



Alberta CSEP
HEALTH & FITNESS PROGRAM

Mandatory Readings for CSEP CEP Course

CSEP (2006) H&FP Certified Exercise Physiologist Certification Guide. 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 (recent edition) Dale Dubin

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

Essentials of Exercise Physiology (recent edition) McArdle, Katch & Katch