

CSEP-PATH: PHYSICIAN PHYSICAL ACTIVITY READINESS CLEARANCE

Dear Physician, _____

Patient Name: _____

Date: _____

Your patient has consulted a Canadian Society for Exercise Physiology (CSEP) Certified Personal Trainer® (CSEP-CPT) for a physical activity, fitness and lifestyle assessment and/or personal training services.

Although evidence demonstrates that becoming more active is very safe for most people and yields many health benefits, it is important to identify clients who may need a more thorough evaluation before doing a fitness assessment or becoming much more physically active.

During our standardized screening procedures we became aware that your patient:

Answered "Yes" to one or more questions on the CSEP Get Active Questionnaire – see copy attached.

Specific concern: _____

Had a Resting Heart Rate of _____ (above the safety cut-off of ≥ 100 bpm)

Had a Resting Blood Pressure of _____/_____ (above the safety cut-off of $\geq 160/90$ mmHg)

To ensure that your patient proceeds in the safest way possible, they were advised to consult with you about becoming more physically active. Please complete and sign this form, indicating any necessary physical activity restrictions, and have your patient return the form to their CSEP-CPT.

Based upon my review of the health status of _____, I recommend:

Unrestricted physical activity based on the Canadian Physical Activity Guidelines – start slowly and build up gradually

Progressive physical activity:

With avoidance of: _____

With inclusion of: _____

Only a medically-supervised exercise program until further medical clearance

No physical activity

PHYSICIAN NAME (PLEASE PRINT)
SIGNED
DATE (YYYY/MM/DD)
PHYSICIAN/CLINIC STAMP

If you have any questions regarding the CSEP-PATH[®] assessment, the Get Active Questionnaire, or the services provided by the CSEP-CPT, please contact:

CSEP-CPT
EMAIL
PHONE

NOTE: This Physician Physical Activity Readiness Clearance is valid for a maximum of one year from the date it is completed, and becomes invalid if your patient's medical condition worsens.

CSEP-CPT Certification and the CSEP-PATH® Assessment

The Canadian Society for Exercise Physiology (CSEP) is the Gold Standard for physical activity, health and fitness research and personal training in Canada. Our qualified exercise professionals strive to help Canadians achieve the well-documented health and fitness benefits of regular physical activity in a safe and effective manner. We provide the highest quality specialized and customized physical activity guidance and advice based on scientific evidence and extensive training, building on the foundation of the Canadian Physical Activity Guidelines (see www.csep.ca/guidelines for more information).

The CSEP-CPT is certified and sanctioned to administer the assessment, including appropriate submaximal fitness assessment protocols, to apparently healthy individuals, interpret results, develop a client-centred physical activity action plan, and act as a personal trainer (see www.csep.ca/csep-cpt for more information). [The CSEP Clinical Exercise Physiologist™ (CSEP-CEP) is an advanced certification that includes a broader repertoire of clients, and assessment and prescription services.]

CSEP-CPT Certification

To be certified as a CSEP-CPT, candidates must meet the following requirements:

- Academic pre-requisites: A minimum of 2 years of College Diploma or University Degree coursework in the area of Exercise Science meeting specific core competency areas (e.g., anatomy, physiology, fitness assessment, exercise prescription, professionalism, etc.);
- Hold current emergency/standard first aid and CPR Level C;
- Successfully complete a national theory and practical exam;
- Participate in continuing education/professional development; and
- Carry annual CSEP membership including mandatory insurance policy.

CSEP-PATH® Assessment

The physical activity, fitness and lifestyle assessment administered by the CSEP-CPT is exclusively that outlined in the CSEP Physical Activity Training for Health (CSEP-PATH®) Resource Manual. The assessment provides information to help clients safely and effectively build regular physical activity into their daily lives to improve their health and well-being.

The CSEP-PATH® evaluates physical activity, sedentary behaviour and other lifestyle factors (e.g., healthy eating, tobacco and alcohol use) using simple questionnaires. The fitness assessment involves a series of physical tests and measurements. Some of these (e.g., height, body weight, waist circumference) require no physical exertion. Those that evaluate aerobic and musculoskeletal fitness require physical exertion and are briefly outlined below. All clients sign an Informed Consent Form prior to proceeding.

Aerobic Fitness Assessment

Aerobic fitness is estimated based on heart rate response to a sub-maximal protocol, depending on the client's interests and capabilities. Examples of common sub-maximal protocols used include a multi-stage step test, treadmill walking, one-mile walk, or a multi-stage cycle test. Post-exercise heart rate and blood pressure are monitored after the respective protocol before proceeding to other measures to ensure an appropriate recovery.

Musculoskeletal Fitness Assessment

A variety of simple tests are performed to evaluate musculoskeletal fitness: muscular strength (grip strength and/or predicted 1 repetition maximum of upper or lower body), muscular endurance (push-ups, forearm plank, and/or back extension), muscular power (vertical jump), flexibility (sit and reach), and balance (one-leg stance and/or Y Balance Test).

Physical Activity Prescription

CSEP-PATH® assessment results are used to develop a client-centred physical activity action plan, building on the foundation of the Canadian Physical Activity Guidelines or Canadian 24-Hour Movement Guidelines. The CSEP-CPT employs evidence-based methods to prescribe client-tailored physical activity intensity, duration and frequency. (This does not include Maximal effort aerobic exercise or muscular strength exercises unless the CSEP-CPT has obtained the Performance Specialization).

Canadian Physical Activity Guidelines for Adults, and Older Adults

Adults aged 18–64 years should accumulate at least 150 minutes of moderate- to vigorous-intensity aerobic physical activity per week, in bouts of 10 minutes or more. It is also beneficial to add muscle and bone strengthening activities using major muscle groups, at least 2 days per week. More daily physical activity provides greater health benefits.

Adults aged 65 years and older should accumulate at least 150 minutes of moderate- to vigorous-intensity aerobic physical activity per week, in bouts of 10 minutes or more. It is also beneficial to add muscle and bone strengthening activities using major muscle groups, at least 2 days per week. Those with poor mobility should perform physical activities to enhance balance and prevent falls. More daily physical activity provides greater health benefits.

Canadian 24-Hour Movement Guidelines for Children and Youth (ages 5–17 years): An Integration of Physical Activity, Sedentary Behaviour, and Sleep

For optimal health benefits, children and youth (aged 5–17 years) should achieve high levels of physical activity, low levels of sedentary behaviour, and sufficient sleep each day.

A healthy 24 hours includes:

SWEAT

MODERATE TO VIGOROUS PHYSICAL ACTIVITY

An accumulation of at least 60 minutes per day of moderate to vigorous physical activity involving a variety of aerobic activities. Vigorous physical activities, and muscle and bone strengthening activities should each be incorporated at least 3 days per week;

STEP

LIGHT PHYSICAL ACTIVITY

Several hours of a variety of structured and unstructured light physical activities;

SLEEP

SLEEP

Uninterrupted 9 to 11 hours of sleep per night for those aged 5–13 years and 8 to 10 hours per night for those aged 14–17 years, with consistent bed and wake-up times;

SIT

SEDENTARY BEHAVIOUR

No more than 2 hours per day of recreational screen time; Limited sitting for extended periods.