

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

**CSEP CERTIFIED PERSONAL TRAINER®**

Dalhousie University

Core Competency	Course Code	Course Title
<p><b>1. Human Anatomy, Human Physiology, and Exercise Physiology</b> 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>	KINE 2310 ANAT 1010 PHYL 1010	Physiology of Exercise Basic Human Anatomy Human Physiology
<p><b>2. Theory and Methods of Behaviour Modification</b> 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>	KINE 1108  Recommended: KINE 3485	Psychology of Sport and Physical Activity  Psychology
<p><b>3. Theory and Methods of Health-Related Physical Activity &amp; Physical Fitness Assessment</b> May be integrated (in part) within courses dealing with: fitness assessments, personal training, physical activity/exercise prescription, training techniques, and methods of training.</p>	KINE 3414	Exercise Testing and Prescription for Healthy Individuals
<p><b>4. Theory and Methods of Health-Related Exercise Prescription and Program Design</b> 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>	KINE 3414	Exercise Testing and Prescription for Healthy Individuals
<p><b>5. Safety and Emergency Procedures</b> May be integrated (in part) within courses dealing with emergency response procedures, injury assessment and treatment <b>*CPR &amp; FA does not satisfy this Core Competency*</b></p>	KINE 3482	Care and Prevention of Injuries
<p><b>6. Documentation, Administration and Professionalism</b> May be integrated (in part) within courses dealing with material related to marketing, administration, program documentation, and professionalism.</p>	Consider: MGMT 2401 or KINE 4600	Introduction to Marketing  Practicum in KINE

**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.

Version  
V120150709

Validated for students enrolled prior to:  
Fall Semester 2017



Approved By:

Date of Approval

CSEP Professional Standards Program™

2016-08-31