



Canadian Society for
Exercise Physiology
2018
ANNUAL
REPORT

 **CSEP | SCPE**

**35 YEARS OF
IMPROVING
HEALTH OUTCOMES
FOR CANADIANS**

 CSEP Professional
Standards Program™

Chairs' Message

CSEP Year in Review

Panagiota (Nota) Klentrou, PhD
Chair, CSEP Board of Directors



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!

A handwritten signature in blue ink, reading 'Klentrou' with a stylized flourish at the end.



FELLOWS • 2018



Angelo Belcastro



Claude Bouchard



Jonathon Fowles



Audrey Hicks



Brian MacIntosh



Roy Shephard



Mark Tremblay



Lori Zehr

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.



The British Association of
Sport and Exercise Sciences



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.





CSEP 2018 HEALTH IN MOTION SCIENCE IN EXERCISE

Oct. 31 - Nov. 3, Sheraton on the Falls, Niagara Falls

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.

*Dr. Audrey Hicks,
2018 Recipient,
CSEP Honour
Award*



*Dr. Maureen
MacDonald,
2018 Recipient,
CSEP Mentorship
Award*



CSEP: 2018 Local Organizing Committee



**35 YEARS OF
IMPROVING
HEALTH OUTCOMES
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 CSEP Professional
Standards Program™



The 1980's

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.

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

The 1990's

By 1990, the program had grown to over 600 Certified Fitness Appraisers Canada-wide.

Additional resources were developed which worked the way health care professionals worked with their patients.

- 1993 - PAR Q & Y
- 1994 - PARmed-X
- 1996 - PARmed-X Pregnancy
- 1996 - Successor to the Canadian Standardized Test of Fitness (CSTF), the Physical Activity Readiness Lifestyle Approach (PARmed-X) launched
- 1997 - Professional Physical Activity Lifestyle Consultation (the Certified Fitness Consultant (CFC))



90's

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The 2000's

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

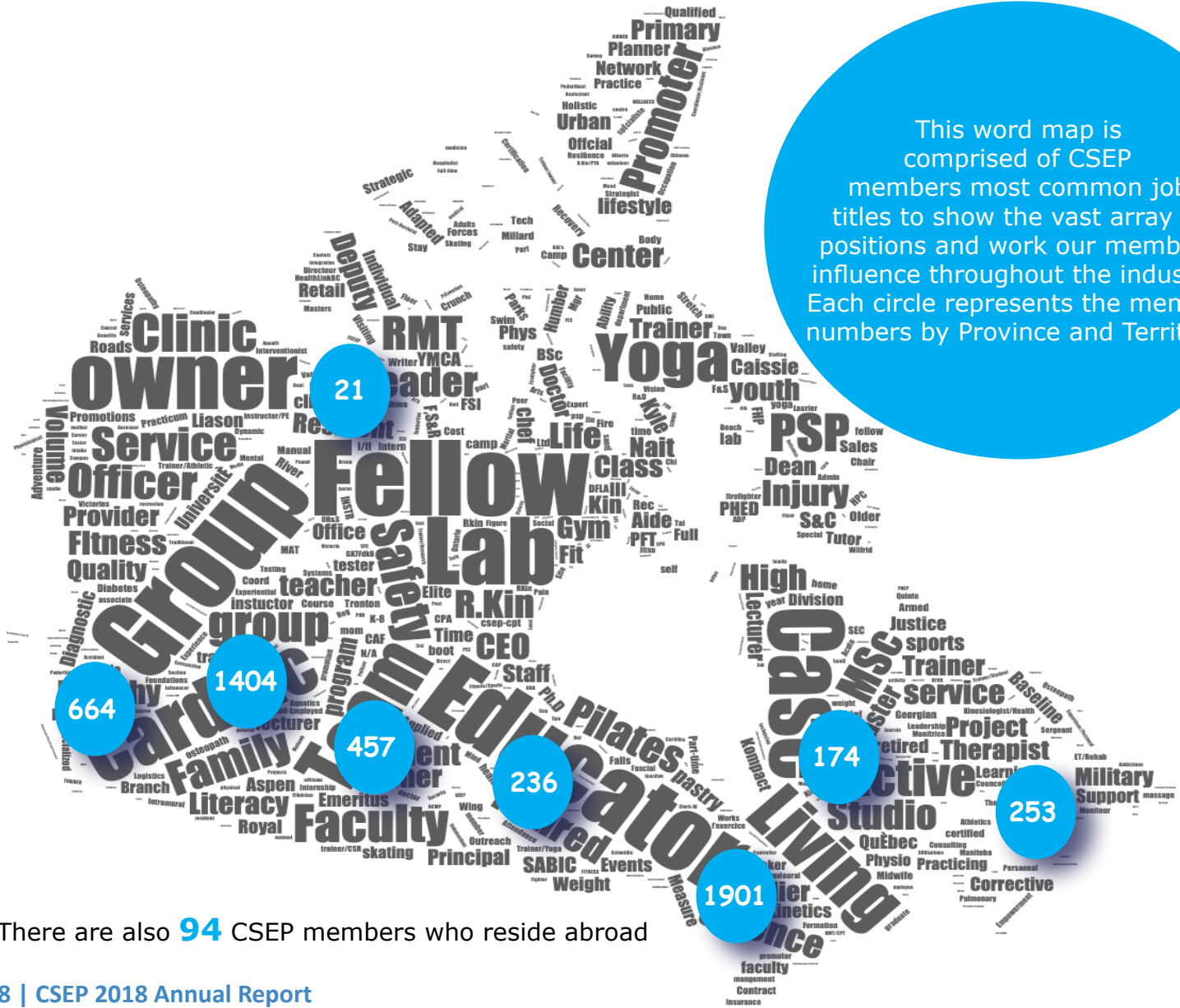
- 2007 - The CSEP-Certified Personal Trainer (CSEP-CPT) and the CSEP- Certified Exercise Physiologist (CSEP-CEP)
- 2013 - CSEP Physical Activity Training for Health® (CSEP-PATH®) is launched
- 2015 - CSEP Health and Fitness Program (HFP) renamed to CSEP Professional Standards Program® (CSEP-PSP®)

