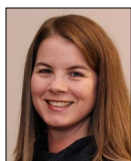


**ACSM Committee on Certification
and Registry Boards (CCRB)**
Annual Report 2025



2025 ACSM Certification Board



CCRB Chair (2024-2026)

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



Public Member (2025-2027)

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



Member-at-Large (2024-2026)

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



Group Exercise Instructor Credentialing Subcommittee Chair (2024-2026)

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



Clinical Exercise Physiologist Credentialing Subcommittee Chair (2023-2025)

T. David Cannon, M.A., ACSM-CEP
Clinical Operation Manager, IRhythm
Technologies, Inc.
Holly Springs, NC



Exercise Physiologist Credentialing Subcommittee Chair (2023-2026)

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



Certified Personal Trainer Credentialing Subcommittee Chair (2023-2025)

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



Continuing Professional Education Standing Subcommittee Chair (2024-2026)

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



International Standing Subcommittee Chair (2024-2026)

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



Ethics Standing Subcommittee Chair (2024- 2026)

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

ACSM Staff Listing



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



Traci Rush, ACSM-EP
Assistant Director of Certification



Dawn White
Operations Manager



Chris Myers
Chief of Programs and Marketing



Monte Ward
Vice President of Government Relations



Kela Webster
Director of Customer Experience



Martisha Wright
Customer Experience Specialist

ACSM Certification and Registry Board Chair Report



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

In 2025, the ACSM's Committee on Certification and Registry Board Executive Committee (ACSM Certification Board) focused on strengthening

ACSM's certification program policies and preparing for the future of the health fitness profession. The Certification Board's goal was to ensure ACSM certifications remain valid and legally defensible and relevant to healthcare and community stakeholders that rely on ACSM exercise professionals.

A major priority was continued policy and governance improvement to support alignment with the rigorous standards of the [National Commission for Certifying Agencies \(NCCA\)](#). This work protects the integrity of ACSM certifications by promoting clear policies, fair processes, sound judgements, and ongoing quality improvement. The ACSM Certification Board advanced updates to its operating code, policy manual, standards review process, and standard-setting procedures.

The ACSM Certification Board also addressed the emerging role of artificial intelligence in certification. We developed policies to protect the validity of ACSM certification exams, including policies related to use of AI by individuals who have access to ACSM certification exams and the prohibition of AI by the ACSM Certification Board with essential certification decisions. These policies ensure certification decisions remain fair, secure, and guided by qualified human judgment.

Listening to ACSM certified professionals and those who support their development also remained a priority. The ACSM Certification Board continued efforts to strengthen engagement with certificants, faculty, employers, and other stakeholders so that ACSM credentials continue to reflect the evolving needs of exercise professionals. This includes ongoing work to better understand certification decision-making, professional development needs, and the ways ACSM can support career growth across different stages of practice.

The ACSM Certification Board also advanced opportunities for professional growth through continued review of ACSM's certification and career advancement pathways. This included work updating ACSM exams to reflect current professional standards and practice, expanding continuing education opportunities through partnerships with likeminded organizations (e.g., [Clinical Exercise Physiology Association](#), [American Council on Exercise](#), [National Council on Strength and Fitness](#)), and strategic discussions about the future of ACSM educational certificate programs. These efforts are designed to help ACSM certified professionals meet changing workforce demands and support healthcare's shift toward prevention-focused care.

As we look ahead, the ACSM Certification Board remains committed to strengthening ACSM certifications and advancing the role of exercise professionals in the continuum of healthcare. On behalf of the ACSM Certification Board Executive Council, thank you for your continued support of ACSM's vision to extend and enrich lives through the power of movement.

Certification Office Annual Report



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

We are at a moment where we must move beyond the efficacy of exercise. There are countless research articles that directly show the role that exercise and physical activity play in improving health, supporting mental health, improving function, and enhancing quality of life. However, as healthcare shifts from disease management to prevention, that message is no longer enough. The health fitness sector must clearly demonstrate (1) the economic benefit of structured exercise programs and (2) that programs can be administered consistently and at scale through appropriately registered exercise professionals.

Healthcare systems, payers, policymakers, and employers make decisions through outcomes, cost, utilization, risk reduction, adherence, and return on investment, not theoretical solutions. A great example of this evidence base is "[A Review of the Cost-Effectiveness of Supervised Exercise Therapy for Adults with Chronic Conditions in the United States](#)"¹, published in the [Translational Journal of the American College of Sports Medicine](#), which found that supervised exercise therapy generated a positive return on investment (ROI) of \$1.15–\$1.70 for every \$1.00 invested, primarily through reductions in healthcare costs and treatment-related expenditures. This is the type of evidence that moves advocacy from aspiration to implementation. ACSM advocacy efforts are looking to close that gap by advancing evidence-based exercise programs into policy-ready solutions.

