

“Clinical Exercise Physiology-UK: the journey so far...”

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AHCS registered Clinical Exercise Physiologist

DEFINE

the scope of practice and standards of proficiency for a Clinical Exercise Physiologist in the UK

REGISTER

Clinical Exercise Physiologist as a title on the Professional Standards Agency voluntary register

DEVELOP

a University curriculum that meets accreditation standards

COLLABORATE

to create professional development opportunities and endorsed educational pathways

PROMOTE

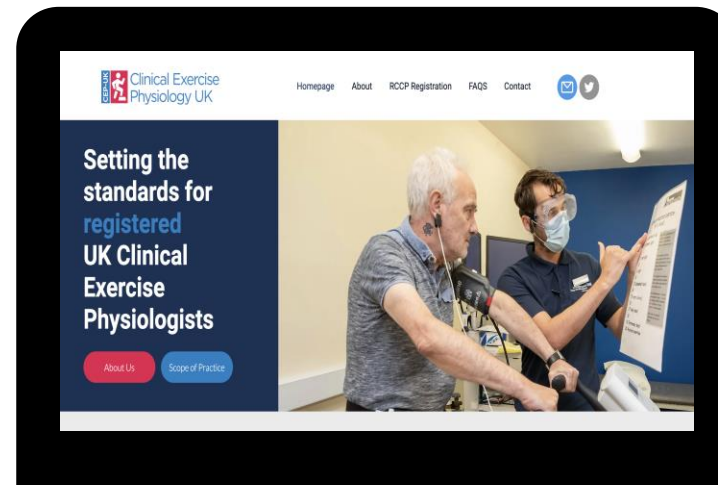
university trained accredited Clinical Exercise Physiologists in the NHS and private sector

Where to start?

BMJ Open
Sport &
Exercise
Medicine

Charter to establish clinical exercise physiology as a recognised allied health profession in the UK: a call to action

Helen Jones ¹, Keith P George,¹ Andrew Scott,² John P Buckley,³ Paula M Watson,¹ David L Oxborough,¹ Dick H Thijssen,^{1,4} Lee E F Graves,¹ Greg P Whyte,¹ Gordon McGregor ^{5,6}, Louise H Naylor,⁷ Michael Rosenberg,⁷ Christopher D Askew,^{8,9} Daniel J Green⁷



The areas of an individual's profession that they have the knowledge, skills and experience to practice safely and effectively.



The Scope of Practice for a UK
Clinical Exercise Physiologist

CEP-UK Clinical Exercise
Physiology UK

www.clinicalexercisephysiology.org.uk

2 What is the role of a Clinical Exercise Physiologist (CEP)

CEPs specialise in exercise testing and assessment, alongside the design, delivery and evaluation of evidence-based exercise interventions. CEP scope of practice encompasses apparently healthy individuals to those with chronic and complex conditions, along the care pathway from primary prevention, through acute management, to rehabilitation and maintenance. Interventions are exercise or physical activity-based and also include health and physical activity education, advice and support for lifestyle modification and behaviour change. CEPs work in a range of primary, secondary and tertiary care settings as part of a multidisciplinary team of health care and rehabilitation providers and in community settings.



- Maintaining and publishing a publicly accessible register of properly qualified members of the professions
- Promoting awareness of the Register among employers and education providers
- Working in partnership with professional bodies to promote the highest standards of professionalism
- Approving high standards of education and training and continuing professional development
- Investigating concerns and taking appropriate action