Today

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

CSEP Across Canada



*There are also 94 CSEP members who reside abroad

CSEP Online

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](https://www.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 Newsletters delivered to over **10,000** unique addresses



4,000+
Followers

39,000
Average Monthly Impressions



2,000+
Reach

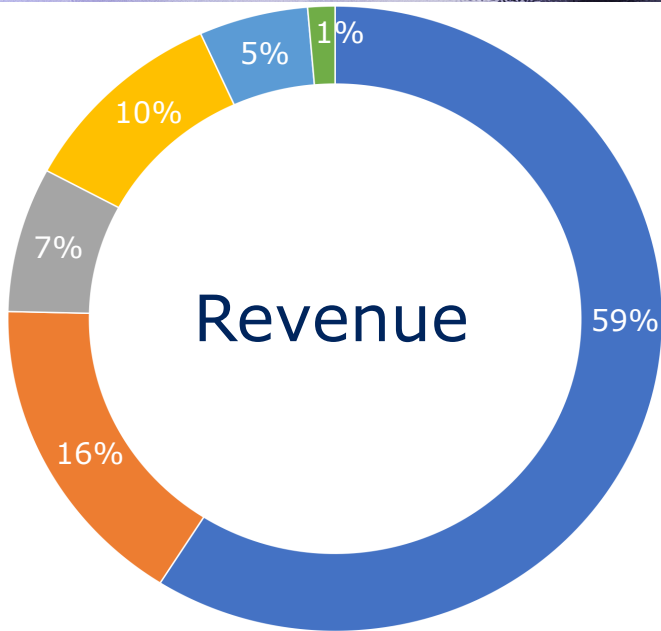
2,400
Page Likes



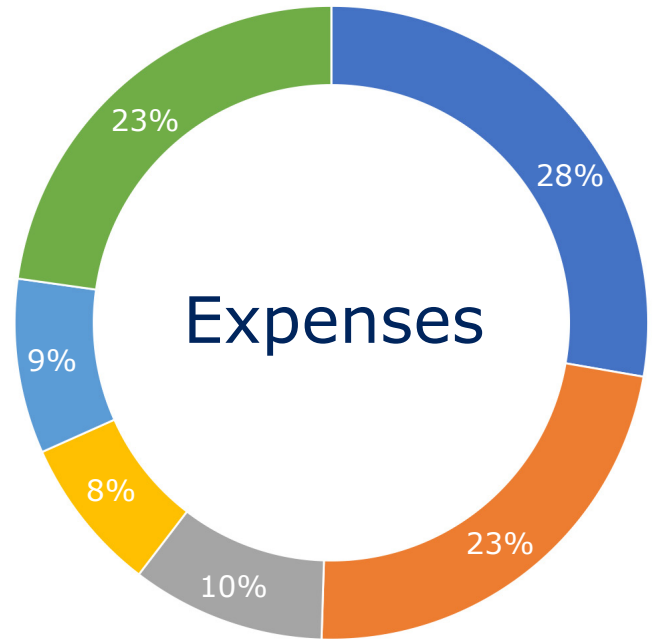
450+
Followers

1,000+
Weekly Impressions

Budget



- Membership (59%)
- Professional Standards (16%)
- Conference (7%)
- Product Sales (10%)
- Special Projects (5%)
- Other Income (1%)



- 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



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Treasurer



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Research



Kirstin Lane
Vice Chair,
Professional
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Academic



Duane Button
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CSEP-CEP



Ginger Lamoureux
Director,
CSEP-CPT



Christina Ziebart
Director,
Student



Shilpa Dogra
Director,
Conference

Acknowledgments

Thank You to our Volunteers!

Kelly Arbour-Nicitopoulos, Kristi Adamo, Kate Andrews, Justin Andrushko, Bart Arnold, Rebecca Bassett-Gunter, David Behm, Angelo Belcastro, Kevin Boldt, Sue Boreskie, Danielle Bouchard, Martin Brochu, Jamie Burr, Duane Button, Jean-Philippe Chaput, Phil Chilibeck, Janine Clarke, Jennifer Copeland, Hannah Connon, Brian Dalton, Margie