

ACSM REGISTERED CLINICAL EXERCISE PHYSIOLOGIST®

Scope of Practice

The Registered Clinical Exercise Physiologist® is an allied health professional who works in the application of exercise and physical activity for those clinical and pathological situations where it has been shown to provide therapeutic or functional benefit.

Eligibility

- 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 comorbid 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.

All application materials must be sent to ACSM (be sure to keep copies for your records). Your site supervisor/validator(s) may be contacted to verify your experiences. RCEP candidates taking the exam for the first time must register through ACSM and allow an additional 3-4 weeks for their applications to be reviewed.

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®

Once all of the required application materials are received at the ACSM National Office, your application is reviewed by members of the Committee on Certification and Registry Boards for academic standards as well as clinical experience. Within 3-4 weeks of submitting the complete application, you will be notified of your eligibility status. If you are approved to take the exam, you will receive a confirmation e-mail. If you do not meet the RCEP eligibility criteria, your exam fee will be fully refunded and you may reapply once you fulfill the requirements.

Manuals

ACSM's Resources for Clinical Exercise Physiology

ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription, 5th edition

ACSM's Guidelines for Exercise Testing and Prescription, 7th edit.

Correspondence Course

Fees : Rs. 34,000/- + 10.30% S.T. (Exam + Manuals)

Passing	- 65%	Renewal	- After 4 years
Validity	- 4 years	Duration	- 1 year

Chq./DD may be drawn in favour of 'BFY' - Mumbai.
S.T.= Service Tax

ABOUT BFY

BFY was founded in 1999 with an aim to help promote and develop the Sports, Health & Fitness Industry in India. BFY has conducted various leading International programs, courses and workshop by experts. BFY offers the latest, world class programs, thereby enabling the students to be at par with fitness professionals around the world. BFY also offers placement services to the industry and to clients looking for certified professionals. The only Fitness Academy in India having students spread across 124 cities across India, working in 410 gyms.

AMERICAN COLLEGE OF SPORTS MEDICINE

Advancing health through science, education and medicine

Much more than a slogan, the American College of Sports Medicine puts into practice its strategic efforts to advancing the health of all. As the largest sports medicine and exercise science organization in the world, ACSM has more than 20,000 International, National, and Regional Chapter members. ACSM was founded in 1954. Working in a wide range of medical specialties, allied health professions, and scientific disciplines, our members are committed to the diagnosis, treatment, and prevention of sports-related injuries and the advancement of the science of exercise. ACSM's Mission Statement reflects this goal: The ACSM promotes and integrates scientific research, education, and practical applications of sports medicine and exercise science to maintain and enhance physical performance, fitness, health, and quality of life.

SUCCESS STORIES

Yogesh Singh - Hi I am yogi from Hiranandani Garden, Powai working as Personal Trainer cum Body Masseur. A Personal Trainer course from BFY. BFY Course Help me lot of give clients perfect form of result. Big Celebrities like Model (Arun Roy), Film Producer (Arayan, Hitesh Israni), TV Star (Ramu Sharma), Doordarshan -Host of Hyderabad (Salji Desai)

BFY PLACEMENT SERVICES

BFY are leaders in Health & Fitness Education & Training. Through its various International affiliations, BFY offers global standards in India. BFY offers Free placement services to Health Clubs, Gyms, Corporates, Hotels, Sports Centers, Cruise Liners, etc., who are looking at staffing their centers with experienced & qualified trainers. BFY offers Personal Trainers, Aerobic Instructors, gym Trainers, Dieticians, Nutritionists, Pilates Specialist, Kickboxing Instructors, sports specific training and may more...

BFY would be pleased to offer its placement services to interested organizations. For details Contact us.

BECOME A BFY REPRESENTATIVE

BFY is looking for persons to meet the growing demand for its program & products across India and outside India. If you believe in Health & Fitness, as a way of Life and can promote co-ordinate and effectively market and communicate our programs, then contact us now. You can work parttime, fulltime or as per your convenience.

GYMS TIE-UP FOR PLACEMENT

• Kaya Skin Clinic™ • Elementon Health And Sport Pvt Ltd. • Exertech Fitness Services Pvt. Ltd • Wellocity • Fitness One Club • Inch-by-Inch • Fitness One Club • V3 Fitness Commune, • BHHO Gym • Befit Zone • Talwalkars • Polygynn • Supritis Bodyworks • Elite Fitness • Peoples Gym • Power Gym • Syzk Fitness • Fitness Factor • Xtreme Fitness • Universal Gym • Evolve I.Health • Dinaz Studio • Leena Mogre • Nirvana Fitness • Enigama • Overload • Micky Mehta • Core Fitness • Slimwell Health Club • Fayth Clinic • Lifeline & more...

