

important information

TO PLACE YOUR ORDER:

TELEPHONE (credit card orders)

Toll-free: **1-877-651-3755**
 in Ottawa: **(613) 234-3755**

FAX (credit cards & purchase orders)

(613) 234-3565

MAIL Canadian Society for Exercise Physiology
 370-18 Louisa Street
 Ottawa, ON K1R 6Y6

SHIPPING/HANDLING CHARGES

Add the following to your order:

MERCHANDISE TOTAL	CHARGE
0 - \$10.00	\$6.00
\$10.01 - \$40.00	\$7.50
\$40.01 - \$90.00	\$12.50
\$90.01 - \$150.00	\$16.50
Orders over \$150	CALL
for USA/International Orders CALL for shipping rates	

OPTIONAL Rush Courier surcharge – ADD \$20 plus tax to basic charge above for orders up to \$150.

Orders are normally shipped via Canada Post Corporation and require a signature upon delivery. Allow 2-3 weeks for your order to arrive. Rush Courier orders are shipped via UPS Courier the same day if received prior to 2:00 p.m. (next business day if received after 2:00 p.m.). All sales considered final. Defective merchandise will be promptly exchanged. GST/HST No. R121749667

payment & shipping

NAME _____

ADDRESS _____

city province/state postal code/zip

TELEPHONE () _____

E-MAIL _____

METHOD OF PAYMENT:
 VISA MASTERCARD Money Order (no cheques) for the TOTAL AMOUNT payable to the Canadian Society for Exercise Physiology enclosed
 AMERICAN EXPRESS Copy of official company PURCHASE ORDER attached

CARDHOLDER NAME: _____

CARD # _____ EXPIRY DATE: (MM/YY) _____

AUTHORIZED SIGNATURE: _____ CVD: _____
 Credit card orders must be signed by the authorized Cardholder to be valid. (3-4 digit number on back of card)

order form

	Quantity		Price	Subtotal
	FRE	ENG		
CSEP-PATH			\$85.00	
CSEP-CPT Certification Guide			\$29.95	
CSEP-CEP Certification Guide			\$50.00	
PFLC Resource Manual			\$55.00	
Inclusive Fitness ... for All Disabilities			\$75.00	
Active Living During Pregnancy			\$11.95	
Fresh & Healthy Cooking for Two			\$24.95	
CSEP Pen* (\$2.25 ea. for 5 or more)			\$2.50*	
CSEP Keychain* (\$2.25 ea. for 5 or more)			\$2.50*	
CSEP Luggage Tag*			\$4.50*	

CSEP Guidelines www.csep.ca/guidelines

*Canadian Physical Activity & Sedentary Behaviour Guidelines Handbook**

1-4: \$2.50 ea. 5-99: \$2.25 ea. 100+ \$2.00 ea.	\$2.50*
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*Canadian 24-Hour Movement Guidelines for Children and Youth**

Rack Cards* (shrink-wrapped in bundles of 25)	\$8.00*
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24-Hour¹, Physical Activity², & Sedentary Behaviour³ Guidelines:

Pads of 50 Tear Sheets* (Specify how many pads of each type):

FRE	ENG	Total number of Guidelines pads:	
_____	_____	<input type="checkbox"/> 1-9 _____	× \$9.00* ea.
_____	_____	<input type="checkbox"/> 10-99 _____	× \$7.50* ea.
_____	_____	<input type="checkbox"/> 100+ _____	× \$6.50* ea.

**In provinces with HST, apply HST instead of GST on items marked with an asterisk*

SUBTOTAL: (TOTAL GOODS ORDERED)	
SHIPPING/HANDLING CHARGE: (ALL ORDERS)	
OPTIONAL COURIER SURCHARGE: (\$20 +TAX)	
SUBTOTAL: (GOODS+SHIPPING)	
ON, NB, NL, NS, PE: 5% GST: ITEMS WITHOUT (*) *HST: ITEMS WITH (*) 15% (NB, NL, NS), 14% (PE), 13% (ON)	
BC, AB, SK, MB, QC, YT, NT, NU: 5% GST: ALL ITEMS (INTERNATIONAL ORDERS ARE TAX-EXEMPT)	
TOTAL AMOUNT	

resource listing

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

CSEP: Physical Activity Training for Health (CSEP-PATH)

