CANADIAN SOCIETY FOR EXERCISE PHYSIOLOGY
CSEP-CPT RECOMMENDED COURSE MAP

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

University of British Columbia Okanagan

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:** HMKN 190 HMKN 191 HMKN 200	 Functional Anatomy and Applied Physiology 1 Functional Anatomy and Applied Physiology 2 Exercise Physiology 1
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.	HMKN 201	Exercise 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.	HMKN 311	Exercise 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	HMKN 311	Exercise 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***	HMKN 311	Exercise Prescription
6. Documentation, Administration and Professionalism May be integrated (in part) within courses dealing with material related to marketing, administration, program documentation, and professionalism.	HMKN 311 **OR** HMKN 401	Exercise Prescription Community Placement Experience

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®
CSEP-CPT