

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



## Langara College

Core Competency	Course Code	Course Title
<p><b>1. Human Anatomy, Human Physiology, and Exercise Physiology</b></p> <p>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> KINS 1190 KINS 1191 KINS 2275</p>	<p>Anatomy and Physiology 1 Anatomy and Physiology 2 Exercise Physiology</p>
<p><b>2. Theory and Methods of Behaviour Modification</b></p> <p>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>KINS 2231</p>	<p>Sport and Exercise Psychology</p>
<p><b>3. Theory and Methods of Health-Related Physical Activity &amp; Physical Fitness Assessment</b></p> <p>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>KINS 1103</p>	<p>Active Health</p>
<p><b>4. Theory and Methods of Health-Related Exercise Prescription and Program Design</b></p> <p>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> KINS 1103 KINS 3303</p>	<p>Active Health High Performance Strength and Conditioning</p>
<p><b>5. Safety and Emergency Procedures</b></p> <p>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>KINS 2361</p>	<p>Sports Medicine</p>
<p><b>6. Documentation, Administration and Professionalism</b></p> <p>May be integrated (in part) within courses dealing with material related to marketing, administration, program documentation, and professionalism.</p>	<p>KINS 2261</p> <p><b>AND ONE OF:</b> MARK 1115 BUSM 1110</p>	<p>Health Policy and Society</p> <p>Introduction to Marketing Personal Career Marketing</p>

The CSEP Recommended Course Maps (CSEP-RCMs) are intended to assist you in mapping out your education to provide the greatest chance of success with the CSEP-CPT exams. Please note that although it is not mandatory to have undertaken the specific post-secondary courses listed above, you will still be required to demonstrate through theoretical and practical knowledge and skills, all six of the core competencies as described in the CSEP-PATH and CSEP-CPT certification Guide.

**Validated for students enrolled prior to:**

Fall Semester 2020

**Date of Approval**

2018-10-26

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

