



CSEP H & F Program BC
 203B Osborne Centre, UBC Vancouver, BC V6T 1Z3
 Phone: 778-835-3195 Fax: (604) 822-8721
 Email contact@csephealthfitnessbc.ca
 Web Site: www.csephealthfitnessbc.ca

CSEP-Certified Exercise Physiologist (CSEP-CEP) Summer 2010 Full Course Information

The CSEP-CEP is the most prestigious health and fitness certification in Canada allowing certified members to work with high performance athletes, the general population, and varied clinical populations. This certification is the standard requirement for rehabilitation and/or high performance physiology centres across Canada. Current CSEP-CEPs work in clinical exercise rehabilitation centres, wellness centres, and with various elite national teams. Moreover, many of the major health and fitness initiatives in BC involve CSEP-CEPs. Further information on the CSEP-CEP certification can be found at http://www.csephealthfitnessbc.ca/CEP_cert.htm.

In order to be eligible for the CSEP-CEP Full (weekend) Course, candidates must have completed (or be in their final year of) a 4-Year exercise science/kinesiology-related undergraduate degree from an accredited post-secondary institution. For further information on accredited post-secondary institutions please contact us at: contact@csephealthfitnessbc.ca.

The CSEP-CEP course will consist of three modules that will take place at the **Garratt Wellness Centre** (7504 Chelsea Place, Richmond, BC). This central location is close to the Richmond airport with easy access to the Ferry Terminal.

MODULE 1	MODULE 2	MODULE 3
Friday July 9 (5-9 pm)	Friday July 30 (5-9 pm)	Friday Sept 10 (5-9 pm)
Saturday July 10 (9 am- 5 pm)	Saturday July 31 (9 am- 5 pm)	Saturday Sept 11 (9 am- 5 pm)
Sunday July 11 (9 am – 5 pm)	Sunday August 1 (9 am- 5 pm)	Sunday Sept 12 (9 am- 5 pm)

To get a certificate of completion for the course and be able to complete the written and practical examinations in BC you must attend all three modules in their entirety (i.e., all 60 hr). It should be noted that most CSEP-CEP provincial testing facilities across Canada also require the proof of completion of a CSEP-CEP Full and/or Preparatory Course prior to the registration for practical and written examinations. Individual modules of the CSEP-CEP course are also available to current CSEP-CEP members who are interested in updating their training in any of the three areas. As spacing is limited, preference will be given to those individuals that have signed up for all three modules at least one week before the start of the course. Please note that the end times on each day are approximates and may vary.

Course Content

For this course we have hired leading experts from across Canada including Maura Hooper (Faculty of Kinesiology, University of Calgary), Kristal Kiland (Canadian Association of Cardiac Rehabilitation), and Brian Justin (University of the Fraser Valley) to instruct the course. Each has been involved with the preparation of 100s of CSEP-CEP candidates. The course will consist of three modules that involve a number of specialized lectures:

Module 1

Health screening, Direct/Indirect Aerobic Testing and Exercise Prescription

- a. Calibration of basic applied exercise physiology equipment: cycle ergometers, treadmills, aneroid sphygmomanometer and skinfold calipers
- b. Preliminary health screening and risk classification
- c. Assessing cardiorespiratory fitness: direct and indirect measurement protocols reviewed.
- d. Interpretation of results and basic exercise prescription design principles
- e. Assessing body composition with emphasis on anthropometry.
- f. Principles in weight management



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Module 2

ECG, medications, CV health and Diabetes

- a. Pathophysiology: review of coronary artery anatomy, atherosclerosis process, risk factors, symptoms, diagnosis and treatment.
- b. Electrocardiography: electrocardiogram basics, review of standard lead placement, resting procedures, interpretation of common dysrhythmias, exercising EKG and termination of test criteria
- c. Examination of common cardiac medications: mechanism of action, haemodynamic effect, effect on exercise capacity, side effects and names.
- d. Exercise testing and prescription: review of cardiac patient risk stratification and exercise prescription modification for the cardiac patient.
- e. Diabetes: defining the diabetic condition, proposed mechanisms, diagnostic criteria, complication and treatment. Review of medications, diabetes and exercise.

Module 3

Musculoskeletal fitness and health

- a. Review of injury and tissue healing and repair and understanding pain.
- b. Review of Low back pain mechanisms and approaches to exercises
- c. Understanding joint pain, spondylolisthesis, spondylosis, and spinal stenosis.
- d. Review of lifting techniques
- e. Review of functional capacity evaluations.
- f. Muscular fitness assessment and prescriptions: review of protocols to assess muscular fitness and posture analysis. Designing muscular prescription programs.
- g. Flexibility assessment methods: a review of direct and indirect methods.

