CANADIAN SOCIETY FOR EXERCISE PHYSIOLOGY
CSEP-CPT RECOMMENDED COURSE MAP

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

York 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:** HH/KINE 2011 HH/KINE 3012 HH/KINE 2031 HH/KINE4010	 Human Physiology 1 Human Physiology 2 Human Anatomy 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.	HH/KINE 3000 **OR** HH/KINE 3400	Psychology of Physical Activity and Health Fitness Consulting and Personal Fitness Training
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.	HH/KINE 1020 **OR** HH/KINE 3400	Fitness and Health Fitness Consulting and Personal Fitness Training
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	HH/KINE 3570 **OR** HH/KINE 3400	Theory and Methodology of Training (not offered in 2018-2019 Academic Year) Fitness Consulting and Personal Fitness Training
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***	HH/KINE 2490 or HH/KINE 3400	Athletic Therapy I or Fitness Consulting and Personal Training
6. Documentation, Administration and Professionalism May be integrated (in part) within courses dealing with material related to marketing, administration, program documentation, and professionalism.	HH/KINE 3400 or HH/KINE 4430	Fitness Consulting and Personal Training or Business Skills for Sport and Fitness Professionals

Approved
2018-11-06

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.

CSEP CERTIFIED PERSONAL TRAINER®
CSEP-CPT

Validated for students enrolled prior to:

Fall Semester 2020

Date of Approval

2018-11-06