

Canadian Society for Exercise Physiology
2019 Annual Report



CSEP | SCPE
THE GOLD STANDARD IN EXERCISE
SCIENCE AND PERSONAL TRAINING

Message From the Chair

CSEP Year in Review

Dear Colleagues,

As I write this letter from my home office in Oakville, Ontario, I am cognizant that this unprecedented period will present both incredible challenges and opportunities for those working in our field. No question, these are fraught times, which makes me all the more grateful to spend this time reflecting on the many achievements that CSEP has realized in the past year.

The CSEP Professional Standards Program® (CSEP-PSP®), in partnership with numerous working groups and topic area experts, were especially busy this year. Led by Kirstin Lane, University of Victoria, the much anticipated CSEP-PATH® Resource Manual Second Edition was published in English during the summer and the French version is expected soon. The CSEP High Performance Specialization™ was successfully launched in late fall, paving the way for future Specializations, and important changes were made to update the CSEP Clinical Exercise Physiologist™ scope of practice. The CSEP-PSP® and its members are assuredly well on their way to enjoying considerable success and recognition moving forward.

CSEP demonstrated a number of positive steps to recognize the important role women are playing in our work and our social fabric in 2019: The release of the 2019 Guidelines for Physical Activity throughout Pregnancy, a highly successful Annual General Meeting in Kelowna which included strong female representation across all speaker panels including the Conference's first female honoree for the John Sutton Memorial Lecture, and active recruitment of female members to the CSEP Board and national committees. These are all outstanding initiatives which I am proud to see realized by the organization.



Strategically, we continue to make valuable inroads with our international partners in Australia, the United States, and the United Kingdom. These partnerships will serve the organization well and we continue petitioning local and federal agencies to recognize our CSEP Clinical Exercise Physiologists™ as integral members of the allied health care field.

Led by Bob Ross, Queen's University, the development of the world's first Canadian 24-Hour Movement Guidelines for Adults 18+: An Integration of Physical Activity, Sedentary Behaviour and Sleep is nearing completion and expected to launch in late 2020. Thanks to all members who participated in the survey to provide their feedback on the initial draft and to the Public Health Agency of Canada for their financial support to this important initiative to improve the health of Canadians.

As I review and reflect on these accomplishments, I know that none of this would have been possible without the hard work and dedication of our many volunteers. Each year, over 100 members volunteer countless hours and vast expertise to CSEP, and without them we would not be the strong organization we are today. I would like to sincerely thank each and every one of you.

Sincerely,

A stylized, handwritten signature in black ink, appearing to read 'Adam Upshaw'.

Adam Upshaw
Chair, CSEP Board of Directors



FELLOWS • 2019



“Dr. Graham is a devoted advocate and supporter of the philosophies of CSEP. For more than four decades, Terry has devoted a large part of his life to the success and evolution of the Society, and as such is a very worthy recipient of the recognition of Fellow of CSEP”



“Dr. Ross has made outstanding contributions to exercise physiology and to CSEP in particular. He has held leadership positions in the Society for more than three decades and has been committed to many large endeavors on behalf of the Society. For his profoundly impactful contributions to CSEP and its membership, Dr. Ross is uniquely deserving of the distinction of Fellow of CSEP”

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.



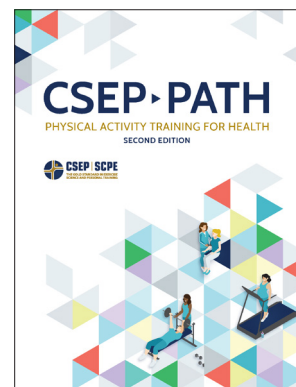
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FELLOWS
MEMBRES ASSOCIÉS

Spotlight 2019

CSEP continues to invest in its members and support their evolving work. Here are some highlights from the past member year:

Release of the CSEP Physical Activity Training for Health Resource Manual® (CSEP-PATH®) Second Edition

The Second Edition has been extensively updated with new sections and content to reflect the latest research in exercise science. With 14 individual softcover sections, and over 520 pages, the evidence-informed CSEP-PATH® Manual Second Edition provides a comprehensive set of assessment protocols and extensive information for qualified exercise professionals working with a variety of clients. Member discount pricing is available, visit: store.csep.ca to purchase. French edition coming in 2020.



