

# University of Manitoba – CSEP Pathways

Certified Personal Trainer, High Performance Specialist, Clinical Exercise Physiologist, Pre and Postnatal Exercise Specialist

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<https://csep.ca/home>

**\*Pages 6, 7, and 8 will be very helpful for degree planning\***

### What is CSEP

The Canadian Society for Exercise Physiology (CSEP) is an organization that seeks to establish a standard for exercise professionals in Canada by creating minimum requirements and education for each certification and specialization offered. The FCRM and broader exercise physiology community recognizes CSEP as the gold standard in exercise science and prescription. CSEP offers four different certifications/specializations: (1) Certified Personal Trainer, (2) High Performance Specialist, (3) Clinical Exercise Physiologist, and (4) Pre and Postnatal Exercise Specialist.

### What Can you do with CSEP Certifications/Specializations?

There are a variety of places you can work depending on the certification/specialization and your area of interest. Use the chart below to see who you can work with and general places to find employment.

	<b>Certified Personal Trainer</b>	<b>High Performance Specialization</b>	<b>Clinical Exercise Physiologist</b>	<b>Pre and Postnatal Exercise Specialist</b>
<b>Target Population</b>	Healthy children and adults	Athletes and employees with occupational fitness requirements (police officers, firefighters, paramedics, etc.)	All populations, including individuals living with chronic disease	Prenatal, pregnant and postnatal women
<b>Where can you work?</b>	Gyms, self-employment	Gyms, sports centers, sports teams, self-employment	Gyms, hospitals, medical fitness facilities, research institutions, self-employment	

Outside of CSEP, there are other organizations offering various certifications that could add to your knowledge base (if you are curious about these, please contact Meaghan Ewharekuko):

- Functional Movement Screening
- Mental Health First Aid
- MFC Group Fitness Training
- NCCP Olympic Weightlifting Levels – highly recommended if wanting to work with athletes
- Precision Nutrition
- Spartan SGX (obstacle course training)
- StrongFirst the School of Strength (kettlebell and body weight training)

In addition to CSEP, there are two other organizations you can be affiliated with which can come with added benefits. Refer to their websites for more information.

- Canadian Kinesiology Alliance: <https://www.cka.ca/en/welcome>
- Manitoba Kinesiology Association: <https://www.cka.ca/mka>

## Employment in Manitoba

When searching for jobs using Indeed, Workopolis, etc. make sure to broaden your search criteria; use key words such as: exercise, personal trainer, recreation, wellness, physiologist, pregnant, kinesiologist, athlete, coordinator, research, clinical, etc. Also look for jobs outside of Winnipeg in small towns such as: Morden, Winkler, Steinbach, Niverville, Beausejour, Lac du Bonnet, Ste. Anne, Gimli, etc.

Possible employment in Manitoba (this is not an exhaustive list, but a good place to start):

- Brickhouse Gym
- Canadian Sport Center
- Chronic Disease Innovation Centre
- CrossFit gyms
- C.W. Wiebe Medical Centre
- Fit Kids Healthy Kids
- Fukumoto Fitness
- MD Lifestyle Solutions
- MORFIT Training Centre
- Pure Lifestyle
- RehFit Centre
- Sport Manitoba
- Stronghold Titan Gym
- The Rink
- University of Manitoba
- University of Winnipeg
- Winnipeg Police Service
- Winnipeg Regional Health Authority
- Wellness Institute

### Brief Overview of Certifications/Specializations

There are 4 possible certifications/specializations you can work towards while taking your kinesiology degree. Our kinesiology degree in and of itself covers most of the core competencies that CSEP requires, however there are a few additional electives that you **must** take if you want to become CSEP certified. Please use this document instead of the “*Recommended Course Maps*” on the CSEP website.

Certification/Specialization	Degree Required?	Electives Required
<b>Certified Personal Trainer (CPT)</b>	<i>No</i> – but must have a minimum 60 credits of study at the post-secondary level in the field of <i>Human Kinetics, Kinesiology, Physical Education, Fitness and Health Promotion, or Exercise Science</i> from an accredited institution	KIN 4460: Fitness Appraisal and Lifestyle Counselling*
<b>High Performance Specialist</b>	<i>No</i> – but if you are NOT a certified member you must have a minimum 60 credits of study at the post-secondary level in the field of <i>Human Kinetics, Kinesiology, Physical Education, Fitness and Health Promotion, or Exercise Science</i> from an accredited institution AND complete CSEP modules  If you ARE a certified member (CPT or CEP) you can challenge the theory exam	KIN 4460: Fitness Appraisal and Lifestyle Counselling*
<b>Clinical Exercise Physiologist (CEP)</b>	Yes	HNSC 1210: Nutrition for Health and Changing Lifestyles  KIN 4460: Fitness Appraisal and Lifestyle Counselling*  KIN 4560: Advanced Fitness Appraisal and Lifestyle Counselling*  KIN 4630/4632/4634: Supervised Fieldwork Experience (you need 100 practical hours to complete your application)
<b>Pre and Postnatal Exercise Specialist</b>	<i>No</i> – however you must have insurance coverage to practice as an exercise specialist, therefore in Manitoba you must have at minimum your CPT. At the U of M we recommend that you take this specialization once you become a CEP.	KIN 4460: Fitness Appraisal and Lifestyle Counselling*  KIN 4560: Advanced Fitness Appraisal and Lifestyle Counselling*

\*By taking KIN 4460 and KIN 4560 you will take the practical exam required by CSEP, all that you would have left to do is sign up to take the theory exam within 6 months of passing the practical exam.

### CSEP-Clinical Exercise Physiologist Core Competencies

There are 8 core competencies that CSEP has determined are essential to have as a Clinical Exercise Physiologist. The chart below is “for your information,” and outlines the core competencies. You may use this information to help you in your elective decision making (refer to page 5 for elective options), to see where your gaps in knowledge might be and choose courses accordingly. At the U of M, we want you to graduate with confidence in your theoretical and practical knowledge so you feel prepared to enter the workforce as the best CSEP-CEP you can be.

