CANADIAN SOCIETY FOR EXERCISE PHYSIOLOGY
CSEP RECOMMENDED COURSE MAP

CSEP CERTIFIED PERSONAL TRAINER®

Douglas College

Core Competency	Course Code	Course Title
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	**ALL OF:** BIOL 1103/1109 BIOL 1203/1209 SPSC 2275	 Human Anatomy and Physiology 1 Human Anatomy and Physiology 2 Exercise Physiology
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.	**ALL OF:** SPSC 2231 SPSC 4231	 Sport Psychology Advanced Sport Psychology
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.	SPSC 4161	Fitness Assessment and Prescription
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	SPSC 4161	Fitness Assessment and Prescription
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***	**ALL OF:** SPSC 3275 SPSC 3276	 Advanced Exercise Physiology Athletic Injury Assessment and Management
6. Documentation, Administration and Professionalism May be integrated (in part) within courses dealing with material related to marketing, administration, program documentation, and professionalism.	SPSC 4161	Fitness Assessment and Prescription

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 2016

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Approved By:	Position Title	Date of Approval
Amanda Burford	CSEP Education Coordinator	2015-12-14