

## 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).

- 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.
  - 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.