



# 2022-2023 ANNUAL REPORT

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**Canadian Society for Exercise Physiology**

April 1, 2022 - March 31, 2023

[www.csep.ca](http://www.csep.ca)

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## Message from the Chair of the Board of Directors

The Canadian Society for Exercise Physiology has continued to lead as the Gold Standard in Exercise Science and Personal Training in Canada. Our members contribute significantly to advance the scientific knowledge and professional application of evidence-informed practice in clinical, sport, workplace, and wellness environments.

I wish to thank the members of the Board of Directors for supporting the governance of the Society. This past year realized a new strategic plan with a focus on growing our membership, increasing recognition and awareness of our professional certifications, developing financial health and stability, and creating new opportunities through collaborative partnerships. A new Scientific Advisory and Partnership Committee was established to support a review and recommendation of proposals for consideration by the board, including those that involve bringing new benefits to CSEP members.

Refreshed Mission and Vision statements were developed in 2022 to align with our strategic objectives. The new mission statement is: To Champion excellence in the application, certification and advancement of evidence-informed exercise science research and practice. Our vision is: To realize the health, fitness and athletic performance of all Canadians is optimized through the science of exercise.

Notably, CSEP received significant recognition when it was announced that practitioners working in the Canadian Olympic and Paralympic Sport Institute Network would require the CSEP-CEP and CSEP High Performance Specialization™. Further, the announcement by the Ministry of Health in British Columbia of plans to fund and hire Clinical Exercise Physiologists to support the health human resources challenges is an outstanding recognition of the value CSEP members create in the health system.

In closing, I wish to thank the staff of CSEP and the many volunteers on our various committees across the country for their hard work and dedication, which is contributing to our ongoing success.

Sincerely,

**William (Bill) Sheel**  
Chair

“



## Message from the Chief Executive Officer

Thank you!

Following the conclusion of my first full year in my leadership role with the Canadian Society for Exercise Physiology, I am truly inspired and impressed with the engagement of our members. Your passion for the success of the Society is greatly encouraging and contributes to the Gold Standard in Exercise Science and Personal Training. Please continue to reach out with your ideas and suggestions to improve CSEP.

We have had many moments to celebrate during the past year and I encourage you to read this annual report fully to appreciate the increased recognition that our professional certifications have received. Similarly, the leadership that our Academic members have provided in the development of toolkits for primary care clinicians and physiotherapists to have meaningful conversations related to movement behaviours, the growing international use of the Get Active Questionnaire for Pregnancy and our inclusion as a founding member of the International Confederation of Sport and Exercise Science Practice have all contributed to increased awareness, credibility and recognition of CSEP.

We are committed to our strategic plan and promoting the work of our Professional members (CSEP-CPTs and CSEP-CEPs), while leveraging our platform and channels to amplify the research of our Academic members to achieve greater impact. CSEP is strengthened by our historical foundation and roots in advancing fundamental and applied exercise science. The strength of our professional practice and guidelines, which lead the industry both nationally and internationally, is built off the knowledge and evidence established by the work and leadership of our Academic Members.

“



Finally, a very warm welcome to all of our new members! Throughout 2022-23, CSEP realized growth in all of our membership categories and in particular a sizable increase in our student members. I encourage all of you who have recently joined to plan on participating and getting involved in our CSEP events. We have a wonderful community of members who are keen to help you make a difference!

