

ACSM REGISTERED CLINICAL EXERCISE PHYSIOLOGIST (RCEP)

לראשונה בישראל יתקיים ב-24-23 לינואר 2011 קורס RCEP של ה-ACSM.

הקורס, שיתקיים בשפה האנגלית, יועבר ע"י מרק פטרסון (Mark Patterson) וע"י דר' גייסון קונביסר (Jason Conviser, Ph.D, FACSM) ודר' ג'ימס סקינר (James Skinner, Ph.D, FACSM), שלושתם פיזיולוגים בכירים ביותר בעלי ותק רב בהוראה ובמחקר. דר' סקינר היה בזמנו נשיא ה-ACSM. (לאוטוביוגרפיה קצרה של המרצים - ראה נספח ב')

הקורס מיועד בראש ובראשונה לבוגרי תואר שני בפיזיולוגיה אך תתאפשר השתתפות בעלי מקצוע נוספים במידה וימצאו מתאימים. כל המעוניין ישלח לדר' קונביסר קורות חיים הכוללים השכלה וניסיון קליני (ראה נספח א' בסוף). כתובתו - j.conviser@onesmallworldusa.com

לבחינת ההסמכה של ה-ACSM יוכלו לגשת רק אלו העומדים בדרישות המופיעות מטה. משתתפים אחרים יקבלו תעודת השתתפות בקורס אך **לא** יוכלו לגשת לבחינה.

הבחינה מבוצעת באופן עצמאי, דרך מחשב, במסגרת חברה הנקראת Pearson Vue (פרטים בסוף). קיימים בארץ מעל 10 מרכזים בהם ניתן לבצע הבחינה - ראו באתר.

את הזכות לגשת לבחינה ניתן יהיה לרכוש בסיום הקורס מהמרצים (פרטים בהמשך). התשלום לבחינה נפרד מהקורס. (עלות הבחינה, \$150 לחברי ACSM ו-\$175 לאחרים - נמוכה משמעותית מהעלות האינטרנטית דרך ה-ACSM)

ספסי הרשמה לקורס ניתן להוריד מה-14.12 באתר כנס ירושלים הבין-לאומי ה-27 -

www.sportsmedicine.co.il

E-mail: jerusalemsymposium@regin-med.co.il

הקורס יתקיים במלון מעלה החמישה משעה 9:00 ועד 18:00 (שעות 9-12, 13-17, 17-18 השלמות)

עלות הקורס - \$450 עד ה-30.12.10 ו-\$500 עד ה-15.1.11. עלותו כוללת השתתפות בקורס, הפסקות קפה וארוחת צהריים בשני ימי הקורס, חומר מודפס ותעודת סיום.

לפרטים נוספים ניתן להתקשר לדר' נעמה קונסטנטיני -0522783615 או לשלוח מייל ל-

naamacons@gmail.com

הלינק לקורס באתר ה-ACSM הוא -

http://www.acsm.org/AM/Template.cfm?Section=Registered_Clinical_Exercise_Physiologist

בהצלחה

דר' נעמה קונסטנטיני ודר' גדעון מן

REGISTERED CLINICAL EXERCISE PHYSIOLOGIST

1. The RCEP course will be held for the first time in Israel on Jan 23-24th, in Maaele-Hamicha.
2. Classes will run 9:00am – 12:00 and 1:00 – 5:00pm with 5:00 – 6:00 “open” to answer questions as a group or individual tutoring if needed.
3. The course will be taught by the ACSM – RCEP Committee representative and assisted by Jason Conviser, Ph.D, FACSM and James Skinner, Ph.D, FACSM. Dr. Conviser is one of the most experienced instructors for the ACSM CPT course having taught this course on 5 continents on a monthly basis for the past three years. Dr. Skinner is the past President of the ACSM and one of the most recognized experts in exercise science in the world.
4. ALL registrants to this class will submit their resumes and qualifications to Dr. Jason Conviser (j.conviser@onesmallworldusa.com) by January 14 who will then submit all documents to the ACSM for review and approval. It is clear that simply having a Masters or Ph.D. will not in and of itself qualify someone for the RCEP class
5. ONLY those who are approved by the ACSM headquarters will be allowed to take the ACSM exam.
6. Those who are deemed not eligible to sit for the exam due to their qualifications will be allowed to take the class but will be notified that they cannot sit for the exam

ACSM Registered Clinical Exercise Physiologist[®] Scope of Practice

The ACSM Registered Clinical Exercise Physiologist[®] is proficient in:

- Working with individuals referred by, or are currently under the care of, a physician
- Working with individuals with cardiovascular, pulmonary, metabolic, orthopedic/musculoskeletal, neuromuscular and/or immunological/hematological disease
- Performing clinical exercise testing and data interpretation
- Developing complex exercise prescriptions and performing exercise counseling

Minimum Requirements for becoming an ACSM Registered Clinical Exercise Physiologist[®]

To become an ACSM Registered Clinical Exercise Physiologist[®] you must meet all of the following minimum requirements:

Master's Degree from a college or university in exercise science, exercise physiology, or kinesiology.

