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Certification Study Resources - CSEP

The CSEP-CPT Certification and Study Guide is filled with

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CSEP-CPT Sample Questions – ExamPrepHero
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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 development of a ...

Certified Personal Trainer - CSEP

To register for a skills review or challenge the exams you must apply and receive confirmation that you are an approved candidate.

Haven't applied yet? Learn more and apply to become a CSEP-CPT or a CSEP-CEP. **IMPORTANT:** Only the Canadian Society for Exercise Physiology (CSEP) provides access to its approved study and examination preparation materials. CSEP does not have an agreement with any third party to provide practice exams or study material, for example on the website Exam Prep Hero.

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Certification FAQ - CSEP

CSEP-CPT Candidate Study Course Looking for help studying for your Theory Exam or Practical Exam? This online prep course is designed to help those pursuing CSEP-CPT certification prepare for their certification exams. The seven part series focuses on refreshing and strengthening your skills and knowledge on the client-centred CSEP-PATH® process.

CSEP Certified Personal Trainer Candidate Modules

The CSEP-CPT Certification and Study Guide is filled with valuable content designed to assist you in understanding the steps toward certification, how to prepare for the Theory and Practical exams, and what happens when you successfully complete the journey. The guide features: 50 practice questions to test your knowledge.

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