

PHYSICIAN REFERRAL LETTER

Dear Physician,

Your patient has consulted a Canadian Society for Exercise Physiology - Certified Personal Trainer™ (CSEP-CPT) for a health and fitness assessment and/or personal training services. The CSEP-CPT is certified and sanctioned to administer appropriate submaximal appraisal protocols to apparently healthy individuals, interpret appraisal results, develop a specific health-related program of exercise for the appraised individual, and act as a personal trainer. All assessment and prescription is conducted at submaximal intensities. (More information about the CSEP-CPT can be found at www.csep.ca or on the following page).

Your patient answered “YES” to the following question(s) on the Physical Activity Readiness Questionnaire (PAR-Q):

Consequently, your patient requires clearance from you, before they can complete the physical testing and/or training. ***Please sign and complete the Physical Activity Readiness Conveyance/Referral Form – detachable from Page 4 of the PARmed-X enclosed – and indicate any necessary restrictions and give it to your patient to bring back to their CSEP-CPT (health and fitness professional).***

If you have any questions regarding any part of the fitness assessment or exercise prescription or the use of the PARmed-X, please contact (below) the referring CSEP-CPT.

ENCL: PARmed-X



Additional Information about the CSEP-CPT Health and Fitness Assessment/Prescription

The health and fitness assessments conducted by CSEP-CPT are exclusively those outlined in the Canadian Physical Activity, Fitness and Lifestyle Approach (CPAFLA). The CPAFLA protocols and manual were created by the CSEP, with funding assistance from the Centre or Health Promotion-Public Health Agency of Canada. When administered by trained CSEP-Certified Personal Trainers™ or CSEP-Certified Exercise Physiologists™ the appraisal can provide important information to individuals which may motivate them to increase their physical activity and develop healthy lifestyles.

The CPAFLA evaluates physical activity habits and lifestyle behaviours using simple questionnaires. The fitness component of the appraisal involves a series of physical tests and measurements. Some of these (height, body mass, waist circumference, and skinfold measurements) require no physical exertion and may already be complete. The tests that evaluate aerobic fitness and musculoskeletal fitness require physical exertion and are briefly outlined below. All CPAFLA fitness appraisals must be preceded by the participant signing an informed consent form.

Protocols Used by a CSEP-CPT to Evaluate Aerobic Fitness

- Aerobic fitness is predicted via the completion of one of four possible submaximal exercise protocols including the modified Canadian Aerobic Fitness test, the Rockport Walking test, the Single Stage Treadmill Walking test, and the YMCA Cycle Ergometer Submaximal test. Post-exercise blood pressure and heart rate are monitored after each test to ensure an appropriate recovery has occurred

Protocols Used by a CSEP-CPT to Evaluate Musculoskeletal Fitness

- Seven simple tests are performed to evaluate musculoskeletal fitness. *Muscular strength* can be determined for the major muscle groups using a submaximal protocol that involves determining the weight that a participant can lift for up to 10 times. Strength is also evaluated using a hand dynamometer. *Muscular endurance* is determined using push-ups, curl-ups, and a back extension test. Flexibility is evaluated using a sit and reach protocol. *Muscular power* is determined from the vertical jump test.

Exercise Prescription Program Guidelines

All exercise prescriptions must adhere to the guidelines established by the CSEP and Health Canada including those outlined in Canada's Physical Activity Guidelines. Specifically, it is recommended that adults engage in 30-60 minutes of moderate intensity aerobic exercise on most (preferably all) days of the week. Moderate-intensity aerobic exercises are equivalent to a brisk walk ($9-12 \text{ min}\cdot\text{km}^{-1}$) or approximately 3–6 MET. (MET = metabolic equivalent where $1 \text{ MET} = 3.5 \text{ ml}\cdot\text{kg}^{-1}\cdot\text{min}^{-1}$). In terms of musculoskeletal fitness, it is currently recommended that adults perform resistance training and flexibility exercises at least twice a week. It is advocated that adults engage in 1-2 sets of 8-10 different resistance exercises with large muscle groups for 8-12 (moderate intensity) repetitions using proper form. Persons over 60 years of age and/or more frail individuals may engage in 1 set of 10-15 repetitions (at an intensity of moderate to comfortably hard) owing to the risk for orthopaedic injury.

