

National Health & Fitness Program

Components

The *CSEP Health & Fitness Program* offers certification options. They are briefly illustrated in the following flow chart. More detailed information specific to the levels of certification and/or pre-requisites for attaining either the CSEP CPT, CSEP CEP, CPT-Instructor/Examiner, and the CEP Head Facilitator/Examiner status is available through the Canadian Society for Exercise Physiology (info@csep.ca).