Core Competencies	Description
<b>1 – Anatomy, Biomechanics, and Exercise Physiology</b>	Functional anatomy, biomechanics, and exercise physiology as it applies to fitness assessment, exercise prescription, demonstration of exercise, and exercise education of the client(s) related to physical activity/exercise, fitness, and health. Exercise physiology and its application to submaximal and maximal exercise, acute bouts of exercise and chronic exercise (training) for both men and women of all ages. The impact of physical activity and exercise training on all of the body systems.
<b>2 – Health Behaviour Change and Education</b>	Health and exercise psychology and behavior change theory and application. Client education in areas of nutrition and weight management, sleep, sedentary behaviour.
<b>3 – Client Pre-Participation Screen (&amp; pharmacology)</b>	Proper use of pre-screening tools and the ability to gather client subjective history. Describe the effect of common medications on rest and exercising responses
<b>4 – Advanced Exercise and Health Assessment for Apparently Healthy Populations</b>	Develop and select appropriate assessments and implement valid reliable testing protocols. Apply fitness assessment outcomes and fitness assessment normative data accurately and appropriately.
<b>5 – Advanced Exercise and Health Assessment for Chronic Conditions</b>	Develop and select appropriate assessments and implement valid reliable testing protocols for clinical population. Apply fitness assessment outcomes and fitness assessment normative data accurately and appropriately for clinical populations.
<b>6 – Advanced Exercise Prescription for Apparently Healthy Populations</b>	Development and design of appropriate exercise prescriptions that fulfill different needs of the individual (health-related fitness program). Application of appropriate training principles and lifestyle interventions to enhance aerobic fitness, anaerobic fitness, musculoskeletal fitness, balance, flexibility, and a healthy body composition. Demonstration of exercises and the use of exercise equipment. Monitoring activity and providing appropriate progression.
<b>7 – Advanced Exercise Prescription for Chronic Conditions</b>	Development and design of appropriate exercise prescriptions that fulfill different needs of the individual (health-related fitness program). Application of appropriate training principles and lifestyle interventions to enhance aerobic fitness, anaerobic fitness, musculoskeletal fitness, balance, flexibility, and a healthy body composition. Demonstration of exercises and the use of exercise equipment. Monitoring activity and providing appropriate progression. Knowledge of the physiology, pathophysiology, clinical management, contraindications, precautions and exercise modifications for the following: Cardiopulmonary, metabolic, pulmonary, musculoskeletal, neurological, cancer, musculoskeletal injuries, and mental health.
<b>8 – Professional and Ethical Practice</b>	Program Administration, including effective communication (oral and written). Statistics and Research Methodologies in Health and Fitness. Professional Ethics

(CSEP, 2020)

### 4-Year Kinesiology Degree Breakdown

Courses that are **bolded** are **electives required** by CSEP, all other course are required for the Kinesiology degree.

Course	What Core Competency Does this Cover?
<b>Year 1</b>	
BIOL 1410: Anatomy of the Human Body	1
BIOL 1412: Physiology of the Human Body	1
KPER 1200: Physical Activity, Health, and Wellness	2
KPER 1500: Foundations of Physical Education and Kinesiology	1
<b>HNSC 1210: Nutrition for Health and Changing Lifestyles (Elective)</b>	2
PSYC 1200: Introduction to Psychology	8
STAT 1000: Basic Statistical Analysis	8
<b>Year 2</b>	
KPER 2320: Human Anatomy	1
KPER 2330: Biomechanics	1
KPER 2200: Planning Principles	8
PYSC 2540: Psychology of Sport and Physical Activity	2
KPER 2120: Academic Skills in KRM	N/A
KPER 2170: History of Physical Activity and Leisure	N/A
KPER 2350: Introduction to Research	8
KPER 2700: Motor Control and Learning	1
<b>Year 3</b>	
KPER 3470: Exercise Physiology	1, 3
KPER 3100: Inclusive Physical Activity and Leisure	N/A
KPER 3460: Sociology of Physical Activity and Leisure	N/A
KIN 3510: Physical Activity and Aging	4, 5
KPER 3512: Principles of Fitness Training	4, 6
<b>Year 4</b>	
KPER 4100: Current Issues	8
KPER 4020: Philosophy of Physical Activity and Leisure	8
<b>KIN 4460: Fitness Appraisal and Lifestyle Counselling (Elective)</b>	2-7
<b>KIN 4560: Advanced Fitness Appraisal and Lifestyle Counselling (Elective)</b>	2-7
<b>KPER 4630/4632/4634: Supervised Fieldwork Experience (need 100 practical hours to apply to CSEP)</b>	Potential to cover all competencies

## Additional Electives

The Kinesiology degree program has several electives spots. Below is a list of additional electives you can take within our faculty.

Depending on your interest, whether clinical population, high performance, or both, you can use the check marks to help you pick the electives that satisfy your goals. It is likely that you won't be able to pick every elective that you want, so do your best to plan ahead with your top choices, determine which term the electives are offered in, and prerequisites required.

Electives	Recommended for Clinical Populations	Recommended for High Performance	What Core Competency does this Cover?
<b>Highly Recommended Electives</b> Pick a minimum of 2 from this list:			
KIN 3160: Pathology and Sports Medicine	✓	✓	7
KIN 3320: Advanced Human Anatomy	✓		1
KIN 4470: Advanced Exercise Physiology	✓	✓	1
KPER 3140: Health Promotion	✓	✓	2
KPER 4310: Physical Activity Counselling	✓	✓	2
<b>Recommended Electives</b> Pick a minimum of 1 from this list:			
KIN 4040: Advanced Exercise and Health Psychology		✓	2
KIN 4060: Drugs and Ergogenic Aids		✓	3
KIN 4070: Development and Movement Disorders	✓		5, 7
KIN 4160: Advanced Pathology and Sports Medicine	✓	✓	5, 7
KIN 4260: Human Factors and Ergonomics	✓	✓	5
KIN 4330: Advanced Biomechanics	✓	✓	1
KIN 4370: Physiology of Exercise in Extreme Environments		✓	1
KIN 4400: Therapeutic Exercise Rehabilitation	✓		5, 7
KIN 4540: Advanced Topics in Sport Psychology		✓	2
PHED 2742: Group Fitness and Leadership	✓	✓	4, 6

### CSEP Designation Checklist

This checklist can be used to help track what you have accomplished. You may not be interested in pursuing all the designations available so just skip them if they don't apply to you.

Check	Timeline
	1. Take HNSC 1210
	2. Take KIN 4460
	3. Pass KIN 4460 practical Exam
	4. Apply to take CPT theory exam (you have 6 months from passing the practical exam to apply and complete the theory exam: <a href="https://csep.ca/csep-certification/csep-professional-standards-program-cpt/">https://csep.ca/csep-certification/csep-professional-standards-program-cpt/</a> )
	5. Pass CPT theory exam
	6. Become a CPT! With this designation you can work as a personal trainer at the ALC!
	7. Challenge the High Performance Specialist theory exam: <a href="https://www.csep.ca/en/certification/csep-high-performance-specialization">https://www.csep.ca/en/certification/csep-high-performance-specialization</a> (can omit this step if not interested in pursuing this specialization)
	8. Register for Supervised Fieldwork Experience (KPER 4630/4632/4634)
	9. Take KIN 4560
	10. Pass KIN 4560 practical exam
	11. Apply to take CEP theory exam (you have 6 months from passing the practical exam to apply and complete the theory exam: <a href="https://csep.ca/csep-certification/csep-professional-standards-program-cep/">https://csep.ca/csep-certification/csep-professional-standards-program-cep/</a> )
	12. Pass CEP theory exam
	13. Accumulate 100 hours of practical experience (requirement for CEP designation). Some of these practical hours have been incorporated into KIN 4560 as part of a requirement for the course and fieldwork hours contribute as well.
	14. Become a CEP!
	15. Challenge Pre and Postnatal Exercise Specialist theory exam: <a href="https://www.csep.ca/en/certification/csep-pre--postnatal-exercise-specialization">https://www.csep.ca/en/certification/csep-pre--postnatal-exercise-specialization</a> (can choose to omit this step if not interested in pursuing this specialization)