Professional registration gives healthcare administrators a simpler way to understand and utilize the health fitness workforce by aligning exercise professionals with primary and secondary prevention needs. The [US Registry of Exercise Professionals \(USREPS\)](#) serves as the only register for exercise professionals practicing in the United States. Rather than asking healthcare systems, payers, employers, and policymakers to interpret a highly fragmented credentialing landscape, registration clarifies workforce roles across the continuum of care. In primary prevention, registered professionals such as personal trainers and group exercise instructors support generally healthy individuals through programs that improve health, reduce risk, and promote long-term adherence. In secondary prevention, registered exercise physiologists and clinical exercise physiologists meet post-secondary education and, when

¹ Chase, Paul J.1; Owen, Connor M.2; Bantham, Amy3,4; Stoutenberg, Mark5; Ajibewa, Tiwaloluwa6; Barclay, Justin7; Huang, Mu1; Kariuki, Jacob8; McNamara, Grace9; Stoner, Lee10; Whitsel, Laurie P.4,11. A Review of the Cost-Effectiveness of Supervised Exercise Therapy for Adults with Chronic Conditions in the United States. *Translational Journal of the ACSM* 10(3):e000313, Summer 2025. | DOI: 10.1249/TJX.0000000000000313

appropriate, clinical experience, to support individuals with complex, chronic or unstable diseases or conditions.

The opportunity now is to make structured exercise programs easier for healthcare to adopt. ACSM can help close the implementation gap by advancing programs that are evidence-based, cost-effective, and supported by a registered workforce. This gives healthcare stakeholders a clearer path to invest in programs that improve patient outcomes, reduce costs to payers, and programs that are delivered by qualified exercise professionals. Exercise has the evidence. The fitness sector and healthcare need to build systems that make primary and secondary prevention a standard of care for all.

The ACSM Certification Board announced several operational changes and updates in 2025.

Governance

Joel Hardwick, DCEP, ACSM-CEP, CET and Amber Chelette, PhD, ACSM-CPT were elected to join the ACSM Certification Board starting January 1, 2026.

The ACSM Certification Board welcomes the following new CCRB standing committee members:

Continuing Professional Education Standing Subcommittee

- Laura McDonald, MS, ACSM-CEP

ACSM-CEP Credentialing Subcommittee

- Derek Keller, PhD, ACSM-CEP, ACSM-EP
- Bryan Lucas, MS, ACSM-CEP

ACSM-CPT Credentialing Subcommittee

- Younguk Kim, PhD, ACSM-EP
- William Delaney, DPT, ACSM-CPT
- Helena Rotte, ACSM-CPT
- Frank Rondinelli, MS, ACSM-EP

ACSM-EP Credentialing Subcommittee

- Tyler Zolczynski, ACSM-EP
- Samantha Johnson, EdD, PhD, ACSM-EP
- Andreas Stamatis, PhD, ACSM-EP
- Melissa Stansbury, PhD, ACSM-EP, EIM

Key Updates

In 2025, the ACSM Certification Board continued to strengthen certification policies and program practices that affect candidates and certified professionals. This work supports ACSM’s commitment to maintaining fair, credible, and evidence-based certification programs that reflect current professional standards and the evolving needs of the health fitness workforce.

The ACSM Certification Board is also preparing for NCCA reaccreditation in Q2 2026. This process is an important opportunity to demonstrate that ACSM certification programs continue to meet nationally recognized standards

for quality, fairness, transparency, and public protection. Throughout 2025, the Certification Board reviewed and updated policies, procedures, and documentation to support continued alignment with NCCA standards. This work helps ensure certification decisions are consistent, exams remain valid and secure, and candidates and certificants are supported through clear and defensible processes.

Updated ACSM-CPT®, ACSM-EP®, and ACSM-CEP® certification exams launched on July 10, 2025. The revised exams ensure certified professionals demonstrate competence in contemporary practice, including exercise testing, exercise prescription, risk management, client and patient communication, and interdisciplinary collaboration. The Certification Board will monitor exam performance to ensure the exams function as intended and support fair, valid, and legally defensible credentials.

