



2024 IMPACT REPORT



Coalition for the Registration
of Exercise Professionals®



KATHRYN H. SCHMITZ, PHD, MPH, FACS

Dr. Kathryn H. Schmitz, PhD, MPH, is a distinguished subject matter expert in exercise oncology, currently serving as a professor of Hematology and Oncology at the University of Pittsburgh’s School of Medicine and at UPMC Hillman Cancer Center. Renowned for her research and advocacy, Dr. Schmitz has chaired the International Multidisciplinary ACSM Roundtable on Exercise and Cancer Prevention and Control. With over 350 peer-reviewed papers and \$33 million in research funding, Dr. Schmitz is dedicated to integrating exercise into cancer care. She currently leads a clinical exercise oncology program at the Hillman Cancer Center called Moving Through Cancer, and she is the founder of the ACSM Moving Through Cancer Program, which is part of ACSM’s Exercise Is Medicine initiative.

“US Registry of Exercise Professionals are essential partners in my mission to make exercise a standard component of cancer treatment. Registered exercise professionals are uniquely qualified to develop personalized exercise prescriptions that enhance patient health outcomes. Together, we strive to integrate exercise seamlessly into cancer treatment, revolutionizing care standards.”

- Kathryn H. Schmitz, PhD, MPH, FACS
Professor of Hematology/Oncology at the Hillman Cancer Center
University of Pittsburgh School of Medicine

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REGISTERED EXERCISE PROFESSIONALS: KEY CHANGE AGENTS FOR HEALTH AND WELL-BEING IN OUR COMMUNITIES

Dear Members, Supporters and Friends,

As the CREP Board President, I would like to reflect on our successes in 2023 to get closer to our mission and how we are planning for the future. At the heart of our CREP lies a profound dedication to promoting and advancing the health fitness profession through our shared values of education, certification, and ethical practice.

Despite the well-documented benefits of regular physical activity, a significant portion of the United States remains inactive. **According to the National Center for Chronic Disease Prevention and Health Promotion, 90% of the US's \$4.1 trillion in annual health care expenditures are for people with chronic and mental health conditions.**¹ The diseases and conditions that can be positively affected with physical activity and exercise include heart disease and stroke (\$216 billion), cancer (\$240 billion); diabetes (\$327 billion), and obesity (\$173B). This underscores the urgent need for interventions to promote physical activity and combat the rising tide of chronic and mental health conditions.

CREP is deeply committed to the well-being of communities and our registered exercise professionals are uniquely positioned to address these challenges head on. CREP are spearheading efforts to promote US registered exercise professionals as a cornerstone of health, well-being, and sports performance. Our initiatives in collaboration with NCAA, Physical Activity Alliance (PAA), and HL7 allow CREP to advocate for the integration of registered exercise professionals into healthcare systems and athletic programs across the United States.

I am thrilled to provide critical advocacy updates. The first, Athlete Alive 2025, represents a collaborative effort to enhance student athlete safety and reduce the prevalence of preventable injuries and deaths associated with conditioning and training. By aligning with the NCAA Inter-association Recommendations, we aim to ensure full compliance among collegiate Strength and Conditioning Coaches by January 1, 2025, thereby safeguarding the well-being of student athletes across the country.

Our second initiative focuses on the processes to seamlessly connect referrals from healthcare professionals to outcomes-based programs that are delivered by registered exercise professionals. In collaboration with the PAA, CREP are working diligently to serve as the clearinghouse for qualified exercise professionals by ensuring that USREPS certificant data remains accurate and up-to-date from our member organizations. Furthermore, we are exploring ways to incorporate educational information into our registry, thus enhancing the professionalism and expertise of our members.

CREP is steadfast in our commitment to excellence and innovation in the fitness and exercise profession. Together, we will continue to raise the bar of professionalism in the health fitness industry and make a meaningful impact on the health and well-being in our communities.

Thank you for your continued support and dedication to our mission.

In health,

Francis Neric, MS, MBA

President, Coalition for the Registration of Exercise Professionals

¹<https://www.cdc.gov/chronicdisease/about/costs/index.htm>



MEMBER HIGHLIGHTS

AMERICAN COUNCIL ON EXERCISE (ACE)

As a proud founding member of CREP, the American Council on Exercise (ACE) collaborates with like-minded organizations to help establish industry standards and elevate the roles of exercise professionals. Within CREP, ACE works diligently to ensure the public and the healthcare community have access to a trusted and internationally recognized registry of health and exercise professionals, fostering a commitment to excellence in the health and fitness industry.

