



CSEP CPT Scope of Practice

A CSEP CPT is sanctioned by the CSEP to:

1. Administer the CPAFLA to apparently healthy persons, as determined by all negative answers on an Unmodified PAR- Q or a PARmed-X (conveyance form) signed by a physician stating “unrestricted physical activity/exercise”. 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 manual.
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 clients physical activity/exercise program leading to safe and effective program planning and progression.

A 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. Design exercise programs that require maximal exercise.
4. Design, implement and monitor exercise prescription strategies for populations with medical conditions, functional limitations and disabilities.