CSEP Professional Standards Program® Launches the CSEP Clinical Exercise Physiologist™

In the fall of 2019, the title of CSEP Certified Exercise Physiologist® (CSEP-CEP) changed to CSEP Clinical Exercise Physiologist™ (CSEP-CEP). The change in title highlights the clinical populations that CSEP Clinical Exercise Physiologists™ work with, as well as provides focus to the broad area of study currently required of the CSEP-CEP Candidate.

Learn more: csep.ca/membership/membership-overview



CSEP Knowledge at Work



CSEP continues to be represented in initiatives and translate advances in science to members. This year CSEP was one of 17 partner organizations on a roundtable of experts convened by the American College of Sports Medicine (ACSM) to review the latest scientific evidence and offer recommendations about the benefits of exercise for prevention, treatment, recovery, and improved survival for cancer patients. The expert panel concluded that cancer treatment should include tailored exercise prescriptions. Learn more: exerciseismedicine.org/movingthroughcancer

New Partnership with the Clinical Exercise Physiology Association (CEPA)

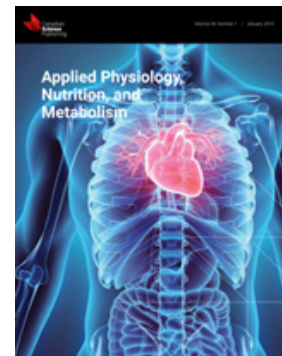


Through this new partnership, CEPA and CSEP will collaborate to provide members global opportunities to connect, advance research, and share knowledge. Members of each organization will receive member pricing on professional development events and access to additional resources.

Learn more at: acsm-cepa.org

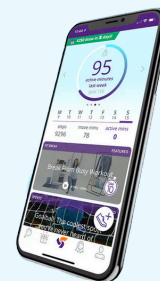
Applied Physiology, Nutrition, and Metabolism

In December 2019, CSEP acknowledged the retirement of Dr. Terry Graham as APNM's first Editor-in-chief. Under Dr. Graham's leadership, the former Canadian Journal of Applied Physiology (CJAP) was successfully transitioned to a new publisher, NRC Research Press (now Canadian Science Publishing) in 2006, and re-established under its current name. Since then, the journal's scope has seen tremendous growth including: larger page allowance, increased publication schedule, expanded editorial board, and content expansion to include nutrition. In 2019, the Society's journal is a leading publication among exercise physiologists, ranking 13/83 in Sport Sciences and 20/81 in Physiology journals worldwide. Since its' 2006 inception, APNM's two-year impact factor has increased from nil to 3.455, an outstanding achievement in a short time.



CSEP Partners with ParticipACTION

In 2019, CSEP was proud to partner with ParticipACTION in assisting with the development of the free ParticipACTION app. The application provides users content to help stay active with video demonstrations and examples. All of the videos featured on the new app are *certified by CSEP*.



Continued International Partnerships



In 2019, CSEP was pleased to continue our international partnerships with The British Association of Sport and Exercise Sciences (bases.org.uk) and Exercise and Sport Science Australia (essa.org.au).

Through these international partnerships, CSEP, BASES, and ESSA continue to collaborate to provide members global opportunities to connect.

Season 1 CSEP Podcast: Exploring Mentorship



Released in 2019, the first season of the CSEP Podcast explores the topic of mentorship in the field of exercise science with a series of interesting and exciting guests. Hosted by **Lauren Jenkinson**, R.Kin, BSc, CSEP-CEP, Cardiac Rehab Supervisor, Toronto Rehabilitation Institute. Also in this season Lauren attends the CSEP 2019 Mentorship Workshop and shares her insights into the value of connecting with other exercise professionals in a mentorship role.

CSEP 2019 FOR THE HEALTH OF IT

Applying Exercise Science Research to Practice

Kelowna, BC • Nov 6-9, 2019



THE UNIVERSITY
OF BRITISH COLUMBIA

CSEP 2019 was held in beautiful Kelowna, BC. The Conference was a tremendous success with over twenty symposia hosted by academic and professional members and their colleagues from across Canada and the around the globe. A new Board was elected at this year's Annual General Meeting and the Conference featured new Exercise Professional Workshop Series which focused on mentorship, work-life balance, and entrepreneurship.

Looking forward to next Fall, when CSEP 2020 will be jointly hosted by the University of New Brunswick and Université de Moncton in Fredericton, NB, October 14-17, 2020.