“ACE is honored to be a longtime partner and supporter of CREP, working together to set industry standards and elevate the crucial role of exercise professionals in the healthcare continuum. Together, CREP organizations help ensure the public receive quality and safe guidance in fostering active lifestyles that result in positive health and wellness outcomes.”

- Cedric X. Bryant, PhD, FACSM
President & Chief Science Officer
American Council on Exercise

ABOUT US

CREP is a not-for-profit 501 C(6) corporation composed of leading certification organizations offering NCCA or ISO 17024 accredited programs for distinct exercise professional roles recognized by the U.S. Department of Labor. Primary to the mission of the Coalition is to provide individuals of all ages and abilities with resources and leadership to assist in safely and effectively reaching their goals of achieving more active, healthy lifestyles through movement, physical activity or exercise for recreation or performance.

CREP advances its mission by maintaining the United States Registry of Exercise Professionals® (USREPS®), an internationally recognized registry of exercise professionals in the United States, and as an advocate for the exercise professional who holds NCCA- or ISO accredited exercise certification on issues that pertain to regulation, access and scope of work. Current exercise certifications of member organizations listed in USREPS include Certified Personal Trainer, Certified Group Fitness Instructor, Medical Exercise Specialists, Registered Clinical Exercise Physiologist, and Certified Strength and Conditioning Specialist.

AMERICAN COLLEGE OF SPORTS MEDICINE (ACSM)

ACSM proudly stands as a founding member of CREP. By collaborating with like-minded organizations, ACSM promotes professionalization efforts in the workforce to foster excellence and trust in the field. In collaboration with CREP, ACSM can achieve its vision by ensuring communities have access to qualified health fitness professionals. ACSM aims to seamlessly integrate these professionals into the continuum of multidisciplinary health care teams to enhance patient care and outcomes. By leveraging the collective expertise and advocacy efforts of CREP, member organizations can promote registered exercise professionals as the standard in the health fitness industry, playing an integral role in holistic care delivery in their communities.

“ACSM is committed to setting industry benchmarks and amplifying the essential role of registered health fitness professionals. Together, we can elevate efforts to raise awareness of registered professionals, improve access, foster safe and effective guidance for active lifestyles, and cultivate positive health outcomes in our communities.”

- Katie Feltman, CAE
Interim CEO
American College of Sports Medicine

THE COLLEGIATE STRENGTH AND CONDITIONING COACHES ASSOCIATION (CSCCA)

The Collegiate Strength and Conditioning Coaches Association (CSCCa) is committed to fostering excellence in the field by developing elite coaches who positively influence their organizations. Our focus is on improving, serving, and empowering strength and conditioning coaches to excel in collegiate and professional sports. As a leading organization in this sector, we take pride in our collaborative efforts with like-minded organizations, such as the Coalition for the Registration of Exercise Professionals (CREP). One of CREP’s initiatives is AthleteAlive2025 and the collaborative work we did with the NSCA creating the “CSCCa and NSCA Joint Consensus Guidelines for Transition Periods: Safe Return to Training Following Inactivity” which was published in the Strength and Conditioning Journal, June 2019 is a document that supports this mission. Through initiatives like AthleteAlive2025 and USREPS workforce recognition, we aim to elevate industry standards and advocate for the standardization of registration for exercise professionals.

“CREP provides invaluable resource support and advocacy for credentialed professionals, while our partnership with USREPS ensures a reliable registration system and real-time credential verification, instilling confidence in consumers, employers, and regulators alike.”

- Sandy Abney, M.Ed.
Chief Science Officer
Collegiate Strength & Conditioning Coaches Association



MEMBER HIGHLIGHTS

NATIONAL COUNCIL FOR CERTIFIED PERSONAL TRAINERS (NCCPT)

NCCPT sees many benefits of being a member of CREP. Our partnership contributes to a more cohesive and professional fitness industry, benefiting both professionals and the public they serve. CREP allows for a greater level of standardization in the fitness industry. It ensures our NCCPT candidates meet minimum standards of education, experience, and competency which only backs up the expectations of those professionals in the field. CREP organizations are committed to promoting public safety and ensuring quality fitness industry professionals. This achievement adds credibility to the NCCPT credential. Due to CREP's work in advocacy, NCCPT is represented in the broader discussions regarding regulation, licensure, and other industry-related matters at the legislative and regulatory level. NCCPT is honored to be a partner in CREP's mission and goals.

