



Announcing the New ACS and ACSM Cancer Specialty Certification.

The American College of Sports Medicine (ACSM) is pleased to announce the offering of a new specialty certification. This certification is an industry-first for professionals working in the area of health and fitness, specifically to work with individuals who have been affected by cancer. This specialty certification was developed by a group of "subject matter experts" representing ACSM and the American Cancer Society (ACS) and was developed with a grant given by the ACS.

Over 10 million cancer survivors are alive today, and because living a healthy, active lifestyle is so important for these individuals, ACSM professionals have the potential to make a significant contribution by earning the specialty certification to safely and effectively work with people who have been affected by cancer.

What is a common work setting for individuals seeking this certification?

Commercial Health clubs
Community/public health settings
Hospital/rehabilitative
Research-based university/clinical
Corporate Fitness Centers
Private

What is the scope of practice for this Specialty Certification?

Trains men and women diagnosed with cancer who:

- * was recently diagnosed with cancer and has not yet begun treatment
- * are receiving treatment
- * are classified as class A or B according to the American Heart Association (AHA) risk stratification as outlined in the most recent edition of ACSM's Guidelines for Exercise Testing and Prescription
- * Do not have relative or absolute contraindications to exercise testing as outlined in the most recent edition of ACSM's Guidelines for Exercise Testing and Prescription

Performs appropriate/relevant fitness assessments
Makes appropriate exercise recommendations
Demonstrates a basic understanding of cancer diagnoses, surgeries, treatments, symptoms and side effects

What is the exam blueprint?

Exercise Physiology & Related Exercise Science 10%
Health Appraisal, Fitness & Clinical Exercise Testing 15%
Exercise Prescription & Programming 22%
Nutrition & Weight Management 7%
Human Behavior & Counseling 8%
Safety, Injury Prevention & Emergency Procedures 9%
Program Administration, Quality Assurance & Outcome Assessment 5%
Clinical & Medical Considerations 12%
Physiology, Diagnosis & Treatment 12%
Total 100%

What will I be tested on?

A body of knowledge delineated into Knowledge, Skills and Abilities (KSAs) has been developed specifically for this specialty certification by subject matter experts (SMEs). The SMEs developed the KSAs specifically for fitness professionals working with people affected by cancer. In addition to meeting the minimum eligibility requirements and knowing the KSAs, the following are also recommended competencies.

Recommended Competencies:

Knowledge of and ability to discuss cancer diagnoses, surgeries, treatments, and side effects with the cancer survivor and his/her family and health care providers
Knowledge of and ability to discuss how exercise may improve quality of life following a cancer diagnosis, and potentially improve prognosis
Knowledge and ability to describe cancer specific benefits and risks of exercise training before, during and after cancer treatment
Knowledge, skill and ability to select an appropriate exercise program and/or modify the exercise program based on time since diagnosis and cancer-specific surgeries, treatments, side effects, and other non-cancer related morbidities
Understanding of the potential impact of cancer therapy, especially surgery and chemotherapy, in putting cancer patients at increased risk of injury and other complications, such as lymphedema, from exercise
Knowledge to evaluate adverse responses to exercise training and how to appropriately modify exercise program and/or when to seek clinical consultation, especially for the client who is currently receiving treatment.

The following subject matter experts were "Key" contributors to the development of the certification.

Kerry Courneya, Ph.D.

Professor and Canada Research Chair in Physical Activity and Cancer
Faculty of Physical Education and Recreation
University of Alberta
Edmonton, Alberta

Melinda Irwin, Ph.D., M.P.H.

Assistant Professor
Department of Epidemiology and Public Health
Yale School of Medicine
New Haven, CT

Charles E. Matthews, Ph.D.

Assistant Professor
Department of Medicine
Vanderbilt University School of Medicine
Nashville, TN

Anne McTiernan, M.D., Ph.D., FACSM

Fred Hutchinson Cancer Research Center
University of Pennsylvania
Seattle, WA

Katie Schmitz, Ph.D., M.P.H., FACSM

Division of Epidemiology
University of Pennsylvania
Philadelphia, PA

Anna Schwartz, Ph.D., FNP., FAAN.

Executive Medical Director
Rehabilitation Systems
Phoenix, AZ

Dr. Roanne Segal, M.D., F.R.C.P.(C)

Medical Oncologist, Regional Cancer Center
Clinician Scientist - OHRI
Associate Professor of Medicine, University of Ottawa
Ottawa, Ontario

The following subject matter experts comprised the external review panel to review the body of knowledge during the development of the certification.

Claudio Battaglini, Ph.D.

Assistant Professor, Department of Exercise and Sport Science
Director of the Get Real & Heel Breast Cancer Research Program
University of North Carolina at Chapel Hill
Chapel Hill, NC

Ann Bentz, Ph.D.

Assistant Professor, Sports and Exercise Science
University of Northern Colorado
Greeley, CO

Tim Burnham, Ph.D.

Associate Professor of Exercise Science
Central Washington University
Ellensburg, WA

Kristin Campbell, B.Sc.P.T., Ph.D.

Postdoctoral Fellow
Fred Hutchinson Cancer Research Center
Seattle, WA

Roger Campbell, M.S., CET, MFT-c.

Director of Program Development
Rehabilitation Systems
St. George, UT

Jennifer Ligibel, M.D.

Medical Oncologist
Dana-Farber Cancer Institute
Boston, MA

Margaret McNeely, M.Sc.P.T., Ph.D.