The Canadian Society for Exercise Physiology (CSEP) is proud to present this 2013 *CSEP-Physical Activity Training for Health (CSEP-PATH)*, the exciting result of a comprehensive overhaul and update of the 2003 Canadian Physical Activity, Fitness and Lifestyle Approach (CPAFLA). With a new title, new process and a wealth of new content, the CSEP-PATH delivers the kind of comprehensive, evidence-based resource needed to support the training and work of qualified exercise professionals including CSEP Certified Personal Trainers® and CSEP Certified Exercise Physiologists®. 300 pp. plus registration code for online Toolkit. 3-ring binder. Visit www.csep.ca/PATH for more information.

© 2013 ISBN 978-1-896900-32-1 \$85.00

CSEP Certified Personal Trainer® Certification Guide, 2nd ed.

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 certification 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. 40 pp. spiral bound. Visit www.csep.ca/csep-cpt for more information.

© 2016 ISBN 978-1-896900-35-6 \$29.95

CSEP Certified Exercise Physiologist® Certification Guide, 2nd ed.

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. 150 pp. spiral bound. Visit www.csep.ca/csep-cep for more information.

© 2014 ISBN 978-1-896900-36-0 \$50.00

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 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. 160 pp. perfect bound. Available in English only.
© 2011 Formac Publishing Company Limited ISBN 978-0-88780-982-8 \$24.95

CSEP Ballpoint Pen

Let your customers (and professors) know that you're the Gold Standard in Exercise Science and Personal Training with your fancy metal CSEP pen! 23 g, blue ink, includes cloth sleeve. \$2.50

CSEP Medallion Keychain

Unlock the doors to your Personal Training career with a CSEP keychain!
20 g, brass plated with embossed CSEP logo. \$2.50

CSEP Luggage Tag

Travel in style with a luggage tag embossed with the CSEP logo!
25 g, bonded leather with embossed CSEP logo. \$4.50

Canadian 24-Hour Movement Guidelines for Children & Youth

Sweat. Step. Sleep. Sit. These guidelines are relevant to apparently healthy children and youth (aged 5–17 years) irrespective of gender, race, ethnicity, or the socio-economic status of the family. Children and youth are encouraged to live an active lifestyle with a daily balance of sleep, sedentary behaviours, and physical activities that supports their healthy development. Pads of 50 tear sheets and bundles of 25 rack cards in English or French. The resources below can also be downloaded for free at www.csep.ca/guidelines

Canadian Physical Activity and Sedentary Behaviour Guidelines

Health benefits of physical activity include improved fitness, strength and feeling better. The evidence-based Canadian Physical Activity Guidelines and the Canadian Sedentary Behaviour Guidelines are relevant to all apparently healthy individuals of the age range indicated on the guideline, irrespective of gender, race, ethnicity or socio-economic status of the family. Pads of 50 tear sheets in English or French. The resources below can also be downloaded for free at www.csep.ca/guidelines

Guidelines Handbooks

The Canadian Physical Activity and Sedentary Behaviour Guidelines Handbook includes all eight Guidelines, plus blank log books to track your own progress, and sample log books showing ways you can incorporate physical activity into your schedule. All this in one handy booklet! 32 pp. full colour glossy print. Also available online as an interactive flipbook.
© 2012 ISBN 978-1-896900-30-8 \$2.50 per handbook (bulk pricing available)

Guidelines Tear Sheets

© 2011, 2012, 2016 \$9.00 per pad of 50 tear sheets (bulk pricing available)

Canadian Physical Activity Guidelines for The Early Years 0-4 years

Canadian Sedentary Behaviour Guidelines for The Early Years 0-4 years

Canadian 24-Hour Movement Guidelines for Children and Youth 5-17 years

Canadian Physical Activity Guidelines for Adults 18-64 years

Canadian Physical Activity Guidelines for Older Adults ≥65 years

Pre-Screening Forms for Physical Activity Participation

Physical Activity Readiness Questionnaire (PAR-Q)

Physical Activity Readiness Questionnaire-Plus (PAR-Q+)

Physical Activity Readiness Medical Examination for Pregnancy (PARmed-X for Pregnancy)

PAR-Q forms can also be downloaded for free at www.csep.ca/publications