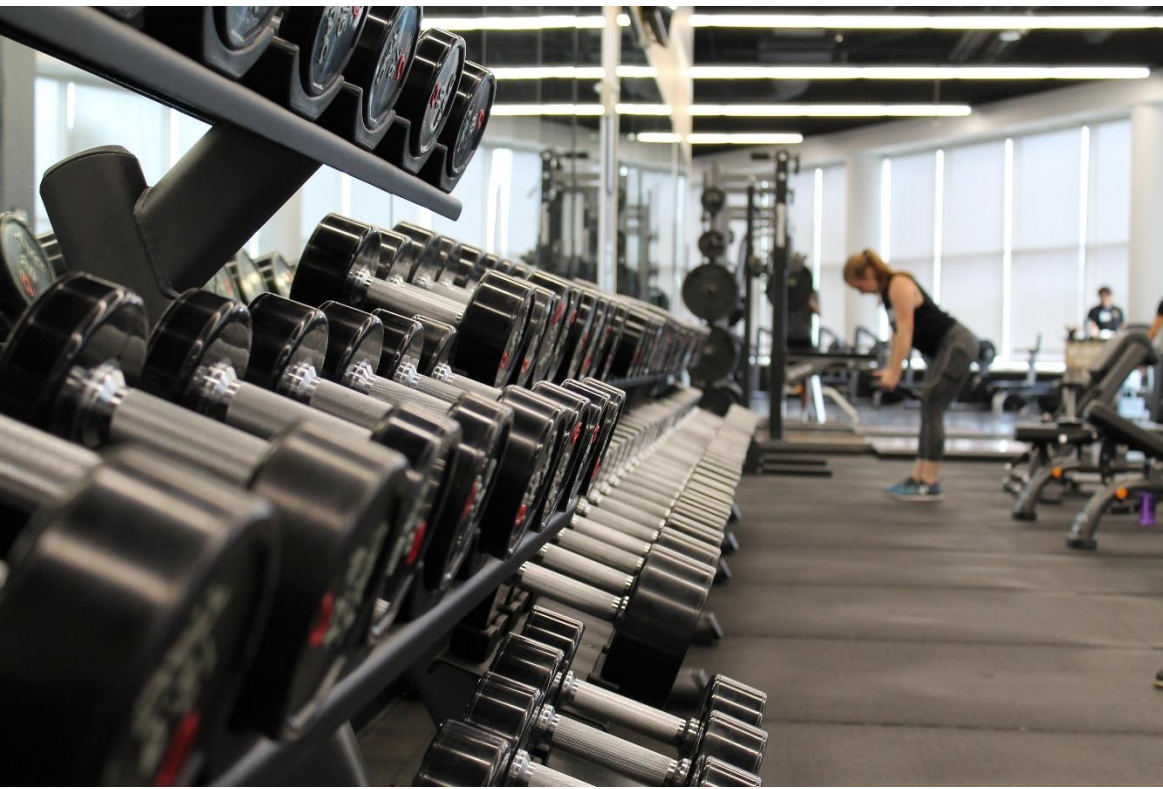


Becoming Essential

Establishing Health and
Fitness Professionals as an
Essential Part of the Health
Ecosystem





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 me



Hello I Am Francis Neric

ACSM AVP of Certification and Credentialing

Francis Neric leads the development and administration of ACSM's state-of-the-art certification programs. Neric serves on the boards of Committee on Accreditation for the Exercise Sciences (CoAES), Coalition for the Registration of Exercise Professionals (CREP), and the International Confederation of Sport and Exercise Science Practice (ICSESP).