ORGANIZATION TIE-UP

• American Council On Exercise (ACE)USA, • Progressive Fitness (PF)USA • Saracity Workout (SCW)USA, • Desert Southwest Fitness (DSW)USA • National Strength & Conditioning Association (NSCA)USA • Aquatic Exercise Association (AEA)USA • Corrective Holistic Exercise Kinaseology (CHEK)USA • Pilates Institute (PI)UK • Gym Music, GERMANY • Move Ya Music, GERMANY • Prolux Music,CHECZ • Gymstick,FINLAND • Physigraph CANADA • Asanarte, FRANCE

CANCELLATION / REFUND POLICY

Registration forms: Registration are accepted on a first-come, first-served basis. Seating is limited. **Refund policy:** Before 15 days, 25% cancellation charges, if you want to transfer to next program. Less than 15 days 100% cancellation charges. No transfer allowed.

Rescheduling: There is a 10% rescheduling fee. **Additional 10.30% Service Tax** will be charged on all BFY Courses & Workshops fees. In case the program is re-scheduled by us due to any reason, our liability is restricted to refund of fees paid only.

DISCLAIMER

BFY reserve the right to cancel, postpone, or change the venue, date & time of course at its discretion. The Management of BFY, its staff, instructors and agents will not be held responsible for any claims arising out of death, or injury, or damage or loss suffered or caused while attending this course & this includes all cost & expenses incurred as a result of such claims.

We Care For You...



CERTIFICATION WITH AMERICAN COLLEGE OF SPORTS MEDICINE (ACSM) USA

- ACSM CERTIFIED PERSONAL TRAINER**
- ACSM HEALTH / FITNESS INSTRUCTOR**
- ACSM EXERCISE SPECIALIST**
- ACSM REGISTERED CLINICAL EXERCISE PHYSIOLOGIST**

BFY

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Website: www.bfysportsnfitness.com

BFY, now offers in India preparation course for the Health & Fitness Instructor Course of ACSM.

ACSM CERTIFIED PERSONAL TRAINERSM

Scope of Practice

The ACSM Certified Personal TrainerSM is a fitness professional involved in developing and implementing an individualized approach to exercise leadership in healthy populations and/or those individuals with medical clearance to exercise. Using a variety of teaching techniques, the ACSM Certified Personal TrainerSM is proficient in leading and demonstrating safe and effective methods of exercise by applying the fundamental principles of exercise science. The ACSM Certified Personal TrainerSM is proficient in writing appropriate exercise recommendations, leading and demonstrating safe and effective methods of exercise, and motivating individuals to begin and to continue with their healthy behaviors.

Eligibility

- A high school diploma or equivalent
- 18 years of age and
- Current Adult CPR certification that has a practical skills examination component (such as the American Heart Association or the American Red Cross)

Recommended competencies

- Demonstrate competence in the Knowledge, Skills, and Abilities (KSAs) required of the ACSM Certified Personal TrainerSM as listed on page 317 in the Seventh edition of ACSM's *Guidelines for Exercise Testing & Prescription* book.
- Adequate knowledge of and skill in risk factor and health status identification, fitness appraisal, and exercise prescription
- Demonstrate ability to incorporate suitable and innovative activities that will improve an individual's functional capacity
- Demonstrate the ability to effectively educate and/or communicate with individuals regarding lifestyle modification

Manuals

ACSM's Resources for the Personal Trainer, 2nd ed.,
ACSM's Guidelines for Exercise Testing and Prescription, 7th ed.
ACSM's Certification Review, 2nd ed..

Regular Course

Fees	- RS.44,000/- + 10.30% S.T.	Validity	- 4 years
		Renewal	- After 4 years
Passing	- 65%	Duration	- 4 months (twice a week)

Correspondence Course

Fees - Rs.34,000/- + 10.30% S.T. (Exam + Manuals)
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ACSM HEALTH/FITNESS INSTRUCTOR

The successful candidate will be able to design safe and effective exercise prescriptions, and conduct individual exercise programs, fitness testing, and health education for low-to-moderate-risk individuals, individuals with controlled diseases, and individuals in special populations (i.e., pregnancy, hypertension, diabetes mellitus).

Scope of Practice

The ACSM Health/Fitness Instructor[®] (HFI) is a degreed health and fitness professional qualified for career pursuits in the university, corporate, commercial, hospital, and community settings. The HFI has knowledge and skills in management and administration and training and supervising entry level personnel. The HFI is skilled in conducting risk stratification, conducting physical fitness assessments and interpreting results, constructing appropriate exercise prescriptions and motivating apparently healthy individuals with medically controlled diseases to adopt and maintain healthy lifestyle behaviors.

