

CSEP Certified Personal Trainer® (CSEP-CPT) Core Competencies

1. Human Anatomy, Human Physiology, and Exercise Physiology

- May be integrated (in part) within courses dealing with the understanding of the structure and function of the human body including a basic understanding of the human body's response to exercise.

2. Theory and Methods of Behaviour Modification

- May be integrated (in part) within courses dealing with health behaviour change, physical activity behaviour modification theories and models, interpersonal communication, motivational interviewing, health counselling, health and fitness promotion and the determinants of physical activity and sedentary behaviour.

3. Theory and Methods of Health-Related Physical Activity & Physical Fitness Assessment

- May be integrated (in part) within courses dealing with: fitness assessments, personal training, physical activity/exercise prescription, training techniques, and methods of training.

4. Theory and Methods of Health-Related Exercise Prescription and Program Design

- May be integrated (in part) within courses dealing with: personal fitness training, physical activity/exercise prescription, training techniques, and methods of training. Optimal program design includes appropriate demonstration, client observation and exercise modification

5. Safety and Emergency Procedures

- May be integrated (in part) within courses dealing with emergency response procedures, injury assessment and treatment.

6. Documentation, Administration and Professionalism

- May be integrated (in part) within courses dealing with material related to marketing, administration, program documentation and professionalism.

Note: These are not course titles.