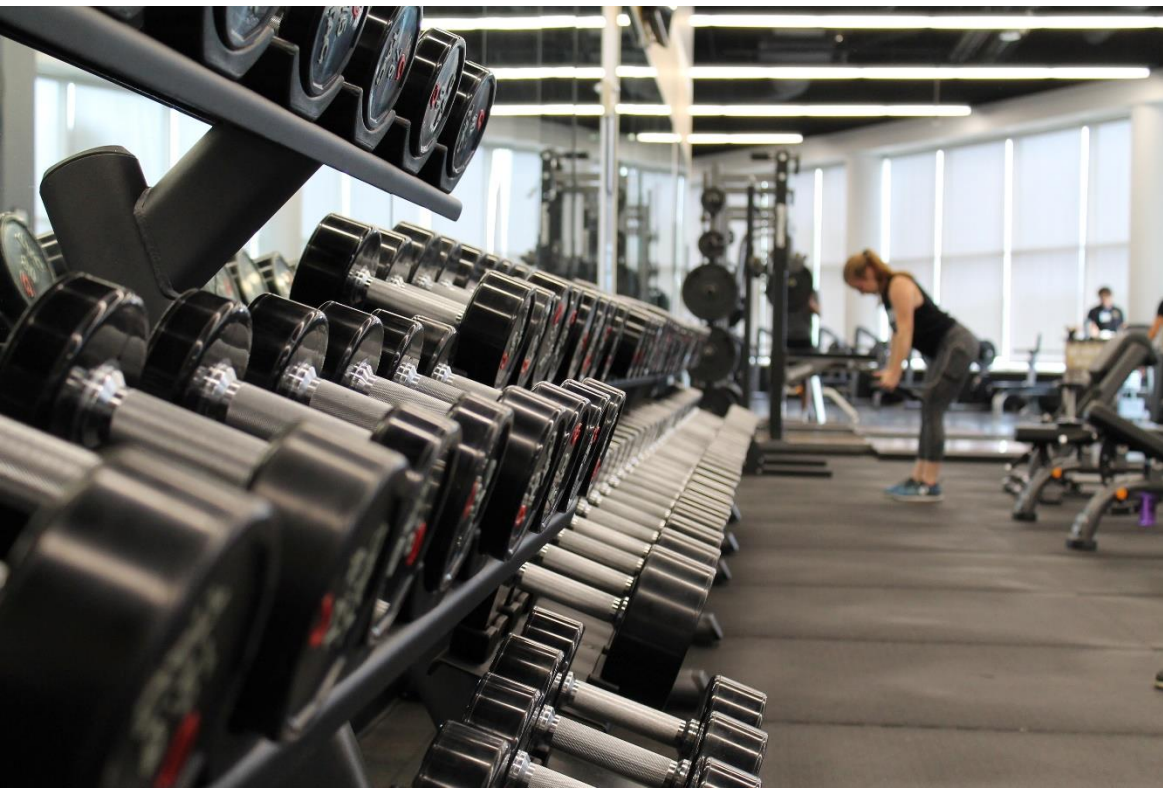


Becoming Essential

Next steps to align and
advance the fitness industry
and exercise profession





About this session

This panel discussion will explore the efforts to engage governments and the public health community on behalf of the [fitness industry and exercise professionals](#). We will share what we learned about their perceptions, future opportunities and the path forward to establish the profession and industry as an [essential](#) part of the health ecosystem.

Essential

A little about us



Francis Neric, MS, MBA

AVP of Certification and
Credentialing, American College of
Sports Medicine; President USREPS,
Board member of CoAES and ICSESP



Graham Melstrand

EVP of Community Health and
Wellness, American Council on
Exercise; Immediate Past President
PAA, USREPS



Brian Biagioli, EdD

Graduate Program Director, Applied
Physiology at the University of Miami,
NCSF Executive Director; VP USREPS



About USREPS

185,000 Professionals

The mission of CREP® is to secure recognition of registered exercise professionals for their distinct roles in medical, health, fitness and sports performance fields. CREP®'s vision is for consumers and other allied health professionals and policymakers to recognize registered exercise professionals for their leadership and expertise in the design and delivery of physical activity and exercise programs which improve the health, fitness and athletic performance of the public.

