

**CANADIAN SOCIETY FOR EXERCISE PHYSIOLOGY
CSEP RECOMMENDED COURSE MAP**

CSEP CERTIFIED PERSONAL TRAINER®

Lethbridge 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: BIO 1160 BIO 1161 PED 2262</p> | <p>Anatomy and Physiology 1 Anatomy and Physiology 2 Exercise Physiology</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>PED 2267</p> | <p>Fitness Assessment</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>PED 2267</p> | <p>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>PED 2259</p> | <p>Exercise Program Design</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>ALL OF: PED 2256 PED 2259</p> | <p>Athletic Injuries and Rehabilitation Exercise Program Design</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>ALL OF: PED 2259 BUS 1124</p> | <p>Exercise Program Design Service-Based Small Business Management Procedures</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.

Version
V120150618

Validated for students enrolled prior to:
Fall Semester 2017



Approved By:

Date of Approval

CSEP Professional Standards Program™

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