## Frequently Asked Questions

- 1. Can I work towards my CSEP certification(s) if I am in BPE or AT?**
  - a. Maybe. Working towards your CSEP-CPT would be easier as there are fewer requirements. However, if you wish to pursue your CSEP-CEP you still must take the required electives and courses that cover all core competencies. This means you must complete 120 credit hours of course work (which may be difficult for BPE students completing a 3-year degree). Accumulating the 100 practical hours would be more challenging as Supervised Fieldwork Experience is not part of the program; however, it could be done on your own time. If you are in AT, you cannot use your AT hours as practical hours for CSEP as the skills required for AT vs. CEP are quite different; however, it would still be your choice to apply and see what CSEP says.
  
- 2. Where can I accumulate my practical hours?**
  - a. Practical hours should be accumulated under the supervision of a CSEP-CEP. CSEP recommends gaining experience with MSK, pulmonary, neuromuscular, and cardiometabolic conditions. *“Proof (for example, letter from Education Supervisor, or from Supervisor of work/volunteer experience, or logbook copy) of **at least 100 hours of practical experience is REQUIRED.**”* For more information please refer to their website: <https://csep.ca/csep-certification/csep-professional-standards-program-cep/csep-cep-prerequisites/>. Hours can be accumulated in a paid or volunteer position and is not limited to one location.
  
- 3. What if I fail my theory and/or practical exams?**
  - a. You have two attempts at both exams (two attempts for the theory and two attempts for the practical). If you can't pass after two attempts, you can apply again to CSEP to take them a third time. If you are unsuccessful after three attempts, a waiting period is imposed, and you can apply to keep your file open. As well, it is recommended that you take an upgrade course in the specific area you are challenging through CSEP.
  - b. Remember, if you pass one exam you still must pass the other in 6 months.
  
- 4. How do I maintain my certification?**
  - a. Every year you will have to renew your membership through paying a membership fee
  
- 5. Do I have to renew my CPR and standard first aid every year to maintain my certification?**
  - a. Every year you must renew your CPR, while standard first aid can be renewed every three years as designated by the organization you were trained by
  
- 6. Do I need professional development credits to maintain my certification?**
  - a. CPT – you must accumulate 20 hours every two years
  - b. CEP – you must accumulate 30 hours every two years
  - c. <https://www.csep.ca/en/membership/professional-development-credits>
  - d. Because the high performance and pre and postnatal are specializations they don't require additional PDC's because it assumed you have either your CPT or CEP already
  
- 7. What is the difference between CSEP and Manitoba Fitness Council (MFC)?**
  - a. MFC offers several certification courses, most of which focus on group training. For example, if you wanted to teach fitness classes like yoga or spin, MFC would be the organization to turn to. <https://manitobafitnesscouncil.ca/>

## Application and Fee Information

Use the links below to find the application and fee information for each designation.

### **CSEP-CPT Application Requirements and Certification Process**

<https://csep.ca/csep-certification/csep-professional-standards-program-cpt/csep-cpt-application-requirements-and-certification-process/>

### **Theory Exam Fees for CPT and CEP**

<https://csep.ca/csep-certification/>

### **CSEP-CEP Prerequisites**

<https://csep.ca/csep-certification/csep-professional-standards-program-cep/csep-cep-prerequisites/>

### **High Performance Specialist Process and Fees**

<https://csep.ca/en/certification/csep-high-performance-specialization>

### **Pre and Postnatal Exercise Specialist Process and Fees**

<https://csep.ca/en/certification/csep-pre--postnatal-exercise-specialization>

## Who to Contact for Help?

**Meaghan Ewharekuko (CEP):** [Meaghan.Ewharekuko@umanitoba.ca](mailto:Meaghan.Ewharekuko@umanitoba.ca)

Meaghan can help with certification questions, course suggestions, etc.

**Dr. Stephen Cornish (CEP):** [Stephen.Cornish@umanitoba.ca](mailto:Stephen.Cornish@umanitoba.ca)

Dr. Cornish can help with certification questions, course suggestions, etc.

**Jennifer Wang (Academic Advisor):** [Jennifer.Wang@umanitoba.ca](mailto:Jennifer.Wang@umanitoba.ca)

Jennifer can help with planning and scheduling of courses.

## Appendix – Application Process

### CSEP-Certified Personal Trainer

#### 1. Click “Apply Now!”



#### Steps to Becoming CSEP Certified

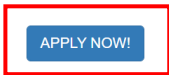
View the [5 Steps to Becoming CSEP Certified](#) to help guide you through the certification process. The CSEP team will provide you with communication and detailed instructions at each step of the process including registration links.

#### Recommended Course Maps

When planning to pursue CSEP certification reference the CSEP Recommended Course (RCM) maps to help guide you to courses that will help ensure you have the required knowledge and skills to challenge the exams. The RCMs are developed to help set you up for success.

[View CSEP Recommended Course Maps](#)

#### APPLY to start the process to become a CSEP-CPT



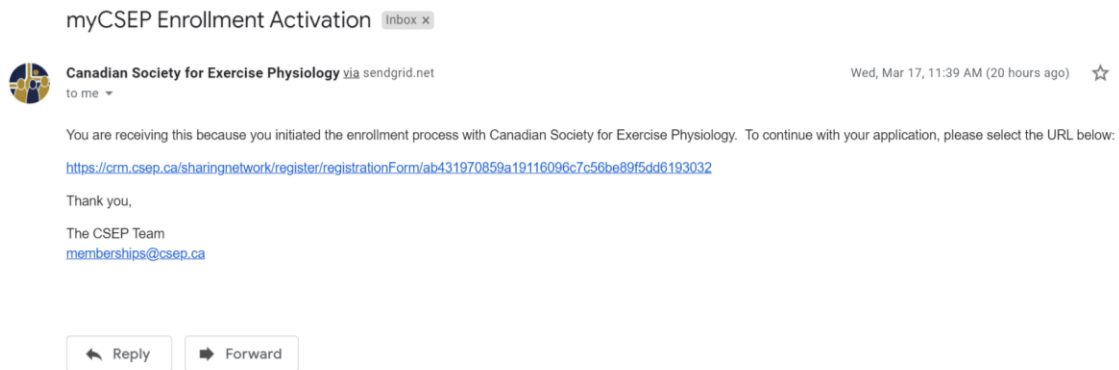
- After you click apply now, you will be promoted to become a member (if you haven't become a member yet). Once you enter your email address in the screen below, you will receive an “Enrollment Activation” email.

