

CSEP-CPT 3-YEAR RECERTIFICATION WORKSHOPS

As you are aware, the National CSEP Health & Fitness Program policy states that a CSEP-CPT must recertify every three years. This means that you must participate in a combined theory and practical workshop led by a recognized CSEP instructor. This workshop is designed to be 4 hours in duration and there is no exit examination required.

All CSEP Certified Personal Trainers® who became certified on or prior to April 1, 2008 must attend a 3-year recertification workshop within the 2010-2011 membership year (April 1, 2010 - March 31, 2011).

The objectives of the workshop are to ensure that a CSEP-CPT can demonstrate competency and/or be able to:

1. Demonstrate the new protocol for waist circumference, as well as explain the rationale, limitations, and assumptions of waist circumference measurements.
2. Monitor aerobic fitness via submaximal exercise assessment protocols, including the mCAFT, YMCA cycle ergometer test, the Ebbeling treadmill walking test, and the Rockport One Mile Walk Test according to the guidelines of the CPAFLA.
3. Evaluate healthy musculoskeletal fitness.
4. Prescribe a balanced prescription program and counsel a client on this program.

Given the time allotted for the workshop (4 hours) and the vast amount of material to be covered, participant preparation is imperative. Each topic area will be covered quickly. If you are familiar with the content, protocols, etc., then this will allow for additional group discussion and teaching tips.

Please review and bring copies of the following information to the workshop:

- ❖ Revised waist circumference protocol
http://www.csep.ca/cmfiles/certifications/cpaflainser/02_Revised_Waist_Circumference_Protocol.pdf
- ❖ Revised CPAFLA consent forms
http://www.csep.ca/cmfiles/certifications/cpaflainser/03_CSEP_CPT_Consent_Form_Adult.pdf
- ❖ YMCA Cycle Ergometer Test
 - a) http://www.csep.ca/cmfiles/certifications/cpaflainser/09_YMCA_Cycle_Ergometer_Submaximal_Test.pdf
 - b) http://www.csep.ca/cmfiles/certifications/cpaflainser/12_Data_Collection_Form-YMCA_Cycle_Ergometer_Test.pdf
- Rockport One Mile Walk Test
 - a) http://www.csep.ca/cmfiles/certifications/cpaflainser/10_Rockport_One_Mile_Walking_Test.pdf
 - b) http://www.csep.ca/cmfiles/certifications/cpaflainser/13_Data_Collection_Form-Rockport_Walking_Test.pdf
- ❖ Ebbeling Single Stage Treadmill Test
 - a) http://www.csep.ca/cmfiles/certifications/cpaflainser/08_Ebbeling_Single_Stage_Treadmill_Walking_Test.pdf
 - b) http://www.csep.ca/CMFiles/certifications/cpaflainser/11_Data_Collection_Form-Ebbeling_Single-Stage_Walking_Test.pdf

In addition to the above items, please also bring your 3rd edition CPAFLA manual, a calculator, a notebook and pen.

At the end of the workshop you may be provided with a certificate verifying your successful completion of the recertification process. Please keep this certificate for a minimum of seven years for legal purposes.

Be dressed and ready to exercise!