Qualified



GROUP EXERCISE
INSTRUCTOR



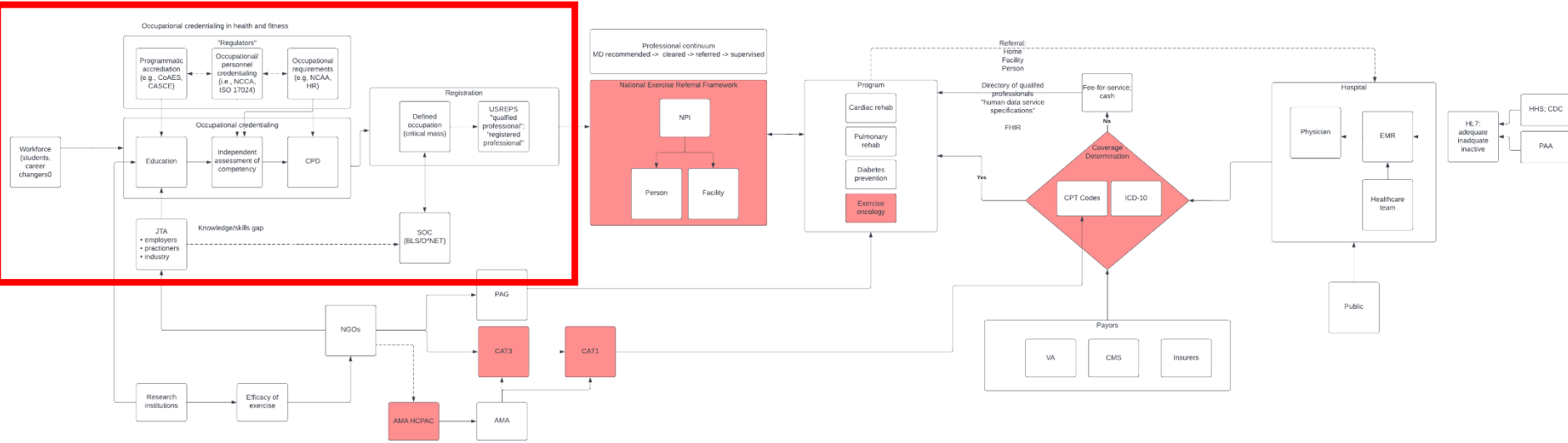
STRENGTH COACH



CERTIFIED PERSONAL
TRAINER



CLINICAL EXERCISE
PHYSIOLOGIST



**EMERGING
PROFESSIONALS**

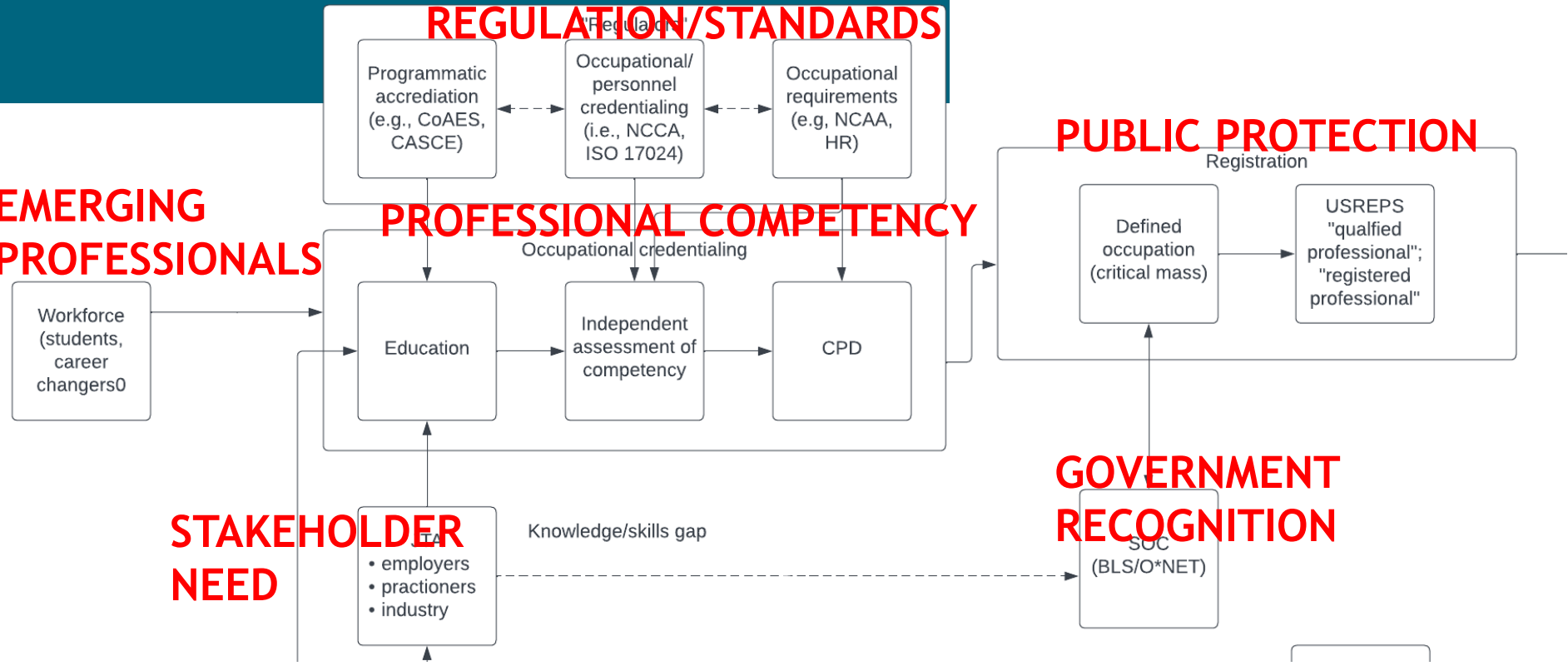
REGULATION/STANDARDS

PROFESSIONAL COMPETENCY

PUBLIC PROTECTION