### Become a Member

To get started, provide your email address below:

Email

[Continue](#)



### 3. Read the instructors on the application form:

## CSEP-CPT Applicant\* Application

CSEP Certified Personal Trainers® (CSEP-CPT) work with individual to meet their healthy lifestyle goals using an evidence-informed approach acquired through education.

This application is intended to determine eligibility for individuals seeking CSEP-CPT certification.

Things to know before starting your application:

- You need to be prepared to complete this application in one sitting.
- The address and contact details provided must match a government ID.
- You need to have a copy of your official or unofficial transcripts ready for reference and to attach on submission.
- You will need to pay the \$50.00 application fee by credit card. The application fee is non-refundable and non-transferable. If you purchase the application and theory exam and your application is not approved, you will be refunded for the theory exam portion.

For questions about becoming CSEP certified your certification visit the CSEP-CPT section of our website [here](#), or contact us at [memberships@csep.ca](mailto:memberships@csep.ca).

PLEASE NOTE: IF YOU ARE USING A HOTMAIL ACCOUNT YOU MUST ADD @CSEP.CA TO YOUR SAFE LIST. CSEP COMMUNICATES WITH CANDIDATES VIA EMAIL AND IF NOT ADDED TO YOUR SAFE LIST THESE EMAILS MAY NOT REACH YOU.

### 4. Fill in your contact information. You can choose to fill in a *Business* or *Residential* contact details

\* First Name:

\* Last Name:

Email Address:

#### Contact Information

Business Residential Social Media

This is my preferred contact address.

Address Line 1: 

Address Line 2: 

City:

Country:

Postal/Zip Code:

International State/Province:

Telephone 1:

Telephone 2:

Cell:

Fax:

### 5. Accept the disclaimers and click continue.

#### Disclaimers

Code of Conduct for use of the Company: myCSEP

I consent to be contacted via e-mail

**6. Fill in your *Education Details* and the bundle you wish to purchase**

### CSEP-CPT Applicant\* Application - Step 2

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#### Education Details

Institution Name

Year of Graduation

Specialization

Please select the application bundle you wish to purchase.

CSEP-CPT application and theory exam attempt \$205.00. (Purchase both the application and theory exam now and ▼

-- Select --

CSEP-CPT application only \$50.00. (You will need to purchase your Theory Exam attempt later at a cost of \$165.00).

CSEP-CPT application and theory exam attempt \$205.00. (Purchase both the application and theory exam now and save \$10).

**7. Attach your transcripts, *either* a scanned official copy *or* unofficial. This is to prove that you are currently a student/graduated and have taken the minimum number of credit hours.**

**Official Transcripts**

A high-quality scan of your official transcripts will be accepted as long as the Registrar's signature and the post-secondary institution's seal/stamp is clearly visible. CSEP reserves the right to request an original copy of official transcripts sent directly from the post-secondary institution.



My official transcripts have been mailed directly from my post-secondary institution. I understand that my application will not be reviewed until they are received. **\*\*Please note that during the COVID-19 situation, mailing transcripts to the CSEP office will result in significant delays. It is recommended that you mail the transcript to yourself and send CSEP an electronic copy to avoid delays.\***

+ Select Files

**Unofficial Transcripts - Applicants currently enrolled in a post-secondary program**

Please attach a copy of your unofficial student transcripts. If you are approved and successfully pass the CSEP theory and practical exams you will need to send in official transcripts attesting to your completion of all courses.



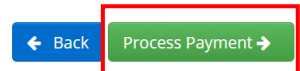
I have attached my STUDENT TRANSCRIPTS that were issued by my academic institution. I understand that I will need to send my official transcripts upon graduation in order to register my membership with CSEP.

+ Select Files

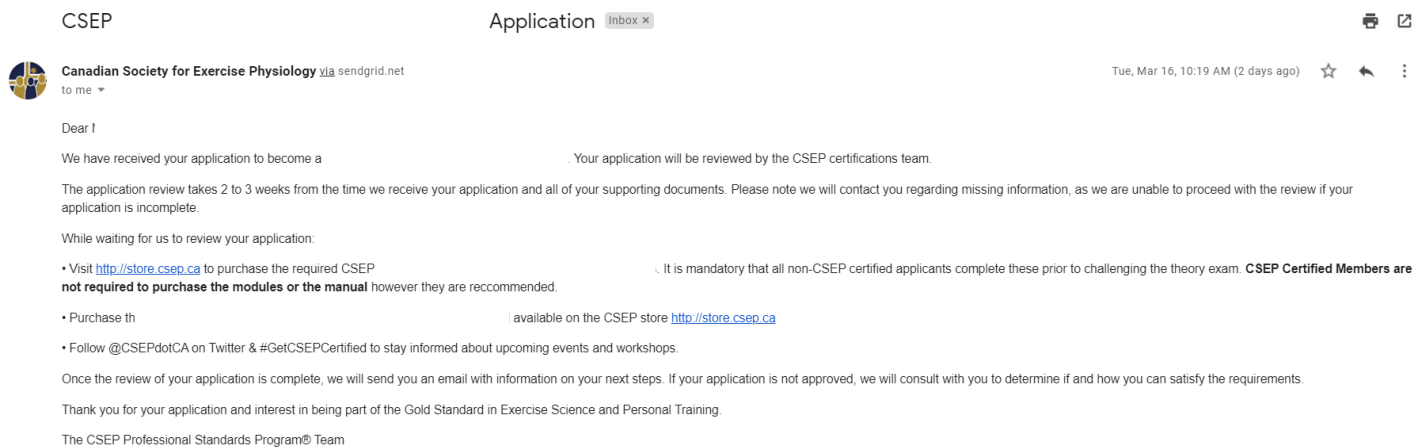
- Click “continue” in the bottom right corner of the screen to move towards the payment. Once you have double checked the information, click “Process Payment.” \*Fees are subject to change, so the amount displayed below may not be what is paid in the future.



Item/Description	Units	Unit Fee	Fee
CSEP-CPT Applicant* Registration Application Fee - CSEP-CPT application and theory exam attempt \$205.00. (Purchase both the application and theory exam now and save \$10).	1	\$205.00	\$205.00
Promo Code		<input type="text"/>	<input type="button" value="Apply"/>
Subtotal			\$205.00
Tax (13%)			\$26.65
Total			\$231.65
Amount Paid			\$0.00
Balance Due			\$231.65



- At this point you have just applied; you must wait to get confirmation from CSEP regarding approval. You will receive an email similar to the one below:



## CSEP-High Performance Specialist

1. Once you are a member with CSEP, it is very easy to apply to challenge the theory exam for the high performance specialization. Simply click on “*Apply Now*” under the *CSEP Certified Members* category. You will be automatically directed to the application screen.