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



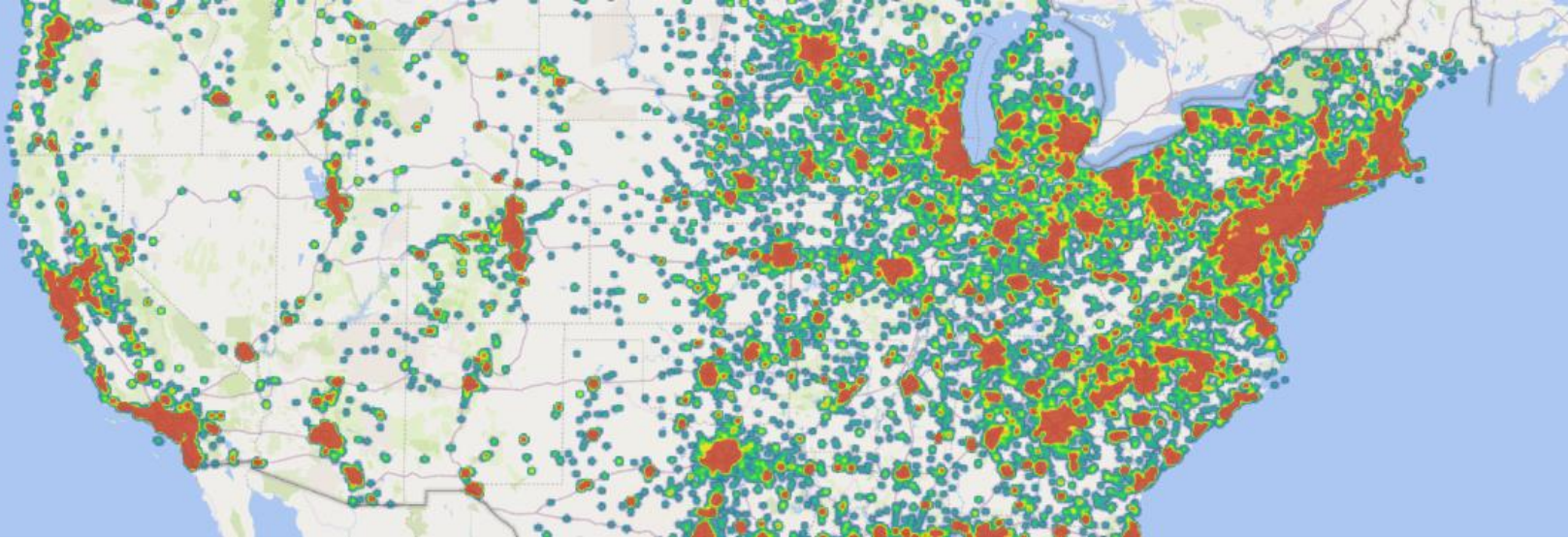
Graham Melstrand

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

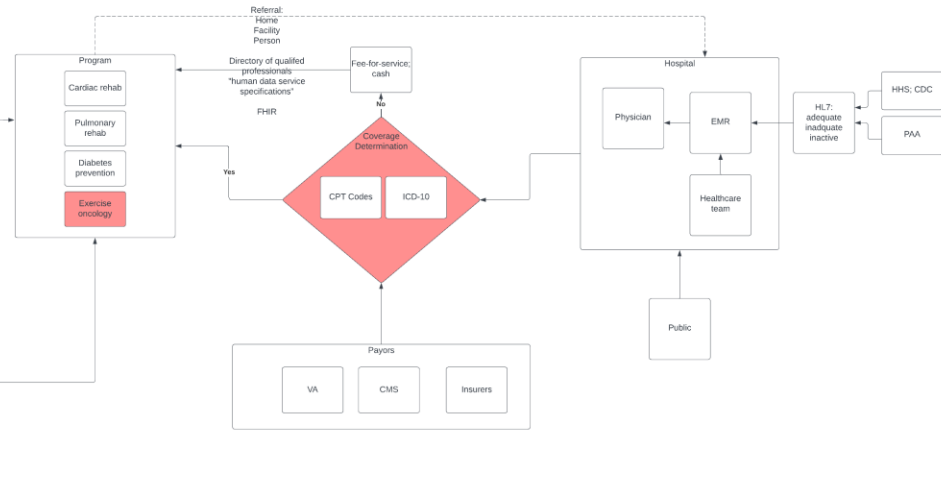
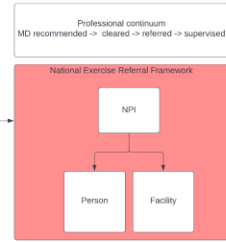
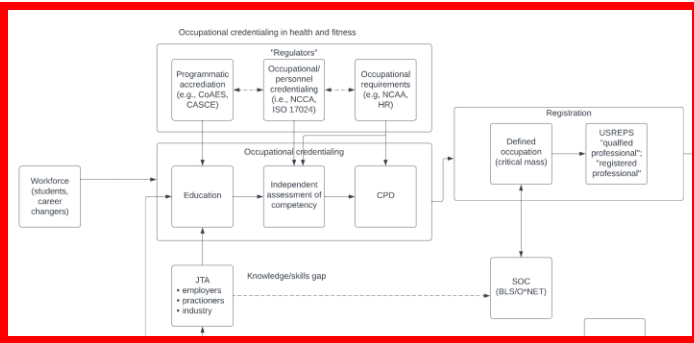


165,000 US Registered Pros

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.

Registered

Qualified



Occupational credentialing in health and fitness

REGULATION/STANDARDS

"Regulators"

Programmatic
accreditation
(e.g., CoAES,
CASCE)

Occupational/
personnel
credentialing
(i.e., NCCA,
ISO 17024)

Occupational
requirements
(e.g., NCAA,
HR)

PROFESSIONAL COMPETENCY

Occupational credentialing

Education

Independent
assessment of
competency

CPD

PUBLIC PROTECTION

Registration

Defined
occupation
(critical mass)

USREPS
"qualified
professional";
"registered
professional"

GOVERNMENT RECOGNITION

SOC
(BLS/O*NET)

