

# CANADIAN SOCIETY FOR EXERCISE PHYSIOLOGY CSEP-CPT RECOMMENDED COURSE MAP



Humber 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> ANAT 103 PHYS 125 PHYS 151</p>	<p>Anatomy Physiology Exercise Physiology</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>FITM 158 <b>AND</b> FITM 261</p>	<p>Counseling and Communication  Psychology of Sport</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>FITM 109 <b>AND</b> FITM 157</p>	<p>Fitness Assessment  Fitness, Health and Lifestyle Assessment</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>FITM 150 <b>AND</b> FITM 251</p>	<p>Exercise Prescription 1  Exercise Prescription 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>FITM 206</p>	<p>Injury Management and Applied Anatomy</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>FITM 155</p>	<p>Career Skills and Entrepreneurship</p>

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. Candidates must meet all requirements including coursework to be approved to challenge exams.

**Validated for students enrolled prior to:**

Fall Semester 2018

**Date of Approval**

**CSEP CERTIFIED PERSONAL TRAINER®  
CSEP-CPT**

2017-08-18