

University of Wisconsin—River Falls
Department of Health and Human Performance
CEP-MS Program Completion Self-Assessment

Please take a few minutes to indicate how well the CEP curriculum has prepared you to meet the five ACSM Clinical Exercise Physiologist (ACSM-CEP) competencies. Place an “X” in the column that best fits your perception of how prepared you are in each competency. Thank you for completing this survey.

Adopted from ACSM Clinical Exercise Physiologist (CEP) standards	Strongly agree	Agree	Slightly agree	Slightly disagree	Disagree	Strongly disagree
1. Patient/client assessment						
a) I feel knowledgeable and prepared to assess patients for exercise testing.						
b) I feel knowledgeable and prepared to determine normal and abnormal responses to exercise.						
c) I feel knowledgeable about the acute and chronic changes associated with exercise.						
2. Exercise Prescription						
a) I feel knowledgeable and prepared to prescribe exercise for any population.						
b) I feel knowledgeable and prepared to administer exercise tests with any population.						
c) I feel knowledgeable and prepared to interpret exercise test results.						
3. Program Implementation and Ongoing Support						
a) I feel knowledgeable and prepared to determine health risk factors.						
b) I feel knowledgeable and prepared to describe disease processes.						
c) I feel knowledgeable about the medications used for treating patient populations.						

4. Leadership and Counseling						
a) I feel knowledgeable and prepared to lead any form of exercise with patient populations.						
b) I feel knowledgeable and prepared to use behavior strategies to improve patient compliance.						
5. Legal and Professional Considerations						
a) I feel knowledgeable and prepared to describe appropriate safety precautions during testing.						
b) I feel knowledgeable and prepared to describe appropriate actions to be taken in an emergency						
c) I feel knowledgeable and prepared to develop and ensure quality program information and data.						
6. Additional considerations						
a) Please described any additional ways through which the CEP program may be improved:						