

CSEP Physical Activity Training for Health®

Tour of the Second Edition Resource Manual

The CSEP Physical Activity Training for Health® (CSEP-PATH®) Resource Manual Second Edition builds on the high standard of the first edition (2013) CSEP-PATH® and the 2018 refresh with new sections, updated content to reflect the latest research in exercise science, and an easy-to-use look and feel. This document provides a detailed overview of what you can expect in the Second Edition.

The 528 page CSEP-PATH® Resource Manual comes in a lab and facility friendly lay flat format. Each of the 14 sections is a 3-hole punched booklet that can be stored together or used section by section as needed.

This chart below provides a detailed overview of what you can expect in each section of the Second Edition

2nd Edition Section	1st Ed. Section	Added / Updated	Removed / Moved
Preface	Preface	Introduction to the manual and its organization.	
Section 1: Basic Anatomy and Physiology	A2: Foundations – Basic Anatomy & Physiology	Updated overview of key anatomy and physiology principles relevant to qualified exercise professionals.	
Section 2: Lifestyle Behaviours and Health	A3: Basic Nutrition	<ul style="list-style-type: none"> – Subsection added on Sleep – Sedentary Behaviour is now a dedicated subsection. – Healthy eating has been updated to reflect the 2019 Canada Food Guide 	
Section 3: Behaviour Change	A4: Foundations – Behaviour Change	<ul style="list-style-type: none"> – Motivational interviewing has been expanded and now includes new tool 'Brief Action Planning' 	Theory of Planned Behaviour removed.
Section 4: CSEP-PATH	B: Physical Activity Training for Health (CSEP-PATH®)	<p>There are now 6-A's: Ask, Assess, Advise, Agree, Assist, and Arrange (previously there were five).</p> <ul style="list-style-type: none"> – Step 1 - Ask: Get to Know the Client <ul style="list-style-type: none"> ○ Blood pressure protocol updated to reflect the Get Active Questionnaire. – Step 2 - Assess: Physical Activity, Fitness & Lifestyle <ul style="list-style-type: none"> ○ Two new protocols added: Forearm Plank and the Y Balance Test. 	<p>Advise: Behaviour change information and tools moved to Assist.</p> <p>The Predicted One Repetition Maximum (1-RM) protocol is now located in Step 2 – Assess with the other musculoskeletal protocols. Moved from</p>

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		<ul style="list-style-type: none"> ○ Assessing body mass and distribution is now referred to as '<i>Anthropometric Assessment</i>'. ○ Prediction of maximum HR is now done using the Tanaka equation: $HR_{max} = 208 - (0.7 \times \text{age})$. ○ One Mile Walk equation to predict VO_{2max} now allows for body mass to be entered in kilograms instead of pounds. ○ To reflect the expanded CSEP-CPT Scope of Practice, there is a list of websites with test batteries to assess physical literacy and/or physical fitness in children, youth, and older adults. <ul style="list-style-type: none"> – Step 3 – Advise: Evaluation Report & Discussion – Step 4 - Agree: Devise an Action Plan <ul style="list-style-type: none"> ○ Exercise prescription considerations have been updated to reflect changes in Training for Health. – Step 5 – Assist: Increase Motivation and Overcome Barriers <ul style="list-style-type: none"> ○ Now a dedicated step focused on providing support. – Step 6 – Arrange: Providing Continuing Support <ul style="list-style-type: none"> ○ Now a dedicated step focused on meeting wrap-up. 	<p>Training for Health & performance.</p> <p>Assist / Arrange are now two separate steps.</p>
Section 5: Training for Health & Performance	<p>C1: Physical Activity & Exercise Prescription – Training for Health & Fitness</p> <p>C2: Physical Activity & Exercise Prescription – Training for Performance-Related Fitness</p>	<ul style="list-style-type: none"> – New summary table <i>added</i> highlighting the typical FITT for aerobic and musculoskeletal prescriptions – Expanded information on how to design the warm-up – Revised subsection on <i>Physical Activity Prescription for Reducing Sedentary Behaviour</i>. – Updates to the heart rate reserve and %HRmax training zones – Dedicated subsections on high intensity interval training (HIIT) for both health and performance. – Expanded information on set structure and training the abdominal core. – Table providing overview of various resistance training equipment has been <i>added</i> – Flexibility section now includes information on foam rolling 	<p>Predicting 1-RM moved to Section 4 (Step 2 – Assess)</p> <p><i>Physical Activity Prescription Considerations for Weight Management</i> has been <i>removed</i>; instead, a full section is dedicated to Training for Clients who Live with</p>