The ACSM Certification Board continued efforts to better understand the experiences and needs of ACSM certified professionals. ACSM surveyed certificants to gather feedback related to certification pathways, continuing education, professional development, employer recognition, career advancement, and the overall value of certification and membership. Feedback highlighted growing interest in flexible learning formats, practice-ready education, emerging topics in healthcare and exercise science, and stronger professional advocacy. The Certification Board will use these insights to help guide the development of certifications and professional growth in an evolving workforce.

The ACSM Certification Board continued discussions related to eligibility pathways for the ACSM-EP® and ACSM-CEP® certifications. The ACSM Certification Board evaluated potential opportunities that would support students graduating from Exercise Science or Exercise Physiology programs that are in the process of becoming Commission on Accreditation of Allied Health Education Programs (CAAHEP) accredited. These discussions reflect the Certification Board’s commitment to balancing academic quality and the professionalization efforts in the health fitness sector.

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 48 hours of receipt (weekday)
- First reply for customer service email support from 48 hours to <4 hours (weekday)

2025 Unaudited Finance Report

The unaudited 2025 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, 2025

Income	Certification Exams	\$ 2,332,210
Expenses	Exam Development and Administration	\$ 484,459

Exam Stats

In accordance with [National Commission for Certifying Agencies \(NCCA\)](#) standards, the ACSM CCRB publishes its pass rates for certification programs annually. The 2025 pass rates for first-time and repeat test takers for ACSM certification exams are presented in the tables below.

2025** 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	978	585	60%	173	89	51%
ACSM Certified Exercise Physiologist	1,643	1,151	70%	180	97	54%
ACSM Certified Clinical Exercise Physiologist	391	230	59%	124	64	52%
ACSM Certified Group Exercise Instructor	87	54	62%	6	2	33%
** Two forms were administered during the 2025 calendar year; therefore, the reported pass rates reflect a combination of those two forms.						
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 Exercise Physiologist	1,665	1,119	67%	216	112	52%
ACSM Certified Clinical Exercise Physiologist	312	191	61%	112	47	42%
ACSM Certified Group Exercise Instructor	64	45	70%	14	9	64%

As of December 31, 2025, the total number of active ACSM certified exercise professionals are as follows:

- ACSM-GEI: 528
- ACSM-CPT: 8,538
- ACSM-EP: 9,909
- ACSM-CEP: 3,926

ACSM Mourns the Passing of Dedicated Volunteer and Educator Dr. Mark Baldis



Photo credit: Fresno State

The ACSM Certification Board mourns the passing of Mark Baldis, PhD, ACSM-CEP, ACSM-EP a dedicated educator, mentor, and subject matter expert who passed away on February 25, 2026, at the age of 67.

Dr. Baldis served on the ACSM Certification Board’s ACSM-CPT Credentialing Committee since 2021 and was also a member of the CCRB Faculty Advisory Council, where he contributed his expertise to support exam development, academic alignment, and the advancement of professional standards in exercise science. Beyond his service to ACSM, Dr. Baldis was a long-time lecturer in the Department of Kinesiology at California State University, Fresno. A beloved instructor, he led one of CSU Fresno’s most popular majors and directed the Human Performance Lab for more than 15 years. His career reflected a deep commitment to student success, mentorship, and the development of future professionals in the field.

“Dr. Baldis exemplified the very best of ACSM’s volunteer leadership. He brought an unwavering commitment to students and candidates alike,” said Lauren Korzan, MA, ACSM-EP, ACSM-GEI, ACSM Certification Board. “His contributions to ACSM’s Personal Trainers will have a lasting impact and he will be deeply missed.”

Throughout his career, Dr. Baldis was recognized for his excellence in teaching and service, including receiving Fresno State’s Provost’s Award for Outstanding Lecturer and multiple nominations for advising excellence. His influence extended well beyond the classroom through mentorship, internship coordination, and professional service.

“Mark was not only a thoughtful and engaged committee member, but also a passionate advocate for students and rising professionals,” said Jessica Sansone, PhD, ACSM-EP, ACSM-CPT Credentialing Committee. “He brought a unique ability to bridge academic preparation with real-world practice that strengthened the integrity of the ACSM personal trainer program.”

Dr. Baldis’ legacy is defined by his dedication to education, his service to the profession, and the countless students and colleagues he inspired throughout his career. His contributions to ACSM Certification will continue to shape the profession for years to come.

ACSM Certification Board extends its deepest condolences to Dr. Baldis’ family, colleagues, and the CSU Fresno’s community.

Ethics and Professional Conduct Subcommittee Annual Report



Victor Romano, EdD, DHSc, ACSM-EP

The Ethics and Professional Conduct Subcommittee supports the ACSM Certification Board's obligation for professional accountability, due process, and policy

enforcement. The [ACSM Code of Ethics for Certified Professionals](#) 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>

No ethics violations, complaints, disciplinary actions, or sanctions were reported in the 2025 CCRB Executive Council.

