

## **CEP Course Coming This Fall to Winnipeg, Manitoba (2009)**

The objective of the CSEP – Certified Exercise Physiologist (CEP) certification is to recognize the qualifications of those persons who possess advanced formal academic preparation and practical experience in both health-related and performance-related physical activity/exercise science fitness applications for non-clinical populations.

The CSEP CEP performs assessments/evaluations, prescribes conditioning exercise, provides exercise supervision/monitoring, counselling, healthy lifestyle education, and outcome evaluations for “apparently health” individuals and/or populations with medical conditions, functional limitations or disabilities through the application of physical activity/exercise, for the purpose of improving health, function and work or sport performance.

The goal of the module based courses is to prepare for specific scenarios of the CSEP-CEP Objective Standardized Practical Evaluation (OSPE)

The Manitoba Fitness Council is pleased to offer the following courses:

**Module 1 – Health Based Fitness  
Assessment and Exercise Prescription**  
September 26 and 27 – Scenarios 1 & 2

**Module 2 – Performance Based Fitness  
Assessment and Exercise Prescription**  
October 24 and 25 – Scenarios 3 & 4

**Module 3 – Clinical Conditions 1  
Cardiovascular and Metabolic Conditions**  
November 7 and 8 – Scenarios 5 & 9

**Module 4 – Clinical Conditions 2 Aging,  
Musculoskeletal Conditions and Work  
Hardening**  
November 21 and 22 – Scenarios 6, 7 and 8

Complete course information is available on Manitoba Fitness Council's website ([www.manitobafitnesscouncil.ca](http://www.manitobafitnesscouncil.ca)).

Please refer to the website of the Canadian Society for Exercise Physiology ([www.csep.ca](http://www.csep.ca)) for more information about **Certified Exercise Physiologist (CEP)** designation.