

ADVANCED LEVEL

**CSEP Certified Exercise Physiologist**

**Objective**

The objective of the CSEP CEP certification is to recognize the qualifications of those persons who possess advanced formal academic preparation and practical experience in both health-related and performance-related physical activity/exercise science fitness applications for non-clinical and clinical populations.

**Description**

The CSEP CEP performs assessments/evaluations, prescribes conditioning exercise, provides exercise supervision/monitoring, counselling, healthy lifestyle education, and outcome evaluation for “apparently healthy” individuals and/or populations with medical conditions, functional limitations or disabilities through the application of physical activity/exercise, for the purpose of improving health, function and work or sport performance.

APPLICATION PROCEDURE

Please Contact:

**PROVINCIAL/REGIONAL CSEP  
HEALTH & FITNESS PROGRAM  
OFFICE**

See [www.csep.ca](http://www.csep.ca) /provincial contacts for the CSEP Health & Fitness Program in your province.

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The Head Office

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THE CANADIAN SOCIETY FOR EXERCISE  
PHYSIOLOGY

CERTIFICATIONS

IMAGE UNDER CONSTRUCTION

CSEP CERTIFIED EXERCISE  
PHYSIOLOGIST

## INTRODUCTION

### The Canadian Society for Exercise Physiology (CSEP)

CSEP is an organization of academics and professionals involved in the field of exercise science. The mission of CSEP 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)". CSEP provides research-oriented opportunities for its academic members which include an annual scientific conference, a scientific journal and government consultations. It also provides a professionally-oriented Health & Fitness Program offering two levels of fitness professional certification.

### The CSEP Health & Fitness Program (H&FP)

The CSEP-H&FP, previously known as the Fitness Appraisal Certification and Accreditation Program, was established in 1981 to address needs and concerns in the fitness industry. The mission of the H&FP is "To ensure that quality fitness practices and physical activity counselling services are available to assist in the promotion of an active lifestyle for all Canadians. The H&FP protects consumers by establishing standards for fitness personnel and promoting a professional approach in the physical activity, fitness, and lifestyle industry. As well, it recognizes those fitness practitioners who have attained advanced qualifications for the provision of fitness services.



## CSEP

### Certified Exercise

### Physiologist (CSEP CEP)

#### CSEP CEP Scope of Practice

#### **A CSEP CEP is sanctioned by CSEP to:**

1. Administer appropriate assessment protocols for the evaluation of physical fitness to individuals who have been screened, signed an informed consent form and/or who have been cleared for unrestricted or restricted activity by a licensed health care professional.
2. Provide physical activity clearance following further queries to positive responses to questions 4, 5 and 7 on the PAR-Q. For example, an individual could be cleared for physical activity/exercise by a CSEP CEP if: (i) in question 4 it was determined that the dizziness was associated with over breathing during heavy exercise or sudden postural changes, (ii) in question 5 it was determined that the joint problem was an old knee, ankle, shoulder or other old joint constraint and (iii) in question 7 it was determined that the individual had a "cold" or relative contraindication such as, but not limited to, controlled diabetes or stable medicated blood pressure.
3. Provide physical activity clearance to clients who are screened out by PAR-Q questions 1 and 6. In these instances, until additional information is gathered, the CSEP CEP can recommend tailored, low intensity, progressive physical activity (such as walking).
4. Seek medical clearance for clients of any age who are screened out by PAR-Q questions 2 and 3 which deal

with potential heart problems before providing physical activity recommendations.

5. Provide physical activity clearance and recommend tailored, progressive physical activity for clients over age 69 who do not respond positively to PAR-Q questions 2 and 3 which deal with potential heart problems.
6. Provide physical activity clearance to clients over age 69 and recommend tailored, progressive physical activity.
7. Provide physical activity clearance to youths under age 15 who have consent of their parent or guardian.
8. Interpret the results of an individual's fitness assessment to determine the individual's health-related fitness level and/or performance-related (function and work or sport) fitness level.
9. Use the outcomes from objective assessments to guide decisions regarding physical activity/exercise: prescription, demonstration, supervision and monitoring, fitness and healthy lifestyle counselling and act as a personal trainer.
10. Suggest healthy dietary practices in concert with physical activity/exercise programs for healthy weight management.
11. Suggest dietary practices for health-related nutrition and performance-related nutrition.
12. Use a heart rhythm tracing to observe heart response during a fitness assessment and a structured exercise session.
13. Evaluate and treat both asymptomatic and symptomatic populations with medical conditions, functional limitations and disabilities, through the application of exercise and physical activity, for the purpose of improving health and function.
14. Perform evaluations, prescribe conditioning exercise, and provide

exercise supervision, health education and outcome evaluation.

15. Work with apparently healthy asymptomatic and symptomatic 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.
16. Provide appropriate exercise therapy to clients including, but not limited to, those with musculoskeletal, cardio-respiratory, and metabolic conditions.
17. Accept referrals from licensed health care professionals trained to diagnose and treat musculoskeletal conditions and/or medical conditions.

#### **A CSEP-CEP is NOT sanctioned by CSEP to:**

1. Administer assessment protocols and prescribe exercise and/or therapy acutely injured and diseased individuals who are not within the boundaries of the above scope of practice.
2. Diagnose pathology based on any assessment performed.

#### **Certification Requirements**

1. Must have completed a University degree, covering the 16 core competencies areas.
2. Annual CPR, level C and Standard First Aid course completed.

#### **Examination**

1. National written examination, must obtain 75% or higher
2. Objective Standardized Practical Evaluation; OSPEs evaluate what a CSEP CEP Candidate can perform, apply and demonstrate through advanced skills and abilities.