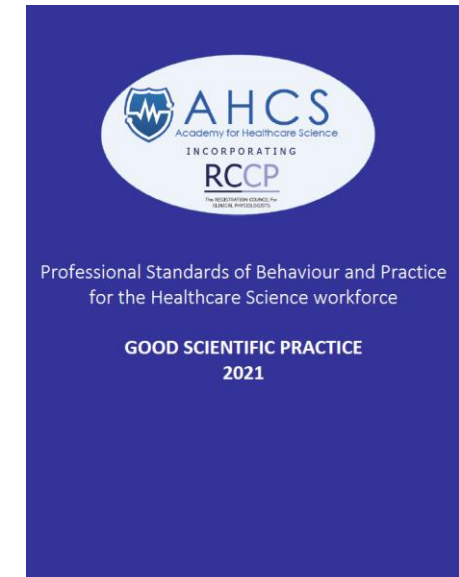
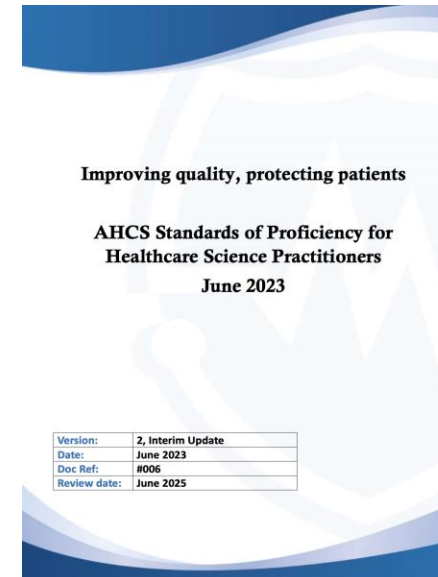


accredited register

Health professionals who meet the standards for their training, professional skills and behaviour.

EQUIVALENCE ROUTEWAY

Equivalent training and education to meet CEP-UK **Scope of Practice** and AHCS **Standards of Proficiency**



Since Dec 2021 Clinical Exercise Physiologists eligible for professional registration

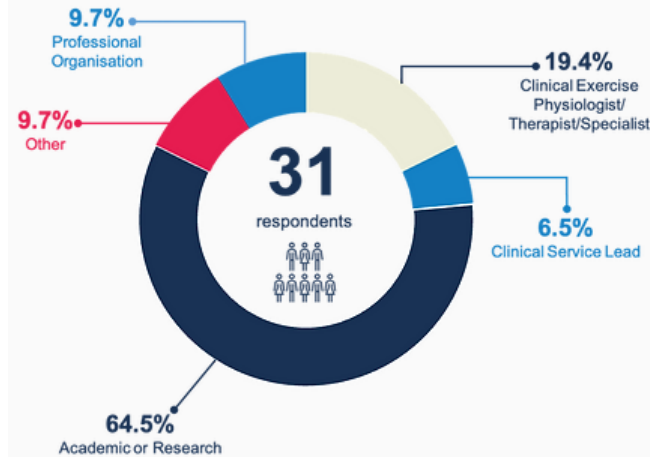


Declaration on yearly renewal



Curriculum Framework Feedback

Who responded?

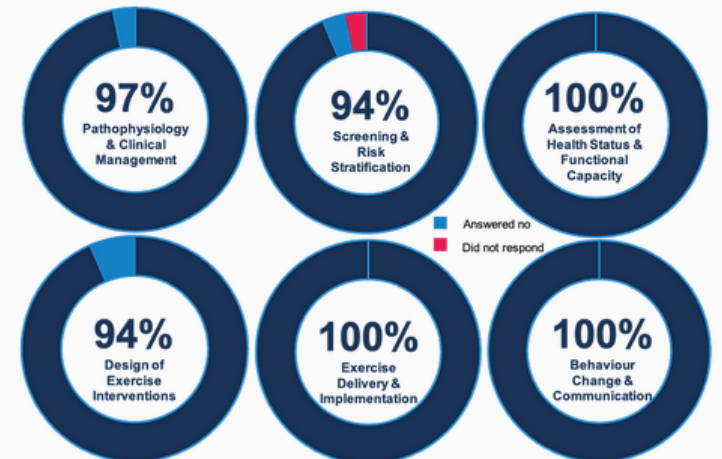


...of respondents think this framework provides enough information to be implemented into university content.



*3.2% of responders did not respond

... of respondents said the content in the curriculum framework is to the standards of a master's level degree.



How many respondents think that the sections reflect that of a Clinical Exercise Physiologist in the UK?