**GOVERNMENT
RECOGNITION**

**STAKEHOLDER
NEED**





Occupational Credentialing

Competent

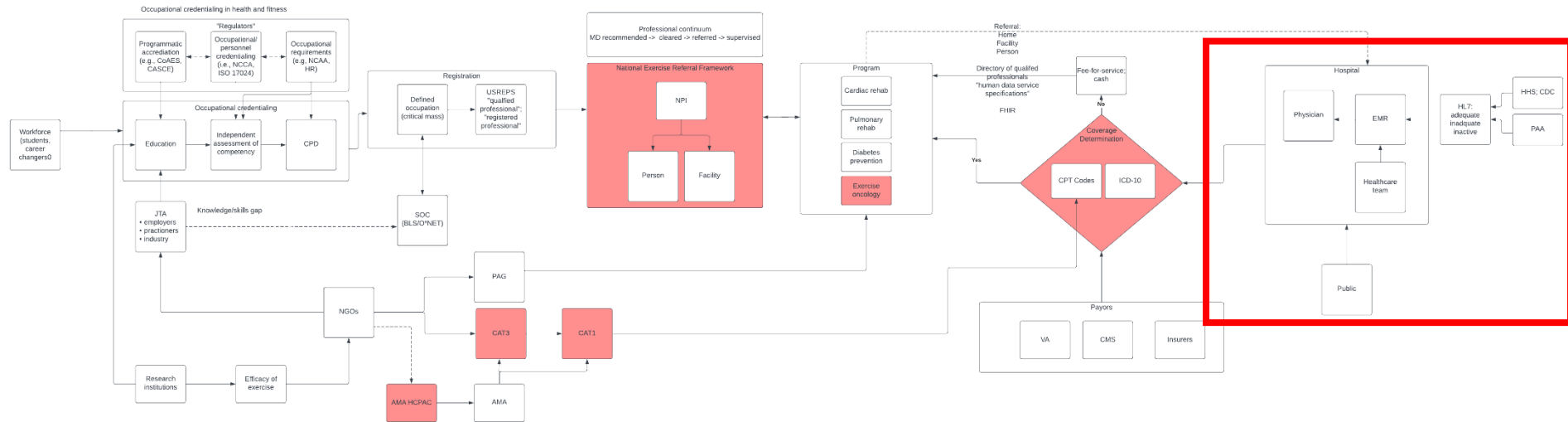
Public protection

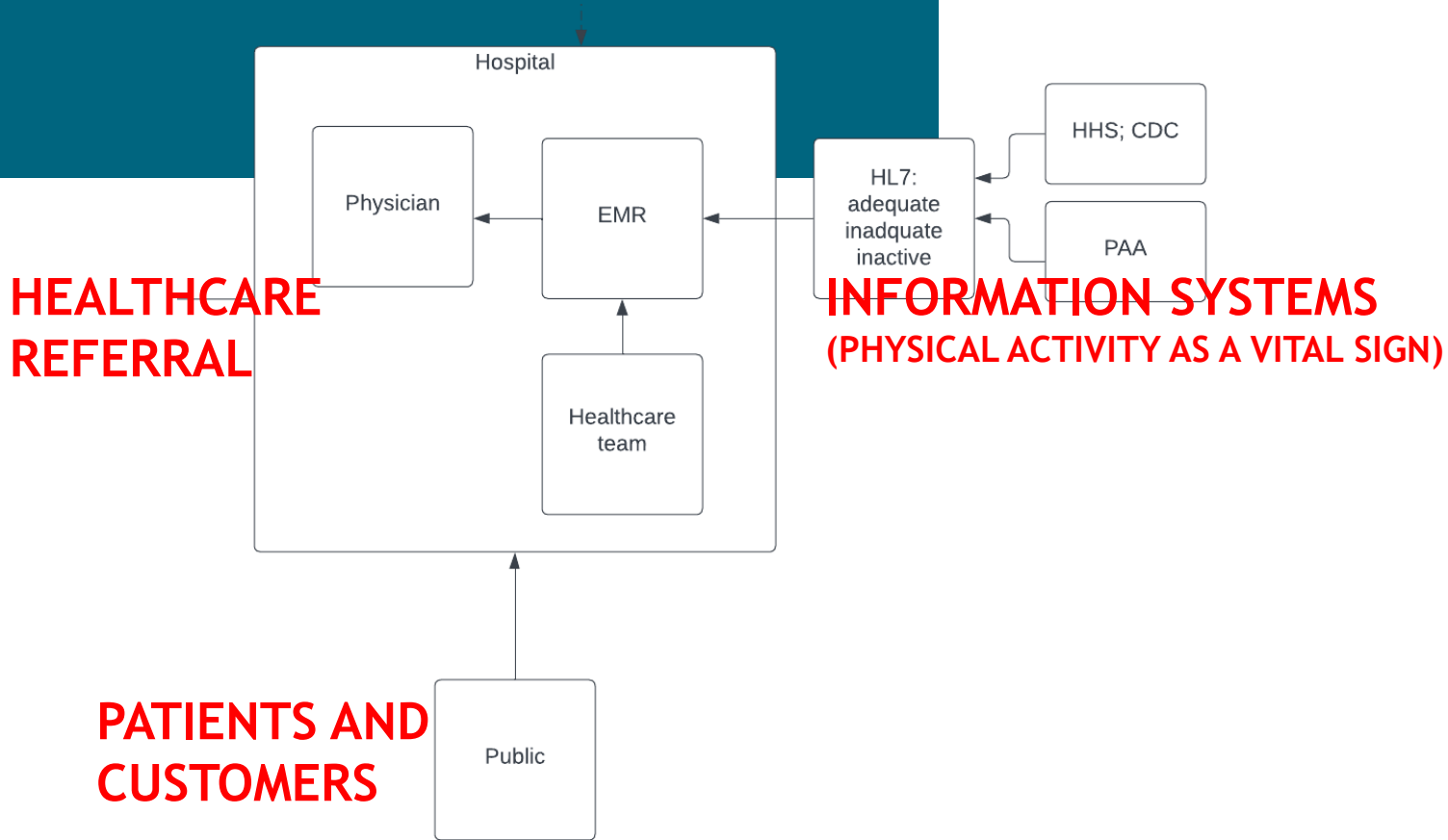
Qualified Professionals

Adequately and consistently trained ([programmatic accreditation](#)) and