Post Doctoral Fellow
University of Alberta
Edmonton, Alberta

Karen Mustian, Ph.D.

Assistant Professor of Radiation Oncology
James P. Wilmot Cancer Center
University of Rochester School of Medicine and Dentistry
Rochester, NY

Laura Q. Rogers, M.D., M.P.H., FACSM

Associate Professor of Medicine
Southern Illinois University School of Medicine
Springfield, IL

Carole Schneider, Ph.D.

Professor, Exercise Physiology
Director, Rocky Mountain Cancer Rehabilitation Institute
University of Northern Colorado, Greeley, CO

Barbara Sternfeld, Ph.D., FACSM

Senior Research Scientist
Division of Research, Kaiser Permanente
Oakland, CA

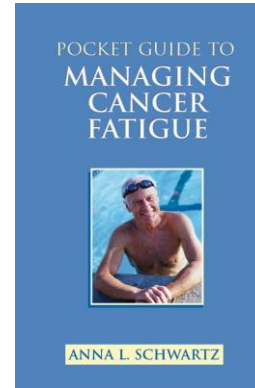
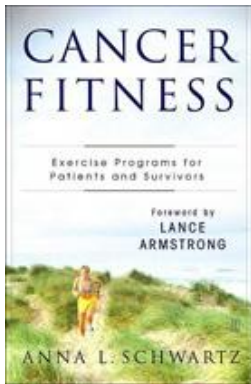
Kerri Winters-Stone, Ph.D.

Associate Professor & Scientist
School of Nursing
Oregon Health & Science University
Portland, OR

Anna L. Schwartz, Ph.D., FNP, FAAN.

Executive Medical Director
Rehabilitation Systems

anna@rehabsys.com www.rehabsys.com



Dr. Schwartz is internationally known for her program of research, which focuses on exercise interventions to reduce the physical and emotional effects of cancer and treatment. Her book, *Cancer fitness: Exercise programs for patients & survivors*, published by Simon & Schuster, brings the science of cancer and exercise to patients, survivors, and their families.

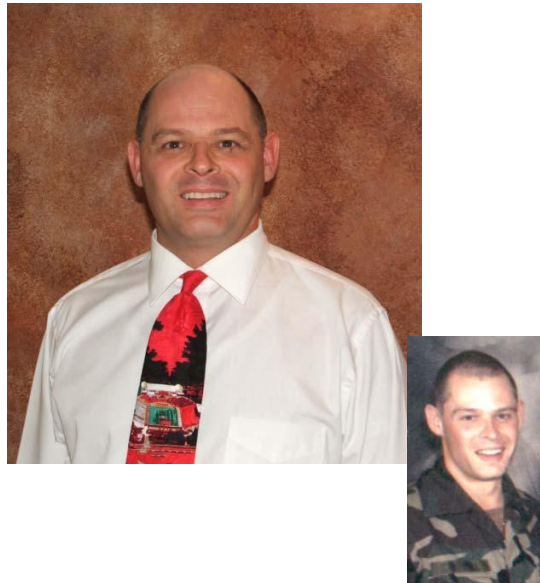
Schwartz obtained a PhD in Oncology Nursing from the University of Utah in 1997. While earning a PhD, Schwartz mentored Roger Campbell, M.S., as they developed Cancer Rehabilitation research programming at the University of Utah. Schwartz and Campbell, continue to work together, bridging the gap between cancer, exercise, research, and rehabilitation program developments. Schwartz and Campbell have built 15 Cancer Rehabilitation programs together.

Schwartz has received research funding from the National Institutes of Nursing Research (NINR), National Cancer Institute (NCI), Oncology Nursing Foundation, Department of Defense Breast Cancer Research Initiative, and the industry. Schwartz has been recognized for her outstanding scholarly work in cancer and exercise, with numerous awards from such organizations as the American Cancer Society, the Oncology Nursing Society, and the International Research Promotion Council. Schwartz has been appointed to the Lance Armstrong Foundation and YMCA, USA Expert Panel; she is a member of the American College of Sports Medicine's Committee on Certification and Registry Boards, and recently was recognized by the University of Florida as the Alumni of the Year. She holds three world records in bicycling and was a member of the 2003 Tour of Hope team that cycled from Los Angeles to Washington, DC, to raise awareness for cancer research.

Roger Campbell, M.S., CET, MFT-c.

Director of Program Development
Rehabilitation Systems

roger@rehabsys.com www.rehabsys.com



Mr. Campbell started his exercise science career in 1983 as an Army Master Fitness Trainer, where he physically prepared troops for combat deployments. With the GI Bill, Campbell obtained his Bachelor of Science Degree in Exercise Science from Utah State University, followed by a Master of Science Degree from the University of Utah, in Clinical Exercise Physiology. Campbell's greatest passion is working for the physical restoration of cancer, heart failure, pulmonary and diabetes diseased individuals. While involved with the University of Utah's Lung Transplant program, Campbell realized that greater restorative measures could, and should, be implemented to improve functional abilities of lung and cancer patients, and has set his focus on their rehabilitation pathway. Campbell spends his best energies devoted to duplicating and maintaining rehabilitation programs. Additionally, Campbell is committed to the development of health care professionals as a serving panel member of the industries-first, accredited Cancer Specialist certification prepared by the American College of Sports Medicine (ACSM) and the American Cancer Society (ACS)

