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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.

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Csep Cpt Study Guide CSEP Certified  
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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



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**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.

CSEP Certification Practical Skills Review & Exams

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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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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

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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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Assessing & Interviewing Clients Study Guide for the ACE PT exam by Premier Training. PremierTraining. \$10.99. STUDY GUIDE. Kin 340 Exam 1

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