Yours in health,

**Zach Weston**  
CEO

# Key Accomplishments

## CSEP STRATEGIC PLAN 2022-2025

### OUR MISSION

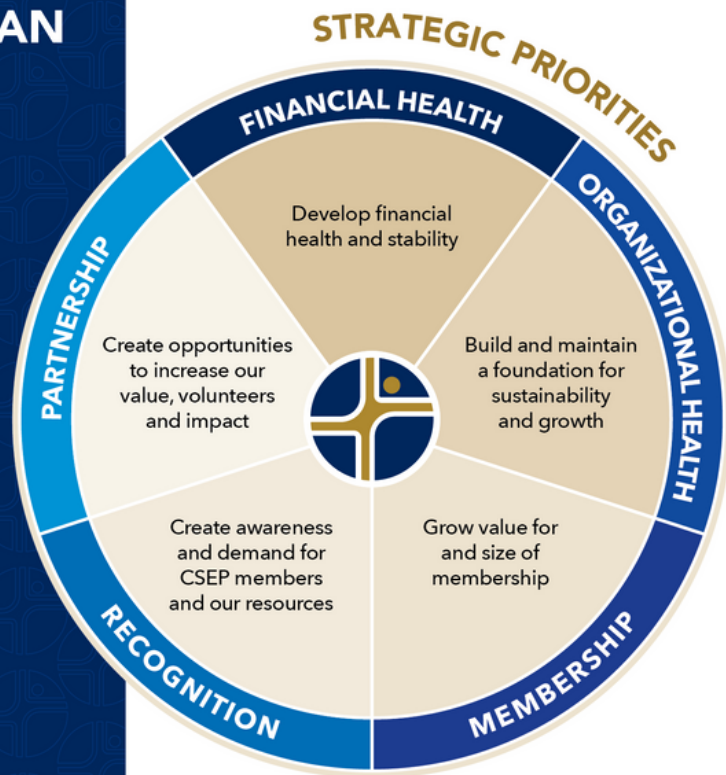
To champion excellence in the application, certification and advancement of evidence-informed exercise science research and practice.

### OUR VISION

The health, fitness and athletic performance of all Canadians is optimized through the science of exercise.

### OUR CORE VALUES

INTEGRITY | COLLABORATION  
ADVOCACY | EVIDENCE-INFORMED  
INNOVATION | IMPACT



### CSEP updates its mission and vision statements

Through September 2022, the CSEP Board of Directors engaged in a series of planning exercises that included updates to the organization's vision and mission statements to fully embrace the goals and purpose of the Society. The discussions also led to the creation of a 2022-2025 strategic plan, which is supported by five strategic priorities.

## Key Accomplishments

### NEW Scientific Advisory and Partnership Committee

CSEP is regularly invited to participate, lead and contribute to scientific projects. This new committee, which first met in May 2023, seeks, evaluates and recommends scientific collaboration and partnership opportunities. The new committee is another great opportunity for members to get involved and make significant contributions that will have a long-lasting impact on exercise science in Canada.

### 24-Hour Movement Guidelines



#### NEW toolkit for primary care providers

With support from the Public Health Agency of Canada and Queen's University, CSEP introduced the [Whole Day Matters Toolkit for Primary Care Providers](#) looking to incorporate or enhance their discussions on movement behaviours in line with the Canadian 24-Hour Movement Guidelines for adults 18-64 and 65+.



#### NEW toolkit for physiotherapists

With the support of the Public Health Agency of Canada, Queen's University and the Canadian Physiotherapy Association, CSEP launched the [Whole Day Matters Toolkit for Physiotherapists](#). This toolkit is designed to assist physiotherapists in Canada with promoting optimal levels of physical activity, sedentary behaviour and sleep in line with the Canadian 24-Hour Movement Guidelines.

### Canadian guidelines get international interest

Former CSEP Honour Award Winner and former Board Chair, Dr. Bob Ross, and CSEP CEO, Zach Weston, traveled to the United Kingdom to share the process through which numerous volunteers across Canada contributed to the rigour and development of the Canadian 24-Hour Movement Guidelines. The focus was also to influence the British Medical Officer's inclusion and integration of all movement behaviours, which was of particular interest to the UK audience, whose current guidelines only focus on moderate to vigorous physical activity.

## Key Accomplishments

### CSEP becomes a founding member of ICSESP



CSEP was one of five national associations that came together to form the [International Confederation of Sport and Exercise Science Practice \(ICSESP\)](#). Key initiatives of the Confederation include an international set of professional standards for clinical exercise physiology, an overarching code of professional and ethical conduct to inform best practice worldwide and a strategy to best support those who work in applying the science of sport and exercise.

### Proud to partner with [Healthing.ca](#) as a “Verified Voice”

Though CSEP's Knowledge Translation Committee, the Society became a “Verified Voices” partner on [Healthing.ca](#). Powered by the Postmedia network, “Verified Voices” is a collection of the country’s foremost expert organizations who provide credible, factual and verified health information for all Canadians. CSEP is proud to partner with [Healthing.ca](#) to broaden its content reach and educate millions of Canadians.