Pathophysiology and Clinical Management



Screening and Risk Stratification



Assessment of Health Status and Functional Capacity

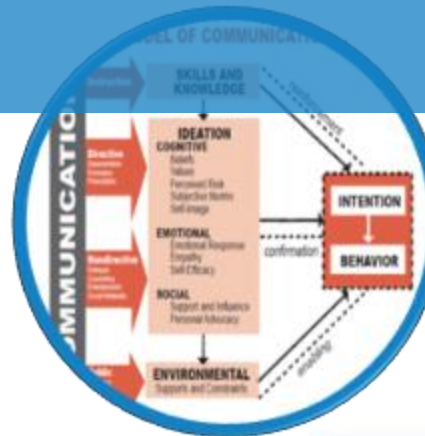


Design of Exercise Interventions

Knowledge and Skills



Exercise Delivery and Implementation



Behaviour Change and Communication

Practice-based learning

- Hours = Total 250 hours (minimum), 140 in clinical setting, 110 course based/simulated
- Reflects taught content/ Scope of Practice
- Organised by the University- specific learning outcomes and assessment
- Support for student and clinical supervisors
- Students must have appropriate level of knowledge and skill before entering clinical setting

All hours must be logged

Appendix B

Clinical Exercise Physiology Practice-Based Logbook

Name:				
SCREENING AND RISK STRATIFICATION				
1. Assessing and stratifying exercise related risk using evidence-based tools.				
2. Obtaining relevant health information and medical history				
3. Strategies and measurements used to assess and manage health status				
4. Methods used to record and report changing risk factors and adverse signs and symptoms.				
DATE	No. HRS	MODULE	CLIENT OR PATIENT(S) DESCRIPTION (HEALTHY/CLINICAL*)	DESCRIPTION (PART of MODULE LAB/ PRACTICE/ SIMULATION/ ASSESSMENT)
			<small>*Whilst a client/patient may have co-morbidities, the primary condition must be noted.</small>	



- Professional Practice Assessment Criteria
- Practical/Procedural Skill Assessment Criteria
- Exercise Prescription and Delivery Assessment Criteria

Can be embedded within learning and assessments of modules



GRADUATE ROUTEWAY



**Pass an AHCS accredited MSc in
Clinical Exercise Physiology**

Follow the curriculum standards and
Standards of Proficiency, pass CEP-
CAP, complete required clinical
placement hours

FIRST ICARDIO PLANNING MEETING

Outcome of the meeting was to establish an interim "steering group" and write a charter document (November '19).



COLLABORATE WITH REGULATOR

CEP-UK collaborated with the regulator to establish Clinical Exercise Physiologists on an accredited register (June '20).

2019

2020

2021

2022

2023

2024

STEERING GROUP FORMED

An interim steering group was formed (April '20).

SCOPE OF PRACTICE

A scope of practice was developed benchmarked against international standards (May '21).

SHARING EVENT

CEP-UK hosts a Curriculum Sharing Event to discuss the curriculum framework for interested Higher Education Institutions (September '22).

INAGURAL CONFERENCE

Conference to celebrate The Evolution of Clinical Exercise Physiology Profession in the UK (April '24).

CALL TO ACTION

A published roadmap for the establishment and recognition of a clinical exercise physiology as a health profession in the UK (September '21).

PROFESSIONAL REGISTRATION OF CLINICAL EXERCISE PHYSIOLOGIST

RCCP accredited register for CEP's opens via equivalence (December '21).

CURRICULUM FRAMEWORK

CEP-UK develops and publishes a curriculum framework document for an AHCS Accredited MSc in Clinical Exercise Physiology (May '22).



GRADUATE ROUTEWAY

AHCS opens the graduate routeway for graduates from accredited MSc courses (January '23).

SATELITE EVENT

CEP-UK host the first satellite conference event for current and aspiring AHCS accredited CEPs (November '23).

FIRST MSc COURSE ACCREDITED

The first university MSc is accredited by AHCS in the UK (May '23).



