



THE UNIVERSITY OF WINNIPEG

Becoming Certified Personal Trainer (CSEP -CPT)

The Department of Kinesiology and Applied Health offers students the ability to complete all required prerequisites for application to the Canadian Society of Exercise Physiology's Certified Personal Trainer certification.

The Canadian Society for Exercise Physiology (CSEP) is the principal body for physical activity, health and fitness research and personal training in Canada. They foster the generation, growth, synthesis, transfer and application of the highest quality research, education and training related to exercise physiology and science. They are the GOLD STANDARD of health and fitness professionals dedicated to getting Canadians active safely by providing the highest quality customized and specialized physical activity and fitness programs, guidance and advice based on extensive training and evidence based research.

A CSEP-Certified Personal Trainer (CPT) administers the CSEP-PATH to healthy populations, develops and implements a tailored physical activity, fitness and lifestyle plan. The minimum requirement to become a CSEP-CPT is a 2 year College diploma or 2 year University degree (as verified by transcripts from an accredited college or university) credits in the 6 core areas. CSEP-CPTs are covered by professional liability insurance to work within the CSEP-CPT Scope of Practice.

Students enrolled in the Gupta Faculty of Kinesiology will have the opportunity to complete all of the required courses by the end of their second or third academic years. In this case students may have the opportunity to register for the University of Winnipeg's **KIN-3904 Personal Fitness Trainer Course**. This course has been designed to prepare students and provide individual physical activity/exercise prescription(s) to apparently healthy individuals. Upon completion of this course students are eligible for national certification with the Canadian Society for Exercise Physiology (CSEP) as a Certified Personal Trainer (CPT), (i.e. CSEP-CPT). This option is included in the course content, but successful meeting/surpassing of the national CSEP standards is NOT a course requirement.



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The following is a list of CSEP's specific course work requirements and corresponding courses offered by the University of Winnipeg that can be used to fulfill these requirements.

CSEP Requirements for CPT	UofW Required Courses
<p><u>Basic Anatomy, Physiology & Exercise Physiology</u></p> <p><i>May be integrated (in part) within courses dealing with the understanding of the structure and function of the human body including a basic understanding of the human body's response to exercise.</i></p>	<p>KIN-2301 & KIN-2204 (or BIOL-1112)</p>
<p><u>Basic Psychological Characteristics and Motivational Strategies</u></p> <p><i>May be integrated (in part) within courses dealing with health behaviour change, physical activity behaviour modification theories and models, interpersonal communication, motivational interviewing, health counselling, health and fitness promotion and the determinants of physical activity and sedentary behaviour.</i></p>	<p>KIN-3305</p>
<p><u>Basic Theory and Methods of Health-Related Physical Fitness</u></p> <p><i>May be integrated (in part) within courses dealing with: fitness assessments, personal training, physical activity/exercise prescription, training techniques, and methods of training.</i></p>	<p>KIN-2304</p>
<p><u>Physical Activity/Exercise Prescription Design</u></p> <p><i>May be integrated (in part) within courses dealing with: personal fitness training, physical activity/exercise prescription, training techniques, and methods of training. Optimal program design includes appropriate demonstration, client observation and exercise modification</i></p>	<p>KIN-3106 KIN-3304</p>
<p><u>Safety and Emergency Procedures</u></p> <p><i>May be integrated (in part) within courses dealing with emergency response procedures, injury assessment and treatment.</i></p>	<p>KIN-2202</p>
<p><u>Documentation, Administration and Professionalism</u></p> <p><i>May be integrated (in part) within courses dealing with material related to marketing, administration, program documentation and professionalism.</i></p>	<p>BUS-1201</p>

NOTE: Candidates are required to hold a current/valid CPR level C

For additional information please visit www.csep.ca or contact g.mcdonald@uwinnipeg.ca