### Personal strategies to mitigate the effects of air pollution exposure during sport and exercise



CSEP worked with the Canadian Academy of Sport and Exercise Medicine on a [position statement](#) to detail the current state of evidence and provide recommendations on implementing strategies in preventing and mitigating the adverse health and performance effects of air pollution exposure during exercise, while recognizing the limited evidence base. It was published in the *British Journal of Sport and Exercise Medicine*.

# CSEP Professional Standards Program<sup>®</sup>

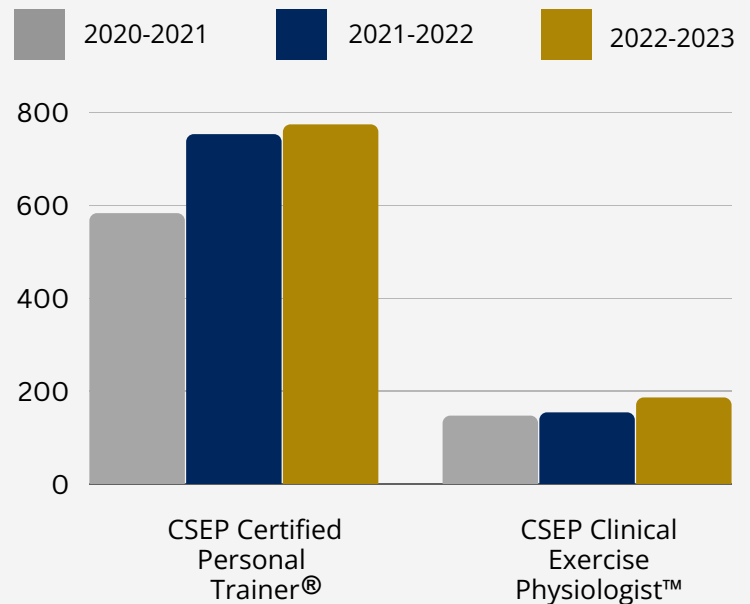
## CSEP Professional Standards Program<sup>®</sup> Committee

The CSEP-PSP Committee focused on a number of projects in 2022-23. A constant objective of the committee is to support CSEP Professional Members, while maintaining the CSEP standards. A number of policies were updated to better support CSEP members, including more inclusive Leave of Absence & Reinstatement policies, and simplified CPR renewal requirements.

### Certified member applications

Applications for CSEP certifications and specializations were steady in 2022-2023. In addition to new applications, CSEP also focused on increasing CSEP Instructor-Examiner capacity across Canada to reach more potential applicants in the future.

The following table summarizes the applications received to pursue and challenge the Gold Standard in Exercise Science and Personal Training in Canada.



### Equity, Diversity and Inclusion

The CSEP Equity, Diversity and Inclusion (EDI) Committee initiated a number of activities, including ongoing support and outreach to all the CSEP committees and working groups. To improve and integrate EDI principles, a needs analysis survey was sent to CSEP members in February 2022 to help identify and prioritize areas of focus for the organization.

### Canadian Olympic and Paralympic Sport Institute Network Pathway

CSEP and Own the Podium, on behalf of Sport Scientist Canada, established a [partnership to ensure all athletes trained through the Canadian Olympic and Paralympic Sport Institute Network](#) have access to skilled and qualified practitioners that are certified as a CSEP Clinical Exercise Physiologist<sup>™</sup> and have completed the CSEP High Performance Specialization<sup>™</sup>.



*“Sport Scientist Canada is delighted to announce a key partnership with CSEP... to adapt content from the CSEP High Performance Specialization<sup>™</sup> specifically for practitioners working with national team athletes as part of our continuous quality improvement efforts.”*

**Andy Van Neutegem**, Chair of the Sport Scientist Canada Research & Innovation Council and Vice President, Performance Sciences, Research and Innovation at Own the Podium



## The CSEP-CEP, now a recommended credential in BC

In late 2022, the British Columbia Ministry of Health released a recommendation to hire Clinical Exercise Physiologists (CEPs) to support the health human resource requirements of the province.



