

CSEP-PATH: PHYSICIAN PHYSICAL ACTIVITY READINESS CLEARANCE

Dear Physician, _____

Patient Name: _____

Date: _____

Your patient has consulted a Canadian Society for Exercise Physiology - Certified Personal Trainer® (CSEP-CPT) for a physical activity, fitness and lifestyle assessment and/or personal training services.

Although evidence demonstrates that becoming more active is very safe for most people and yields many health benefits, it is important to identify clients who may need a more thorough evaluation before doing a fitness assessment or becoming much more physically active.

During our standardized screening procedures we became aware that your patient:

Answered "Yes" to one or more questions on the Get Active Questionnaire (GAQ) Specific concern:

Had a Resting Heart Rate of ____ (above the safety cut-off of 99 bpm)

Had a Resting Blood Pressure of ____/____ (above the safety cut-off of 160/90 mmHg)

To ensure that your patient proceeds in the safest way possible, they were advised to consult with you about becoming more physically active. Please complete and sign this form, indicating any necessary physical activity restrictions, and have your patient return the form to their CSEP-CPT.

Based upon my review of the health status of _____, I recommend:

- Unrestricted physical activity based on the *Canadian Physical Activity Guidelines* - start slowly and build up gradually
- Progressive physical activity:
 - With avoidance of: _____
 - With inclusion of: _____
- Only a medically-supervised exercise program until further medical clearance
- No physical activity

CSEP-CPT Certification and the CSEP-PATH Assessment

The Canadian Society for Exercise Physiology (CSEP) is the Gold Standard for physical activity, health and fitness research and personal training in Canada. Our qualified exercise professionals strive to help Canadians achieve the well-documented health and fitness benefits of regular physical activity in a safe and effective manner. We provide the highest quality specialized and customized physical activity guidance and advice based on scientific evidence and extensive training, building on the foundation of the Canadian Physical Activity Guidelines (CSEP, 2011 - see <http://www.csep.ca/english/view.asp?x=804> for more information).

The CSEP-CPT is certified and sanctioned to administer the assessment, including appropriate submaximal fitness assessment protocols, to apparently healthy individuals, interpret results, develop a client-centred physical activity action plan, and act as a personal trainer (see <http://www.csep.ca/english/view.asp?x=741> for more information). [The CSEP Certified Exercise Physiologist® (CSEP-CEP) is an advanced certification that includes a broader repertoire of clients, and assessment and prescription services.]

CSEP-CPT Certification

To be certified as a CSEP-CPT, candidates must meet the following requirements:

- Academic pre-requisites: A minimum of 2 years of College Diploma or University Degree coursework addressing the CPT core competencies (e.g., Anatomy and Physiology; Psychological Characteristics and Motivational Strategies; Theory and Methods of Health-Related Physical Fitness; Physical Activity/Exercise Prescription and Design; Safety and Emergency Procedures; Documentation, Administration and Professionalism);
- Hold current emergency/standard first aid and CPR Level C;
- Successfully complete a national theory and practical exam;
- Participate in continuing education/professional development; and
- Carry annual CSEP membership including mandatory insurance policy (\$3M professional and commercial liability).

CSEP-PATH Assessment

The physical activity, fitness and lifestyle assessment administered by the CSEP-CPT is exclusively that outlined in the CSEP Physical Activity Training for Health (CSEP-PATH) resource manual. The assessment provides information to help clients safely and effectively build regular physical activity into their daily lives to improve their health and well-being.

The CSEP-PATH evaluates physical activity, sedentary behaviour and other lifestyle factors (e.g., healthy eating, tobacco and alcohol use) using simple questionnaires. The fitness assessment involves a series of physical tests and

measurements. Some of these (e.g., height, body weight, waist circumference) require no physical exertion. Those that evaluate aerobic and musculoskeletal fitness require physical exertion and are briefly outlined below. All clients sign an Informed Consent Form prior to proceeding.

Aerobic Fitness Assessment Measures

Aerobic fitness is estimated based on heart rate response to one of four sub-maximal protocols, depending on the client's interests and capabilities: a multi-stage step test, single-stage treadmill walking, one-mile walk, or a multi-stage cycle test. Post-exercise heart rate and blood pressure are monitored after the respective protocol before proceeding to other measures to ensure an appropriate recovery.

Musculoskeletal Fitness Assessment Measures

Six simple tests are performed to evaluate musculoskeletal fitness: grip strength (strength of hands, forearms); push-up (endurance of chest, shoulders, arms); sit and reach (flexibility of hips); vertical jump (power of legs); back extension (endurance of back); one leg stance (balance and leg strength/endurance).

Physical Activity Prescription

CSEP-PATH assessment results are used to develop a client-centred physical activity action plan, building on the foundation of the Canadian Physical Activity Guidelines (CSEP, 2011), outlined below. The CSEP-CPT employs evidence-based methods to prescribe client-tailored physical activity intensity, duration and frequency. (This does not include maximal effort aerobic physical activity or muscle and bone strengthening exercise.)

Canadian Physical Activity Guidelines

Adults aged 18-64 years should accumulate at least 150 minutes of moderate- to vigorous-intensity aerobic physical activity per week, in bouts of 10 minutes or more. It is also beneficial to add muscle and bone strengthening activities using major muscle groups, at least 2 days per week. More daily physical activity provides greater health benefits.

Adults aged 65 years and older should accumulate at least 150 minutes of moderate- to vigorous-intensity aerobic physical activity per week, in bouts of 10 minutes or more. It is also beneficial to add muscle and bone strengthening activities using major muscle groups, at least 2 days per week. Those with poor mobility should perform physical activities to enhance balance and prevent falls. More daily physical activity provides greater health benefits.

Children aged 5-11 years and youth aged 12-17 years should accumulate at least 60 minutes of moderate- to vigorous-intensity physical activity daily. This should include: vigorous-intensity activities at least 3 days per week; and activities that strengthen muscle and bone at least 3 days per week. More daily physical activity provides greater health benefits.