

CSEP-PATH 3rd Edition: Updates/changes of note for CSEP-CPT Instructors/Examiners

Section Title	Changes from CSEP-PATH 2 nd Ed.
1. Basic Anatomy and Physiology	None
2. Lifestyle Behaviours and Health <ul style="list-style-type: none"> Physical Activity, Fitness and Health Sedentary Behaviour Healthy Sleep Integration of Physical Activity, Sedentary Behaviour, and Sleep Healthy Eating 	<p><u>Physical Activity, Fitness and Health; Sedentary Behaviour; Healthy Sleep</u></p> <ul style="list-style-type: none"> Each have been updated with new evidence and recommendations to be aligned with the <i>Canadian 24-Hour Movement Guidelines for Adults</i>. This includes the specific guideline targets for core movement behaviour (physical activity, sedentary behaviour, and sleep) for each subsection. A definition for movement behaviours has been added to <i>Physical Activity, Fitness and Health</i>. <i>Sedentary Behaviour</i> has new information on assessing a client's sedentary behaviour habits. <p><u>Integration of Physical Activity, Sedentary Behaviour, and Sleep</u></p> <ul style="list-style-type: none"> New subsection added to explain the importance of adopting an integrated approach to movement behaviours that considers time spent in all movement behaviours across the entire 24-hour day.
3. Behaviour Change	None
4. CSEP-PATH®	<ul style="list-style-type: none"> Throughout, previous <i>Canadian Physical Activity Guideline</i> recommendations and associated evidence have been updated throughout to reflect the new <i>Canadian 24-Hour Movement Guidelines for Adults</i>. <i>Sex and Gender and the CSEP-PATH® Process</i> highlight box has been revised. Tools in Step 1 – Ask have been reordered. Related, new tools have been included and described in Step 1 – Ask (<i>Get Active Questionnaire for Pregnancy, Health Care Provider Consultation Form for Prenatal Activity, Movement Counselling Tool</i>). <i>Elements of a Healthy Lifestyle</i> highlight box changed to <i>The Whole Day Matters – Move More, Reduce Sedentary Time, Sleep Well</i> and discusses the importance of an integrated approach to movement behaviours. RPE in Table 4.23 now uses the Borg scale from 6-20 rather than the Category Ratio 0-10 scale.
5. Training for Health and Performance <ul style="list-style-type: none"> Training for Health and Fitness Training for Performance 	<p><u>Training for Health and Fitness</u></p> <ul style="list-style-type: none"> Throughout, previous <i>Canadian Physical Activity Guideline</i> recommendations and associated evidence have been updated throughout to reflect the new <i>Canadian 24-Hour Movement Guidelines for Adults</i>. RPE in Table 5.2 now uses the Borg scale from 6-20 rather than the Category Ratio 0-10 scale. New highlight box was added on <i>Challenging Traditional Resistance Training Wisdom</i>.

	<p><u>Training for Performance</u></p> <ul style="list-style-type: none"> Information on the <i>CSEP High Performance Specialization™</i> added.
6. Training for Children and Youth	None
7. Training for Pregnant Individuals	<ul style="list-style-type: none"> Information on the <i>CSEP Pre & Postnatal Exercise Specialization™</i> added. Pre-participation screening content has been updated to reflect the newly released <i>Get Active Questionnaire for Pregnancy</i> and the <i>Health Care Provider Consultation Form for Prenatal Activity</i>. General edits throughout to better align the section with the <i>2019 Canadian Guide for Physical Activity throughout Pregnancy</i>.
8. Training for Clients who Live with Being Overweight or Obese	<ul style="list-style-type: none"> Previous <i>Canadian Physical Activity Guideline</i> recommendations and associated evidence have been updated throughout to reflect the new <i>Canadian 24-Hour Movement Guidelines for Adults</i>.
9. Training for Persons Living with a Disability	None
10. Training for Adults Aged 65 Years and Older	<ul style="list-style-type: none"> Previous <i>Canadian Physical Activity Guideline</i> recommendations and associated evidence have been updated throughout to reflect the new <i>Canadian 24-Hour Movement Guidelines for Adults Aged 65 Years and Older</i>.
11. Training for Clients Living with Chronic Conditions	<ul style="list-style-type: none"> Previous <i>Canadian Physical Activity Guideline</i> recommendations and associated evidence have been updated throughout to reflect the new <i>Canadian 24-Hour Movement Guidelines for Adults</i>.
12. Professional Concepts	<ul style="list-style-type: none"> New CSEP Code of Conduct for CSEP Certified Members and CSEP Specialists has been added. Information on the <i>CSEP High Performance Specialization™</i> and <i>CSEP Pre & Postnatal Exercise Specialization™</i> has been added.
Toolkit	<ul style="list-style-type: none"> Tools in Step 1 – Ask have been reordered to reflect Section 4. New tools added: <i>Get Active Questionnaire for Pregnancy</i>, <i>Health Care Provider Consultation Form for Prenatal Activity</i> and <i>Movement Counselling Tool</i> (for adults 18-64 years and 65 years and older). New <i>Canadian 24-Hour Movement Guidelines for Adults 18-64 years and 65 years and older</i> added.