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EIM Tools - New Exercise Preparticipation Guidelines

As of November 2015, the American College of Sports Medicine (ACSM) preparticipation screening guidelines, which screen participants for any health risks that may be present prior to starting a physical activity program, have been updated. Recent studies have suggested that the previous guidelines may have presented a barrier for individuals seeking to become more physically active by requiring unnecessary physician referrals, creating time and cost inefficiencies. It was suggested that under the previous guidelines that more than 90 percent of men and women from a nationally representative sample would require advance medical screening by a physician prior to engaging in a new exercise program. In June 2014, a roundtable of leading scientific experts from cardiology, public health, and exercise physiology gathered to update these guidelines to provide clearer, simplified guidance for the exercise preparticipation screening process. Changes to the preparticipation screening guidelines include:



- Increased emphasis of an individual's current level of physical activity (i.e., active vs. inactive),
- More emphasis on the presence of signs or symptoms of known cardiovascular, metabolic, or renal disease,
- Greater awareness of the desired level of the physical activity,
- Elimination of the CVD risk assessment and risk classification process.

Full details from the roundtable can be found [here](#) and will be incorporated into the upcoming *ACSM Guidelines for Exercise Testing and Prescription, 10th Edition*. For more information on the revised ACSM preparticipation screening guidelines and to view the new screening algorithm, please [click here](#).

Upcoming EIM Events & Programs

EIM Credential Workshops



The first in-person EIM Credential Workshop for 2016 will be held in Atlanta, Georgia on February 20-21. This workshop provides exercise professionals the opportunity to build upon their formal education, certification(s) and experience to fill the new and expanding roles of Community Care Teams. Community Care is now becoming a significant component of accessible health care in the referral and delivery of chronic disease prevention and intervention programs, including physical fitness.

The EIM Professional Credential two day Workshop, offered in partnership with the American College of Sports Medicine (ACSM), the [American Council on Exercise \(ACE\)](#), and the [Medical Fitness Association \(MFA\)](#), includes two days of training and finishes with an opportunity to take the proctored credential certificate exam.

To learn more and register for the workshop, [click here](#).

EIM on Campus Recognition Program

EIM on Campus is now receiving applications for its recognition program! Schools will have the opportunity to establish themselves as a Gold, Silver, or Bronze level campus, based upon their activities and level of engagement. Recognition provides an opportunity for campuses to enhance their image as a healthy academic environment; emphasizing the commitment to utilizing exercise as medicine to create a culture of wellness.



Click here to download the 2015-2016 Recognition Application! Deadline is **February 15th, 2016**. If your campus is not yet an official EIM Campus, [click here](#) to learn more and register.

EIM International News - *EIM Chile*



On December 12th, EIM Chile organized its fourth EIM physician training course in Santiago, Chile in their new MEDS Sports Medicine Clinic, which will be formally launched in May 2016. The course trained 61 physicians from 10 different cities, including 15 physicians from the MEDS Clinic, as well as their general director, medical director and academic clinic director.

The event was reported as a major success with a great turnout even though there had just been another course earlier in August of 2015. We are excited to see such great progress in Chile and we look forward to more of their success to come in the future.

EIM Research Short - *The Role of the Fitness Professional in the Clinical Setting*

As health care is consistently moving away from the conventional, acute care methods of care to more patient centered and managed care (over time), the opportunity for fitness professionals in the community to be a resource for physician referral is becoming a reality. In a recent article discussing the role of the fitness professional, the researchers identified common themes in the literature – exercise provides numerous health benefits for a wide array of conditions and physicians are not consistently assessing their patients' physical activity, let alone referring them to a community-based fitness professional. The researchers



highlight current practices that work to engage physicians in regular physical activity assessment, including the Exercise is Medicine® program, which offers the EIM Credential to vet fitness professionals in their ability to work with patients with chronic diseases. The article also lists ways both fitness professionals and health care providers and their systems can work to make physical activity assessment and referral a reality.

The current evidence suggests that most interventions are cost effective and produce favorable outcomes in patient health. To read the article, [click here](#).

Get Involved - *EIM Ambassador Program*

The EIM Ambassador Program is one of the newest EIM initiatives. The mission of the program is to develop and assist the next generation of physical activity and health professionals in spreading the mission and vision of Exercise is Medicine® as EIM Ambassadors in their regions, communities and institutions. The program is geared primarily towards students and early career professionals (i.e., recently or soon-to-be graduating exercise and health professionals) with a goal to build a community of highly engaged individuals who are knowledgeable about the EIM initiative.



To learn more about the Ambassador program, contact Jennifer Pesarchick (jpesarchick@acsm.org).

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