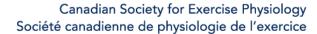


CSEP-Clinical Exercise Physiologist Core Competencies

- 1. Anatomy, Biomechanics, and Exercise Physiology
 - a. 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.
 - b. 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.
 - c. The impact of physical activity and exercise training on all of the body systems.
- 2. Health Behaviour Change and Education
 - a. Health and exercise psychology and behavior change theory and application.
 - b. Client education in areas of nutrition and weight management, sleep, sedentary behaviour.
- 3. Client Pre-participation Screening (& pharmacology)
 - a. Proper use of pre-screening tools and the ability to gather client subjective history
 - b. Describe the effect of common medications on rest and exercising responses
- 4. Advanced Exercise & Health Assessment for Apparently Healthy Populations
 - a. Develop and select appropriate assessments and implement valid reliable testing protocols.
 - b. Apply fitness assessment outcomes and fitness assessment normative data accurately and appropriately.
- 5. Advanced Exercise & Health Assessment for Chronic Conditions
 - a. Develop and select appropriate assessments and implement valid reliable testing protocols for clinical population.
 - b. Apply fitness assessment outcomes and fitness assessment normative data accurately and appropriately for clinical populations.
- 6. Advanced Exercise Prescription for Apparently Healthy Populations
 - a. Development and design of appropriate exercise prescriptions that fulfill different needs of the individual (health-related fitness program).
 - b. Application of appropriate training principles and lifestyle interventions to enhance aerobic fitness, anaerobic fitness, musculoskeletal fitness, balance, flexibility and a healthy body composition.
 - c. Demonstration of exercises and the use of exercise equipment.
 - d. Monitoring activity and providing appropriate progression.
- 7. Advanced Exercise Prescription for Chronic Conditions
 - a. 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.
- c. Demonstration of exercises and the use of exercise equipment.
- d. Monitoring activity and providing appropriate progression.
- e. 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.
- 8. Professional and Ethical Practice
 - a. Program Administration, including effective communication (oral and written).
 - b. Statistics and Research Methodologies in Health and Fitness.
 - c. Professional Ethics.