Dear colleagues,

There were many exciting firsts and milestones in the past year at CSEP. I was especially proud to present the very first Fellows of CSEP. This distinction recognizes members for their contributions to strengthening our society. Congratulations to this distinguished group of leaders: Dr. Angelo Belcastro, Dr. Claude Bouchard, Dr. Jonathon Fowles, CSEP-CEP, Dr. Audrey Hicks, Dr. Brian MacIntosh, Dr. Roy Shephard, Dr. Mark Tremblay, CSEP-CEP, and Lori Zehr, CSEP-CEP. I hope this dedicated group inspires future contributions from members to continue to strengthen our society.

We celebrated an important milestone in 2018; the 35th Anniversary of the CSEP Professional Standards Program® (CSEP-PSP®), fondly known to some as the CSEP Health and Fitness Program (HFP) or the Fitness, Appraisal, Certification and Accreditation (FACA) Program. The program continues to set the highest standards for qualified exercise professionals who work to improve the health outcomes of Canadians. This year, under the leadership of Chair Dr. Jennifer Copeland, the CSEP-PSP® expanded the Scope of Practice for CSEP-CPTs enabling them to work with clients of all ages, began development on specializations, and continued to work to enhance certification materials.

In October 2018 Brock University hosted a very successful annual conference. CSEP 2018: Health in Motion, Science in Exercise in Niagara Falls received the most abstracts, had the most delegates in CSEP history, and had a healthy surplus that will be reinvested into activities of the organization. Advancing women in science is incredibly important to me and I was pleased to have a more diverse conference program this year. Most notably, Dr. Jayne Kalmar was the first female keynote and Dr. Audrey Hicks received the CSEP Honour Award for her outstanding accomplishments and distinguished service. It was the first time that this high honour was awarded to a woman.

The Member Services Committee, chaired by Dr. David Wright, initiated a number of additional benefits available for members including the introduction of student travel grants and a new seed grant to support members’ research. Members are now connected to more opportunities globally with the signing of international partnership agreements with Exercise & Sports Science Australia (ESSA) and the British Association of Sport and Exercise Sciences (BASES) which aim to connect, advance research, and share knowledge.

Applied Physiology, Nutrition, and Metabolism (APNM), CSEP’s official journal published by Canadian Science Publishing, continues to do well under editor Dr. Terry Graham. Notably, the journal’s Impact Factor jumped to 2.5 and APNM is rated in the top 30% of sport science journals.

A new joint Society of Obstetricians and Gynaecologists of Canada (SOGC) and Canadian Society for Exercise Physiology (CSEP) evidence-based 2019 Canadian Guideline for Physical Activity throughout Pregnancy was released in October. The Guideline outlines the right amount of physical activity women should get throughout pregnancy to promote maternal and fetal health. A multi-disciplinary Consensus Panel led by Drs. Michelle Mottola, Margie Davenport and Stephanie-May Ruchat worked over a three-year period to update the previous guidelines. Development of Canadian 24-Hour Movement Guidelines for Adults and Older Adults is getting underway with a Consensus Panel led by CSEP Member and Past-Chair, Dr. Robert Ross, and supported by the Public Health Agency of Canada; their release is expected in late 2020.

These are just some of the many activities from the past year that work to provide value for members, advance our association, and our field. I look forward to continuing to collaborate with our over 6000 members, the board, committees, partners, and office staff in 2019!
Introduced in 2018, the Canadian Society for Exercise Physiology Fellow designation is a recognition of an Academic or Certified member’s contribution to CSEP. 

Independent of contributions to the Fellow’s field of research, CSEP Fellows are nominated by their peers within the Society. This distinguished group of leaders have inspired excellence amongst the membership, and have served as bridge-builders between academic and professional members. Through recognition of contributions to CSEP, the Fellowship is intended to serve as an example for inspiring future contribution from members in order to strengthen the Society and its impact to Canadians.
EXPANDED CSEP-CPT SCOPE OF PRACTICE

In November 2018 the CSEP-CPT Scope of Practice was expanded to allow CSEP-CPTs to work with clients of all ages. CSEP-CPTs now have more opportunities including a larger potential client base.

RELEASE OF THE CANADIAN 2019 GUIDELINE FOR PHYSICAL ACTIVITY THROUGHOUT PREGNANCY

This new evidence-based guideline outlines the right amount of physical activity women should get throughout pregnancy to promote maternal and fetal health. Physical activity is now seen as a critical part of a healthy pregnancy.

INTERNATIONAL PARTNERSHIPS

This year CSEP was pleased to announce two new international partnership agreements with Exercise & Sports Science Australia (ESSA) and British Association of Sport and Exercise Sciences (BASES).

Through this new partnership ESSA, BASES, and CSEP will collaborate to provide members global opportunities to connect, advance research, and share knowledge.
This year’s conference was a year of “firsts”; the first female Keynote lecturer, the first female CSEP Honour Award recipient, the first Fellows of CSEP, and the first conference to receive private sponsorship funds - thank you again, Dr. Mike Plyley!