Knowledge/skills gap

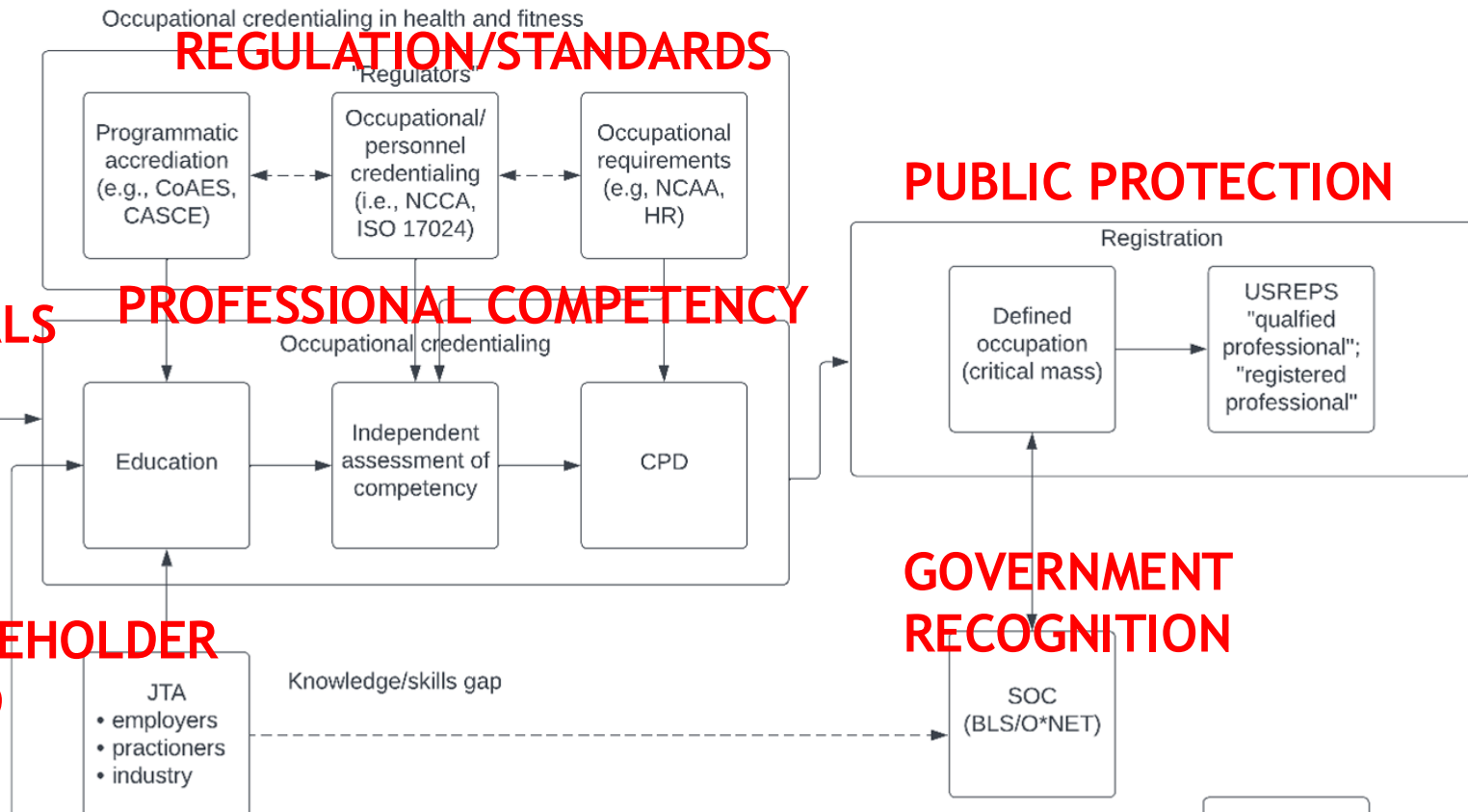
JTA

- employers
- practioners
- industry

STAKEHOLDER NEED

EMERGING PROFESSIONALS

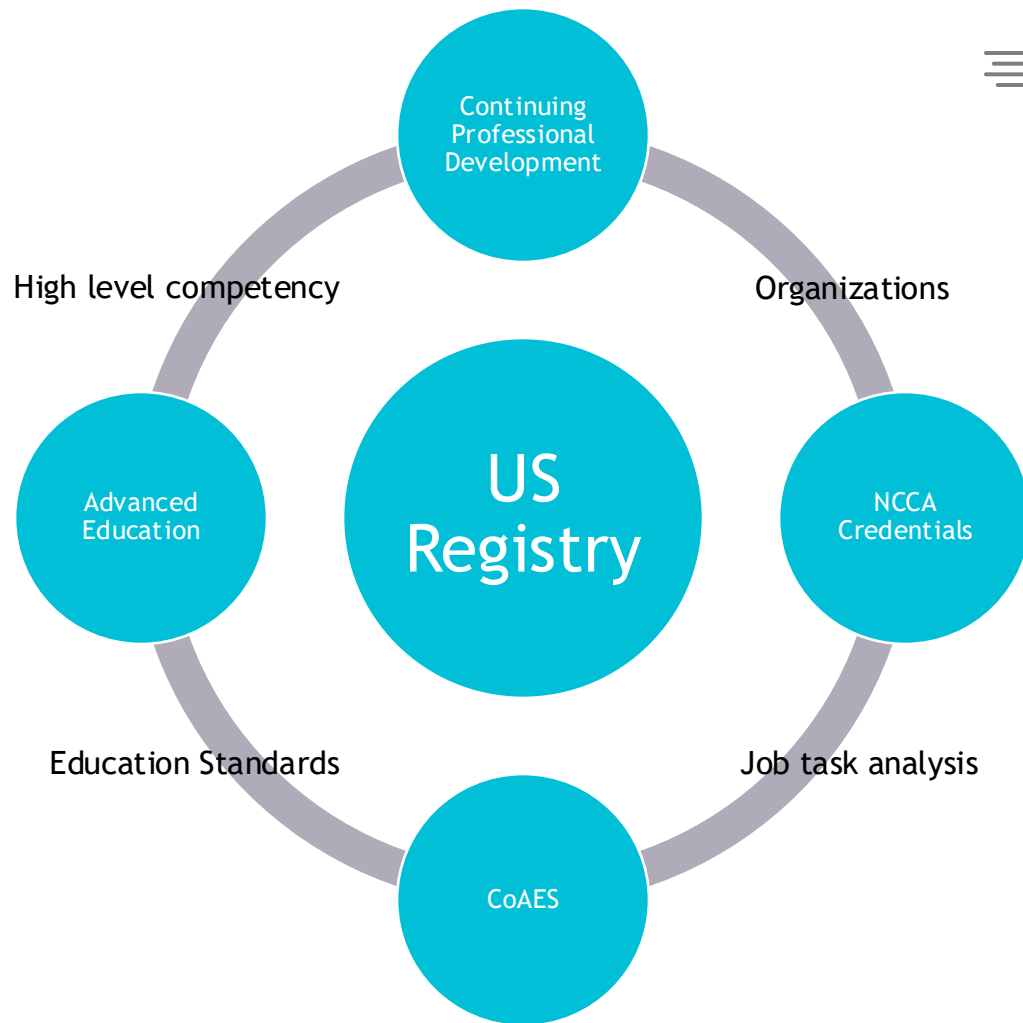
Workforce
(students,
career
changers)



US Registry of Exercise Pros

Registration easily ties foundational and structural norms of allied health professionals

Public Protection



S&C COACH PROFESSIONALS



RECOMMENDATION 1

Common hiring standards
S&C coaches



RECOMMENDATION 2

Bachelor's degree in exercise
science or a related field



RECOMMENDATION 3

Degree must include medical
safety and health content



RECOMMENDATION 4

250 hrs or more of practical
experience (internship)



RECOMMENDATION 5

NCCA/ISO 17024-accredited
strength and conditioning
certification in good-standing



