### Core Competency

<table>
<thead>
<tr>
<th>Core Competency</th>
<th>Course Code</th>
<th>Course Title</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1. Human Anatomy, Human Physiology, and Exercise Physiology</strong></td>
<td>ALL OF:</td>
<td>Anatomy and Physiology 1</td>
</tr>
<tr>
<td></td>
<td>HKIN 190</td>
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<td>HKIN 191</td>
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<td></td>
<td>HKIN 275</td>
<td>Exercise Physiology</td>
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<tr>
<td><strong>2. Theory and Methods of Behaviour Modification</strong></td>
<td>ALL OF:</td>
<td>Mental Theories in Sport and Exercise</td>
</tr>
<tr>
<td></td>
<td>HKIN 231</td>
<td>Active Health</td>
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<td>HKIN 103</td>
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<tr>
<td><strong>3. Theory and Methods of Health-Related Physical Activity &amp; Physical Fitness Assessment</strong></td>
<td>All Of:</td>
<td>Active Health</td>
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<td></td>
<td>HKIN 103</td>
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<td>HKIN 275</td>
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<tr>
<td><strong>4. Theory and Methods of Health-Related Exercise Prescription and Program Design</strong></td>
<td>HKIN 103</td>
<td>Active Health</td>
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<tr>
<td><strong>5. Safety and Emergency Procedures</strong></td>
<td>HKIN 103</td>
<td>Active Health</td>
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<tr>
<td><em>CPR &amp; FA does not satisfy this Core Competency</em></td>
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<tr>
<td><strong>6. Documentation, Administration and Professionalism</strong></td>
<td>HKIN 103</td>
<td>Active Health</td>
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**Validated for students enrolled prior to:**

Fall Semester 2019

**Date of Approval:**

2018-10-26