

CSEP RECOMMENDED COURSE MAP

University of Calgary

CANADIAN SOCIETY OF EXERCISE PHYSIOLOGY CERTIFIED EXERCISE PHYSIOLOGIST®

CORE COMPETENCY AREA	COURSE TITLES AND NUMBERS
<p>1. Foundation: Anatomy, Biomechanics and Exercise Physiology</p> <ul style="list-style-type: none"> Demonstrate an understanding of anatomy, biomechanics and exercise physiology through application of knowledge to physical activity, exercise, fitness and health. 	<p>ALL OF: KNES 259 Human Anatomy & Physiology I KNES 260 Human Anatomy & Physiology 2 KNES 263 Quantitative Biomechanics KNES 373 Exercise Physiology</p>
<p>2. Health and Exercise Psychology</p> <ul style="list-style-type: none"> Demonstrate an understanding of health and exercise psychology as it pertains to physical activity, exercise, fitness and health Apply knowledge of health and exercise psychology through effective behavior change techniques and lifestyle counseling Illustrate application of evidence-based health and exercise psychology tools as they pertain to physical activity, exercise, fitness and health 	<p>KNES 397 Health and Exercise Psychology OR KNES 399 Sport Psychology</p>
<p>3. Client screening and evaluation: Client History and Risk Stratification</p> <ul style="list-style-type: none"> Use evidence-based tools for appropriate risk stratification or to clear clients to participate in physical activity and exercise of any intensity (sub-maximal & maximal) Illustrate the ability to effectively obtain informed consent and medical and lifestyle history from clients 	<p>KNES 479 Adv. Fit. Appraisal and Exercise Prescription OR KNES 433 Health and Physical Activity, OR KNES 375 Tests and Measurements in Kinesiology</p>
<p>4. Advanced Fitness Assessment and Exercise Prescription</p> <ul style="list-style-type: none"> Demonstrate ability to select, administer and interpret data from fitness testing protocols for all population in the CSEP-CEP Scope of Practice Use equipment required for testing protocols to obtain valid and reliable data from clients Be able to create and execute an exercise program for all populations in the CSEP-CEP Scope of Practice. Modify testing protocols and exercise prescription as requested or required for the client Demonstrate ability to use exercise prescription equipment and to teach individuals how to complete prescribed exercise safely and effectively Understand theory and application of physiology, pathophysiology, clinical management and exercise modifications for the following: Musculoskeletal Conditions, Cardiopulmonary Conditions, Metabolic Conditions, Neuromuscular Conditions 	<p>Supplementary Modules AND EITHER KNES 479 Adv. Fit. Appraisal and Exercise Prescription OR Appropriate Work, Practicum, or Volunteer Experience</p>
<p>5. Clinical Assessment and Pharmacology</p> <ul style="list-style-type: none"> Select, administer, and interpret data from clinical assessments before, during and after physical activity and exercise. Understand the physiological response to common medications (over the counter and prescribed) Modify physical activity and exercise as required, based on knowledge of clinical assessments and medication use 	<p>Supplementary Modules AND EITHER KNES 479 Adv. Fit. Appraisal and Exercise Prescription OR Appropriate Work, Practicum, or Volunteer Experience</p>
<p>6. Special populations: Children, Older Adults, Pregnancy, Disabilities, Chronic Conditions and Injury</p> <ul style="list-style-type: none"> Demonstrate an understanding of the physiological differences across special populations at rest and during exercise Demonstrate an understanding of the pathophysiology of different chronic conditions Demonstrate the ability to correctly modify fitness testing and exercise prescription for clients who fall within these special population groups Demonstrate an understanding of the unique psychosocial issues pertaining to special populations, and their impact on health and performance 	<p>KNES 355 Human Growth and Development AND TWO (2) OF: KNES 367 Adapted Physical Activity KNES 372 Foundations of Sport Medicine KNES 369 PA, Health, and Aging KNES 433 Health and Physical Activity KNES 437 Advanced Nutrition KNES 493 Epidemiology of Health and PA KNES 495 Phys. Aspects of Aging, Disease and PA KNES 497 Cancer and Exercise Research and Reviews</p>
<p>7. High Performance Athletes</p> <ul style="list-style-type: none"> Be able to modify fitness testing and prescribe exercise for optimal health and performance of athletes. Demonstrate an understanding of the unique psychological issues pertaining to athletes and the impact on health and performance. 	<p>KNES 375 Tests and Measurements in Kinesiology OR KNES 479 Adv. Fit. Appraisal and Exercise Prescription OR KNES 475 Physiology of Athletic Performance</p>
<p>8. Workplace Health and Fitness</p> <ul style="list-style-type: none"> Demonstrate knowledge of advanced exercise physiology and ergonomics through the ability to conduct fitness testing and prescribe exercise to individuals in the workforce Demonstrate an understanding of the unique psychosocial issues pertaining to individuals in the workforce and their impact on health and performance. Demonstrate a basic understanding of bona fide occupational fitness requirements 	<p>KNES 375 Tests and Measurements in Kinesiology OR KNES 479 Adv. Fit. Appraisal and Exercise Prescription</p>
<p>9. Lifestyle Literacy</p> <ul style="list-style-type: none"> Demonstrate an understanding of the relationship between physical activity and exercise and other lifestyle factors, as well as their influence on health and performance. 	<p>KNES 237 Intro to Nutrition AND KNES 433 Health and Physical Activity</p>

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CSEP CERTIFICATION PATHWAYS

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CORE COMPETENCY AREA

COURSE TITLES AND NUMBERS

10. Professional Practice <ul style="list-style-type: none">• Illustrate ability to effectively and appropriately communicate with individuals from across the populations in the CSEP-CEP Scope of Practice.• Describe and work within the boundaries of the CSEP-CEP Code of Conduct and CSEP-CEP Scope of Practice• Critically analyze and interpret data obtained and appropriately communicate results to clients• Describe basic descriptive statistics, normative data, validity and reliability as it pertains to fitness tests used.	KNES 375 Tests and Measurements in Kinesiology OR BOTH KNES 479 Adv. Fit. Appraisal and Exercise Prescription And One of STAT 205 or STAT 213
Important Note: All knowledge and skills listed in the CSEP-CEP Core Competencies should be applied across the lifespan and across populations in the CSEP Scope of Practice	

Note: As of January 01, 2017 all CSEP-CEP applicants are required to provide proof of a minimum of 100 hours of practical experience. Practical hours may be attained through practicum, work, volunteer or a combination of experiences. For more information about this or any additional pre-requisites please go to: <http://www.csep.ca/csep-cep-prereqs>

There is a \$35 +tax application fee due at the time of submission. Submission does not guarantee approval to challenge the exams. To apply please go to: https://csep.formstack.com/forms/cep_app_nov2016

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