

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

**CSEP CERTIFIED PERSONAL TRAINER®**

Acadia University

Core Competency	Course Code	Course Title
<p><b>1. Human Anatomy, Human Physiology, and Exercise Physiology</b> 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><b>ALL OF:</b> KINE 1413 KINE 2413 KINE 2423 KINE 3013</p>	<p>Applied Human Anatomy Applied Human Physiology 1 Applied Human Physiology 2 Exercise Physiology</p>
<p><b>2. Theory and Methods of Behaviour Modification</b> 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>KINE 2433</p>	<p>Psychological Aspects of Physical Activity and Sport</p>
<p><b>3. Theory and Methods of Health-Related Physical Activity &amp; Physical Fitness Assessment</b> 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><b>ALL OF:</b> KINE 3013 KINE 3343</p>	<p>Exercise Physiology Fitness Programming</p>
<p><b>4. Theory and Methods of Health-Related Exercise Prescription and Program Design</b> 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>KINE 3343</p>	<p>Fitness Programming</p>
<p><b>5. Safety and Emergency Procedures</b> May be integrated (in part) within courses dealing with emergency response procedures, injury assessment and treatment <b>*CPR &amp; FA does not satisfy this Core Competency*</b></p>	<p>KINE 3343</p>	<p>Fitness Programming</p>
<p><b>6. Documentation, Administration and Professionalism</b> May be integrated (in part) within courses dealing with material related to marketing, administration, program documentation, and professionalism.</p>	<p>KINE 3343</p>	<p>Fitness Programming</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 upon review by CSEP.

Version  
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Validated for students enrolled prior to:  
Fall Semester 2017



Approved By:

Date of Approval

CSEP Professional Standards Program™

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