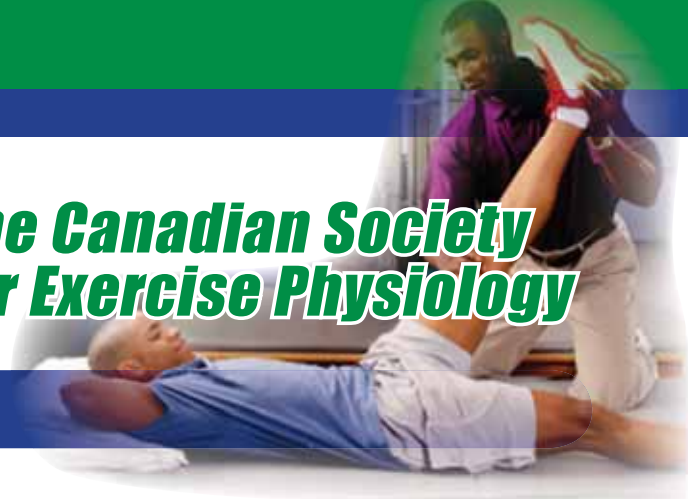




Alberta CSEP
HEALTH & FITNESS PROGRAM

**The Canadian Society
for Exercise Physiology**



HIGHLIGHT SHEET 2007-2008

Accredited Fitness Appraisal Centres in Alberta:

EDMONTON

Fitness and Lifestyle Centre,
University of Alberta
Keltie Byrne Fitness Centre
MacEwan Centre for Sport and Wellness
Millard Health
Millennium Place Wellness Centre
NAIT Campus Sport and Wellness
Provincial Fitness Unit of Alberta
University of Alberta Be Fit For Life Centre

CALGARY

Bankers Hall Club
Crowfoot YMCA
Eau Claire YMCA Fitness and Lifestyle
Centre, University of Calgary
Imperial Oil Fitness and Lifestyle Program
Mount Royal College Campus Recreation
Shawnessy YMCA
Shell Active Living Centre
Talisman Centre
University of Calgary, Be Fit For Life Centre
Western Canadian Place Fitness Centre

GRANDE PRAIRIE

Grande Prairie Regional College
BFFL Centre

RED DEER

Kevin Sirois Fitness Resource Centre

FORT McMURRAY

Keyano College BFFL Centre

VERMILION

Lakeland College Be Fit For Life Centre

LETHBRIDGE

Lethbridge Community College
Be Fit For Life Centre

MEDICINE HAT

Medicine Hat College
Be Fit For Life Centre

Professionals interested and involved in the scientific study of exercise physiology, exercise biochemistry, fitness, and health constitute the Canadian Society for Exercise Physiology. Alberta CSEP is the first to provide education services and professional accreditation for its local constituents.

Ensuring public safety through peak standards in fitness appraisal and lifestyle counselling, the Alberta CSEP Health & Fitness Program was established in 1982 by CSEP and the Alberta government. Alberta CSEP HFP offers the highest professional designation within the industry.

Accredited Fitness Appraisal Centres

Designating Accredited Fitness Appraisal Centres (AFACs) provides professional and public recognition to centres who employ quality fitness appraisal personnel that follow CSEP operation and safety guidelines. AFACs promote the Alberta CSEP Health & Fitness Program and inform the public of their high standard of professionalism, exercise and lifestyle counselling, and fitness appraisals. Such facilities promote educated professionals with exceptional expertise in fitness programs and testing who endeavour to improve quality of life at work, at play, and with family.

Number of Accredited Fitness Appraisal Centres in Alberta = 24

supported by:



Provincial Fitness Unit, Alberta CSEP Health and Fitness Program,
Faculty of Physical Education and Recreation, University of Alberta,
Edmonton, Alberta T6G 2H9. Phone: (780) 492-4435 Fax: (780) 455-2264
Website: www.provincialfitnessunit.ca



Alberta CSEP
HEALTH & FITNESS PROGRAM

The Canadian Society for Exercise Physiology



Alberta's Canadian Society For Exercise Physiology Health & Fitness Program Accreditation

- CSEP promotes, fosters, and applies premier research and education in exercise physiology
- provides a national forum for Canadians interested in exercise physiology
- recognizes the diversity of Canada and offers equal opportunity for persons regardless of race, national or ethnic origin, colour, religion, age, gender, sexual orientation, social status, or mental or physical disabilities

CSEP Certified Personal Trainer: *Stepping Up the Standards*

Launched on July 1st, 2006, CSEP's Certified Personal Trainer designation embodies the skills and scope of practice of the Certified Fitness Consultant and adds a well-defined practice relating to personal training and lifestyle counselling.

The **CSEP Certified Personal Trainer** accreditation establishes the Canadian standard in personal fitness training.

Certified Personal Trainers

- assess health-related physical fitness,
- provide general lifestyle counselling, and
- serve as personal trainers to healthy populations.

Number of CPTs in Alberta = **294**

Where do Certified Fitness Consultants and Certified Personal Trainers work?

Accredited Fitness Appraisal Centres, fitness facilities, RCMP and military recreation facilities, hospitals, mobile fitness services, colleges and universities, physiotherapy and chiropractic clinics.

CSEP Certified Exercise Physiologist: *A Designation to Strive For*

Launched at the November '06 Perspectives in Exercise, Health and Fitness Conference, the **Certified Exercise Physiologist** designation embodies the core competencies of both Professional Fitness and Lifestyle Consultant and Exercise Therapist.

For the purpose of improving health and function at work or sport, Certified Exercise Physiologists

- perform assessments and evaluations
- prescribe conditioning exercise
- supervise, monitor, and evaluate program, counsel, and educate regarding healthy lifestyles for healthy individuals and those with medical conditions, functional limitations, or disabilities.

Number of Certified Exercise Physiologists in Alberta = **427**

Where do Certified Exercise Physiologists work?

Accredited Fitness Appraisal Centres, fitness facilities, RCMP and military recreation facilities, hospitals, physiotherapy and chiropractic clinics, rehabilitation clinics, sports performance facilities, health promotion activities, cities, provincial and federal governments, mobile fitness services, colleges and universities.

Visit www.provincialfitnessunit.ca to search the on-line directory to find a certified Fitness Trainer in Alberta.

MISSION STATEMENT

"To ensure that quality fitness practices and physical activity counselling services are available to assist in the promotion of an active lifestyle for all Canadians."

PERSPECTIVES IN EXERCISE, HEALTH & FITNESS CONFERENCE

The Perspectives in Exercise, Health & Fitness Conference was a huge success with record attendance. The conference was held at Kananaskis, November 2 - 5, 2006. Presenters came from all over Canada and the United States to reveal current research with alternative techniques in exercise, health and fitness.

CSEP 2008 will be a joint conference of the CSEP and Health and Fitness Program (HFP) to be held October 2008 in Banff, Alberta.