



## **Certified Exercise Physiologist (CEP) Annual Renewal Requirements** (Updated April 1, 2011)

### **CSEP CEP SCOPE OF PRACTICE**

A CSEP CEP is sanctioned by CSEP to:

1. Administer appropriate assessment protocols (both submaximal and maximal) 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/or 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 constraints 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/or 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/or 3 which deal with potential heart problems before providing physical activity recommendations.
5. Provide physical activity clearance and recommended tailored, progressive physical activity for clients over age 69 who do not respond positively to PAR-Q questions 2 and/or 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, 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 counseling 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 systematic 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.