CANADIAN SOCIETY FOR EXERCISE PHYSIOLOGY
CSEP-CPT RECOMMENDED COURSE MAP

CSEP | SCPE
THE GOLD STANDARD IN EXERCISE SCIENCE AND PERSONAL TRAINING

St. Lawrence 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:** FAHP 1100 FAHP 2100	Anatomy and Physiology 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.	FAHP 1500	Psychology of Exercise
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.	FAHP 2600	Fitness Assessment
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	**ALL OF:** FAHP 1200 FAHP 3600	Fitness, Strength Training, and Group Exercise Personal Training (CSEP-CPT)
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***	FAHP 3100	Injury Prevention 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.	FAHP 3400	Entrepreneurship and Business Plan Development

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. Candidates must meet all requirements including coursework to be approved to challenge exams.

Validated for students enrolled prior to:

Fall Semester 2019

Date of Approval

2018-10-26

CSEP CERTIFIED PERSONAL TRAINER®
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