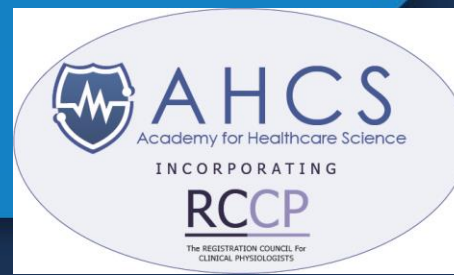
ESTABLISHED CEP-UK

Steering group was named Clinical Exercise Physiology UK (CEP-UK) and recognised as a BASES Advisory Group (October '21).

START

Research England International Investment Initiative Grant awarded to LJMU and UWA for icardio project (August '19).

Current state of play



Equivalence



103 AHCS registered
Clinical Exercise
Physiologists



3 Under Review



~180 Open applications

(figures correct as of 04/04/24)

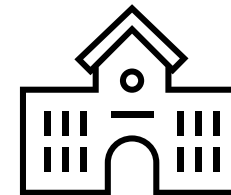
MSc Accreditation



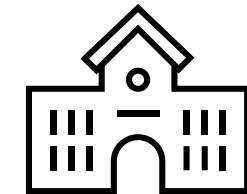
3
Accredited
MSc



4
Undergoing
Accreditation



11 Submitted or
registered intention to
submit paperwork



12 Registered interest

*Future conservative projections for workforce:

278 (equivalence) + 280 per year (14 MSc courses @ 20 per course per year (graduate)) = **~1678 by 2029**

