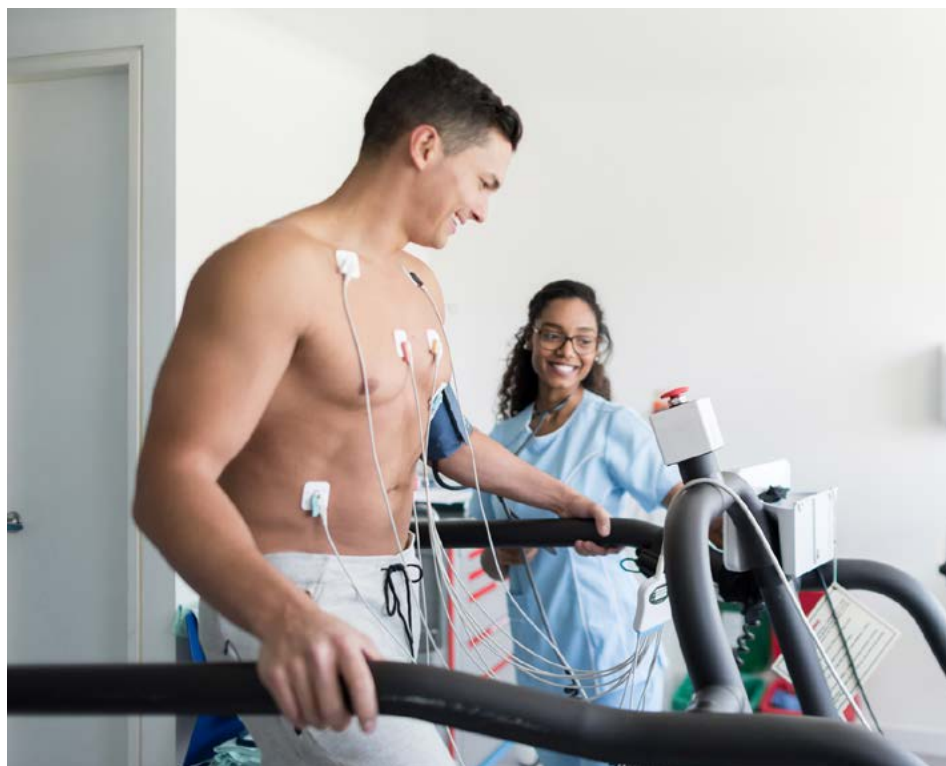




In a year that saw a slow recovery from the COVID-19 pandemic, the Committee on Accreditation for the Exercise Sciences (CoAES) working on behalf of the Commission on Accreditation of Allied Health Education Programs (CAAHEP) accredited 45 programs in the calendar year 2022, including 1 personal fitness trainer, 35 exercise science, six clinical exercise physiology, and three applied exercise physiology. Nine new exercise science programs included for the first time the strength & conditioning add-on. New programs that were accredited included 29 institutions.

The CoAES made the strategic decision to reactivate face-to-face site visits in 2023 for programs undergoing initial accreditation and for those programs who have not reached accreditation standards and outcomes thresholds. Programs that are seeking continuing accreditation and have had favorable annual reports will have the option of a virtual site visit.

The Committee on Accreditation for the Exercise Sciences (CoAES) announced Gina Cortese Shipley as its new executive director. Gina will transition into her role as Dr. Walt Thompson retires. Gina is a senior consultant/subject matter expert who, for over 20 years, has been changing lives in the health and wellness field, serving as a speaker for many educational series, health conferences, and certification courses nationally and internationally. Prior to her current role, Gina served at The Cooper Institute, during which time she was a member of both the CoAES and the Coalition for the Registration of Exercise Professionals.