The recommendation to hire Clinical Exercise Physiologists through the Regional Health Authorities and Ministry of Health are a reflection of the quality and rigour of the CSEP Professional Standards Program<sup>®</sup> and will lead to improved quality of care for the residents of British Columbia. Within the recommendations, the Kinesiology Integrated Project Team highlighted the training and qualifications that are unique to CEPs and recognized the need to ensure they are hired into positions where they can create impact through their skills and expertise.

## CSEP Get Active Questionnaire for Pregnancy receives UK adoption

CSEP was proud to announce in early 2023, that in collaboration with the British Association of Sport and Exercise Sciences and the Active Pregnancy Foundation, [a UK version of the Get Active Questionnaire for Pregnancy was created](#). The project aims to enable clinicians with the tools to effectively screen and support pregnant women in the UK who would like to safely start become or remain active.

## French version of the Pregnancy and the Postpartum Period Manual

The Exercise During Pregnancy and the Postpartum Period manual was released in French in the fall of 2022. The manual provides qualified exercise professionals the knowledge required to be confident while working with pregnant individuals. As a national association, the translation of the manual demonstrates CSEP's commitment towards making its educational content available in English and French.



## CSEP Career Expo



For the first time, CSEP held a Career Expo in the spring of 2022. The event allowed CSEP professional members and candidates to meet with employers regarding potential employment opportunities. Many CSEP members and several employers attended the virtual event.

## Member Services

CSEP members serve as the cornerstone of our organization, making substantial contributions to the fields of exercise science and health.

**2022-2023 membership total as at March 31, 2023**

Membership Category	Member Total
CSEP Certified Personal Trainer® (CSEP-CPT)	2,731
CSEP Clinical Exercise Physiologist™ (CSEP-CEP)	1,868
Student Members	188
Academic Members	117
Supporter Members	5
Industry and Allied Partner	3
Emeritus Members	1
<b>TOTAL MEMBERSHIP</b>	<b>4,913</b>

### New member benefits

In 2022-2023, CSEP introduced tailored benefits for its members, including specialized webinars and exclusive partnerships. Notable perks: Sydian Group's [SAVE phone plans](#) offering hassle-free discounts, Stay Above Nutrition's [exclusive pricing](#) on scientifically-backed products and an enhanced worldwide [insurance package](#) with BMS, featuring lower premiums and special gym property options.



A promotional graphic for CSEP student membership. It features a man in a blue shirt and shorts running with his arms raised in a celebratory gesture against a background of white hexagons. The text 'STUDENT MEMBERS JOIN FREE' is prominently displayed in blue and yellow. Below this, three bullet points with checkmarks list benefits: 'Receive discounts on professional development activities', 'Access the latest national and international research', and 'Take advantage of exclusive member benefits'. The CSEP | SCPE logo is in the top right. At the bottom, it says 'Visit csep.ca/student to learn more' and includes social media icons for X, Instagram, Facebook, and LinkedIn.

**STUDENT MEMBERS JOIN**  
**FREE**

- ✓ *Receive discounts on professional development activities*
- ✓ *Access the latest national and international research*
- ✓ *Take advantage of exclusive member benefits*

Visit [csep.ca/student](https://csep.ca/student) to learn more

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### **CSEP Student Membership, now FREE!**

CSEP eliminated the annual student membership fee, prioritizing accessibility for aspiring exercise professionals. This move demonstrates CSEP's commitment to students by offering crucial resources and support, ensuring their success in the exercise science field and nurturing the next generation of professionals.

### **Member Roundtable**

Brenda Adams from the University of Victoria, who specializes in the resiliency of exercise professionals, and CSEP CEO Zach Weston hosted a nationwide roundtable, uniting CSEP members to discuss challenges and trends for exercise professionals. Members were placed in breakout rooms, pinpointing priority areas for CSEP. With nearly 300 members in attendance, CSEP reaffirmed its dedication and anticipates similar future events to gauge member perspectives.

## Member Services

### Meet the 2022 award and grant recipients!

CSEP is pleased to announce the recipients of the 2022 awards and grants, recognizing the contributions of community members who have made notable impacts on health and sport policy for the benefit of all Canadians.

The following individuals were in attendance at CSEP 2022 to receive their award or grant.