Leadership in healthcare for CEPs

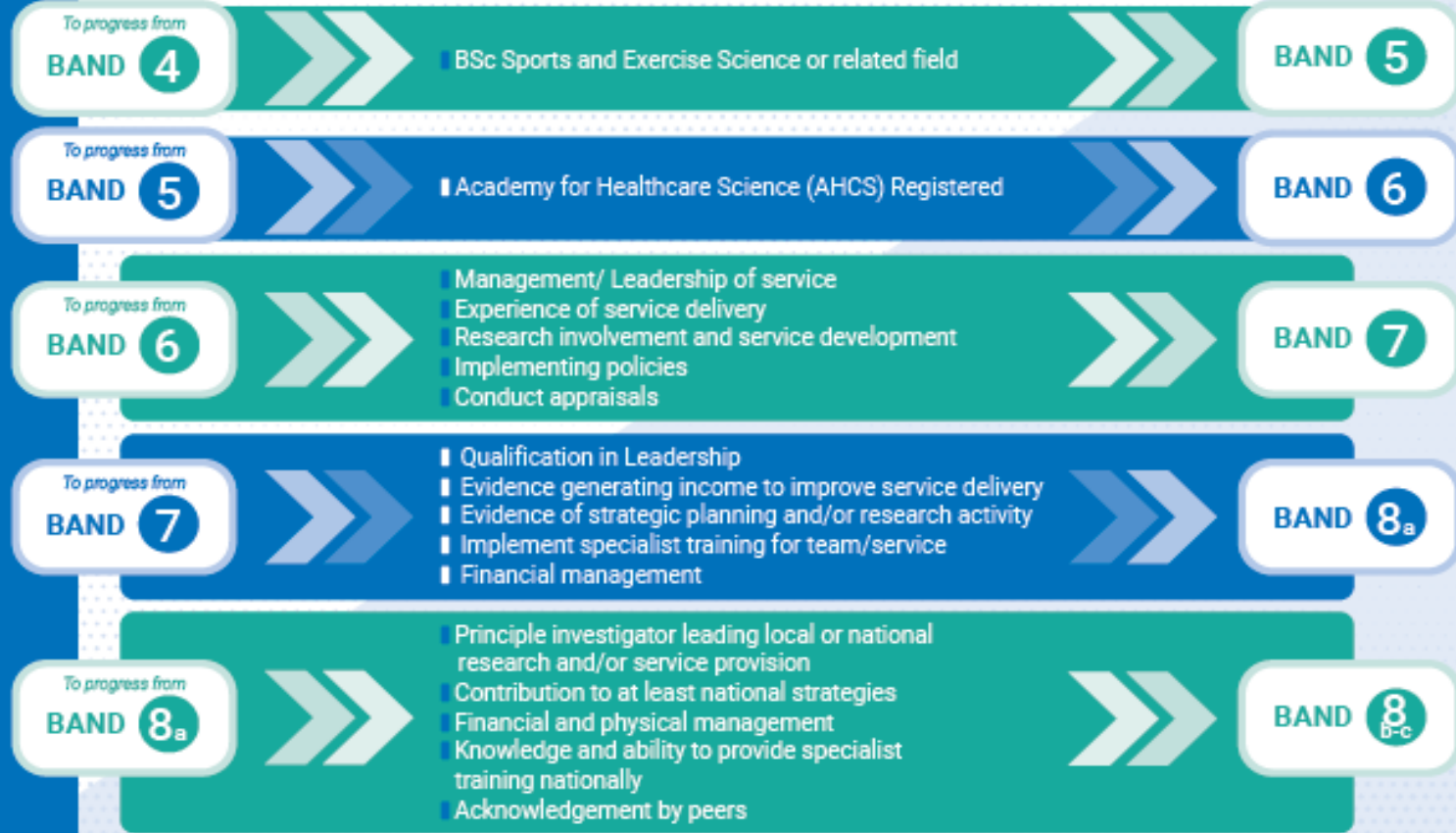
CEP-UK



Clinical Exercise Physiology UK



Career Development Framework for the Exercise Workforce in Cardiac Rehabilitation



	Entry step point
Band 5	£28,407
Band 6	£35,392
Band 7	£43,742
Band 8a	£50,952
Band 8b	£58,972
Band 8c	£70,417
Band 8d	£83,571
Band 9	£99,891

Standard job descriptions for cardiac exercise workforce



Band 6 – Specialist Clinical Exercise Physiologist	Essential	Desirable	Measure: AF = Application form I = Interview A = Assessment test
Education and Qualifications			
BSc in Sport and Exercise Science/Exercise Physiology or closely related subject	X		AF / I
Academy of Healthcare Science (AHCS) registration via AHCS accredited MSc in Clinical Exercise Physiology or via AHCS Clinical Exercise Physiologist equivalence routeway	X		AF / I
AHCS registration as a CEP annually maintained	X		AF / I
Experience and Knowledge			
Specialist knowledge and experience of working with people with cardiac and comorbid populations	X		AF / I
Experience of leading structured and graded exercise programmes for people with cardiovascular and co-morbid conditions, e.g., cancer, pulmonary etc	X		AF / I
Experience of leading the development of exercise programmes for people with cardiac conditions	X		AF / I
Experience of leading fitness assessments for people with cardiac conditions	X		AF / I
Experience of leading group education sessions	X		AF / I
Up to date knowledge of national and local strategies to reduce cardiovascular disease	X		AF / I
Have thorough knowledge of relevant professional standards	X		AF / I
Up to date knowledge of evidence-based research literature and other international guidelines	X		AF / I
Knowledge of the research process and willingness to be involved in research related to the service		X	AF / I

