

**CANADIAN SOCIETY FOR EXERCISE PHYSIOLOGY
CSEP RECOMMENDED COURSE MAP**

CSEP CERTIFIED PERSONAL TRAINER®

Concordia University

Core Competency	Course Code	Course Title
<p>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</p>	<p>ALL OF: EXCI 253 EXCI 254 EXCI 358</p>	<p>Human Anatomy 1: MSK Anatomy Human Anatomy 2: Systemic Anatomy Physiology of Exercise</p>
<p>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 counseling, health and fitness promotion, and the determinants of physical activity and sedentary behaviour.</p>	<p>EXCI 252</p>	<p>Introduction to Physical Activity, Health and Fitness</p>
<p>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.</p>	<p>EXCI 252</p>	<p>Introduction to Physical Activity, Health and Fitness</p>
<p>4. Theory and Methods of Health-Related Exercise Prescription and Program Design May be integrated (in part) within courses dealing with: personal training, physical activity/exercise prescription, training techniques, and methods of training. Optimal program design includes appropriate demonstration, client observation, and exercise modification</p>	<p>EXCI 252 <i>Consider also:</i> EXCI 352</p>	<p>Introduction to Physical Activity, Health and Fitness Essentials of Exercise Testing and Training in Athletic Populations</p>
<p>5. Safety and Emergency Procedures May be integrated (in part) within courses dealing with emergency response procedures, injury assessment and treatment *CPR & FA does not satisfy this Core Competency*</p>	<p>CATA 262 OR EXCI 352</p>	<p>Emergency Care in Exercise and Sport Injuries Essentials of Exercise Testing and Training in Athletic Populations</p>
<p>6. Documentation, Administration and Professionalism May be integrated (in part) within courses dealing with material related to marketing, administration, program documentation, and professionalism.</p>	<p>EXCI 383 OR MANA 201 AND EXCI 252</p>	<p>Clinical Exercise Physiology Internship 1 Introduction to Marketing Introduction to Physical Activity, Health and Fitness</p>

IMPORTANT Approved CSEP Recommended Course Maps identify courses recognized by CSEP as satisfying the associated core competency area. Courses not listed in this recommended course map may still satisfy the associated core competency area upon review by CSEP.

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Validated for students enrolled prior to:
Fall Semester 2017



Approved By:

Date of Approval

CSEP Professional Standards Program™

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