	<b>Institution</b>	<b>Level</b>	<b>Program</b>
1	Lebanon Valley College	Initial	Exercise Science
2	Lebanon Valley College	Initial	Clinical Exercise Physiology
3	Marquette University	Initial	Exercise Science
4	Northeastern State University	Initial	Exercise Science
5	Regis University	Initial	Exercise Science
6	Rowan University	Initial	Exercise Science
7	Southwest Minnesota State University	Initial	Exercise Science
8	West Virginia University	Initial	Clinical Exercise Physiology
9	West Virginia University	Initial	Exercise Science
10	Southern Connecticut State University	Initial	Clinical Exercise Physiology
11	Baker University	Continuing	Exercise Science
12	Frostburg State University	Continuing	Exercise Science
13	Mercy College	Continuing	Exercise Science
14	Northern Arizona University	Continuing	Exercise Science
15	Salisbury University	Continuing	Applied Exercise Physiology
16	Salisbury University	Continuing	Exercise Science
17	Southern Connecticut State University	Continuing	Applied Exercise Physiology
18	University of Mary	Continuing	Clinical Exercise Physiology
19	University of Rhode Island	Continuing	Exercise Science
20	University of West Florida	Continuing	Exercise Science
21	Westfield State University	Continuing	Exercise Science
22	York College CUNY	Continuing	Exercise Science
23	California State University Long Beach	Initial	Personal Fitness Trainer
24	California State University Long Beach	Initial	Exercise Science
25	Cedarville University	Initial	Exercise Science
26	College of St. Scholastica	Initial	Applied Exercise Physiology
27	College of St. Scholastica	Initial	Exercise Science + S&C
28	Concordia College	Initial	Exercise Science + S&C
29	Cornerstone University	Initial	Exercise Science
30	Hardin-Simmons University	Initial	Exercise Science + S&C
31	Marymount University	Initial	Exercise Science + S&C
32	Miami University of Ohio	Initial	Exercise Science
33	Norwich University	Initial	Exercise Science + S&C
34	Our Lady of the Lake University	Initial	Exercise Science + S&C
35	Shippensburg University	Initial	Exercise Science + S&C
36	University of Massachusetts Boston	Initial	Exercise Science
37	University of Minnesota Duluth	Initial	Exercise Science + S&C
38	University of North Carolina Greensboro	Initial	Exercise Science
39	University of North Carolina Greensboro	Initial	Clinical Exercise Physiology
40	University of Pittsburgh	Initial	Exercise Science + S&C
41	University of Pittsburgh	Initial	Clinical Exercise Physiology
42	Baldwin Wallace University	Continuing	Exercise Science
43	Barry University	Continuing	Exercise Science
44	Central Michigan University	Continuing	Exercise Science
45	Georgia State University	Continuing	Exercise Science

# U.S. Registry of Exercise Professionals

CCRB continues its support of and leadership on the Coalition for the Registration of Exercise Professionals® (CREP®) also referred to as the U.S. Registry of Exercise Professionals (USREPS). USREPS is a not-for-profit 501(c)(6) corporation composed of organizations that offer NCCA-accredited exercise certifications. Coalition members are committed to advancing the fitness profession and earning recognition as a health provider for practitioners who have passed a competency-based program using an exercise certification exam that has been accredited by the NCCA or ISO-17024. Primary to the mission of the coalition is to provide individuals of all ages and abilities with resources and leadership to assist in safely and effectively reaching their goals of achieving more active, healthy lifestyles through movement, physical activity or exercise for recreation or performance.

In 2022, three key highlights

- The National Collegiate Athletic Association (NCAA) released occupational requirements for strength coaches;
- USREPS partnered with the U.S. Council for Athletes' Health (USCAH) that meets the new NCAA professional development requirements for strength coaches;
- The Medical Fitness Association extended its MOU to continue to use USREPS to identify and verify of registered exercise professionals, with the education and credible credentials, as qualified exercise professionals;
- USREPS welcomed the National Council for Certified Personal Trainers (NCCPT) into its membership; and
- USREPS announced new executive officers.

USREPS, in collaboration with the National Athletic Trainers Association's Intercollegiate Council on Sports Medicine (ICSM) task force on student safety, created workgroups of subject matter experts to identify gaps in education and training, as well as influences that may increase student athlete risk. Four areas were identified as key elements to student athlete safety, including foundational education, training and credentialing of strength coaches; continued professional development in areas of student athlete safety; reporting structures of strength and conditioning programs; and scope of professional practice and safety responsibilities of strength coaches and athletic trainers.