### Eligibility

By pursuing this cutting-edge specialization, a QEP’s advanced knowledge of high performance and occupational testing and training will be confirmed by the leading organization in exercise science and personal training in Canada.

#### CSEP Certified Members

All CSEP certified members in good standing are eligible to pursue the CSEP High Performance Specialization™. To earn the CSEP High Performance Specialization™, CSEP certified members must successfully challenge a 60-question Theory Exam. There are no additional prerequisites.

Apply **now** to challenge the CSEP High Performance Theory Exam:

1. Schedule an exam date and time with Pearson Vue
2. Review the Core Competencies and prepare for the exam with the CSEP recommended resources
3. Challenge the Theory Exam (requires a score of 70% or higher)

**Application Fee:** \$200.00 CDN (this includes the theory exam fee) *retest fees may apply*

[Apply Now](#)

### All other Qualified Exercise Professionals

Individuals who are not currently certified with CSEP may be eligible to obtain the CSEP High Performance Specialization™

#### Prerequisites

2. Read the instructors on the application form

## CSEP High Performance Specialization™ Member Application

The first of its kind in Canada, the CSEP High Performance Specialization™ focuses on performance and occupational testing and training for qualified exercise professionals working with elite athletes, emergency services personnel, armed forces, and high performance clients.

All CSEP certified members in good standing are eligible to pursue the CSEP High Performance Specialization™. To earn the CSEP High Performance Specialization™, CSEP certified members must successfully challenge a 60-question Theory Exam. There are no additional prerequisites.

CSEP High Performance Specialization™ renews annually with your CSEP Certified membership. There are no additional fees or professional development required to renew the Specialization. CSEP members’ comprehensive CSEP Professional and General Liability insurance remains unchanged.

2. Fill in your contact information if you haven’t become a member yet. If you are a member, your contact information will be automatically populated.
3. Accept the disclaimers and click continue.

### Disclaimers

Code of Conduct for use of the Company: myCSEP

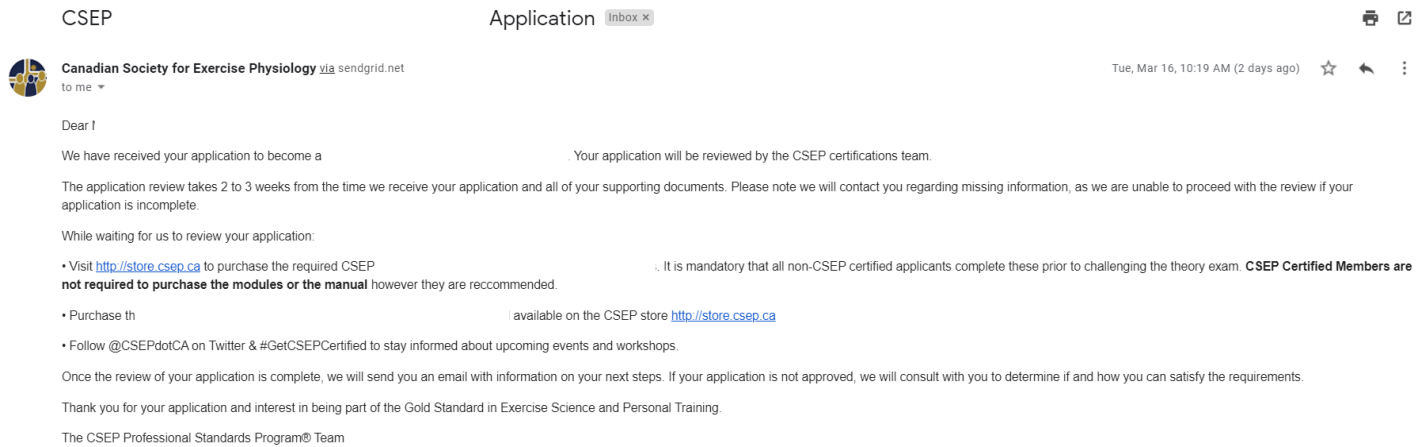
I consent to be contacted via e-mail

- Once you have doubled checked the information, click *“Process Payment.”* \*Fees are subject to change, so the amount displayed below may not be what is paid in the future.

Item/Description	Units	Unit Fee	Fee
CSEP High Performance Specialization™ Member Registration Application Fee	1	\$200.00	\$200.00
Promo Code		<input type="text"/>	<input type="button" value="Apply"/>
Subtotal			\$200.00
Tax (13%)			\$26.00
Total			\$226.00
Amount Paid			\$0.00
Balance Due			\$226.00

Payment Method

- At this point you have just applied; you must wait to get confirmation from CSEP regarding approval. You will receive an email from CSEP similar to the one below:





## CSEP-Clinical Exercise Physiologist

This is the most extensive application process as you must include a list of courses, a resume, and reference letter(s).

1. Once you are a member with CSEP, simply click on “*Apply Now*”. You will be automatically directed to the application screen.

[View CSEP Recommended Course Maps](#)

**APPLY to start the process to become a CSEP-CEP**

[APPLY NOW!](#)

2. Read the instructors on the application form

## CSEP-CEP Applicant\* Application

*PLEASE NOTE IF YOU ARE USING A [HOTMAIL ACCOUNT](#) YOU MUST ADD @CSEP.CA TO YOUR SAFE LIST. CSEP COMMUNICATES WITH CANDIDATES MAINLY THROUGH EMAIL AND IF NOT ADDED TO YOUR SAFE LIST THESE EMAILS MAY GO TO YOUR JUNK FOLDER, DELAYING THE PROCESS FOR YOURSELF.*

A CSEP-CEP performs assessments, prescribes conditioning exercise, as well as exercise supervision, counseling and healthy lifestyle education in apparently healthy individuals and/or populations with medical conditions, functional limitations or disabilities associated with musculoskeletal, cardiopulmonary, metabolic, neuromuscular, and aging conditions.

CSEP-CEP Candidates must provide documentation confirming that the candidate has completed a co-op, work and/or volunteer experience in health-related fitness (healthy and chronic condition populations), and/or performance-related (work and/or sport) fitness. In curriculum lab and peer-testing experience does not count for this requirement; however, experiential learning that includes working with individuals from the community that fall within the chronic condition, athlete or work populations, would qualify. Proof (for example, letter from your Education Supervisor, or from Supervisor of work/volunteer experience, or logbook copy) of **at least 100 hours of practical experience is REQUIRED**.