With a record number of abstracts and the second highest attendance in CSEP conference history, CSEP 2018: Science in Motion, Health in Exercise was a tremendous success. Congratulations to the local organizing committee and the host institution, Brock University.
In 1983, following years of discussion around the need for safe and reliable physical appraisals and training in Canada, the Fitness Appraisal Certification & Accreditation (FACA) Program was developed. This national program - the first of its kind in Canada - has seen many exciting changes and advances since it started.

- 1983 - Standardized Test of Fitness Appraisers (STFA) – loosely equivalent to the present-day certified member
- 1986 - Registered Fitness Appraisers (RFA’s) - precursor to CFA
- 1986 - Certified Fitness Appraiser (CFA) – loosely equivalent to present-day CSEP-CEP

By 1990, the program had grown to over 600 Certified Fitness Appraisers Canada-wide. Additional resources were developed which would change the way health care professionals worked with their patients:

- 1993 – PAR Q & You is updated
- 1994 – PARmed-X
- 1996 – PARmed-X for Pregnancy
- 1996 – Successor of the Canadian Standardized Test of Fitness (CSTF), the Canadian Physical Activity Fitness and Lifestyle Approach (CPAFLA) is launched
- 1997 - Professional Fitness and Lifestyle Consultant (PFLC) and the Certified Fitness Consultant (CFC)

In 2018 CSEP celebrated an important milestone in our history, the 35th Anniversary of the CSEP Professional Standards Program®.

Previously known as the CSEP Health and Fitness Program (HFP) and originally the Fitness Appraisal Certification & Accreditation (FACA) Program, this flagship program has had an important role in improving health outcomes for Canadians for over three decades.
By 1990, the program had grown to over 600 Certified Fitness Appraisers Canada-wide. Additional resources were developed which would change the way health care professionals worked with their patients:

- 1993 – PAR Q & You is updated
- 1994 – PARmed-X
- 1996 – PARmed-X for Pregnancy
- 1996 – Successor of the Canadian Standardized Test of Fitness (CSTF), the Canadian Physical Activity Fitness and Lifestyle Approach (CPAFLA) is launched
- 1997 - Professional Fitness and Lifestyle Consultant (PFLC) and the Certified Fitness Consultant (CFC)

As of 2002 the FACA program changes its name to the CSEP Health & Fitness Program (HFP) to better reflect the range of certifications offered.

- 2007 - The CSEP-Certified Personal Trainer (CSEP-CPT) and the CSEP-Certified Exercise Physiologist (CSEP-CEP)
- 2013 - CSEP Physical Activity Training for Health® (CSEP-PATH®) is launched
- 2015 - CSEP Health and Fitness Program (HFP) renamed to CSEP Professional Standards Program® (CSEP-PSP®)

As of 2018, CSEP Certified Personal Trainers® (CSEP-CPT) and CSEP-Certified Exercise Physiologists® (CSEP-CEP) number over 5000 strong. These gold standard, industry experts are working in health clubs, rehabilitation labs, with the Canadian military and almost anywhere Canadians are striving to lead healthier, more active lives.

- Over 15,000 members certified since 1983
- More than 1,500,000 Canadians helped to achieve a healthier lifestyle and meet performance goals to date
There are also 94 CSEP members who reside abroad.

This word map is comprised of CSEP members most common job titles to show the vast array of positions and work our members influence throughout the industry. Each circle represents the member numbers by Province and Territory.
With over 15,000 members, knowledge users, and contacts across Canada and around the world, CSEP’s online presence has never been more important. Recognized as a key component in increasing our brand recognition; through social media and additional web pages, CSEP’s online engagement continues to grow.

- **CSEP.ca**
  - Over **6500** certified members in the online directory
  - Academic & Student Members in over **125 post-secondary institutions** across Canada
  - Over **2200** site visits per month
  - Multiple Newletters delivered to over **10,000** unique addresses

- Twitter: 4,000+ Followers, 39,000 Average Monthly Impressions
- Facebook: 2,000+ Reach, 2,400 Page Likes
- Instagram: 450+ Followers, 1,000+ Weekly Impressions
Revenue:
- Membership (59%)
- Professional Standards (16%)
- Conference (7%)
- Product Sales (10%)
- Special Projects (5%)
- Other Income (1%)

Expenses:
- Member Services (28%)
- Professional Standards (23%)
- Special Projects (10%)
- Conference (8%)
- Product Sales (9%)
- Administration (23%)
Board of Directors

Nota Klentrou
Chair

Adam Upshaw
Chair-Elect

Jennifer Jakobi
Treasurer

Kevin Power
Vice-Chair, Research

Kirstin Lane
Vice Chair, Professional Standards

Chris Perry
Director, Academic

Stuart Phillips
Director, Academic

Duane Button
Director, CSEP-CEP

Ginger Lamoureux
Director, CSEP-CPT

Christina Ziebart
Director, Student

Shilpa Dogra
Director, Conference
Acknowledgments

Thank You to our Volunteers!