CSEP Seed Grant  
**Greg Pearcey, PhD.,  
CSEP-CEP**  
Memorial University of  
Newfoundland



CSEP Young  
Investigator Award  
**Vladimir Ljubicic, PhD.**  
McMaster University



CSEP  
Underrepresented  
Groups  
**Jou-Chung (Victoria) Chang,  
CSEP-CEP**  
University of Waterloo



CSEP Honour Award  
**Kevin Shoemaker, PhD.**  
University of Western  
Ontario



CSEP Mentorship Award  
**Kevin Shoemaker, PhD.**  
University of Western Ontario



CSEP PSP  
Recognition Award  
**Alex Game, MSc.,  
CSEP-CEP**  
University of Alberta

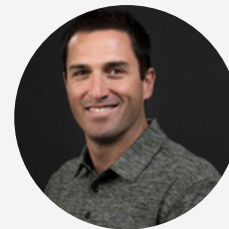
### 2022 CSEP Fellows



**David Behm, PhD.**  
Memorial University of  
Newfoundland



**Jennifer Jakobi, PhD.**  
University of British Columbia  
Okanagan



**Duane Button, PhD.,  
CSEP-CEP**  
Memorial University of  
Newfoundland

## Member Services



Grad Student Award -  
Oral Presentation  
**Rachel McDougall**  
University of Calgary



Grad Student Award -  
Poster Presentation  
**Sinan Osman, MSc.**  
University of Toronto



Grad Student Award -  
Poster Presentation  
**Philippe St-Martin, MSc.**  
University of Sherbrooke



CSEP Certified  
Member Award  
**Brianna Leadbetter, MSc.,  
CSEP-CEP**  
University of New Brunswick

**Presented at the Ontario Exercise  
Physiology Conference:**



CSEP-APNM  
Student Travel Award  
**Devin McCarthy, PhD.**  
McMaster University

***Congratulations to all recipients!***



## CSEP Student Travel Award

**Rory Trevorrow**  
University of British Columbia

**Sol Vidal Almela, PhD.**  
University of Ottawa

**Chloe Athaide, MSc.**  
University of Waterloo

**Elric Allison, MSc.**  
McMaster University

**Sarah Angus, MSc.**  
University of Waterloo

**Reid Mitchell, MSc.**  
University of British Columbia

**Tania Pereira, PhD.**  
York University

**Jennifer Williams, PhD.**  
McMaster University

**Spencer Skaper, PhD.**  
Mount Royal University

**Jeremy Cohen, PhD.**  
University of Waterloo

### A successful in-person return of the CSEP annual scientific conference

The CSEP 2022 Conference, Health and Performance for the Future, took place in Fredericton, NB from November 2-5. Co-hosted by the University of New Brunswick and Université de Moncton, the programme boasted 4 Keynote sessions, 27 Symposia, 16 Free Communication sessions, 4 Poster sessions, and several social and networking events including an Opening Reception and Awards Banquet. Total attendance for 2022 was a record-breaking 812 attendees with 405 people attending in-person and another 407 joining us online, as we launched the hybrid conference model for the first time.



### Back to in-person: The CSEP PD Days!

Nearly 200 CSEP members attended a Professional Development Day in Calgary, the first offered in an in-person format since the COVID-19 pandemic. The March 2023 PD opportunity featured an outstanding lineup of presenters who provided practical and clinical updates resulting in a highly engaging full day of learning.



### Other PD opportunities

The CSEP team organized several other professional development opportunities throughout the year where members could gain PD credits towards maintenance of certification, including:

