What Exercise Physiologists Do

Exercise physiologists develop fitness and exercise programs that help patients recover from chronic diseases and improve cardiovascular function, body composition, and flexibility.

Duties

Exercise physiologists typically do the following:

- Analyze a patient’s medical history to determine the best possible exercise and fitness regimen for the patient
- Perform fitness and stress tests with medical equipment and analyze the resulting patient data
- Measure blood pressure, oxygen usage, heart rhythm, and other key patient health indicators
- Develop exercise programs to improve patient health
- Supervise clinical tests to ensure patient safety

Exercise physiologists, sometimes called kinesiotherapists, work to improve overall patient health. Many of their patients suffer from health problems such as cardiovascular disease or pulmonary (lung) disease. Exercise physiologists provide health education and exercise plans to improve key health indicators.

Some physiologists work closely with primary care physicians, who may prescribe exercise regiments for their patients and refer them to exercise physiologists. The physiologists then work with patients to develop individualized treatment plans that will help the patients meet their health and fitness goals.

Exercise physiologists should not be confused with fitness trainers and instructors (including personal trainers) or athletic trainers.
ACSM Certified Exercise Physiologists®

https://www.acsm.org

▸ ALL EHS graduates are eligible to sit for this exam based on our specific academic and experiential curriculum. This is not only a distinction, but also one that is in current demand within our professional field.

▸ American College of Sports Medicine (ACSM) Certified Exercise Physiologists® take training to an advanced level by conducting and interpreting physical fitness assessments and developing exercise prescriptions for people who are healthy or have medically controlled diseases.

▸ **Exercise is Medicine: The World’s Prescription for health.** As exercise and physical activity are integral to the prevention and treatment of chronic diseases, Exercise is Medicine, a global health initiative managed by the American College of Sports Medicine (ACSM), encourages primary care physicians and other health care providers to include exercise when designing treatment plans for patients. Along with the National Physical Activity Plan, Exercise is Medicine strives to make physical activity a “vital sign” that is routinely assessed at every patient interaction with a health care provider.

**Certified Clinical Exercise Physiologist**

The ACSM Certified Clinical Exercise Physiologist (CEP) works with patients and clients challenged with cardiovascular, pulmonary, and metabolic diseases and disorders, as well as with apparently healthy populations in cooperation with other healthcare professionals. The goal of the CEP is to enhance quality of life, manage health risk, and promote lasting health behavior change.

**Registered Clinical Exercise Physiologist®**

The ACSM Registered Clinical Exercise Physiologist (RCEP) is an allied health professional that applies physical activity and behavioral interventions that have been shown to provide therapeutic and/or functional benefit for those with chronic diseases or disabilities. The RCEP provides prevention and rehabilitative strategies designed to improve physical fitness and health across the lifespan.