

Professional Development Credits Chart

CSEP Certified Personal Trainers® (CSEP-CPT) and CSEP Certified Exercise Physiologists® (CSEP-CEP) must earn Professional Development Credits (PDCs) in order to maintain their certification. They are encouraged to select quality professional development opportunities that will enhance their knowledge and expertise in the areas of health- and performance-related fitness applications for both apparently healthy and clinical populations.

Category	Details	Description	Credits
Conferences			
C-1	Multi-day CSEP National Annual Conference	Conference must include multiple speakers with graduate level education or training and topics must be based on peer reviewed evidence, research, or best practice	15 credits per day conference attendance, no maximum
C-2	Multi-day Annual Conference by a gold standard provincial CSEP affiliate		12.5 credits per day conference attendance, no maximum
C-3	Multi-day Annual Conference by a gold standard national organization such as ACSM or NSCA		12.5 credits per day conference attendance, no maximum
C-4	Multi-day, evidence based conference not associated with CSEP, ACSM, NSCA or any of their affiliates		7.5 credits per day conference attendance, no maximum
Workshops & Seminars - In Person			
W-1	Workshops or Seminars offered by active CSEP-CEPs and CSEP-CPTs	Content must be specific to physical activity/exercise science, fitness, and associated lifestyle applications for clinical populations	2 credits for every hour of attendance to a maximum of 20 credits per two year cycle
W-2	Workshops or Seminars offered by active CSEP-CEPs, CSEP-CPTs, ACSM-RCEPs, ACSM-CESs, or NSCA-CSCSs	Content must be specific to physical activity/exercise science, fitness, and associated lifestyle applications for high performance	2 credits for every hour of attendance to a maximum of 20 credits per two year cycle
W-3	Workshops or Seminars offered by active CSEP-CEPs and CSEP-CPTs, ACSM-RCEPs, or ACSM-CESs	Content must be specific to physical activity/exercise science, fitness, and associated lifestyle applications for health promotion/general population	2 credits for every hour of attendance to a maximum of 20 credits per two year cycle

Category	Details	Description	Credits
W-4	Workshops or Seminars offered by a physician, nurse navigator, physical therapist, occupational therapist or other health profession requiring a graduate level of education	Content may or may not be specific to physical activity/exercise science, fitness, and associated lifestyle. If not, then there must be a visible connection between the course material and CSEP mandates	1 credits for every hour of attendance to a maximum of 15 credits per two year cycle
W-5	Fitness/exercise instructor training courses	<i>Becoming a group exercise leader/instructor, e.g. cycle or Pilates, etc. - skills that would assist the CSEP-CEP or CSEP-CPT in the delivery of their fitness services</i>	7.5 credits per certification, credential, skill, or course completed to a maximum of 20 credits
W-6	Seminars/workshops/webinars offered by local, private, club or commercial fitness consulting and/or fitness certification agencies	<i>Offered by other fitness or allied health practitioners not associated with CSEP, ACSM, or NSCA.</i>	1 credit for every hour of presenting, teaching, or attendance to a maximum of 17.5 credits in a two year cycle
Academic and Aligned Courses			
A-1	Post certification pursuits - university degree, academic courses or college diploma courses	<i>Delivered by an accredited college or university - the content of these courses must be specific to physical activity/exercise science, fitness and associated lifestyle applications</i>	10 credits per course per semester - no maximum
A-2	Post certification pursuits - non-diploma or non-degree courses/continuing educational opportunities delivered by a university or other recognized post-secondary institution	<i>Usually delivered through distance education, continuing education - the content must be specific to physical activity/exercise science and associated lifestyle fitness applications</i>	7.5 credits for taking a course - no maximum

Category	Details	Description	Credits
A-3	Post certification pursuits - online or distance courses put on by organizations or companies	<i>Usually delivered through distance education or continuing education by publishing companies such as Human Kinetics - the content must be specific to physical activity/exercise science and associated lifestyle fitness applications</i>	5 credits for taking a course to a maximum of 15 credits
A-4	Post certification pursuits - online or distance courses put on by CSEP. Includes CSEP Advanced Modules Series	Completion and receiving a passing grade (where applicable) on online modules directed at clinical or high performance populations designed and offered by CSEP	10 credits for taking a course - no maximum
Publications and Grants			
P-1	Peer-reviewed publications (research journal articles, chapters in books, position statements, etc.) that are reviewed by experts (Ph.D.) in the related area	<i>Authoring or co-authoring a peer reviewed journal article (APNM, Med Sci Sports Exerc, etc.), a chapter in a book, or a book - the content must be specific to physical activity/exercise science and associated lifestyle fitness applications</i>	15 credits per article, book chapter or book in a two year cycle
P-2	Peer-reviewed research grants	<i>Physical activity/exercise science research (NSERC, CIHR, CFI, CAHR, CFLRI, etc.)</i>	10 credits for submitting a research grant to a maximum of one grant per cycle/5 credits for being awarded the research grant to a maximum of one grant per cycle
P-3	Non peer-reviewed commercial fitness publications	<i>Newsletters, magazines, trade publications, books - the content must be specific to physical activity/exercise science and associated lifestyle fitness applications</i>	5 credits per article, book chapter or book in a two year cycle - no maximum

Category	Details	Description	Credits
P-4	Proof of passing the test questions related to featured articles that appear in scientific professional journals for fitness practitioners	<i>Usually delivered by recognized professional fitness associations that have both research and practitioner branches (CSEP, ACSM, NSCA, etc.</i>	1 credits per featured article to a maximum of 12 articles in a two year cycle
Teaching/Assisting			
T-1	Assisting or Teaching at a workshop or seminar offered by active CSEP-CEPs and CSEP-CPTs	<i>The content of these courses must be specific to physical activity/exercise science, fitness and associated lifestyle applications</i>	2 credits for every hour of teaching to a maximum of 20 credits per two year cycle
T-2	Teaching a CSEP-CEP workshop/module/course	Teaching	10 credits per course to a maximum of 10 credits in a two year cycle
T-3	Assisting at a CSEP-CEP workshop/module/course	Assisting	5 credits per course to a maximum of 10 credits in a two year cycle
T-4	Teaching a CSEP-CPT workshop/module/course	Teaching	10 credits per course to a maximum of 10 credits in a two year cycle
T-5	Assisting at a CSEP-CPT workshop/module/course	Assisting	5 credits per course to a maximum of 10 credits in a two year cycle
T-6	Teaching or assisting in a seminar or workshop lead by a non-CSEP member or fitness certification agency	Offered by other fitness or allied health practitioners not associated with CSEP, ACSM, or NSCA.	0.5 credits for every hour of presenting, teaching, or attendance to a maximum of 5 credits in a two year cycle
T-7	Teaching or assisting in a seminar or workshop associated with ACSM-RCEPs or CESs or NSCA-CSCS	Offered by other fitness professionals aligned with ACSM, or NSCA.	1 credit for every hour of presenting, teaching, or attendance to a maximum of 10 credits in a two year cycle