

# FIFTY YEARS OF SCIENCE TO PRACTICE IN CANADA



**CSEP | SCPE**  
CELEBRATING 50 YEARS

**2017**  
**ANNUAL  
REPORT**

# 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





ADAM UPSHAW  
CHAIR Elect



JENNIFER JAKOBI  
TREASURER



THOMAS HAWKE  
VICE CHAIR, RESEARCH



KIRSTIN LANE  
VICE CHAIR,  
PROFESSIONAL STANDARDS



CHRISTOPHER PERRY  
DIRECTOR, ACADEMIC



MICHAEL PLYLEY  
DIRECTOR, ACADEMIC



KEVIN POWER  
DIRECTOR, CSEP-CEP



GINGER LAMOUREUX  
DIRECTOR, CSEP-CPT



KEVIN BOLDT  
DIRECTOR, STUDENT



SHILPA DOGRA  
DIRECTOR, CONFERENCE

1957

1967

1975

1988

1992

1999

2008

2017

2025

## 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: Calgary

June 24, 2017

Winsport Alberta

*"Join us for a day of practical and clinical learning from our very own experts in the field"*

### 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!"*

1967







## 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"*

**CSEP SCPE** Get Active Questionnaire  
CANADIAN SOCIETY FOR EXERCISE SCIENCE  
PHYSICAL ACTIVITY RESEARCH FOR A HEALTHY CANADA

Physical activity improves your physical and mental health. Even small amounts of physical activity are good, and more is better.

For almost everyone, the benefits of physical activity far outweigh any risks. For some individuals, specific advice from a health-care professional (HCP) is needed to ensure that physical activity is safe and that the person understands the risks and benefits of physical activity. This questionnaire is intended for or given to help assess your ability to become more physically active.

☐ I am completing this questionnaire for myself.  
☐ I am completing this questionnaire for my child/dependent on my behalf.

**PREPARE TO BECOME MORE ACTIVE**

The following questions will help to ensure that you have a safe physical activity experience. Please answer YES or NO to each question before you become more physically active. If you are unsure about any question, answer YES.

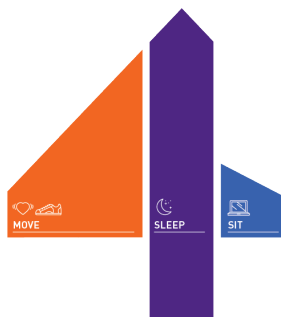
1. Have you ever experienced ANY of the following? (If "no" then the question is marked)

- A. A diagnosis of heart disease or stroke, or past diagnosis of heart disease
- B. A diagnosis of diabetes or high blood pressure (BP), or a history of a heart attack
- C. Dizziness or lightheadedness during physical activity
- D. Shortness of breath at rest
- E. Joint or muscle pain/aching for any reason
- F. Cerebral aneurysm
- G. Do you currently have pain or swelling in any part of your body back or from an injury, such as the neck or arm, or have you had a fracture or other bone injury in the past year?
- H. Has a health care provider told you that you should avoid or modify certain types of physical activity?
- I. Do you have any other medical or physical condition such as diabetes, cancer, osteoporosis, asthma, spinal cord injury that may affect your ability to be physically active?

➔ NO to all questions in this Part 1. Proceed to the next section of the questionnaire.

YES to any question in this Part 1. Proceed to the next section of the questionnaire.

**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 Pavillion  
*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



**OTHER NON-CERTIFIED MEMBERS** include: Industry & Allied Partners, Affiliates, Emeritus, and Supporters

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

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



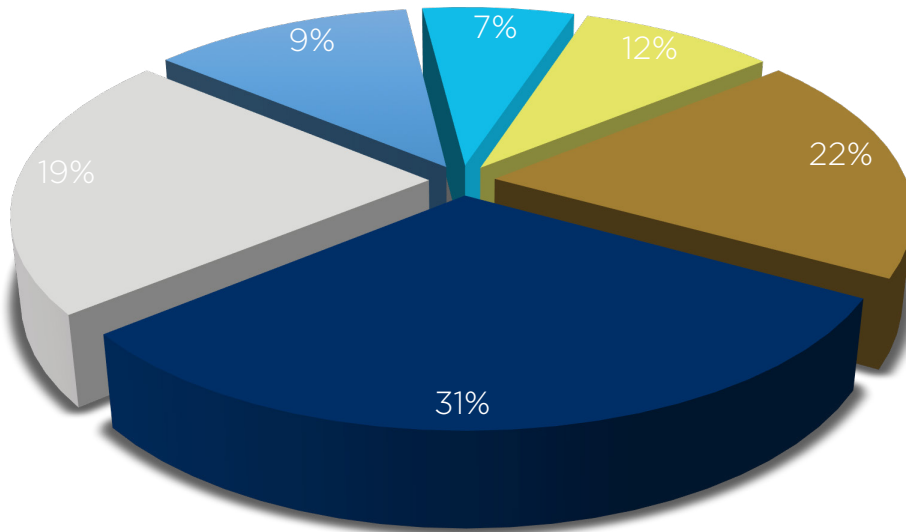
CSEP has more than **3700 CSEP-CPTs**, a number which continues to see steady growth year after year

