### CORE COMPETENCY AREA

<table>
<thead>
<tr>
<th>CORE COMPETENCY</th>
<th>COURSE TITLES AND NUMBERS</th>
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</thead>
</table>
| **1. Foundation: Anatomy, Biomechanics and Exercise Physiology** | **ALL OF:** KNES 259 Human Anatomy & Physiology 1  
KNES 260 Human Anatomy & Physiology 2  
KNES 263 Quantitative Biomechanics  
KNES 373 Exercise Physiology  
**OR**  
KNES 379 Health and Exercise Psychology  
KNES 399 Sport Psychology  |
| **2. Health and Exercise Psychology** |  
**KNES 475 Physiology of Athletic Performance**  
**KNES 479 Adv. Fit. Appraisal and Exercise Prescription OR**  
**KNES 433 Health and Physical Activity, OR**  
**KNES 375 Tests and Measurements in Kinesiology**  
**Supplementary Modules**  
AND EITHER  
**KNES 479 Adv. Fit. Appraisal and Exercise Prescription OR**  
**Appropriate Work, Practicum, or Volunteer Experience**  |
| **3. Client screening and evaluation: Client History and Risk Stratification** |  
**KNES 479 Adv. Fit. Appraisal and Exercise Prescription OR**  
**KNES 433 Health and Physical Activity, OR**  
**KNES 375 Tests and Measurements in Kinesiology**  
**Supplementary Modules**  
AND EITHER  
**KNES 479 Adv. Fit. Appraisal and Exercise Prescription OR**  
**Appropriate Work, Practicum, or Volunteer Experience**  |
| **4. Advanced Fitness Assessment and Exercise Prescription** | **Supplementary Modules**  
AND EITHER  
**KNES 479 Adv. Fit. Appraisal and Exercise Prescription OR**  
**Appropriate Work, Practicum, or Volunteer Experience**  |
| **5. Clinical Assessment and Pharmacology** |  
**KNES 435 Human Growth and Development AND TWO (2) OF:**  
**KNES 367 Adapted Physical Activity**  
**KNES 372 Foundations of Sport Medicine**  
**KNES 369 PA, Health, and Aging**  
**KNES 433 Health and Physical Activity**  
**KNES 437 Advanced Nutrition**  
**KNES 493 Epidemiology of Health and PA**  
**KNES 495 Phys. Aspects of Aging, Disease and PA**  
**KNES 497 Cancer and Exercise Research and Reviews**  
**Supplementary Modules**  
AND EITHER  
**KNES 479 Adv. Fit. Appraisal and Exercise Prescription OR**  
**Appropriate Work, Practicum, or Volunteer Experience**  |
| **6. Special populations: Children, Older Adults, Pregnancy, Disabilities, Chronic Conditions and Injury** |  
**KNES 373 Tests and Measurements in Kinesiology OR**  
**KNES 479 Adv. Fit. Appraisal and Exercise Prescription OR**  
**KNES 475 Physiology of Athletic Performance**  |
| **7. High Performance Athletes** |  
**Supplementary Modules**  
AND EITHER  
**KNES 479 Adv. Fit. Appraisal and Exercise Prescription OR**  
**Appropriate Work, Practicum, or Volunteer Experience**  |
| **8. Workplace Health and Fitness** |  
**Supplementary Modules**  
AND EITHER  
**KNES 479 Adv. Fit. Appraisal and Exercise Prescription OR**  
**Appropriate Work, Practicum, or Volunteer Experience**  |
| **9. Lifestyle Literacy** | **Supplementary Modules**  
AND EITHER  
**KNES 479 Adv. Fit. Appraisal and Exercise Prescription OR**  
**Appropriate Work, Practicum, or Volunteer Experience**  |

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**KNES 375 Tests and Measurements in Kinesiology OR**  
**KNES 367 Adapted Physical Activity**  
**KNES 372 Foundations of Sport Medicine**  
**KNES 369 PA, Health, and Aging**  
**KNES 433 Health and Physical Activity**  
**KNES 437 Advanced Nutrition**  
**KNES 493 Epidemiology of Health and PA**  
**KNES 495 Phys. Aspects of Aging, Disease and PA**  
**KNES 497 Cancer and Exercise Research and Reviews**  
**Supplementary Modules**  
AND EITHER  
**KNES 479 Adv. Fit. Appraisal and Exercise Prescription OR**  
**Appropriate Work, Practicum, or Volunteer Experience**
### 10. Professional Practice
- Illustrate ability to effectively and appropriately communicate with individuals from across the populations in the CSEP-CEP Scope of Practice.
- Describe and work within the boundaries of the CSEP-CEP Code of Conduct and CSEP-CEP Scope of Practice.
- Critically analyze and interpret data obtained and appropriately communicate results to clients.
- Describe basic descriptive statistics, normative data, validity and reliability as it pertains to fitness tests used.

**Important Note:** All knowledge and skills listed in the CSEP-CEP Core Competencies should be applied across the lifespan and across populations in the CSEP Scope of Practice.

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<tr>
<td></td>
<td>KNES 375 Tests and Measurements in Kinesiology OR BOTH KNES 479 Adv. Fit. Appraisal and Exercise Prescription AND One of STAT 205 or STAT 213</td>
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</table>

Note: As of January 01, 2017 all CSEP-CEP applicants are required to provide proof of a minimum of 100 hours of practical experience. Practical hours may be attained through practicum, work, volunteer or a combination of experiences. For more information about this or any additional pre-requisites please go to: [http://www.csep.ca/csep-cep-prereqs](http://www.csep.ca/csep-cep-prereqs)

There is a $35 + tax application fee due at the time of submission. Submission does not guarantee approval to challenge the exams. To apply please go to: [https://csep.formstack.com/forms/cep_app_nov2016](https://csep.formstack.com/forms/cep_app_nov2016)