



## resource listing

**CANADIAN SOCIETY FOR EXERCISE PHYSIOLOGY**  
370 - 18 LOUISA STREET  
OTTAWA, ON K1R 6Y6 CANADA  
TOLL-FREE: 1-877-651-3755 x 226  
TEL (613) 234-3755 • FAX (613) 234-3565  
info@csep.ca • www.csep.ca

### **The Canadian Physical Activity, Fitness & Lifestyle Approach (CPAFLA): CSEP-Health & Fitness Program's Health-Related Appraisal and Counselling Strategy, 3<sup>rd</sup> edition**

A straightforward and systematic approach outlining the proper procedures for the assessment and counselling of persons aged 15 to 69, emphasizing health benefits of physical activity. Topics covered: understanding behaviour change, helping people change, healthy physical activity participation, healthy lifestyle, basic exercise physiology, and health-related fitness. Includes Personal Plan for Active Living booklet and mCAFT CD. This manual outlines the required background material (Module I curriculum) for certification as a CSEP Certified Personal Trainer®. 300 pp. plus 21 pp insert. 3-ring binder. Visit [www.csep.ca/CPAFLA](http://www.csep.ca/CPAFLA) for more information about the CPAFLA  
© 2003 ISBN 978-1-896900-16-2 \$70.00

Extra copies: **Personal Plan for Active Living** booklet  
© 1996 ISBN 1-896900-00-3 \$14.95 for a package of 10 booklets

Replacement or extra CD: **modified Canadian Aerobic Fitness Test (mCAFT)**  
Stepping cadences to music for males and females for each stage of the modified Canadian Aerobic Fitness Test (mCAFT).  
© 1996 Audio CD \$9.95

**CPAFLA Health Reporter software (Windows CD)**  
Software to generate electronic printouts of the CPAFLA protocol client data.  
CD-ROM compatible with Windows (v.95+) and Microsoft Word.  
© 2004 ISBN 978-1-896900-14-8 \$49.95

### **CSEP Certified Personal Trainer® Study Guide, 2<sup>nd</sup> edition**

This guide will assist all candidates in their preparation in obtaining the most professional and highly regarded personal training certification in Canada. As a candidate with formal academic training in the subject area this study guide will assist current candidates to prepare for the CSEP Certified Personal Trainer® certification. Contents include: the scope of practice for a CSEP Certified Personal Trainer®; a description of the certification process i.e., prerequisites and required core competencies; sample theory exam questions, practical exam format, and exercise prescription case studies. 52 pp. spiral bound. Visit [www.csep.ca/csep-cpt](http://www.csep.ca/csep-cpt) for more information about this certification.  
© 2008 ISBN 978-1-896900-28-5 \$29.95

### **CSEP Certified Exercise Physiologist® Certification Guide**

The CSEP Certified Exercise Physiologist® possesses advanced formal academic preparation and practical experience in both health-related, and performance-related physical activity/exercise science fitness applications for non-clinical and clinical populations. The CSEP Certified Exercise Physiologist® Certification Guide is designed to assist candidates to prepare for the theory and practical examination process to be recognized as CSEP Certified Exercise Physiologist®. It is highly recommended that candidates be competent with all areas as outlined in the guide. 144 pp. spiral bound. Visit [www.csep.ca/csep-cep](http://www.csep.ca/csep-cep) for more information about this certification.  
© 2007 ISBN 978-1-896900-26-1 \$39.95

### **Professional Fitness & Lifestyle Consultant (PFLC) Resource Manual**

A manual encompassing the majority of the practical requirements for certification as a CSEP Certified Exercise Physiologist® (formerly Professional Fitness and Lifestyle Consultant). The manual defines and outlines the assessment protocols for which candidates are responsible during the CSEP-CEP certification process covering such areas as body composition, aerobic power, HR/BP/ECG, strength and muscular endurance, flexibility, anaerobic power, pulmonary function, and equipment calibration. 250 pp. 3-ring binder.  
© 1993 ISBN 978-1-896900-04-9 \$55.00

### **Inclusive Fitness And Lifestyle Services For All Disabilities**

This all-inclusive manual is designed to enhance the expertise of qualified fitness professionals with specific resources needed to provide fitness assessment and active living counselling services to "apparently healthy" Canadians with a disability. Key topics include: Physical Activity and People with a Disability; Focusing on Ability, Inclusion and Active Living; Disability and the Seven-Step Appraisal Process; Active Living Counselling and Disability; and Alternative Appraisal Protocols. This manual outlines the background material required for formal recognition for the CSEP Supplementary Training Module: Enhancing Inclusive Fitness & Lifestyle Services. Includes a CD-ROM with large/simple-format Tools. 300 pp. 3-ring binder  
© 2002 ISBN 978-1-896900-10-0 \$75.00

### **Active Living During Pregnancy: Physical Activity Guidelines for Mother and Baby**

A comprehensive resource for pregnant women who want to maintain activity, or undertake physical activity as a component of making positive lifestyle changes to promote a healthy pregnancy. Topics include benefits of exercise during pregnancy, safety considerations, specific exercises, FITT principles, healthy eating, and suggestions for post-partum exercises. An excellent resource for fitness leaders, fitness and health professionals, physicians. Photographs and illustrations throughout. 40 pp. spiral binding  
© 1999 ISBN 978-1-896900-06-3 \$11.95

### **Fresh & Healthy Cooking for Two: Easy Meals for Everyday Life**

Student? Retiree? Empty-nest? Here is a new cookbook with meals designed with you in mind. There's something special about preparing a meal for two. But finding recipes that serve two (not six!) can be a challenge. Written by Ellie Topp & Marilyn Booth, this is an attractive book, chock full of healthy, easy meals for everyday life. Every recipe provides a nutrition profile and starts with fresh, often local, ingredients. Many include a health tip or suggest complements to round out the meal. Great photos, and better yet – links to 'behind the scenes with chef Michael Howell' videos demonstrating how to prepare your favourite recipes. 160 pp. perfect bound. Available in English only.  
© 2011 Formac Publishing Company Limited ISBN 978-0-88780-982-8 \$24.95

### **Pre-Screening Forms for Physical Activity Participation**

Physical Activity Readiness Questionnaire (PAR-Q)  
Physical Activity Readiness Medical Examination (PARmed-X)  
Physical Activity Readiness Medical Examination for Pregnancy (PARmed-X for Pregnancy)  
Available in PDF format online to download free of charge:  
[www.csep.ca/publications](http://www.csep.ca/publications)

### **Canadian Physical Activity Guidelines**

Canadian Physical Activity Guidelines for Children 5-11 years  
Canadian Physical Activity Guidelines for Youth 12-17 years  
Canadian Physical Activity Guidelines for Adults 18-64 years  
Canadian Physical Activity Guidelines for Older Adults ≥65 years  
Available in PDF format online to download free of charge:  
[www.csep.ca/guidelines](http://www.csep.ca/guidelines)  
Pads of 50 tear sheets also available to order for a modest charge

### **Canadian Sedentary Behaviour Guidelines**

Canadian Sedentary Behaviour Guidelines for Children 5-11 years  
Canadian Sedentary Behaviour Guidelines for Youth 12-17 years  
Available in PDF format online to download free of charge:  
[www.csep.ca/guidelines](http://www.csep.ca/guidelines)  
Pads of 50 tear sheets also available to order for a modest charge