Restrictions have been approved to protect the integrity of ACSM certification programs. The policies prohibit AI use in essential certification decisions, candidate use of AI that could compromise exam security, and SME use of personal or public AI tools in exam development. Unauthorized AI use must be reported to the CCRB Ethics and Professional Conduct Committee for investigation and may result in corrective or disciplinary action.

Public Member Report



Gayle Irvin, MPH, CAE

As the ACSM Certification Board Public Member, I represent the interests of consumers, employers, healthcare organizations, and policymakers who depend on ACSM-certified professionals. I bring an outside perspective to ensure that decisions are considered not only from the profession's point of view, but also from the perspective of those who rely on certified professionals. My role is to ask whether ACSM Certification Board's standards and policies protect the public, treat candidates and certificants fairly, and foster trust in the meaning and value of ACSM certification.

During 2025, the ACSM Certification Board remained focused on the quality, integrity, and public value of its certification programs. The CCRB reviewed certification performance and recertification trends, launched a comprehensive review of the CCRB Policy Manual, and developed policies governing the use of artificial intelligence (AI) in certification decisions, candidate testing, and subject matter expert activities. It also strengthened expectations related to conflicts of interest, examination security, program changes, and the separation of certification from education and exam preparation.

The ACSM Certification Board also looked beyond internal operations to consider how its decisions affect the workforce and the public. Discussions included the future of the ACSM certification programs, the development of a

clinical exercise physiologist scope of practice foundational document, expansion of international credentialing partnerships, prioritizing advocacy and stakeholder engagement, and importance of public reporting.

As Public Member, I believe the ACSM Certification Board fully met the expectations of those who rely on ACSM certification.

Member-at-Large Report



Laura J. Newsome, PhD, FCEPA, ACSM-CEP, EIM,

The Member-at-Large plays an important role by giving ACSM-certified professionals a voice in the decisions that shape their certification.

The Member-at-Large is elected by actively certified professionals to represent the experiences and concerns of ACSM certified professionals across diverse practice settings directly to the ACSM Certification Board. This perspective helps the CCRB EC develop policies that reflect the needs of those who earn and maintain ACSM certification.

In 2025, the ACSM Certification Board considered several issues with direct implications for certificants, including certification and recertification trends, updates to the CCRB Policy Manual, conflicts of interest, continuing education policies, legacy specialty credentials, and development of a CEP scope of practice. The ACSM Certification Board advanced initiatives and collaborative efforts with [Clinical Exercise Physiology Association \(CEPA\)](#), [Physical Activity Alliance \(PAA\)](#), [Coalition for the Registration for Exercise Professionals \(CREP\)](#), and the [International Confederation of Sport and Exercise Science Practice \(ICSESP\)](#) to strengthen recognition and value of ACSM-certified professionals.

As the CCRB Member-at-Large, the ACSM Certification Board reflected careful consideration of how policy and program changes would affect certificants while maintaining the rigor, relevance, and credibility of ACSM certification in 2025.

Exam Credentialing Subcommittees Annual Report

Effective July 10, 2025, the ACSM Certification Board now provides candidates with [commonly used metabolic equations and reference formulas on the ACSM-EP and ACSM-CEP certification exams](#). These equations are drawn from ACSM's *Guidelines for Exercise Testing and Prescription, 12th Edition*, including Appendix C: Metabolic Calculations and Methods and Appendix D: Reference List of Commonly Used Equations. This policy change supports CCRB's position that the ability to analyze, interpret, and apply exercise science data is a more accurate representation of professional practice than memorization alone.

Following the July 2025 launch of updated [ACSM-CPT, ACSM-EP, and ACSM-CEP exam forms](#), the ACSM Certification Board actively monitored exam performance and passing standards. This work supports the Certification Board's continuous process improvement efforts. The Certification Board reviews exam performance data when substantial changes occur in professional practice,

certification content, or exam design to ensure exam validity and fairness.

The ACSM Certification Board continued to [evaluate the 2027 eligibility requirements for the ACSM-EP and ACSM-CEP certifications](#) for programs seeking CAAHEP accreditation. This work reflects the Board's commitment to professionalizing the advanced health fitness workforce and positioning exercise physiologists and clinical exercise physiologists as uniquely qualified members of healthcare teams. As part of this review, the Board may consider eligibility pathways that support students while continuing to encourage exercise science programs to pursue programmatic accreditation. These efforts are intended to strengthen professional standards without creating unnecessary barriers for qualified candidates.