Band 8a-c Consultant Clinical Exercise Physiologist	Essential	Desirable	Measure: AF = Application form I = Interview A = Assessment test
Education and Qualifications			
BSc in Sport and Exercise Science/Exercise Physiology or closely related subject	X		AF / I
Academy of Healthcare Science (AHCS) registration via AHCS accredited MSc in Clinical Exercise Physiology or via AHCS Clinical Exercise Physiologist (CEP) equivalence routeway	X		AF / I
AHCS registration as a CEP (annually maintained)	X		AF / I
Doctorate level qualification e.g. PhD or ProfDoc		X	AF / I
Leadership, management and quality improvement training e.g. QSIR, Prince2, MSP	X		AF / I
Experience and Knowledge			
Highly specialist knowledge and extensive experience of working with complex cardiovascular conditions and comorbid populations	X		AF / I
Extensive experience of managing staff leading structured and graded exercise programmes for people with cardiovascular and co-morbid conditions e.g., cardiovascular, cancer, pulmonary etc	X		AF / I
Extensive experience of managing staff leading the development of exercise programmes for people with cardiovascular conditions	X		AF / I
Extensive experience of managing staff leading relevant clinical assessments for people with cardiovascular conditions	X		AF / I
Extensive experience of managing staff leading group education sessions	X		AF / I
Contribute to the provision of local, regional, national strategies to reduce cardiovascular disease and its clinical management	X		AF / I
Contribute to the relevant national or international strategies or guidelines	X		AF / I
Extensive experience in implementing evidence-based research practice	X		AF / I
Evidence of generating research income (lead/principle investigator)	X		AF / I
Extensive experience of leading research, audit and service evaluation	X		AF / I
Experience in the design and implementation of own research and has a relevant research portfolio	X		AF / I
Experience of being responsible for financial & physical resources	X		AF / I
Extensive experience of planning and managing highly complex clinical caseloads	X		AF / I

DISABILITY AND REHABILITATION
<https://doi.org/10.1080/09638288.2023.2225879>




ORIGINAL ARTICLE

<https://doi.org/10.1080/09638288.2023.2225879>

OPEN ACCESS  Check for updates

Insights and recommendations into service model structure, staff roles and qualifications in a UK cancer specific clinical exercise service: a multi-method qualitative study

Anthony Crozier^a , Paula M. Watson^a, Lee E. Graves^a, Keith P. George^a, David Richardson^b, Louise Naylor^c, Daniel J. Green^c, Michael Rosenberg^c and Helen Jones^a

Journal of Clinical Exercise Physiology Multi-stakeholder perspectives of the knowledge and skills of a clinical exercise physiologist in the UK --Manuscript Draft--




Manuscript Number:	
Full Title:	Multi-stakeholder perspectives of the knowledge and skills of a clinical exercise physiologist in the UK
Article Type:	Original Research
Keywords:	Clinical exercise physiology; competencies; experiences
Corresponding Author:	Helen Jones, PhD <small>Moore's University - City Campus: Liverpool John Moores University DOM</small>

High INTensity Interval Training in pATiEnts with Intermittent Claudication: A Qualitative Acceptability Study

Sean Pymer,¹ Amy, E. Harwood,^{2,3} Said Ibeggazene,¹ Gordon McGregor,^{2,4,5} Chao Huang,⁶ Adam, R. Nicholls,³ Lee Ingle,³ Judith Long,⁷ Marjorie Rooms,⁸ Ian C Chetter,¹ and Maureen Twiddy,⁶ Hull and Coventry, UK

Open access

BMJ Open Mobile health biometrics to prescribe immediate remote physical activity for enhancing uptake to cardiac rehabilitation (MOTIVATE-CR+): protocol for a randomised controlled feasibility trial

Anthony Crozier ,¹ Matthew Cocks,² Katie Hesketh ,³ Gemma Miller,⁴ Gordon McGregor,⁵ Laura Thomas,⁴ Helen Jones ⁴

Open access

Original research

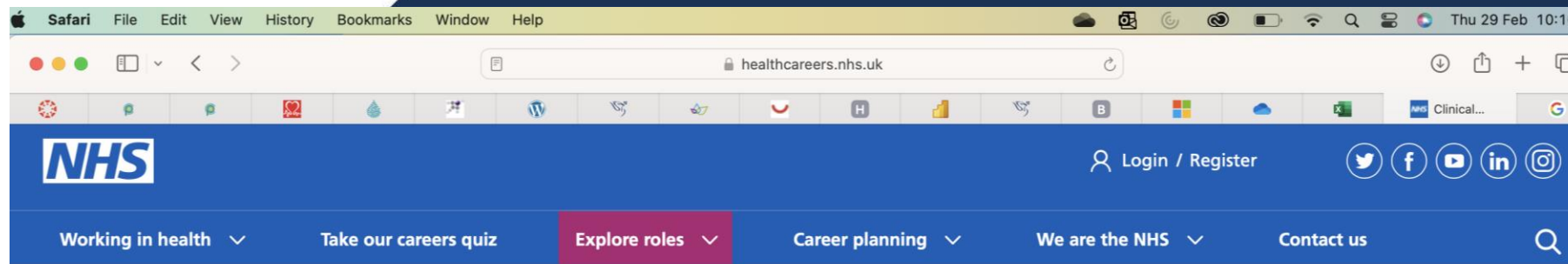
BMJ Open Development of a complex exercise rehabilitation intervention for people with pulmonary hypertension: the supervised pulmonary hypertension exercise rehabilitation (SPHERE) trial

