

# CANADIAN SOCIETY FOR EXERCISE PHYSIOLOGY CSEP RECOMMENDED COURSE MAP

## CSEP CERTIFIED PERSONAL TRAINER®

Loyalist College

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>	<p>ANAT 1000 FITN 2003 FITN 1003</p>	<p>Human Anatomy and Physiology Mechanics of Exercise Exercise Physiology <i>(Previously: KINE 1000 Intro to Kinesiology)</i></p>
<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>	<p>FITN 1002</p>	<p>Personal Health and Wellness</p>
<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>	<p>FITN 2002</p>	<p>Fitness Assessment</p>
<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>	<p>FITN 2005</p>	<p>Exercise Prescription and Training</p>
<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>	<p><b>ALL OF:</b> PHSI 2001 FITN 2003</p>	<p>Injury Assessment and Management Mechanics of Exercise</p>
<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>	<p>FITN 2005</p>	<p>Exercise Prescription and Training</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.

**Version**  
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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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