



# Alberta CSEP

## HEALTH & FITNESS PROGRAM

### 2010 CSEP CEP Application

**Filling out this application form implies your intent to attend the CSEP CEP Course beginning February 2010.**

The CEP Course will be hosted over three weekends one in February, one in March and the third in April. Specific dates and times will be announced closer to the start date of the CEP Course. The written exam will be held in mid June and the practical exam at the end of June. The cost of the CEP course is \$1150.00. The written and practical exam is \$650.00.

We do not require payment of the CEP course fee's until your application has been approved. You will be required to purchase a CPAFLA Manual and CEP Certification Manual before the start of the course in February. You will find the Resource Order Form is attached.

**It is mandatory that you attend the full course and successfully complete a written theory exam and practical (OSPE) exam before obtaining the CSEP CEP certification.**

A separate exam application form will be provided to you closer to the exam date.

CSEP CEP Course Application	
Name (First and Last):	_____
Address:	_____
City:	_____ Postal Code: _____
Home Phone Number ( )	_____ Alt Phone Number :( ) _____
E-mail:	_____

Along with this application of intent, please return all of the following requirements in one package to the Alberta CSEP office:

- Official** University transcripts showing successful completion of pre requisite courses. (You can check your prerequisites from the attached CEP Course List).
- Copy of University degree
- Current Curriculum Vitae or resume stating your industry background and experience. (Which includes specific testing and assessment experience eg. hours, type of exercise testing).

**Application Deadline is December 15, 2009; no late applications will be accepted.**

You will be notified of the status of your application.

If you have any questions or concerns regarding the CSEP CEP course, or process please contact Wendy Barton the Alberta CSEP Health and Fitness Program Coordinator at (780) 492 4435 or [wendy.barton@ualberta.ca](mailto:wendy.barton@ualberta.ca).

Thank you, and good luck!

Wendy Barton



## CSEP Resource Order Form

The Alberta CSEP has resources to aid students in successfully completing the Certified Exercise Physiologist Exams. There is a CPAFLA Manual- The Canadian Physical Activity, Fitness & Lifestyle Approach Manual which contains all the required appraisal (fitness testing and measurements) and counselling strategies. The CEP Certification Guide is also a required resource and contains the core competencies and practice questions along with practical scenarios and checklists.

Please include the number of copies you wish to receive:

\_\_\_\_\_ CPAFLA Manual- \$80.00

\_\_\_\_\_ CEP Certification Guide - \$57.75

**Total \$** \_\_\_\_\_

This price includes GST and shipping costs. We accept cheques, money orders, MasterCard or VISA. Please make cheques payable to Provincial Fitness Unit-CSEP.

PLEASE PRINT

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Email: \_\_\_\_\_ Phone #: \_\_\_\_\_

Card Number: \_\_\_\_\_ Expiry \_\_\_\_/\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**You can Fax or Mail your form in to the information below.**

**Mailing Address:**

C/O Material Management  
Provincial Fitness Unit  
Faculty of Physical Education and  
Recreation  
University of Alberta  
Edmonton, Alberta  
T6G 2H9

**Fax:**

Attention: Wendy Barton  
(780) 455-2264

## CEP Course Prerequisite Check List 2010

Course Pre requisites	U of A	U of C	U of L
Anatomy	PEDS 100	KNES 261	KNES 2600
Biomechanics	PEDS 206	KNES 263	KNES 3650
Exercise Physiology	PEDS 200	KNES 473	KNES 3610
Human Development and Aging	PEDS 307	KNES 355	KNES 3630
Physical Fitness Assessment & Exercise Prescription Applications for: Health, Function & Work or Sport	PEDS 335 <b>and</b> HE ED 311	KNES 375 <b>or</b> KNES 479	KNES 4610
Nutrition and Weight Management	PEDS 334	KNES 237	KNES 3500
Data Management and Analysis	PEDS 309 <b>or</b> STATS 141 or 151	STAT 211, 213, 333, 375 <b>or</b> KNES 375	KNES 2200
Health Promotion & Disease Prevention	HE ED 221	KNES 433	KNES 4850 <b>or</b> KNES 4200
Psychosocial Aspects of Human Behaviour in Relation to Physical Activity, Exercise, Rehabilitation and & Exercise Therapy	HE ED 321 <b>or</b> PEDS 303 <b>and</b> HE ED 311	KNES 397 <b>or</b> (KNES 399 until 2010)	KNES 3780 <b>or</b> (KNES 3680 until 2010)
Physical Activity/Exercise strategies & Considerations for Persons with Chronic Disease, Functional limitations & Disabilities associated with MSK, Cardiovascular, Metabolic Neuromuscular Conditions & Aging	HE ED 221	<b>Two of:</b> KNES 493 KNES 437 KNES 369 KNES 495 KNES 485 KNES 465 KNES 475 KNES 469 KNES 503	KNES 4850 <b>or</b> Two of: KNES 3690 KNES 4500 KNES 4630 KNES 4200 KNES 4900
Pharmacology: commonly used agents for persons with Chronic Disease, Functional limitations & Disabilities associated with MSK Cardiopulmonary, Metabolic, Neuromuscular Conditions & Aging	CSEP CEP Course	CSEP CEP Course	CSEP CEP Course
Evaluations: additional procedures for persons with Chronic Disease, Functional limitations & Disabilities associated with MSK Cardiopulmonary, Metabolic, Neuromuscular Conditions & Aging	Supplementary Module <b>Recommended Courses:</b> PEDS 497 (Cardiopulmonary Physiology) and PERLS 370	CSEP CEP Course	CSEP CEP Course
Clinical Exercise Prescription, Client Education. Professional Practice, Outcome Evaluations	CSEP CEP Course	CSEP CEP Course	CSEP CEP Course

A CSEP CEP is sanctioned by CSEP to:

- 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.
- 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 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.
- Provide physical activity clearance to clients who are screened out by PAR-Q questions 1 and/or In these instances, until additional information is gathered, the CSEP CEP can recommend tailored, low intensity, progressive physical activity (such as walking).
- 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.
- 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/or 3 which deal with potential heart problems.
- Provide physical activity clearance to clients over age 69 and recommend tailored, progressive physical activity.
- Provide physical activity clearance to youths under age 15 who have consent of their parent or guardian.
- 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.
- 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.
- Suggest healthy dietary practices in concert with physical activity/exercise programs for healthy weight management.
- Suggest dietary practices for health-related nutrition and performance-related nutrition.
- Use a heart rhythm tracing to observe heart response during a fitness assessment and a structured exercise session.
- 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.
- Perform evaluations, prescribe conditioning exercise, and provide exercise supervision, health education and outcome evaluation.
- 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.
- Provide appropriate exercise therapy to clients including, but not limited to, those with musculoskeletal, cardiorespiratory, and metabolic conditions.
- 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:

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