

## **Audra Day Becomes an ACSM Certified Clinical Exercise Physiologist® (ACSM-CEP)**

The ACSM-CEP® provides exercise screening, exercise and fitness testing, exercise prescriptions, exercise and physical activity counseling, exercise supervision, exercise and health education/promotion, and measurement and evaluation of exercise and physical activity-related outcome measures. The ACSM-CEP® works individually or as part of an interdisciplinary team in a clinical, community or public health setting. ACSM-CEPs® may receive referrals from a referring practitioner to implement exercise protocols. The practice and supervision of the ACSM-CEP® is guided by published professional guidelines and standards and applicable state and federal laws and regulations.

Dr. Day has over 10 years of clinical experience in critical care medicine treating patients with orthopedic injuries, musculoskeletal injuries, neurological injuries, cardiopulmonary disease, cerebrovascular disease, and renal diseases. During her nursing career she had extensive experience in electrocardiographic monitoring including administration and interpretation of 12-lead ECGs as well as exercise stress tests especially as patients transitioned out of critical care. She provided discharge planning for individuals with these health conditions including exercise prescriptions. She has administered a variety of outpatient cardiopulmonary rehabilitation exercise tests and used that data to develop targeted resistance, aerobic, and flexibility training programs. Dr. Day, who is an Assistant Professor of Practice, teaching KIN 4306 Exercise Testing and Prescription, KIN 3306 Applied Exercise Physiology, and KIN 3305 Exercise Physiology and will teach KIN 5337 Electrocardiography in spring of 2022.

The American College of Sports Medicine is an allied health professional with a minimum of a bachelor's degree in exercise science or equivalent and 1,200 hours of clinical hands-on experience or a master's degree in clinical exercise physiology and 600 hours of hands-on clinical experience. ACSM-CEPs utilize prescribed exercise, basic health behavior interventions and promote physical activity for individuals with chronic diseases or conditions; examples include, but are not limited to, individuals with cardiovascular, pulmonary, metabolic, orthopedic, musculoskeletal, neuromuscular, neoplastic, immunologic and hematologic diseases. The ACSM-CEP provides primary and secondary prevention strategies designed to improve, maintain or attenuate declines in fitness and health in populations ranging from children to older adults.