RECOMMENDATION 6

Required CPD in student-
athlete safety



RECOMMENDATION 7

Autonomy of practice to
minimize conflicts of interest



Occupational Credentialing

Competent

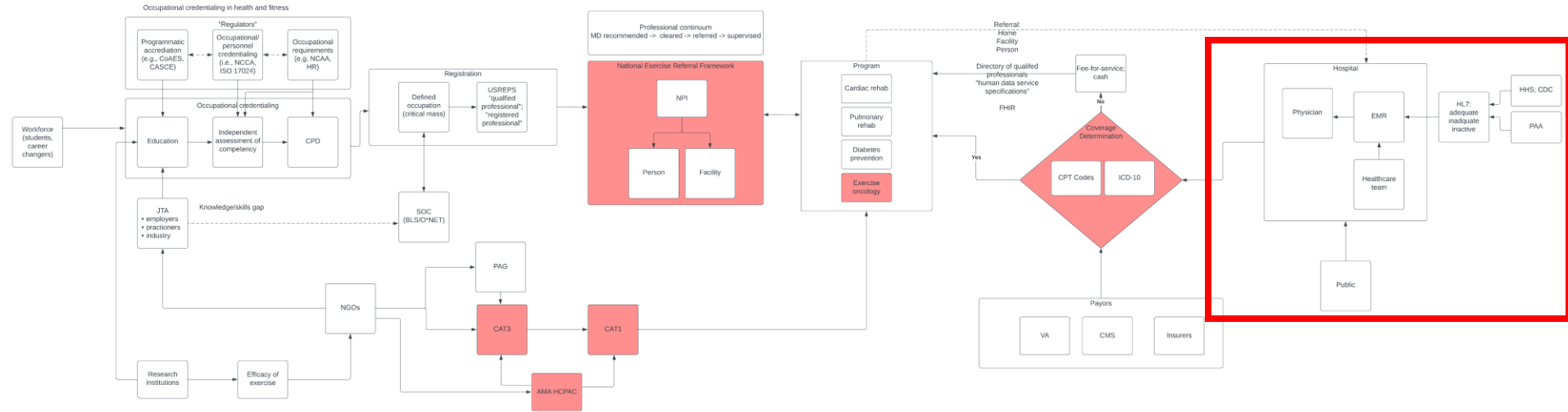
Public protection

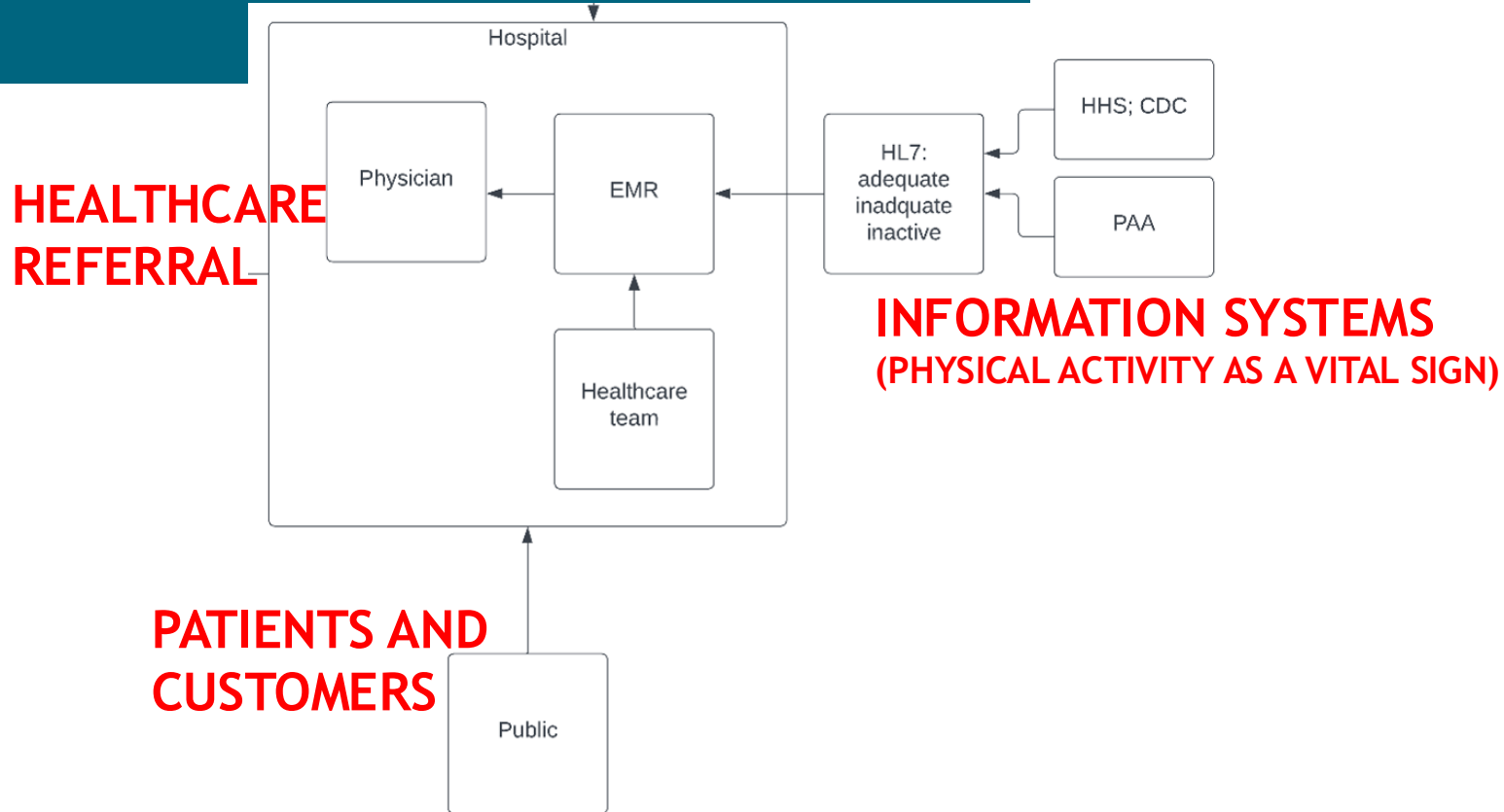
Qualified Professionals

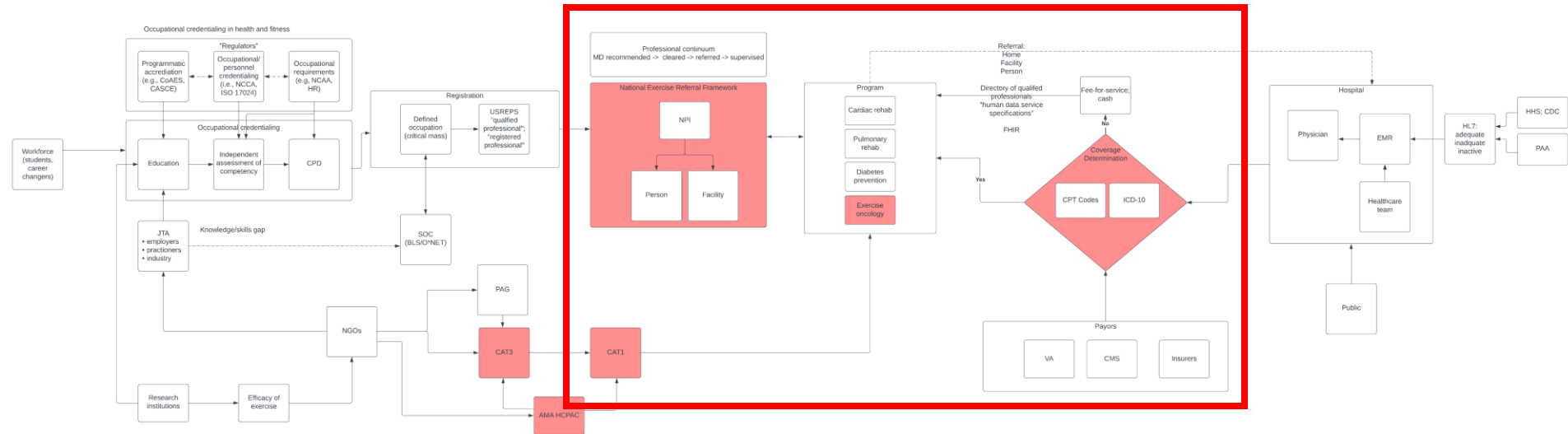
