CANADIAN SOCIETY FOR EXERCISE PHYSIOLOGY
CSEP-CPT RECOMMENDED COURSE MAP

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

University of Alberta

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:** KIN 100 KIN 101 KIN 200	 Structural Anatomy Intro. to Human Physiology Physiology of Exercise
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.	HE ED 321 **OR** KIN 303	Psychological Dimensions of Health Promotion Psychology of Sport and 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.	KIN 311	Assessment of Fitness and Health
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	KIN 311 **OR** KIN 335	Assessment of Fitness and Health Advanced Conditioning Methodology
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***	KIN 311 **OR** KIN 240	Assessment of Fitness and Health Intro. to Sports Injuries Management
6. Documentation, Administration and Professionalism May be integrated (in part) within courses dealing with material related to marketing, administration, program documentation, and professionalism.	KIN 311 **OR** KIN 335	Assessment of Fitness and Health Advanced Conditioning Methodology

Approved 2018-11-05

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

2018-11-05

CSEP CERTIFIED PERSONAL TRAINER®
CSEP-CPT