independently assessed of professional competency ([professional certification](#)).

Public Protection

Public facing resource that provides reasonable assurance that a person has demonstrated [competency](#) of professional practice and commitment to life-long learning.







COST

Reducing the per capita cost of
health care



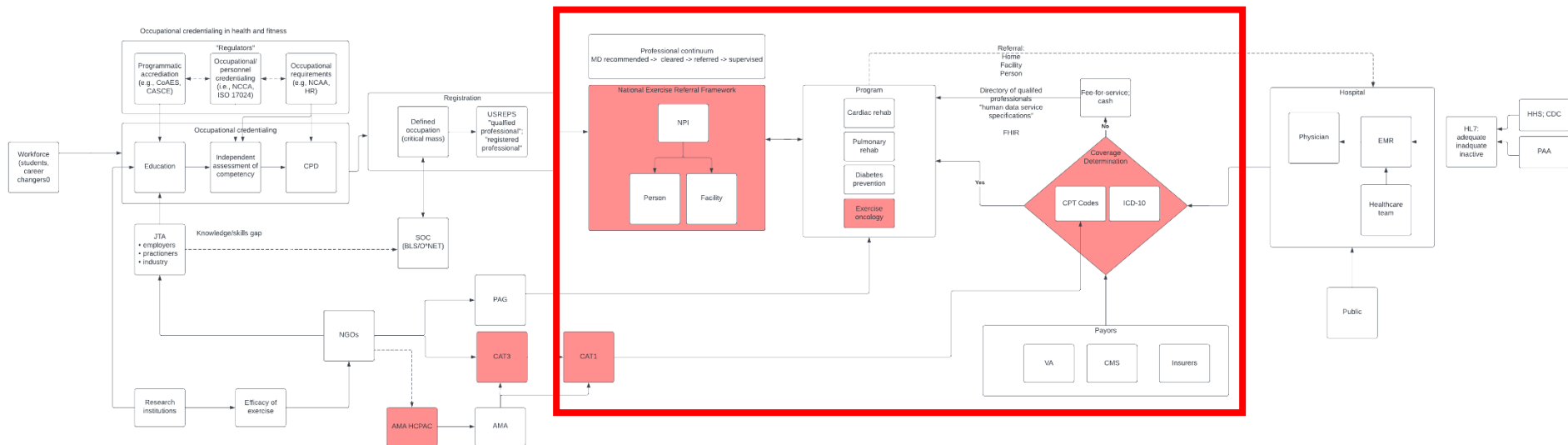
QUALITY

Improving the patient experience
of care (including quality and
satisfaction);



ACCESS

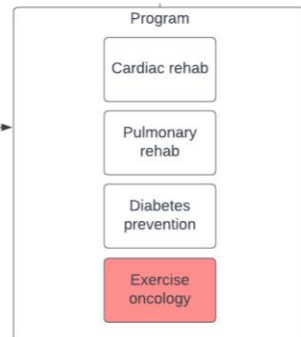
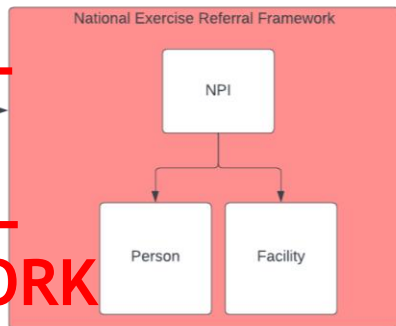
Improving the health of
populations



