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## President's Message



### **Graham Melstrand**

*President, Coalition for the Registration of Exercise Professionals (CREP)*

It has been a very busy few months for the Coalition for the Registration of Exercise Professionals (CREP) as we worked with trade organizations, government and public health to inform and help shape the return to work for our sector. We also welcomed a new Executive Officer, Ryan Norton, CAE. Ryan brings experience from the Society for Adolescent Health and Medicine (SAHM) to CREP at a time where we are seeing greater engagement and interest in exercise professionals for their expertise in designing and delivering physical activity and exercise programs for health, fitness and performance.

This is in no small part due to the growing body of evidence that individuals with inactivity-related chronic disease were at much higher risk for severe COVID-19 outcomes\* and represents an opportunity to prioritize healthy, active lifestyles and highlight the exercise professional as a valuable community-based resource.

For many of us, the summer represents an opportunity to catch our breath following the end of the academic year and take some time off with family and friends to travel, engage in recreational activities and recharge. As we pass 50% vaccination rates and some closures and restrictions are lifted in states with lower rates of infection, we are seeing pent up demand to travel, socialize, and return to the recreational and competitive sport and fitness activities and programs.

As a result, we are actively engaging in the areas that we identified as opportunities for CREP to support our registered exercise professionals, advance the profession and engage other key stakeholders, those include:

### **Workforce**

As demand increases, employers and institutions in health, fitness and sports performance sector are finding themselves in a challenging position. During the pandemic, many exercise professionals who were furloughed and/or laid off from their positions have relocated and/or established their own businesses and some have made the decision to change careers. The result of these changes are gaps that have left many employers and institutions inadequately staffed to meet the surging demand. CREP and its' member organizations are well-positioned to take an active role in meeting that demand and helping our certified and registered professionals return to work.

With over 165,000 registered exercise professionals with current credentials across seven distinct job roles CREP and the United States Registry of Exercise Professionals (USREPS) we want employers to know that there are an adequate number of highly qualified exercise professionals to meet the current demand and that credential verification tools to assist with vetting candidates for employment are available at no charge on the USREPS website at: [USREPS Credential Verification Tool](#).

## **Industry Advocacy**

We are pleased to announce that the U.S. Senate Bill 1301, Promoting Physical Activity for Americans Act has passed. This important piece of legislation would require that the Physical Activity Recommendations for Americans would be updated at least every 10 years. The House version of the bill, U.S. H.R. 2094 is still in the process of securing additional sponsors.

As the pandemic continues on, employers and professionals continue to suffer from the economic impact of COVID-related closures and the fitness and sports industry works toward recovery we are working with our advocacy partners on federal policy initiatives like the GYMS Act that would provide \$30B in direct assistance to our sector. The bill now has over 150 sponsors that we believe represents the critical mass necessary to move it across the finish line as part of additional investment in our nation's economic recovery. Another example is the PHIT bill which was recently reintroduced, the bill would improve access and affordability for sport league fees, gym and studio memberships ,and other exercise professional delivered services as part of an effort to prioritize healthy, active lifestyles for health by expanding the definition of allowable expenses for flexible spending account.

## **Athlete Safety**

For many, the recent US Supreme Court ruling on student athlete's rights to their name, image and likeness is an important step in the right direction to protect their financial future, but it is not the only priority for the protection of student athletes. Non-competition, conditioning-related injuries and deaths were rising prior to the pandemic and return to competition post-pandemic following long layoffs require careful planning and the cooperation of sports coaches, strength coaches and athletic training and medical staff. CREP and the Intercollegiate Council for Sports Medicine (ICSM) have published a set of inter-association recommendations for best practices in Strength and Conditioning for the academic preparation, credentialing, continuing education and reporting of Strength and Conditioning Coaches working in college and university athletic programs that we believe will provide a necessary framework to enhance athlete safety and

performance.

