

## **Memo**

**To: Heads of (relevant academic) Units, NZ Tertiary Institutions.**

**Cc: SESNZ Board; CEPNZ Board**

**Date: 08/10/2025**

## **Accreditation of Clinical Exercise Physiologists**

Over the past year, Clinical Exercise Physiology New Zealand (CEPNZ) and Sport and Exercise Science New Zealand (SESNZ) have been working collaboratively toward unifying a single pathway for registration for Clinical Exercise Physiologists, to strengthen the future of our profession in Aotearoa, New Zealand. To accelerate progress in healthcare regulation, it is vital that Clinical Exercise Physiologists (CEP) speak with one voice and operate under a consistent set of standards.

Following consultation with the International Confederation of Sport and Exercise Science Practice (ICSESP) and Exercise and Sports Science Australia (ESSA), we intend to align with ESSA's standards and bring all accredited Exercise Physiologists under the CEPNZ organisation. ICSESP is advocating for all practitioners to be registered with a local governing body capable of issuing an externally validated Annual Practising Certificate (APC). In this context, the CEPNZ pathway – combined with the APC issuance through the Clinical Physiologist Registration Board (CPRB) - represents the most effective and forward-looking solution.

Effective immediately, SESNZ will cease accepting new applications for AEP accreditation. SESNZ will actively support Exercise Physiologist members in the discipline of Clinical Exercise Physiology transitioning to CEPNZ to pursue accreditation as Registered Clinical Exercise Physiologists (CEP's).

To support our current Accredited Exercise Physiologists (AEPs) in the discipline of Clinical Exercise Physiology during the transition to CEPNZ, SESNZ will offer an interim accreditation in 2026 at a discounted rate. This will ensure continuity of their professional recognition and PI Insurance throughout the changeover period. Please note that from 2027 onwards, SESNZ will no longer provide AEP accreditation.

During this transitional process, CEPNZ will offer a discounted rate for their professional Clinical Exercise Physiologist membership for those currently registered with SESNZ.

Transferring members from SESNZ who hold ESSA or ACSM accreditation, will need to submit the following:

- Academic transcript confirming completion of Clinical Exercise Physiology Programme
- ACSM/ESSA current registration documentation
- Biosketch
- Proof of current first aid and AED certification (e.g. comprehensive first aid)
- Proof of citizenship or visa status to legally work in NZ
- Copy of record of experience transferred from SESNZ
- Copy of current CPD portfolio
- Payment of application fee (\$150)

Transferring members from SESNZ without ESSA or ACSM accreditation, will need to submit the following:

- Academic transcript confirming completion of Clinical Exercise Physiology Programme
- ACSM/ESSA current registration documentation
- Biosketch
- Proof of current first aid and AED certification (e.g. comprehensive first aid)
- Proof of citizenship or visa status to legally work in NZ
- Successful completion of the online theory exam
- Interview with CEP representative
- Copy of record of experience transferred from SESNZ
- Copy of current CPD portfolio
- Payment of application fee (\$150)

Upon successful application, all individuals will be required to:

- Apply for Annual Practising Certificate through the Clinical Exercise Physiologist Registration Board (CPRB)
- Complete six professional development activities per year and upload these to CPRB platform.
- Submit CPD portfolio for review every three years.

### **Accreditation of New Zealand Programmes**

SESNZ and CEPNZ have been engaging with ESSA to explore the potential for extending their robust course accreditation framework into New Zealand. The preferred approach would involve New Zealand universities creating accredited programmes that align with ESSA accreditation standards.

It is anticipated that graduates from such programmes would benefit from a streamlined certification pathway. Those relocating to Australia could potentially apply directly to ESSA (likely with additional short courses to meet local cultural and jurisdictional requirements), while those remaining in New Zealand could apply to CEPNZ. These graduates would follow a certification process similar to that outlined for ESSA-accredited professionals.

For students who complete non-accredited programmes, a more comprehensive assessment will be required. CEPNZ is currently developing specific guidelines for this pathway, which will likely involve increase application costs, and more extensive documentation requirements.

While we acknowledge that the coming year may present some challenges as we navigate these changes, we remain confident that the long-term benefits for our profession – and its role within New Zealand’s healthcare system – will far outweigh any short-term difficulties.

A stylized, handwritten signature in black ink, consisting of several loops and a long vertical stroke extending downwards.

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On behalf of SESNZ

A handwritten signature in black ink, appearing to read 'L.D. Hodges' with a cursive flourish at the end.

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On behalf of CEPNZ