CANADIAN SOCIETY FOR EXERCISE PHYSIOLOGY
CSEP-CPT RECOMMENDED COURSE MAP

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

Vancouver Island University

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:** PHED 201 PHED 220 PHED 302	 Human Anatomy Intro to Human Physiology 2 Applied Exercise Physiology and Prescription
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.	PHED 460	Psycho-Social Aspects of Physical Activity
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.	PHED 302	Applied Exercise Physiology and 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	PHED 302 **AND ONE OF:** PHED 131 PHED 132	Applied Exercise Physiology and Prescription Strength and Conditioning Fitness and Conditioning
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***	**ALL OF:** PHED 371 PHED 365	Organization and Administration of Physical Activity Aging and Physical Activity
6. Documentation, Administration and Professionalism May be integrated (in part) within courses dealing with material related to marketing, administration, program documentation, and professionalism.	PHED 371	Organization and Administration of Physical Activity

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

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