CSEP | SCPE
THE GOLD STANDARD IN EXERCISE SCIENCE AND PERSONAL TRAINING

Canadian Society for Exercise Physiology
Société canadienne de physiologie de l'exercice

**CSEP Certified Personal Trainer® Scope of Practice** (Effective August 1, 2019)

The CSEP Certified Personal Trainer® (CSEP-CPT) is a professional with, at minimum, the equivalent of 2-years of full-time study (or 60 credits) of University/College coursework in specific core competency areas related to the exercise sciences, from an accredited post-secondary institution. A CSEP-CPT works with apparently healthy individuals or those with a stable health condition who are able to exercise independently.

**The CSEP-CPT:**

- Conducts pre-participation health screening assessments on all clients using evidence-informed tools, and gathers information about physical activity and lifestyle behaviours.
- Administers various fitness assessments on clients including submaximal aerobic fitness, musculoskeletal fitness (muscular strength, endurance, power, flexibility and balance), and anthropometry.
- Gathers and applies information about the physical activity, fitness, and lifestyle of a client or group of clients to design, implement, and monitor client-tailored submaximal exercise programs for healthier living.
- Recognizes their own area of expertise and refers clients who fall outside that expertise to a CSEP Clinical Exercise Physiologist™ (CSEP-CEP), physician, or other appropriate health care provider.

**A CSEP-CPT is NOT sanctioned by CSEP to:**

- Utilize any assessment protocols or design exercise programs that require maximal aerobic or anaerobic effort.*
- Assess muscular strength using maximal 1RM assessment protocols or design programs based on resistance loads exceeding 90% of the predicted 1RM. *
- Use an ECG for any purpose
- Administer fitness assessments, or design, implement and monitor client-tailored exercise prescription strategies for populations with unstable medical conditions or more than one medical condition, or that the CSEP-CPT feels ill-equipped to address.

**If the CSEP-CPT has successfully completed the CSEP High Performance Specialization™, they may use maximal assessment protocols (including maximal 1RM) and design programs that require maximal aerobic or anaerobic effort for apparently healthy clients.*

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