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



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



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



Candace Campbell, MS, ACSM-CPT (2025-2027)
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 (2025-2027)
University of Cincinnati
Academician, behavior change and exercise psychology



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



Susie Reiner, PhD, ACSM-EP (2023-2025)
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



Tracy Bonoffski, MS, ACSM-CEP (2025-2027)
University of North Carolina at Charlotte
Practitioner – obesity/metabolic/endocrine exercise specialist



Brittany Overstreet, PhD, ACSM-CEP (2025-2027)
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



Tony Harris, Jr., MS, ACSM-CEP (2025-2027)
Michigan State University
Practitioner – ortho/musculo, neuro, hematologic, sarcopenia or frailty ex specialist



Joel Hardwick, DCEP, ACSM-CEP, CET (2024-2026)
University of Illinois Chicago
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 Subcommittee Annual Report



Rachelle Reed, PhD, MS, ACSM-EP

The CPE Committee continued to enhance ACSM Certification Board's continuing education review process through refining review criteria for the Approved Provider

Program and advising on certification-related education. The committee reviewed approximately 90 approved provider applications, including standard and partner-related submissions, many with multiple courses or live sessions. Key work included updating rubric language for programs marketed as certifications, clarifying approvable and non-approvable content areas, and adding scope-of-practice guidance for nutrition-related education.

The committee also expanded review capacity and supported broader ACSM education priorities. Mia Johnson joined the committee, Becky Langton's term was extended, Monique Middlekauff joined as the clinical exercise physiology representative, and Laura McDonald joined the ad hoc review subcommittee. The CPE provided input on course prioritization, partner education, LMS strategy, Summit programming, and course lifecycle planning. Becky Langton also led the CPE-supported Summit session, "From Passion to Presenter: Uplevel Your Fitness Industry Presence," which the committee began developing into a manuscript for ACSM's *Health & Fitness Journal*.

The committee's work also aligned with ACSM's broader effort to expand access to high-quality continuing education through strategic partnerships. In 2025, ACSM announced collaborations with the [American Council on Exercise \(ACE\)](#) and the [National Council on Strength & Fitness \(NCSF\)](#), both [Coalition for the Registration of Exercise Professionals \(CREP\)](#) member organizations. These partnerships expanded continuing education and career development opportunities for exercise professionals, including new course offerings through ACSM's learning platform. ACSM and ACE also announced plans to present the [2027 ACSM & ACE Health & Fitness Summit](#) in Chicago.



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 (2026-2028)
Intrinsic Motion Inc.
Employer Representative



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



Mia M. Johnson, MS, ACSM-CPT (2025-2027)
Wake Tech Community College
Certified Professional



Monique Middlekauff, PhD, ACSM-CEP, ACSM-CPT (2025-2027)
St. Luke's Health System
Employer Representative

CCRB International Standing Subcommittee Annual Report



Scott Shi, PhD, FACSM, Committee Chair

The CCRB International Committee continued to support ACSM's global education and credentialing partnerships in 2025, with emphasis on partner-led implementation, quality assurance, and alignment with ACSM professional standards. Work with China, India, and Korea remained central to this effort and ACSM looks to add additional strategic partnerships in 2026.

International collaboration and professional development efforts were advanced through ACSM's endorsement of the [2025 ACSM-KOVAS International Conference](#) in Seoul. [Korean Society of Vascular Science \(KOVAS\)](#) is dedicated to advancing the understanding, diagnosis, and treatment of arterial disease and has expanded its scope to include venous, lymphatic, and broader vascular medicine. The 2025 conference theme, "Heart, Mind, and Motion: The Power of Balance in the AI Era," aligned with ACSM's expertise by connecting vascular health, exercise science, rehabilitation, lifestyle medicine, and artificial intelligence through plenary lectures, scientific sessions, oral and poster presentations, panel discussions, and industry-academic symposia.

ACSM's international partners continued to grow ACSM-aligned certificates across [China](#), [India](#), and [Korea](#). In 2025, 854 newly credentialed individuals across the following programs:

- **ACSM-BISM:** 692 individuals credentialed.
- **Exercise Science Academy (ESA):** 49 individuals credentialed.
- **Wellness Academy:** 113 individuals credentialed.

These efforts reflect continued international demand for ACSM-aligned credentialing pathways.