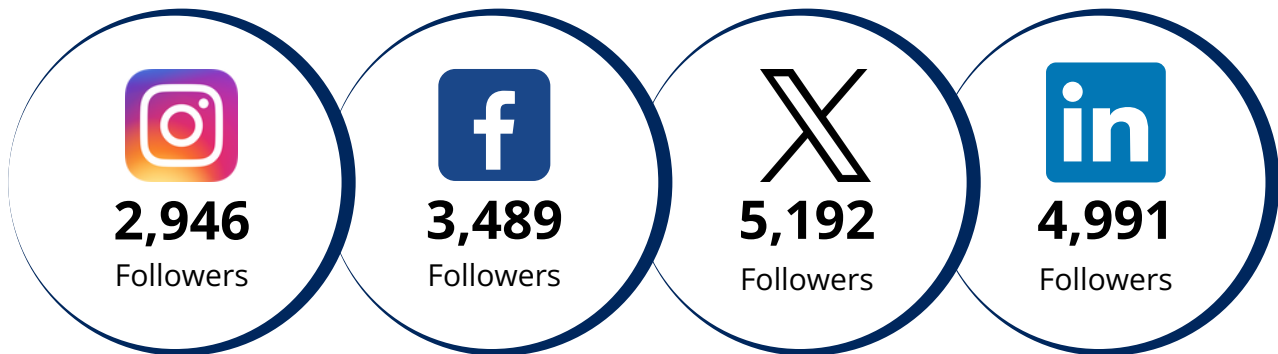
- The Development and Implementation of the Physical Activity Guidelines for Canadians with spinal cord injury (April 2022)
- Kinduct webinar: to explore their user and data management, how to utilize different types of forms, dynamic reporting tool and other key functionalities. (May 2022)
- Timing of 24-hour Movement Behaviours: Implications for research, policy and practice (May 2022)



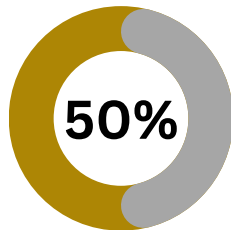
## Marketing, Communications and Events

Increasing recognition is a core pillar in our strategic priorities. By leveraging social media, email campaigns and website content, our engagement has grown significantly over the last year. These channels are instrumental in spreading awareness and expanding our reach.

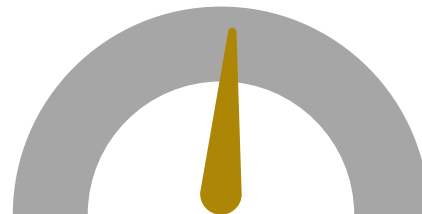
### Social Media



### Communiqué Newsletter



Average monthly open rate  
↑ **25% from previous year**



↑ **52% from previous year**

### csep.ca



**34,500**

Average page views per month  
↑ **48% from previous year**

### csepguidelines.ca

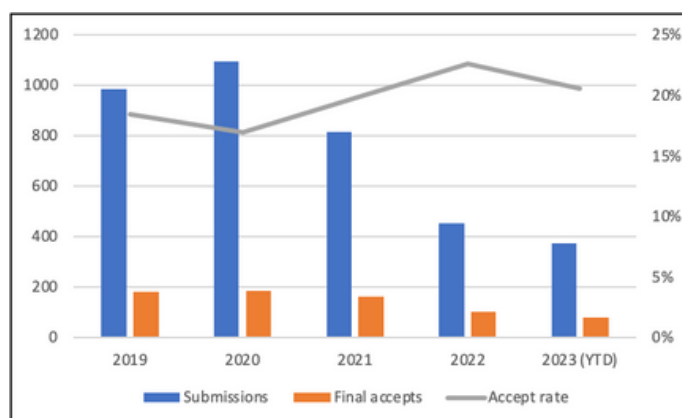


**32,700**

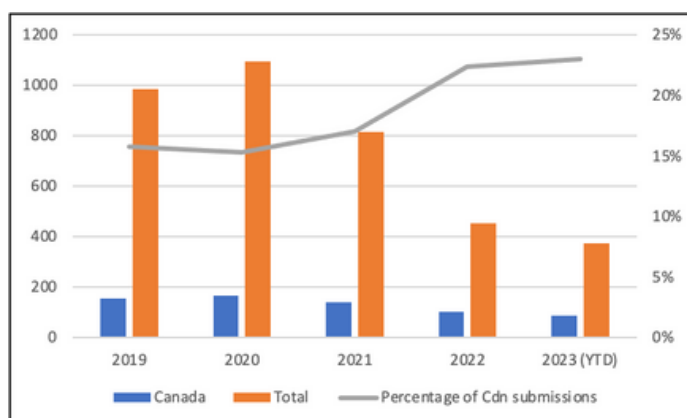
Average page views per month  
↑ **122% from previous year**

## 1. APNM submissions and final accepts since 2019

Submissions have decreased since 2019. The accept rate is down slightly compared to 2022.