there are almost **100 CSEP-CEP Applicants**, in the CSEP data base, studying hard to pass their next exam



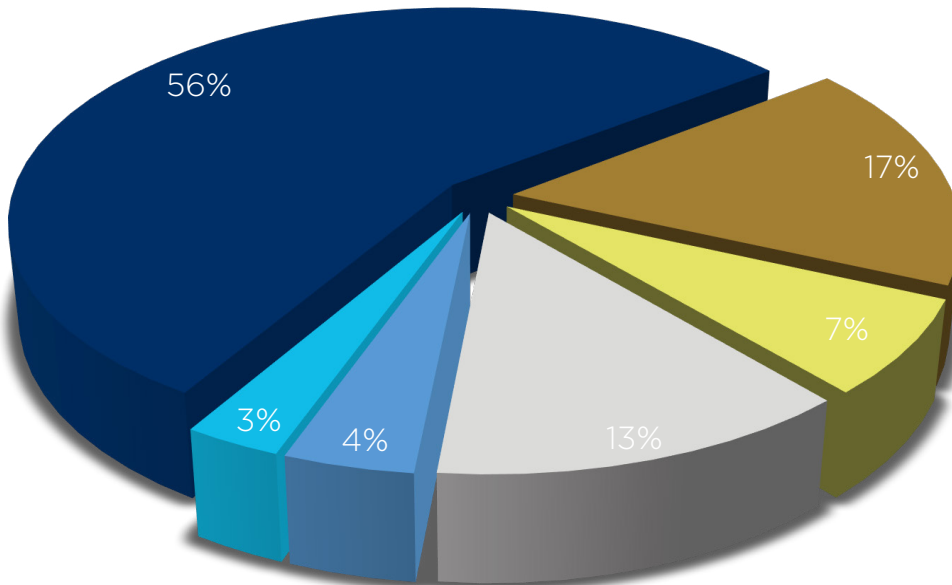
there are more than **400 CSEP-CPT APPLICANTS** well on their way to becoming certified





## EXPENSES

- MEMBER SERVICES
- PROFESSIONAL STANDARDS
- SPECIAL PROJECTS
- CONFERENCE
- PRODUCT SALES
- ADMINISTRATION



## REVENUE

- MEMBERSHIP
- WORKSHOPS
- CONFERENCE
- PRODUCT SALES
- PUBLIC HEALTH PROJECTS
- OTHER INCOME

## #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:

*The First 50 Years: A personal perspective on the history of Canadian exercise physiology*

*Fifty years of the CASS/CSEP flagship journal: reminiscences from the editor*

*Canadian contributions to pediatric exercise physiology*

*CSEP member contributions to the understanding of physiology: a focus on molecular biology approaches*

*Canadian contributions to the understanding of physiology: a focus on bone*

*CSEP member contributions to the understanding of exercise physiology: a focus on exercise neuroscience*

*CSEP member contributions to the understanding of exercise physiology: progress in muscle metabolism*

*CSEP member contributions to the understanding of exercise physiology: physical activity guidelines*

*Research contributions to the prevention of metabolic disorder over the last 50 years  
Historical perspectives: research supporting Exercise is Medicine in Canada*

*CSEP member contributions to the understanding of exercise physiology: a historical perspective on research and adult aging*

*Canadian contributions to exercise physiology: a focus on cardiovascular function*

*Historical perspective: human thermal physiology in Canada*

*A 50th anniversary celebration of CSEP member contributions to the understanding of exercise physiology: pionniers de la physiologie musculaire*

*A 50th anniversary celebration of CSEP member contributions to the understanding of exercise physiology: a focus on physical activity and fitness epidemiology*

# (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.*

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."