*"The current state of credentialing across the strength and conditioning profession makes it difficult to ensure that all strength and conditioning professionals have the requisite competency to safely and effectively conduct conditioning sessions. ... **Moreover, the U.S. Registry of Exercise Professionals (see [usreps.org/Pages/Default.aspx](https://usreps.org/Pages/Default.aspx)) contains those strength and conditioning professions with certifications from programs accredited by the National Commission for Certifying Agencies. NCCA accreditation is considered a marker of quality for certification programs in the health and/or medical domains.**"*

FAQs: <https://usreps.org/media/ybftizs/icsm-crep-recommendations-faq-final.pdf>

Recommendations: <http://image.mail2.ncaa.com/lib/fe5715707d6d067e7c1c/m/4/7a794ccb-6ca3-4b4d-8ba7-ade573680e29.pdf>



## Compliance with Interassociation Recommendations for Strength and Conditioning Professionals



United States Registry (USREPS) has partnered with the U.S. Council for Athlete Health (USCAH; <https://uscah.com/>) with the NATA Intercollegiate Council for Sports Medicine (NATA-ICSM) to provide the resources and education to ensure coaches and staff working with student-athletes are properly educated and credentialed to competently prevent catastrophic events, exertional distress, and soft tissue and metabolic injury during training and conditioning for sport.

Together, the groups are implementing best practices for institutions and practitioners in accordance with acceptable standards of care, including providing identification and verification of qualifications and requisite education and training in injury prevention, training environment management, and emergency readiness as supported by leading health and medical organizations.

<https://usreps.org/compliance-with-interassociation-recommendations/>



Medical Fitness Association (MFA) and USREPS work to advance its shared mission of third-party accredited certification programs of exercise professionals at medical fitness facilities, advance toward a National Exercise Referral Framework, and work collaboratively to advance industry advocacy and public policy to position exercise professionals as invaluable members of health care.

Through the development and maintenance of the MFA Facility Standards and Guidelines and MFA Facility Certification Program, the MFA establishes best practices aligned with the expectations for public health, medical, payer and government stakeholders. A cornerstone of the standards is the qualified staff responsible for the provision of programs, services and interventions. CREP, through its collaboration with third-party academic and credentialing program accreditors, serves as an advocate for the qualified exercise professional and provides the USREPS as an employer resource for the identification and verification of registered exercise professionals with the education and credible credentials necessary to meet the MFA Facility Standards.



# 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 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.

## 2023 Selection Committee

**Christie Ward-Ritacco**, CCRB Chair

**Francis Neric**, Associate Vice President,  
Certification and Credentialing

**Katherine (Hughey) Schowengerdt**,  
Director of Operations

**Shelby Mandla**, Certification Project  
Manager I

**Stephanie Cooper**, CCRB  
Representative

**Vanessa Kercher**, CCRB Member-at-  
large

**Renee Rogers**, ACSM Summit Planning  
Committee Chair

**Alexis Batrakoulis**, 2022 Certified  
Professional of Year winner

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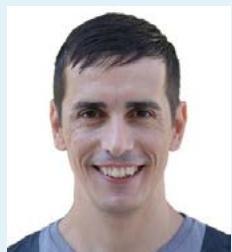
**Keli Roberts**, Professional

**Kristin Traskie**, 2021 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.

Annually, the committee evaluates the award procedures and details to determine future alterations and growth of the award.

## Winner of the 2022 Certified Professional of the Year Award



### Alexis Batrakoulis, Ph.D., ACSM-EP, ACSM-CPT, EIM Credential

Alexis Batrakoulis, based in Larisa, Greece, founded the International Obesity Exercise Training Institute, teaching internationally approved continuing education courses on exercise and health for fitness professionals. He has a large international presence working as an adjunct lecturer, personal trainer and fitness educator presenting in more than 40 countries across five continents. He continues to spread the message that the health and fitness industry is currently facing a changing landscape due to obesity and physical inactivity.

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