It is also highly recommended for CSEP-CEP Candidates, that they obtain an additional 150 hours of practical experience with diverse populations that include those with chronic conditions, athletes and/or special populations to **better prepare themselves for the practical exam and entry level work as a CSEP-CEP**. A minimum of 25 hours of practical experience in each of the following areas is strongly recommended:

- Musculoskeletal
- Neuromuscular Conditions
- Cardio-metabolic
- Pulmonary Conditions

Please note in order to complete this form you will need the following information and documents to submit your application:

- Credit Card (for application fee payment - \$50). The application fee is non-refundable and non-transferable. If you purchase the application and theory exam and your application is not approved, you will be refunded for the theory exam portion.
- Transcript (official or unofficial copy - if your institution is sending a copy directly to CSEP you can confirm this in the application in order to proceed.)
- Resume - outlining experience gained in relation to the CSEP-CEP Core Competencies, populations, and required hours
- Supporting documents for practical hours - i.e. letters of support, signed logs, etc. These must provide the number of hours worked, types of activities performed, and types of populations worked with.

If you wish to work with athletes and performance occupations as part of your Scope of Practice you will be able to challenge the CSEP High Performance Specialization once you have successfully completed both CSEP-CEP exams and registered as a certified member.

**PLEASE NOTE YOU MUST BE PREPARED TO COMPLETE THE APPLICATION IN ONE SITTING - you must provide your full address and contact details as per your government ID for exam purposes. This can be updated once you are certified.**

3. Fill in your contact information if you haven't become a member yet. If you are a member, your contact information will be automatically populated. Make sure you accept the disclaimers at the bottom of the screen.

- Fill in your education details including all courses that you have taken under each core competency (refer to pages 4 and 5 if you need).

## CSEP-CEP Applicant\* Application - Step 2

### Education Details

Applicants who simply list "see transcript" will be asked to re-fill the form and experience considerable delays in determining eligibility. Delays may result in missing scheduled exam opportunities in your area.

In this section of the application provide detailed course names, codes, and the institution you attended.

**Example:** University of Alberta, Assessment of Fitness and Health, KIN311

For Core Competencies where practical experience satisfies the requirement please use this format:

- Institution = Employer Name
- Course Name = Job Title
- Course Code = Dates of Employment

**Example:** Medical Rehab Hospital, Cardiac Rehab Exercise Specialist, December 2015-Current.

Detailed information on your practical experience should be included in your attached resume or CV.

#### 1. Foundations: Anatomy, Biomechanics and Exercise Physiology

- Demonstrate an understanding of anatomy, biomechanics and exercise physiology through application of knowledge to physical activity, exercise, fitness and health.



	Institution	Course Name	Course Code
	University of Manitoba	Human Anatomy	KPER 2320
	University of Manitoba	Biomechanics	KPER 2330

[+ Add a Course](#)

#### 2. Health Behaviour Change and Education\*

Health and exercise psychology and behavior change theory and application.

Client education in areas of nutrition and weight management, sleep, sedentary behaviour

	Institution	Course Name	Course Code
			

#### 3. Client Pre-participation Screening and Pharmacology\*

Proper use of pre-screening tools and the ability to gather client subjective history

Describe the effect of common medications on rest and exercising responses

	Institution	Course Name	Course Code
			

[+ Add a Course](#)

#### 4. Advanced Exercise and Health Assessments for Apparently Healthy Populations\*

Develop and select appropriate assessments and implement valid reliable testing protocols.

Apply fitness assessment outcomes and fitness assessment normative data accurately and appropriately.

Institution	Course Name	Course Code
<input type="text"/>	<input type="text"/>	<input type="text"/>

+ Add a Course

#### 5. Advanced Exercise and Health Assessments for Chronic Conditions\*

Develop and select appropriate assessments and implement valid reliable testing protocols for clinical population.

Apply fitness assessment outcomes and fitness assessment normative data accurately and appropriately for clinical populations

Institution	Course Name	Course Code
University of Manitoba	Advanced Fitness Appraisal and Lifestyle Counselling	KIN 4560

+ Add a Course

#### 6. Advanced Exercise Prescription for Apparently Health Populations\*

Development and design of appropriate exercise prescriptions that fulfill different needs of the individual (health-related fitness program).

Application of appropriate training principles and lifestyle interventions to enhance aerobic fitness, anaerobic fitness, musculoskeletal fitness, balance, flexibility and a healthy body composition.

Demonstration of exercises and the use of exercise equipment.

Monitoring activity and providing appropriate progression

Institution	Course Name	Course Code
University of Manitoba	Advanced Fitness Appraisal and Lifestyle Counselling	KIN 4560

+ Add a Course

#### 7. Advanced Exercise Prescription for Chronic Conditions\*

Development and design of appropriate exercise prescriptions that fulfill different needs of the individual (health-related fitness program).

Application of appropriate training principles and lifestyle interventions to enhance aerobic fitness, anaerobic fitness, musculoskeletal fitness, balance, flexibility and a healthy body composition.

Demonstration of exercises and the use of exercise equipment.

Monitoring activity and providing appropriate progression.

Knowledge of the physiology, pathophysiology, clinical management, contraindications, precautions and exercise modifications for the following; Cardiopulmonary, metabolic, pulmonary, musculoskeletal, neurological, cancer, musculoskeletal injuries, and mental health.

Institution	Course Name	Course Code
University of Manitoba	Advanced Fitness Appraisal and Lifestyle Counselling	KIN 4560

+ Add a Course

## 8. Professional and Ethical Practice\*

Program Administration, including effective communication (oral and written)

Statistics and Research Methodologies in Health and Fitness

Professional Ethics

Institution	Course Name	Course Code
University of Manitoba	Introduction to Research	KPER 2350

+ Add a Course

## 5. Select the bundle you wish to purchase.

Please select the application bundle you wish to purchase.

-- Select --

- Select --
- CSEP-CEP application only \$55.00
- CSEP-CEP application and theory exam attempt \$250.00

## 6. Attach your transcripts

### Official Transcripts

A high-quality scan of your official transcripts will be accepted as long as the Registrar's signature and the post-secondary institution's seal/stamp is clearly visible. CSEP reserves the right to request an original copy of official transcripts sent directly from the post-secondary institution.



My official transcripts have been mailed directly from my post-secondary institution. I understand that my application will not be reviewed until they are received. \*\*Please note that during the COVID-19 situation, mailing transcripts to the CSEP office will result in significant delays. It is recommended that you mail the transcript to yourself and send CSEP an electronic copy to avoid delays.\*

+ Select Files

### Unofficial Transcripts - Applicants currently enrolled in a post-secondary program

Please attach a copy of your unofficial student transcripts. If you are approved and successfully pass the CSEP theory and practical exams you will need to send in official transcripts attesting to your completion of all courses.



I have attached my STUDENT TRANSCRIPTS that were issued by my academic institution. I understand that I will need to send my official transcripts upon graduation in order to register my membership with CSEP.