Adequately and consistently trained ([programmatic accreditation](#)) and independently assessed of professional competency ([national board exam](#)).

Public Protection

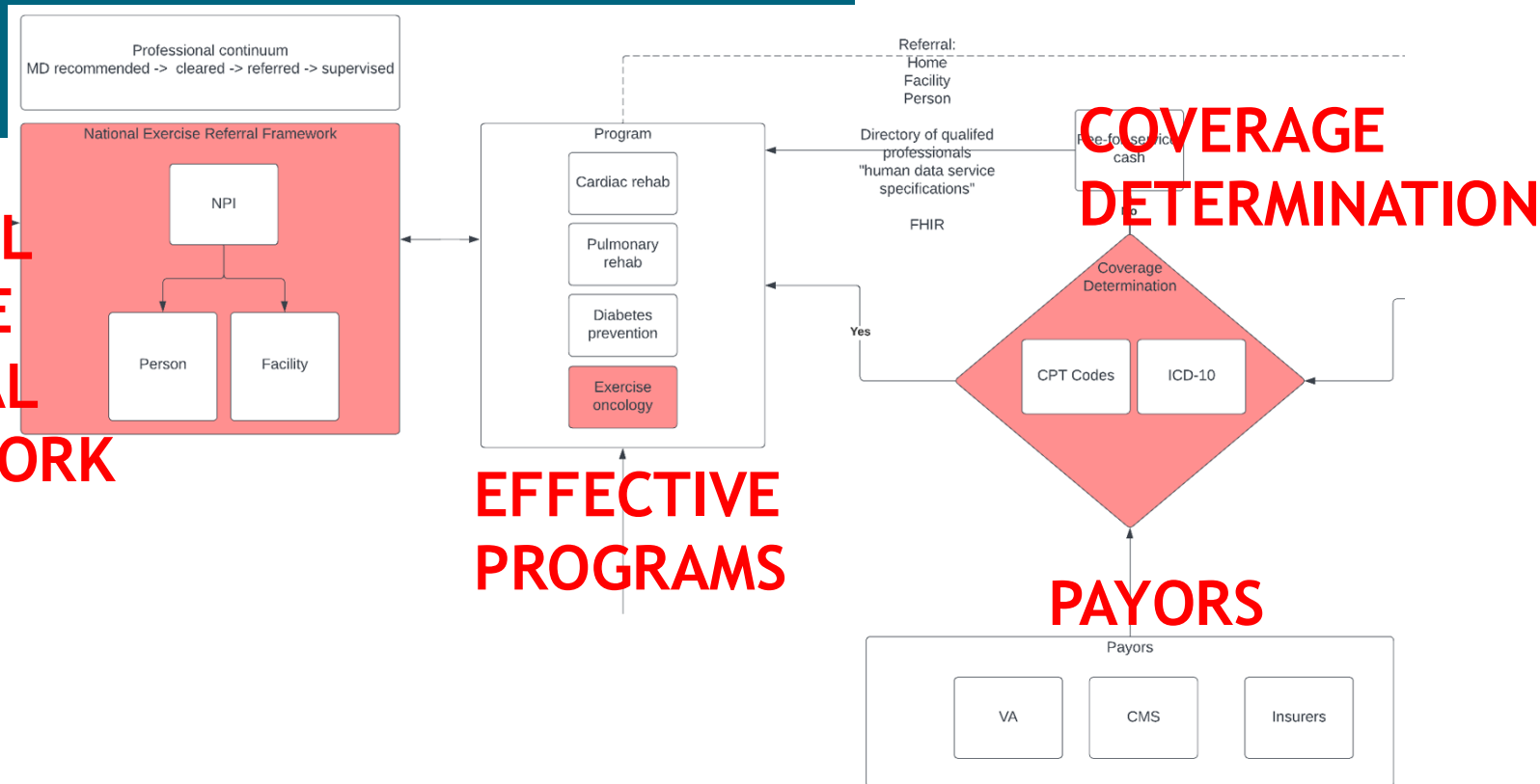
Public facing resource that provides reasonable assurance that a person has demonstrated [competency](#) of professional practice and commitment to life-long learning.