- Current certification as a Basic Life Support Provider or CPR for the Professional Rescuer
- One of the following:
 - ACSM Exercise Specialist[®] Certification (current or expired) OR
 - 600 hours of clinical experience
- Recommendations for the 600 hours of clinical experience:
 - Cardiovascular: 200 hours
 - Pulmonary: 100 hours
 - Metabolic: 120 hours
 - Orthopedic/Musculoskeletal: 100 hours
 - Neuromuscular: 40 hours
 - Immunological/Hematological: 40 hours

Specifics for RCEP:

KSAs Competency Area	Registered Clinical Exercise Physiologist [®]
Health Appraisal, Fitness and Clinical Exercise Testing	25%
Exercise Prescription and Programming	21%
Exercise Physiology and Related Exercise Science	19%
Medical and Surgical Management	13%
Pathophysiology and Risk Factors	9%
Human Behavior	5%
Safety, Injury Prevention, and Emergency Procedures	4%
Program Administration, Quality Assurance and Outcome Assessment	4%

ACSM experts that this is the most comprehensive and detailed course in the industry and it is designed to prepare you for the most rigorous and well-respected exam in the clinical industry. Prepare for your exam in a classroom environment, learn from the experts, and study with your peers. This workshop is designed to develop and enhance the knowledge base of the participants. The primary focus of the workshop is to address the following practice areas that are less known by clinical exercise physiologists: orthopedic/musculoskeletal, neuromuscular, immunological/hematological. The cardiovascular, pulmonary, and metabolic practice areas are also reviewed in depth.

Specifically within the area of Neuromuscular Function

- Stroke
- Cerebral Palsy
- Multiple Sclerosis
- Muscular Dystrophy
- Peripheral Neuropathy
- Brain Injury

Musculoskeletal Conditions

- Osteoarthritis, Rheumatoid Arthritis
- Back Pain
- Osteoporosis
- Vertebral Disorders
- Amputations

Neoplastic, Immunological and Hematological

- Cancer
- Physical Activity and Diet
- Exercise Physiology and HIV / AIDS
- Chronic Fatigue Syndrome
- Hematologic Disorders

Clinical Practice Issues for the RCEP

- Client Referral and Consulting
- Demonstration of Stress Testing and Metabolic Testing with Various Populations
- Ethical Considerations
- Legal Considerations

RCEP Certification test:

1. All workshop participants who wish to take an ACSM certification test need to use the services of Pearson Vue testing service.
2. The web site for this company is <http://www.pearsonvue.com>
3. Click on Locate a Center
4. Choose category – Health and Medicine
5. Choose testing program – American College of Sports Medicine
6. Choose test you wish to take
7. Create account

8. Register for a test with a prepaid testing code which you can purchase from Dr. Jason Conviser at the end of the course. The price for the test is **NOT** included in the registration fee for the RCEP course
9. Select a date and time to take the test
10. You will need a photo ID card to enter the facility and each testing cubicle is under surveillance to make sure there is no problem with taking the test.
11. All questions are multiple choice
12. RCEP test is 140 questions and the time to take the exam is 3 hours
13. 70% is the percentage of correct answers that must be answered correctly to pass

תנאים לאפשרות לגשת לבחינה (יש לשלוח לדר' קונביסר – כתובת מייל בתחילת המסמך - בהתאם לרשום מטה)

- Master's Degree from a college or university in exercise science, movement science, exercise physiology, or kinesiology.
- Current Certification as a Basic Life Support Provider or CPR for the Professional Rescuer
- One of the Following: ACSM Exercise Specialist® certification (current or expired) OR 600 hours of clinical experience

Clinical Hours

The RCEP Practice Board requires varied clinical experiences across all practice domains and completion of the attached matrix as part of your application. 600 clinical hours are required for candidates who have not passed the ACSM Exercise Specialist® certification. Please provide as accurate an assessment as possible of your total clinical experiences. Only hours associated with exercise assessment, prescription, supervision, counseling, and education in which you assisted in or played a direct role in providing services will be accepted. These hours may be obtained with patients with co-morbid conditions. For example, if you work with a patient with Coronary Heart Disease and Parkinson's Disease, the time you spent working with the patient may be counted in two practice areas IF you were providing exercise evaluation or programming specific to each of the conditions.