“CREP is important to us because it fills an important need to shine a light on the need for properly trained and credentialed staff to help prevent catastrophic injuries during training and conditioning. We are particularly concerned about the training and support for those training the more impressionable and vulnerable populations such as those in youth sports. We support CREP in the efforts to determine current personnel requirements for overseeing/implementing high school strength and conditioning programs, requirements to maintain a safe athlete training environment, and the urgency to address the problem.”

- Andrew Wyant
CEO
National Council for Certified Personal Trainers

NATIONAL COUNCIL ON STRENGTH AND FITNESS (NCSF)

As a leading organization in the sport and fitness sectors, NCSF is proud to work collaboratively with the like-minded organizations that make up CREP. With initiatives like AthleteAlive2025, USREPS workforce recognition efforts, and global standardization of registration for exercise professional roles through ICREP Global Standards Matrix, CREP represents resource support and advocacy for validly credentialed professionals. The United States registration system for our exercise professionals, through USREPS, ensures seamless portability into global registers and world-wide recognition of the credentials they hold. The real time credential verification through the registry increases confidence by consumers, employers and regulators and differentiates those individuals with legally defensible certifications.

“USREPS has been a brilliant utility to identify highly-skilled exercise professionals working in the United States.”

- Brian Biagioli
NCSF Executive Director
National Council on Strength & Fitness

NATIONAL STRENGTH AND CONDITIONING ASSOCIATION (NSCA)

A founding member of CREP, the National Strength and Conditioning Association (NSCA) exists to educate, support, and empower every strength and conditioning professional. Aligned with CREP's mission to increase visibility and verifiable expertise, the NSCA champions knowledge and integrity through industry-leading certifications, cutting-edge research journals, and continuous professional development. Our rigorous certification process signifies a benchmark of excellence and a commitment to evidence-based practice, elevating the profession while safeguarding our practitioners and those they serve. The NSCA remains steadfast in advocating for the needs and recognition of strength and conditioning professionals, uplifting the criteria for quality and acknowledgment in the industry.

“The NSCA is devoted to advancing the profession and amplifying the impact of our more than 60,000 members and certificant. We believe that every health and training environment can benefit from a certified strength and conditioning professional who embodies the highest standards of safety, efficacy, and ethical practice.”

- Michael Massik
Executive Director
National Strength and Conditioning Association

OUR MISSION

The **mission** of CREP is to secure recognition of registered exercise professionals for their distinct roles in medical, health, fitness and sports performance fields. CREP's **vision** is for consumers and other allied health professionals and policymakers to recognize registered exercise professionals for their leadership and expertise in the design and delivery of physical activity and exercise programs which improve the health, fitness and athletic performance of the public.



Click to learn more about our work at USREPS.ORG

LEARN MORE

USREPS®





TRENDING WHY WE CONTINUE OUR MISSION...



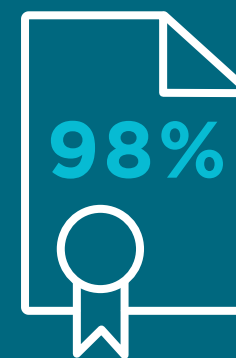
US Report Card on Physical Activity for Children is a D-.¹



1/3

of young adult military applicants do not meet the Army's weight standards for enlistment.²

Physical inactivity also costs the nation
\$117 BILLION
a year for related health care.³

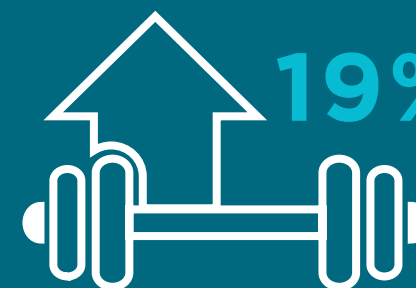


98% of employers require **NCCA-accredited** certification upon hire.⁴

Nearly **130,000** registered exercise professionals



in the USREPS database



19% Employment of fitness trainers and instructors is projected to grow 19 percent from 2021 to 2031, much faster than the average for all occupations.⁵

¹ <https://paamovewithus.org/wp-content/uploads/2022/10/2022-US-Report-Card-on-Physical-Activity-for-Children-and-Youth.pdf>

