

**CANADIAN SOCIETY FOR EXERCISE PHYSIOLOGY
CSEP RECOMMENDED COURSE MAP**

CSEP CERTIFIED PERSONAL TRAINER®

University of Victoria

Core Competency	Course Code	Course Title
<p>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</p>	<p>ALL OF: EPHE 141 EPHE 241 EPHE 242 Consider also: EPHE 355 EPHE 441</p>	<p>Human Anatomy Intro. to Human Systemic Physiology Intro. to Human Cellular Physiology Functional Anatomy Exercise Physiology</p>
<p>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.</p>	<p>EPHE 142 OR PSYC 332 OR EPHE 348</p>	<p>Personal Health, Wellness and Potential Health Psychology Psychology of Physical Activity</p>
<p>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.</p>	<p>EPHE 360</p>	<p>Exercise Prescription</p>
<p>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</p>	<p>EPHE 360 Consider also: EPHE 133</p>	<p>Exercise Prescription Strength Training</p>
<p>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*</p>	<p>EPHE 344 Consider also: EPHE 133</p>	<p>Care and Prevention of Athletic Injuries Strength Training</p>
<p>6. Documentation, Administration and Professionalism May be integrated (in part) within courses dealing with material related to marketing, administration, program documentation, and professionalism.</p>	<p>EPHE 253</p>	<p>Program Planning</p>

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



Version

V220160310

Approved By:

Date of Approval

Validated for students enrolled prior to:

CSEP Professional Standards Program™

2016-09-29

Fall Semester 2017