+ Select Files

- Attach your resume and letter of recommendation (you may attach one to three letters). If you are attaching multiple letters, they may need to be compiled into one document.

### Resume

Your Resume should outline your experience gained in relation to the CSEP-CEP Core Competencies, populations, and required hours.

[+ Select Files](#)

### Letter of recommendation

Please provide us with letter(s) of recommendation to confirm your experience.

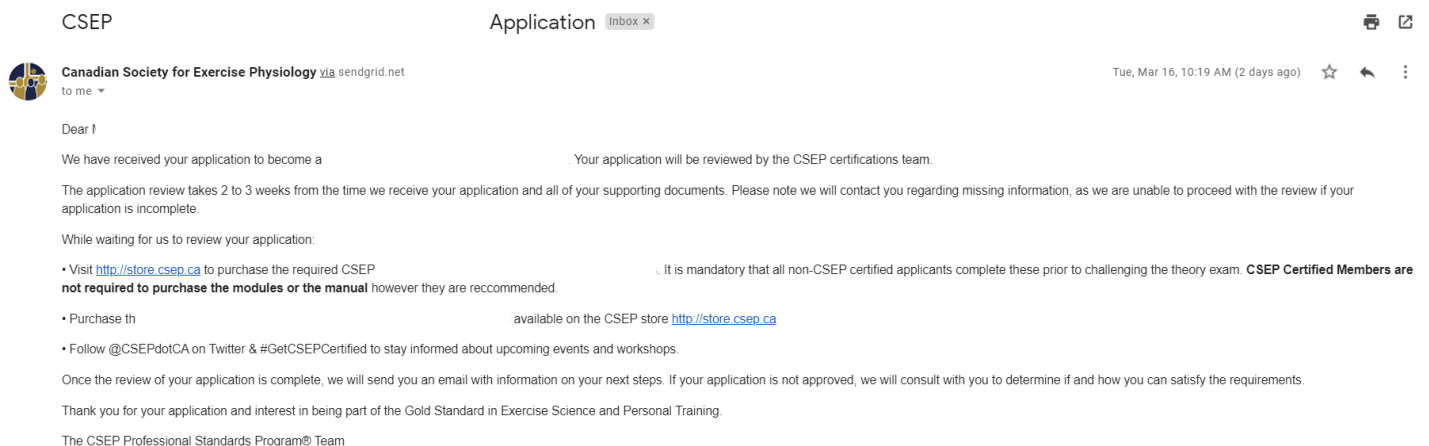
[+ Select Files](#)

- Click “continue” in the bottom right corner of the screen to move towards the payment. Once you have doubled checked the information, click “Process Payment.” \*Fees are subject to change, so the amount displayed below may not be what is paid in the future.

Item/Description	Units	Unit Fee	Fee
CSEP-CEP Applicant* Registration Application Fee - CSEP-CEP application and theory exam attempt \$250.00	1	\$250.00	\$250.00
Promo Code <input type="text"/>			<a href="#">Apply</a>
Subtotal			\$250.00
Tax (13%)			\$32.50
Total			\$282.50
Amount Paid			\$0.00
Balance Due			\$282.50

[← Back](#)
[Process Payment →](#)

- At this point you have just applied; you must wait to get confirmation from CSEP regarding approval. You will receive an email from CSEP similar to the one below:



## CSEP-Pre and Postnatal Specialization

1. If you are a certified member, click on “Apply Now” under the “CSEP Certified Members.”

### Eligibility - CSEP Certified Members

All CSEP certified members in good standing are eligible to pursue the *CSEP Pre & Postnatal Exercise Specialization™*. To earn the *CSEP Pre & Postnatal Exercise Specialization™*, CSEP certified members must successfully challenge a 60-question Theory Exam.

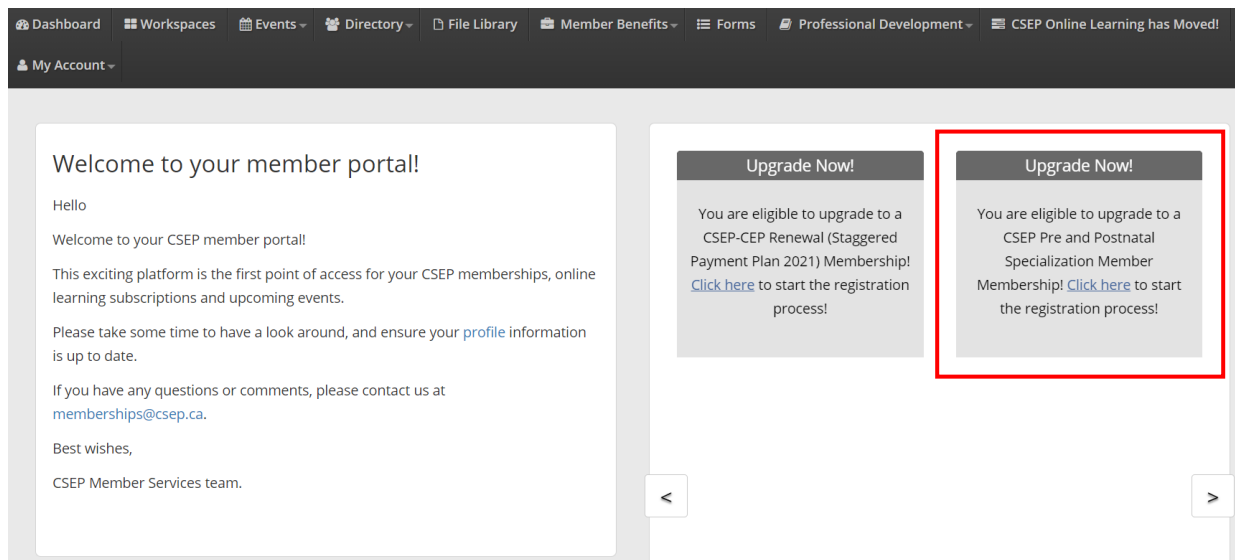
#### How to become a CSEP Pre & Postnatal Exercise Specialist™

1. Apply to challenge the exam (\$200 fee\* includes exam)
2. Review the Core Competencies and prepare for the exam with the *CSEP Pre & Postnatal Exercise Specialization™* Recommended Resources.
3. Challenge the theory exam (requires a score of 70% or higher)
4. Register as a *CSEP Pre & Postnatal Exercise Specialist™* (no fee)

**APPLY NOW**

\*Re-test fees may apply

2. **Special Note:** If you are certified member, you can also access the application for different certifications in your member portal.



3. Read the instructions on the application form, double check your contact information, and accept the disclaimers at the bottom of the screen.

### CSEP Pre and Postnatal Specialization Member Application

All CSEP certified members in good standing are eligible to pursue the CSEP Pre & Postnatal Specialization™. To earn the Pre & Postnatal Specialization™, CSEP certified members must successfully challenge a 60-question Theory Exam. There are no additional prerequisites.