Format:

Each module is 18-24 hr in length and is a combination of theoretical and practical delivery.

Required Textbooks

1. CSEP Certified Exercise Physiologist™ Certification Guide. Canadian Society for Exercise Physiology, Ottawa
2. Professional Fitness and Lifestyle Consultant (PFLC) Resource Manual. Canadian Society for Exercise Physiology, Ottawa
3. The Canadian Physical Activity, Fitness and Lifestyle Approach (CPAFLA; 3rd ed.) Canadian Society for Exercise Physiology, Ottawa

Recommended Textbooks

1. Canadian Guidelines for Cardiac Rehabilitation and Cardiovascular Disease Prevention: Translating Knowledge into Action (3rd Edition) Canadian Association of Cardiac Rehabilitation, 2009.
2. ACSM, 2010 ACSM's resource manual for guidelines for exercise testing and prescription (6th ed.). Lippincott Williams & Wilkins, Philadelphia.
3. ACSM, 2010 ACSM's guidelines for exercise testing and prescription (8th ed.). Lippincott Williams & Wilkins, Philadelphia.
4. ACSM, 2010. ACSM's resources for clinical exercise physiology: musculoskeletal, neuromuscular, neoplastic, immunologic, and hematologic conditions (2nd). Lippincott Williams & Wilkins, Philadelphia.
5. ACSM, 2003. ACSM's exercise management for persons with chronic disease and disabilities (2nd ed.). Human Kinetics, Champaign.



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6. Heyward, V.H. 2006. Advanced fitness assessment and exercise prescription (5th ed.). Human Kinetics, Champaign.
7. Baechle, T.R., and Earle, R.W. 2008. Essentials of strength training and conditioning. (3rd ed.). Human Kinetics, Champaign.

Examinations

The written exam will consist of 120 multiple-choice questions based on the material covered during the CSEP-CEP Course as well as information from the three required study manuals (CSEP-Professional Fitness & Lifestyle Consultant Resource Manual, the CSEP-CEP Candidate's Certification Guide, and the CPAFLA). A maximum of three hours is permitted to complete the written exam. A minimum grade of 75% is needed in order to successfully pass the written exam. The practical exam will involve demonstration of competence in clinical and high performance exercise testing, prescription, and monitoring. Specific details of the three hour practical exam are available in the CSEP-CEP Candidate's Certification Guide.

Cost

- 1) Combined Three Module Package for Recent Graduates (within 6 months) or Students in the Final Year of their Exercise Science Degree: \$700 (for all three modules) **PRICE SAVINGS OF 39%***
- 2) Combined Three Module Package for Previous Graduates (i.e., individuals that have met the CSEP-CEP requirements, but graduated more than 6 months ago): \$800 (for all three modules) **PRICE SAVINGS OF 30%***
- 3) Two module package (for recent and previous graduates): \$600
- 4) One module package (for recent and previous graduates): \$350
- 5) Written and Practical Examination Fee: \$250 **PRICE SAVINGS OF 62%***
- 6) CSEP Certified Exercise Physiologist® Certification Guide: \$39.95
- 7) Professional Fitness and Lifestyle Consultant (PFLC) Resource Manual: \$55.00
- 8) The Canadian Physical Activity, Fitness and Lifestyle Approach (3rd ed.): \$70.00

* challenge exams are not permitted at the University of British Columbia, and candidates must complete the three module course prior to being able to complete the written and practical examinations. The price savings are based on the recommended rates for courses and exams of this nature.

The module pricing does not include the cost of examinations (which need to be booked separately with CSEP BC) or required textbooks. The required textbooks can be purchased directly from CSEP national. Payment is due by cheque (made out to CSEP BC) or cash at time of registration (at least 7 days before the course). All CSEP-CEP courses are subject to cancellation if registration is insufficient. Your payment will be refunded in full if the course is cancelled. No refunds will be provided to candidates that have completed any portion of the course. An administrative fee of \$50 will be charged for anyone that does not cancel his or her registration at least 7 days prior to the start of the course.

For information on registration or any other questions, please contact:

Naho Kondo & Sam Turecki, CSEP BC Administration Staff, 209 Osborne Centre, Unit 1, 6108 Thunderbird Blvd, University of British Columbia, Vancouver, B.C. V6T 1W5

Phone: (778) 835-3195 Fax: (604) 822-9222; email: contact@csephealthfitnessbc.ca;

Website: www.csephealthfitnessbc.ca

On behalf of the CSEP Health & Fitness Program of BC we are pleased to be able to offer this unique course and look forward to your participation.

Sincerely,

Dr. Shannon Bredin, Provincial Coordinator