## **CREP**

Looking to the future, CREP is in the process of upgrading the technology that serves as the backbone for the USREPS registry and is engaging with trade and membership organizations, referring health professions and others to inform. A refresh of the USREPS registry that would also enhance utility for the exercise professionals on the registry, employers and referring professionals to meet the current and future needs of the various stakeholders that visit the register to identify and verify the credentials of qualified exercise professionals in their market.

We look forward to continuing CREP's work in the coming months and look forward to working closely with our members to advance our goals.

In health,

Graham Melstrand

*President, Coalition for the Registration of Exercise Professionals (CREP)*

*\*Sallis R, Young DR, Tartof SY, et al*

*Physical inactivity is associated with a higher risk for severe COVID-19 outcomes: a study in 48,440 adult patients*

*British Journal of Sports Medicine Published Online First: 13 April 2021. doi: 10.1136/bjsports-2021-104080*

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## **Advocacy, Outreach & Engagement**

The Coalition for the Registration of Exercise Professionals (CREP®) advocates for the registered exercise professional on issues that pertain to regulation, access to practice, and scope of work. As part of that effort, CREP® actively monitors state and federal regulatory bills and legislation which may impact the registered exercise professional and their scope of work.

[View Most Recent Updates](#)

CREP continuously seeks opportunities to partner with policymakers, educators, health advocacy organizations, and other health and medical professions on policy that enhances the level of professionalism and opportunities for professionals who provide the leadership and expertise for communities looking to enhance their health, fitness or performance through movement, physical activity or exercise.

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## CREP Member Organization Updates

[American Council on Exercise \(ACE\)](#) | [American College of Sports Medicine \(ACSM\)](#) | [National Council on Strength and Fitness \(NCSF\)](#) | [National Strength and Conditioning Association \(NSCA\)](#) | [National Pilates Certification Program \(NPCP\)](#) | [Collegiate Strength & Conditioning Coaches association \(CSCCa\)](#)



### **Taking Action with ACE: Practicing, Equity, Diversity and Inclusion as an Exercise Professional**

The American Council on Exercise (ACE) launched a new continuing education course to better equip exercise professionals and health coaches to support diverse communities, use an inviting environment to boost client engagement and retention, and be a better advocate for the fitness industry as we work towards advancing equity, diversity and a more inclusive fitness industry. The course, [Taking Action with ACE: Practicing, Equity, Diversity and Inclusion as an Exercise Professional](#), is intended to help exercise professionals consider how social determinants of health and health disparities affect access to health and fitness resources, mitigate implicit bias in interactions with diverse peers, clients and members, strengthen communication with people from diverse backgrounds using person-centered language and demonstrate the necessary empathy and understanding as an exercise professional.



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## New Infographic Available with Exercise Recommendations for Parkinson's Disease

The American College of Sports Medicine (ACSM) and the Parkinson's Foundation developed a new infographic to provide safe and effective physical activity guidance for people with Parkinson's and the certified exercise professionals working with them. The exercise recommendations build upon the science-based standards in the recently released 11th edition of ACSM's *Guidelines for Exercise Testing and Prescription*. The new infographic includes recommended frequency, intensity, time, type, volume and progression of exercises that are safe and effective for people with Parkinson's across four domains: aerobic activity, strength training, balance/agility/multitasking and stretching.

We know exercising helps our health and can improve symptoms for chronic medical conditions, yet starting or keeping an exercise routine can be challenging. This infographic provides practical, evidence-based guidelines to help even more people benefit from an active lifestyle.



Click image to download the free infographic.



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## **Updated ACSM-EP and ACSM-CEP Certifications Requirements and Accreditation**

Since 2004, the Committee on Accreditation for the Exercise Sciences (CoAES) has been working in cooperation with the Commission on Accreditation of Allied Health Education Programs (CAAHEP) by managing the accreditation process for the Exercise Sciences and then forwarding recommendations for accreditation to CAAHEP. The CoAES primary role is to establish standards and guidelines for academic programs that facilitate the preparation of students seeking employment in the health, fitness, and exercise industry. Programmatic accreditation through CAAHEP is specifically intended for Exercise Science or related programs (e.g., Physical Education, Kinesiology) with a professional preparation track designed for students seeking employment opportunities in the health, fitness, and exercise industry. The process of attaining a programmatic accreditation is voluntary for academic institutions.

