

CANADIAN SOCIETY FOR EXERCISE PHYSIOLOGY CSEP RECOMMENDED COURSE MAP

CSEP CERTIFIED PERSONAL TRAINER®

College of the Rockies

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: KNES 190 KNES 200 KNES 210 KNES 206</p>	<p>Basic Human Anatomy Intro Human Anatomy and Physiology 1 Intro Human Anatomy and Physiology 2 Intro to 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>KNES 204</p>	<p>Psychology of Sport and Exercise</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>ALL OF: KNES 152 KNES 154 KNES 270</p>	<p>Active Health Performance Analysis of Weight Training Exercise Testing and 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>ALL OF: KNES 152 KNES 154 KNES 270</p>	<p>Active Health Performance Analysis of Weight Training Exercise Testing and Prescription</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>KNES 203</p>	<p>Introduction to Athletic Injuries</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>KNES 270</p>	<p>Exercise Testing and Prescription</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.

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Validated for students enrolled prior to:
Fall Semester 2016



Approved By:	Position Title	Date of Approval
Amanda Burford	CSEP Education Coordinator	2014-12-03