

CANADIAN SOCIETY FOR EXERCISE PHYSIOLOGY CSEP-CPT RECOMMENDED COURSE MAP



Concordia University

Core Competency	Course Code	Course Title
<p>1. Human Anatomy, Human Physiology, and Exercise Physiology</p> <p>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>ALL OF: EXCI 253 EXCI 254 EXCI 358</p>	<p>Human Anatomy 1: MSK Anatomy Human Anatomy 2: Systemic Anatomy Physiology of Exercise</p>
<p>2. Theory and Methods of Behaviour Modification</p> <p>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>EXCI 252</p>	<p>Introduction to Physical Activity, Health and Fitness</p>
<p>3. Theory and Methods of Health-Related Physical Activity & Physical Fitness Assessment</p> <p>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>EXCI 252</p>	<p>Introduction to Physical Activity, Health and Fitness</p>
<p>4. Theory and Methods of Health-Related Exercise Prescription and Program Design</p> <p>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>EXCI 252 Consider also: EXCI 352</p>	<p>Introduction to Physical Activity, Health and Fitness Essentials of Exercise Testing and Training in Athletic Populations</p>
<p>5. Safety and Emergency Procedures</p> <p>May be integrated (in part) within courses dealing with emergency response procedures, injury assessment and treatment *CPR & FA does not satisfy this Core Competency*</p>	<p>CATA 262 OR EXCI 352</p>	<p>Emergency Care in Exercise and Exercise Essentials of Exercise Testing and Training in Athletic Populations</p>
<p>6. Documentation, Administration and Professionalism</p> <p>May be integrated (in part) within courses dealing with material related to marketing, administration, program documentation, and professionalism.</p>	<p>EXCI 383 OR MANA 201 AND EXCI 252</p>	<p>Clinical Exercise Physiology Internship 1 Introduction to Business and Management Introduction to Physical Activity, Health and Fitness</p>

The CSEP Recommended Course Maps (CSEP-RCMs) are intended to assist you in mapping out your education to provide the greatest chance of success with the CSEP-CPT exams. Please note that although it is not mandatory to have undertaken the specific post-secondary courses listed above, you will still be required to demonstrate through theoretical and practical knowledge and skills, all six of the core competencies as described in the CSEP-PATH and CSEP-CPT certification Guide.

Validated for students enrolled prior to:

Fall Semester 2020

Date of Approval

**CSEP CERTIFIED PERSONAL TRAINER®
CSEP-CPT**

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