Professional continuum
MD recommended -> cleared -> referred -> supervised

Referral:
Home
Facility
Person

NATIONAL EXERCISE REFERRAL FRAMEWORK



EFFECTIVE PROGRAMS

COVERAGE DETERMINATION

Directory of qualified
professionals
"human data service
specifications"

FHIR

Fee-for-service,
cash

Yes

Coverage
Determination

CPT Codes

ICD-10

PAYORS

Payors

VA

CMS

Insurers

CAT1



Exercise intervention algorithm



RECRUITMENT/SCREEN

Healthcare providers screen patients against PAG



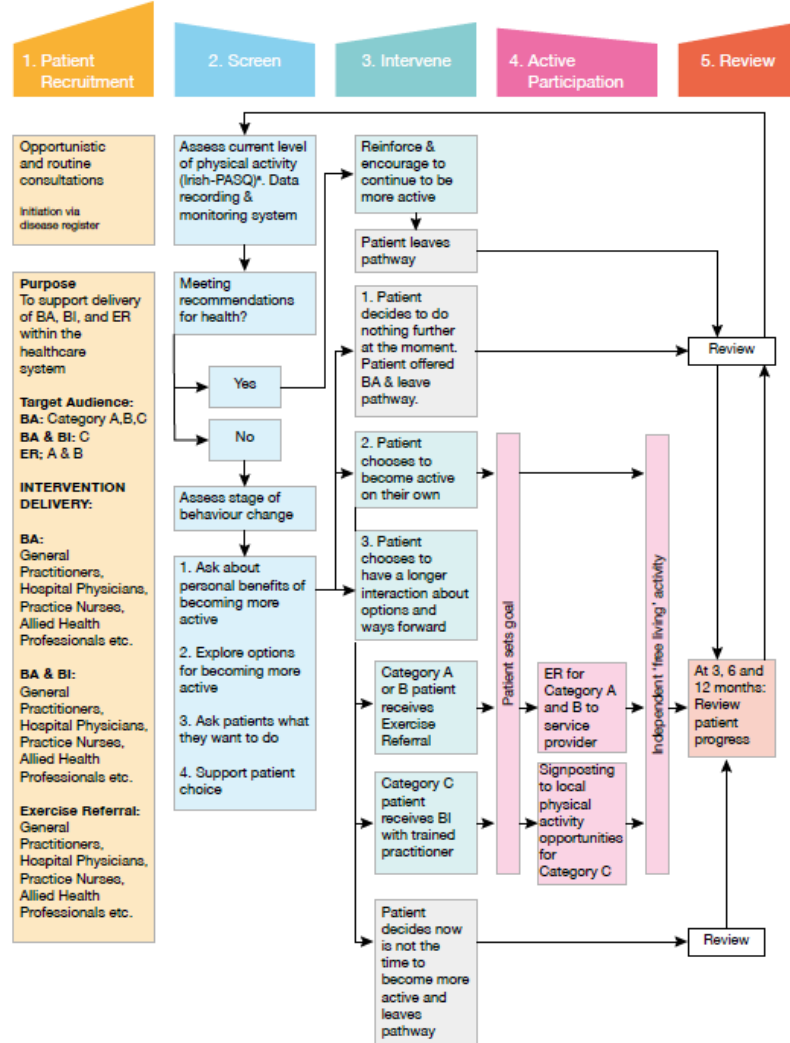
INTERVENTION

Home-based exercise program or effective program



REVIEW

Review patient progress and refer patient back to healthcare provider



Exercise intervention algorithm



LEVEL OF SUPERVISION

High, medium, or low level of client supervision



PRACTICE SETTING

Clinical, sports performance, or health/fitness setting



HEALTHCARE INVOLVEMENT

Physician supervised, cleared, referred, no clearance required



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

*Licensed only in Louisiana.

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

D = Depends on setting

Connect With Us



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