Eligibility

- An Associate's Degree or a Bachelors Degree in a health-related field from a regionally accredited College or University (one is eligible to sit for the exam if the candidate is in the last term or semester of their degree program), AND
- Possess current Adult CPR certification that has a practical skills examination component (such as the American Heart Association or the American Red Cross).
- Examples: Nursing, Occupational Therapy, Physical Therapy, Physician Assistant, Health Care Administration, Physical Education, Exercise Science, Kinesiology, Kinesiotherapy, Athletic Training, Physiology, Sports Management, Biology, Exercise Physiology, Human Performance, Health Science, Recreation Management/ Science, Nutrition, Community Health, Public Health, and Health Promotion.

Recommended Competencies

- Demonstrate competence in the KSAs required of the HFI and ACSM Certified Personal TrainerSM as listed in the Seventh Edition of ACSM's *Guidelines for Exercise Testing & Prescription*
- Work-related experience within the health and fitness field
- Adequate knowledge of and skill in risk factor and health status identification, fitness appraisal, & exercise prescription
- Demonstrate ability to incorporate suitable and innovative activities that will improve an individual's functional capacity
- Demonstrate the ability to effectively educate and/or communicate with individuals regarding lifestyle modification
- Knowledge of exercise science including kinesiology, functional anatomy, exercise physiology, nutrition, program administration, psychology, and injury prevention

Manuals

- ACSM's Guidelines for Exercise Testing & Prescription, 7th edit.
- ACSM's Certification Review, 2nd edition
- ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription, 5th edition

Regular Course

Fees	- RS.44,000/- + 10.30% S.T.	Validity	- 4 years
		Renewal	- After 4 years
Passing	- 65%	Duration	- 4 months (twice a week)

Correspondence Course

Fees : Rs. 34,000/- + 10.30% S.T. (Exam + Manuals)
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ACSM EXERCISE SPECIALIST[®]

Scope of Practice

The Exercise Specialist[®] (ES) is a healthcare professional certified by the ACSM to deliver a variety of exercise assessment, training, rehabilitation, risk factor identification and lifestyle management services to individuals with or at risk for cardiovascular, pulmonary, and metabolic disease(s). These services are typically delivered in cardiovascular/ pulmonary rehabilitation programs,

physicians' offices or medical fitness centers. The ACSM Exercise Specialist[®] is also competent to provide exercise-related consulting for research, public health, and other clinical and non-clinical services and programs.

Eligibility

- A Bachelor's Degree in an allied health field from a regionally accredited college or university (Examples: Nursing, Occupational Therapy, Physical Therapy, Physician Assistant, Physical Education, Exercise Science, Kinesiology, Kinesiotherapy, Physiology, Biology, Exercise Physiology, and Human Performance. One is eligible to sit for the exam if the candidate is in the last term of their degree program); AND
- * Minimum of 600 hours of practical experience in a clinical exercise program (e.g. cardiac/ pulmonary rehabilitation programs, exercise testing, exercise prescription, electrocardiography, patient education and counseling, disease management of cardiac, pulmonary, and metabolic diseases, and emergency management); AND
- Current certification as a Basic Life Support Provider or CPR for the Professional Rescuer (available through the American Heart Association or the American Red Cross).
- * Proof of the 600 hours of practical experience does not need to be submitted prior to taking the exam. ACSM audits 25% of the candidates who pass the exam. Audited candidates will be notified by ACSM and required to submit the required documentation to the ACSM National Office within 30 days. The ACSM Exercise Specialist committee will review the documentation and determine the approval status of each candidate. Upon approval, certificates will be sent to candidates.

Recommended Competencies

- Demonstrate competence in the KSAs required of the Exercise Specialist[®], Health/Fitness Instructor[®] and ACSM Certified Personal TrainerSM as listed in the Seventh Edition of ACSM's *Guidelines for Exercise Testing and Prescription*.
- Ability to demonstrate extensive knowledge of functional anatomy, exercise physiology, pathophysiology, electrocardiography, human behavior/psychology, gerontology, graded exercise testing for healthy and diseased populations, exercise supervision/leadership, patient counseling, & emergency procedures related to exercise testing & training situations.

Manuals

ACSM's Guidelines for Exercise Testing & Prescription, 7th Edt.
ACSM's Certification Review, 2nd Edt.
ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription, 5th Edt.

Correspondence Course

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