### Core Competency

1. **Human Anatomy, Human Physiology, and Exercise Physiology**
   - May be integrated (in part) within courses dealing with understanding of the structure and function of the human body including a basic understanding of the human body’s response to exercise.
   - **ALL OF:**
     - KNSS 200
     - PSIO 258
     - PSIO 259
     - KNSS 202
   - **Course Title:** Structural Anatomy, Elementary Physiology 1, Elementary Physiology 2, 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.
   - **KNSS 299 AND KNSS 210 OR KNSS 224**
   - **Course Title:** Directed Studies: Fitness and Health Promotion, Fitness and Wellness Theory and Practice, Introduction to Personal Physical Fitness

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.
   - **KNSS 299**
   - **Course Title:** Directed Studies: Fitness and Health Promotion

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.
   - **KNES 299**
   - **Course Title:** Directed Studies: Fitness and Health Promotion

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*
   - **KPAC 321 OR KNSS 220**
   - **Course Title:** Applied Resistance Training, Athletic Therapy

6. **Documentation, Administration and Professionalism**
   - May be integrated (in part) within courses dealing with material related to marketing, administration, program documentation, and professionalism.
   - **KNSS 250**
   - **Course Title:** Intro to Admin of Sport, PA, and Rec Programs

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**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.