



Canadian Society for Exercise Physiology
Société canadienne de physiologie de l'exercice

Telehealth Training and Counselling Practical Experience Logbook – CSEP Clinical Exercise Physiologist™ Applicant Hours

Recognizing the limitations of obtaining in-person practical experience during COVID-19, CSEP will be accepting a limited amount of virtual experience to satisfy the required practical hours for candidates. **Candidates can claim up to 30 hours of virtual experience to help satisfy their required 100 hours of practical experience.**

CSEP has developed the [Telehealth Training and Counselling Guidelines for CSEP Certified Members](#). It is recommended that all candidates and their supervisors review this document and be knowledgeable in the recommendations CSEP has outlined for the safe practice of telehealth training and counselling.

| Date | Hours | Client Population | Description of Virtual Services | Your role in the virtual services (observational, lead, coach) | Facility Name | Supervisor's Name | Supervisor's Signature |
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Defining the virtual experience and roles

There are many different activities and roles a CSEP-CEP candidate could have while participating in virtual training to satisfy the virtual practical hours. Below are some types of roles and examples of what this may look like. Note this list is not exhaustive and candidates may have other acceptable virtual training experience.

| Role | Example |
|---|---|
| Lead | <ul style="list-style-type: none"> • Leading the delivery of a virtual fitness class (group) • Leading the delivery of a one-on-one training session (individual) • Performing an initial consultation • Demonstrating a home exercise program • Performing health behaviour change consultation |
| Observer: Telehealth Virtual Session | <ul style="list-style-type: none"> • Monitor safety of participants during a virtual fitness class (group)* • Observing or assisting with a virtual fitness class (group) • Observing or assisting with a one-on-one training session (individual) • Observing or assisting with an assessment virtually • Observing or assisting with an initial consultation • Observing a health behaviour change consultation |
| Developer | <ul style="list-style-type: none"> • Development and posting of pre-recorded exercise or demonstrational videos for asynchronous training sessions. • Development and posting of pre-recorded exercise or demonstrational videos to complement/support a group or home-based exercise program • Development of an online seminar/workshop. Ex: specific seminar for diabetes patients and general guidelines about exercises • Developing health education videos or material for clients |
| Others | <ul style="list-style-type: none"> • Using software (i.e. training peak) to work with client(s) to analyze their workout data uploaded from smart devices. |

*Some classes will have a second person online to ensure safety while a class is led.