² <https://www.cdc.gov/physicalactivity/resources/unfit-to-serve/index.html>

³ <https://www.cdc.gov/chronicdisease/about/costs/index.htm>

⁴ <https://www.clubindustry.com/top-100>

⁵ <https://www.bls.gov/ooh/Personal-Care-and-Service/Fitness-trainers-and-instructors.htm#tab-1>

2024 IMPACT

ATHLETE ALIVE 2025

In follow up to the research and committee work that went into establishing the foundations for the acceptable qualifications for strength and conditioning professionals¹, the ATHLETEALIVE2025 student athlete safety initiative was announced in late 2023. This initiative, steered by a collaboration of the Coalition for the Registration of Exercise Professionals (CREP), NATA Intercollegiate Council on Sport Medicine (ICSM) and the U.S. Council for Athletes Health (USCAH) focuses on mitigating the risk for all collegiate athletes engaged in training and conditioning under the supervision of university and college personnel.

The focus of this initiative is to promote best practices in the delivery of strength and conditioning programs with specific efforts to reduce the prevalence of preventable student athlete injuries and deaths associated with conditioning. Vetting practicing professional qualifications and competency development as well as training in emergency management is at the forefront of this work. This initiative reflects the specific requirements associated with the NCAA Inter-association Recommendations Preventing Catastrophic Injury and Death in Collegiate Athletes. The goal is to reach full compliance by all collegiate Strength Coaches by January 1, 2025. Certified Strength Coaches registered with the United States Registry of Exercise Professionals (USREPS) meet the foundational requirements for collegiate Strength Coaches working at NCAA institutions.

The identified essential requirements are to be completed within the next reporting cycle to remain in compliance with required aspects of the recommendations. Starting in January 2024, Strength Coaches, working in NCAA-affiliated institutions, should prepare to provide documentation that demonstrates compliance to their employers. CREP hosted a webinar announcing this initiative on December 14, 2023 and hundreds of attendees listened as the esteemed panel of experts discussed this critical mission.

Starting in January 2024, the ATHLETEALIVE2025 task force will be surveying NCAA regulated athletic program administrators for compliance and reporting progress. At the conclusion of 2024, a findings report will be distributed.

We are striving to prevent student athlete death and injury at every level of play. If you are interested in supporting this initiative please contact our office at info@usreps.org, to learn how you and your organization can help and spread awareness.

¹ https://usreps.org/media/e23ksux2/ssi_preventingcatastrophicinjurybooklet.pdf



WHY I ONLY HIRE COACHES FROM USREPS

“To keep the health and safety of student-athletes in the forefront, it is imperative for the strength and conditioning professional to maintain a nationally accredited certification. The US Registry of Exercise Professionals is a great resource to confirm applicants’ credentials during the hiring process.”

Kathy Wagner, MSCC, SCCC, CSCS
Assistant AD for Sport Performance
University of Texas at Arlington

“CREP’s understanding of our industry and the unique challenges during the hiring process has made utilizing their registry paramount during the evaluation of coaches. I have utilized the USREps registry to validate prospective strength and conditioning coach’s certifications to make sure they hold NCAA-accredited certifications.”

Scott Swanson, MSCC, SCCC
Assistant AD for Sport Performance
Army West Point Athletics

CREP WEBINAR SERIES

In a momentous stride toward fostering knowledge exchange and industry collaboration, CREP was excited to launch a dynamic webinar series in 2023. This series, thoughtfully curated, featured a spectrum of topics highly relevant to our industry's evolution and sustainability. What sets this initiative apart is the caliber of panel participants, a distinguished assembly inclusive of both CREP members and esteemed figures from the Board of Directors. By bringing together thought leaders and practitioners from various facets of the health and fitness sectors, CREP aimed to create a vibrant platform for sharing insights, best practices, and innovative ideas.

This groundbreaking webinar series served as a testament to CREP's commitment to advancing its mission and cause. Through these virtual symposia, CREP sought to not only disseminate valuable knowledge but also to facilitate meaningful conversations. The collaboration between CREP members and the Board of Directors underscores the unity and shared dedication to health and fitness. This series was a nexus of thought leadership, where ideas converge, and ultimately empowered CREP's mission to drive positive change within the industry. As we embark on this journey together, the CREP community anticipates a wealth of shared insights, collaborative opportunities, and a strengthened sense of purpose in 2024.

