

CANADIAN SOCIETY FOR EXERCISE PHYSIOLOGY CSEP-CPT RECOMMENDED COURSE MAP



Centennial College

| Core Competency | Course Code | Course Title |
|---|---|--|
| <p>1. Human Anatomy, Human Physiology, and Exercise Physiology</p> <p>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: FTHP 112 FTHP 212</p> | <p>Anatomy/ Physiology Exercise Physiology</p> |
| <p>2. Theory and Methods of Behaviour Modification</p> <p>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>ALL OF: FTHP 210 FTHP 412</p> | <p>Leadership, Counseling, Communications Health Promotion and Behavior Change</p> |
| <p>3. Theory and Methods of Health-Related Physical Activity & Physical Fitness Assessment</p> <p>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>ALL OF: FTHP 114 FTHP 314</p> | <p>Fitness Assessment 1 Fitness Assessment 2</p> |
| <p>4. Theory and Methods of Health-Related Exercise Prescription and Program Design</p> <p>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>FTHP 414</p> | <p>Exercise Prescription</p> |
| <p>5. Safety and Emergency Procedures</p> <p>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>FTHP 315</p> | <p>Injury Prevention and Mobility Concepts</p> |
| <p>6. Documentation, Administration and Professionalism</p> <p>May be integrated (in part) within courses dealing with material related to marketing, administration, program documentation, and professionalism.</p> | <p>ALL OF: FTHP 310 FTHP 312</p> | <p>Fitness Marketing/Entrepreneurship Personal Training 2</p> |

The CSEP Recommended Course Maps (CSEP-RCMs) are intended to assist you in mapping out your education to provide the greatest chance of success with the CSEP-CPT exams. Please note that although it is not mandatory to have undertaken the specific post-secondary courses listed above, you will still be required to demonstrate through theoretical and practical knowledge and skills, all six of the core competencies as described in the CSEP-PATH and CSEP-CPT certification Guide.

Validated for students enrolled prior to:

Fall Semester 2020

Date of Approval

2018-07-17

**CSEP CERTIFIED PERSONAL TRAINER®
CSEP-CPT**

