



**CSEP CERTIFIED PERSONAL TRAINER™
WORKSHOP APPLICATION FORM**

Name: _____

Mailing Address: _____ Apt: _____

City: _____ Postal Code: _____

Telephone: _____ Work: _____

Fax: _____ Email: _____

PART A: ACADEMIC REQUIREMENTS COMPLETE THE FOLLOWING

College: _____ Graduation Year: _____

Diploma Program: _____
If not completed years completed: _____ Credential: _____

University: _____ Graduation Year: _____

Degree Program: _____
2nd degree (if applicable) _____ Graduation Year: _____

PART B: SPECIFIC COURSEWORK REQUIREMENTS:

Candidates must provide formal documentation of having completed a minimum of 2 yrs of college diploma or university degree coursework that addresses specifically the core competencies of the CSEP CPT. These diploma or degree courses will be delivered in a college or university program human kinetics, kinesiology, physical education, health sciences and/or exercise sciences.

CORE COMPETENCY AREAS	COURSE TITLE AND NUMBER
1. <i>Basic Anatomy and Physiology</i> May be integrated (in part) within courses dealing with the understanding of the structure and function of the human body.	
2. <i>Basic Psychological Characteristics and Motivational Strategies</i> May be integrated (in part) within courses dealing with interpersonal communications, health counseling, wellness-health promotion, supervised counseling experience, and psychological aspects of health & fitness.	
3. <i>Basic Theory and Methods of Health-Related Physical Fitness</i> May be integrated within courses dealing with exercise physiology and fitness appraisal including those involving the administration of the CPAFLA.	
4. <i>Physical Activity/Exercise Prescription and Design</i> May be integrated (in part) within courses dealing with: personal fitness training, physical activity/exercise prescription, training techniques, and methods of training. Optimal program design includes appropriate demonstration, client observation and exercise modification.	
5. <i>Safety and Emergency Procedures</i> May be integrated (in part) within courses dealing with: emergency response procedures, injury assessment and treatment.	
6. <i>Documentation, Administration and Professionalism</i> Covering material related to marketing, administration, program documentation and professionalism.	

OTHER PRE-REQUISITES *(please submit along with your application)*

1. Current/Valid Annual Heart Saver Level (A) CPR Certificate
2. Current/Valid Emergency or Standard First-Aid (course completed)
3. Submit College or University Transcripts

PART C: OFFICE USE ONLY

- ◆ PERMISSION TO PARTICIPATE IN A CSEP CPT WORKSHOP (40-44 HOURS)
- ◆ PERMISSION TO CHALLENGE THE CSEP CPT EXAMINATION (theory and practical) (no workshop)
- ◆ SUCCESSFUL COMPLETION OF THE CSEP CPT THEORY EXAM YES NO
- ◆ SUCCESSFUL COMPLETION OF THE CSEP CPT PRACTICAL EXAM YES NO
- ◆ CSEP CPT Instructor/Examiner: _____

POST-CERTIFICATION REQUIREMENTS (within 12 months post certification or earlier)

1. Submit Appendix A “Letter of Support” from the CSEP CPT Candidate’s Study Guide
2. Submit log for 25 hrs of Personal Training Experience

