FIFTY YEARS OF SCIENCE TO PRACTICE IN CANADA
Chair’s Welcome

Dear colleagues,

For fifty years the Canadian Association of Sport Sciences / Canadian Society for Exercise Physiology members have brought science to practice making significant contributions to Canada and the World. As a member for over 25 years I am looking forward to leading CSEP into the next five decades as we continue to advance our association and our field.

At CSEP 2017 in Winnipeg, I talked about the Women of CSEP and the opportunity we have as we enter the next era to advance women in science and in our association. I am proud to champion this as the fourth woman to Chair CSEP.

Over the next year there are a number of exciting initiatives underway at CSEP to support our current strategic plan for 2016-2019. The strategy focuses on developing the organization’s brand recognition, membership engagement and advocacy to strengthen key relationships. Some of the notable initiatives currently underway include:

- Launch of the Canadian 24-Hour Movement Guidelines for the Early Years (ages 0-4 years): An Integration of Physical Activity, Sedentary Behaviour, and Sleep in November 2017.
- The Get Active Questionnaire, a pre-exercise screening form, has been released by CSEP will continue to be promoted.
- Develop seed funding opportunities for our academic and student members to support travel and pilot research projects.
- We are hosting more Professional Development Days across Canada offering a practical learning and networking opportunity.
- The CSEP Professional Standards Program will celebrate its 35th Anniversary in 2018.
- CSEP 2018: Heath in Motion, Science in Exercise will be hosted by Brock University with support from Niagara College and Sheridan College in Niagara Falls October 31 to November 3.
- An update to the CSEP-PATH® Resource Manual is underway with an expected release in summer 2018.

Preliminary work on Canadian 24-Hour Movement Guidelines for Adults is getting underway.

I look forward to working with our members, the board and office staff over the next two years to work towards the CSEP vision of being the recognized authority in exercise science and prescription, integrating research into best practice.

Nota Klentrou, PhD
Celebrating 50 Years of Science to Practice in Canada

For over 50 years, curious academic investigators, their students and those providing exercise advice to Canadians have actively led the establishment, evolution and growth of a highly-respected organization. From the beginning, members have been the strength of the organization. From 200 founding members in 1967 to 6000 members today, they are truly dedicated to their research and the opportunity for it to impact the health and well-being of Canadians. Through their efforts, the Canadian Association of Sport Sciences / Canadian Society for Exercise Physiology continues to bring science to practice, influencing evidence-based policies and practice in research, rehabilitation, population health, fitness and chronic disease.

At 50, CSEP reflects on the broad evolution of the state of exercise physiology research and practice since its inception. CSEP continues to be a trusted resource of expertise and a family to many. This timeline highlights key milestones that we hope will provide background for some and generate fond memories. Thank you, to all members who have been a part of these accomplishments and to those who will help lead us into the next 50 years!

Write up about the Conference

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CSEP Online Learning
In 2017 CSEP hosted a number of online learning modules and completed the CSEP CPT Online Candidate Learning Modules to assist future CSEP-CPTs in successfully passing their CSEP exams.

50th Commemorative Articles
CSEP members have worked diligently throughout the year to complete more than 16 articles for csep.ca

CSEP PD Day: Kelowna
January 28, 2017
The University of British Columbia - Okanagan
“Come to the Valley for a day of practical learning & professional development in the field of exercise science!”

CSEP PD Day: Calgary
June 24, 2017
Winsport Alberta
“Join us for a day of practical and clinical learning from our very own experts in the field”
CSEP2017 Back to the Beginning
October 25-28, 2017
Delta Hotel Winnipeg
“We are honoured to celebrate 50 years of health, fitness, and high performance research excellence”

The Get Active Questionnaire by CSEP
A 2 page, self-administered, pre-participation screening tool.

The Canadian 24-Hour Movement Guidelines for The Early Years:
Launched November 20, 2018
An Integration of Physical Activity, Sedentary Behaviour, and Sleep.

CSEP PD Day: Ottawa
February 25, 2017
Dow’s Lake Pavilion
Join us in Canada’s capital for a day of practical learning and professional development in the field of exercise science!”

EIMC Professional Network
The EIMC Professional Network continues to grow in membership and in outreach
**CSEP Academic Members** make up approximately 30% of CSEP’s non-member category.

**CSEP-CEPs** make up approximately 34% of CSEP certified members with more than 1900 members.

**CSEP Students** can be found in all of Canada’s major universities and colleges. There are more than 300 CSEP Student members across Canada.

**Other non-certified members** include: Industry & Allied Partners, Affiliates, Emeritus, and Supporters.

CSEP has more than 3700 CSEP-CPTs, a number which continues to see steady growth year after year.

**CSEP Candidates**

- There are almost 100 CSEP-CEP Applicants, in the CSEP database, studying hard to pass their next exam.
- There are more than 400 CSEP-CPT Applicants well on their way to becoming certified.
# CSEPTurns50 Articles

This year CSEP put together a number of articles to look back on exercise physiology and CSEP’s first 50 years of publications. Those articles included:

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<th>Title</th>
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<tr>
<td>The First 50 Years: A personal perspective on the history of Canadian exercise physiology</td>
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<td>Fifty years of the CASS/CSEP flagship journal: reminiscences from the editor</td>
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<td>Canadian contributions to pediatric exercise physiology</td>
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<td>CSEP member contributions to the understanding of physiology: a focus on molecular biology approaches</td>
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<td>Canadian contributions to the understanding of physiology: a focus on bone</td>
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<td>CSEP member contributions to the understanding of exercise physiology: a focus on exercise neurosciance</td>
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<td>CSEP member contributions to the understanding of exercise physiology: progress in muscle metabolism</td>
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<td>CSEP member contributions to the understanding of exercise physiology: physical activity guidelines</td>
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<td>Research contributions to the prevention of metabolic disorder over the last 50 years</td>
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<td>Historical perspectives: research supporting Exercise is Medicine in Canada</td>
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<tr>
<td>CSEP member contributions to the understanding of exercise physiology: a historical perspective on research and adult aging</td>
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<tr>
<td>Canadian contributions to exercise physiology: a focus on cardiovascular function</td>
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<tr>
<td>Historical perspective: human thermal physiology in Canada</td>
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<tr>
<td>A 50th anniversary celebration of CSEP member contributions to the understanding of exercise physiology: pionniers de la physiologie musculaire</td>
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<td>A 50th anniversary celebration of CSEP member contributions to the understanding of exercise physiology: a focus on physical activity and fitness epidemiology</td>
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Following two strategic sessions in May 2016 and June 2017 along with research and consultation, the CSEP board of directors has developed a focused strategic plan. For the next three years the organization will work toward advancing three key pillars: (Re)branding, Membership, and Advocacy. These activities will support the CSEP vision “to be the recognized authority in exercise science and prescription, integrating research into best practice.”

(Re)branding
How do we build brand recognition?

Evaluate and develop activities to strengthen; acknowledge that the CSEP brand has been well-defined: “The GOLD STANDARD in exercise science and personal training.”

Membership
How do we engage members?

Determine and convey the distinct value proposition for each of our member categories to engage current and prospective members.

Advocacy
How do we strengthen and maintain key relationships?

Advance CSEP’s work and awareness by defining CSEP’s unique selling proposition to engage current and new partners to improve our exposure to target audiences.