

# 5 STEPS TO BECOMING CSEP CERTIFIED

## 1. GET READY

- ✓ Review the certification requirements.
- ✓ Purchase required (for CSEP-CPT) and recommended CSEP-PATH® Resource Manual from [store.csep.ca](http://store.csep.ca).
- ✓ Consult the CSEP Recommended Course Maps: [csep.ca/rcm](http://csep.ca/rcm).

## 2. APPLY

- ✓ Submit and pay for your application to determine if you are eligible to pursue CSEP Certified Personal Trainer® (CSEP-CPT) or CSEP Clinical Exercise Physiologist™ (CSEP-CEP) certification.



*Wait for CSEP to review your application (2-3 weeks). If your application is not approved, we'll consult with you to determine if & how you can satisfy requirements.*

## 3. PREPARE FOR EXAMS

- ✓ It is **recommended** that you take a Skills Review session to help prepare for your exams. Choose the event that is best for you: [csep.ca/exams](http://csep.ca/exams).
- ✓ Review required and recommended study resources. Visit [store.csep.ca](http://store.csep.ca) and [csep.ca/onlinelearning](http://csep.ca/onlinelearning) for resources.

## 4. EXAMS

- ✓ Take your **Practical Exam** and **Theory Exam**. You choose the order you take the exams.



You have **6 months** from the date you pass your first exam to pass your second exam **and** register!



*Wait for final results on your exams. While you wait complete a First Aid course and ensure that you have completed CPR-C in the last 12 months.*

## 5. REGISTER

- ✓ Register to be a CSEP Certified member & begin enjoying all the member benefits including Professional Liability Insurance!
- ★ It can take up to 3 weeks to process your registration & mail your member package.



Canadian Society for Exercise Physiology

For a full list of requirements visit: [www.csep.ca](http://www.csep.ca)



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# Choose CSEP for your Certification

CSEP Certified Personal Trainers® and CSEP Clinical Exercise Physiologists™ provide clients with individualized exercise programming that supports lasting lifestyle changes.

CSEP certified members are a community of qualified exercise professionals who recognize the need to improve health outcomes for all Canadians.

CSEP is the Gold Standard in exercise science and personal training.



CSEP Qualified Exercise Professionals have post secondary education in exercise science and meet a standard of knowledge.



CSEP certifications are evidence-informed. All of the assessments and standards that certified members use are validated in research to best help clients.




Certification with CSEP includes Professional Liability Insurance designed to support your broad Scope of Practice.


Learn more about becoming certified  
[www.csep.ca](http://www.csep.ca)




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