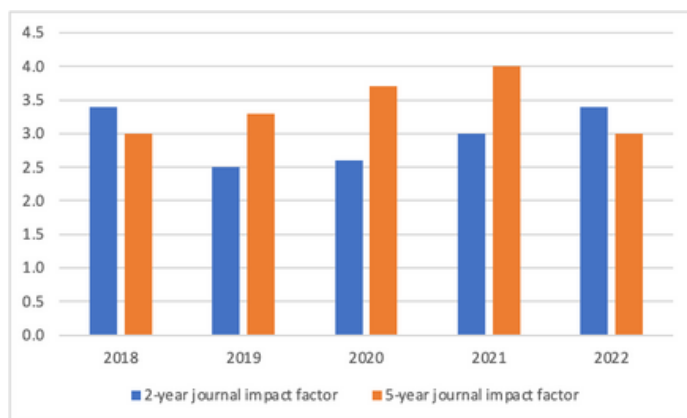


## 2. Total submissions vs. Canadian submissions since 2019



## 3. APNM Journal Impact Factor since 2018

Our Journal Impact Factor (JIF) increased this year. It increased from 3.0 in 2021 to 3.4 in 2022 - a 13% increase (Clarivate, July 2023). The 2-year JIF is calculated based on content published in 2020-2021 and cited in 2022. The 5-year impact factor is similar but calculated over 5 years (from 2017-2021).





## 4. APNM Publications

Proceedings of the Canadian Society for Exercise Physiology Annual Conference – Health and Performance for the Future

The following papers received the most citations that counted toward the 2022 journal impact factor.

Title	Article type	Number of citations	Open access (Y/N)
Canadian 24-Hour Movement Guidelines for Adults aged 18-64 years and Adults aged 65 years or older: an integration of physical activity, sedentary behaviour, and sleep	Article	106	Yes
Sedentary behaviour and health in adults: an overview of systematic reviews	Review	43	Yes
The impact of the coronavirus disease 2019 (COVID-19) pandemic on university students' dietary intake, physical activity, and sedentary behaviour	Review	43	Yes

**The following exercise-science papers are the highest downloaded papers since January 2022:**

- Plant-based food patterns to stimulate muscle protein synthesis and support muscle mass in humans: [a narrative review](#)
  - Authors: Brunna C.B. Boaventura, Sarah Nichele, Stuart M. Phillips
  - Downloads: 9676
- [Development of the Healthy Eating Food Index \(HEFI\)-2019](#) measuring adherence to Canada's Food Guide 2019 recommendations on healthy food choices
  - Authors: Benoît Lamarche, Dana Lee Olstad, Didier Brassard, Didier Garriguet, Hassan Vatanpatast, Jennifer Vena, Jess Haines, Joyce Slater, Lisa-Anne Elvidge Munene, Mahsa Jessri, Mary R. L'Abbe, Patricia M. Guenther, Rachel Prowse, Sharon I. Kirkpatrick, Simone Lemieux, Sylvie St-Pierre
  - Downloads: 4735
- When the world stops: [The impact of COVID-19 on physical activity and physical literacy](#)
  - Authors: Dean Kriellaars, M. Louise Humbert, Marta C. Erlandson, Natalie E. Houser
  - Downloads: 4266

## Revenues and Expenditures

The following table outlines the audited revenues and expenditures of the organization for the past three years.

<b>Revenue</b>	<b>2020-2021</b>	<b>2021-2022</b>	<b>2022-2023</b>
Membership fees	\$ 1,395,220	\$ 1,360,494	\$ 1,316,776
Certification fees	266,649	290,840	292,488
Product sales	330,072	393,897	282,555
Conference	58,370	43,460	210,235
Public Health Agency of Canada	420,453	214,051	17,779
Other	41,782	37,079	63,431
	<b>\$ 2,515,491</b>	<b>\$ 2,339,821</b>	<b>\$ 2,183,264</b>

