

# CSEP Certified Personal Trainer®



Become a

# Certified Fitness Professional

with the  
Canadian Society for Exercise Physiology

## Certification



The CSEP sanctions a CSEP-Certified Personal Trainer® to use only the Canadian Physical Activity, Fitness and Lifestyle Approach (CPAFLA) protocols to interpret a client's appraisal results against the Health Benefits Zones in the CPAFLA manual and to provide individualized physical activity/exercise prescriptions and lifestyle plans for apparently healthy individuals.

### Stage One: Academic Requirements

Candidates must be able to provide formal documentation of having completed a minimum of 2 years of College Diploma or University Degree course work that addresses specifically the core competencies of the CSEP-CPT (as verified by transcripts from an accredited college or university).

### Stage Two: Application Process

Candidates are required to take a series of introductory courses that meet each of the following core competency areas:

- |   |  |
|---|--|
| I. Basic Anatomy and Physiology                                     | IV. Physical Activity/Exercise Prescription and Design |
| II. Basic Psychological Characteristics and Motivational Strategies | V. Safety and Emergency Procedures                     |
| III. Basic Theory and Methods of Health-Related Physical Fitness    | VI. Documentation, Administration and Professionalism  |

### Stage Three: Approval of Workshop Application

- CSEP-CPT candidates must submit a workshop application form to the CSEP Atlantic office. This form will determine your eligibility to attend a CSEP-CPT workshop or to challenge the theory and practical examination based on the six core competency areas..

### Stage Four: CSEP-CPT Theory and Practical Examination

- **Written Examination:** The CPT candidate will demonstrate appropriate theoretical knowledge of all core competency areas by achieving a minimum score of 70% or higher in order to pass the National CPT theory exam.
- **Practical Examination:** Successful completion of the practical exam (pass or fail). Candidates will be assessed on CPAFLA assessment protocols, counseling, and behaviour change

### Stage Five: CPR and First Aid

- Candidates are required to hold a current/valid CPR Level "A" (expiry within one year) and to have successfully completed a course in standard first-aid.

### Stage Six: Registration

- Payment of annual CSEP Atlantic Professional Association Fee. (Fees include: registration with the CSEP Atlantic, registration with the Canadian Society for Exercise Physiology (CSEP) and Liability Insurance premium.

### Stage Seven: Personal Training Documentation

- Candidates must submit a total of 25 hours of documented experience providing fitness training with clients within one year of successful completion of the written and practical exam. Candidates must also provide at least one letter of support from a guarantor such as a university professor/college instructor, an employer/supervisor, or a health care professional that verifies this experience.



## Contact Us

For more information please contact:

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

Tel: (506) 672-1993

Toll Free: 1-888-790-1411

Fax: (506) 672-8762

E-mail: [membershipservices@fitnessnb.ca](mailto:membershipservices@fitnessnb.ca)

Web Site: [www.fitnessnb.ca](http://www.fitnessnb.ca)

### **The Canadian Society for Exercise Physiology**

185 Somerset Street West, Suite 202

Ottawa, ON K2P 0J2

Tel: (613) 234-3755

Toll Free: 1-877-651-3755

Fax: (613) 234-3565

E-mail: [info@csep.ca](mailto:info@csep.ca)

Web Site: [www.csep.ca](http://www.csep.ca)

### **CSEP H&FP Mission Statement**

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



## About CSEP

### **What services does CSEP provide?**

- An annual national conference.
- Works in partnership with government.
- 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.

**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.**



## About 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?**

The CSEP Health and Fitness Program was established by the Canadian Society for Exercise Physiology (CSEP) in 1981 to address certain needs and concerns of personnel working in the physical activity, fitness and lifestyle appraisal industry. Currently the CSEP H&FP has the highest standards in the Canadian industry for fitness professionals.

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.

### **CSEP Atlantic currently recognizes three levels of fitness appraisers/consultants:**

- CSEP - Certified Personal Trainer®
- CSEP - Certified Exercise Physiologist®
- Accredited Fitness Appraisal Centre

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