Over **600** registered attendees, **25** panelists from across **13** organizations

Webinar 1: Top 5 Ways to Use Medical Fitness to Expand Your Business

Panelists: David Flench, Graham Melstrand, Michael Stack, Francis Neric

"I'm grateful the Coalition for the Registry of Exercise Professionals had the foresight to showcase how medical fitness can expand business opportunities. The framework presented in that webinar provides an important roadmap, not only for expansion of market share and business success, but also the professionalization of the fitness industry and improvement in population health."

Michael E Stack, BS, ACSM-EP, ACSM-EIM, ACSM-PAPHS, CSCS
CEO, Applied Fitness Solutions
Lecturer, University of Michigan School of Kinesiology

Webinar 2: Current Best Practice for the Prevention of Death and Catastrophic Injury in Athletics

Panelists: Francis Neric, Bob Sweeney, James Borchers, Brian Biagioli, Shelby Williamson

"The importance and priority of athlete health and safety best practices and standards is critical for all strength and conditioning and exercise professionals. The commitment to demonstrating competence with prevailing annual education requirements for the protection of athletes is critical at every level of sport."

James Borchers, MD, PhD
CEO, President and Co-Founder
US Council for Athlete's Health

Webinar 3: Unleashing Potential: Trust and Collaboration in High Performance Training Models

Panelists: Francis Neric, Don Decker, Sandy Abney, Tim Weesner, Brent Feland

"Athlete centered care models which value building trust and collaboration between key stakeholders not only enhances cooperation, but it also provides the best possible care for student athletes. The interactive nature of the webinar allowed for engaging conversations with fellow panelists and participants, creating a dynamic exchange of ideas and best practices."

Sandy Abney, M.Ed.
Chief Science Officer
Collegiate Strength & Conditioning Coaches Association

Webinar 4: Addressing Military Recruitment Challenges: The Role of Exercise Professionals

Panelists: Francis Neric, Mark Jones, Dr. Dan Bornstein, Nate Palin, Joseph Kardouni

"The U.S. Armed Forces are facing unprecedented recruitment and retention challenges that threaten national security. These challenges are directly related to low physical activity and fitness across the American population. Certified exercise professionals are uniquely positioned to engage in this fight to ensure the readiness of future and current service members."

Daniel B. Bornstein, PhD
Founding Principal, DBornsteinSolutions, LLC;
Chair, Military Sector
U.S. National Physical Activity Plan (NPAP)

Webinar 5: Athlete Alive 2025

Panelists: Jim Borchers, Adam Feit, Graham Melstrand, Brian Biagioli, Sandy Abney, Brant Berkstresser

"Our number one responsibility is to ensure the physical and psychological safety of today's student-athletes. As a former NFL, Division I/III, and private sector strength and conditioning coach (now professor), we must be steadfast in our ideas but, most importantly, actions in our ever-evolving approach to ensuring holistic care for those who matter most."

Adam Feit
Assistant Professor of Exercise Science & Fieldwork Coordinator
Springfield College
Department of Exercise Science and Athletic Training





NATIONAL EXERCISE REFERRAL FRAMEWORK (NERF)

NERF: Transforming Healthcare through Exercise Integration

In recent years, there has been a significant shift in recognizing the potential of integrating exercise programs as a cornerstone of health and well-being within the healthcare landscape. Informing this transformative journey is the U.S. National Exercise Referral Framework (NERF), a groundbreaking initiative inspired by Ireland's national health service. The intention of the NERF is to seamlessly weave health and fitness into the broader healthcare system by establishing physical activity assessment and prescription as a standard of care, revolutionizing the way professionals collaborate to enhance patient outcomes.

Insights into NERF's Structure and Purpose

Graham Melstrand, a prominent figure in the fitness and wellness sector, serves as the Executive Vice President of Community Health and Wellness for the American Council on Exercise (ACE). Drawing from his experience as the Past President of the Coalition for Registration of Exercise Professionals (CREP) that operates the U.S. Registry of Exercise Professionals (USREPS), Melstrand sheds light on the NERF's unique structure. Unlike traditional hierarchical models, the NERF is organized as a continuum, including practitioners that span the spectrum from clinical to health, fitness and sports performance.



Melstrand emphasizes the NERF's primary objective – ensuring that all qualified physical activity providers are able to practice to the highest and best use of their credentials and deliver services to patients and participants in alignment with medicine's IHI triple aim of balancing access, quality, and cost. Providers supported by the NERF include physical therapists, athletic trainers, and the full spectrum of exercise professionals.