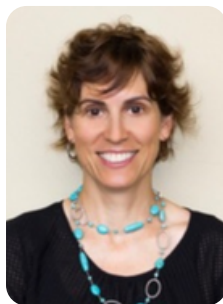
<b>Expenses</b>	<b>2020-2021</b>	<b>2021-2022</b>	<b>2022-2023</b>
Administration	\$ 427,543	\$ 456,188	\$ 411,563
Awards	10,120	20,811	23,911
Conference	27,202	13,276	199,675
Cost of Product sales	119,794	152,323	115,265
Insurance Premiums	221,761	217,367	210,334
Meetings & Committees	3,996	4,514	31,689
Member Services	90,347	65,990	101,496
Professional Standards Program	154,124	153,212	157,853
Salaries & Benefits	759,188	710,640	800,145
Special Projects	18,443	48,633	1,550
Sponsorships Rebates	7,817	9,917	17,561
24-Hour Movement Guidelines project	420,453	214,051	17,779
	<b>\$ 2,260,788</b>	<b>\$ 2,066,922</b>	<b>\$ 2,088,821</b>
Canadian Emergency Wage Subsidy	222,792	66,201	-
<b>Surplus</b>	<b>\$ 477,495</b>	<b>\$ 339,100</b>	<b>\$ 94,443</b>

## CSEP Board of Directors



Chair

**Bill Sheel, PhD.**  
University of British  
Columbia



Chair Elect

**Kristi Adamo, PhD.**  
University of Ottawa



Vice-Chair,  
Research

**Darren DeLorey, PhD.**  
University of Alberta



Vice-Chair,  
Professional Standards

**Kirstin Lane, PhD.**  
University of Victoria



Treasurer

**Jennifer Copeland, PhD.**  
University of Lethbridge



Director,  
Academic

**Rebecca  
MacPherson, PhD.**  
Brock University



Director,  
Academic

**Denis Joanisse, PhD.**  
Université Laval



Director,  
Student

**Jennifer Williams, PhD.**  
McMaster University



Director,  
CSEP-CEP

**Kevin Boldt, PhD.**  
Trent University



Director,  
CSEP-CPT

**Ginger Lamoureux**  
Grls4evr



Director,  
Conference

**Jamie Burr, PhD.**  
University of Guelph

## CSEP Committee Chairs

CSEP wishes to acknowledge the involvement of the more than 70 volunteers who give back to the exercise physiology community by sitting on a CSEP Committee. Under the leadership of the following individuals, their collective contributions help make our vision come to life.

Conference Planning

**Peter Tiidus**

Brock University

Equity, Diversity and Inclusion

**Maureen MacDonald**

McMaster University

Finance, Audit, Investment, and Risk

**Jennifer Copeland**

Lethbridge University

Knowledge Translation

**Brian Dalton**

University of British Columbia

Professional Standards Program

**Kathrine Andrews**

Northern Alberta Institute of Technology

Member Services Committee

**Tom Hazell**

Wilfrid Laurier University

Scientific Advisory and Partnership

**Stephen Cornish**

University of Manitoba

Student

**Thomas Tripp**

University of Calgary

The day-to-day operations and activities of the Canadian Society for Exercise Physiology is conducted by a dedicated team of professionals.

### Administration & Corporate Affairs

- **Zach Weston**, Chief Executive Officer
- **Charles Akben-Marchand**, Senior Logistics Manager
- **Deqa Abdi**, Logistics Coordinator

### Finance

- **Tracy Somerton Dupuis**, Chief Financial Officer
- **Melanie Vowles**, Bookkeeper

### Human Resources

- **Laura Gauley**, HR Consultant

### Marketing, Communications and Events

- **Michel Hachey**, Director, Marketing, Communications & Events
- **Chriss Holloway**, Manager, Events
- **Lauren Ewen**, Marketing & Communications Coordinator

### Member Services

- **Amanda Deeth**, Director, Member Services
- **Tyler Watungwa**, Member Services Coordinator

### CSEP Professional Standards Program<sup>®</sup>

- **Christie Boyd**, Director, CSEP Professional Standards Program<sup>®</sup>
- **Korri-Lynne Grant**, Manager, CSEP Professional Standards Program<sup>®</sup>



**Canadian Society for Exercise Physiology**

[www.csep.ca](http://www.csep.ca)

