

Exercise Science for Health and Performance Graduate Certificate

Thank you for your interest in the Exercise Science for Health and Performance Graduate Certificate program. To give you a more thorough understanding of the program and the opportunities available to students, please carefully review the following information:

Admission Requirements:

- Bachelor’s Degree in Physical Education, Human Kinetics, Exercise Science, or Kinesiology
 - Applicants who have studied outside of these fields of study may be considered on an individual basis.
- Proof of English proficiency

Required Documentation:

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| Official Transcript(s) | Submit scanned transcript(s) by email to: international@niagaracollege.ca OR Submit hard copies of transcript(s) by mail to: International Admissions –Niagara College 135 Taylor Road Niagara-on-the-Lake, ON L0S 1J0 | Within 30 days from your application date |
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Should you have any questions regarding the admissions process, please contact our International Admissions Office at 905-988-2910 or international@niagaracollege.ca.

Please note:

This program has important additional requirements that are required for placement purposes. Information about Communicable Disease Surveillance (CDS) can be found at www.niagaracollege.ca/eshp. **These requirements are necessary for your placement, not admission.** However, if program requirements are not met you may be unable to participate in your placement, which may impact your ability to complete this program.

Program Description

The Exercise Science for Health and Performance (ESHP) Graduate Certificate program provides a practical learning two semester opportunity. The semester begins with a focus on foundational skills for fitness assessment and program prescription and moves working with a variety of populations that prepares students for professional credentialing. The program is focused on providing students with the skills needed to support the exceptional needs of both special populations and high performance athletes, as they strive to enhance their fitness and wellness.

The certification options that exist upon completion of the program make it distinctive and highly attractive to many university graduates. The CSEP-CEP (Canadian Society for Exercise Physiology – Certified Exercise Physiologist) designation is the highest level of certification in the fitness industry in Canada. Along with the required pre-requisites, the graduate certificate program may lead to students attaining this designation following the final semester. High performance athletes as well as individuals with high blood pressure, diabetes, obesity issues that manifest into heart disease and other chronic medical conditions, need to be assessed and advised by a CEP as it is outside the scope of practice of a Personal Trainer. This program will assist the student in developing the necessary skills to assess,

counsel and prescribe appropriate activity for these populations. In addition, many of the skills that are developed during this program will be beneficial to those who intend to practice as a Kinesiologist and the Certified Strength and Conditioning Specialist. Further certification opportunities may also be available upon completion of this graduate certificate.

10 Core Competencies for CSEP-CEP Certification

The CSEP-CEP is just one of the certifications that students may be eligible for upon completion of the program. Other certifications are available and are summarized within this document.

Individuals wishing to be certified as a CSEP-CEP must be prepared to provide the following: Preparation for the CEP designation requires both theoretical knowledge and practical skills. Formal documentation (transcripts) confirming successful completion of an undergraduate University degree in Kinesiology/Exercise Science/Human Kinetics/Physical Education encompassing the following physical activity/exercise related core competency domains is required. These are not names of courses but are areas of study that should be covered in one or more theory courses throughout your post-secondary degree. Theory areas that will be covered at Niagara College are indicated. Practical experience/skills will be gained at Niagara College in the ESHP program in many of the core competencies listed here where applicable.

1. Foundations: Anatomy, Biomechanics and Exercise Physiology
2. Health and Exercise Physiology
3. Client Screening and Evaluation: Client History and Risk Stratification
4. Advanced Fitness Assessment and Exercise Prescription
5. Clinical Assessment and Pharmacology
6. Special Populations: Children, Older Adults, Pregnancy, Disabilities, Chronic Conditions and Injury
7. High Performance Athletes
8. Workplace Health and Fitness
9. Lifestyle Literacy
10. Professional Practice

Students that are interested in the CSEP-CEP designation who have a three or four-year degree that did not include all of the Core Competency domains will have to achieve these Core Competencies through several alternate critical pathways which may include self-directed learning, workshops, diploma courses, university courses, co-operative education work or volunteer experience. If you do not have the core competencies required to challenge the CEP exam, you may choose to obtain them once you have completed your study at the college.

To learn if you qualify for the CSEP-CEP certification or what areas you need development in or for more information about other potential options, please contact the national CSEP office at www.csep.ca

Other Certification Options

The CSEP-CEP is just one certification opportunity that Niagara College will provide via the Exercise Science for Health and Performance program. You may also be eligible for the following:

- CSEP –CPT
- Registered Kinesiologist (College of Kinesiology)
- National Strength and Conditioning Association(NSCA) – Certified Strength and Conditioning Specialist(CSCS)

Please note that all certifications are an additional cost to the student and not included in tuition.