

## INTRODUCTORY LEVEL

### CSEP Certified Personal Trainer (CSEP CPT)

#### Objective

The CSEP-CPT certification will recognize individuals with formal post-secondary training in physical activity/exercise prescription focusing on **Health-Related Physical Fitness**. This training will allow them to provide individual physical activity/exercise prescription(s) to apparently healthy individuals.

The purpose of the CSEP-CPT designation is to establish the minimum standard in the Canadian personal fitness training industry; the same way the CFC designation did for health-related fitness assessment, physical activity and lifestyle counselling.

#### Description

The CSEP sanctions a CSEP-CPT to use only the assessment protocols found in the Canadian Physical Activity & Lifestyle Approach Manual (3rd ed.) and the Certified Personal Trainer Study Guide to interpret a client's appraisal results against the Health Benefit Zones in the CPAFLA manual and to provide individualized physical activity/exercise prescriptions and lifestyle plans for apparently healthy individuals. The CSEP-CPT will engage clients in Step 6 of the Seven-Step Model as outlined in the CPAFLA manual providing a detailed, individualized action plan and physical activity/exercise prescription. The CSEP-CPT is NOT sanctioned by the CSEP to conduct any assessments beyond those outlined in the CPAFLA and the CSEP-CPT manuals. The details of the CSEP-CPT core competencies are tailored to the CPAFLA and its focus on health-related physical activity/exercise prescription.

## 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

**THE CANADIAN SOCIETY FOR EXERCISE  
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# THE CANADIAN SOCIETY FOR EXERCISE PHYSIOLOGY

## CERTIFICATIONS

IMAGES UNDER CONSTRUCTION

**CSEP CERTIFIED PERSONAL  
TRAINER**

## 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 certifications.

### 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.



## INTRO- DUCTORY LEVEL

### CSEP Certified Personal Trainer (CSEP CPT)

#### Scope of Practice CSEP-CPT A CSEP-CPT is sanctioned by the CSEP to:

1. Administer the CPAFLA and the CSEP-CPT study guide protocols to apparently healthy persons, as determined by all negative answers on an unmodified PAR-Q or medical clearance (signed by a physician) to exercise such as PARmed-X. All CPAFLA fitness appraisals must be preceded by the participant signing an informed consent form as outlined in the CPAFLA manual.
2. Interpret the results of a client's fitness appraisal in relation to the Health Benefit Zones for persons of similar gender and age as provided in the CPAFLA and CSEP-CPT manuals.
3. Provide a tailored physical activity, fitness and lifestyle plan to help the client address any particular weakness identified and/or interests expressed including individualized exercise prescriptions using various modes of exercise and exercise equipment.
4. Design and lead exercise sessions with a client or group of clients using various pieces of fitness/exercise equipment.
5. Monitor and document a client's physical activity exercise program leading to safe and effective program planning and progression.

# HEALTH & FITNESS PROGRAM

The CSEP-CPT is **NOT** sanctioned by the CSEP to:

1. Use an ECG for any purpose.
2. Utilize any assessment protocols other than the CPAFLA and those specifically listed in the CSEP-CPT Candidate's Study Guide.
3. Use assessment protocols that require maximal exercise (unless working under the supervision of a CSEP PFLC or CSEP CEP).
4. Design, implement and monitor exercise prescription strategies for populations with medical conditions, functional limitations and disabilities.

#### Pre-Requisites

1. Academic Requirements

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

*Note: These diploma or degree courses will be delivered in a college or university program in human kinetics, kinesiology, physical education, health sciences and/or exercise sciences. These courses must be recognized by the CSEP. Confirmation of recognized courses can be attained if required through one of the provincial/regional H&FP offices or the CSEP office.*

2. Specific Course Work Requirements

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

- i) Personal and Lifestyle Characteristics of Clients
- ii) Motivational Techniques to Increase Client Adherence
- iii) Basic Theory and Methods of Health-Related Physical Fitness Appraisal
- iv) Basic Physical Activity/Exercise Prescription and Design
- v) Demonstration, Client Observation and Exercise Modification
- vi) Safety, Injury Prevention and Emergency Procedures
- vii) Documentation, Administration and Professionalism

3. Candidates are required to hold a current/valid Heart Saver CPR, level A. Candidates are also required to have successfully completed a course in standard first-aid.

4. Candidates must have a total of 25 hours of documented experience providing fitness training with clients. Candidates must provide at least one letter (see Appendix A of the CPT Study Guide) of support from a guarantor such as a university professor/college instructor, an employer/supervisor, or a health care practitioner that verifies this experience.

Once the four (4) pre-requisites above have been completed CSEP-CPT candidates must then successfully:

- a) Pass a written examination with a minimum score of 70% or higher.
- b) Pass a practical examination (Pass/Fail).