CSEP 2019 Award Winners

Graduate Student Award – Oral Presentation: Anmol Mattu, University of Calgary

Graduate Student Award – Poster Presentation:

PhD: Justin Andrushko, University of Saskatchewan

MSc: Christopher Pignanelli, University of Guelph

Young Investigator Award (Sponsored by APNM): Jennifer Reed, University of Ottawa Heart Institute

CSEP Honour Award: Lawrence Spriet, University of Guelph

CSEP Professional Standards Program Recognition Award: Jennifer Copeland, University of Lethbridge

CSEP Certified Member Presentation Award: Sarah Weller, University of British Columbia

CSEP Mentorship Award: Charles Rice, University of Western Ontario

CSEP-APNM National Student Award: Matthew Kaspy, McGill University

CSEP Student Travel Award: Alexis Marcotte, Université de Sherbrooke; Haley Young, University of Calgary; Mai Wageh, McMaster University; Marie-Michelle Mony, Université de Sherbrooke; Mila Bjelica, McMaster University; Patrick Drouin, Queen's University; Sofia Grant, University of Calgary; Tiffany VanLeishout, McMaster University; Yasmine Coovadia, McGill University



**Lawrence Spriet accepting the
CSEP Honour Award at
CSEP 2019**

CSEP HIGH PERFORMANCE SPECIALIZATION™

The first of its kind in Canada, the CSEP High Performance Specialization™ launched in November 2019. Focusing on performance and occupational testing and training for qualified exercise professionals working with elite athletes, emergency services personnel, armed forces, and high performance clients.

Whether seeking to officially challenge the CSEP High Performance Specialization™ exam, or to simply enhance professional knowledge for working in High Performance settings, CSEP members are able to challenge the exam or sign up for online learning opportunities. All CSEP certified members in good standing are eligible to pursue the CSEP High Performance Specialization™. By pursuing this cutting edge specialization, CSEP members advanced knowledge of high performance and occupational testing and training will be confirmed by the leading organization in exercise science and personal training in Canada.

To earn the CSEP High Performance Specialization™, Candidates must successfully challenge a 60-question theory exam.



CSEP Online Learning

Live Webinars

This year CSEP was proud to host the following live online learning webinars:

- **Disability & Exercise:** Presented by Jennifer Leo, Ph.D and Bobbi-Jo Atchinson, CSEP-CEP.
- **Building your Fitness Business:** Presented by Michelle Cederberg, CSEP-CEP, Mkin, CPCC.
- **Concussion Therapy:** Presented by Dr. Colin Wallace, Ph.D, CAT(C), AT-Ret.
- **Training for Sport:** Presented by Jeff Osadec, CSEP-CEP and Graeme Challis, CSEP-CEP, MSc, CSCS.

Group Membership Subscriptions

New in 2019! Group subscriptions allow Industry and Allied Partner members to share CSEP Online Learning modules with students and employees. With over fifty modules to choose from, this content is designed to enhance course content and provide professional development learning opportunities.



CSEP Exercise Professionals Workshop Series

This year CSEP was proud to host the following Exercise Professional Workshops:

- **Calgary PD Day**
- **Ottawa PD Day**
- **Mentorship Workshop at CSEP 2019 in Kelowna**
- **Exercise Professionals Workshop Series: CSEP 2019**

In addition, CSEP has a growing library of on-demand advanced learning modules. Some of the most popular topics in 2019 included:

- **Exercise During Pregnancy**
- **Diabetes and Exercise**
- **Nutrition (2 parts)**
- **Exercise and Chronic Disease**
- **High Performance**

Each Module is worth CSEP Professional Development Credits and is an easy and affordable way to meet CSEP PDC requirements!



Budget

Revenue

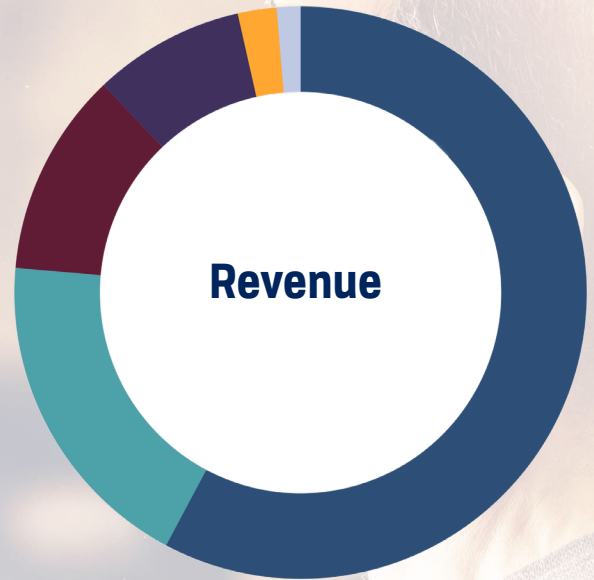
Membership	58%
Professional Standards	19%
Conference	11%
Product Sales	9%
Special Projects	2%
Other Income	1%