Physician Guidance and Structured Referral

One distinguishing feature of the NERF is its commitment to providing guidance to physicians when referring patients to exercise professionals, programs, or interventions. Melstrand emphasizes the NERF's role in assisting physicians to identify the most qualified physical activity/exercise provider based on the health status of the individual patient and how much physician oversight is necessary. The framework has four tiers of physician oversight including:

- **Physician supervised:** For those in cardiac rehabilitation, pulmonary rehabilitation, or physical therapy
- **Physician referred:** For those with chronic or acute health conditions with limitations
- **Physician cleared:** For athletes pursuing a sports performance goal
- **Physician recommended:** For those that would benefit from more physical activity and other healthy lifestyle behaviors To support the NERF and physician referral, the USREPS will be used to help identify and positively verify the credentials for the most qualified exercise professionals eligible to receive referrals from healthcare



Contributing to Better Health Outcomes

The NERF plays a crucial role in contributing to better health outcomes and overall well-being for patients. Melstrand highlights physical inactivity's impact on chronic disease conditions, pointing out the significant correlation between physical inactivity and non-communicable diseases like obesity, diabetes, and hypertension. By prescribing exercise programs and interventions, physicians can provide another resource to help patients prevent or mitigate the effects of inactivity-related disease.

Credentialing Standards and Professional Competency Assurance

In the realm of exercise integration, credentialing standards are essential for both healthcare providers and patients. Melstrand stresses the significance of credible credentials to instill confidence among referring healthcare professionals. This assurance extends to patients, ensuring that they are receiving services from appropriately qualified individuals who have the knowledge and expertise to help them reach their health, fitness or performance goals.



Enhancing Healthcare Delivery

The NERF's contribution to more affordable, efficient, and effective healthcare delivery is possible through a framework that integrates seamlessly with other healthcare registers, simplifying the referral process by offering a centralized location for identifying qualified exercise professionals. This integration enhances referrer and payer confidence in the professionals delivering exercise programs and interventions.

Efficient Use of Practitioners' Credentials

The NERF addresses the unique needs of individuals, seamlessly connecting them with practitioners who possess the precise qualifications required. Within this framework, USREPS identifies individuals holding a current exercise professional certification including Personal Trainers, Group Fitness Instructors, Medical Exercise Specialists, Exercise Physiologists, Clinical Exercise Physiologists, and Strength Coaches.

Whether the goal is improving general health, managing a chronic or acute health condition or a sports performance goal, the NERF provides a tailored and cost-effective match, ensuring individuals receive solutions that align with their needs and preferences.

NERF's Role in Paving the Future of Healthcare Delivery

The NERF stands as a pioneering roadmap to integrate exercise prescription into healthcare, using a comprehensive and collaborative approach. By prioritizing patient-centered care, standardized credentials, and the efficient use of practitioners' expertise, the NERF is heralding a revolution in healthcare delivery. As it continues to evolve, the NERF will help unlock the full potential of exercise prescription, contributing significantly to the enhancement of overall health and well-being. The journey towards a healthier future is illuminated by the NERF's focus on innovation and patient-centric excellence.

INTERNATIONAL PORTABILITY

WHAT IS INTERNATIONAL PORTABILITY?

International Confederation of Registers for Exercise Professionals (iCREPS) is a global society of countries with registration systems used to verify qualified exercise professionals who have met a common standard of practice. These countries recognize and support the opportunity for portability of these qualifications across borders using an efficient verification system. Earning qualifications validated by the global standards for an exercise role provides international portability between iCREPS member countries, allowing registered exercise professionals to seamlessly practice in various regions without the need for requalification. This is particularly significant in an industry where mobility and global opportunities are on the rise and international need for these services grow.

CREP'S ROLE: A COMMITMENT TO EXCELLENCE

CREP, as the organization that powers the US Registry of Exercise Professionals (USREPS), recognizes the significance of international portability for our members. To ensure that our certification programs are recognized on a global scale, CREP actively participates in the International Confederation of Registers for Exercise Professionals on the board.

WHY INTERNATIONAL PORTABILITY IS IMPORTANT?

- 1. Consistent Standards:** By collaborating with international counterparts, CREP ensures that the professional standards for registered exercise professionals align with global best practices, fostering consistency and excellence.
- 2. Enhanced Credibility:** Our participation in international initiatives underscores CREP's commitment to global professional standards. This commitment enhances the credibility and reputation of CREP and the professionals on the US Registry.
- 3. Expanded Opportunities:** International recognition opens doors to a broader array of opportunities for CREP member organizations and their registered professionals. Whether it's pursuing new career paths, engaging in global collaborations, or furthering education, the possibilities are expanded through our international partnerships.