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		<ul style="list-style-type: none"> – Deadlift <i>added</i> to list of resistance training exercise illustrations and descriptions. As well, resistance training exercises have been reordered. – <i>Added</i> section on Training for Physically Demanding Occupational Tasks with a corresponding Sample Task Analysis for Firefighting – Expanded section on Nutrition for Performance Training 	Being Overweight or Obese
Section 6: Training for Children and Youth	C4: Physical Activity & Exercise Prescription – Training for Children & Youth	<ul style="list-style-type: none"> – Physical Literacy Consensus Statement – Canadian 24-Hour Movement Guidelines for Children and Youth (ages 5-17 years) – Canadian 24-Hour Movement Guidelines for the Early Years (ages 0-4 years) – Pre-participation screening considerations for children & youth – Options for assessing physical literacy in children and youth 	
Section 7: Training for Pregnant Women	C5: Physical Activity & Exercise Prescription – Training for Pregnant Women	Updated to reflect the new CSEP / SOGC 2019 <i>Canadian Guideline for Physical Activity throughout Pregnancy</i> .	
Section 8: Training for Clients Living with being Overweight or Obese	Brand new section for 2nd Edition! Previously addressed in A4: Behaviour Change	New section highlighting key factors to consider when developing an effective physical activity strategy for clients who have weight loss as a goal.	
Section 9: Training for Persons Living with a Disability	C3: Physical Activity & Exercise Prescription – Training for persons with disability	Expanded to reflect current knowledge about training persons who live with a disability highlighting the principles of inclusive service.	

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Section 10: Training for Older Adults	C6: Physical Activity & Exercise Prescription - Training for Older Adults	Expanded to reflect current knowledge about training older adults. Section identifies pertinent physiological age-related changes and prescribing practices unique to the older adult.	
Section 11: Training for Clients Living with Chronic Conditions	C7: Physical Activity & Exercise Prescription – Training for Clients with Chronic Conditions	<ul style="list-style-type: none"> – Addition of <i>Osteoporosis</i> and <i>Dementia and Mild Cognitive Impairments</i>. – Each subsection has been reorganized and expanded. 	
Professional Concepts	D: Professional Essentials	Section includes the latest information on CSEP certification requirements, professional liability, standard of care, and tips of building a strong professional reputation and practice.	
Toolkit: CSEP-PATH® Tools	Toolkit	<ul style="list-style-type: none"> – Tool order now aligns with order presented in the CSEP-PATH. – Client information sheet and evaluation summary report revised to reflect added protocols. – Added <ul style="list-style-type: none"> ○ Healthy Sleep Assessment ○ <i>Get Active Questionnaire</i> and Reference Document ○ Canadian 24-Hour Movement Guidelines for Children and Youth (5-17 years) ○ Canadian 24-Hour Movement Guidelines for the Early Years (0-4 years) ○ 2019 Canadian Guideline for Physical Activity throughout Pregnancy ○ Y Balance Test Data Collection Sheet ○ SOAP Charting Notes ○ Stages of Change Questionnaire (SOC-Q) 	<ul style="list-style-type: none"> – Physical Activity Readiness Questionnaire (PAR-Q+) removed – FANTASTIC Lifestyle Checklist removed – Outdated Canadian Physical Activity Guidelines removed