

# ACSM CERTIFIED EXERCISE PHYSIOLOGIST<sup>SM</sup>

## 2017 Exam Blueprint Update

### Performance Domains and Associated Job Tasks

In 2016, the American College of Sports Medicine (ACSM) began the redevelopment process for its Certified Exercise Physiologist (ACSM-EP) examination. The ACSM-EP examination is a certification available for exercise physiologists who 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.

### Job Definition

The ACSM Certified Exercise Physiologist (ACSM-EP) is a minimum of a bachelor's prepared health care provider who supports apparently healthy individuals and individuals with medically controlled diseases and health conditions in adopting and maintaining healthy lifestyle behaviors. The ACSM-EP is typically employed or self-employed in commercial, community, studio, corporate, university, and hospital settings.

### Approach

A three-step approach was used to conduct an analysis of the ACSM-EP practice: a focus group meeting where an SME panel revised and updated the current content outline of the ACSM-EP exam, a survey of certified exercise physiologists to provide input on the revised content, and a follow-up meeting with the SME panel to review the results of the survey. The results of these activities were then used to create the recommended specifications.

### Results

The Job Task Analysis (JTA) for the ACSM-EP certification describes what the professional does on a day-to-day basis. The JTA is divided into performance domains and associated tasks performed on the job. The percentages listed below indicate the number of questions representing each domain on the 150-question ACSM-EP examination.

Crosswalk comparisons of performance domains and job tasks are provided in Tables 1 and 2, respectively. Exam forms published on December 18, 2017 will be based on the 2017 ACSM-EP JTA.

**Table 1. Crosswalk Comparison of 2012 and 2017 ACSM-EP Performance Domains.**

Performance Domains (2012)		Performance Domains (2017)	
Domain I: Health and Fitness Assessment	30%	Domain I: Health and Fitness Assessment	35%
Domain II: Exercise Prescription, Implementation (and Ongoing Support)	30%	Domain II: Exercise Prescription and Implementation	35%
Domain III: Exercise Counseling and Behavioral Strategies	15%	Domain III: Exercise Counseling and Behavior Modification	25%
Domain IV: Legal/Professional	10%	Domain IV: Risk Management and Professional Responsibilities	5%
Domain V: Management	15%	--	--

**Table 2. Crosswalk Comparison of 2012 and 2017 ACSM-EP Job Tasks.**

<b>Domain I: Health and Fitness Assessment</b>		<b>Domain I: Initial Client Consultation and Assessment</b>	
A.	Implement assessment protocols and preparticipation health screening procedures to maximize client safety and minimize risk.	A.	Administer and interpret preparticipation health screening procedures to maximize client safety and minimize risk.
B.	Determine client’s readiness to take part in a health-related physical fitness assessment and exercise program.	B.	Determine client’s readiness to participate in a health-related physical fitness assessment and exercise program.
C.	Select and prepare physical fitness assessments for healthy clients and those with controlled disease.	C.	Determine and administer physical fitness assessments for apparently healthy clients and those with controlled disease.
D.	Conduct and interpret cardiorespiratory fitness assessments.	D.	Conduct and interpret cardiorespiratory fitness assessments.
E.	Conduct assessments of muscular strength, muscular endurance and flexibility.	E.	Conduct and interpret assessments of muscular strength, muscular endurance, and flexibility.
F.	Conduct anthropometric and body composition assessments.	F.	Conduct and interpret anthropometric and body composition assessments.

<b>Domain II: Exercise Prescription and Implementation</b>		<b>Domain II: Exercise Prescription and Implementation</b>	
A.	Review preparticipation health screening including self-guided health questionnaires and appraisals, exercise history and fitness assessments.	A.	Determine safe and effective exercise programs to achieve desired outcomes and goals, and translate assessment results into appropriate exercise prescriptions.
B.	Determine safe and effective exercise programs to achieve desired outcomes and goals.	--	Domain II, A.
C.	Implement cardiorespiratory exercise prescriptions using the FITT principle (frequency, intensity, time, and type) for apparently healthy clients based on current health status, fitness goals and availability of time.	B.	Implement cardiorespiratory exercise prescriptions for apparently health clients and those with controlled disease based on current health status, fitness goals and availability of time.
D.	Implement exercise prescriptions using the FITT principle (frequency, intensity, time, and type) for flexibility, muscular strength, and muscular endurance for apparently healthy clients based on current health status, fitness goals and availability of time.	C.	Implement exercise prescriptions for flexibility, muscular strength, endurance, balance, and agility for apparently healthy clients and those with controlled disease based on current health status, fitness goals and availability of time.
E.	Establish exercise progression guidelines for resistance, aerobic and flexibility activity to achieve the goals of apparently healthy clients.	D.	Establish exercise progression guidelines for resistance, aerobic and flexibility activity to achieve the goals of apparently healthy clients and those with controlled disease.
F.	Implement a weight management program as indicated by personal goals that are supported by preparticipation health screening, health history, and body composition/anthropometrics.	E.	Implement a general weight management program as indicated by personal goal, as needed.
G.	Prescribe and implement exercise programs for clients with controlled cardiovascular, pulmonary, and metabolic diseases and other clinical	F.	Prescribe and implement exercise programs for clients with controlled cardiovascular, pulmonary, and metabolic diseases and other clinical

	populations.		populations and work closely with clients' health care providers, as needed.
H.	Prescribe and implement exercise programs for healthy special populations (i.e., older adults, youth, pregnant women).	G.	Prescribe and implement exercise programs for healthy special populations (e.g., older adults, children, adolescence, pregnant women).
I.	Modify exercise prescriptions based on environmental conditions.	H.	Modify exercise prescriptions based on various environmental conditions.

Domain III: Exercise Counseling and Behavioral Strategies		Domain III: Exercise Counseling and Behavior Modification	
A.	Optimize adoption and adherence to exercise programs and other healthy behaviors by applying effective communication techniques.	A.	Optimize adoption and adherence of exercise and other healthy behaviors by applying effective communication techniques.
B.	Optimize adoption of and adherence to exercise programs and other healthy behaviors by applying effective behavioral and motivational strategies.	B.	Optimize adoption and adherence of exercise and other healthy behaviors by applying effective behavioral strategies and motivational techniques.
C.	Provide educational resources to support clients in the adoption and maintenance of healthy lifestyle behaviors.	C.	Provide educational resources to support clients in the adoption and maintenance of healthy lifestyle behaviors.
D.	Provide support within the scope of practice of an ACSM Certified Exercise Physiologist and refer to other health professionals as indicated.	D.	Provide support within the scope of practice of an ACSM Certified Exercise Physiologist and refer to other health professionals as indicated.

Domain IV: Legal/Professional		Domain IV: Risk Management and Professional Responsibilities	
A.	Create and disseminate risk management guidelines for a health/fitness facility, department or organization to reduce member, employee and business risk.	A.	Develop and disseminate risk management guidelines for a health/fitness facility to reduce member, employee, and business risk.
B.	Create an effective injury prevention program and ensure that emergency policies and procedures are in place.	B.	Ensure that emergency policies and procedures are in place.

Domain V: Management			
A.	Manage human resources in accordance with leadership, organization, and management techniques.	--	--
B.	Manage fiscal resources in accordance with leadership, organization, and management techniques.	--	--

C.	Establish policies and procedures for the management of health fitness facilities based on accepted safety and legal guidelines, standards and regulations.	--	--
D.	Develop and execute a marketing plan to promote programs, services and facilities.	--	--
E.	Use effective communication techniques to develop professional relationships with other allied health professionals (e.g., nutritionists, physical therapists, physicians, nurses).	--	--