Expenses

Member Services	18%
Professional Standards	11%
Special Projects	6%
Conference	7%
Product Sales	9%
Administration	16%
Salaries & Benefits	33%

CSEP Members

CSEP-CPT	3054
CSEP-CEP	1944
Academic	150
Student	240
Industry & Allied Partner	14
Supporter	11



CSEP Board of Directors



Adam Upshaw, PhD
Niagara College,
Chair



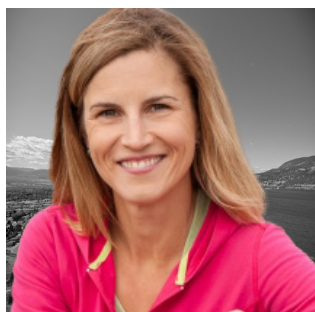
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Columbia,
Chair-Elect



Kevin Power, PhD
Memorial University
Vice-Chair, Research



Kirstin Lane, PhD
University of Victoria
Vice-Chair, Professional
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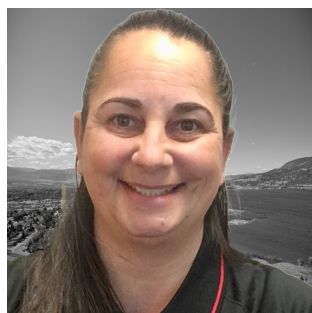
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Director, Academic



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Western University,
Director, Student



Duane Button, PhD
Memorial University
Director, CSEP-CEP



Ginger Lamoureux, MBA
CFMWS
Director, CSEP-CPT



Jamie Burr, PhD
University of Guelph
Director, Conference

Acknowledgments

Thank You to our Volunteers!

Kristi Adamo, Kate Andrews, Raul Artal, Nicole Beamish, Cristina Bedward, Angelo Belcastro, Frances Bevington, Danielle Bouchard, Grant Bradley, Melissa Brouwers, Jamie Burr, Duane Button, Julie Carrier, Jean-Philippe Chaput, Radha Chari, Sebastien Chastin, Phil Chilibeck, Tala Chulak Bozzer, Anna Clarke, Jennifer Copeland, Brian Dalton, Margie Davenport, Michael Delisio, Matt Dolf, Kevin Doucette, Kevin Douillette, Mary Duggan, Greg DuManoir, David Dyck, Rasha El-Kotob, Guy Faulkner, Stephanie Flood, Milena Forte, Alex Game, Phillip Gardiner, Lora Giangregorio, Martin Gibala, Terry Graham, Reut Gruber, Brendon Gurd, Jacqueline Hay, Tom Hazell, Susan Hopkins, Krista Howarth, Travis Hrubeniuk, Jennifer Jakobi, Ian Janssen, Denis Joannis, Nora Johnston, Mary Kathryn Gazendam, Kaitlyn Kauffeldt, Karen Kendall, Bill Kennedy, Glenn Kenny, Michelle Kho, John Kowalchuk, Joel Krentz, Jennifer Kuk, Ginger Lamoureux, Kirstin Lane, Amy Latimer-Cheung, Sojung Lee, Jonathan Little, Amanda Lorbergs, Kelly Mackenzie-Rife, Kaleigh Maclaren, Sharon Marr, Linda May, Victoria Meah, Michelle Mottola, Coral Murrant, Sarah Neil-Sztramko, Catherine Notarius, Gianni Parise, Greg Pearcey, Chris Perry, Stu Phillips, Veronica Poitras, Kevin Power, Jessica Power-Cyr, Nick Pyke, Joe Quadrilatero, Ryan Rhodes, Karen Roberts, Robert Ross, Amanda Ross-White, Jennifer Roue, Stephanie-May Ruchat, Travis Saunders, Jane Shearer, William Sheel, Taniya Singh Nagpal, Derek Stouth, Sherry Swanburg, Antoine Tedesco, Scott Thomas, Peter Tiidus, Jennifer Tomasone, Mark Tremblay, Thomas Tripp, François Trudeau, Nolan Turnbull, Adam Upshaw, Rhea Vaags-Olafson, Alexandra Walters, Brittany Ward, Sarah Weller, Frank Welsh, Janna Wentzell, Heather Whelan, Jannifer Williams, Juana Willumsen, Jeff Zahavich, Ashley Zahavich, Christina Ziebart

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