



## 2011 CSEP CEP® Application

**Filling out this application form implies your intent to attend the CSEP CEP Course beginning February 2011.**

The CSEP CEP® Course will be hosted over three weekends with the modules being held in February, March and April. Specific dates and times will be announced closer to the start date of the CSEP CEP® Course. The written exam will be held in mid June and the practical exam at the end of June.

We do not require payment of the CSEP CEP® course fee's until your application has been approved. After all applications have been reviewed a letter will be sent outlining your next steps.

You will be required to purchase a CPAFLA Manual (current edition) and CSEP 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: \_\_\_\_\_ Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Home Phone Number (     ) \_\_\_\_\_ Alt Phone Number :(     ) \_\_\_\_\_

E-mail: \_\_\_\_\_

Along with this application of intent, please forward the following documents in one package to the Alberta CSEP office. This application must include the following:

- 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. (Including specific testing and assessment experience i.e. hours and type of exercise testing).

**Application Deadline is December 15, 2010; 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 application process please contact Wendy Branton 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 Branton

**2011 CSEP CEP® Prerequisite coursework** – Please check off the coursework from your transcripts.

Course Pre requisites	U of A	U of C	U of L	Universities outside Alberta
Anatomy	PEDS 100	KNES 261	KNES 2600	<p><b>If your degree is not from an institution listed, candidates must supply either:</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Course outlines or</b></li> <li><input type="checkbox"/> <b>University course calendar descriptions</b></li> </ul>
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	KNES 3780 <b>or</b> KNES 3680	
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	CSEP CEP Course <b>or</b> <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 (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.
- 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.



## Mandatory Readings for CSEP CEP Course

**CSEP H&FP Certified Exercise Physiologist Certification Guide. (2006)** Ottawa: Canadian Society for Exercise Physiology.

**The Canadian Physical Activity Fitness and Lifestyle Approach: CSEP –Health and Fitness Program’s Health-Related Appraisal and Counselling Strategy.**

## Recommended Reading for CSEP CEP Course

**Advanced Fitness Assessment and Exercise Prescription.** Champaign: Human Kinetics.

**ACSM’s Guidelines for Exercise Testing and Prescription (current edition).** Baltimore: Lippincott Williams & Wilkins.

**American College of Sports Medicine. Exercise Managements for Persons with Chronic Diseases and Disabilities.** Human Kinetics. Baechle, T.R., and Earle, R.W.

**Essentials of Strength Training and Conditioning** (current edition). Human Kinetics.

**Interpretation of EKG’s** (current edition) Dale Dubin

**The Only EKG Book You’ll Ever Need** (current edition) Malcolm S. Thaler

**Essentials of Exercise Physiology** (current edition) McArdle, Katch & Katch



## CSEP Resource Order Form

The Alberta CSEP has resources to aid students in successfully completing the CSEP Certified Exercise Physiologist Exams.

Please include the number of copies you wish to receive:

\_\_\_\_\_ **CPAFLA Manual-** Canadian Physical Activity, Fitness & Lifestyle Approach Manual  
**\$80.00**

\_\_\_\_\_ **CEP Certification Guide** – Multiple choice questions and scenario practice questions  
**\$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: \_\_\_\_\_

**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

**Phone:**

(780) 492-4435

**Fax:**

Attention: Wendy Branton  
(780) 455-226