[Continue Reading](#)



## **2021 NSCA Personal Trainers Virtual Conference - October 20-22, 2021**

Join industry leaders, researchers, and in-the-field practitioners to move beyond the basics with approachable science-backed topics. Energize your practice with new science and technique that you can apply right away.

This year's speakers and sessions have been carefully selected to dive deep on the latest advancements to support your clients' unique needs. There's something for every client type: back-strained, high-stress, post-cancer, special populations,

and more. Learn techniques for better client assessment, going virtual, building your brand, and strengthening inclusivity in your gym.

Plus, our online format lets you continue to train your clients without putting your schedule on hold. Connect virtually and watch professionally-filmed sessions with interactive features to keep you engaged – all from your home, office, or studio. [Register today!](#)

This course has been approved for NASM continuing education credits - 1.9 Max.



### **National Strength and Conditioning Association (NSCA) Coaching Podcast**

The [NSCA's Coaching Podcast](#) is where strength and conditioning coaches share their experience, lessons learned, and advice about how to thrive in a highly competitive profession. New episodes on various fitness topics are available every couple weeks.

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## **ICREPS Updates**



The International Confederation of Registers for Exercise Professionals (ICREPs) is an international partnership between registration bodies around the world that register exercise professionals.

## August 2021 Update

ICREPs has moved from an international non-profit corporation to international society in 2021. The new members of the Board of Directors include Dr. Brian Biagioli, Chair, United States, Katherine MacKeigan, Vice Chair, Canada, Stephen Gacsal, Treasurer, New Zealand, Christopher Alexander, Secretary and Stephanie McSweeney, At-large board member. This new board creates an exciting thought leadership with a focus on a path towards greater reach and international collaboration. The membership organization, under this leadership, is poised for growth, with five (5) new countries looking to enter the global registration systems; which currently represents a quarter of a million verified exercise professionals. Additionally, the organization is networking with global accreditation bodies to expand opportunities for exercise professional development, recognition and registration. This structured approach towards a united global recognition system of professional standards and qualification will enhance quality practices and provide far reaching stakeholder benefit.

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## Exercise Professionals Registry – “Find Me At” Badge



As a professional who holds a non-expired, eligible certification through a Member Organization, you are eligible for benefits associated with your certification organization's membership in CREP.

CREP maintains the internationally recognized United States Registry of Exercise Professionals® (USREPS).

USREPS makes exercise professionals easily searchable, identifiable, and verifiable. USREPS is changing the industry for:

- Facilities that hire exercise professionals.
- Health providers and advocacy organizations that seek to utilize exercise professionals.

- governments examining potential regulatory standards for exercise pros, and
- Exercise professionals themselves seeking new opportunity to make an impact.
- Consumers who want to verify the credentials of their exercise professionals through a trusted third-party source.

CREP provides the [Find Me At Badge](#) to YOU to help market your skills as an exercise professional. The badge will visually verify your current exercise credentials listed in USREPS. The badge indicates YOU are a leader who can assist in safely and effectively facilitating client goals of achieving more active, healthy lifestyles through movement, physical activity or exercise for recreation or performance. The badge provides a vchanism your employer and clients can use to easily verify your certification(s) status. Using the badge will make it easier for health clubs and other exercise facilities to recognize, market, and promote YOUR services.

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## Employee Verification

For Employers, the United States Registry of Exercise Professionals (USREPS®) provides verification of valid credentials for the largest number of exercise professionals in the world.

[Verify Employees Here](#)

With nearly 200,000 certificants, representing five fitness professions, USREPS serves as the sole clearing house for verified NCCA-accredited ISO 17024-compliant certifications for Group Exercise Instructors, Personal Trainers, Pilates Teachers, Strength and Conditioning Professionals and Clinical Exercise Specialists. USREPS offers the most efficient and streamlined method of positively verifying the current professional credentials of prospective and existing staff.

Employers may verify a single professional or verify a large group of professionals at one time.

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