

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

CSEP CERTIFIED PERSONAL TRAINER®

College of New Caledonia

| Core Competency | Course Code | Course Title |
|--|---|---|
| 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 | ALL OF: KINS 131 KINS 231 KINS 275 | Human Functional Anatomy Human Applied Physiology 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. | KINS 235 | Sport and Exercise Psychology |
| 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. | KINS 122 | Active Health |
| 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 | KINS 122 | Active Health |
| 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* | KINS 245 | Injury Prevention and Management |
| 6. Documentation, Administration and Professionalism May be integrated (in part) within courses dealing with material related to marketing, administration, program documentation, and professionalism. | KINS 110 | Introduction to Sport and Administration <i>(Previously satisfied by HK 210)</i> |

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.

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