# CSEP-CPT RECOMMENDED COURSE MAP

## Core Competency

### 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 143
    - BIOL 144
    - SPEX 210
  - **Course Title:** Anatomy for Sport and Education Physiology for Sport and Education 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:**
    - EXW 230
    - PSYC 160
  - **Course Title:** Behavioural Fitness Sport and 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
  - **EXW 240**
  - **Course Title:** Fitness and Health 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:**
    - EXW 241
    - EXW 220
  - **Course Title:** Exercise Design and Prescription (Previously satisfied by EXW 240 for students enrolled 2013 and earlier) Lifetime Fitness Program

### 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**
  - **AEI 272 OR EXW 240**
  - **Course Title:** Field Prevention/Injury Care 1

### 6. Documentation, Administration and Professionalism
- May be integrated (in part) within courses dealing with material related to marketing, administration, program documentation, and professionalism
  - **EXW 240**
  - **Course Title:** Fitness and Health Assessment

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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.

**CSEP CERTIFIED PERSONAL TRAINER®**

**CSEP-CPT**

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Validated for students enrolled prior to: Fall Semester 2018

**Date of Approval:** 2017-08-21