### Core Competency

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.
   - **Course Code:** ANAT 1120, PFTR 1123
   - **Course Title:** Human Anatomy, Applied 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.
   - **Course Code:** PFTR 1224
   - **Course Title:** Fitness Appraisal and Lifestyle Counseling

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.
   - **Course Code:** PFTR 1224
   - **Course Title:** Fitness Appraisal and Lifestyle Counseling

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.
   - **Course Code:** PFTR 2423
   - **Course Title:** Program Design

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.
   - **Course Code:** PFTR 2320, BUSN 2321
   - **Course Title:** Corrective Exercise Strategies, Business Practices 1

6. **Documentation, Administration and Professionalism**
   - May be integrated (in part) within courses dealing with material related to marketing, administration, program documentation, and professionalism.
   - **Course Code:** BUSN 2321, BUSN 2421
   - **Course Title:** Business Practices 1, Business Practices 2

**IMPORTANT**

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.

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**Validated for students enrolled prior to:** Fall Semester 2016

**Approved By:**
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- **Date of Approval:** 2014-12-03