

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

CSEP CERTIFIED PERSONAL TRAINER®

College of the Rockies

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: KNES 190 KNES 200 KNES 210 KNES 206	Basic Human Anatomy Intro Human Anatomy and Physiology 1 Intro Human Anatomy and Physiology 2 Intro to 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.	KNES 204	Psychology of Sport and Exercise
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.	ALL OF: KNES 152 KNES 154 KNES 270	Active Health Performance Analysis of Weight Training Exercise Testing and Prescription
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	ALL OF: KNES 152 KNES 154 KNES 270	Active Health Performance Analysis of Weight Training Exercise Testing and Prescription
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*	KNES 203	Introduction to Athletic Injuries
6. Documentation, Administration and Professionalism May be integrated (in part) within courses dealing with material related to marketing, administration, program documentation, and professionalism.	KNES 270	Exercise Testing and Prescription

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
V120141203

Validated for students enrolled prior to:
Fall Semester 2017



Approved By:

Date of Approval

CSEP Professional Standards Program™

2016-08-31