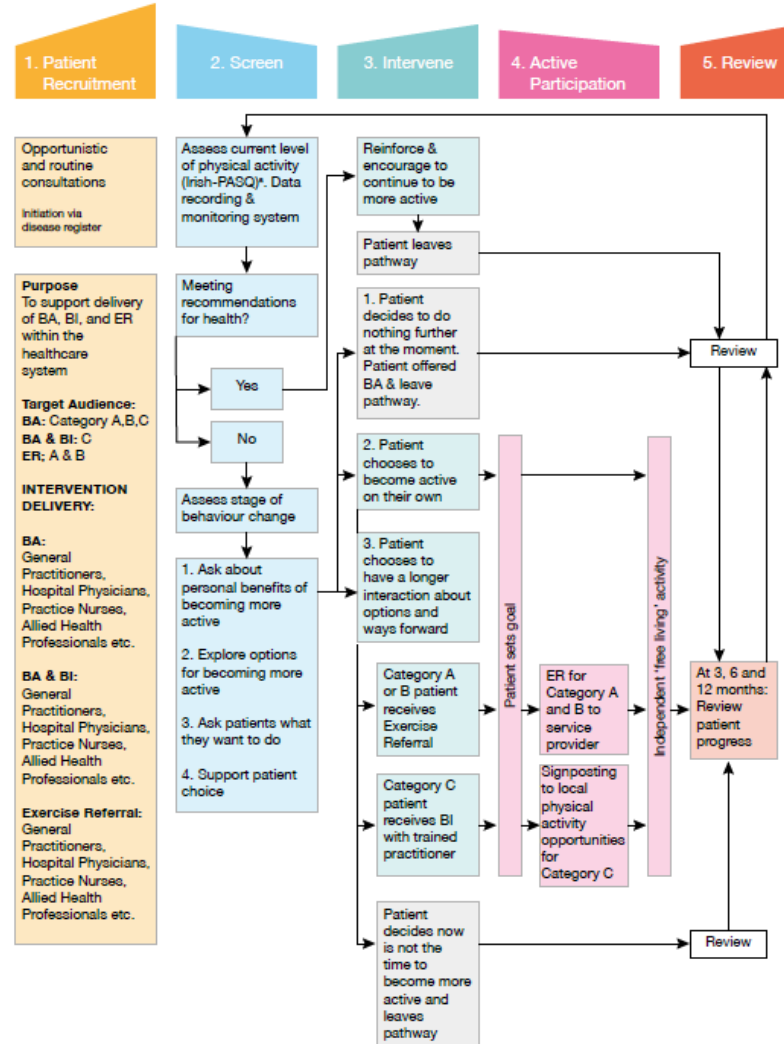




NATIONAL EXERCISE REFERRAL FRAMEWORK



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



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

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

Draft NERF Construct

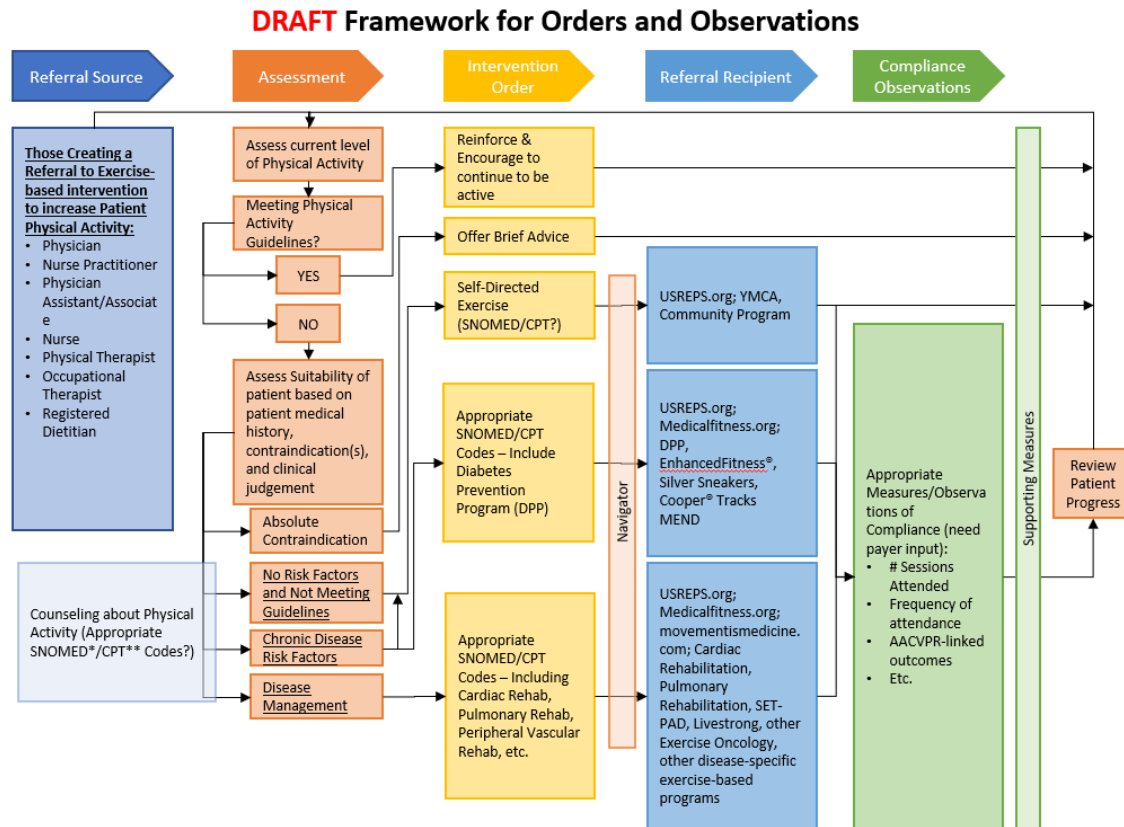


Figure adapted from: Woods, C.B., McCaffrey, N., Furlong, B., Fitzsimons-D'Arcy, L., Murphy, M.H., Harrison, M., Glynn, L.G., O'Riordan, J., O'Neill, B., Jennings, S.M., & Peppard, C. (2016). The National Exercise Referral Framework.

*SNOMED Codes: [SNOMED - Home](#) | [SNOMED International](#)

