

# CANADIAN SOCIETY FOR EXERCISE PHYSIOLOGY CSEP RECOMMENDED COURSE MAP

## CSEP CERTIFIED PERSONAL TRAINER®

Langara 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>ALL OF: KINS 1190 KINS 1191 KINS 2271</p>	<p>Anatomy and Physiology 1 Anatomy and Physiology 2 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>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> 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> 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: KINS 1103 KINS 3303</p>	<p>Active Health High Performance Strength and Conditioning</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>KINS 2361</p>	<p>Sports Medicine</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>KINS 2261  AND ONE OF: MARK 1115 BUSM 1110</p>	<p>Health Policy and Society  Introduction to Marketing Personal Career Marketing</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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**Position Title:** CSEP Education Coordinator  
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