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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



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Physiology (25%) Behaviour Modification (10%) Health-Related  
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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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