Monte Ward, ACSM Vice President of Government Relations

2025 ACSM Advocacy Report: A Year of Impact and Progress

Celebrating significant achievements driving positive change

ACSM's 2025 advocacy efforts brought measurable impact through collaboration and innovative health policy efforts. Driven by the cooperative efforts of ACSM's Health and Science Policy Committee, ACSM members and certified professionals, dedicated staff, and partners, success was found in key areas:

- Strategic communications efforts helped ACSM, its members, and partners reach key policy makers with messages that matter.
- Mobilizing ACSM members via action alerts and issue briefs strengthened influence on physical activity and research policy.
- Key wins achieved through the collaborative influence of the Physical Activity Alliance, highlighting the power of partnership in working toward lasting positive change.

Influencing Policy through Strategic Communications with Legislators

- ACSM published [eight issue briefs](#) sent to Congress with personalized CEO cover letters to highlight critical health topics.
 - [Access to Physical Activity](#)
 - [Active Play with Recess](#)
 - [Addressing Obesity in the US](#)
 - [Concussions in Youth Sports](#)
 - [Mental Health](#)
 - [Military Preparedness](#)
 - [Physical Education](#)
 - [Promoting Safe, Active Transportation](#)
- Advocacy for Research Funding: Letters were sent to Health Secretary Kennedy and [legislative representatives](#) advocating for research funding and collaboration to reinforce ACSM's policy role.
- [ACSM supported](#) the Promoting Physical Activity for Americans Act to formalize development and promotion of activity guidelines.
- ACSM sent [a letter from President Jaworski](#) to all members of congress expressing its support for the re-establishing of the President's Council on Sports, Fitness & Nutrition (PCSFN). Given ACSM's longtime involvement with the President's Council, the letter also urged representatives to leverage the expertise of ACSM members as it develops and implements its plan of action.
- ACSM continued to lobby for the [Personal Health Investment Today \(PHIT\) Act](#) to encourage physical activity

and promote healthier lifestyles nationwide.

- ACSM was represented on Capitol Hill by President Carrie Jaworski, MD, FACSM, CEO Katie Feltman, CAE, and Vice President of Governmental Affairs Monte Ward seeking support for the Promoting Physical Activity for Americans Act.

Empowering and Mobilizing ACSM Members and Certified Professionals

Member engagement was central to ACSM's advocacy success by empowering collective action with clear communication.

- Use of Congress Pro Action Alert software streamlined communication and facilitated outreach to legislators.
 - Action Alerts generated more than 800 ACSM member and certified professional contacts with Congress, demonstrating the power of coordinated calls to action on key policy issues.
 - Three Action Alerts were sent with the following calls to action:
 1. Contact Congressional reps regarding supporting physical activity research funding.
 2. Contact Congressional reps about supporting the PHIT Act.
 3. Contact Congressional reps regarding supporting Promoting Physical Activity for Americans Act
- An advocacy training session at the ACSM Annual Meeting equipped members with tools and strategies to amplify their voices effectively.
- ACSM's monthly Advocacy Newsletter provides timely updates on legislation and organizational initiatives.
- ["Your Voice Matters: A Quick Guide to Advocacy"](#) from the ACSM American Fitness Index offers practical advocacy tips to empower members to effectively advocate for healthier, active communities.

Strength in Numbers: Utilizing Partnerships and Building Relationships

- ACSM is a proud member of the [Physical Activity Alliance \(PAA\)](#), the nation's largest coalition dedicated to advancing regular participation in physical activity. The PAA uses its collective voice to lead efforts that create, support, and advocate for the policy and systems changes necessary to empower people to enjoy physically active lives.
 - The PAA allowed meaningful progress to be made in key areas. Most notably, the [Centers for Medicare & Medicaid Services \(CMS\)](#) announced that coverage will be provided for physical activity assessments in the 2026 Physician Fee Schedule.

- ACSM participated in the PAA's 3rd Annual #MoveWithUS Physical Activity Symposium, gathering more than 100 partners from 65 organizations for a day of collaboration, dialogue, and knowledge sharing.
- In connection with this event, ACSM prioritized developing strong relationships with key health policy decision-makers through in-person meetings that enabled ACSM leaders to share expertise on physical activity and influence health policy priorities.

Looking ahead to 2026, ACSM's advocacy focus will include:

- Continued advocacy for the PHIT Act and expand member engagement.
- Active promotion and support of the Physical Activity for Americans Act
- Implementing additional research advocacy activities proposed by ACSM's Health Science Policy Committee and approved by the ACSM Board of Trustees.
- Ongoing collaborations with the PAA with a focus on supporting implementation relating to the announcement that coverage will be provided for physical activity assessments in the 2026 Physician Fee Schedule.
- The Vision for Health Advancement: The vision is to advance health through physical activity and remain a leading voice in policy shaping.



