

CANADIAN SOCIETY FOR EXERCISE PHYSIOLOGY CSEP RECOMMENDED COURSE MAP

CSEP CERTIFIED PERSONAL TRAINER®

Conestoga College

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: HEAL 1035 PNUR 1035 HEAL 1050</p>	<p>Applied Anatomy and Physiology Anatomy and Physiology Anatomy and Physiology 2</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>HEAL 1130</p>	<p>Lifestyle Coaching and Behaviour Change</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: HEAL 1110 HEAL 1170</p>	<p>Introduction to Fitness Assessment and Prescription Fitness Assessment</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: HEAL 1110 HEAL 1180</p>	<p>Introduction to Fitness Assessment and Prescription Exercise 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>HEAL 1230</p>	<p>Injury Prevention and Management</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>HEAL 1150</p>	<p>Fitness Management and Administration</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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Approved By:	Position Title	Date of Approval
Amanda Burford	CSEP Education Coordinator	2015-04-15