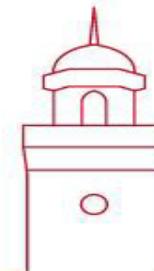


School of Kinesiology

Bachelor of Kinesiology (Exercise Science and Training Option) Information Session



‘Options’ in Kinesiology

Primary OPTIONS to apply to for 2026

- Athletic Therapy (AT)
- Exercise Science and Training (ExST)
 - Note: S&C internship
- Academic and Practical programs
 - Typically a GPA of 3.0 or higher is recommended and some experience in the given area
- Apply to respective streams – or rank order
 - February 6, 2026 – Application Deadline
 - February 23 - March 6, 2026- Interviews



What is Exercise Science and Training?

- Professional application of your exercise physiology and fitness programming knowledge in practice for generally healthy, high performance sport and occupations and for individuals with special considerations and/or medical conditions
- Major professional/certifying/regulating organizations
 - Canadian Society for Exercise Physiology (<https://csep.ca/home>)
 - College of Kinesiology of Ontario (<https://www.coko.ca/>)
 - Canadian Kinesiology Alliance (<https://www.cka.ca/en/welcome>)
 - Provincial Kinesiology Associations
 - Canadian Strength and Conditioning Association (<https://thecsc.ca/>)
 - Sport Scientist Canada (<https://www.sportscientistcanada.ca/>)



CERTIFICATIONS

Basic Level:

- CSEP Certified Personal Trainer® (CSEP-CPT)
 - Health-Related Fitness

Advanced Level:

- CSEP Clinical Exercise Physiologist® (CSEP-CEP)
 - Primarily Clinical Populations

High Performance Specialization



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CSEP
HIGH PERFORMANCE
SPECIALIZATION™

High Performance Specialization

- The first of its kind in Canada, the CSEP High Performance Specialization™, focuses on performance and occupational testing and training for qualified exercise professionals working with **elite athletes, emergency services personnel, armed forces, and high performance clients**
 - » Sport and occupational biomechanics, physiology, and performance psychology
 - » Sport and occupational performance assessment
 - » Sport and occupational performance exercise design and prescription
 - » Energy intake for sport and occupational performance
 - » Professional and ethical practice

CSEP Clinical Exercise Physiologist® (CSEP-CEP)

- Advanced health and fitness practitioner certification
- Works with asymptomatic and symptomatic populations
 - Provides appropriate advanced assessment and exercise therapy to clients including, but not limited to, those with musculoskeletal, cardio-respiratory, and metabolic conditions, etc.
 - Accept referrals from licensed health care professionals
- Gold standard in the industry

Pre-requisites

Academic-Course Work - UPDATED

There are 8 Core Competency areas including:

- Anatomy, Biomechanics, & Exercise Physiology
- Health Behaviour Change and Education and Exercise Psychology
- Client Screening and Pharmacology
- Advanced Exercise and Health Assessment Apparently Healthy
- Advanced Exercise and Health Assessment Chronic Conditions
- Advanced Exercise Prescription Apparently Healthy
 - Children, older adults, pregnancy, disability
- Advanced Exercise Prescription for Chronic Conditions
 - CV, metabolic, cancer, MSK-neurological
- Professional and Ethical Practice

You can see the full detailed list of core competencies on the CSEP website.

How Do I become a CEP?

- Preparatory course work
- Minimum 100 documented but recommended 300 practical hours
- Theory exam
- Practical exam
- Registration
 - » First aid and CPR
 - » Continuing education credits

CSEP High Performance Specialization

To confirm advanced knowledge of high performance testing and training

Available to QEPs

- CSEP CPTs CEPs
- Post sec QEP (PT, AT, OT)
- Proof of insurance
- 23 hour module plus theory exam



Sport Scientist Canada High Performance Certification (HPC)

- High Performance Certified (HP) Certified Member
- Qualifications and competencies to uphold standards for the daily training environment
- Competency based evaluation
- Practitioner, Sr, Leader
- <https://www.sportscientistcanada.ca/en-CA/Programs/Programs/High-Performance-Certification>



Canadian Strength and Conditioning Association

- CSC Professional (CSCP) Accreditation
 - Credential allocated to an individual who has completed all academic and professional experience requirements set forth by the Canadian Strength and Conditioning Association. CSCP coaches have successfully demonstrated coaching and knowledge proficiency and are qualified to design and implement effective and safe strength and conditioning programs for athletes of all levels.
 - Kin degree, application
 - 1yrs practicing S&C coach (1000 hrs)
 - Safe Sport Course, NCCP ethics



Exercise Science & Training Option (ExST)

Interest in Personal Training, Cardiac Rehabilitation, Therapeutic Exercise And Advanced Testing and Training (Getting **CSEP CPT & CEP**, and other certifications)

Key Courses: KINE 2413 Applied Human Physiology

Apply to Dr. Jonathon Fowles and Dr. Karen Kendall

Required ExT Courses

KINE 3343 Fitness Programming (CPT course)

KINE 3393 Physiological Assessment

KINE 4013 Training Methods

KINE 4693 Physical Activity and Chronic Conditions

KINE 4193 Exercise Science and Training Practicum (CEP course)

KINE 4203 Exercise Science and Training Clinical Practicum (CEP Course)

Practical Hours: 5-10 hours per week

Comprehensive Practical Assessment

Written Examination

Elective Courses (Recommended)

KINE 185B PA for Older Adults

KINE 190A PA for Chronic Disease

KINE 190B Resistance training

KINE 190C Speed Agility Quickness

KINE 2493 Health Pro & Wellness

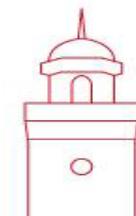
KINE 3593 Health Behaviour Change

KINE 4873 Pharmacology

NUTR 1313 Human Nutrition and/or

NUTR 3533 Sports Nutrition

Others relative to interest



Recommend Course Plan

3rd Year

1st term

- 3013 (Exercise Physiology)
- 3343 (Fitness Programming)
- (elective-NUTR 1313)

2nd term

- 3393 (Physiological Assessment)
- 4013 (Training Methods)
- 3593 (Health Behaviour Change)

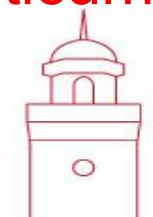
4th year

1st term

- 4693 (Ex in Chronic Conditions)
- 4193 (Ex Sci & Training practicum)
- NUTR 3533 (Sports Nutrition)

2nd term

- *3363 Philosophical aspects PA
- 4203 (ExT Clinical Practicum)
- 4873 (Pharmacology)



Application Process

- Students can apply if they have completed or are registered in KINE 2413: Human Physiology 1.
- Applications will be sent through kinesiology@acadiau.ca email thread
- We will use a common application for the Athletic Therapy Option and the Exercise Science & Training Option. If students are interested in applying to both programs, they can, while indicating which *option is their preference*.



Important Dates

- **February 6, 2026, 4:30pm AST** – Application Deadline
- **February 23 to March 6, 2026** - Interviews
 - Typically interview top 20 candidates
- **Mid-March** Announce Selections via email
 - Typically 12 candidates for ExST



Questions?

- Contact the BKin (Exercise Science and Training) Option Directors
 - Dr. Jonathon Fowles (Jonathon.fowles@acadiau.ca)
 - Dr. Karen Kendall (Karen.Kendall@acadiau.ca)