ICREPS MEMBERS



ADVOCACY AND OUTREACH

CREP advocates for the registered exercise professional on issues that pertain to regulation, access to practice, and scope of work. As part of that effort, CREP actively monitors state and federal regulatory bills and legislation which may impact the registered exercise professional and their scope of work.

CREP continuously seeks opportunities to partner with policymakers, educators, health advocacy organizations, and other health and medical professions on policy that enhances the level of professionalism and opportunities for professionals who provide the leadership and expertise for communities looking to enhance their health, fitness or performance through movement, physical activity or exercise.



BILLS CREP IS TRACKING

Personal Health Investment Today Act of 2023 (PHIT ACT - S.786; H.R.1582)

The Personal Health Investment Today Act (PHIT) would change the types of expenditures that could be payable out of tax-favored health savings accounts (HSAs), flexible spending accounts (FSAs), medical savings accounts (MSAs) and/or medical reimbursement arrangements. The PHIT Act would allow consumers to include prevention in the form of increased physical activity, allowing fitness center dues, payments for some exercise equipment, youth sports/physical activity fees and other costs associated with active lifestyles to be paid with pre-tax dollars up to \$1,000 cap for individuals and \$2,000 for families. The PHIT Act gives consumers the option of using their pre-tax medical funds for physical activity to prevent illness and to live a healthy lifestyle.

Freedom to Invest in Tomorrow's Workforce Act (S.722; H.R.1477)

The bill would permit certain expenses including tuition, fees, books, equipment associated with obtaining or maintaining recognized postsecondary credentials to be treated as qualified higher education expenses for purposes of 529 accounts.

Health Savings Act of 2023 (S.1158; H.R.2959)

The bill seeks to improve access to health care through expanded health savings accounts, including allowing for tax deductions for exercise equipment and physical fitness programs.

Promoting Physical Activity for Americans Act (S.397; H.R.2094)

This bill would require HHS to publish a report every 10 years and a five year midway report that provides physical activity recommendations for the people of the United States. Each report would contain physical activity information and recommendations for consideration and use by the general public.



CREP LED INITIATIVES

Athlete Safety

- Publication of the Joint Recommendation as a requirement across all divisions
- Education of key stakeholders: professionals, athletic directors, institutions
- Implementation of requirements + compliance (Athlete Alive 2025)
- 2024 pivot to addressing the gaps in qualification at the high school level

NERF adoption by the Physical Activity Alliance:

- Participation in the development of the standardized measures for physical activity in Electronic Medical Records
- Guidance on referral including minimum standards for credentials and verification via USREPS
- Adoption of USREPS as the clearinghouse for qualified practitioners via the National Healthcare Directory Exchange

Inclusion of CREP/USREPS within the new military sector of the National Physical Activity Plan

Fitness programs in Medicare Advantage Programs (engagement with payers/HHS)

BOARD OF DIRECTORS



FRANCIS NERIC
President

The United States Registry of Exercise Professionals® is operated by the Coalition. The Coalition has a volunteer Board of Directors composed of individuals representing qualifying member organizations. The Board and two non-voting Advisory Directors are elected to a specified term. The two Advisory Directors represent elected individuals from the Commission for the Accreditation of Exercise Science (CoAES) which accredits two-year, four-year and graduate level programs in Exercise Science and the National Commission for Certifying Agencies (NCCA), which works to ensure the health, welfare, and safety of the public through the accreditation of a variety of certification programs/organizations that assess professional competence.



BRIAN BIAGIOLI
Vice-President



BRENT FELAND
Treasurer



BRENT ALVAR
Secretary



GRAHAM MELSTRAND
Past President



CHAD BUCKENDAHL
Advisory Director



BEN THOMPSON
Advisory Director



DANIELLE VITOGIANNES
Executive Officer

COLLABORATORS

CREP would like to thank the following organizations for their ongoing support and commitment to advancing the exercise profession, which is crucial to fulfilling CREP's mission. CREP's board members are in leadership positions at these vitally important institutions. Our collaborative efforts enhance the credibility of registered exercise professionals and provide opportunities to strengthen and extend CREP's mission of ensuring that exercise professionals meet the highest standards of competency and professionalism in the health fitness industry.