CSEP Pre & Postnatal Specialization™ renews annually with your CSEP Certified membership. There are no additional fees or professional development required to renew the Specialization. CSEP members' comprehensive CSEP Professional and General Liability insurance remains unchanged.

The CSEP Pre & Postnatal Specialization™ preparation modules, and the Exercise During the Pregnancy and the Postpartum Period manual are not included in this application and exam bundle. These recommended resources are not mandatory for CSEP members and can be purchased at <https://store.csep.ca/>

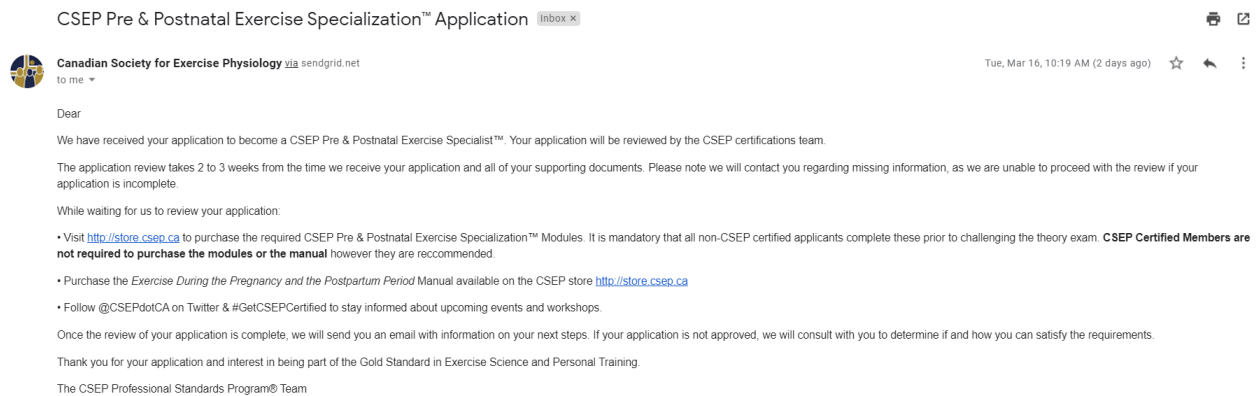
- Click “continue” in the bottom right corner of the screen to move towards the payment. Once you have doubled checked the information, click “Process Payment.” \*Fees are subject to change, so the amount displayed below may not be what is paid in the future.

Item/Description	Units	Unit Fee	Fee
CSEP Pre and Postnatal Specialization Member Registration Application Fee	1	\$200.00	\$200.00
Promo Code <input type="text"/>		<input type="button" value="Apply"/>	
Subtotal			\$200.00
Tax (13%)			\$26.00
Total			\$226.00
Amount Paid			\$0.00
Balance Due			\$226.00

Payment Method

- At this point you have just applied; you must wait to get confirmation from CSEP regarding approval. You will receive an email from CSEP similar to the one below:



## Appendix – CSEP Course Map

COURSE #	YEAR 1 / U1		PREREQUISITES	COURSE DETAILS	TERM
BIOL 1410	Anatomy of the Human Body (lab)	3			1
BIOL 1412	Physiology of the Human Body (lab)	3	BIOL 1410 (C)		2
KPER 1200	Physical Activity, Health and Wellness	3			
KPER 1500	Foundations of Physical Education and Kinesiology	3			
PSYC 1200	Introduction to Psychology	6			both
STAT 1000 M	Basic Statistical Analysis (or STAT 1150)	3	Math 40S		
HNSC 1210	Nutrition for Health and Changing Lifestyles	3			both
	Faculty of Science Course from List A* (lab)	3	see course descriptions		
	Faculty of Science Course from List A* (lab)	3	see course descriptions		
<b>YEAR 1 CREDITS</b>		<b>30</b>			

YEAR 2			PREREQUISITES	COURSE DETAILS	TERM
KPER 2120	Academic Skills in KRM	3	KPER 1400 or 1500 (C)		1
KPER 2170 W	History of Physical Activity and Leisure	3	KPER 1200 & KPER 2120(C)		2
KPER 2200	Planning Principles	3	KPER 1200 or 1400 or 1500(C)		1
KPER 2320	Human Anatomy (lab)	3	BIOL 1412 (C)		1
KPER 2330	Biomechanics (lab)	3	KPER 2320 (C)		2
KPER 2350	Introduction to Research (lab)	3	STAT 1000 (D)		2
KPER 2540	Psychology of Sport and Physical Activity	3			1
KPER 2700	Motor Control and Learning (lab)	3			2
KPER 2000	Clinical Kinesiology Skills	3		when available	1
MINOR?	Elective - any	3			2
<b>YEAR 2 CREDITS</b>		<b>30</b>			



YEAR 3			PREREQUISITES	COURSE DETAILS	TERM
KPER 3100	Inclusive Physical Activity and Leisure	3	KPER 2120 (C)		2
KPER 3460	Sociology of Physical Activity and Leisure	3	KPER 2120 (C)		1
KPER 3470	Exercise Physiology (lab)	3	BIOL 1412 (C)		1
KIN 3510	Physical Activity and Aging	3	KPER 3470 (C)		2
KPER 3512	Principles of Fitness Training (lab)	3	KPER 3470 (C)		2
KPER 4310	Physical Activity Counselling	3	KPER 2540 (C)	offered every 2nd year	1
KIN 3160	Pathology and Sport Medicine (lab)	3	KPER 2320		1
KIN 3320	Advanced Anatomy	3	KPER 2320		2
MINOR?	Elective - any	3			
MINOR?	Elective - any	3			
<b>YEAR 3 CREDITS</b>		<b>30</b>			

YEAR 4			PREREQUISITES	COURSE DETAILS	TERM
KPER 4020	Philosophy of Physical Activity and Leisure	3	KPER 2120 (C)		2
KPER 4100	Current Issues	3	90 Cr.Hrs.		2
KIN 4460	Fitness Appraisal and Lifestyle Counselling	3	KPER 3470 (C)		1
KIN 4560	Advanced Fitness Appraisal and Lifestyle Counselling	3	KIN 4460		2
HNSC 4350	Nutrition in Exercise and Sport	3	HNSC 1210, KPER 3470	may be taken in Year 3	1
MINOR?	Elective - any	3			
6 or 12h Supervised	KPER 4630 or KPER 4632/4634	3			
Fieldwork	KPER 4630 or KPER 4632/4634	3			
Experience	KPER 4630 or KPER 4632/4634	3			
90h + 2.5 GPA min	KPER 4630 or KPER 4632/4634	3			
<b>YEAR 4 CREDITS</b>		<b>30</b>			
<b>TOTAL DEGREE CREDITS</b>		<b>120</b>			