Stuart Ennis ,^{1,2} Harbinder Kaur Sandhu ,¹ Julie Bruce ,¹ Kate Seers ,³ Tamar Pincus,⁴ Martin Underwood,¹ Gordon McGregor ^{1,2}

Career as CEP (from school leavers)



Clinical Exercise
Physiology UK



Home > Explore roles > Healthcare science > Roles in healthcare science > Physiological sciences > Clinical exercise physiologist

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[Physiological sciences](#)

[Clinical exercise physiologist](#)

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(Open in a new window)



Clinical exercise physiologist

Clinical exercise physiologists are responsible for prescribing and delivering evidence-based exercise to help patients prevent, treat and manage their long-term conditions.



PROMOTE

university trained
accredited
Clinical Exercise
Physiologists in
the NHS and
private sector

Prehab4Cancer: Findings and recommendations

Referrals via HCPs



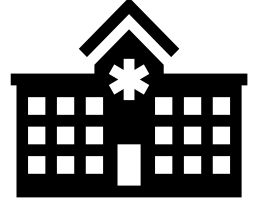
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Leisure Services

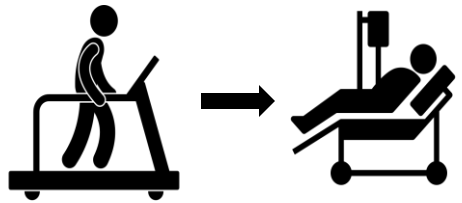


AHCS registered or equivalent staff

NHS hospitals and clinics



Prehabilitation

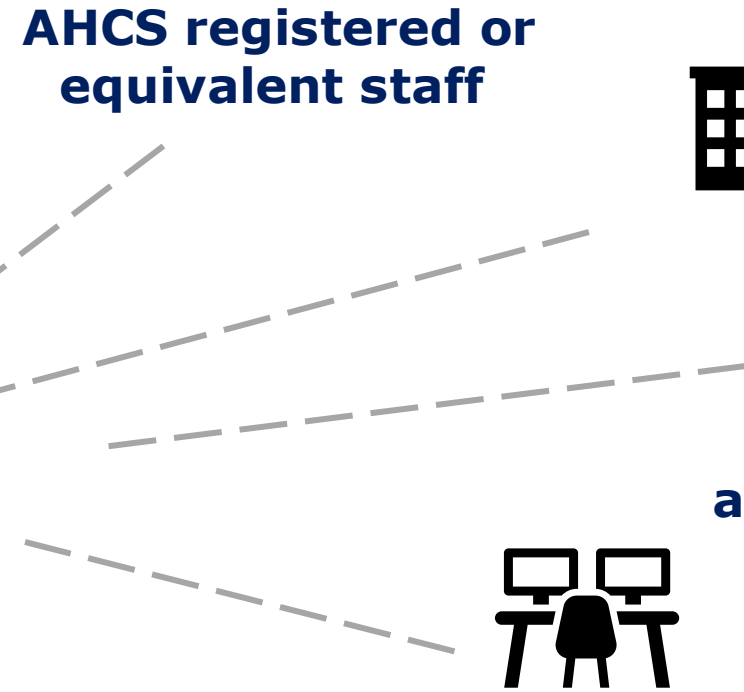


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Rehabilitation



Patient Centered Care



Research active/driven



Workplace learning & development

Thank you for listening...
Questions?

