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Certification Study Resources - CSEP

The CSEP-CPT Certification and Study Guide is filled with

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It is recommended that all candidates purchase the CSEP-CPT Certification & Study Guide that helps navigate candidates from consideration to certification with application details, exam tips, core competency explanations, study questions, and more! We also offer a number of Online Learning modules to refresh skills.

CSEP-CPT Pre-requisites

CSEP Certified Personal Trainers® (CSEP-CPT) work with individuals to meet their healthy lifestyle goals using an evidence-informed approach acquired through post-secondary education. A CSEP-CPT administers the CSEP-PATH® process for assessing, gathering, and applying information about a client's physical activity fitness, and sedentary behaviour levels to inform the development of a ...

Certified Personal Trainer - CSEP

To register for a skills review or challenge the exams you must apply and receive confirmation that you are an approved candidate. Haven't applied yet? Learn more and apply to become a CSEP-CPT or a CSEP-CEP. IMPORTANT: Only the Canadian Society for Exercise Physiology (CSEP) provides access to its approved study and examination preparation materials. CSEP does not have an agreement with any third party to provide practice exams or study material, for example on the website Exam Prep Hero.

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There are two CSEP certifications: CSEP Certified Personal Trainers® (CSEP-CPT) and CSEP Clinical Exercise Physiologists® (CSEP-CEP). CSEP-CPTs and CSEP-CEPs bring science to practice through their knowledge and skills, to provide clients with evidence-informed programming that support meaningful lasting lifestyle changes.

Certification FAQ - CSEP

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