CREP continued to advance its mission of securing recognition for registered exercise professionals across the medical,

health, fitness, and sports performance fields. Through the [US Registry of Exercise Professionals[®] \(USREPS[®]\)](#), CREP maintained a trusted verification system for exercise professionals who hold accredited certifications, helping employers, policymakers, healthcare providers, and the public identify qualified professionals who meet recognized standards for safe and effective practice.

CREP's [advocacy and outreach efforts](#) focused on professional recognition, healthcare integration, athlete safety, scope of work, and access to practice. In 2025, CREP re-established a disciplined public policy monitoring process across federal and state legislatures, tracking more than 150 pieces of legislation and evaluating each through a structured support, oppose, or watch framework. This shifted CREP from reactive monitoring to strategic policy intelligence and targeted engagement on issues affecting the exercise profession.

A major priority was advancing the [US National Exercise Referral Framework \(US NERF\)](#), which provides a structured model for connecting healthcare providers with appropriately credentialed exercise professionals. NERF supports the integration of exercise into healthcare by aligning patient risk, medical oversight, professional qualifications, and referral pathways. CREP continued to promote NERF as a scalable approach for prevention, chronic disease management, reimbursement discussions, and broader workforce integration.

CREP also continued to elevate athlete safety through the [Athlete Alive](#) initiative. This effort promotes professional standards, emergency preparedness, credential transparency, and qualified oversight in strength and conditioning environments. Originally focused on collegiate athletics, CREP is expanding Athlete Alive to the high school level beginning in 2026 to strengthen protections for younger athletes and reinforce accountability across the athletic development pipeline.

CREP supported professional education and engagement through its webinar series, which provided a forum for discussion on career development, professional credibility, accreditation, registries, employer recognition, advocacy, and healthcare integration. Webinars included [Certification to Success: Building a Sustainable Career in Fitness and Wellness](#); [Defining Credibility in the Fitness Industry](#); and [Advocacy in Action: Reflecting on 2024 & Preparing for 2025 and Beyond](#).

CREP maintained its role in international portability through USREPS and participation in the International Confederation of Registers for Exercise Professionals. This work supports global recognition of registered exercise professionals and strengthens alignment between U.S. registration standards and international systems for verifying qualified professionals.

Overall, CREP's activities centered on strengthening credential verification, advancing exercise referral into healthcare, protecting athletes through professional standards, supporting public policy engagement, expanding professional education through webinars, and promoting national and international recognition of registered exercise professionals.



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, Collegiate Strength and Conditioning Coaches Association (CSCCa), National Academy of Sports Medicine (NASM), National Council on Strength and Fitness (NCSF), and three at-large members. 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.

Key Highlights from 2025:

As of December 31, 2025, a total of 157 programs are accredited.

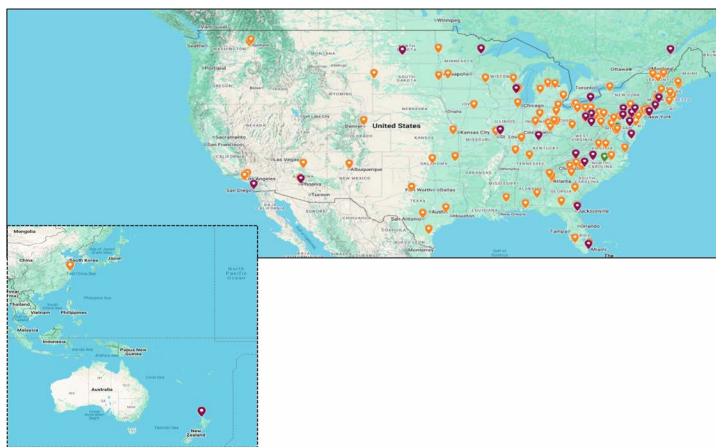
Personal Fitness Trainer (associate's degree): 3 programs

Exercise Science (bachelor's degree): 125 programs

Exercise Physiology (master's degree): 29 programs (Applied track: 9; Clinical track: 20)

Since the last update, 12 programs (10 Exercise Science and 3 Exercise Physiology) were awarded initial accreditation status.

The CoAES is in the process of securing its status as a 501(c)3 non-profit and being fully independent by the end of 2027.