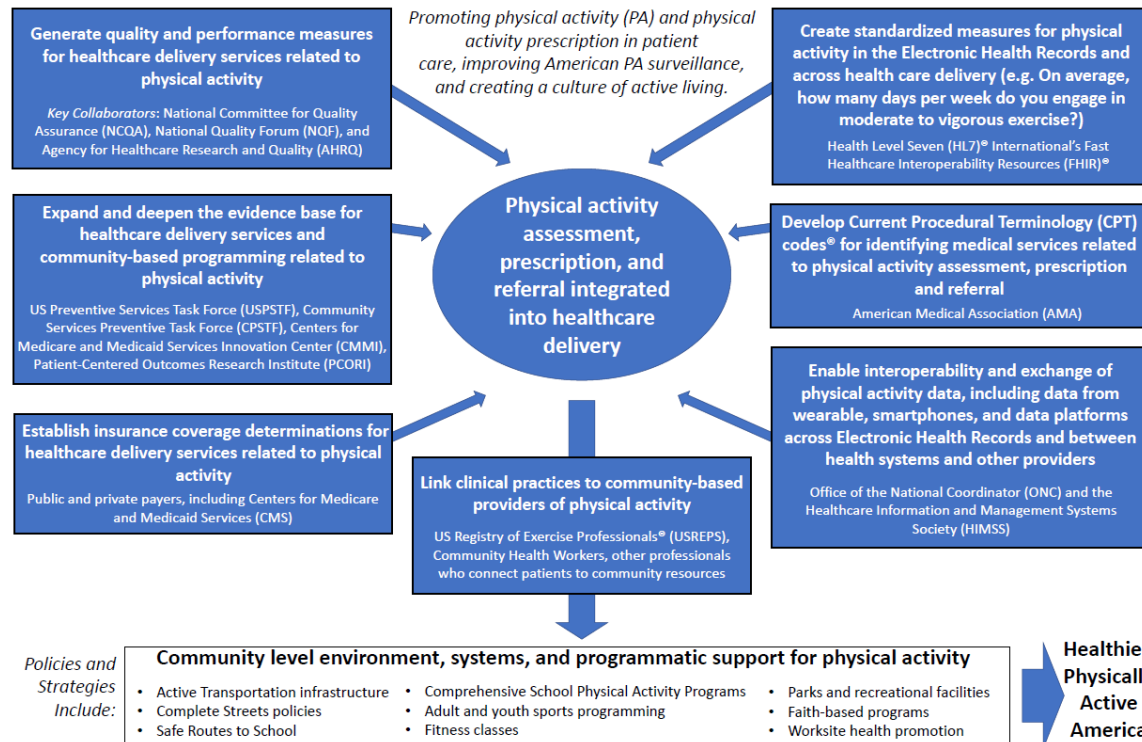
**CPT Codes: [CPT® \(Current Procedural Terminology\)](#) | [CPT® Codes | AMA \(ama-assn.org\)](#); [Physical Activity Related Current Procedural Terminology \(CPT\)® Codes - PAA \(paamovewithus.org\)](#)

PAA Action Plan

Promoting physical activity (PA) and physical activity prescription in patient care, improving American PA surveillance, and creating a culture of active living.

[More info](#)

Action Plan to Integrate Physical Activity Assessment, Prescription, and Referral into Healthcare Delivery



/ CONNECT WITH ME /

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