

# CANADIAN SOCIETY FOR EXERCISE PHYSIOLOGY CSEP RECOMMENDED COURSE MAP

## CSEP CERTIFIED PERSONAL TRAINER®

Durham College

Core Competency	Course Code	Course Title
<p><b>1. Human Anatomy, Human Physiology, and Exercise Physiology</b> 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><b>ALL OF:</b> FITS 2300 BIOL 1302 BIOL 2302</p>	<p>Functional Anatomy Physiology 1 Physiology 2</p>
<p><b>2. Theory and Methods of Behaviour Modification</b> 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>PSYC 3300</p>	<p>Counseling Techniques</p>
<p><b>3. Theory and Methods of Health-Related Physical Activity &amp; Physical Fitness Assessment</b> 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><b>ALL OF:</b> FITS 3300 FITS 4300</p>	<p>Fitness Assessment 1 Fitness Assessment 2</p>
<p><b>4. Theory and Methods of Health-Related Exercise Prescription and Program Design</b> 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><b>ALL OF:</b> FITS 3300 FITS 4300</p>	<p>Fitness Assessment 1 Fitness Assessment 2</p>
<p><b>5. Safety and Emergency Procedures</b> May be integrated (in part) within courses dealing with emergency response procedures, injury assessment and treatment <b>*CPR &amp; FA does not satisfy this Core Competency*</b></p>	<p>FITS 2302</p>	<p>Injury Management</p>
<p><b>6. Documentation, Administration and Professionalism</b> May be integrated (in part) within courses dealing with material related to marketing, administration, program documentation, and professionalism.</p>	<p><b>ALL OF:</b> SOC 2304 MKTG 3305</p>	<p>Community and Civic Life Marketing and Entrepreneurship</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:** Amanda Burford      **Position Title:** CSEP Education Coordinator      **Date of Approval:** 2015-03-19