



FITNESS AND HEALTH PROMOTION

Program Specific Requirements

2023-2024

The attached linked pre-fillable form is a pre-screening tool to help ensure that you are in good physical condition in order to be able to participate safely in multiple aspects of this program. The screening tool helps identify whether or not you need additional assessment by a healthcare provider (please consult reference document linked below).

https://csep.ca/wp-content/uploads/2021/09/GETACTIVEQUESTIONNAIRE_EN_Fillable.pdf

https://csep.ca/wp-content/uploads/2021/05/GAQREFDOC_ENG.pdf

Should your completion of this form indicate a need to consult your healthcare provider and provide them with the form below to complete. Please bring all completed forms (as required) to your Program Orientation on September 5th, 2023.

https://csep.ca/wp-content/uploads/2021/05/CSEP-PATH_2e_PHYSICIANCLEARANCE.pdf