

CSEP Certified Exercise Physiologist® Scope of Practice (Effective October 28, 2014)

The CSEP Certified Exercise Physiologist® (CSEP-CEP) must show they have graduated from an appropriate Undergraduate program with successful completion of at least 120 credits at the post-secondary level within the CSEP-CEP Core Competency areas.

The CSEP Certified Exercise Physiologist® performs assessments/evaluations, prescribes conditioning exercise, provides exercise supervision/monitoring, counselling, healthy lifestyle education, and outcome evaluation for “apparently healthy” individuals and/or populations with medical conditions, functional limitations or disabilities through the application of physical activity/exercise, for the purpose of improving health, function, and work or sport performance.

A CSEP-CEP is sanctioned by the CSEP to:

1. Conduct pre-participation screening, administer various health and fitness assessments, prescribe and supervise exercise programs, and provide counseling and healthy lifestyle education to general populations, high performance athletes, and those with chronic health conditions, functional limitations or disabilities across the lifespan.
2. Conduct pre-participation screening using evidence-informed tools that will support recommendations for individual client-tailored physical activity and exercise programs within the CEP’s individual knowledge competency.
3. Accept referrals from licensed health care professionals who are trained and licensed to diagnose and treat acute and chronic medical conditions. The CEP may clear clients with one chronic health condition to work with a CPT. Further medical clearance should be sought if the health condition is unstable.
4. Use evidence-informed behavior change models to facilitate physical activity and exercise participation, and lifestyle modification.
5. Interpret the results of comprehensive fitness assessment protocols to determine health, physical function, work and/or sport performance.
6. Monitor the influence of commonly used medications on the response to sub-maximal and maximal exercise during assessments and/or training sessions.
7. Use the outcomes from objective health and fitness assessments to design and implement safe and effective physical activity and exercise prescriptions for both healthy and unhealthy populations
8. Make general, evidence-informed, dietary recommendations if within the CEP’s individual knowledge competency, recognizing when to refer to a registered dietician for more specialized counselling.
9. Measure and monitor heart rate, electric activity of the heart (using ECG) and blood pressure (by auscultation unless hearing impaired) at rest, during exercise and post-exercise. These measures

can be used to identify, but not diagnose, irregularities during rest, sub-maximal, and maximal exercise.

10. Draw finger prick blood (capillary), or venous samples provided they comply with the current CSEP Blood Sampling Policy.
11. Conduct group physical activity or exercise sessions with appropriately screened participants. Sessions can include any one or combination of aerobic, resistance, balance or flexibility exercises within the CEP's individual knowledge competency. Additional training and certification must be sought to ensure that the CEP has expert competence for different exercise modalities where necessary.

A CSEP-CEP is not sanctioned by CSEP to:

1. Diagnose pathology based on any assessment or observation.