Davenport, Michael Delisio, Shilpa Dogra, Randy Dreger, Todd Duhamel, Greg duManior, David Dyck, Marta Erlandson, Alex Game, Phillip Gardiner, Lora Giangregorio, Martin Gibala, Jack Goodman, Terry Graham, Jordan Guenette, Rebecca Gunter, Brendon Gurd, Scott Forbes, Jonathon Fowles, Tom Hawke, Jacqueline Hay, Tom Hazell, Audrey Hicks, Susan Hopkins, Krista Howarth, Jennifer Jakobi, Ian Janssen, Denis Joannis, Karen Kendall, Glenn Kenny, Nota Klentrou, John Kowalchuk, Joel Krentz, Jennifer Kuk, Ginger Lamoureux, Emilio Landolfi, Kirstin Lane, Judi Laprade, Amy Latimer-Cheung, Sojung Lee, Sylvain Lemelin, Jonathan Little, Duncan MacDougall, Kelly Mackenzie, Monica Maly, Gerren McDonald, Laura Middleton, Michelle Mottola, Coral Murrant, Sarah Neil-Sztramko, Amanda Nichol, Catherine Notarius, Gianni Parise, Erin Patton, Greg Pearcey, Chris Perry, Stuart Phillips, Mike Plyley, Kevin Power, Jessica Power-Cyr, Nick Pyke, Joe Quadrilatero, Jordan Rees, James Riggs, Jennifer Robertson-Wilson, Marcel Roy, Robert Ross, Caryl Russell, Stephanie May Ruchat, Catherine Sabiston, Daniel Santa Mina, Travis Saunders, Martin Sénéchal, Jane Shearer, William Sheel, Chris Shields, Taniya Singh-Nagpal, Liza Stathokostas, Sherry Swanburg, Leanne Telford, Scott Thomas, Jennifer Tomasone, Logan Townsend, Angelo Tremblay, Mark Tremblay, François Trudeau, Nolan Turnbull, Adam Upshaw, Crystal Watson, Sarah Weller, Heather Whelan, Michael Williams-Bell, Craig Wourms, Kathryn Wytsma-Fisher, Lori Zehr, Christina Ziebart

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