



ATLANTIC CSEP
Health & Fitness Program

CSEP Health & Fitness Program



Become a

Certified Fitness Professional

with the
Canadian Society for Exercise Physiology

THE NEW BRUNSWICK COUNCIL
FOR FITNESS AND ACTIVE
LIVING is the Business Office for
the Atlantic CSEP Health &
Fitness Program.



CSEP Certifications



Certified Fitness Consultant (CFC)

This course provides participants with the skills and knowledge to administer and interpret the Canadian Physical Activity, Fitness & Lifestyle Approach (CPAFLA). The CPAFLA can be a valuable tool used to guide and motivate individuals to improve or maintain a healthy fitness level. CFC's are health promoters who conduct fitness appraisals and provide consulting on physical activity, exercise and lifestyle.

Professional Fitness & Lifestyle Consultant (PFLC)

The purpose of this certification is to recognize the qualifications of fitness professionals who have advanced training in exercise science, lifestyle counseling and exercise prescription/personal training. Individuals wishing to be certified as a PFLC must have a University degree in Exercise Science, complete comprehensive written and practical examinations and hold a current CPR certificate.

Exercise Therapist

The CSEP Exercise Therapist performs evaluations, prescribes conditioning exercises, and provides exercise supervision, health education and outcome evaluation. The majority of clients for whom services are appropriate include, but are not limited to, those with musculoskeletal, cardiorespiratory, and metabolic conditions. The CSEP Exercise Therapist also works with apparently healthy asymptomatic populations such as older adults, children and youth, and obstetric populations, and to society as a whole, in health enhancement and the prevention of impairment and disability.

Enhancing Inclusive Fitness & Lifestyle Services

This program is for CSEP fitness professionals (CFC's and PFLC's) with at least one year of appraisal experience after certification. Candidates will review: active living for people of all abilities, benefits of inclusion, behaviour change in people with disabilities, overview of modified protocols, and practical and theoretical components. Professionals will receive national recognition by CSEP for having completed the Supplementary Training Module entitled: Enhancing Inclusive Fitness & Lifestyle Services.

Accredited Fitness Appraisal Centres

An Accredited Fitness Appraisal Centre (AFAC) is a fitness centre which employs a Professional Fitness & Lifestyle Consultant (PFLC) and which conforms to operation and safety guidelines developed by the national CSEP Health & Fitness Program recognized by the Canadian Society for Exercise Physiology.

Coming Soon!! Certified Personal Trainer

The new Certified Personal Trainer designation sets the Canadawide, fitness industry, "minimum standard," for Personal Fitness Training, the same way the Certified Fitness Consultant (CFC) designation does for fitness appraisal. The new designation will recognize CFC's with formal academic training and will sanction them to provide individualized exercise prescriptions for clients based on results from a CPAFLA appraisal.

CSEP H&FP certifications are nationally recognized and transferable across Canada.

Atlantic CSEP Health & Fitness Program



Contact Us

What is the Canadian Society for Exercise Physiology (CSEP)?

Founded in 1967, CSEP is a voluntary no-profit organization composed of professionals interested and involved in the scientific study of physical activity, fitness and health.

For more information contact:

The Canadian Society for Exercise Physiology

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The New Brunswick Council for Fitness and Active Living

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CSEP's Mission is...

To promote the generation, synthesis, transfer and application of knowledge and research related to exercise physiology (encompassing physical activity, fitness, health and human performance.)



About the CSEP

What services does CSEP provide?

- An annual national conference.
- Works in partnership with government.
- Exercise Therapist or ACSM Exercise Specialist.
- Scientific and Resource Publications.
- Canadian Journal of Applied Physiology.

Guiding Principles of CSEP

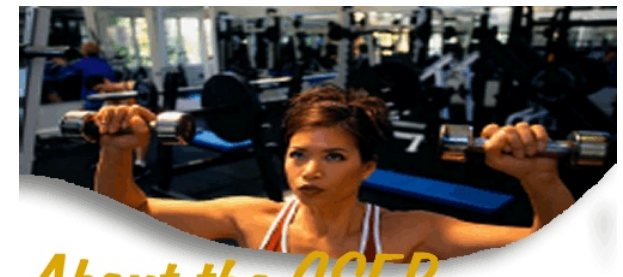
To promote and foster the growth of the highest quality research and education in exercise physiology and biochemistry, fitness and health.

To provide a national forum (committees and networks) for Canadians whose interests coincide with exercise physiology.

To recognize the regional diversity of Canada and offer equal opportunity for persons within CSEP regardless of age, gender, race or disability.

To apply the knowledge derived from research in exercise physiology.

Members of CSEP belong to the only nationally recognized group of Exercise Physiologists in Canada.



About the CSEP

The CSEP Health & Fitness Program is designed....

To ensure that quality fitness appraisal and physical activity counseling services are available to assist in the promotion of an active lifestyle for all Canadians.

What is the CSEP Health & Fitness Program?

A voluntary non-profit program, administered by CSEP, that provides standardized fitness appraisal training, personal training techniques and lifestyle coaching across Canada.

The CSEP Health & Fitness Program is supported by Health Canada and is administered by fitness professionals in every province as well as the RCMP, the Canadian Military and numerous Colleges/Universities.

The CSEP H&FP currently recognizes three levels of fitness appraisers/consultants:

- Certified Fitness Consultant
- Professional Fitness & Lifestyle Consultant
- CSEP - Exercise Therapist™

In the hands of a knowledgeable and enthusiastic appraiser, the fitness appraisal can be an excellent vehicle to evaluate fitness and to encourage Canadians to develop active and healthy lifestyles.