MICHAEL E STACK, BS, ACSM-EP, ACSM-EIM, ACSM-PAPHS, CSCS
CEO
Applied Fitness Solutions

"The very foundation to the professionalization of the fitness industry is the credibility, acumen, and trustworthiness of exercise professionals. As a collaborative and unifying steward, committed to elevating those three elements, the Coalition for the Registry of Exercise Professionals is critical to shaping the future of the fitness industry. By establishing professional standards and holding the industry accountable to those standards, CREP is ensuring a future where exercise professionals are viewed as essential providers in the healthcare delivery system."



JAMES BORCHERS, MD, PHD
CEO, President and Co-Founder
US Council for Athlete's Health

"The mission of the U.S. Council for Athletes' Health is to help institutions and organizations prioritize athlete health, safety, and wellbeing. The importance of athlete health and safety is critical for all exercise professionals. We cannot underestimate the importance of USREP/ CREP in providing transparency of their professionals to demonstrate their commitment and competence in best practices to institutions and organizations. There is no priority that supersedes the health and safety of athletes, and USREP/ CREP plays a critical role in providing athletes, institutions and organizations the confidence that the exercise professionals working with athletes today are meeting their professional requirements."



BRANT BERKSTRESSER
Executive Chair
NATA Intercollegiate Council for Sports Medicine

"The Coalition for the Registration of Exercise Professionals recognizes registered exercise professionals for their roles in fitness, health and sports performance fields. As a collegiate athletic trainer and administrator there is significant value CREP brings to student-athlete health and safety. The Athlete Alive 25 Initiative provides a checklist to ensure our strength and conditioning coaches are meeting the highest educational and professional standards."



Commission on Accreditation
of Allied Health Education Programs





JOIN CREP

MEMBER BENEFITS

Joining the Coalition for the Registration of Exercise Professionals (CREP) is an invaluable decision for certification organizations seeking to enhance their standing within the fitness industry. CREP membership unlocks benefits designed to bolster the credibility and recognition of members and their certificate holders. CREP oversees the US Registry of Exercise Professionals (USREPS), a comprehensive repository of qualified exercise professionals. This affiliation not only establishes a certification organization's commitment to professional standards but also provides a prominent platform for exposure within the fitness community. Members enjoy enhanced visibility, as their certifications are prominently featured in the USREPS database, fostering trust and confidence among both industry professionals and the public. Additionally, CREP offers collaborative opportunities, enabling organizations to participate in shaping industry standards, staying current of the latest trends, and elevating the quality and credibility of exercise professionals across the United States.

HOW TO JOIN

In order to be eligible for membership, a certification organization must meet the following criteria:

- Be engaged in the fitness business
- Offer no less than one current certification program accredited by the National Commission for Certifying Agencies ("NCCA") for an exercise professional role defined by the U.S. Department of Labor or one ISO 17024-compliant certification exam program for an exercise professional role defined by the U.S. Department of Labor.
- Provide certifications or credentials which are (A) NCCA accredited or ISO 17024-compliant, (B) are in the process of receiving NCCA accreditation or ISO 10724 compliance review, or (C) for which an NCCA accredited certification or ISO 17024-compliant certification serves as a prerequisite.

The United States Registry of Exercise Professionals® will display all of the current NCCA-accredited or ISO 17024-compliant certifications that an individual holds from member organizations. No specialty certifications or other credentials will be listed on the Registry.

At this time, individual membership is not offered. Member organizations are required to pay dues and registration fees to support the Registry and the other work of the Coalition.

WHY ACCREDITATION MATTERS

A requirement of eligibility for membership is that the certification program be accredited by a recognized third-party accreditation for personnel certification; e.g., NCCA, ANSI ISO/IEC 17024. Achieving accreditation is an indicator that the certification program has developed and implemented processes related to governance, test development, psychometric integrity, and maintenance of certification in accordance with published standards on these characteristics.

However, simply providing evidence of process is insufficient to meet accreditation. Programs also have to demonstrate that they are engaging qualified stakeholders in these processes and that the results support claims that credential holders meet defined expectations. The Registry serves as a consolidated resource for stakeholders to be able to verify to independently verify the validity of certifications across member organizations and ensure to stakeholder that the registrants listed are safe, effective, and in good standing. Not only does USREPS serve as a trusted public resource, the Registry improves the efficiency of employers by minimizing the time spent verifying credentials at each credentialing organization.





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US Registry of Exercise Professionals®

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