First-time RCEP candidates must submit the following to be considered for the exam:

- Application
- An official copy of your university transcript noting the degree completion
- A summary description of the program of study as written in the university catalog or university department materials related to the Clinical Exercise Physiology practice areas: cardiovascular, pulmonary, metabolic, orthopedic/musculoskeletal, neuromuscular, immunological/hematological
- A completed clinical experience documentation form if candidate has not passed the ACSM Exercise Specialist®

Jason Conviser

Jason Conviser earned his Ph.D. from the University of Wisconsin in Exercise Physiology and also an MBA from Northwestern University – Kellogg Graduate School of Business. He has held multiple positions as a senior executive with international health and fitness companies specializing in operations, strategic planning and marketing of health care, fitness, wellness products and services. Currently he is Chief Operating Officer of INSIGHT, one of the largest eating disorder and obesity clinics in the United States. Past experiences include Vice President of Clinical Services for Bally Total Fitness, directly responsible for operations of 158 sport medicine clinics. Jason has consulted with hospitals, multi-site outpatient ambulatory care centers, corporate fitness programs and health clubs on strategic planning, business plan development, marketing and program development. Clients have included CNA Insurance, Brunswick, Life Fitness, HealthSouth, McKinsey Consulting USA, Leo Burnett, Quaker Oats, Pritikin Longevity Centers, Fruit of the Loom, Oscar Mayer Foods, and 68 independent fitness centers. He has taught ACSM courses on five continents and in over 18 countries over the past three years

Jim Skinner

Jim Skinner is a Professor Emeritus in the Department of Kinesiology, Indiana University. He is a former president of the American College of Sports Medicine and a former Vice President of the International Council of Sports Science and Physical Education. From 1988-2008, he was the Chair, Medical Advisory Committee of the YMCA of the USA. He is co-Chair of the 2010 and 2011 World Congress on Exercise is Medicine and Chair of the International Advisory Council for Exercise is Medicine. He was one of the five principal investigators of the HERITAGE Family Study, a large multi-center investigation of the role that genetic factors play in the response to training of risk factors for cardiovascular disease and diabetes. As principal investigator, co-principal investigator or member of an executive committee, he has been involved in research grants totaling more than \$50 million. He has written over 280 articles and 5 books. He has been actively investigating the relationships between exercise, training and health for more than 45 years and has lectured in English, French, German and Spanish in 58 countries about these relationships.

Mark Patterson

Mark Patterson has been active in the clinical exercise physiology field for about 20 years. He received his bachelors degree in Physical Education / Wellness from the University of Central Missouri and his Masters Degree in Exercise Physiology from the University of Virginia. Mark has worked for Hammon's Heart Institute in Springfield Missouri, Experimental and Applied Sciences in Golden Colorado and currently provides his services for Kaiser Permanente in Denver, Colorado. In addition to his training in Exercise Physiology he furthered his education with studies in the biomechanics of human movement and massage therapy. He has conducted in excess of 12,000 exercise and pharmacological stress tests since 1990 and has created new service lines in Cardiology and Vascular Surgery departments at Kaiser

Permanente. These programs are designed for one-on-one consultation, assessment and follow-up for patients to better suit their individual needs. He specializes in working with patients who have multiple chronic and acute disease states limiting their ability to perform physical activity and exercise. These programs are unique within Kaiser Permanente nationwide and the Peripheral Artery Disease Rehabilitation program is the only one of its kind in the state. These programs have proved to be a success and have been thriving for the past 4-5 years.

Mark has been very active with American College of Sports Medicine. He currently is part of the Registered Clinical Exercise Physiologist (RCEP) Practice Board. He was involved with the launch of the Clinical Exercise Physiology Association (CEPA) as the continuing education chair. He has been president of the Rocky Mountain chapter of the ACSM, on the board of directors for the Rocky Mountain Cardiopulmonary Rehabilitation Association, has been part of the review team for two clinical exercise physiology texts (ACSM's Resources for Clinical Exercise Physiology 2nd Ed., ACSM's Exercise Management for Persons with Chronic Diseases and Disabilities, 2nd Edition).

He has been an active lecturer on the effects of exercise on chronic disease states and has presented at multiple regional ACSM chapter meetings, various universities and at local events in Colorado representing Kaiser Permanente.

Certifications

1997 to 2003 ACSM – Exercise Specialist

2003 – Present ACSM – Registered Clinical Exercise Physiologist

2008 – Present ACSM – ACSM / ACS Certified Cancer Exercise Trainer

Research

Contrasting Negative-Feedback Control of Endogenously Driven and Exercise-Stimulated Pulsatile Growth Hormone Secretion in Women and Men, *The Journal of Clinical Endocrinology & Metabolism* 89(2): 840-846, 2004