



**CSEP Health & Fitness Program BC**  
**A Provincial Wing of the**  
**Canadian Society for Exercise Physiology**



October 18, 2007

To Whom It May Concern:

In Canada, the Canadian Society for Exercise Physiology (CSEP) is the principal professional health and fitness association. CSEP is a voluntary (non-profit) organization, composed of professionals interested and involved in the scientific evaluation of physical activity, exercise physiology, exercise biochemistry, fitness and health. CSEP (then known as the Canadian Association of Sport Sciences) was founded at the Pan American Games, Winnipeg, Manitoba in 1967-the result of four years of cooperative efforts by the Canadian Medical Association and the Canadian Association for Health, Physical Education, Recreation and Dance.

CSEP's mission is to "promote the generation, synthesis, transfer and application of knowledge and research related to exercise physiology (encompassing physical activity, fitness, health, nutrition, epidemiology, and human performance)." CSEP is "recognized as the Canadian scientific authority on exercise physiology, health and fitness, providing a continuum of service from those who drive the science to those who implement/apply the science."

The CSEP Health & Fitness Program is the health and fitness division of CSEP. The CSEP Health & Fitness Program program was established by CSEP in 1981 to address the needs and concerns of personnel working in the physical activity, fitness and lifestyle industry. Since there were no guidelines to regulate the conduct of fitness practices, a need was identified for standards that would protect the users of fitness services and, at the same time acknowledge individuals who were qualified to conduct these fitness practices. Accordingly, the CSEP Health & Fitness Program seeks to:

- Establish standards of competence for fitness appraisal/personal trainer personnel and centres on a national scale, and to encourage those currently working in the field or anticipating entering the field to comply with these standards.
- Provide consumer protection by educating the public to recognize the distinction in qualifications between levels in the CSEP model.
- Ensure that quality fitness practices and physical activity counselling services are available to assist in the promotion of an active lifestyle for all Canadians.

The certifications provided by the CSEP Health & Fitness Program represent the standard in the health and fitness industry. These certifications recognize the importance of post-secondary education in kinesiology and exercise science. All CSEP certified members have gone through a rigorous education and examination process. Employees and consumers alike can be assured that CSEP-certified health and fitness professionals have received the highest level of training in Canada.

CSEP has two industry leading health and fitness certifications: the CSEP-Certified Personal Trainer™ and the CSEP-Certified Exercise Physiologist™. The CSEP-Certified Personal Trainer™ is the industry minimum standard for fitness appraisal and personal fitness training. The CSEP-Certified Personal Trainer™ is sanctioned to administer appropriate submaximal appraisal protocols to apparently healthy individuals, interpret appraisal results, provide basic lifestyle counselling, develop

a specific health-related program of exercise for the appraised individual, and act as a personal trainer. There is no comparable personal fitness training certification in Canada. This certification is ideal for individuals working in health and fitness centres with healthy participants of all ages.

The CSEP-Certified Exercise Physiologist™ is the most advanced personal fitness training and assessment certification for healthy and clinical populations. This certification is the industry standard for health and lifestyle appraisal, lifestyle counselling and personal training. It is the preferred certification for individuals seeking to work in the health and fitness industry, occupational physiology (e.g. firefighting), and elite sport (e.g. professional hockey). It is also the ideal certification in Canada for individuals working with clinical populations.

The CSEP Health & Fitness Program of BC oversees all CSEP-certified members in the province of British Columbia. The CSEP Health & Fitness Program of BC also provides wage recommendations for CSEP-certified personnel working in the province of British Columbia. In British Columbia, the recommended wages for CSEP-certified personnel will vary according to the area and the means of employment. For CSEP-certified members operating their own business we recommend the following:

#### **CSEP-CERTIFIED PERSONAL TRAINER™ (CSEP-CPT)**

- \$35-50 per hour

#### **CSEP-CERTIFIED EXERCISE PHYSIOLOGIST™ (CSEP-CEP)**

- \$80-100 per hour

The recommended wages reflect the advanced education, industry-leading training, and stringent examination and continuing education requirements of CSEP certifications. In short, these salary recommendations recognize the fact that CSEP-certified professionals have obtained the highest level of training in the Canadian health and fitness industry.

We appreciate your continued interest in CSEP and its industry leading certifications. If you require any further information regarding our program please feel free to contact our provincial office (Phone: 778-772-1030 or Email: [contact@csephealthfitnessbc.ca](mailto:contact@csephealthfitnessbc.ca)).

Sincerely,

Dr. Darren Warburton, CSEP-CEP  
Chair,  
CSEP Health & Fitness Program of BC