Map Legend

■ Personal Fitness Training (3 programs)

■ Exercise Science (125 programs)

■ Exercise Physiology (29 programs)

International Programs in

- Canada
- China
- New Zealand



INTERNATIONAL CONFEDERATION
OF SPORT AND EXERCISE SCIENCE PRACTICE

The International Confederation of Sport and Exercise Science Practice (ICSESP) serves as the peak international body representing and supporting

national sport and exercise science associations and the professions they represent. In 2024/25, ICSESP continued to advance its long-term agenda of global recognition for sport and exercise science practitioners, including stronger professional pathways, greater recognition in health systems, and increased access to high-quality education and resources worldwide.

ICSESP Board Leadership

Francis Neric concluded his term as ACSM's ICSESP Director in February 2025. Dr. Laura Newsome commenced service as ACSM's representative to the ICSESP Board in February 2025. The ICSESP Board also acknowledged the significant contributions of Francis Neric and Assistant Professor Kirstin Lane, whose terms ended during the reporting year.

ICSESP Strategic Initiatives

ICSESP's 2030 Strategic Road Map continues to guide the confederation's work. Its vision is to positively impact individuals, communities, and countries by advancing the international practice of the sport and exercise sciences. Strategic priorities include building organisational capacity, expanding global engagement, strengthening relationships with international organisations, promoting professional standards and ethical practice, fostering research, and increasing access to high-quality education and resources. During 2024/25, ICSESP strengthened its online profile through LinkedIn, promoted World CEP Day, released global professional standards for Clinical Exercise Physiology, led the Fiji Physical Activity Promotion Forum, welcomed Norway as an associate member, and continued work on global Sport Science Standards targeted for release in early 2026.



ACSM Affiliate Society

The Clinical Exercise Physiology Association (CEPA), an ACSM affiliate society, advances clinical exercise physiology through advocacy, education,

career development, and professional resources. CEPA offers continuing education, an online annual conference, news and announcements, the *Journal of Clinical Exercise Physiology*, and additional resources for CEP practice and professional recognition. Recent CEPA-supported publications continue to strengthen the profession's evidence base, including manuscripts on CEP roles in cardiac rehabilitation and clinical exercise testing, the state of clinical exercise physiology in the United States, technical requirements for CEPs as qualified health professionals, CEP compensation strategies, and the 2025 National Salary Survey of Clinical Exercise Physiologists. CEPA has also launched the FCEPA designation to recognize outstanding service and contributions to the field. Those who hold or are pursuing the ACSM-CEP credential are encouraged to join CEPA to support professional advancement and contribute to the growth of clinical exercise physiology.

2026 ACSM Certified Professional of the Year



ACSM's Committee for Certification and Registry Boards developed the Certified Professional of the Year award to recognize an outstanding ACSM certified professional

for their dedication and exceptional contributions toward enhancing the health and wellness of individuals in their community.

"We are excited to recognize Michael as the 2025 Certified Professional of the Year," said Lauren Korzan, M.A., ACSM-EP, ACSM-GEI, chair of ACSM's Certification Board. He embodies the spirit of ACSM through his work in advocacy and education, as well as using his public platform to champion physical activity as an essential element of health care. As an educator, we applaud his impact on current and future fitness professionals and the influence this will have on the fitness industry."

Based in Ann Arbor, MI, Stack has been an exercise physiologist for more than 25 years. He is the founder and CEO of Applied Fitness Solutions, which has served the southeast Michigan community since 2007. He also founded the Michigan Moves Coalition, a nonprofit dedicated to collaboration, advocacy and actions that ensure all

Michiganders lead healthy, active lifestyles throughout all stages of life. Stack also serves as a faculty lecturer at the University of Michigan School of Kinesiology and is the Creator/Host of the [Wellness Paradox Podcast](#).

Stack's extensive career has evolved to focus on entrepreneurship, education, health policy and advocacy, all in the physical activity sector. His passion for advocacy reflects a dedication to advancing the policy and system changes needed to ensure that exercise professionals become an essential part of health care delivery. This work led to him being a founding board member of the Michigan Fitness Association (MFA), where he was instrumental in securing an \$8.5 million grant for the organization. Stack is also president of the Physical Activity Alliance, the nation's largest coalition dedicated to advancing regular participation in physical activity.

"I'm grateful for my three ACSM credentials because they allow me to achieve the ACSM vision to "extend and enrich lives through the power of movement" in all the communities I serve," said Stack. "When combined, they have been an asset where the whole is greater than the sum of its parts. My ACSM credentials have provided the holistic view necessary to make a deep impact across individuals, industry sectors, the state of Michigan and the nation. Simply put, I wouldn't be able to make a broad and deep impact without the educational foundation I've received through ACSM."

Learn more about the ACSM Certified Professional of the Year Award and criteria by [clicking here](#).

