



CSEP-CPT Letter of Support

Dear Employer/Supervisor:

Please be advised that _____ is applying to complete his/her CSEP-CPT certification through the Canadian Society for Exercise Physiology (CSEP). This certification requires that the applicant provide at least one letter of support verifying that he/she has completed a minimum of **25 contact hours** of personal training with a client. Someone who is in a supervisory position at the facility where the training hours were completed should have overseen the personal training.

The personal training hours should have allowed the applicant to develop and exhibit the following skills:

1. The ability to clearly identify clients' needs.
2. The ability to appraise the current fitness level of clients according to their needs.
3. The ability to design safe exercise programs for clients based on the appraisal results, goals and objectives.
4. Effective counseling skills with respect to recommended lifestyle behaviours.
5. The demonstration of correct exercise technique and program progression monitoring.
6. The ability to provide motivation and enthusiasm.
7. The demonstration of professionalism in the role of a certified personal trainer (including dressing appropriately for personal training sessions).
8. The ability to log/track personal training hours with individual clients.

Please sign below if you are willing to verify that this applicant has indeed fulfilled the requirements as stated above.

Employer/Supervisor Signature

Date

Employer/Supervisor (Print Full Name)

E-mail/Phone Number

Applicant's Signature

Date

Please forward completed document to:

Atlantic CSEP H&FP
c/o Fitness NB
1216 Sand Cove Road, Unit 2
Saint John, New Brunswick
E2M 5V8